



2015 GIRLS CAROLINA FLIGHT LACROSSE

- What:** Fall Tour Carolina Flight Travel Lacrosse Teams
- Who:** Middle School/High School Teams
- When:** **Open Tryouts August 29** at Centennial Middle School – 1900 Main Campus Drive Raleigh, NC 27606 – **time 1-4 PM.**
- Practices:**
- Saturdays: 1:30 – 3:30**
September 12, 19, 26, October 3, 10, 17, November 7
- Sundays: 1:00 -3:00 or 2:00 – 4:00 depending on team**
September 13, 20, 27, October 11, November 8
- Tournaments:** October 24-24 Southern Lacrosse Showcase Rock Hill, SC
(Tentative Schedule) Oct 31-Nov 1 Fall Uprising Bel Air, MD (bus option)
November 14-15 Wishbone Championship Apopka, FL (possible bus option)

*** Carolina Flight will also sponsor a select team of 2016-2018 players who are interested in being recruited, to participate in the **IWLCA President's Cup Showcase** Tournament in Orlando, FL Nov 20-22. If you are interested in participating in this event please contact Craig Reist at the email address below. Costs and other details will be provided to those interested.

Costs: **Tryout Fee: \$10.00 Team Fee: \$550** This covers all coaches, fields, insurance, officials, practices, tournament fees (President's Cup not included). Uniform rental is a \$75.00 refundable deposit. Game uniforms will be turned in at the end of the season. Bus price TBD. Spirit wear will be made available for purchase.

More Details: Carolina Flight website (www.carolinaflightlax.com)

Note: Each participant is responsible for having water bottle, cleats, stick, mouth guard, and goggles in good working order. Current US Lacrosse membership also required. Parents or legal guardians are required to execute a waiver before a player can take the field.

Questions: Email Craig Reist craig.reist@duke.edu