

# How to Letter in Lacrosse

All items denoted by: "\*" are also qualifiers for captain nomination (you can't be a captain unless...)

1. Play two full seasons w/o suspension or breaking team rules.
2. Maintain a 2.0 or higher GPA for two lax seasons with NO loss of credit.
3. Attend 75% of all offseason workouts. \*
4. Assist in one or more club fundraisers each season. \*
5. You must be able to string your own head.

Some exceptions include athletes who play in other sports, or who are employed. Final decision is to be made by the head coach.

