

Columbia Boys Lacrosse

Tryouts and Practices.



All athletes that are trying out for a JV or varsity lacrosse team will have tryouts in the same area at the same time for the first weeks of practice - Starting March 4th - until we can secure grass space next to the high school.

Tryouts will be from Monday, March 4th to Wednesday March 6th. After this, our coaches will select players for each level. We will post these teams in the Team Room on Thursday, March 7th, before practice.

After the selection has been made, we will continue to practice in the same area, at the same time, weather it be the in the gym or on the turf, until our grass fields are ready. After that, JV and varsity will mostly have separate practice areas and times.

As a participant of our program you are required to wear a gray undershirt, black shorts and your assigned pinnie. If the weather is too cold, suitable garment is a must.

If we have outdoor practice, we will be on the turf together from 4 -6pm each weekday. Saturday's will vary but mostly be from 10:30- 12:30.

If we have indoor practices, the schedule is as follows...

Week 1 -

*Monday 3/4 - Friday 3/8 are **5-7pm** in the High School Gym*

*Saturday 3/9 - **11:30 - 1:30** in the High School Gym*

Week 2 -

*Monday 3/11 - Friday 3/15 are **7-9pm** in the High School Gym*

*Saturday 3/16 - **1:30 - 3:00** in the High School Gym - Varsity Scrimmage on turf if possible from 10-12 against Colonie and Scotia.*

Week 3 -

*Monday 3/18 - Friday 3/22 are **5-7pm** in the High School Gym*

Saturday 3/23 - Varsity Scrimmage at Shen 10-1 and JV Scrimmage at Shen 1-4.

Meet the coaches night is on Monday 3/18 at 7:00pm in the auditorium.

All times and locations are subject to change.

If you have any questions please direct them to Coach Sherwin - sherwingr@egcsd.org.