



East Coast Lacrosse

A DIVISION OF EAST COAST CONDITIONING

Fall Travel Team Tryouts

Pre-registration required

Contact Joanne Sweeney at Joanne.Sweeney@ecc-athlete.com with name, fall 2011 grade, position, town program/HS, contact information



Tryouts for East Coast Lacrosse Fall Travel teams are coming this August.

All teams will be participating in a fall lacrosse league, playing in multiple November Tournaments, and practicing 2 times per week. Additionally, all players grades 7 and up are automatically enrolled in the East Coast Strength training program for the duration of the Fall. Great coaching + lots of training + game experience = Improvement

All grade levels are for Fall of 2011. No cost to tryout. Strict Roster Limits.

5/6th: Monday, Aug 15th at 6:30 - 8:30pm

7/8th: Monday, Aug 15th at 6:30 - 8:30pm

9/10th: Wednesday, Aug 17th at 6:30 - 8:30 pm

11/12th: Wednesday, Aug 17th at 6:30 - 8:30 pm*

*Recruiting focused team: will attend 2-3 recruiting specific tournaments during the first 3 weekends of November.

Location: Wardlaw Hartridge School, 1295 Inman Avenue, Edison, NJ (Grass fields)

If you cannot make the tryout dates, but still would like to be considered for a team, please fill out the on-line form at the East Coast Lacrosse website located under "Tryouts". Note that almost all the players will be selected through a tryout process.

Jason L. Pressman, East Coast Lacrosse Director



- 25 years of combined playing and coaching experience
- NJ Lacrosse Hall of Fame: Inducted in 2002
- Johns Hopkins University: Defensive MVP 1994
- Coach Pressman has coached lacrosse throughout New Jersey including high school lacrosse for 4 years (2000-2004) where he helped to develop several All-Americans, young coaches, and MLL players such as Matt Poskay (MLL MVP and Head Coach of Wagner University) and Ray Megill (MLL Champion Bayhawks and Owner of Performance Lacrosse). More recently he was the assistant coach the NJ Pride professional lacrosse team in 2008 and 2009 and has been coaching and running the rec program in Clark, NJ (2005-Present).

Any questions in regards to the teams or training can be sent to East Coast Lacrosse Directors Jason Pressman & Andrew Borriello

jason.pressman@ecc-athlete.com | andrew.borriello@ecc-athlete.com | (908) 756-6868

where athletes train

