

# NORA 7/8 Girls Lacrosse

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1	<i>Spring Break</i> 2 3 4			 5	6
7	8 Practice 4:15 - 5:45 White Pines	9 Practice 4:15 - 5:45 White Pines	10 Practice 4:15 - 5:45 White Pines	11 <b>SCRIMMAGE</b> vs. SL @White Pines <b>Blue</b> 6pm <b>Gold</b> 7pm	12 Practice 4:15 - 5:45 White Pines	13
14	15 Practice 4:15 - 5:45 White Pines	16 <b>HOME GAME</b> <b>Blue</b> 6pm v. Zeeland <b>Gold</b> 7pm v. Comstock Park	17 Practice 4:15 - 5:45 White Pines	18 <b>HOME GAME</b> <b>Blue</b> 6pm <b>Gold</b> 7pm v. Forest Hills 1 & 2	19 Practice 4:15 - 5:45 White Pines	20
21	22 Practice 4:15 - 5:45 White Pines	23 <b>HOME GAME</b> <b>Blue</b> 7pm v. Jenison	24 Practice 4:15 - 5:45 White Pines	25 <b>HOME GAME</b> <b>Gold</b> 6pm v. West Ottawa	26 Practice 4:15 - 5:45 White Pines	27
28	29 Practice 4:15 - 5:45 White Pines	30 Practice 4:15 - 5:45 White Pines				

## INFO

### Practice

Dress for the weather because we are outside in rain, snow or shine for practice just as we play games in rain, snow or shine. Bring your stick, mouth guard, goggles to every practice.

### Away Games

Parents are responsible for transporting the players to the away games. If you are planning to carpool, please contact NORA to get required paperwork on file prior to game day.

### Contact

Head Coach: Melissa Sanborn  
[sanbornm@ghaps.org](mailto:sanbornm@ghaps.org)  
 NORA Office:  
 616-850-5125  
[nora.ghaps.org](http://nora.ghaps.org)

# NORA 7/8 Girls Lacrosse

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 4:15 - 5:45 White Pines	2 <b>HOME GAME</b> <b>Blue</b> 7pm v Northview	3 Practice 4:15 - 5:45 White Pines	4 QUEEN OF THE HILL TOURNAMENT @ FOREST HILLS
5	6 Practice 4:15-5:45 White Pines	7 <b>HOME GAME</b> <b>Gold</b> 7pm v Grandville	8 ½ Day NO PRACTICE	9 TBD	10 Practice 4:15-5:45 White Pines	11 <b>AWAY GAME</b> <b>Blue</b> 8am @ Comstock Park
12	13 Practice 4:15-5:45 White Pines	14 <b>HOME GAME</b> <b>Gold</b> 7pm v Jenison	15 Practice 4:15-5:45 White Pines	16 <b>AWAY GAME</b> Spring Lake <b>Blue</b> 6pm <b>Gold</b> 7pm	17 Practice 4:15-5:45 White Pines	18
19	20 Practice 4:15-5:45 White Pines	21 <b>AWAY GAME</b> <b>Blue</b> 7pm @ GR Christian	22 Practice 4:15-5:45 White Pines	23	24 Practice 4:15-5:45 White Pines	25
26	27 Practice 4:15-5:45 White Pines	28 Practice 4:15-5:45 White Pines	29 Practice 4:15-5:45 White Pines	30 Practice 4:15-5:45 White Pines	31 Practice 4:15-5:45 White Pines	

## INFO

### Practice

Dress for the weather because we are outside in rain, snow or shine for practice just as we play games in rain, snow or shine. Bring your stick, mouth guard, goggles to every practice.

### Away Games

Parents are responsible for transporting the players to the away games. If you are planning to carpool, please contact NORA to get required paperwork on file prior to game day.

### Contact

Head Coach: Melissa Sanborn  
[sanbornm@ghaps.org](mailto:sanbornm@ghaps.org)  
 NORA Office:  
 616-850-5125  
[nora.ghaps.org](http://nora.ghaps.org)