

Lacrosse: Summer & Fall/Winter Travel Teams
GIRLS - Youth & High School

253 Lacrosse (Tacoma) - <http://www.253lacrosse.com>

CitySideLax (Seattle) - <https://www.citysidelax.com>

Summer 2022 Tryout Information:

2023-2026 (HS) - 1/30 9-10:45 Queen Anne Bowl - [Registration Link](#)

2026 - 1/30 11-12:30 Queen Anne Bowl - [Registration Link](#)

2027/28 - 1/30 12:45-2:15 Queen Anne Bowl - [Registration Link](#)

2029/30 - 1/30 2:30-4 Queen Anne Bowl - [Registration Link](#)

2031/32 (Training Team) - 2/5 3-4:30 Montlake Playfield - [Registration Link](#)

*2026s can attend both HS and 2026 tryouts just register for one.

Puget Sound Select - PSS (Seattle) - <http://www.pss.usl.la>

Seattle Starz (Issaquah/Redmond) - <https://www.seattlestarzlax.com>

Seattle Superstix (Sammamish)

- <https://seattlesuperstixlax.leagueapps.com>

Vandal (Issaquah) - <http://www.vandallacrosse.com>

*** GHLA does not endorse any of these independent clubs.**