

HIGHLAND PARK GIRLS LACROSSE HIGH SCHOOL FALL 2024

Welcome Highland Park to our Fall 2024 Lacrosse Season! Please read through the below in preparation for our season which officially starts in February:

1. **Schedule and Communications:** All major communication between coaches and players for the season will be done using GroupMe. All other communication with parents will be via email.
2. **Practice Schedule and Location:** Our fall season goes from Monday, September 9th through Thursday, October 31st. See below for specific details:
SMU Crum Field (5900 Bush Ave) Mon/Tues/Thurs 4:30-6:00
3. **Gear:** Please come to every practice and game with the below. Coaches will bring extra sticks and goggles for any girls who have yet to purchase their own.

- Girls lacrosse stick
- Practice Shorts (info on ordering to come)
- Practice Jersey (info on ordering to come)
- Lacrosse goggles
- Mouth Guard (white or clear NOT allowed; must be colored for easy visibility)
- Sneakers and/or cleats

4. **Arrival Time:** Arrive to all practices and games with enough time for your daughter to put her cleats, practice pinnie, mouth guard, and goggles on; chat with her friends; do a cartwheel if needed (you know your daughter 😊); and be ready to start warmups right on the dot. For games, please be *ready to go* 30 minutes prior to the start of the game.

5. **Your coaches:**

Varsity:

- Sloane Brown

VJ:

- Molly Prentice
- Annie Hockett

6. **Team Parent:** If any parents feel led to help out by bringing snacks or water bottles to games, by taking action photos of our girls on game days for social media and end of season ceremonies, or any other ways which you foresee you might enjoy getting involved this season, please let your coaches know! Thank you and see y'all on the field!