BOYS LACROSSE TRYOUT INFORMATION

* Paperwork
  + All paperwork needs to be complete to participate including:
    - Sudden Cardiac Arrest/Concussion/Heat Illness Certificates
    - School insurance
    - Other forms: EL2, EL3, GPA, DE9
    - All information can be found at this website <https://www.pcsb.org/Domain/12709>
* Equipment
  + All players need a stick, gloves, cleats, athletic supporter, MOUTHPIECE and a reversible pinnie for tryouts.
    - School will provide helmets, shoulder pads, elbow pads (limited supply)
      * If you have your own equipment than it is one more roster spot, we can keep
      * White helmet; Black/Navy/White gloves; Black/Navy/White elbow pads
* Tryouts January 23-24
  + Location: CSA The Centre (for the first 2 weeks)
  + Time: 2:30-5:00
  + Equipment is provided for those who need it & Returned at the end of tryouts.
  + Day 1
    - Varsity will be in full equipment (no beginners) - limited contact
    - New players will learn the fundamentals separately – stick and gloves - no contact
  + Day 2
    - New players full equipment 2:30-4:00
      * If qualified may be asked to stay for varsity practice
    - Varsity full equipment 3:30-5:00
* Regular Practices January 25 - February 3
  + Location: CSA The Centre
  + Time: 2:30-430
  + Day 3 – 10
    - JV and Varsity practice
  + Varsity
    - Games
      * https://www.maxpreps.com/fl/palm-harbor/palm-harbor-university-hurricanes/lacrosse/schedule/
  + JV
    - Games
      * 4 Weekends
        + 2 before Spring Break and 2 after (DATES TBD)