

2019 F.A. Day Girls Lacrosse

The following needs to be done before tryouts **on April 3:**

- 1) Sign up on Family ID on the school web page-
 - Take the Impact screening on Wednesday 27 after school in the library with Ms. Church (it's good for two years so some students will not have to take it again)
 - You need to check with the nurse and make sure your physical/impact screening is on file and up to date. Even if you played a winter sport doesn't result in your physical/impact screening up to date.
- 2) Please get all your paper work in by 3/27- it's your responsibility to check in with Coach Church about paperwork otherwise you can not tryout.
- 3) You will need a mouth guard, goggles, lacrosse stick and sneakers/cleats. You should be throwing, catching picking up ground balls and conditioning before tryouts.

Contact Info:

Coach Church: churcha@newton.k12.ma.us

Coach Quackenbush: quackenbushc@newton.k12.ma.us