



What Can You Tell Me About Tryouts?

We are committed to giving every player a fair evaluation & selecting only those that earn a spot!

How are players evaluated?

At the tryouts we have numerous (between 7 and 12 usually) coaches (college and high school) evaluate your son during the drills and small group play. The coaches are looking for athleticism, stick skills, dodging/defending, small group work and game sense / lax IQ. After the evaluation the coaches meet to discuss every player who is being evaluated. Each coach gets a vote as to whether each player has the ability to compete at the level needed to be on our team. The players that the coaches feel have that ability are placed on the team. The players who are close but not quite ready are offered a spot in our Flex Team. The Flex Team is designed to improve their skills to the point where they can move to the team.

How many players are selected?

Each team is composed of approximately 22 players. The exact composition varies by team but in general is 3/4 dodging attackmen, 1/2 crease attackman, 4/5 close defensemen, 1/2 LSM, 8/9 midfielders, 1 FOGO and 1/2 goalies.

How competitive are the tryouts?

The tryouts are fairly competitive with hundreds of players trying out across all levels. The older the players the more competitive. At the high school team level you have to be very, very good with years of experience. We wish we could provide more guidance but we cannot.

Are the teams pre-determined? Do all the prior year players make the team?

Absolutely not, we are 100% committed to giving every player a fair evaluation & selecting only those that earn a spot! As a result, every year there are new players that make the teams and players who are on the current teams that do not. We also have kids that make the team who were cut the year before. To ensure that everyone will get a fair evaluation we do the following: 1) everyone has tryouts out on the same day, no returning player can wear their travel pinnie at tryouts, and all players are referred to in evaluation and drills by the number on their bib, not their name.

How Is Eligibility Determined?

High School Players

College coaches have asked that we select our teams based on graduation year wherever possible (some flexibility is allowed). They indicated that this makes their job easier as it allows them to see players compete against other players in a recruiting class. Their thought is that it is better to dominate against like year players then be good against the best players.

Therefore we will have the following teams:

- **2022 / Maroon Team**
- **2023 / Navy Team**
- **2024 / Gray Team**

Note 1: - We may also have a Select team of Jr/So or So/FR who play at recruiting tournaments. This will depend on the quantity and quality of the players at tryouts.

Note 2: The composition of the teams is subject to change including but not limited to playing 2022s on the 2023 team and/or 2023s on the 2022 team as circumstances may require.



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4th to 8th Grade Players

College coaches have asked us to select our teams based on graduation year. They indicated that this makes their job easier as it allows them to see players compete against other players in a recruiting class. Their thought is that it is better to dominate against like year players then be good against the best players. Therefore we will continue to do the same at the middle school and youth letters and select 2025, 2026, 2027, 2028/29 teams.

- **2025 Team** - Open to all players who will graduate in 2024 (8th grade in Fall 2020)
- **2026 Team** - Open to all players who will graduate in 2025 (7th grade in Fall 2020)
- **2027 Team** - Open to all players who will graduate in 2026 (6th grade in Fall 2020)
- **2028/29 Team** - Open to all players who will graduate in 2027 or 2028 (4th or 5th grade in Fall 2020)

Note - birthdays have nothing to do with the teams. Please do not call us about birthday questions.

