



TRABUCO HILLS LACROSSE
HIGH SCHOOL & CLUB SCHEDULE

2022 - 2023

MAY 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1	2	3	4	5	6	7
		----- HS PLAYOFFS -----					
FORMAL SPRING SEASON							
5:00PM	8	9	10	11	12	13	14
		----- HS PLAYOFFS -----					
FORMAL SPRING SEASON							
5:06PM	15	16	17	18	19	20	21
			OPTIONAL PRACTICE 6:30PM - 8PM STADIUM		OPTIONAL PRACTICE 6:30PM - 8PM STADIUM	BANQUET 6-10PM	
5:13PM	22	23	24	25	26	27	28
			OPTIONAL PRACTICE 6:30PM - 8PM STADIUM		OPTIONAL PRACTICE 6:30PM - 8PM STADIUM		
SUNSET TIMES: 5:20PM	29	30	31				
		MEMORIAL DAY	FINAL EXAMS				

JUNE 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM				1 FINAL EXAMS	2 FINAL EXAMS	3 LAST DAY OF SCHOOL	4
5:00PM	5	6 START SUMMER CAMP LAKE FOREST PARK 7:30AM - 9AM	7	8 SUMMER CAMP PRACTICE 7:30AM - 9AM	9	10	11
5:06PM	12	13 SUMMER CAMP PRACTICE 7:30AM - 9AM	14	15 SUMMER CAMP PRACTICE 7:30AM - 9AM	16	17	18
5:13PM	19	20 SUMMER CAMP PRACTICE 7:30AM - 9AM	21 JV GAME 6PM LAKE FOREST	22 SUMMER CAMP PRACTICE 7:30AM - 9AM	23 VARSITY GAME 6PM LAKE FOREST	24	25
SUNSET TIMES: 5:20PM	26	27 SUMMER CAMP PRACTICE 7:30AM - 9AM	28 JV GAME 6PM LAKE FOREST	29 SUMMER CAMP PRACTICE 7:30AM - 9AM	30 VARSITY GAME 6PM LAKE FOREST		

JULY 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM						1	2
5:00PM	3	4 OFF	5 OFF	6 SUMMER CAMP PRACTICE 7:30AM - 9AM	7 OFF	8	9
5:06PM	10	11 SUMMER CAMP PRACTICE 7:30AM - 9AM	12 JV GAME 6PM LAKE FOREST	13 SUMMER CAMP PRACTICE 7:30AM - 9AM	14 VARSITY GAME 7PM LAKE FOREST	15	16
5:13PM	17	18 SUMMER CAMP PRACTICE 7:30AM - 9AM	19 JV GAME 6PM LAKE FOREST	20 SUMMER CAMP PRACTICE 7:30AM - 9AM	21 VARSITY GAME 8PM LAKE FOREST	22	23
SUNSET TIMES: 5:20PM	24 31	25 SUMMER CAMP PRACTICE 7:30AM - 9AM	26 JV GAME 6PM LAKE FOREST	27 SUMMER CAMP PRACTICE 7:30AM - 9AM	28 VARSITY GAME 7PM LAKE FOREST	29	30

AUGUST 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:20PM		1	2	3	4	5	6
7:11PM	7	8	9	10	11	12	13
7:02PM	14	15	16	17	18	19	20
6:52PM	21	22 BOX PRACTICE STARTS HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	23 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	24 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	25 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	26	27
SUNSET TIMES: 6:42PM	28	29 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	30 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	31 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM			

SEPTEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:20PM					1 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	2	3
7:11PM	4	5 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	6 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	7 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	8 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	9	10 BOX GAMES
7:02PM	11	12 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	13 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	14 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	15 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	16	17 BOX GAMES
6:52PM	18	19 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	20 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	21 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	22 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	23	24 BOX GAMES
SUNSET TIMES: 6:42PM	25	26 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	27 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	28 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	29 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	30	BOX GAMES

OCTOBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:38PM							1 BOX GAMES
6:30PM	2	3 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	4 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	5 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	6 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	7	8 BOX GAMES
6:21PM	9	10 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	11 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	12 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	13 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	14	15 BOX GAMES
6:12PM	16	17 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	18 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	19 BOX PRACTICE HS - VARSITY/JV VICTORY ATHLETIC CENTER 6-7PM	20 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	21	22 BOX PLAYOFFS
SUNSET TIMES: 5:05PM	23	24	25	26	27	28	29
	30	31					

NOVEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:01PM			1 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	2	3 HS - VARSITY/JV FIELD PRACTICE TRABUCO HILLS HS 6:30-8PM	4	5 LAS VEGAS SHOWDOWN TOURNAMENT VARSITY ONLY	
4:56PM	6	7	8	9	10	11	12	
4:50PM	13	14	15	16	17	18	19	
4:47PM	20	21	22	23	24	25	26	
		← T H A N K S G I V I N G B R E A K →						
		THANKSGIVING						
SUNSET TIMES: 4:45PM	27	28 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	29	30 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM				

