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SPARTANS PLAYER TRYOUTS HIGHLIGHT EXCITING WEEKEND

Dance Team Tryouts Scheduled for Sunday

The post holiday weekend marks an important time in the young history of the La Crosse Spartans franchise. This Friday and Saturday, the Spartans will host their final open tryout for those wishing to play for one of the Indoor Football League's newest teams. One of the main focuses of the open session will be finding premium offensive and defensive linemen. "I believe that the game is won or lost in the trenches," stated Head Coach Gilbert Brown. "No team in this league can succeed without superior protection for your Quarterback or a strong pass rush."

The tryout also marks the final tune-up for the Spartans before training camp commences in February. Co-Owner and General Manager Chris Kokalis stressed the importance that these last few weeks will have on the success of the team in its first year. "During the next month and a half, our coaches and staff will be putting the final pieces in place in our quest for an IFL Championship. I truly believe these final tryouts will not only net us talented athletes, but the right players to fit Coach Brown's system."

The two day session will begin on Friday, January 8th at 7pm at UW-La Crosse's Mitchell Hall, located at 1725 State Street. Registration will start at 6pm. Players will be invited back to the same location the next day, from 10am-1pm, for additional drills. Cost to participate is \$65 and those interested can register at www.lacrossespartans.com or call 608-567-4299.

DANCE TEAM TRYOUTS CAP THE WEEKEND

Not to be out done by the men on the field, Dance Team Coordinator Kelly McAvoy announced that tryouts for the Lady Spartans will be held this Sunday, January 10th from 8am-4pm. Cost to participate is \$30. Misty's Dance Unlimited, located at 980 12th Ave South in Onalaska will host the event that will be judged by local personalities including Co-Owner Chris Kokalis. McAvoy was enthusiastic this week in stating her excitement. "I have been so anxious to put an amazing team together, that Sunday can't come soon enough. I have a feeling a lot of great talent is going to be brought to the table, so I have no doubts that this 2010 season is going to start off with a bang!"

Those interested in coming out for this year's squad should log onto www.lacrossespartans.com or email Kelly McAvoy at kmcavoy@lacrossespartans.com for more information. Participants must be 18 years or older, have completed high school, and currently are working or attending school. Those who make the team must be able to attend practice two times per week. The Spartan organization is looking for young ladies with high energy and a great work ethic.

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The La Crosse Spartans are an expansion franchise playing in the Indoor Football League. The Spartans are coached by Packers-great, Gilbert Brown. Coach Brown and the Spartans' organization are committed to actively participating in the La Crosse community. For more information on the team, visit www.lacrossespartans.com.

The Indoor Football League (www.goifl.com) is a 26-team league based out of Richmond, Virginia with franchises in 15 states (including Alaska). The league holds a 14-game regular season schedule that runs March through June. The IFL's playoffs culminate in July with the IFL United Bowl. In addition to a seven-game home schedule, the Spartans will also host one pre-season game and a family night event.

LA CROSSE
SPARTANS