



April 2019

Dear Parents, Guardians, and Athletes,

Welcome to Bartram Trail High School! We are very excited for our upcoming freshman class and we look forward to the many accomplishments that will be achieved by the class of 2023. My name is Meghan Jackowiak and we would like to take the time to introduce the girls lacrosse program to you. There are several pre-season training opportunities at BT in the summer and fall/winter. Then our season takes place in the Spring. Tryouts for our JV and Varsity girls lacrosse teams will be toward the end of January of 2020. We highly encourage all players to participate in off-season training that fits in their schedule.

This summer, we will offer a Grizzlies program for all incoming 9th-12th grade girls enrolled at BTHS interested in playing lacrosse. We will also offer a Grizzlies program in the fall, along with a fall ball league opportunity and possible tournament opportunities. In the winter we will have pre-season conditioning along with a January preseason Grizzlies tournament opportunity. To participate in any of these training opportunities before the Spring season, you must have all your required forms in on file at BTHS and you must have a current US Lacrosse membership. You will also need the appropriate equipment (stick, goggles, mouthguard, cleats). If you need suggestions on where to get equipment, please contact me. Note all off-season practices, leagues and tournaments do have fees that apply.

Being part of a program starting your freshman year is a perfect transition into the new territory of high school. Our lacrosse program at BTHS is a very special one that has a long history and legacy that our past and present players have worked very hard to create and sustain. We promote academics, a family-type atmosphere, discipline, commitment, hard work, learning, development, and most importantly fun!

If you are interested in any of the pre-season training opportunities and our Spring lacrosse season, please email myself at [btgirlslacrosse@gmail.com](mailto:btgirlslacrosse@gmail.com) to get added to our email distribution list and please follow the instructions below. If players are in a fall and/or winter sport, they still may be able to participate in preseason training opportunities part-time. Please contact me regarding this. The BTHS lacrosse coaching staff absolutely love multi-sport athletes and hope to see our athletes play other sports.

We are very much looking forward to getting to know you and excited to work together on improving your lacrosse knowledge and skillset!

**Getting started:**

1. **Current US Lacrosse membership – all must email me their US lax # and expiration date**
  - <https://www.uslacrosse.org/membership>
2. **Email me** at [btgirlslacrosse@gmail.com](mailto:btgirlslacrosse@gmail.com) to get added to our 2019-2020 girls lacrosse email distribution list.
3. **Visit [www.grizzlieslaxclub.com](http://www.grizzlieslaxclub.com)** to read about summer and fall opportunities

Please email me with any questions you may have. We hope to see you this summer! Go Bears!  
Thank you,

*Meghan Jackowiak*

Meghan Jackowiak  
Head Girls Varsity Lacrosse Coach

HUMILITY PASSION UNITY SERVANTHOOD THANKFULNESS

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