

Welcome to  the Lacrosse Scotland

Newsletter March 2009

We have made some great progress and developments over the last few months and we wanted to let you, our membership, know what these are.



Welcome to the Lacrosse Scotland Newsletter.
We have made some great progress and developments over the last few months and we wanted to let you, our membership, know what these are.

Women's World Cup and US Tour

The World Cup Squad has been selected for the World Cup 2009 in Prague at the end of June. The senior squad had a great tour to the USA with 3 wins and 2 losses against some formidable teams. The next key tournament in preparation for the World Cup will be the Home Internationals which take place in Liverpool on 18th-20th April. It would be great to see some of you there if you can make it!

The Women's Playing Group would like to extend thanks to Lorna Powell and Vanessa Heywood for their time and support in the selection procedure for the World Cup Squad. It is invaluable efforts such as these that we are so dependent on in order to maintain the most professional and fair practices, thus on behalf of the women's game I would like to say a huge thank you for all your time and energy. Congratulations to those selected:

World Cup Squad:

Clare Anderson	West London Lacrosse Club
Kate Boxer	West London Lacrosse Club
Suzie Clark	Edinburgh Thistle Lacrosse Club
Ellie Davey	Timperley Lacrosse Club
Emma Economou	Timperley Lacrosse Club
Jemima Garthwaite	West London Lacrosse Club
Sarah Gordon	West London Lacrosse Club
Hannah Grant	West London Lacrosse Club
Chloe Hunt	Loretto School
Emily Knight	West London Lacrosse Club
Fiona McIntyre	UWIC University
Caroline McCosh	Edinburgh Thistle Lacrosse Club
Jodie Raynor	Edinburgh University Lacrosse Club
Julia Rennie	West London Lacrosse Club
Katherine Swallow	Timperley Lacrosse Club
Nicola Swallow	Timperley Lacrosse Club
Catriona Thomson	Timperley Lacrosse Club
Annabel Thorburn	West London Lacrosse Club
Jen Allison (Reserve)	Edinburgh Thistle Lacrosse Club

Men's Update

Men's Team Information: The goals of the Men's programme since the summer of 2007 have included, but are not limited to:

1. To engage and provide lacrosse instruction to the various University Club Programs existing in Scotland.
2. To provide joint training and instruction to all interested lacrosse players at centrally located weekend training sessions.
3. To encourage US NCAA teams to travel to Edinburgh to provide summer competition for the purpose of continuing skill development of Lacrosse Scotland players.
4. To develop an international lacrosse festival that would encourage lacrosse growth in Scotland and include some component of youth lacrosse instruction.
5. To begin to develop a coaching curriculum and practicum that would develop quality lacrosse coaches in Scotland.

Since the autumn of 2007 the following has been accomplished:

- 10 Training Sessions have been held (2007-2009)
- A Coaching Manual/Courses have been developed (2008)
- U-19 Tryouts/Championships (2008) - posted a 3-5 record European Tryouts/Championships (2008) - posted a 6-2 record Edinburgh Lacrosse Festival (2008-2009)The Celtic Cup in Edinburgh (2009) Expanded 2010 World Game Tryouts (February and August)Exhibition Game with Loyola College (Spring 2009)

Juniors/U19 /U21 Men and Women

The Junior Women are preparing for the Home Internationals which will be held in Scotland at Loretto on the 21st and 22nd March. (**Please come and support the girls on home territory in Edinburgh over the weekend**) They also have several annual development tours planned which include the Stockport Easter 8's which will feature friendly matches against Junior North and the Dutch National team and a tour to the Prague Teens Cup this summer. If you are interested in being considered for these development tours please contact Coach Kate Nelson-Lee at knelsonlee@hotmail.com



We are pleased to announce the following teams have been selected to represent Scotland at the Junior Home Internationals.

