

# **FVHS BENGALS LACROSSE**

**INSIDE THE PACKET: REQUIREMENTS, SCHEDULE, CONTACT INFORMATION,  
CLINICS, EQUIPMENT AND COSTS**

**[WWW.MRSFURSE.COM](http://WWW.MRSFURSE.COM) AND TWITTER: FVHSWOMENSLAX**

# **REQUIREMENTS TO BE ELIGIBLE**

**MUST HAVE A CURRENT PHYSICAL AND A PASS TO PLAY FOR SPRING SPORTS. PHYSICAL MUST BE COMPLETED ON THE WCPSS 2016 PHYSICAL FORM AND IT MUST BE COMPLETED IN FULL.**

**CANNOT HAVE A D OR BELOW IN ANY CLASS IN THE PRIOR SEMESTER.**

**MUST BE AT TRY OUTS: TRY OUT DATES TBA**

## **SCHEDULE**

**WE WILL PRACTICE EVERY MONDAY AND THURSDAY FROM 2:30 TO 4:00.**

**SCRIMMAGES HAVE NOT BEEN ESTABLISHED YET, BUT WE WILL SCRIMMAGE ON WEDNESDAY'S OR SATURDAY'S. DUE TO OUR CLUB SPORT STATUS, WE ARE AT THE OTHER TEAMS MERCY FOR THE TIME AND FREQUENCY THAT WE ARE ABLE TO SCRIMMAGE.**

## **COMMUNICATION**

**ALL INFORMATION WILL BE POSTED TO [WWW.MRSFURSE.COM](http://WWW.MRSFURSE.COM)**

**UPDATES AND QUICK INFORMATION WILL BE POSTED TO TWITTER: FVHSWOMENSLAX**

## **CLINICS**







**WE CONSISTENTLY GET INFORMATION ABOUT SKILL BUILDING CLINICS THAT ARE AVAILABLE TO EVERYONE. MOST CLINICS WILL CHARGE A FEE. CLINICS ARE NOT REQUIRED BUT ENCOURAGED TO BUILD AND PRACTICE SKILLS.**

**INFORMATION REGARDING AN UPCOMING CLINIC IS AVAILABLE ON THE FOLLOWING PAGE.**

**FVHS WILL HOST A CLINIC IN FEBRUARY BEFORE TRYOUTS, WITH KNOWLEDGEABLE COACHES AND NC STATE ATHLETE, FOR A MINIMAL OR ZERO COST. ONCE ALL DETAILS HAVE BEEN FINALIZED WE WILL TWEET OUT DETAILS AND POST PAPERWORK ON OUR WEBSITE.**

# EQUIPMENT NEEDED

THE EQUIPMENT BELOW ARE THE NECESSITIES TO PLAY LACROSSE. DO YOUR RESEARCH. THE FOLLOWING ARE EXAMPLES AND PRICES FROM DICK'S SPORTING GOODS. YOU MAY BE ABLE TO FIND CHEAPER EQUIPMENT AT A "PLAY IT AGAIN SPORTS" STORE OR ONLINE. WE WILL WAIT TO PURCHASE JERSEYS AND SKIRTS TOGETHER AS A TEAM.

 <p>2 Colors Available <b>Brine Girls' Pixie II Lacrosse Stick</b> ★★★★★ (3) <b>\$29.99</b></p>	 <p>3 Colors Available <b>Cascade Women's PolyPro Lacrosse Goggles</b> ★★★★★ (7) <b>\$24.99</b></p>	 <p>8 Colors Available <b>DICK'S Sporting Goods Rubber Lacrosse Ball</b> ★★★★★ (274) <b>\$2.99</b></p>	 <p>3 Colors Available <b>Shock Doctor Adult Flavored Gel Max Strapless...</b> ★★★★★ (28) <b>\$12.99</b></p>
 <p><b>Nike Women's SpeedLax 5 Lacrosse Cleats</b> ★★★★★ (2) <b>NOW: \$49.97</b> (23% off)</p>	 <p>3 Colors Available <b>Brine Girls' Dynasty Rise Lacrosse Starter Pack</b> <b>\$79.99</b></p>		

YOU MAY BE ABLE TO FIND A STARTER PACK LIKE THE ONE PICTURED ABOVE, OR YOU CAN PURCHASE EACH OF THE ITEMS SEPARATELY.

YOU WILL NEED:

MOUTH PIECE- \$12.99

GOGGLES- \$24.99

STICK- \$29.99

CLEATS- \$49.99

BALL- \$2.99

JERSEY- \$19.99 ( DO NOT PURCHASE NOW)

SKIRT- \$12.99 (DO NOT PURCHASE NOW)

TOTAL: \$153.93

THE ABOVE IS A ROUGH ESTIMATE.