



Danielle Ebstein, 9, gives it her best. **Ebstein** accomplished the only “fake high-shoot low” shot on the team. She scored every time she tried it, even in a varsity game. No wonder the coach described her as fearless.

READY, SET, SHOOT! OR PASS?

Cradling their potential for varsity

By: Feana Krimerman

Do I shoot? Do I pass? Do I run?” were the words circulating around a lacrosse player’s head every game.

“Always have options in your mind. Always be multidimensional. You must be a threat from everywhere. Never become predictable,” said **Coach Diana McLouth**.

McLouth had been involved with lacrosse indirectly for ten years. Her daughter began playing as a seventh grader and finished her last year of college.

Using her ten year exposure to lacrosse, **McLouth** worked on preparing the JV girls to play varsity lacrosse, which meant teaching the girls two main skills: knowing how to catch the ball every time and what to do with it once it was in possession.

The JV team was all set. Well, it did not start out that way, at least not for all teammates.

“When I first started, I don’t think I could even hold a stick and

now I can hold a stick, shoot, and run while cradling,” said **Kelsey Tremblay, 10**.

Speaking of newcomers to lacrosse, **Coach Andrew Holmes** coached the freshman girls lacrosse team for the first time.

Holmes enjoyed watching the girls improve throughout the season. He improved as well because the girls taught him communication skills and the ability to relate to the players.

“The lacrosse freshman girls have taught me to have more fun coaching. It is easy to get caught up in wins and losses. Some of the best times were just talking about subjects other than lacrosse,” said **Holmes**.

All this improvement and all these skills and yet, how does one describe the sport of lacrosse overall?

“The game is all about teamwork. You have to know where everyone is at all times and what they’re doing,” said **Alexandra Barrett, 10**.

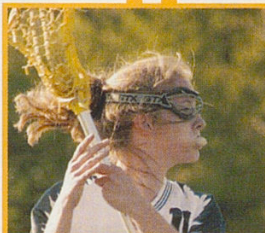
PROFILE

PLAYER'S



“The sport of lacrosse would be described as hardcore.”
-**Katherine Post, 9**

“We’ve added and lost people over the two years, but the core and success of the team is the result of our close-knit relationship.”
-**Jenna Kelly, 9**



Karen Vorholt, 10, and **Danielle Ebstein, 9**, take a tough stand against the opposing team. “My favorite part of girls lacrosse was being able to be with so many different girls and being able to play a fun sport at the same time,” said **Vorholt**. With a supportive and skilled team like this, it was no wonder she had fun.