

Women's Performance Group Annual Report for AGM 2009

The women's national squads are witnessing exciting developments, which are already culminating in on and off pitch successes.

I should like to begin by thanking and praising the excellent work and many hours of volunteering that so many have put into lacrosse in Scotland this year. Those who give their time to Lacrosse Scotland provide solid foundations from which our national squads can function and spring. In particular, I should like to thank all those involved in the organisation of the Junior Internationals, which we hosted, the brilliant work of our Women's Performance Group and our national coaching staff including managers, physios. and specialist coaches. I cannot highlight the importance and our appreciation of such commitment enough.

The Junior Scotland squad has had a great year. Numbers from the start of the season have been promising, and the talent that is emerging is fantastic. The strength and depth of the squad is a testament to the staff, their organisation and how well they have coached / brought on the players. Scotland hosted a fantastic Junior International tournament at Loreto, with three teams in the A tournament, and four in the B, over two days. Thanks to all those involved in the organisation and over the weekend for making it a success.

This year the U21s have been led by Caroline McCosh, who has done a brilliant job of coaching and managing the squad. Sadly, Caroline is stepping down from this position and we are looking for a new coach.

After a tough, but promising start, against England White, the Scotland women went from strength to strength at the Senior Home Internationals. Scotland demonstrated their recent progress and showed that they are competitive contenders for the World Cup this summer. Scotland put on a brilliant performance against England Blue in a tightly fought game, with the win up for grabs until the dying seconds when England slipped in two goals to take the game 7-5. The Scotland v Wales game was a fantastically exciting game, as both sides battled it out for the Robertson's Golly. Scotland's fitness and tactics kept them in the lead from the start and they eventually won 7-4. Three players were amongst those nominated for Player of the Series (either the U24 or overall).

New cap: Chloe Hunt

The Senior World Cup is fast approaching. The women will be travelling to Prague, in the Czech Republic on the 15th June and we wish them huge success. The squad have stepped up their training over the two year build up to this tournament and are looking fantastically fit and fine tuned so, check our website to keep up with how they are getting on.

A performance strategy is being drawn up to support the delivery of goals and objectives, including performance targets, developments required over the next few years, and

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visions for the future. This review is part of a larger strategy review that Lacrosse Scotland is undergoing. Having a strategy in place will help ensure that Scotland is self-challenging and also keeping up with other nations and developing at the same pace.

The women's national game is undergoing some exciting developments as the WPG have been working hard to confront the challenges of player identification and retention. Stronger links have been nurtured between the Junior, U21 and Senior squads as part of a more comprehensive player pathway. The WPG will be meeting over the summer to address additional areas such as camps/clinics, coaching, events, revenues, volunteers and player support systems.

None of the work mentioned is possible without the contribution from the membership and volunteers, so thank you to everyone who has dedicated any time and effort to lacrosse, and please get involved as much as possible!

If you have any questions or comments or want to hear more about any of the WPG's work then please get in touch.