



Anaïs Morath (12) cradles the ball as she dashes across the field.

Offensive/attack

Used by the majority of players, these shorter sticks are made of light materials and have tighter heads for quick mobility and more accurate throws.

DID YOU KNOW?

There are different types of sticks used in lacrosse!



Catherine Castro-Rodriguez (12)

Goalie:

These sticks have light handles but huge heads. Catching is easy, but mobility is difficult; so goalies rarely move out of the crease.



Amelia Fresquez (10) swings her stick forward to catch the ball.



Jasmin Navarro (10)



Keila Torres Ayon (12), right, swings her stick back as she prepares to pass the ball.

PRACTICE  
MAKES PERFECT

To be a good girls lacrosse player, one must have good game knowledge and great hand eye coordination. Stamina also comes in handy because these games are 60 minutes long but they are cut in to two halves. It doesn't just take one person to win games, it takes a team of talented girls.



Mia Richards (12), right, prepares to take off as Anaïs Morath (12) returns from a lap during a sprint relay.



LIVE,

LOVE,

LAX!

## GIRLS LACROSSE

The object of lacrosse is to use a long-handled stick to catch, cradle, and pass a solid rubber lacrosse ball in an effort to score points. Players do this by hurling the ball into an opponent's goal. Defensively, the object is to keep the opposing team from scoring and to dispossess them of the ball. They use their stick to check their opponents. Lacrosse involves contact and fundamental motor skills in a fast-moving game. It requires hand-eye coordination, endurance, balance, speed, flexibility and agility. Teamwork was especially important. "It's nice and friendly. My teammates are really nice and we help each other out. We learn new things every day," said Ashley Cornejo (12).

## A SAFETY NET

Wearing the correct equipment is key to safety first. Goalies have even more protective gear!

Madlen Claussen (10)

### Goggles

Protect the eyes while also being lighter than a helmet.

### Mouthguard

Prevents your teeth from being knocked out!

### Jersey

Provides visibility and distinguishes you from the opposing team.



Madlen Claussen (10)  
faces off against Amelia  
Fresquez (10).

109

## CAPTAIN SPOTLIGHT

Mia Richards, a senior, joined the girls lacrosse team in her sophomore year. Since then, she has been voted into a captain position! Captains "lead drills, we lead warmups, and we get the team together, make sure everyone is listening, and having fun", explained Mia. She was very passionate about recruiting girls of all ages to join the team, to which she said, "You should come to the club! There is a bit of a learning curve, but it is really fun after you learn how to play and handle a stick. We also have a great team dynamic, so definitely join if you are interested!"