

Seton High School Lacrosse Fast Facts!

Who are the coaches?

Elizabeth (EB) Anderson Bengert '09 (Head Varsity)

Courtney Gleason Bergen '13 (Varsity Assistant)

Sydney Vinnel '17 (Head JV)

Bella Fantine (JV Assistant)



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?

Our Seton Lacrosse summer camp will return in summer 2026. If you are interested in attending a lacrosse camp in 2025 but are unsure where to go please contact the coaching staff!

Questions? Feel free to reach out to

Head Coach Elizabeth (EB) Anderson Bengert '09 at elizabethmbengert@gmail.com

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