

## 2023-2024 Riverside Lacrosse Off-Season Schedule and Dates

### Lift Days (Weight Room 7:00-8:30am):

Tuesdays and Fridays. Starting on 10/3 thru 2/13.

### Green Days (Stadium 7:00-8:30pm):

October: 3, 5, 10 (6:30 Practice Turf), 12, 17, 19, 26

November: 2, 28, 30

December: 1

January: 11, 18, 25,

February: 1, 8

### Stick Work (Practice Turf 4:30-5:30):

January: 9, 16, 23, 30

February: 6

### Ashburn Bandits Clinics:

September 26<sup>th</sup> and 28<sup>th</sup>

October 3<sup>rd</sup> and 5<sup>th</sup>

### Fall Tournaments/Events:

JV VEL League: Sundays during the fall.

- Games begin 9/10

JV Fall Brawl: **Saturday November 18<sup>th</sup>**

- 7v7 tournament to be FUN.
- More information to come.

Atlantic Coast Showcase (St. John's): **Sunday November 19<sup>th</sup>**

- Intense 10v10 event. Varsity (Invite Only)
- More information to come

Oakton Turkey Shootout: **Sunday December 3<sup>rd</sup>**

- Competitive 10v10 event. Varsity (Invite Only)
- More information to come

### Spring Interest Meeting:

February 12, 2024 (4:30-5:00pm)

### Spring Equipment Handout/Conditioning Test:

February 15, 2024 (4:30-6:30pm)

