



Dear VISAA Athletic Director and Head Varsity Girls Lacrosse Coach:

The Virginia Independent Schools Athletic Association Girls Lacrosse Committee welcomes you to the 2025 spring season. We look forward to the games ahead in preparation for the championship event on May 17th, 2025.

The VISAA Girls Lacrosse Committee will rank the top 10 teams in each Division per 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 in the central region of the state at a site yet to be determined..

The schools invited to participate in the state tournament in May will be notified by Sunday, May 11th. The dates for the girls' state lacrosse tournament are as follows:

Quarterfinals– Tuesday, May 13th - played at higher seed.

Semi-finals – Thursday, May 15th – played at higher seed.

Championship Finals – Saturday, May 17th-site TBD in the central region.

Division II Championship @ 12:00PM

Division I Championship @ 2:00PM

Each Saturday, beginning March 29th, 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 days. The 1st poll will be April 7th 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 that the polls will be distributed are: April 7th, April 14th, April 21st, April 28th and May 5th. On May 10th 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. We also recommend all schools begin the transition to the use of a Possession Clock in scrimmages or non-counter games. We eventually hope to make this a requirement in support of the development of the game of girls lacrosse.

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
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VISAA Girls Lacrosse Committee

Claire Berg, Potomac School
Mary Blake, St. Anne's Belfield School
Kristen Conques, Highland School
Maddy Hooper, Virginia Episcopal School
Kathy Jenkins, St. Stephens & St Agnes School
Carrington King, St. Anne's Belfield
Connor Mathews, Nansemond Suffolk Academy
Blair Weymouth Monaco, Norfolk Academy
Jessica Mucci, Cape Henry Collegiate
Colleen Norair, Covenant School
Carter Toohers, Collegiate School
Michelle Woodruff, Foxcroft School