

Hello Lacrosse Families-

Welcome to the 2019-2020 Lacrosse Season.

This email contains all the necessary information for Lacrosse Captain's Practices. Captain's Practices are a great opportunity to prepare for tryouts and the upcoming season. Seniors through freshman are encouraged to attend.

Field space has been reserved and paid for in full by the Captain's Parents. Therefore, we respectfully ask that all athletes submit payment in a timely manner. Athletes who do not pay will not be allowed to participate in practice. Please send payment of \$160 dollars by November 1, 2019.

Check - \$160 dollars to Claudia Johnston, 108 Saint George Street Duxbury. Venmo @Claudia-Johnston-4 (Please note CP in the memo line).

Captains Practice's will begin December 11 and run through March 11.

Practice will take place on Sunday and Wednesday evenings at the Plymouth Sports Complex, 8 Natalie Way Plymouth, MA. (Please note, both practices will be held in Plymouth this year.)

- Sunday dates are as follows: December: 15, 22, January: 5, 12, 19, 26, February 2, 9, 16, 23, March 1, 8. Practice will run from 8-10
- Wednesday dates are as follows: December 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26, March 4, 11. Practice will run from 8-9

Questions or Concerns, please feel free to reach out.

Best,

Claudia and Mark Johnston, 401-440-0503, Gillian5@comcast.net
mark.johnston@bestfitness.net

Kate and Jim Prouty, kprouty@akamai.com, jps75@yahoo.com

Beth Heppenstall, bethhep@icloud.com

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Seamus Johnston, Will Prouty and Sam Heppenstall