



FAQ's about playing Girls Lacrosse at BHS

When does the season start? Pre-season conditioning starts in December and tryouts begin at the end of February or the first week of March. Practices begin immediately following team tryouts. The competitive game season runs from late March or early April through mid-May. The Varsity season can extend into June if the team makes playoffs.

What are the teams?

- **Freshman/Sophomore (Fresh/Soph) team** is for Freshman and Sophomore girls who have either no experience or less than 2 years' experience of playing lacrosse. It's a nurturing environment where girls learn the game. Juniors and Seniors are not allowed on the Freshman/Sophomore team.
- **Junior Varsity (JV) team** is for Freshman, Sophomores and Juniors who are experienced players and are ready to take their game to the next level. Girls begin to learn advanced skills and set plays to prepare for playing on Varsity.
- **Varsity team** is for the most talented players, regardless of age. Players work together to become the best team possible, with winning as the main goal. Playing on Varsity requires commitment since the team plays extra games and attends out-of-town tournaments during Spring Break.

Are there cuts? There may be cuts depending on how many girls try out. Each of the three teams takes between 22-24 girls.

If I haven't played before, when should I start? The answer is now! The first place to start is with the Illinois Girls Lacrosse Association (IGLA) that offers Spring and Fall beginner and intermediate leagues through the Barrington Park District. Practices are held at Ron Beese Park and games are played in the Northwest Suburbs. For more information, visit www.iglax.org.

For the latest info about the BHS Girls Lacrosse Program, Summer Camps, Fall Ball and local lacrosse club camps, clinics and leagues, email us at bhsgirlslax1@gmail.com to join our email list. Also...like our Barrington High School Girls Lax page on Facebook and follow FilliesLax on Twitter.