



Dear Future Bears,

I am excited to have this opportunity to provide you with more information about the lacrosse program at Bartram Trail High School. In making the decision to become a student-athlete you are making a great commitment. It is a great privilege to be part of a team and something bigger than yourself, but it also comes with great responsibility, because student-athletes tend to have a great deal of influence on their fellow classmates. This is something that should not be taken lightly.

There are four areas we look at very closely when selecting our team and determining playing time. Character, academics, attitude, and talent. All four of these things are important factors that our staff looks at, but notice that talent comes last. That is because winning is a byproduct of all of these things and that is why the most talented team on paper does not always win.

There are some other important things you should note about our program. Tryouts occur in the end of January. We strongly encourage you participate in any preseason workouts and recommend playing summer and fall club lacrosse if you are not involved in another school-sanctioned sport. Please do not hesitate to email me at coachvanbtlax@gmail.com for information on club lacrosse opportunities in the off-season.

If you are considering lacrosse at Bartram Trail I would love the opportunity to meet you prior to tryouts. Please find time to swing by my classroom to introduce yourself.

Respectfully,

Coach Van Arsdale

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

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