

What's Hot?

What's Hot?

What's Hot?

Summer Club Tryouts - Saturday December 13th at Blessed Trinity High School in Roswell, Ga.
Grad years 2020, 2021, 2022, 2023 and 2024 from 10am-12:30pm
Grad years 216, 2017, 2018 and 2019 from 1:30-4:30pm

Hotlanta Summer Tournament Schedule - We have expanded our summer tournaments from three to four events for the Select teams. The Rise Division will have three scheduled events with an additional optional tournament.

Winter Indoor League - Our winter indoor league will be held on Sundays at One Touch Soccer, located at 3200 Atlanta Industrial Parkway NW, Atlanta 30331. Sessions are for six weeks, three Sundays in December and three in January. Times between 11am-3pm. Participants can sign up as individuals or as a team.

Pre-Season Cradle – January 24th -25th. A unique 7 v 7 tournament that includes instructional clinics by college coaches. Go to www.hotlantalacrosse.com for more info.

Pre-Season Instructional Sessions - Hotlanta offers private and small group lessons, as well as team instruction to prepare players for their spring season. Contact us for more info.

Player of the Month



Haley Hooper

Our spotlight player this month comes from the middle school group, Haley Hooper. When Haley isn't playing midfield for the MS select team, she is running cross-country for Lovett. Aside from winning a number of meets this year her biggest accomplishment was winning the GA state meet and setting a course record. On top of that, Haley was also named Girls MS Runner of the Year. Congrats Haley! Keep up the hard work!

Recruiting Tip:
Only on OFFICIAL visit may be made per school. However, you may UNOFFICIALLY visit the school as many times as you would like!

Game Changer

During tournament play, eat lower-fat, higher-carbohydrate meals between games. Carbs are digested most easily and replace glycogen stores necessary for the next game. Higher fat foods take longer to digest and may cause stomach upset

Featured College of the Month:

Furman University

Located just outside of Greenville, South Carolina Furman University is



this month's featured college. The Paladins are home to 2,700 students and offers 42 different majors to choose from. Furman, a Division 1 school, is in its inaugural season.

They will compete in the Atlantic

Sun Conference alongside Jacksonville University and Kennesaw State.

The Paladins are coached by Rachel Whitten and assisted by Amber Falcone. Find out more about Furman visit their website :

www.furman.edu, or contact Coach Whitten at

Rachel.Whitten2@Furman.edu