

Last Season Top 5 in the FCIAC, Top 10 in the State

2016: THE ENCORE!

Gear: In order to have it for preseason you need to order now

Spiritwear: Authentic Athlete online: Deadline: Today.

1. www.theauthenticathlete.com
2. Click on "Team Sports"
3. Select Ludlowe Lacrosse, **Password:** falcons16

Immediate Attention:

- A. Parent Permit Form Online: <http://fairfieldschools.org/schools/flhs/athletics/>

You cannot be on roster without signing up online!

- B. Ad Book Fundraiser: Participation is CRITICAL for us to have the resources that make our spring program both successful and enjoyable.
- C. Is your physical up to date (good for 13 mos)? Are you academically eligible?

Key Dates:

March 14, 15, 16:

Strength and Conditioning Testing Week: 2:30 weightroom

Gear only issued upon testing completion.

If you do not pass, you will report to extra conditioning throughout preseason for remedial work.

FYL Clinics (Fundraiser, Teach-it-forward, community building)

Mon 2/14: 4:30-6, Tues 2/15 4:30-6, Wed 2/16 4:30-7:30

Saturday, March 19: First Day of Practice Tryouts. Double Sessions. 8:30-11:00am; 1:30-4:30pm

Sunday, March 20: Second Day of Practice Tryouts. 3:30-5:30pm

Mon, March 21-Th, March 24: Week one of practice: 5:00-7:30pm

Sat, March 26: Varsity Scrimmage home v. Barlow. 9am

Sunday, March 27: EASTER

Mon, March 28 practice 5:00-7:30

Tue, March 29: Varsity Scrim at Staples 5:00, JV Scrim home v. Staples 5:00

Wed, March 30: Practice 5:00-7:30

Th, March 31: Varsity Home scrimmage v. Guilford

F, April 1: Practice 5-7:30

Sat, April 2: Scout Opponents

Sun, April 3: Practice 4:00-6:30pm

Mon, April 4: V and JV opener at Brookfield TBA

Coaching Staff

Head Coach: C. Parisi 203-258-1242, ludlowelax1@yahoo.com

Assistant Head Coach: S. Bartush

Sub Varsity Coaches: Rob Kinsley and Steve Swett

Conditioning, training and mobility expert: R. Hirata

ADVISORY:

3-DAY Weekend Off: Friday April 15-Sun April 17. Plan your trips in this window!!