

St. Albans Lacrosse

2008 Summer Dates

Descriptions

1. “Friday Night Lights” features scrimmages with alums and current varsity and JV players under supervision of head coach. These are optional sessions. Returning STA lax players who are in town are encouraged to attend if the sessions do not conflict with other sports or family plans.
2. Southern Sticks Team Camp will consist of an STA JV team traveling to that team camp (see June 13-15). All STA lax rising 9th and 10th graders will be invited. Not mandatory but encouraged.
3. The 2 varsity camps/tournaments—the Georgetown Shootout and “The Shootout”—are for returning varsity players. A handful of JV players will be invited as well. Most varsity players tend to attend these. Both are important, but “The Shootout” is the one that is most encouraged because, as a residential program, it is a great team-building program for us. Also, while recruiting is not at the forefront of what we do, our players and program receive a lot of visibility from this

May, 2008

Friday, May 30 Friday Night Lights, 6-8 p.m., Satterlee-Henderson

June, 2008

Saturday, June 1 Alumni Game, 1-3 p.m., S-H Field

Friday, June 6 Friday Night Lights, 6-8 p.m., S-H

June 9---13 *STA Lacrosse Camp (for Lower Schoolers), 4—6:30 p.m., M—F, S-H*

Friday, June 13 Friday Night Lights, 6-8, S-H

June 13—June 15 JV team (rising 9th and 10th graders) to Southern Sticks Team Camp, Blue Ridge School (Coach St. Germain)

June 16—20 *STA Lacrosse Camp (for Lower Schoolers), 4—6:30 p.m., M—F, S-H*

Friday, June 20 Friday Night Lights, 6-8 p.m., S-H

Friday, June 27 Friday Night Lights, 6-8 p.m., S-H

July, 2008

- Thursday, July 3 Practice for Georgetown Shootout, 6-8 p.m., S-H
- Saturday, July 5 Practice for Georgetown Shootout, 4-6 p.m., S-H
- Sunday, July 6 Georgetown Shootout, 9—5 p.m, G'town University (Coach Lester)
- Friday, July 11 Friday Night Lights, 6-8 p.m.
- Thursday, July 17 Practice for “The Shootout,” 6-8 p.m.
- Friday, July 18 Practice for “The Shootout”/Friday Night Lights, 6-8 p.m.
Shootout Team will likely scrimmage an alum team
- Saturday, July 19 Practice for “The Shootout,” 3-5 p.m.
- July 20—July 23 STA Lax at “The Shootout,” UMBC, Sun—Wed (Coach Lester/Coach Saint)

Questions:

Malcolm Lester
202-537-5703
mlester@cathedral.org