

Seton High School Lacrosse Fast Facts!

Who are the coaches?

Elizabeth (Anderson) Bengert '09 (Head Varsity)

Jake Lammers (Head JV)

Erica Pohlman '16 (Assistant Coach)



Do I need lacrosse experience to try out for the team?

No! Although it is recommended to go to summer camps/other lacrosse programs to get some experience and to see if you like the sport.

When is lacrosse season?

Our season is in the spring (end of February-May). Pre-season conditioning opportunities begin towards the middle of November.

What is the best part about Seton lacrosse?

We are a part of an AWESOME school community where everyone is truly one big family.

Our lacrosse team is a glimpse at the much larger Sisterhood at Seton!

Do you offer a summer camp?

Incoming 9th grade summer camp is June 17-19 from 4:00-6:00pm.

Questions? Feel free to reach out to

Head Coach Elizabeth (Anderson) Bengert '09 at ebengert@saintschool.org

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