

# Herndon Girls LAX Facts



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## LAX Team Roster

After 3 days of grueling try-outs, the varsity lacrosse squad for 2008 has been selected. Many players started playing lacrosse for HOYL!

PLAYER	POSITION	YEAR
Allie Aroesty	A	Fr.
Emily Baumgartner	D	Sr.
Lauren Binzer	D	Sr.
Lindsay Blystone	A	Jr.
Kelsey Brandt	D	Jr.
Lesley Buckingham	M	Sr.
Kelsey Corbin	D	Sr.
Caitlin Culberson	M	Jr.
Jenny Davis	A/D	Jr.
Sarah Janowski	A	So.
Danielle Kraner	G	Jr.
Erin Mancini	A	So.
Liz Mann	M	Jr.
Shannon McNish	M	Jr.
Jessica Singer	M	So.
Jamie Skrocki	M	Jr.
Chloe Sykes	D	Fr.
Christine Swanson	M	Jr.
Sara Valcourt	D	Sr.
Gracie Williams	M	Fr.

## Coach Welch's Tips

Watch as much lacrosse as you can. Go to a live NCAA game, or watch men's or women's college games on ESPN (www.espn.com), MASN (www.masnsports.com) or CSTV (www.cstv.com). Don't just watch to be entertained, watch to learn.

Watch a particular player or position. Look at their stick work, moves, foot work and team play. Try to emulate these moves in practice. Make this a habit and you'll be a better player. You'll also be way ahead of your teammates - and opponents.

## LAX Links To Know

While there are many lacrosse websites, only a few are true mega-sites. These are all-in-one links where you can gather tons of interesting facts, figures and information on the sport. You can find everything ranging from the various high school and college team rankings, current news and streaming video clips, to summer camps, rules and tutorials to help you improve your game.

### Lacrosse Mega-Sites

#### LaxLinks – Lacrosse's Launch Pad:

[www.laxlinks.com/](http://www.laxlinks.com/)

**LaxPower:** [www.laxpower.com/](http://www.laxpower.com/)

#### Virtual Library of Sports:

[www.sportsvl.com/](http://www.sportsvl.com/) – Click on "Ball Sports", then "Lacrosse"

## Road Trip!!



The HHS Girl's Varsity Lax team heads to Denver, CO for Spring Break this coming week where the Lady Hornets will tour the Mile High City, practice, and play spirited lacrosse. All will stay with host families from Cherry Creek High School.

They expect a memorable trip. Watch the next issue for a complete rundown.

### Issue Highlights:

- ▶ 2008 HHS LAX Team
- ▶ LAX Links To Know
- ▶ Meet the Captains
- ▶ Road Trip!!
- ▶ Coach Welch's Tips
- ▶ HHS LAX Results
- ▶ HOYL Night at HHS
- ▶ Tailgate Party at GMU
- ▶ Local College LAX

LAX Facts Editor: [ssinger@cox.net](mailto:ssinger@cox.net)

## Meet the Captains

We'd like to introduce you to the 3 Captains of the 2008 Lady Hornets. Each was chosen by her fellow teammates.

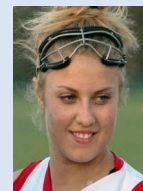
**Kelsey Corbin** is in her second year as an HHS LAX captain. She is a team leader, a tough defender, and is a product of



the HOYL program. Her skills on the field were rewarded with her selection as a Concorde All-District Honorable Mention last year. She is a standout in the classroom, too. Kelsey will be attending Duke University next year, having been accepted through early admission.

#### Lesley Buckingham

has been a star center for the HHS girls basketball team and picked-up lacrosse only 3 years ago. But she was a quick study and excelled well enough at midfield to earn a berth on last year's Concorde All-District 2<sup>nd</sup> Team. She has a blistering shot and intimidates on defense. Lesley is looking to play lacrosse in college.



#### Lauren Binzer is

one of Herndon's best defenders, with great foot work and awesome speed. This is a talent learned from her years as an HHS basketball guard/forward. She has been playing lacrosse only 2 years, yet was good enough after only 1 year to appear on last year's Concorde All-District 2<sup>nd</sup> Team. A gifted student, Lauren expects to attend a top-tier college next year.



