

2012 Pre-Season Schedule

A. Weekly Schedule:

Monday Afternoons- Sports City Group (Non-ITN players) from 3:30-5:00pm. Get to Sports City ASAP after school, since no one uses the field before us, we can get some extra time in.

Wednesday Mornings- 6:30-7:00am Wall Ball CDHS back gym. Sticks, Gloves, and Helmets

Thursday Nights- 8-9:30pm Full Equipment Practice in CDHS back gym.

Saturday- InTheNet Winter League games.

Daily: Daily workouts will be posted on Facebook page. Please “friend” CentralDauphin RamsLax” as well as join the Groups page :”CD Lax Bros” run by Ben Sheridan.

These workouts will be posted daily and you are to comment after each workout the time it took you or the score you got. This will be your “attendance” and a way for me to mark your improvement in your fitness goals. For these workouts it is recommended that you get a jump rope and a pull-up bar. Other than these two items, everything else can be done at home or backyard or streets. If you need help with distance at home use www.walkjogrun.net and type in your address. You can then find your house and “create a route” that matches the distance required.

B. Physicals

Physicals will be held at CDHS on **February 9th** after school in the main gym. Please have your pre-physical forms filled out and ready. There will also be physicals held at CDEHS on **Feb. 16th** after school. If you are going to your family doctor for a physical you must have the doctor fill out the CDSD Physical packet and this must be done after January 23rd to be eligible for the spring season. Please be on your best behavior as the last couple years the trainers and doctors have commented to me directly about behavior of the “lacrosse boys”

C. ImPact Testing

Wednesday February 15th at 4:20 will be our ImPact Testing. Any current 9th & 11th graders who have not taken the test since this past May when testing began for this current school year; And those that have NOT taken the test at CDHS within the last 2 years

D. March 5th

March 5th will be our first tryout date. Players trying out for the Varsity team will be practicing at 5:30am-7:00am the week of March 5th starting with Monday March 5th. Tryouts will also be held afterschool from 2:50-5:00pm that week.

2012 Season Schedule

A. Practice

Morning Practices: 5:30am-7:00am

Afterschool Practices: 2:50pm-5:00pm

Saturday/Sunday Practice: Sat. 8am-10am Sunday 3:00pm-5:00pm. (When Applicable)

** **March 10th** is a SAT testing date, we are looking at having practice that Saturday afternoon

B. Games

Notable scheduled games:

March 24th home against State College: (REVENGE from last year!!!)

April 7th home against Wilson: This is the Saturday before Easter, so this game date may change to the Friday or Thursday before. If not, you are expected to be there.

April 28th Saturday at Cedar Crest

May 10th Mid-Penn Championship game (Getting here, starts now!)

May 15th 1st Round of District III Playoffs (Getting here, starts now!)