

NCJLA Girls HS All Star Selection

Process All-Stars presentations will be awarded during the NCJLA GHS Championship Tournament.

Each club may select players whom they wish to acknowledge as a league all-star. The club is free to choose how these players are selected (coach-selected, team-selected or a combo). The number of selections that a team has is based on the team's seeded position in their conference at the end of the regular season:

- 1st Place- 5 selections
- 2nd & 3rd Place- 4 Selections
- 4th & 5th Place- 3 Selections
- 6th & 7th Place- 2 Selections
- 8th & Below- 1 Selection

Each team may provide an additional name that would be on the list if you had more selections. This "extra" name will only be used if needed.

Please e-mail the HS Commissioner by May 1st your team selections with their graduation year and position. The current commissioner can be found on the www.NCJLA.org website under the Staff & Contacts page.

This NCJLA All Star is a Player who:

- Made consistent effort to attend all practices and worked hard during them, and did attend the majority of them.
- Made consistent effort to attend all games and do her best during them, and did attend the majority of them.
- Listened to the coaches during practice, did not talk while the coach was speaking, and put forth her best effort to learn and apply the skills involved.
- Practiced on her own at home, which was made evident by her increasing skill during the season.
- Showed good sportsmanship during all games and practices, did not use foul language or talk back to the umpires or coaches, and encouraged her teammates.
- Demonstrated a mastery of skills which was apparent during games (such as goals scored, goals prevented, goals assisted, good use of both hands on the stick, knowledge of offensive and defensive positioning, good ground ball pick-ups, throws and catches consistently well, cuts to the ball aggressively, etc.)
- Can be relied on during games to always put forth her best effort for her team, even when the going gets tough.
- Is working hard towards becoming a "complete" lacrosse player by learning all positions, doing well wherever she is placed on the field both offensively and defensively, and does not complain when the coach places her in her "least favorite" position.
- Is a teammate whose absence during a game would be felt by the entire team.
- Embodies the spirit of lacrosse, honors the game, and plays it with passion.