DECEMBER 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:44PM					1	2	3
						WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	
4:44PM	4	5	6	7	8	9	10
		WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM		WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM		WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	SOCAL SHOWDOWN TOURNAMENT
4:45PM	11	12	13	14	15	16	17
	SOCAL SHOWDOWN TOURNAMENT	WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM		WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM		WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	
4:48PM	18	19	20	21	22	23	24
			C H R I S T M A S B R E A K				
4:52PM	25	26	27	28	29	30	31
		CHRISTMAS		C H R I S T M A S B R E A K			

JANUARY 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1	2 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	3	4 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	5	6 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	7
5:00PM	8	9 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	10	11 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	12	13 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	14
5:06PM	15	16 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	17	18 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	19	20 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	21
5:13PM	22	23 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	24	25 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	26	27 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	28
SUNSET TIMES: 5:20PM	29	30 WINTER CAMP STARTS TRABUCO HILLS HS 6:30-8PM	31				

FEBRUARY 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM				1 START SPRING SEASON TRABUCO HILLS HS 6:30-8:30PM	2 TRABUCO HILLS HS 6:30-8:30PM	3 TRABUCO HILLS HS 6:30-8:30PM	4
FORMAL SPRING SEASON							
5:00PM	5 CRUSH CHALLENGE VARSITY/JV TOURNEY	6 TRABUCO HILLS HS 6:30-8:30PM	7 TRABUCO HILLS HS 6:30-8:30PM	8 TRABUCO HILLS HS 6:30-8:30PM	9 TRABUCO HILLS HS 6:30-8:30PM	10 TRABUCO HILLS HS 6:30-8:30PM	11 CRUSH CHALLENGE VARSITY/JV TOURNEY
FORMAL SPRING SEASON							
5:06PM	12 CRUSH CHALLENGE VARSITY/JV TOURNEY	13 TRABUCO HILLS HS 6:30-8:30PM	14 OFF FOR VALENTINES DAY	15 START OF SPRING SEASON	16 TRABUCO HILLS HS 6:30-8:30PM	17 TRABUCO HILLS HS 6:30-8:30PM	18
FORMAL SPRING SEASON							
5:13PM	19	20 PRESIDENTS DAY NO SCHOOL	21 HIGH SCHOOL GAME TBA	22 TRABUCO HILLS HS 6:30-8:30PM	23 HIGH SCHOOL GAME TBA	24 TRABUCO HILLS HS 6:30-8:30PM	25
FORMAL SPRING SEASON							
SUNSET TIMES: 5:20PM	26	27 TRABUCO HILLS HS 6:30-8:30PM	28 TRABUCO HILLS HS 6:30-8:30PM				
FORMAL SPRING SEASON							

MARCH 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM				1	2	3	4
FORMAL SPRING SEASON							
5:00PM	5	6 TRABUCO HILLS HS 6:30-8:30PM	7 HIGH SCHOOL GAME TBA	8 TRABUCO HILLS HS 6:30-8:30PM	9 HIGH SCHOOL GAME TBA	10 TRABUCO HILLS HS 6:30-8:30PM	11
FORMAL SPRING SEASON							
5:06PM	12	13 TRABUCO HILLS HS 6:30-8:30PM	14 HIGH SCHOOL GAME TBA	15 TRABUCO HILLS HS 6:30-8:30PM	16 HIGH SCHOOL GAME TBA	17 TRABUCO HILLS HS 6:30-8:30PM	18
FORMAL SPRING SEASON							
5:13PM	19	20 TRABUCO HILLS HS 6:30-8:30PM	21 HIGH SCHOOL GAME TBA	22 TRABUCO HILLS HS 6:30-8:30PM	23 HIGH SCHOOL GAME TBA	24 TRABUCO HILLS HS 6:30-8:30PM	25
FORMAL SPRING SEASON							
SUNSET TIMES: 5:20PM	26	27 TRABUCO HILLS HS 6:30-8:30PM	28 HIGH SCHOOL GAME TBA	29 TRABUCO HILLS HS 6:30-8:30PM	30 HIGH SCHOOL GAME TBA	31 TRABUCO HILLS HS 6:30-8:30PM	
FORMAL SPRING SEASON							

APRIL 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM							1
5:00PM	2	3	4	5	6	7	8
	----- SPRING BREAK -----						
5:06PM	FORMAL SPRING SEASON						
	9	10 TRABUCO HILLS HS 6:30-8:30PM	11 HIGH SCHOOL GAME TBA	12 TRABUCO HILLS HS 6:30-8:30PM	13 HIGH SCHOOL GAME TBA	14 TRABUCO HILLS HS 6:30-8:30PM	15
5:13PM	FORMAL SPRING SEASON						
	16	17 TRABUCO HILLS HS 6:30-8:30PM	18 HIGH SCHOOL GAME TBA	19 TRABUCO HILLS HS 6:30-8:30PM	20 HIGH SCHOOL GAME TBA	21 TRABUCO HILLS HS 6:30-8:30PM	22
SUNSET TIMES: 5:20PM	FORMAL SPRING SEASON						
	23	24 TRABUCO HILLS HS 6:30-8:30PM	25 HIGH SCHOOL GAME TBA	26 TRABUCO HILLS HS 6:30-8:30PM	27 HIGH SCHOOL GAME TBA	28 TRABUCO HILLS HS 6:30-8:30PM	29
	30						