

Practice: Practices are scheduled to be at Bob Keefer Center on 32nd street Field #3. Practice starts at 3:30pm and ends at 5pm.

Gear: All girls will need a stick, eye goggles, cleats, and a mouth guard that is NOT clear or white. Our new uniforms require some sort of plain black long sleeve undershirt. Gloves are optional.

Tryouts: We do not have tryouts for the year, we have conditioning practice every Tuesday and Thursday morning from 6:15AM to 7:15AM at our back field near the park. These conditioning practices are taken very seriously, attendance and effort will be taken into consideration when deciding starting positions, etc.