

Puget Sound Select lacrosse is holding try outs Sunday, Sept 11th from 9 to 1pm @ Lakeside School in Seattle. This try out is open to any U15 Player (currently in 7th or 8th grade) who has completed at least one year of lacrosse. This is our sixth consecutive yr with PSS, and we have decided to open up our program to include a youth team. Our goal is to develop and feed this youth team into our high school select team. PSS provides the players with a very high level of game and practice play led by coaches Jamie Asaka (Lakeside) and Tami Tommila (Bainbridge). We will be selecting 30 players to our inaugural Team. Below is some general information on the upcoming fall season and a Waiver Form that will be needed to participate in the try out. The \$25.00 try out fee (cash only please) covers coaches expenses, insurance and field rental.

All players attending tryouts must fill out the attached waiver, and bring a check for \$275.00, made out to PSS. If you are not selected for the team, your check will be returned to you.

If you intend on trying out, you MUST send the following to Tami Tommila prior to Sunday:

- 1 - Full Name, Home Address, parent and player emails, parent and player cell numbers
- 2 - School and current year
- 3 - Field Position
- 4 - US Lacrosse Membership number
- 5 - Any schedule conflicts (our practices will be every Sunday)
- 6 - Uniform size - jersey and shorts

Any questions can be directed to Tami Tommila via email, or cell: 206-369-5409

ttommila21@gmail.com

Puget Sound Select Lacrosse Fall Team 2011 **"Find Excellence in Each Other"**

Congratulations on a successful 2011 lacrosse season!

We are very excited to form Puget Sound Select (PSS) for the U15 Youth in Washington State. PSS has provided an opportunity for dedicated lacrosse players to play against top competition in a fun and educational environment for the last six years, and we are delighted to expand our program to include the players of the future!

About the Puget Sound Select Lacrosse Team:

The team will meet throughout the Fall to practice lacrosse and play in a few games against skilled opponents with minimum travel. The team will be coached by Tami Tommila, head coach of Bainbridge Island and Jamie Asaka, head coach of Lakeside. The concept is to develop the skills and game sense of our youth, and get them ready for the next level.

Goals of Puget Sound Select

This program aims to help players improve as lacrosse players, athletes and representatives of the middle school programs in Washington State.

- Since the team will be coached by two of the league's top coaches this will allow the girls to obtain fantastic instruction and playing strategies emphasized by different programs.
- Establish a "club" lacrosse effort to serve as a platform for additional teams in the future.
- Provide high-level and local playing opportunities
- Provide a positive and FUN lacrosse experience

Tryouts

- Players selected by Jamie A. and Tami at tryout to form a solid team.
- Criteria are current skill level as assessed in the tryout session. Equally important for selection are the player's attitudes and hustle on the field.
- In the team selections defense is as valuable as offensive skills.

Player Commitments

- Obtain commitment by players and families to play for the team
 - The largest benefit of the team is the coaching the girls receive during practice sessions.
 - Girls who attend practices will receive playing priority in games
 - We always want to field an entire team for scheduled activities...
- Players and families are expected at time of selection:
 - **Send a registration Check of \$275.00 (made out to Puget Sound Select)**
 - List of known Fall conflicts
 - US Lacrosse Number
 - **Uniform sizing (top and shorts)**
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- Medical release forms and liability waivers will be filled out and signed.
- Parent volunteers to help coordinate the team activities will be sought:
 - Transportation coordination
 - Housing arrangements –Hotel reservations if needed, and hosting players from visiting teams
 - Fund raising
- Games
 - Players will receive play time based on participation in practice sessions
 - High quality competitive games are hard to come by, meaning we will need to travel.

Tentative schedule:

- Practices will be held on Sunday's – Sept 18th – Nov 13th – 9-11am
- Lakeside School

Playing Opportunities:

November 18th – 20th – Phoenix, Arizona Southwest Classic Lacrosse Tournament

Cost: - \$600.00 depends on airfare. Parent Volunteers are needed for the trip – please contact the coaches if you are interested in travelling with the team.

Seattle Rainz, Snohomish, and Bainbridge will be teams we will scrimmage with this fall.