

PVHS Girls Lacrosse

3 x EPC Champs

District XI Champs/State Quarterfinals

FALL INTRAMURALS

Open to HS and MS(7th-8th) Athletes

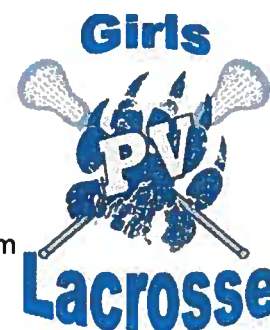
Introduction of Coaches

Toni Bush-Head Coach Bush.Toni@pvbears.org 570-656-4143

Hanna Doerner- Asst. Coach

Savannah Bauman-Asst. Coach

Alyssa Grieco- Asst. Coach



Equipment Needed to Play

Lacrosse Stick*, Goggles*, Mouthguard, Cleats, Sneakers, Intramural Form

*Items on hand to borrow

DETAILS:

WHEN: Tuesdays and Thursdays beginning October 15th and ending November 26th

2:45-3:45 Weightroom/Conditioning

3:45-5:00 JCM Field/Stadium- Stick Work

*MS athletes- Meet in lobby of MS IMMEDIATELY following dismissal and you will be escorted over to the high school. High Schoolers will meet outside of the new weightroom.

*You do not need to attend every practice. Come as often as you are able. There is no cost.

*The high school coaching staff will split between HS and MS groups.

But I've Never Played Before??

So What!?! If you are a dedicated athlete who is looking to try something new, our coaching staff can prepare you for the game.

*****VERY IMPORTANT: YOU MUST HAVE A COMPLETED INTRAMURAL FORM WITH YOU AT FIRST SESSION OR YOU MAY NOT PARTICIPATE.*****

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