



Virginia Independent Schools Athletic Association Girls Lacrosse

Dear Athletic Director and Varsity Girls Lacrosse Coach:

As we head into the spring lacrosse season, we look forward to an exciting upcoming season with our Virginia Independent Schools Athletic Association Girls Lacrosse Programs.

The Sports Committee will rank the top 10 teams in each Division each polling period, and the tournament will consist of the top 8 teams in the final poll for Division I and Division II schools. VISAA has adopted a Policy and Procedures Manual that sets the divisional breakdowns for all sports. Schools with enrollments of 161 or more girls in grades 9-12 are Division I schools, while those with 160 and fewer girls are Division II schools. Division II schools may elect to play up, but that should be communicated to us before the first poll comes out. The quarterfinal and semifinal games will be held at the higher seeded school. Championship D I & D II Finals will be held at Old Dominion University, in Norfolk, Va. A rotation from the central, eastern, to northern region will be followed every 2 years for future VISAA postseason tournament play.

The schools invited to participate in the state tournament in May will be notified by Sunday, May 14^h. The dates for the girls' state tournament are as follows:

Quarterfinals– Tuesday, May 16th - played at higher seed.

Semi-finals – Thursday, May 18th – played at higher seed.

Championship Finals – Saturday, May 20th- Old Dominion University, Norfolk, Va.

Division II Championship @ 12:00PM

Division I Championship @ 2:00PM

Each Saturday, beginning April 8th, please be sure to email your game scores to Mary Blake, at mblake@stab.org. Mary Blake will be in touch with how to submit scores in the coming weeks. Please hold off sending your scores until you hear from her. The committee also strongly recommends all scores be listed on MaxPreps, as this serves as tool for seeding, as well. The 1st poll will be April 10 and each week following. The VISAA Girls Lacrosse Committee will compile the team records and scores and share weekly polls with all participating schools. The dates the polls will be distributed: April 10th, April 17th, April 24th,

and May 1st. On May 14th the final poll and tournament seeding will be shared with all participating schools. The VISAA Girls Lacrosse Committee also strongly recommends posting your scores on MaxPreps.

I look forward to returning to an exciting spring season of lacrosse for all participating VISAA Schools.

Sincerely,

Jeanne Short, CAA
VISAA Girls Lacrosse Sports Chair
Athletic Director
jeanneshort@capehenry.org, 757-963-8267

VISAA Girls Lacrosse Committee

Claire Berg, Potomac School
Mary Blake, St. Anne's Belfield School
Kristen Conques, Highland School
Kathy Jenkins, St. Stephens & St Agnes School
Colleen Norair, Covenant School
Ashmore Standing, Cape Henry Collegiate
Blair Weymouth, Norfolk Academy
Michelle Woodruff, Foxcroft School