



General Timeline For The Summer

- This timeline must be read in conjunction with our **Guideline For Practice Sessions** which details our
 - Guidelines For Being Allowed To Practice.
 - Guidelines For Attending Team Practice.
- The general timeline below is based on the information contained in the **Guideline For Practice Sessions**, our conversations with tournament directors and our trainers recommendations. We will adjust our plans to include all the recommendations of medical personnel and federal / state / local leaders as they become available.

Overall

- We plan to hold practice 4-5x a week for HS and 3-4x a week for MS / Youth.
 - This is to help make up for players missing their Spring season.
- The practices will be approximately 2 hours long.
- The practices will be by team not by position or large age group (e.g. all HS players, etc.)
- We will set the actual dates and times for practice in late May when we expect to have better visibility into what we can and can't do.

Our trainers and medical personnel have recommended the following schedule and milestone to best insure that the players are safe, healthy and physically ready for practice.

Week 1 and 2 - Acclimation period (Individual) - All players must complete 2 weeks of individual conditioning, on their own, before they can attend practice sessions.

Week 3 - Acclimation period (Team) – Players completing the *Individual Acclimation Period* can begin to practice together as a team under the State of Ohio guidelines. The first week of team practices will continue to be acclimation days of conditioning and stick skills. During this week, all players must show that they are physically ready to practice by successfully completing two conditioning.

Week 4-7 – Players completing the *Team Acclimation Period* can begin to practice in full under the State of Ohio social distancing guidelines where appropriate.

Week 8 – 11 – Practice and tournament play.

This would then lead to 1 of 2 possible schedules given current tournament dates.



General Timeline For The Summer

Schedule one

- All **MS / Youth Players** and
- All **High School players** should Inside Lacrosse Session 1 be moved, delayed or cancelled or the State of Ohio delay Phase 2 of reopening.

- Week 1 (May 25 – 29) – Acclimation (Individual)
- Week 2 (June 1 – 5) – Acclimation (Individual)

- Week 3 (June 8 – 12) – Acclimation (Team)

- Week 4 (June 15 – 19) – Team Practice
- Week 5 (June 22 – 26) – Team Practice
- Week 6 (June 29 – July 3) – Team Practice
- Week 7 (July 6 – 10) – Team Practice

- July 11 to 12 – Summer Sizzle - All MS / Youth Teams – first tournament
- July 13 to 15 – Inside Lacrosse Session 2 – All HS teams – first tournament
 - HS players - This is only if Inside Lacrosse gets moved, delayed or cancelled.

Schedule Two

- Only for **High School players**
 - Assumes that Inside Lacrosse Session 1 is not moved, delayed or cancelled and
 - Assumes the State of Ohio does not delay Phase 2 of reopening.

- Week 1 (May 11 – 15) – Acclimation (Individual)
- Week 2 (May 18 – 22) – Acclimation (Individual)

- Week 3 (May 26 – 29) – Acclimation (Team)

- Week 4 (June 1 – 5) – Team Practice
- Week 5 (June 8 – 12) – Team Practice
- Week 6 (June 15 – 19) – Team Practice
- Week 7 (July 22 – 26) – Team Practice

- June 29 – July 1 – Inside Lacrosse Session 1 – All HS teams – first tournament



Current Tournament Dates as of April 28, 2020

Middle School / Youth Player Tournaments

- July 11 / 12 (Saturday / Sunday) – Summer Sizzle (Baltimore) – All Teams
- July 25 / 26 (Saturday / Sunday) – Liberty Rising (Malvern, PA) – All Teams
 - Recently moved to new location and date was June 27/28 in Northeast, MD
- Aug 1 – Aug 2 (Saturday / Sunday) – Sweetlax (Rochester, NY) – Only 2024, 2025 and 2026 teams

The Cherry Bomb tournament was moved to August 21 and 22. Therefore, we will not be attending it.

- ~~Cancelled - Cherry Bomb (Detroit, MI) – Only 2027/28 team – July 18 – July 19 (Saturday / Sunday)~~
- As a result, the 2027/28 team will only have 2 tournaments this summer.

High School Player Tournaments (We will attend 3)

- June 29 to July 1 (Monday / Wednesday) – Inside Lacrosse Session 1 (Baltimore)
- July 13- to July 15 (Monday / Wednesday) – Inside Lacrosse Session 2 (Baltimore)
- July 22 – July 23 (Wednesday / Thursday) – Baltimore Summer Kickoff (Baltimore)
- Aug 1 – Aug 2 (Saturday / Sunday) – Rochester, NY

All Tournaments

MS in YELLOW to help you visualize if you have players on both categories of teams.

- June 29 to July 1 (Monday / Wednesday) – Inside Lacrosse Session 1 (Baltimore)
- July 11- to July 12 (Saturday / Sunday) – Summer Sizzle (Baltimore)
- July 13- to July 15 (Monday / Wednesday) – Inside Lacrosse Session 1 (Baltimore)
- July 22 – July 23 (Wednesday / Thursday) – Baltimore Summer Kickoff (Baltimore)
- June 25 to June 27 (Saturday / Sunday) – Liberty Rising (Northeast MD)
- Aug 1 – Aug 2 (Saturday / Sunday) – Rochester, NY
- Aug 1 – Aug 2 (Saturday / Sunday) – Rochester, NY – **2027/28 does not attend**