



NEW JERSEY
EMPIRE
 LACROSSE CLUB



2023/2024 Team Schedule

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Memorial Day Holiday	29	30	31 Team Meeting (Mandatory)	1	2
3	4 Practice 6:30-8:00 Ramapo Ridge	5 Practice 6:30-8:00 Ramapo Ridge	6 Practice 6:30-8:00 Ramapo Ridge	7 Practice 6:30-8:00 Ramapo Ridge	8	9 Battle at Monmouth
10	11	12 Practice 6:30-8:00 Ramapo Ridge	13 Practice 6:30-8:00 Ramapo Ridge	14 Practice 6:30-8:00 Ramapo Ridge	15	16 Future Legends
17	18	19 Practice 6:30-8:00 Ramapo Ridge	20 Practice 6:30-8:00 Ramapo Ridge	21 Practice 6:30-8:00 Ramapo Ridge	22	23 Trilogy Rider
24 Trilogy Rider	25	26 Practice 6:30-8:00 Ramapo Ridge	27	28 Practice 6:30-8:00 Ramapo Ridge	29	30

Head Coach
 Sean Duncan

Team Meeting
 Thursday, May 31st
 Location: Mahwah H.S.
 Time: 7:00pm – 8:00pm

Team Practices
 Ramapo Ridge M.S.
 6:30pm – 8:00pm

Tournaments
Battle at Monmouth
 Colts Neck, NJ
 Sat 6/9 – 1 Day Event

Future Legends
 Boonton Township, NJ
 Sat 6/16 – 1 Day Event

Trilogy Rider
 Lawrenceville Township, NJ
 Sat 6/23 – Sun 6/24

Lake George Invitational
 Fort Ann, NY
 Sat 7/7 - Sun 7/8

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 July 4 th Holiday	5 Practice 6:30-8:00 Ramapo Ridge	6	7 Lake George Invitational
8 Lake George Invitational	9 Empire Season Ends	10	11	12	13	14
15	Trilogy Millbrook NY Overnight Camp (Optional – Additional Cost) Monday 7/16 – Thursday 7/19 Email cjurgens@trilogylacrosse.com with interest					21

Trilogy Office Phone # 212-796-7987

Trilogy Club Program Manager Chris Jurgens

Empire HS Program Director Eric Quaranti & Ryan Humphries