

Boys lacrosse:

Head coach: Ken Rodgers: ken.rodgers@springfield.k12.or.us

JV Head coach: Anthony Steingrobe: Anthony Steingrobe <anthonysteingrobe@icloud.com>

Practice starts on 2/26.

Practice times: 3:30-5:30.

Practice location: Willamalane Sports Center

Equipment needed: Black helmet, black and white or black and silver gloves and arm guards, shoulder pads, rubber tipped cleats, athletic cup, mouthguard, lacrosse stick. Under Armour or similar leggings and uppers for cold weather practice.

Interested players should be running, stretching, lifting and hitting the wall to practice skills.

Let me know if you need anything more.

Ken