

BOYS LACROSSE

CREASE TO CREASE

BLEED AREA: MOST OR ALL OF THIS AREA WILL NOT APPEAR ON THE FINISHED PAGE

106  
BOYS  
LACROSSE

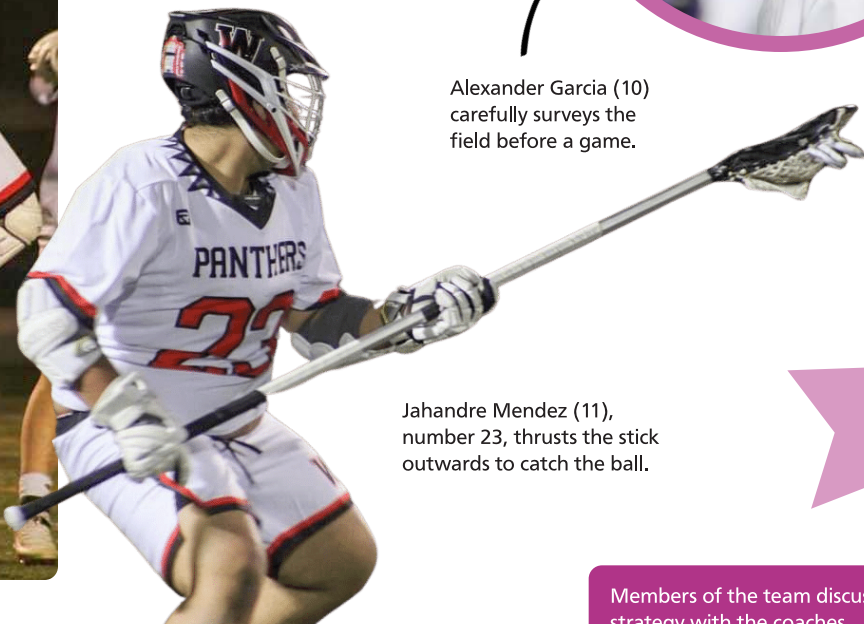


Juan Yanez Garcia (11), number 4, holds his stick at the ready.

A crease is the circle around a lacrosse goal that marks a “safe zone” for the goalie.



Alexander Garcia (10) carefully surveys the field before a game.



Jahandre Mendez (11), number 23, thrusts the stick outwards to catch the ball.

The Boys Lacrosse team had a dedicated season. The team spent hours every week practicing and focusing on improvement. The team created a strong bond by having fun activities at the end of every practice, which kept their team spirit up through triumphs and hardships. These activities welcomed the new players in the season and created a very friendly environment to all students and staff. The team didn't just try to have fun, the captains put in a lot of effort to help the new students improve. One of the captains, Jason Park (12) said, "I watched all the new players to see how they play and I helped them learn from their mistakes." All new students in the season learned very quickly and showed great consistency when playing on the field.

Members of the team discuss strategy with the coaches during a match.



Keo Williams (12), number 24, dextrously twirls his lacrosse stick back and forth.

Matthew Goold (12), number 13, and Alexander Garcia (10), number 2, dash across the field.



BLEED AREA: MOST OR ALL OF THIS AREA WILL NOT APPEAR ON THE FINISHED PAGE

9

Job # 15381 School West High School 03/10/24 11:12 PM HR

Page submitted with preflight issues: Low-resolution Image

106

Even  
Page

☐ Black Ink

☐ Includes Spot Color(s)

☒ Process 4-Color (CMYK)

In Preflight

eDesign  
Template

eDesign L  
©2024 Herff Jones, Inc.,  
All Rights Reserved



# HOW TO: PLAY LACROSSE

Lacrosse always has 20 players on the field, 10 on each team. There are 4 total positions to be played for each team: one goalie, three defense-men, three mid-fielders, and three attack-men. The attack-men must work with the mid-fielders to make their way around the crease, a circle around both goals that cannot be stepped on by the opposing team when moving with the ball, to score a goal. The defense focuses on keeping the opposing team away from their goal. They need to have strong communication with the other defense-men and goalie on who to move to through different situations: "Sometimes there can be fast breaks or even a penalty on our defense, so we had to communicate with each other on what player we're defending," said player Amir Mahmutovic (11).

107

Alexander Denton (12), number 8 (on the left), narrowly catches the ball just in the nick of time.



The field buzzes with energy as West prepares to play off against Box Elder High School.

Amir Mahmutovic (11) and Juan Yanez Garcia (11) check in with the coach.

## CAPTAIN SPOTLIGHT

Jason Park (12), number 3, was a very dedicated captain this season. His worth ethic was respected and consistent. He led by example and consistently showed up to practice. His excellent plays as an attackman always inspired the team to do better: "my goal is to always help the team improve and be ready for games," he said.



Players Alexander Garcia (10) and Matthew Goold (12) gaze into the distance.