1. COACHES
   1. Nikki Schwob – [nikkilieb@gmail.com](mailto:nikkilieb@gmail.com); 610-908-9255
   2. Kathy and Chris Virtue
   3. Kathy Nekton
2. COMMUNICATION
   1. WEBSITE/SOCIAL MEDIA
      1. [www.pinecrestgirlslacrosse.weebly.com](http://www.pinecrestgirlslacrosse.weebly.com)
      2. Facebook: Pinecrest Girls Lacrosse
      3. Twitter: PinecrestGLax
   2. EMAIL: Need correct address!
   3. COMMUNICATION FROM PLAYERS
3. SCHEDULE
   1. **Try Outs**: Wednesday, 2/12 - Friday 2/14; 4:15pm – 5:45pm
   2. **Practice Schedule:** Every weekday starting at 4:15
      1. Practices will be at 3000 Youngs Road in Southern Pines
   3. **Saturday, February 22nd** WAKEFIELD WARM UP
   4. **Games:** Most will be Tuesdays and Fridays = 16 games total
4. REQUIREMENTS (NCHSAA)
   1. MUST BE ENROLLED IN THE SCHOOL
   2. MUST GET A PHYSICAL
   3. MEET GPA REQUIREMENT
5. RULES OF OUR TEAM
   1. MUST TRY OUT
   2. SCHOOL COMES FIRST – if you are struggling with grades, you will not be able to play in games (we have our own GPA requirement).
   3. MEMBER OF US LACROSSE – www.uslacrosse.org
   4. BE ON TIME – each minute you are late you will run 1 lap
   5. PRACTICE BEFORE GAME DAY – must be there in order to start
   6. PRACTICES – 3 unexcused absences = off team
6. PHILOSOPHY/EXPECTATIONS
   1. PCGL FAMILY
   2. DEVELOP THE PERSON FIRST
      1. Character, class, confidence
   3. BRING OUT THE BEST ABILITY IN EACH PLAYER
      1. Positive attitude, Discipline, Fitness, Stickwork, Concepts
   4. LEADERSHIP
      1. Will vote for Captains – coaches will have ultimate decision
      2. Link between coaches and players