



# TEAM ONE BOYS ACADEMY 2019/2020 TRYOUTS



**Team ONE is implementing its Field. Box. SPEED. Methodology** throughout all Team ONE travel teams. This comprehensive developmental training system utilizes all three styles of lacrosse allowing our players to bring unique aspects of each game to their performance. Field. Box. SPEED. consists of a library of terminology, drills, exercises, and training guides used to create the next generation of lacrosse players.

## FIELD PRINCIPLES:

Revolve around becoming a well executed team.

- Offensively: (Construction Phase, Creation Phase, Completion Phase)
- Defensively: (Disrupt Phase, Delay Phase, Deny Phase)

## BOX PRINCIPLES:

Breaks the game down into smaller segments allowing players to understand and perfect the intricacies of the larger game.

- 2 Man Game
- Pass Down Pick Down
- Wing Play

## SPEED PRINCIPLES:

Allow players to have the freedom to express themselves creatively in order to achieve their full athletic potential.

- Off Ball Movement
- Expression and Creativity
- Speed of Play



# ACHIEVE YOUR *INCREDIBLE*

**TRYOUTS 2026-2021: AUGUST 24 & 25 - WINNETKA, IL**  
**TRYOUTS 2026-2024: SEPTEMBER 8 - LAKE FOREST, IL\***  
**STATE LEVEL BOYS 2026-2021**

## MOST ADVANCED PLAYERS IN ILLINOIS

**Team ONE Academy** is for the most advanced players in Illinois and is the most comprehensive club program in the Midwest. We provide players with the highest level of training, exposure, and competition in the country. We prepare you for your highest level of play and to help every player ***Achieve Their Incredible!***

## TEAM ONE ACADEMY PROGRAM INCLUDES:



Best Coaching & Most Comprehensive Training Program:

- ★ Elite Coaching from Former Collegiate Players & Collegiate Coaches
- ★ The Most Training in Club Lacrosse (Includes Box Lacrosse Training)
- ★ Sports Performance Training
- ★ Return to Play - In House Rehabilitation



Exposure & Recruiting Resources:

- ★ Sports Recruits Recruiting Profile (2023-2021)
- ★ Individual Recruiting Coordinator



***Incredible*** Facilities:

- ★ Falcon Fields, Winnetka Turf, Niles Ice-Land Box Facility
- ★ Access to Northwestern Indoor Facility for Winter Training



Compete in the Top Tournaments in the Country

*\*All players are highly encouraged to attend both tryout weekends. All players MUST attend one tryout weekend in order to be considered for the Academy Teams.*



# TEAM OVERVIEWS

## FALL, WINTER, & SUMMER SEASONS

\* All schedules subject to change  
\*\* Pending qualification  
\*\*\* A la carte event

### FALL TRAINING SCHEDULE & LOCATIONS (ALL TEAMS)

<b>Tuesdays</b>	Niles ICE-Land Box Facility (8435 Ballard Rd, Niles)
<b>Thursdays</b>	Winnetka Turf Fields (540 Hibbard Rd, Winnetka)
<b>Sundays</b>	Lake Forest Academy Turf Fields (1500 Kennedy Rd, Lake Forest)

### WINTER TRAINING SCHEDULE (ALL TEAMS)

**Practice 3x a Week**  
(Includes Team Training, Positional, & Sports Performance Training)

### SUMMER TRAINING SCHEDULE (ALL TEAMS)

**Practice 3x a Week**  
(Includes Team Training, & Sports Performance Training)

### ACADEMY FALL EVENT SCHEDULE \*

TEAMS	EVENT	DATE/LOCATION
2026, 2025, 2024	October Event: TBD	October
2026, 2025, 2024	Adrenaline Fall Invitational	Nov 2-3 (Federica, DE)
2026, 2025, 2024	Top Flight Fall Showcase	Nov 9-10 (Schaumburg, IL)
2023, 2022, 2021	Lax Invitational	Nov 16-17 (Annapolis, MD)
2023, 2022, 2021	Southern Retreat	Nov 23-24 (Sanford, FL)

### 2025 ACADEMY SPRING EVENT \*

TEAMS	EVENT	DATE/LOCATION
2025	World Series of Youth Lacrosse Midwest Qualifier***	April 4-5 (Waukegan, IL)

### ACADEMY SUMMER EVENT SCHEDULE \*

TEAMS	EVENT	DATE/LOCATION
2026, 2025, 2024, 2023	Lax House Games	June 13-14 (Ann Arbor, MI)
2024, 2023, 2022, 2021	SWEETLax Summer Invitational	June 20-21 (Pittsford, NY)
2025	World Series of Youth Lacrosse Championships**	July 2-4 (Denver, CO)
2026, 2025**, 2024	Young Gunz	July 5-6 (Towson, MD)
2023, 2022, 2021	Philly Summer Invitational	July 11-12 (Downington, PA)



# MEET THE ACADEMY TEAM

## ACADEMY COACHING STAFF



**CASEY POWELL**  
Academy Director

- Former Captain of Team USA
- 1995 National Champion (Syracuse University)
- 2014 MLL Player of the Year
- National Lacrosse Hall of Fame Member



**JIM GONNELLA**  
Academy Head Coach

- Former NCAA DI Assistant Coach, Duke University
- 1997 NCAA DI Midfielder of the Year (Duke University)
- MLL All-Star
- 2x NCAA DI All-American



**PACKY DOLLARD**  
Academy Head Coach

- 2-Time NJCAA National Champion (2010-2011)
- University of Hartford, Division 1 (2012-2013)
- American East All-Academic Team (2013)
- Team ONE Club Director (2017/18)



**TYLER HALL**  
Academy Head Coach

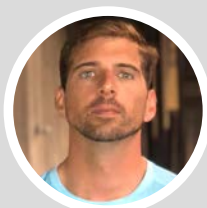
- Team ONE Coach for 5+ Years
- Former College Player at Wittenberg
- Former NCAA DIII Coach, Elmhurst College

## ACADEMY SUPPORTING STAFF



**MICHAEL CERVANTES**  
Academy Recruiting Director

- Former Coach at Lake Forest Academy
- Former NCAA DIII Coach, North Central College



**JAMES GURICK**  
Academy Staff Coach

- 2x NCAA Men's Lacrosse National Champion, Salisbury University (2003 & 2004)
- Former Lake Forest Lacrosse Association Dir. of Coaching
- Founder of Optimal Lacrosse
- Former Assistant Coach: Dean College, Franklin Ma.