

Selection Process for the Seneca Valley Men's Lacrosse team

MISSION STATEMENT:

A Varsity, Junior Varsity, and Freshmen Lacrosse team will be selected annually, with an evaluation and selection process of team members occurring the second week in March, unless otherwise notes and communicated. The Seneca Valley High School lacrosse program is focused on fielding the most competitive teams possible, based on those scholar athletes who have been chosen to become candidates for team selection. Due to the increasing enrollment into the lacrosse program the coaches will be selecting kids for their team with the understanding that they are looking and players' skill level and potential for development. This means that that coaches reserve the right to make cuts of any player they deem necessary. Best of luck to all candidates

SELECTION COMMITTEE:

Varsity : Varsity Head Coach, Varsity Asst. Coaches, JV Head Coach, JV Asst Coach, Freshmen Head Coach , Freshmen Asst. Coach

Junior Varsity: Varsity Head Coach, JV Head Coach, JV Asst Coach, Freshmen Head Coach , Freshmen Asst. Coach

Freshmen: JV Head Coach, Freshmen Head Coach, Freshmen Asst. Coach

ELIGIBILITY:

All Men's Lacrosse team candidates must be males who are currently enrolled in the Seneca Valley Senior or Intermediate High School. Players must have complete Physicals and Drug tests in order to try out. Players must also meet the grade eligibility rules of the school district.

SELECTION PROCESS:

All prospective players must be actively participating in tryouts unless otherwise excused by the selection committee. If a player is medically unable to perform he will receive a tryout upon his return from his medical condition. Selection of these teams isn't an easy process so participation is important.

Players will be selected on four components: Technique, Tactics, Fitness / Athletic Ability, and Psychologically (ATTITUDE).

For those prospective players actively participating in tryouts for the Varsity lacrosse team who are not selected for participation at the varsity level, the selection committee will evaluate the opportunity for those players – based on the aforementioned criteria – to be assigned to roster positions on the Junior Varsity or Freshmen teams.

TIMELINE:

The first week of March the coaches are offering to coordinate sessions for players who want to get some practice and conditioning work in as a group. These are not mandatory, nor are these sessions part of the try-out process. The coaches understand that many guys are still involved in other sports, activities or jobs at that time

Tryouts will be held starting March 8th and concluding on Saturday, March 13th in a scrimmage that afternoon. Tryouts for the varsity team are not mandatory for underclassmen. For those electing not to tryout for the varsity team, JV tryouts practices will begin on Wednesday, March 10th.

March 1-5 Optional Sessions:

6:00 - 8:00pm

March 8-12 Varsity Tryouts:

M-T 6:00 - 8:00pm

W-R-F 7:00 - 9:00pm

March 13 Varsity Tryout Scrimmage:

Saturday 2:30 - 4:30pm

March 10-12 JV Practices:

W-R-F 6:00 - 7:30pm

Regular practice schedule, Monday through Friday, begins March 15.

JV Levels -6:00 - 8:00pm

Varsity - 7:00 - 9:00pm