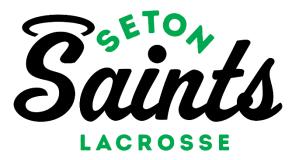
# Seton High School Lacrosse Fast Facts!

#### 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 <a href="mailto:elizabethmbengert@gmail.com">elizabethmbengert@gmail.com</a>



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