

NoVa West Lacrosse

The only LAX in Northern Virginia is NoVa West LAX



The **Iguanas** are NoVa West's U11 team. This team will compete in some very challenging tournaments but the focus of this team will be to have these players receive top notch instruction throughout the summer to prepare them for higher levels of play.

Tryouts: TBD



The U13 **Venom** will compete in a fantastic schedule of very competitive tournaments and receive great coaching to prepare the players for the next level of competition. This team offers a perfect balance of competition & development, ensuring the proper growth of these players skills.

Tryouts: TBD



The **Virus** is NoVa West's U15 team which is a great feeder program to the High School level select teams. The Virus will compete in the finest tournaments available for this age group preparing them for that next step where they will begin to receive exposure at the collegiate level.

Tryouts: TBD



The **Crusaders** High School team is developmental team that will bridge the gap between the Virus and the Flamingos. The team will play in tournaments that provide collegiate exposure but the main focus is on the personal development of each player. Players from this team can be called up to play with Flamingos.

Tryouts: TBD



The **Flamingos** are NoVa West's premier High School select team that will compete at tournaments providing significant collegiate exposure. Players from this team will be elevated to play on the Outbreak squad with players from SMS lacrosse. NoVa West will work very closely with players from this team regarding recruiting.

Tryouts: TBD



The **Outbreak** is our elite High School team built on a partnership between SMS and NoVa West. This team will focus on providing the maximum exposure for the players that are selected. This team will compete in the most prestigious & demanding lacrosse tournaments in the country.

Tryouts: TBD

NoVa West Lacrosse is committed to providing all of our players continued development and for our older players the exposure they deserve with collegiate coaches. All of our teams will be coached by superior coaching staffs, coaches that have actually played the game at the highest level. Our coaches are either highly competent High School coaches or current Division 1 players, all that can teach the latest techniques. Our priority is to improve each and every player and prepare them for the next phase of their lacrosse careers.

What Are We Looking For

Again this is a fantastic opportunity for players who truly love the game and are dedicated to becoming the best they can be. Below we have listed some of the characteristics of the type of players we are looking for:

- 🏒 Dedicated to improving skills
- 🏒 Hard Worker on and off the field
- 🏒 Unselfish Team Player
- 🏒 Commitment to the Team, this is critical because if the team looks good all its players do too.

TAKE YOUR GAME TO THE NEXT LEVEL WITH NOVA WEST LACROSSE

Register today for a tryout at www.NoVaWestLAX.com