



**WELCOME TO FOLSOM HIGH SCHOOL  
BOYS LACROSSE**

**COACH: Michael Minson**

**EMAIL: [Mminson577@gmail.com](mailto:Mminson577@gmail.com)**

**TRYOUTS:**

**August-October Fall Ball**

**January-May Tryouts/Spring Season**

**If you would like to try lacrosse for the first time, please do not purchase any gear! The team has loaner equipment for new players. We are limited with our loaner equipment, so if you have experience, please utilize as much of your own as possible. Gloves, arm pads, and cleats SHOULD be white, but this is NOT a requirement. Tryout spots are limited, so please reach out as soon as possible if you have any interest.**

**We play a fast and free version of lacrosse that embraces the true nature of the sport. Many athletes from other sports thrive, so don't hesitate to give it a shot if you're curious.**