Junior Scotland A

Alice Galbraith	Glenalmond
Anna Crawford	Wycombe Abby
Camilla Hay	Harrogate
Charlotte Bergquist	St Catherine's
Chloe Hunt (Captain)	Loretto
Elizabeth Headon	Glenalmond
Emily Zaborski	St Catherine's
Hannah Preston (Captain)	Glenalmond
Jennifer Stevens	St Georges
Katrina Baxter	Cheltenham
Laura McGlone (Captain)	Fettes
Louisa Carruthers	St Catherine's
Lydia Nicol	Glenalmond
Marina Henderson	Loretto
Natasha Rodgers	Withington
Roseanna Single	Loretto
Rosie Urquhart	Loretto
Sheila Mill	Glenalmond

Junior Scotland B

Anna Maitland	Fettes
Belinda Martin*	St Georges
Charlotte McNess	Loretto
Emma Wauchope	Loretto
Harriet Shopland-Reed	Fettes
Jasmine Sawyer* (Captain)	Loretto
Jazz Barkes	Rendcombe
Jess Tempest	Fettes
Katie Yarrow	Loretto
Lucy Mackay	Loretto
Pippa Collingworth* (Captain)	Fettes
Rachel Clarke	Glenalmond
Rosha Fitzhowle	Fettes
Sophie Hunt	St Georges
Suzanna Rodgers	Withington
Velocity Airey (Captain)	Fettes

* A reserve

Unavailable for Home Ints: Jenny Graham (A), Hannah Leach (B), Isla Brown (B)

Under 21 Overview

The Under 21 season has been challenging this year, fraught with low numbers trialling, terrible weather conditions at squad weekends and injuries. A dedicated number of students from Edinburgh, St Andrews and Aberdeen Universities braved the elements to submit themselves to a season of intense training. It was a high mountain to climb to be ready to step on the pitch in Cardiff as Scotland U21s but the players took on the challenge with spirit and dedication.

Training concentrated on meshing the team, creating a playing style that took advantage of the natural talents within the team and forming a strong defensive unit, as well as continually working on stickwork and fitness. Despite small numbers, the improvement within the core of the group was tangible from the beginning of the sessions to the end and continued to be built on each weekend.

In the end we were left with only fourteen players from the original training squad and in order to cope with the demands of the two international matches back to back, four extra players were drafted in; two from Edinburgh and two from St Andrews. To the immense credit of the team and the individuals, the group bonded quickly and worked together very well. They were under the excellent leadership of Laurie (captain) and Sophie (Vice Captain).

The day of the Internationals dawned and Scotland prepared to face Wales in the first match of the day. Scotland started strongly, scoring first and defending well, helped by some solid goal-keeping with excellent interceptions. However, Wales capitalised on some unforced errors and pulled ahead to a half-time score of 3-6. The weather at the Wales Institute of Sport deteriorated and Scotland let it affect their play allowing Wales to score a run of seven goals. After a time-out, Scotland refocused and pulled back with some beautiful goals to finish on a final score of 6-17. This wide gap disguises the excellent game that was played with some beautiful displays of lacrosse in all areas of the pitch.

Scotland then had 10 minutes to warm down, grab something to eat before regrouping to face England. The team went out determined to make life as difficult as possible for the opposition and that they did with some excellent, disciplined defending and controlled possession in attack. Scotland were unable to capitalise and the main thing that let us down was the fresh, fast legged attacks out-running us to goal on the fast astro. Many of the goals came from individual efforts with Scotland unable to establish their low defence in time. Both Carolyn and Meaghan in goal had excellent games saving shot after shot and our unforced errors were vastly improved from the match against Wales. An excellent goal from Emily Clixby shortly after half time raised the team's moral and the fight never left. It is to the great credit of Scotland's spirit that the ball was in our possession at the end of both games. All of Scotland's goals came from great team efforts from the defence upwards. The final Score against England was 1-27.



Both score-lines hide what has been an immense improvement in the squad over the season. It is a shame that many thought it not worth their while to trial when the whole squad agreed at the end of the weekend what an excellent experience playing for Scotland U21s had been. It has been my pleasure to coach this team and I pay tribute to the dedication and hard work of those involved. However, in order for Scotland to compete at an U21 level in the future we must explore new ways to inspire more triallists and better competition. We do not lack the pool or the talent in Scotland but we must make the team more accessible and appealing to that group. I sincerely hope that this will only be the start of the Scottish lacrosse career for many of the team and that they will inspire many more to join them in the years to follow.


