



HAVE FUN & GET BETTER!
Focus on player development.
Top collegiate coaches.
Team trained to succeed.
Providing an unrivaled family experience.

Whether you are new to the sport of lacrosse or looking to take your game to the next level, Mountain State Lacrosse Club is here to help! The Mountain State Lacrosse Club, Inc. was created to provide high-level coaching and competition for high school lacrosse players throughout West Virginia. We are here to help grow the sport of lacrosse in West Virginia - by West Virginians. We have brought expensive experiences from other travel clubs and combined it with some of the best lacrosse minds in the area to create the ultimate experience for both the player and their family.

The focus of Mountain State Lacrosse is on player development. Players will receive instruction and evaluation from current and former college coaches and players as well as experienced high school coaches. Players will be provided a safe, constructive environment to learn that hard work, dedication, and sweat equity pays dividends. Travel players get the tournament experience that builds player confidence, comradery among the players, and a great experience for the whole family.

Interested in playing in college? Mountain State Lacrosse will provide you that opportunity through competitive tournaments, player showcases, and college prospect days. Our dedicated staff has the knowledge and experience to guide you through the recruiting process and raise your profile to get you where you want to go.

2-DAY TEAM CAMP | JUNE 19 & 20

The Bridgeport Indoor Sports & Recreation Center

FALL PRACTICES | AUG, SEPT, & NOV

1x/week with dates to be determined by the coaches

Tentatively on Sundays: August 29, September 12, 19, 26, October 3, 10, and 31

SUMMER PRACTICES | JUNE & JULY

2x/week, 2 hours each, with dates TBD by the coaches

Tentatively the weeks of: June 14, 21, 28; July 5, 12, 19, & 26

1st FALL TOURNAMENT | OCT 16 & 17

Boo Bash (Lax Bash) - Erie, PA

Practice location(s) will vary between Bridgeport, Buckhannon, Fairmont, & Morgantown

SUMMER TOURNAMENT | JULY 9 -11

Bash at the Boardwalk (ThinkLax) - Ocean City, MD

2nd FALL TOURNAMENT | OCT 23 & 24

Fall Roundup (Ultimate Event & Sports) - Conshokocken, PA

1-DAY CLINIC | AUGUST 22

1-Day Instructional Clinic Multiple Coaches - Location & Times TBD

END OF SEASON BANQUET | TBD

Date, location, and time TBD - open to all players practice & travel

COACHING STAFF



HEAD COACH MORGAN CAIN COMPORT - Coach Morgan is in her 3rd season as the top assistant lacrosse coach at Seton Hill University. She is also in her 3rd season as the assistant field hockey coach. As a player at Seton Hill, Morgan started every game of her career at attack and attributed 243 career points (178 goals, 65 assists). She was honored as the East Coast Conference player of the week in 2010, was a 3-time all conference attackman, a 2nd team All-American in 2011, and earned Academic Athletic honor roll. Morgan was team captain her junior and senior years. She is a 2013 graduate of Seton Hill with a major in psychology and minors in biology and sociology. Fun Facts: She is still the WV all time career goal scorer in lacrosse and became a mom in January of this year!



ASSISTANT COACH ANGIE RUDY - Coach Angie was previously the head lacrosse coach at Alderson-Broaddus University. She played collegiately for the SUNY Cortland women's lacrosse team that advanced to the NCAA Division III Final Four both seasons she played there. While in college, Angie worked a strength & conditioning internship at Syracuse University in 2014 & 2015 where she implemented programs for injured athletes as well as trained women's tennis, rowing, and softball. She is a 2015 graduate of SUNY Cortland with a degree in fitness development and a minor in sport management.

COSTS

TRAVEL PLAYER - \$980

Includes the following:

- Team camp
- 14 summer season practices
- 8 fall season practices
- Practice pennie
- Uniform
- 1-Day Clinic in August
- Summer Tournament (Bash at the Boardwalk)
- Fall Tournaments (Boo Bash and Fall Roundup)
- Access to any optional instruction through college camps, prospect days, & showcases
- End of season banquet

PRACTICE PLAYER - \$410

Includes the following:

- Team camp
- 14 summer season practices
- 8 fall season practices
- Practice pennie
- Access to any optional instruction through college camps, prospect days, & showcases
- End of season banquet

Email questions to: MountainStateLacrosse@gmail.com

Complete the enrollment form: <http://bit.ly/2021MtnStateLax>