

## FOR HEAD VARSITY COACHES ONLY

### POTOMAC CHAPTER HIGH SCHOOL GIRLS LACROSSE INFO 2008

- NOW:** EMAIL THE FOLLOWING INFO TO sarahaschenbach@aol.com  
NAME, SCHOOL, EMAIL, PHONE NUMBERS  
Also list areas you can help out.
1. National Tournament Tryout Selector Sunday April 27<sup>th</sup>
  2. National Tournament Coach May 23<sup>rd</sup>-25<sup>th</sup> --- MUST ALSO ATTEND team placement day on Sunday May 4<sup>th</sup> approx. 9am-4pm
  3. All American Selection Committee. Application available soon.
- APRIL 1<sup>st</sup>:** All Coaches Must Be Members of US Lacrosse by this date and membership must be kept current throughout season.
- APRIL 1<sup>st</sup>:** All American Pre-Nominations Due to Sarah Aschenbach via fax 202.333.7385. NO COVER LETTER PLEASE. Please note the criteria required for player to be considered. All forms on [www.uslacrosse.org](http://www.uslacrosse.org). [http://www.uslacrosse.org/womens\\_div/hcaa\\_selectionprocess.phtml](http://www.uslacrosse.org/womens_div/hcaa_selectionprocess.phtml)  
You may pre-nominate a player who you expect to meet the criteria by May 20<sup>th</sup>, but if that player does not, you may not send here as a final nomination.
- APRIL 20<sup>th</sup>:** National Tournament Nominations Due to Sarah Aschenbach via fax 202.333.7385 NO COVER LETTER PLEASE  
IMPORTANT NOTE: Each school may nominate ONLY FIVE (5) field players and ONE (1) Goalie. Coaches may petition to add extra players by attaching TWO (2) letters from other head coaches seconding the nomination of the extra players.
- APRIL 27<sup>th</sup>:** Chapter Tryouts for National Tournament at Langley High School. All players selected at chapter tryouts will be placed on 1 of 8 teams at the May 4<sup>th</sup> Regional Tryout at Langley High School
- MAY 4<sup>th</sup>:** Regional Tryout. Team Placement.
- MAY 20<sup>th</sup>:** Final Nominations for All American AND Nominations for ACADEMIC All American Due to Sarah Aschenbach via fax 202.333.7385 NO COVER LETTER PLEASE
- MAY 23-25:** National Tournament in Towson, MD area

The Potomac Chapter consists of the following leagues and conferences: Independent School League (ISL), Washington Catholic Athletic Conference (WCAC), Capital Area Lacrosse League (CALL), DC Public (DCIAA), VA Public AA and AAA (Dulles, Cardinal, Concorde, Cedar Run, Commonwealth, Liberty, National, and Patriot), Montgomery County Public, Southern Maryland Athletic Conference (SMAC), and six independent schools.

All head varsity coaches MUST be members of US Lacrosse by April 1<sup>st</sup>, 2008. Memberships MUST be renewed each year. The number of head coach members determines the number of All Americans, National Tournament Teams, etc. The MORE members, the MORE All Americans, the MORE National Tournament Teams....MORE MEMBERS=MORE OPPORTUNITY FOR OUR GIRLS.

JOIN NOW AT [www.uslacrosse.org](http://www.uslacrosse.org) BE SURE TO DESIGNATE HEAD VARSITY COACH WHEN YOU SIGN UP!!!!

FOR HEAD VARSITY COACHES ONLY

POTOMAC CHAPTER NATIONAL TOURNAMENT NOMINATION FORM 2008

School:

Head Coach:

Head Coach Email:

Head Coach Phone:

Head Coach US Lacrosse Number AND Exp. Date:

YOU MUST designate each player as Attack OR Midfield OR Defense OR Goalie. DO NOT CIRCLE MORE THAN ONE POSITION. Midfielders are expected to play the WHOLE field. An attack player that never crosses the restraining line to play defense is NOT a midfielder. No position changes can be accommodated.

Please Nominate Player From Your Team Only. NO SENIORS. Seniors should be encouraged to sign up for the Seniors Only Team, which will compete in a very fun and competitive tournament at The National Tournament in Towson, MD. Info on Senior Team registration available this spring at [www.uslacrosse.org](http://www.uslacrosse.org)

NO NOMINATION ACCEPTED WITHOUT US LACROSSE # AND EXP. DATE

POSITION	NAME	US LACROSSE # / EXP. DATE
----------	------	---------------------------

A M D		
-------	--	--

A M D		
-------	--	--

A M D		
-------	--	--

A M D		
-------	--	--

A M D		
-------	--	--

GOALIE		
--------	--	--

SEND VIA FAX TO SARAH ASCHENBACH 202.333.7385 NO COVER LETTER  
NO LATE or INCOMPLETE FORMS WILL BE ACCEPTED. NO EXCEPTIONS!

If you don't have access to a fax machine you can email the form in a word document if absolutely necessary. It is much easier for us if you fax the form!!!

You can also mail to:

Sarah Aschenbach, 2316 Huidekoper Place, N.W. Washington, DC 20007

## FOR HEAD VARSITY COACHES ONLY

### POTOMAC CHAPTER NATIONAL TOURNAMENT TRYOUT INFO FOR PLAYERS 2008

Coaches may print out a copy of this page for players nominated for tryout.

Chapter Tryout at Langley High School in McLean, VA on Sunday April 27th

8:30-9:30	Registration
9:30-12:30	Stations
12:30-1:30	Lunch
1:30	First Round of cuts will be announced
1:45-4:30	7v7 and scrimmages
4:30	Second Round of cuts will be announced

All players selected for a team must attend the Mid Atlantic Regional Team Placement on Sunday May 4<sup>th</sup> approx. 9:30 am to 4pm at Langley HS.

### VERY IMPORTANT INFO

PLAYERS MUST BE NOMINATED BY THEIR HEAD COACH PRIOR TO THE APRIL 20<sup>TH</sup> DEADLINE. THIS IS NOT AN OPEN TRYOUT AND NO WALK UPS CAN BE ACCOMODATED.

1. \$25 cash (exact change preferred) fee due at registration on April 27<sup>th</sup>. No fee for May 4<sup>th</sup>.
2. All players must be members of US Lacrosse. You can join at [www.uslacrosse.org](http://www.uslacrosse.org) You must be a member prior to registration. You cannot join onsite.
3. Clothing: PLAIN WHITE SHIRT & NAVY OR BLACK SHORTS. NO school name, no club team names or emblems. NO HAIR RIBBONS.
4. If player cannot attend tournament, DO NOT try out.
5. Tryouts are held RAIN or SHINE!!!
6. Bring stick, mouth guard, goggles, water, sunscreen, and lunch.
7. Langley High School Boosters will have breakfast, lunch, snacks, and beverage items for sale throughout the day.

### TEAM INFO

The Mid-Atlantic Region will send eight (8) teams to the National Tournament. Teams will be made up of players from the chapter tryouts. Chapter tryouts in our region include Potomac (DC, Northern Virginia, Montgomery County), Greater Baltimore/Western Maryland (includes Frederick, Carroll, and Howard Counties), Chesapeake (Annapolis Area), Delmarva (Eastern Shore), and Richmond, VA.