Caroline McCosh
Head Coach



Lacrosse Scotland Logo



After a long selection process the board have finally approved a new logo that will represent the Lacrosse Scotland organisation. The LS board want to convey that we are an organisation that is determined to move forward, build, modernise and ensure we remain competitive on the international stage. The logo will be used by both the Men and Women's game by the start of the 2009-2010 season. We hope you like it.

 We would like to thank Chris Sankey, Creative Director at cs360 who was introduced to us by Andrew Mackintosh, NDO. Chris worked tirelessly with us free of charge and is continuing to work with us to produce literature and posters for the up and coming events. He is extremely talented and brought to life the brief we gave him for the logo. We would recommend him to any organisation and if you need any website marketing or design work done please contact him at chris@cs360.co.uk or on www.cs360.co.uk.

Major Events in Scotland – Dates for your Diary

Junior Internationals, 21st-22nd March, Loretto School, Edinburgh

This tournament will see England, Scotland, Wales and an invitational developmental team from Scotland take part in the Home Internationals tournament. We would love any members to come and watch the international competition. Please contact Emily Knight for details on 07887854839 or emily@taylorosborne.co.uk.

RAF Tournament, 16th May, RAF Uxbridge, London

This is an exciting new addition to the Women's calendar, being held South of the border on a RAF base in London. Teams from Scotland, England and Wales will be playing, as well as the RAF's own women's side. This will be a fun, family day out where spectators will be welcome and catered for with food, entertainment and of course great lacrosse. If you are interested in getting involved or hearing more about the tournament, please contact Kate Boxer, 07970 807 224 or katehboxer@hotmail.com.

Club Development Day, Saturday 4th July, Venue TBC (ideally Stirling)

This is a first for LS and we hope it will become something that can happen at least twice a year. We are running a club development day for both club players and pop lacrosse players. The main aim of the day is to teach pop lacrosse players field lacrosse and introduce them to the club leagues. We need as much support as possible for the fun packed day and if you wish to help Lacrosse grow in Scotland this is a way to support the grass root development. Please contact Andrew Mackintosh, National Development Officer on 07929572302 or development@lacrossescotland.com to register your support and nearer the time we will be in touch with how you can help on the day.



Celtic Cup: August 12th- 16th and the Edinburgh festival: 14th -16th August, Venue Fettes

This men's international tournament, the Celtic Cup hosted at Fettes School in Edinburgh will see Scotland, Ireland, France and 2 Invitational US College teams compete for the Celtic Cup. Also running along side this will be the Edinburgh Festival Tournament where 8 Men's Clubs teams and 8 Mixed Clubs teams will play in a tournament. The two winning teams of the national pop tournament will also play in an exhibition match at the festival. The festival will have a beer tent, bbq and suppliers selling equipment and it will be an exciting summer's day. Please contact Keith Robertson for the Celtic Cup on kjrobert@alumni.uwaterloo.ca and Andrew Mackintosh for the festival on 07929572302 or at development@lacrossescotland.com and again put the date in your diary and register your support with Keith and Andrew.

Development – What has been Happening?

New Appointment:

We are pleased to announce the appointment of Andrew Mackintosh, who many of you have now met and who we appointed as the LS NDO in January. Andrew has excellent qualifications and has experience of growing a minority sport from grass roots with success as well as running many sporting events, especially at the youth level. Although Andrew has limited lacrosse experience, the skills he could bring to LS in developing the sport far outweighed the lack of his lacrosse knowledge. Andrew has already made fantastic progress in the weeks since he has been in the role. He has travelled the country to ensure he has met as many people who support and play lacrosse and has hit the ground running. A fresh new approach that he brings to the table, supported by experienced lacrosse players and supporters is proving an exciting combination. I hope that over the next year you will see the results from his and the Board's efforts.

Andrew holds a 2nd Class Bsc Honours in Sports & Exercise Science and has grown American Football in Scotland from grass roots. He also worked with the American Football Scottish Youth Team and became an NFL international assistant coach.

General Update:

Development is at the heart of the Lacrosse Scotland agenda. We are currently working hard to grow the game at roots level, initially aiming at introducing the vast number of pop lacrosse players to field lacrosse.

As part of this we are working hard to try and build the base of coaches and umpires to support the clubs and schools that wish to start a youth team, but also to spread the time commitments across more people rather than relying on the same supportive figures that always turn out to umpire or coach.

