

# **MONTCLAIR HS BOY'S LACROSSE**

## **PRESEASON MEETING #1**

### **Fall Plans**

- Upperclassmen will lead practices
- Need your contact information today, **please sign in even if you were on the team last year**
  - **Attendance will be taken**

### **Winter Plans**

- Winter Skills Training: Wednesdays: 12/5, 12/12, 12/19, 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 (6:30-745 PM)
- Winter League at SDA Clifton: GOAL IS TO HAVE 2 TEAMS (games fall between 2-8pm on Saturdays).
  - Winter Weight Room/Conditioning: Times/Plan TBA
    - **Attendance will be taken**

### **Division**

- Fitch-Pitt Division
- Essex County Liberty Division

### **Community Efforts/Volunteer Hours**

Youth team practices on the following days of the week in the bubble near Walnut St. Email me at [mpdiehl29@gmail.com](mailto:mpdiehl29@gmail.com) if you want to help out.

- Wednesday 7:30-9:00PM
- Thursday 4:00-5:30 PM
- Thursday 7:30-9:00PM

### **New and Need Equipment?**

- Email me at [mpdiehl29@gmail.com](mailto:mpdiehl29@gmail.com) and we will do our best to get you set up