



THE WOODLANDS JR. HIGH GIRLS LACROSSE ASSOCIATION

Spring Season Notes:

VOLUNTEERS:

We are still looking for anyone interested in volunteering in the areas below. Please email jhgirlslax@gmail.com if you are interested. Spirit Wear/ Uniform Coordinator, Scheduler, Field Monitor (Home Games), and Field Lining

PARENTS:

Please remember only positive cheering on the sidelines. Please let our Coaches Coach and interact with the officials.

Please remember to wait 48 hours after a sporting event before speaking with a coach on a concern you may have with your daughter. You may also email jhgirlslax@gmail.com with any concerns you have regarding a sporting event, coaching, etc.

UPCOMING JH GAMES:

- 2/8 10:00 - GREEN @ CY FAIR
- 2/8 11:15- BLACK @ CY FAIR
- 2/22 - HOCKADAY (ALL 3 TEAMS)
- 3/1 10:30 GREEN VS PERSHING (ABSP)
- 3/1 11:45 BLACK VS PERSHING (ABSP)
- 3/1 10:00 RED @ SIENNA PLANTATION

UPCOMING HIGH SCHOOL GAMES:

The Following is a schedule of the Girls High School Varsity Team. Please try and catch a few and support our feeder team. All Games will be at Alden Bridge Sports Complex

- 2/8 2-5pm Woodlands vs Kingwood
- 2/15 1-4pm Woodlands vs Lamar
- 2/26 5:30 - 8:30pm Woodlands vs St. Agnes

The Woodlands Girls Lacrosse Associations's Policies

A copy of The Woodlands Girls Lacrosse Association's Policies and By Laws can now be found on our website. Please take a few minutes to review them. They cover everything from our Practice vs Playtime philosophies to Coaches' conduct. They can be found under our Documents link under the folder Policies and Procedures.

Hockaday Playday

Please let your coaches know if you will not be attending Hockaday so that they can plan accordingly.

Make sure you have your Hotel Reservation, if needed. We will be playing both Saturday and Sunday. Schedules should be out in the next couple of weeks.

Remember Team Dinner will be at the Embassy Suites Near the Galleria (Team Hotel) after all games on Saturday

Girl's Lax 101

Crosse in the Sphere:

- 1. Defense – A player may not reach into or through the sphere or hold her crosse around the throat of an opponent. She may not directly poke or wave the crosse near an opponent's face**
- 2. Offense – (Illegal cradle): hold, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere or close to her body, or her teammate's body, making a legal/ safe check impossible**

Something from our Coaches



BLACK TEAM (7TH-8TH GRADERS):

Coaches: Jim Tates, Tim Bliss & Danny Tosh



GREEN TEAM (5TH-6TH GRADERS):

Coach: Mike Postus Assistant Coaches: Tom McCormick



RED TEAM (3RD-4TH GRADERS):

Coach: Mike Drickamer