Andrew has created a Lacrosse Club Start Up Pack that will help anyone wanting to start a youth or senior lacrosse club. It includes a 'completed awards for all' form, constitution, a form from the bank to open up a members club account and other advice on getting going.

Please contact Andrew Mackintosh on 07929572302 or development@lacrossescotland.com for your start up pack.

There are two ways you can help:

Firstly if you want to help us grow the sport then get qualified as an umpire (1 day course) and complete your PCA (6 hr course). We also now have access to a Level 1 and Level 2 (US) on line coaching course that takes 6 hours to complete over a 60 day period.

There is a PCA course being run by Emily Salvesen, one of Scotland's best international players, on Saturday 18th April. Venue TBC. If you are interested in attending this course please contact Andrew MacKintosh on 07929572302 or development@lacrossescotland.com. Other dates for the both the PCA course and umpiring course are being set up now so get in touch and don't miss out!

Secondly if you have any plastic sticks that you no longer want, or use, then LS would be extremely grateful if we could have them to provide the youth teams that are currently being formed to enable pop lacrosse players to feed into the field lacrosse game.

Please contact Andrew Mackintosh on 07929572302 or development@lacrossescotland.com who will collect the sticks from you and organise your PCA course and please contact Lorna and Rob Powell regarding umpiring courses on l.a.powell@blueyonder.co.uk.



Kit and Equipment Suppliers

Lacrosse Scotland are in discussions with major Lacrosse kit and equipment suppliers to agree discounts for all national squads, schools and clubs. The supplier guideline document outlining the agreed discounts, contacts and all ordering information will be available on the LS website as soon as it is completed. However if you are going to be ordering kit over the next few weeks please contact Julia Taylor on jtaylor@taylorosborne.co.uk or 07764 943053 to benefit from the already agreed discounts.

Kukri (20%), Underarmour, Harrow (30%), STX, Debeer/gait , Warrior /Brine, Adidas

Vacant Positions:

We are currently looking to fill the following positions on the LS Board at the AGM in May:

- Rules and Umpiring - Women
- League Secretary
- Men's Performance Group Chair

Dates for your diary:

- Saturday and Sunday 21st & 22nd March, Junior Homes Internationals, Loretto School, Edinburgh.
- Saturday and Sunday 28th-29th March, Men's Internationals, Peffermill, Edinburgh.
- Saturday 18th April, PCA Coaching Course run by international player Emily Salvesen. Venue TBC.
- Sunday 26th April, National Pop Tournament, Meadowbank Stadium, Edinburgh.
- Saturday & Sunday 2nd and 3rd May, British Men's Championships, Wilmslow Cheshire. Scotland will be entering three teams into this exciting competition.
- Saturday 16th May, RAF Tournament, RAF Uxbridge, London.
- Wednesday 20th May, LS AGM, please do come to this important meeting, it is crucial to the growth of the game to have as many of the membership there as possible.
- Saturday 30th May, Men's Game Loyola vs Scotland, Peffermill, Edinburgh.
- Saturday 4th July, Club Development Day.
- Tuesday 12th August - Sunday 16th August, The Edinburgh Lacrosse Festival and Men's International Celtic Cup, Fettes School Edinburgh.

Thank you to the following:

- Caroline McCosh for working her fantastic work with the U21 squad and also acting as the National Development Officer for an interim period early in the season.
- Fiona Reid for organising the MacRobert Tournament.
- Lorna Powell and all the umpires, for both the men and women's games, for the sometimes thankless work throughout the season. I would like to thank Lorna, Jenny Pearson and other umpires who have been involved in organising the Junior International Tournament.
- To all those volunteers who tirelessly turn out to coach, umpire, organise events and man tables at tournaments. Without you we would be lost. Special thanks go to Jenifer Davidson, Jenny Pearson, Andy Pearson, Emily Salvesen, Fiona Reid, John Keane and Rory Marsden.

Remembrance

We would like to offer our condolences to the family and friends of Kenneth Galluccio who sadly died in February. For nearly two decades he worked tirelessly for the sport of lacrosse in Germany and in the rest of Europe. He established the German refereeing organisation, youth programme and managed the Men's German U21 Team. He will be sadly missed.