

Herndon Girl's LAX Facts



Published by the Herndon High School Lacrosse Team for Fans & Friends of Ladies Lacrosse

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Your New Lacrosse Newsletter

Whether you are new to girl's lacrosse, or a seasoned veteran, we have created this lacrosse newsletter just for **you** - a girl who likes to play lacrosse and wants to learn more.

During the lacrosse season, we will produce **LAX Facts** about every 2 weeks, or so.

If you're on the mailing list for Herndon/Reston Youth Lacrosse or the HHS girl's lacrosse programs, you'll receive this newsletter as a PDF file (Adobe Acrobat Reader is needed to view it).

Each issue will give you an insider's look at the 2008 HHS girl's lacrosse team, its players, coaches, schedule and results.

You'll also learn about other events in the region that can boost your game, including upcoming clinics, local women's college lacrosse games, travel lacrosse teams, and access to the best website links on girl's lacrosse.

There's good reason why girl's lacrosse is the fastest growing sport in the nation. **LAX Facts** will be another step to keep you excited about lacrosse, and help you appreciate how playing this game can be an important part of your growth and development.

LAX Links To Know

The Internet is a treasure chest for just about anything you need to know, and that includes information about girl's lacrosse.

In this issue, we'll look at both lacrosse magazines & some major organizations that serve the sport.

Lacrosse Magazines

E-Lacrosse: <http://e-lacrosse.com/>

Inside Lacrosse: <http://www.insidelacrosse.com/>

Lacrosse Magazine: <http://laxmagazine.cstv.com/>

Lacrosse Organizations

Intercollegiate Women's Lacrosse Coaches Assoc.:
<http://www.iwlca.org/>

US Lacrosse — Potomac Chapter:
<http://www.uslacrossepotomac.org/>

US Lacrosse — Women's Lacrosse:
<http://www.uslacrosse.org/womensportal/>



Then-Freshman Jessica S. "Smokes" the Opposition During the 2007 Season

Issue Highlights:

- ⇒ Your New Lacrosse Newsletter
- ⇒ Meet HHS Head Lax Coach Lindsey Welch
- ⇒ LAX Links To Know
- ⇒ HHS LAX Schedule
- ⇒ HOYL Night
- ⇒ Coach Welch's Tips
- ⇒ Local College Games

Meet the Coach of HHS Girl's Varsity Lacrosse



Coach Lindsey Welch

Lindsey Welch enjoyed a standout career as a VA Tech midfielder and team captain. There she remains in the record books, appearing in the top 10 in career goals, points, groundballs and draw controls, and is also in the top 10 single-season list for goals, groundballs and draw controls.

Following her graduation in 2004, the Englewood, CO native was a VA Tech Hokie assistant coach.

She arrived at Herndon High in 2005 as a physical education teacher and head coach for the girl's varsity lacrosse coach.

In her first year as the HHS head coach, she was selected as the Concorde District Coach of the Year.

Coach Welch devotes considerable time teaching younger lacrosse players, and often conducts clinics for the Herndon-Reston Youth Lacrosse program.

Herndon Faces Tough Spring Lacrosse Schedule

Herndon High plays in the tough Concorde District of the highly competitive AAA Northern Virginia Region. This district is Virginia's best, producing the girl's lacrosse state champions in the last 2 consecutive years (Oakton), 5 of the past 7 years, and consistently has at least 2 teams appearing annually in the state championship round.

This year's schedule is the Hornet's toughest yet, and includes games against some first-rate competition.

Here is a sampling of their challenging opponents:

- **Oakton**, Virginia's two-time defending state champion
- **West Springfield** and **Robinson**, two of the best teams in Virginia
- **Cherry Creek**, Coach Welch's alma mater, and the Colorado state champion each of the past two years
- Maryland private school powerhouse, **Holton-Arms School**.

Lacrosse team tryouts were held from February 25th to 27th. The team list will be included in the next issue.

HHS Girl's Varsity Lacrosse - Spring 2008			
DATE	TIME	SITE	OPPONENT
3/05/08	5:15	A	Holton-Arms School (scrimmage)
3/07/08	7:15	H	West Springfield HS (scrimmage)
3/13/08	7:15	H	South Lakes HS (HOYL Night)
3/18/08	7:00	A	Regis Jesuit HS (Aurora, CO)
3/19/08	TBD	A	Cherry Creek HS (Englewood, CO)
3/26/08	7:15	H	Oakton HS
3/28/08	7:15	A	Westfield HS
4/01/08	6:00	A	Stuart HS
4/04/08	7:15	H	Chantilly HS
4/08/08	7:15	A	Robinson HS
4/16/08	7:15	A	Fairfax HS
4/24/08	7:15	H	Centreville HS (Senior Night)
4/28/08	7:15	A	Stone Bridge HS
5/01/08	TBD	A	Concorde District Tournament (Robinson HS)
5/13/08	TBD	A	Northern Region Tournament (Lake Braddock HS)
5/31/08	TBD	A	Virginia State Championship (Westfield HS)

HOYL Night

March 13th is the annual HOYL Herndon/Reston Youth Lacrosse night at HHS - 7:15 pm. Admission is **FREE** for all youth players who wear their HOYL jerseys.

Come watch the Lady Hornets play the Seahawks of South Lakes at home, and bring your stick; you'll be able to shoot on the HHS JV goalie during halftime.

Coach Welch's Tips

Using an outdoor wall or a rebounder for **wall-ball** when you practice alone is the most important drill you can do to help improve your passing, shooting, and stick skills. For every drill, practice **twice** the amount with your non-dominant hand!

Local Women's College Lacrosse Games

IWLCA Division I
Women's Poll:
Week of 2/24/08

Some of the nation's best Division I women's college lacrosse is played right here in the Washington, DC area. Georgetown University (ranked #9), University of Maryland (ranked #5), George Mason University (ranked #17), George Washington University and American University all play top teams.

You can see some of the country's elite lacrosse programs compete in your own backyard. Several games will be seen on TV. Check ESPNU, CSTV and MASN for games they're broadcasting.

DAY	DATE	OPPONENTS	TIME
Sat.	3/01/08	Virginia Tech @ George Mason (#17)	1:00 pm
Sat.	3/01/08	Old Dominion @ American	1:00 pm
Tue.	3/04/08	Virginia (#2) @ Maryland (#5) Broadcast on CSTV	7:00 pm
Tue.	3/04/08	Towson @ American	3:30 pm
Wed.	3/05/08	George Washington @ George Mason (#17)	7:00 pm
Sat.	3/08/08	James Madison (#12) @ Maryland (#5)	12:00 noon
Wed.	3/08/08	Richmond @ Maryland (#5)	7:00 pm
Sat.	3/15/08	Dartmouth (#20) @ Maryland (#5)	1:00 pm