

ACALANES GIRL'S LACROSSE
2023 Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent/Event</u>	<u>Location</u>	<u>Time (JV/Var)</u>
Tue	Feb 21	Granada	Granada	5:30 / 7:00
Thu	Feb 23	Berkeley	Berkeley	5:30 / 7:00
Tue	Feb 28	Amador Valley	Amador Valley	5:30 / 7:00
Fri	Mar 3	Las Lomas	Acalanes	5:30 / 7:00
Tue	Mar 7	Piedmont	Acalanes	5:30 / 7:00
Fri	Mar 10	Campolindo	Campolindo	5:30 / 7:00
Wed	Mar 15	Monte Vista	Monte Vista	5:30 / 7:00
Fri	Mar 17	Northgate	Northgate	5:30 / 7:00
Tue	Mar 21	Bishop O'Dowd	Acalanes	5:30 / 7:00
Fri	Mar 24	Alhambra	Acalanes	/ 7:00
Fri	Mar 24	Concord	Acalanes	5:30 /
Mon	Mar 27	Justin Siena	Justin Siena	5:30 / 7:00
Thu	Mar 30	Ygnacio Valley	Acalanes	/ 7:00
Thu	Mar 30	Northgate	Acalanes	5:30 /
Tue	Apr 11	Clayton Valley Charter	Clayton Valley Charter	5:30 / 7:00
Wed	Apr 12	Dougherty Valley	Dougherty Valley	5:30 / 7:00
Tue	Apr 18	College Park	Acalanes	5:30 / 7:00
Fri	Apr 21	Miramonte	Miramonte	5:30 / 7:00
Tue	Apr 25	DAL Semifinals	TBA	TBA
Fri	Apr 28	DAL Championships	TBA	TBA
Tue	May 2	NCS Playoffs, first round	TBA	TBA
Thu	May 4	NCS Quarterfinals	TBA	TBA
Tue	May 9	NCS Semifinals	TBA	TBA
Thu	May 11	NCS Championships	TBA	TBA

Frosh-Soph

Sat	Feb 25	Berkeley & Moreau	Acalanes	9:45
Sat	Mar 4	Clayton Valley Charter	Acalanes	9:45
Sat	Mar 18	El Cerrito & Moreau	Acalanes	9:45
Sat	Mar 25	Campolindo & Miramonte	Acalanes	9:45
Fri	Apr 14	Concord	Concord	5:30
Sat	Apr 22	Oakland	Acalanes	9:00
Sat	Apr 29	El Cerrito	Acalanes	9:45

Varsity Head Coach	Bill Fraser	Principal	Eric Shawn
Varsity Assistant Coach	Mark Rurka	Athletic Director	Randy Takahashi
Junior Varsity Head Coach	Steve Seiler	School Phone	925-280-3970
Junior Varsity Assistant Coach	Nat Beeman		
	Giles Imrie		

First practice day Monday, February 6.
Practice schedule

Revised 2/5/23