



## South Lyon Unified Boys Lacrosse

### Contact Info

Varsity Coach: Justin Boughton  
southlyonlax@gmail.com  
810-623-7665

JV Coach: Nick DeGroot  
ndegroot7@gmail.com  
810-772-0509

### Communication

Our fastest and main way of contacting players and parents is through the TeamReach App. Download TeamReach App  
Login is SLUBL

### Strength & Conditioning App

Train Heroic App  
Download the Train Heroic App  
Login is SLULAX

### Social Media

Twitter: SouthLyonLax  
Instagram: sluboylax

Facebook: South Lyon Unified Boys Lacrosse  
Website: <https://www.slulax.org/>

### Pre-Season

We pride ourselves being apart of this community. With that said, we like to do community service throughout the year. Usually beginning with Pumpkinfest.

Strength and Conditioning usually begins in the middle of November or beginning of December. And goes up until the season begins. Throughout the fall we will try and have training available for out of season athletes. Times are usually 6-8pm. We usually go three days a week, Mon, Wed & Thursday. Days can rotate between both high schools.

### Season

Season begins in the middle of March. We play up to 18 regular season games. Playoffs can run into June. Practice is held at SLEHS Mon-Fri 6-8pm & Sunday 5-7pm. JV games are at 5:30pm & Varsity plays at 7pm.