



CENTRAL MASS CLUB LACROSSE

CMass offers the serious female lacrosse player the opportunity to train year round with the top lacrosse coaches in the area and to compete in the most competitive local, regional and national tournaments, including those in Massachusetts and Virginia. These tournaments are attended by college coaches and recruiters. Central Mass Club Lacrosse is now entering its 9th year, under the same Director, Joe Kacevich.

2014 CMASS TRYOUTS:

**All tryouts to be held at
9/11 Memorial Field, 9 Acre Bridge Rd.,
Southborough, MA**

August 18: For girls entering grades 5-8 in the Fall. 5-7:30 p.m.

August 19: For girls entering grades 9-11 in the Fall. 5-7:30 p.m.

August 24:

1-3 p.m. for girls entering grades 5-6 in the Fall.

3-5 p.m. For girls entering grades 7-8 in the Fall.

5-7 p.m. For girls entering grades 9-11 in the Fall.

All players are encouraged to attend as many tryout sessions as possible. Register online at:

www.cmasslacrosse.net

Contact:

Joe Kacevich, Club Director
Joe.cmasslax@gmail.com
Cell: 508-365-7486

What we offer...

- CMass offers a year round training program for those players who want to take their game to the next level.
- The CMass staff includes 2 dedicated goalie coaches.
- CMass offers a Strength & Conditioning Program, designed by Matt Travis of exclusively for the female athlete, including an ACL injury prevention focus.
- Each player in the Program stays with the **same team** and the **same coaches** throughout the year resulting in strong team camaraderie and personalized feedback from our coaching staff.
- CMass provides bi-annual written player evaluations and weekly Game Summaries.
- CMass offers clinics throughout the year with Assistant Coaches at Holy Cross College and Harvard University.
- CMass is a small club where the focus is on *quality* and *consistency*.
- CMass offers assistance with the college recruiting process.
- CMass Alum Jill Horka of Westboro has been invited to try out for the US National Team.

How we work...

- CMass will field Middle School teams and High School Teams.
- CMass will train at Hit Quarters in Shrewsbury during the winter months and the Fay School athletic fields in the Fall and Spring.
- CMass seeks dedicated, committed families.
- Our roster includes player from several towns throughout Central Mass. Southborough is easily accessible from many major roads.