



Columbia Girls Lacrosse Varsity and JV Lacrosse Tryouts – Spring 2026



Varsity and JV Lacrosse will have tryouts on the Columbia High School turf field starting Monday, March 9th at 5:30PM.

- All athletes must have an “APPROVED” status on family ID to be able to be eligible for try out/practice.
- <https://students.arbitersports.com/organizations/east-greenbush-central-school-district>

Varsity Tryouts will last for three days. (3/9, 3/10, 3/11).

- Decisions on Varsity Team will be made by the end of tryouts Wednesday 3/11/2026.

JV Tryouts will last 3-5 Days (3/9, 3/10, 3/11, TBD 3/12, 3/13)

- A decision on any Middle School Players (7th & 8th) will be made by the end of tryouts Wednesday 3/11/2026.

DATE	DAY	TIME	LOCATION
3/9	Monday	5:30-7:30	Columbia High School Turf
3/10	Tuesday	5:30-7:30	Columbia High School Turf
3/11	Wednesday	5:30-7:30	Columbia High School Turf
3/12	Thursday	5:30-7:30	Columbia High School Turf
3/13	Friday	5:30-7:30	Columbia High School Turf
3/14	Saturday	TBD	Columbia High School Turf

TRYOUT SCHEDULE:

ALTERNATIVE SCHEDULE: (Due to Turf Conditions/Weather)

DATE	DAY	TIME	LOCATION
3/9	Monday	6:00PM-8:00PM	Columbia High School Gym
3/10	Tuesday	6:00M-7:30PM	Columbia High School Gym
3/11	Wednesday	7:30PM-9:00PM	Columbia High School Gym
3/12	Thursday	6:00PM-8:00PM	Columbia High School Gym
3/13	Friday	7:30PM-9:00PM	Columbia High School Gym

- A Decision on the location will be made by Monday Morning 3/9/2026.
- Please plan to arrive 15 Mins before the start of tryouts to provide adequate time for getting ready.

ITEMS NEEDED FOR TRYOUTS:

- Running Sneakers
- Cleats/Turf Shoes
- Goggles & Mouth Guard
- Lacrosse Stick
- COLD WEATHER ITEMS (Hats, Gloves, Layers)

TRYOUTS DAY ONE 3/9/2026:

Varsity and JV Players should be prepared for:

- 1 Mile Run (Reminder to bring both sneakers and cleats/turf shoes)
- Pro Agility
- 40 Yard Sprint
- T Agility
- Passing and Ground Ball Drills

PARENTS INFORMATIONAL GOOGLE MEET:  Google Meet

On Sunday March 8th, 2026 at 6:30PM the coaches will be hosting an informational Google Meet session. All are invited to attend. LINK WILL BE EMAILED TO YOU.

Looking forward to a great season!!

Any questions please email Coach Randall.

Randallkurt8154@gmail.com

PLACE AND TIME ARE SUBJECT TO CHANGE DUE TO THE WEATHER OR OTHER CIRCUMSTANCES. PLEASE KNOW THAT DECISIONS MAY BE MADE OUTSIDE OF OUR CONTROL THAT WILL INFLUENCE QUICK CHANGES IN THE PLAN.