

Information and area listings for Girls Lacrosse Tournament Teams

Tournament Team Tryouts start in late July and early August! Research a few, talk to fellow Wildcat Parents, register for a few team tryouts and learn what it is all about! Higher level lacrosse is out there and it is manageable from a time perspective!

As the parents of a rising 9th grader down to a rising 4th or even 3rd grader, (rising 5th-6th is optimal) PLEASE consider having your daughter tryout for a couple of lacrosse tournament teams! **TRYOUTS START IN LATE JULY/EARLY AUGUST NOW FOR MOST TEAMS FOR THE FOLLOWING SUMMER and you must register ahead of time!** Listed below are links to some of the tournament teams in PA, MD, and DE. There are many organizations, and those listed are merely suggestions – not endorsements and the list is not exclusive.

Most girls' lacrosse tournament teams' youngest team is made up of 4th graders. If you want to wait, it is not suggested to wait past the fall of 6th or 7th grade to tryout. Tournament teams teach upper level stick skills and game concepts and teams start to form and gel. So the older your daughter gets, the harder it is to make a team. But these teams are important if your daughter loves lacrosse and has goals of playing Varsity in high school and if they dream of playing in college. Most colleges start recruiting from the summer tournaments starting the summer after 9th grade. I know it is crazy, but it is true. So to make the most of that, your daughter should be on a team a couple of years before then.

The opportunity for individual improvement is really high because the ability of their teammates is high, they are exposed to a higher level of coaching geared toward the more serious and capable player and the competition they face is strong. The season is short (end of May to mid or end of July) and many families are available to carpool so the demand on individual families is low. The reality is that Avon Grove has so much potential but the competition the girls face in the Ches-Mont league and our non-league games in the greater Philadelphia area is comprised of teams with a majority of their players also playing on tournament teams. It is going to get harder and harder for our girls to compete and be successful without the exposure to the higher skill level and higher level of play offered by tournament teams.

Currently Avon Grove has about 30 players who play or have played on tournament teams in grades 6th-12th, with the majority in grades 6th – 9th. A

strong number of incoming 5th graders also plan to tryout this year. We would love to improve those numbers! There are a lot of you out there with very talented young players! Please check out your options and at least register for some tryouts to get an understanding of what it is all about!

Currently, Avon Grove players play for the following tournament teams (although there are many other strong ones so please check out the list!):

Philly Blast

NXT Lacrosse

Victory

PA Express

Envy

I am more than happy to answer any and all questions to the best of my ability!

Call or email me!

Good luck!

Coach Nicole

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Pennsylvania Teams:

- 380 Lacrosse – <http://www.380lacrosse.com/>
- AfterShock Lacrosse – <http://www.aftershocklacrosse.com/>
- Dynamite Lacrosse – <http://www.dynamitelax.com/>
- Envy Lacrosse – <http://www.envylacrosse.com/>
- HEADstrong – <http://www.headstronglax.org/teams/2011-2/headstrong-girls-1/>
- Lenape Premier Girls Lacrosse – <http://www.lenapepremier.com/>
- Motion Lacrosse – <http://www.motionlacrosse.com/>
- NXT - <http://www.nxtlacrosse.com/clubs/girls/>
- PA Express – <http://www.paexpresslacrosse.com/>
- PA Pride – <http://www.papridelacrosse.com/>
- Phantastix – <http://www.phantastixlax.com/>
- Philly Blast – <http://www.phillyblastlacrosse.com/>

- PYLA – <http://www.phillylax.com/event.php?eventselected=492>
- Quaker City – <http://quakercitylacrosse.com/>
- Southeast Pennsylvania Lacrosse Association (SEPA) – <http://www.sepalacrosse.org/>
- STEPS Elite – <http://stepslacrossephilly.com/>
- Ultimate Goal – <http://ultimategoallacrosse.com/>
- X-treme Lacrosse – <http://www.eteamz.com/lancasterareaxtreme/>

Maryland Teams:

- Elite Lacrosse Club – <http://elitelacrosseclub.net/>
- Looney's Lacrosse Club – <http://looneysgirlslacrosse.usl.la/>
- NEMS Club – <http://www.nemslax.com/>
- Skywalkers – <http://www.skywalkerslax.com/>
- TLC Lacrosse – <http://www.tlclacrosse.com/>

Delaware Teams:

- Victory Girls Lacrosse – <http://victoryeventseries.com/club-team/>