



ALL EYES ON ME Focused on his form, junior mid fielder Noah Pollicke defends against the Knights' offense during a varsity scrimmage. As part of lacrosse's rules, players may hit opposing team's players if they keep both hands together on the lacrosse stick. "I like the physicality of the game," Pollicke said. "I'm not getting hit all the time, but there is still a good amount of physical contact. Using my physicality to my team's advantage feels good, like I'm playing my part for my team." Photo by Rachel Freeman



AHEAD OF THE COMPETITION Soaked with sweat, sophomore mid fielder Delaney Wilson races past the Stony Point defense towards the T-Wolf goal. Mid fielders often are the players to play both offense and defense for the team. Their main job was to transition the team from defending against the opposing team's attempts to score to running the ball towards their goal to score. "I was really nervous, but determined while running," Wilson said. "I ran hard to bring the ball to settle it at our goal. After doing all that running and work, hopefully it would lead to a score, which would overall increase our chances of winning." Photo by Lauren Campbell



SHE SHOOTS... Eyes focused on her target, freshman attack Katie Kiggins shoots the ball towards the Stony Point's goal on March 9. The attack position is the main scoring position for the entire team, after being fed the ball from a defender or mid an attack attempts to score as soon as possible. "After I shoot a ball I just pray it does what I need it to," Kiggins said. "I keep in mind to try to follow through and make smart shots." Photo by Lauren Campbell

Hopped off the plane at LAX Practice makes perfect for boys team

It's a feeling any athlete knows -- the pressure before the big game. The heart races, nervous sweat drips, and the mind can't get off one single thought--the importance of the game.

The Lacrosse boys were used to this kind of internal pressure during regular, district games. However, the team was also able to benefit from the chance to practice their skills without pressure during their scrimmage games. From participating in practice games, which had no effect on their district standings, the players were able to master new play action moves and better prepare for the regular season.

For freshman mid fielder Ethan Robbins, the practice scrimmages gave him more opportunities to improve on the spot. "Scrimmages are different from district games because our coaches can step in," Robbins said. "The coaches can help us with anything we are doing wrong so we don't make those same mistakes again in a district game."

Beyond fixing mistakes while on the field, the team could also enjoy a more relaxed atmosphere.

"In scrimmages we can test our skills," freshman defender Jack Reuter said. "We get to face a legitimate opponent without fear of losing or making mistakes. Scrimmages feel slightly more laid back than a real game, but at the same time they're still intense when our coaches want us to master a play in action against another team."

Scrimmages could also be a bonding experience for the athletes. "Scrimmages are fun," sophomore attack Nicholas Twombly said. "The best scrimmage of the year was our first one, we got to play together as a team as we see how all of us interacted."

While the practice games were enjoyable, they also served serious purposes for the team to improve. "Scrimmages give us extra practice as a team," Twombly said. "But, the good part was it didn't count as a game. We could slow down the speed of the game and focus on making the right decisions."

Some players believed the scrimmages, were not only important, but vital for future district play success. "It is essential that we know our plays, and to be able to really master those plays scrimmages are important," Rueter said. "The scrimmages are useful to try new plays and positions to prepare for future games."

The facts supported the player's assertions. After the first two scrimmages of the year, subsequent games were both wins for the Timberwolves. And, many T-Wolves felt the scrimmages made a real difference in their overall play. "I think without the scrimmages we would not have been as prepared for the real games," Twombly said. "And without the scrimmages we would not have won as many games."

**From records up to March 30*



CAN'T TOUCH THIS After successfully preventing a Knights' goal, sophomore defender William Harris dodges the attacking offensive players. As a defender, it was not usual for Harris to handle the ball - the primary objective of a defender, if in possession of the ball, was to pass to a mid fielder as quickly as possible, who would then take the ball up the field. "We have a lot of formations to try to clear the ball to the mid fielders," Harris said. "The hardest part of playing defense is remembering all those formations to get rid of the ball the quickest." Photo by Rachel Freeman



RUNNING ROGUE After receiving the ball from a mid fielder, sophomore attack Maggie Knight takes the ball down the field for a T-Wolf attempt on the goal on March 9. While running down the field, it is important for attackers to keep the stick close to the body to avoid having the ball stolen. "Beyond just the technical form, a huge factor is my teammates yelling if a defender is coming up behind me," Knight said. "And once you've successfully dodged the defenders, it's really cool to realize that everything you've been working on in practice has paid off." Photo by Lauren Campbell

Good Plays

"When I stole the ball at the end of the field and took it all the way down the field and passed it to Maggie and ran into the middle of the eight and she fed it back to me for a perfect goal."
-Faith Schrier (11)

"When you go on a fast break, working the ball around the defense to score a goal. They have to work harder to stop you because you'll have a man advantage here."
-Frank Zeolla (11)

"My favorite play has been when I intercepted a pass and passed the ball to Lauren Herrington and she took the ball in and scored."
-Holly Ruckel (10)

"The best play was when Logan dodged from X and I stood on the left wing, caught his pass and sniped the top left corner of the cage."
-Samuel Goedeeking (12)

"When there was five seconds left in the half and I had the ball on the end line. I fed the ball to Luke Pollicke and he did a behind the back shot and scored as the buzzer sounded."
-Joshua Schultze (9)

"I don't really care if lacrosse is school sponsored or not. It doesn't involve me and I don't know any of the players."
-Chad Alsbrook (11)

"Yes, it requires just as much athleticism as any other sport. And, it would make our athletic program more complete."
-Hannah Williamson (12)

"Lacrosse should be sponsored. It's gaining popularity and if it became sponsored it would bring the school a lot of attention."
-Trevor Beern (10)

"I think it should be sponsored. The players work so hard and should get to be treated like athletes from any other sport."
-Daniel Grant (12)

Do you think lacrosse should be a school sponsored sport?