



NEW JERSEY
EMPIRE
 LACROSSE CLUB



2020 Team Schedule

www.trilogylacrosse.com/events/club/nj-empire

2020 Team Head Coach

Matt Myones

JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			May 31 1 Team Meeting Mahwah HS (Mandatory)	2	3	
4 Training Camp Mahwah HS	5	6 Practice 6:00-7:30 Glen Rock HS	7 Practice 6:00-7:30 Glen Rock HS	8 Practice 6:00-7:30 Glen Rock HS	9	10
11 Lehigh Laxfest	12	13	14 Practice 6:15-7:45 Glen Rock HS	15 Practice 6:15-7:45 Glen Rock HS	16 Gettysburg Check-In by 7pm	17 Gettysburg (On-Campus)
18 Gettysburg (On-Campus)	19	20 Practice 7:00-8:30 Mahwah HS	21	22 Practice 7:00-8:30 Mahwah HS	23	24 Trilogy Rider
25 Trilogy Rider	26	27 Practice 6:00-7:30 Glen Rock HS	28	29 Practice 6:00-7:30 Glen Rock HS	30	

JULY 2017

2	3	4 July 4 th Holiday	5 Practice 6:15-7:45 Glen Rock HS	6 Practice 6:00-7:30 Glen Rock HS	7	8 Tri-State National
9 Tri-State National	10	Optional: Academic Aces Showcase (Not Included in Membership) Contact mterry@trilogylacrosse.com if interested			14	15
16	17	18	19	20	21	22

Team Meeting

Mahwah High School Cafeteria
Wed 5/31
 HS: 7:00pm-7:45pm

Training Camp

UPDATED TIME + LOCATION:
Ramapo Ridge Middle School
Sun 6/4
 3:00-5:00pm: Team Practice
 6:15-7:00pm: Scrimmage v 2019

Team Practices:

Most Practices will be at:
Glen Rock High School
 *6/20+22 at Mahwah HS

Tournaments

Lehigh Laxfest

Bethlehem, PA
Sun 6/11 – 1 Day Event
 1st Game: As early as **8am Sun**
 Last Game: As late as **6pm Sun**

Gettysburg Recruiting

Gettysburg, PA
 Check in Fri 6/16 by 7pm
Games: Sat 6/17- Sun 6/18
 1st Game: As early as **8am Sat**
 Last Game: As late as **5pm Sun**

Trilogy Rider

Princeton, NJ
Sat 6/24-Sun 6/25
 1st Game: As early as **8am Sat**
 Last Game: As late as **5pm Sun**

Tri-State National

Mercer County Park, NJ
Sat 7/8- Sun 7/9
 1st Game: As early as **8am Sat**
 Last Game: As late as **5pm Sun**

Tournament Hotel Blocks
 available on the website

Trilogy Office Phone #:

(212) 796-7987

Trilogy Club Program
 Manager:

Mike Terry

Empire HS Program
 Director:

Ryan Humphreys