

# 2018-19 Boy's Lacrosse Info

## **Pre Participation Requirements**

Athletic physical and completed waivers on file with [Arbiterathlete.com](http://Arbiterathlete.com)

Recommended - US Lacrosse membership

<http://www.uslacrosse.org/membership.aspx>

Middle School- [Bus Transportation Form](#)



## **Equipment**

Helmet (see requirements on back), Stick, gloves, shoulder-chest pads, elbow pads, cleats, cup, and mouthpiece

There is a limited amount of school issued helmets, sticks, gloves, shoulder pads, and elbow pads. We will also host a team store selling sweatshirts, practice shorts, warm-ups, etc.

## **Important Dates:\***

November 5 - November 30 Conditioning (Every Wednesday - Friday 4-5:30pm)

December 3 - January 23 Fall Ball Practices (Schedule will be provided)

January 28- 30 3 Day Tryout

January 28 First mandatory practice (Varsity 4-6:30pm)

**Tentative 2019 Boy's Lacrosse Schedule:** *Some dates will likely change.*

2-25 @ Myrtle Beach (JV/V)	4-4 vs Carolina Forest (V)	TBD- Varsity Game
2-28 vs @ Socastee (JV/V)	4-8 @ NMB (V)	TBD- Varsity Game
3-7 vs Carolina Forest (V)	4-10 @ Waccamaw (JV/V)	
3-14 @ NMB (V)	TBD @ James Island (JV/V)	4-12 to 4-27 Playoffs
3-21 vs Waccamaw (JV/V)	TBD vs James Island (JV/V)	4-27 State Championship
3-28 vs Myrtle Beach (V)	TBD @ Wando (JV/V)	
4-1 vs Socastee (JV/V)	TBD vs Wando (JV/V)	

## **Communication**

Varsity Boys Head Coach: Joe Grega

School- (843)-650-5600 x. 2517 Fax: (843) 650-1004

Email- [jgrega@horrycountyschools.net](mailto:jgrega@horrycountyschools.net)

JV Boys Coach: Eric Beers

Email- [EBeers@horrycountyschools.net](mailto:EBeers@horrycountyschools.net)

Group Texts and Alerts: **Group Me** App or Online

[Stjameslacrosse.weebly.com](http://Stjameslacrosse.weebly.com)

Twitter @stjameslacrosse

Facebook: <https://www.facebook.com/St-James-Lacrosse-667527533344882/>

Google Calendar: [Html Format](#)      [iCal Format](#)

### **Fundraisers and Team Functions**

- Christmas Wreath Coupon Book Sale
- Barbecue ticket sales- Fall Date
- Reverse Raffle Basket & tickets - We need items for the silent auction.
- Team restaurant nights- Chipotle

### **Helmets Certification and Regulations:**

Helmets must be certified through the school and certified re-conditioners.

Helmets must be purchased through the school.

Certifications must be within within a 3 years. Dates are on the facemask and inside the left ear under a pad.

Only certified helmets can be worn for practices and games.

