

DVRHS Girls lacrosse Evaluation Process

We will be evaluating the girls in a series of speed, agility and lacrosse skills over the course of two days as well as determining their commitment and attitude towards teamwork. We will be forming our 2010 girls lacrosse team from this evaluation. We will do our best to give a fair and accurate assessment to your daughter. At the end of the evaluation period each athlete will be told in person her status for the upcoming season. JV and Varsity levels will not be determined at this time only team eligibility.

We are looking for player's who are coachable, determined and positive. We understand that not all of the girls who wish to play have the same set of skills but all players need to have the confidence that they possess some skills to help our team(s) meet with success!

We will be evaluating the following areas:

agility and core strength
stick skills: throwing, catching, ground ball pick up, cradling
running-both speed and endurance
Defensive and Offensive Abilities
The ability to think well in all playing situations
The ability to take constructive criticism
The ability to play different positions
Natural athletic abilities particularly speed endurance quickness game sense
communication
full field scrimmages and 1v1 play
Attitude and Teamwork

We would love to allow every girl who wishes to play high school lacrosse to be on our team. However, due to the competitive nature of interscholastic high school sports and our limitations on resources that our available (staff, team levels, uniforms and transportation), we are constrained in the number of girls that we can actually field on each team.

It is very difficult to tell a girl that she will not be on the team but it is vital that the student athlete and her parents understand that there is a possibility they might not make the team. Additionally, if selected, the athlete and her parents need to accept placement on either Junior Varsity or Varsity. It is unfair to a team when a student tries out for a team and then quits because they are dissatisfied with the team level.

We will do our best to select the most committed and responsible and hardest working athletes!