SPRING SPORTS INFORMATION
WWW.LANCERSPORTSZONE.NET

SPRING MEET THE COACH NIGHT
TUESDAY MARCH 3 @ 7PM-AUDITORIUM

Below are the three things all athletes must have to try-out. Please check each individual sport page to see what else may be needed such as a try-out criteria or weight room form.
1. VHSL Physical form to be filled out by a doctor. Must be dated AFTER May 1, 2019
2. Emergency Care Card
3. Concussion Education for athletes and parents: Every athlete and one parent must read the concussion packet, sign and return the signature page to the ATC (YEARLY).

SPRING TRYOUT SCHEDULE
BASEBALL- February 24-26 Baseball Field 3:30pm-6:00pm
BOYS LACROSSE- Feb. 24th, 26th Stadium 3:30pm-5:00pm;
   Feb 25th Stadium 6:30pm-8:00pm
GIRLS LACROSSE- February 24-26 Stadium 5:00pm-6:30pm
BOYS SOCCER- Feb.24th, 26th Stadium 6:30pm-8:00pm;
   Feb 25th Franconia Park 3:30pm-5:30pm
GIRLS SOCCER- Feb.24th, 26th Franconia Park 3:30pm-5:30pm;
   Feb 25th Stadium 3:30pm-5:00pm
SOFTWARE- February 24-26 Softball Field 3:30pm-6:00pm
BOYS TENNIS- February 24-26 Tennis Courts 4:00pm-6:00pm
GIRLS TENNIS- February 24-26 Tennis Courts 4:00pm-6:00pm
TRACK- February 24-26 Stadium Track 3:30pm-6:00pm

Contact the Coaches for more information