

# NoVa West Lacrosse

The only LAX in Northern Virginia is NoVa West LAX



Looking for a great summer experience? NoVa West's summer select teams play in the most competitive tournaments available under the tutelage of coaches that have played the game at the highest level which is what young players need and deserve.

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.



The **U11 Iguanas** are new for 2010, our mission with the U11 level will be to provide the players and families a great summer experience at tournaments in great locations that will provide the team with great competition. It will also be our mission to develop the players at this level by perfecting fundamentals by working with a coaching staff that has played at the highest level of lacrosse.

### Tournament Schedule

June 18 <sup>th</sup> – 20 <sup>th</sup>	Davidsonville, MD	Summer Exposure	Great early season tournament
June 27 <sup>th</sup>	Owings Mills, MD	Green Turtle Classic	Invitation tournament top 24 teams
July 9 <sup>th</sup> – 11 <sup>th</sup>	Williamsburg, VA	Colonial Classic	Tournament & Trip to Busch Gardens
July 17 <sup>th</sup> – 18 <sup>th</sup>	Hershey, PA	Hogan's Hershey	Tournament & Trip to Hershey Park
August 14 <sup>th</sup>	Middleburg, VA	NoVa West Shootout	NoVa West's own tournament



The **U13 Venom** are new for 2010, The Venom will be entered in a great schedule of tournaments providing the players and families a great summer experience at great locations. The players on the Venom will be treated to a fantastic summer of coaching and instruction from a staff of division one collegiate lacrosse players.

### Tournament Schedule

June 18 <sup>th</sup> – 20 <sup>th</sup>	Davidsonville, MD	Summer Exposure	Great early season tournament
June 26 <sup>th</sup>	Owings Mills, MD	Green Turtle Classic	Invitation tournament top 24 teams
July 9 <sup>th</sup> – 11 <sup>th</sup>	Williamsburg, VA	Colonial Classic	Tournament & Trip to Busch Gardens
July 17 <sup>th</sup> – 18 <sup>th</sup>	Hershey, PA	Hogan's Hershey	Tournament & Trip to Hershey Park
August 14 <sup>th</sup>	Middleburg, VA	NoVa West Shootout	NoVa West's own tournament



The **U15 Virus** will continue their momentum from the 2009 summer when they went 17-2 winning two tournaments. The Virus will compete in the finest tournaments throughout the summer and fall with the intent of getting these young players some early exposure but also continued development so that they will be ready for their high school programs in the spring. This new program will also act as a feeder to the Crusaders and Flamingos programs strengthening them in the future.

### Tournament Schedule

June 18 <sup>th</sup> – 20 <sup>th</sup>	Davidsonville, MD	Summer Exposure	Great early season tournament
June 26 <sup>th</sup>	Owings Mills, MD	Green Turtle Classic	Invitation tournament top 24 teams
July 9 <sup>th</sup> – 11 <sup>th</sup>	Williamsburg, VA	Colonial Classic	Tournament & Trip to Busch Gardens
July 17 <sup>th</sup> – 18 <sup>th</sup>	Hershey, PA	Hogan's Hershey	Tournament & Trip to Hershey Park
August 8 <sup>th</sup>	Middleburg, VA	NoVa West Shootout	NoVa West's own tournament

NoVa West's High School teams offer their players the highest level of competition, coaching and recruiting exposure available in Northern Virginia. In our six years of recruiting teams we have had 34 players graduate from our program and 31 one of them have gone on to play collegiatley.



The **Crusaders** focus on getting younger high school players early exposure and continued development throughout the summer. The Crusaders will now bridge the gape between the U15 Virus and NoVa West's High School Elite Flamingos program.

**Tournament Schedule**

June 18 <sup>th</sup> – 20 <sup>th</sup>	Davidsonville, MD	Summer Exposure	Great early season tournament
June 24 <sup>th</sup>	Edgewater, MD	UPLAX	
July 10 <sup>th</sup>	Kent Island, MD	Bay Bridge Brawl	
July 17 <sup>th</sup> – 18 <sup>th</sup>	Hershey, PA	Hogan's Hershey	Tournament & Trip to Hershey Park
August 7 <sup>th</sup>	Middleburg, VA	NoVa West Shootout	NoVa West's own tournament



The **Flamingos** are NoVa West's elite High School recruiting team that will compete in the finest tournaments throughout the summer and fall with the intent of getting these players maximum exposure in recruiting tournaments with the opportunity to compete to make team Outbreak. Tryouts for the Flamingos are by invitation only! NoVa West will nominate players from the Crusaders tryout to participate in a tryout for the Flamingos.

**Tournament Schedule**

June 18 <sup>th</sup> – 20 <sup>th</sup>	Baltimore, MD	Cutting Edge	Great early season tournament
June 22 <sup>nd</sup>	Edgewater, MD	UPLAX	
July 10 <sup>th</sup>	Kent Island, MD	Bay Bridge Brawl	
July 25 <sup>th</sup> – 28 <sup>th</sup>	University of Delaware	Battle of the Hotbeds	
August 7 <sup>th</sup>	Middleburg, VA	NoVa West Shootout	NoVa West's own tournament
Fall Tourney	TBA	TBA	



The **Outbreak** will continue to be the premier recruiting team in the Washington DC Metropolitan area. In 2010 six to eight players from the Flamingos will be elevated to the Outbreak squad along with six to eight players from SMS Lacrosse. The remainder of the Outbreak roster will come from a nationwide tryout. The Outbreak squad is a pure recruiting team that will compete in the highest level recruiting tournaments throughout the summer, fall & winter.

**Tournament Schedule**

June 22 <sup>nd</sup>	Edgewater, MD	UPLAX	
July 11 <sup>th</sup> – 14 <sup>th</sup>	Baltimore, MD	Brine Shootout	The premier recruiting tournament
TBA	TBA	TBA	
Fall Tourney	TBA	TBA	

**TAKE YOUR GAME TO THE NEXT LEVEL WITH NOVA WEST LACROSSE**

**Register for a Camp, Clinic, Personal Lesson, League or Select Team today**

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