



Welcome to the Great Valley Middle School Lacrosse Team

Parents and Athletes: Below is information that you will need before committing to joining the GVMS Lax Team. Once you have read this you can use the link for the google form to sign up. There will be a signature required from both the athlete and the parent indicating that you have read and understand these details and will comply in order to be registered on the team.

We will practice each day from 2:45 – 4:50 PM at Great Valley Middle School. Masks must be worn. You need to have sweatpants and a sweatshirt each day until your coach tells the team otherwise; no shorts until it gets warmer and no jewelry. You also must have your stick, mouth guard, and goggles. If you are unprepared for practice, you will not be allowed to participate and it will count as an unexcused absence. If you have an unexcused absence from a practice, you will sit out a game. Detentions are unexcused. Three unexcused absences and you are off the team. We strongly encourage you to bring a water bottle with your name on it. There will be no sharing of water bottles.

Practice will end at 4:50; you must be picked up by 5:00 pm. If you carpool, try to carpool with another lacrosse player. If you need to leave early from practice due to a doctor's appointment, etc, please bring a note on that day or before. If you are going to miss the whole practice for any reason, please have a note signed by one of your parents and hand it to me or place in my mailbox. If you are sent home early from school because you are sick, please leave a note in my mailbox.

Our first day of practice will be Tuesday, March 16th. You need to have a physical or recertification form (if you already had a physical this year) and your activity fee handed in to the office prior to March 16th to be able to attend practice. Please take care of this!

Lacrosse is an awesome sport but it takes a desire, dedication, and commitment to play. If you are on the team, we expect you to have all three qualities.



We are looking forward to a great hardworking season.

Mrs. Kratzer

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Mrs. Search

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