All pictures courtesy of Hank Skrocki

# 13 Is Hornet's Lucky # As HHS Starts Regular Season 1-0

In its first 2 scrimmages and regular season game, the varsity lacrosse team has run the circuit - losing, tying and winning. HHS lost its 1<sup>st</sup> scrimmage 5-9 to Holton-Arms School, a strong private Maryland school in the potent, Independent School League.

The Hornets showed resilience when it scored 6 straight goals to tie Patriot District force, West Springfield, 13-13 in the season's 2<sup>nd</sup> scrimmage.

In this year's 1<sup>st</sup> regular season game, the Hornets controlled South Lakes early and walked away with a 13-3 win. *Jessica Singer*, who recorded 5 goals and 2 assists, was joined by *Leslie Buckingham*, *Sarah Janowski* and *Jamie Skrocki* (2 goals each), and *Lauren Binzer* and *Liz Mann* (1 goal each).

Herndon's next home game is against defending Virginia state champion, Oakton High School, led by 2007 AAA Northern Region Player of the Year (and JMU-bound) midfielder, *Ashley Kimener*.

HHS Girls Varsity Lacrosse - Spring 2008				
DATE	TIME	SITE	OPPONENT	RESULT
3/05	5:15	A	Holton-Arms School (scrimmage)	L: 5-9
3/10	4:00	H	West Springfield HS (scrimmage)	T: 13-13
3/13	7:15	H	South Lakes HS (HOYL Night)	W: 13-3
3/18	7:00	A	Regis Jesuit HS (Aurora, CO)	
3/19	5:30	A	Cherry Creek HS (Englewood, CO)	
3/26	7:15	H	Oakton HS	
3/28	7:15	A	Westfield HS	
4/01	6:00	A	Stuart HS	
4/04	7:15	H	Chantilly HS	
4/08	7:15	A	Robinson HS	
4/16	7:15	A	Fairfax HS	
4/24	7:15	H	Centreville HS (Senior Night)	
4/28	7:15	A	Stone Bridge HS	
5/01	TBD	A	Concorde District Tournament (Robinson HS)	
5/13	TBD	A	AAA Northern Region Tournament (Lake Braddock HS)	
5/31	TBD	A	AAA Virginia State Championship (Westfield HS)	

## Fun Time @ HOYL Night

Ten players from the Herndon-Reston Youth Lacrosse League showed their grit by shooting on JV goalie, *Vandana Pittalwala*, during half-time of the South Lakes game. The festivities were part of the annual Herndon Optimist Youth Lacrosse Night at HHS. Coach Welch was taking notes on her future stars.

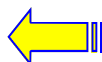
## Ummmmm Good!



The HHS LAX team enjoys a tailgate party following the George Mason Spring Challenge on March 9<sup>th</sup>.

## Ladies NCAA Lacrosse

1. Northwestern
2. Maryland (tie)
2. Virginia (tie)
4. Duke
5. Princeton
6. Pennsylvania
7. North Carolina
8. Syracuse
9. Georgetown
10. Vanderbilt
11. Yale
12. Dartmouth
13. Penn State
14. James Madison
15. Stanford
16. Notre Dame (tie)
16. Boston University (tie)
18. Oregon
19. Denver
20. Johns Hopkins



We have current national Division I women's rankings on the left and upcoming local NCAA games below:



DAY	DATE	OPPONENTS	TIME
Sat.	3/15/08	Dartmouth (#12) @ Maryland (#2-tie)	1:00 pm
Sun.	3/16/08	Lehigh @ American	2:00 pm
Wed.	3/19/08	William & Mary @ Georgetown (#9)	3:30 pm
Sat.	3/22/08	Rutgers @ Georgetown (#9)	2:00 pm
Sat.	3/22/08	Saint Joseph's @ George Mason	1:00 pm
Wed.	3/26/08	George Mason @ American	4:00 pm
Wed.	3/26/08	Towson @ Maryland (#2-tie)	7:00 pm
Sun.	3/30/08	Massachusetts @ George Washington	12 noon

This Week's Team Dinner was Sponsored by:



2315 Woodlands Crossing Drive  
Herndon, Virginia

Inside Lacrosse  
Women's Media Poll:  
3/10/08