



Cornwall Celtics U15

Tryout Information Sheet

Welcome to the Cornwall Celtics U15 evaluation sessions. The following is the tryout schedule:

Dates:

Wednesday April 20th (7:40-9:00) Civic Complex

Saturday April 23rd (11:40-1:00) Civic Complex

Monday April 25th (7:30-8:30) Exhibition Game vs. Nepean 1- Civic Complex; be an hour early to warm up please- 6:30

***** players should arrive and be fully dressed to warmup before tryouts and the exhibition game. Do not be late!!!!**

Team decisions will be made after the April 25th exhibition. We will inform all players by email of our final selections.

If you are successful, the plan will be to have a team/ parent meeting before our first team practice.

DON'T FORGET: Water bottle, proper equipment, mouth guard, 150% effort and good attitude and be ON TIME!

The team plan is to play:

- Fast- quick transition
- Skilled
- Tough (aggressive)
- Disciplined (penalty free)
- Team-First Lacrosse
- Structured

Players will be evaluated on the following:

- Lacrosse skills (catching, passing, shooting)
- Speed, agility, and quickness
- Quick/smart decision-making skills (no standing still on the floor)
- Defensive skills
- Work Ethic and Attitude
- Game ability
- Teamwork, Discipline and Respectfulness

We realize that every player may not have all these skills yet! We will be looking for players that can demonstrate a variety of these skills. We will be choosing players that we believe will be a good fit in helping to build this team's identity.

Schedule:

Coming soon

Practices

Players are expected to be at **ALL** practices. Practices will be every Monday and Wednesday night from 7:40- 9:00 at the Benson Center- Pad 1

Tournaments: West Durham (Pickering) - June 24-26th

Gloucester – July 8th-10th

Whitby- Provincial Championships – July 29th- 31st

Hotels for West Durham and Whitby- Durham College Residence- \$89 per night

Feel free to contact me by email or text if you have any questions.

Thank you,

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