

HIGHLAND PARK GIRLS LACROSSE HIGH SCHOOL SPRING 2025

Welcome Highland Park to our spring 2025 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/Game Schedule and Location:** Our spring season will begin January 21st. See below for specific details:

- Mon/Tues/Thurs/ Friday 4:30-6:00 @ SMU Crum Field (5900 Bush Ave)
- Wednesdays 5:00-7:00 @ Highlander Stadium

**The game schedule is awaiting approval by the league/refs. Once we have it, we will share it with everyone!

3. **Gear:** Please come to every practice and game with the below.

- Girls' lacrosse stick
- Practice Shorts (HP colors ONLY)
- Practice Pinny
- Lacrosse goggles
- Mouth Guard (*white or clear NOT allowed; must be colored for easy visibility*)
- Sneakers and cleats

4. **Arrival Time:** the field opens at 4:00pm; all girls should arrive no later than 4:15pm.

5. **Your coaches:**

Varsity:

- Sloane Brown
- Logan Hendrick

VJ:

- Molly Prentice
- Annie Hockett

