



SOUTHSIDE HIGH SCHOOL ALL-STAR TRAVEL TEAMS QUESTIONS & ANSWERS

Why is there a new travel program being formed on the Southside?

The idea to create this new program came from Southside families and coaches who desire an alternative to existing high school travel team options.

What will make this new program different from existing travel teams?

This new program, whose official name has yet to be determined, will provide both expert training and recruiting exposure. First, players will participate in numerous college-style practice sessions, receiving elite instruction from qualified coaches. Then, following the practice season, players will participate in appropriate regional and national recruiting tournaments. Finally, there will be an option for the most talented boys in the program to compete on a Hampton Roads travel team that will combine the best players from both the Southside and Peninsula. This team would compete at an even higher level.

Who will run the program and who will coach the teams?

Capital Lacrosse was founded by Chris Swanenburg. Coach Swanenburg was an All-Ivy performer at Yale University and coached at the NCAA level for two decades. He is a former Division I head coach who has developed All-Americans and future professional players alike. Since 2010 he has run the Peninsula Patriots travel lacrosse program. Coach Swanenburg will oversee these new Southside teams and will serve as the head coach of the Showcase Team.

What is the Showcase Team and what other teams will be sponsored?

This new program will consist of two high school teams: A Showcase Team and a Tournament Team. The Showcase Team will cater to older, more talented players while the Tournament Team will cater to younger, developing players.

Will the two teams attend the same tournaments?

Not necessarily. While the two teams will practice at the same time, tournaments will be chosen so as to provide the best experience for each team, with the Showcase Team focusing more on recruiting exposure.

What does the practice and tournament schedule look like?

An assessment day is scheduled for Saturday, August 25 from 5-7 pm at Norfolk Collegiate. If the interest and talent level is sufficient, official practices will begin on Saturday, September 8. The teams will continue to practice every Saturday at Norfolk Collegiate through the month of October before heading to tournaments in November. The tentative plan is for both teams to play in Maryland on Saturday, November 4 and Saturday, November 17. They would also play in Williamsburg on Sunday, November 11.

How will the teams be selected?

Coach Swanenburg and his staff will evaluate all interested players and select the teams, beginning with the August 25 assessment. Final rosters will be set following the September 8 initial practice, which will also double as a supplemental assessment date.

How much does it cost to participate in the assessment and the program?

The cost to participate in the August 25 assessment is \$20. Dues for each team will be \$550 and will cover all practices and tournament entry fees. There will also be a nominal uniform fee.

How do I register?

Boys interested in being considered for the program must pre-register for the August 25 assessment. This entails submitting a Southside Application & Waiver Form and \$20 fee. Completed forms should be e-mailed to director@capitallacrosse.com. Checks should be made payable to 'Capital Lacrosse, LLC' and sent to the following address:

Capital Lacrosse
P.O. Box 1111
Newport News, VA 23601

To pay by credit card, please call (443) 690-7683.

What if I have additional questions?

Please feel free to contact Chris Swanenburg by phone at (443) 690-7683 or by e-mail at director@capitallacrosse.com.