

WCHS Girls Lacrosse Fall Activities

Outdoor Workouts Before Fall Break:

Thursday, September 13

Monday, September 17

Thursday, September 20

Monday, September 25

Thursday, September 27

I think we will be playing over by the softball fields. We will not be using the locker room until after Fall Break. You will need to get changed and be outside by 3:10. We will finish by 5:00.

We will not practice in the Fall if the weather is bad. (Extreme heat, rain, etc.) Listen to announcements, check your email and be on our text line.

There is no cost to participate in our Fall workouts.

To get on the text line:

Text this message: @wchsl

To this number: 81010

What we do after Fall Break depends on what the weather looks like. If it's not too bad we'll continue outside. Once the weather gets rough we'll be inside conditioning. Hopefully, we'll be able to play a practice game or two before the end of the semester.

To play you must have a physical. You are not allowed to stay until your physical is turned in to our trainers.

Equipment:

Stick (We have these for you)

Eye Guard (We have them until you get your own.)

Mouth guard

Cleats