

I would like to start by thanking the Women's Performance Group and the extended volunteer group that work tirelessly to run the national women's programmes. These individuals are invaluable to Lacrosse Scotland and provide the continuity, groundwork, support networks and means for the Junior, U21 and Senior squads to succeed. Lacrosse Scotland faces a tough time with small participation numbers, financial support and volunteers that can often seem like insurmountable challenges. However it is these coaches, managers, and players that represent the fabric of lacrosse in our country by their dedication, generosity and talent. My sincere thanks go to everyone who contributes to Lacrosse Scotland, especially the WPG who I work so closely with.

We hosted the Senior Home Internationals at Fettes College this year and despite the ash clouds trying to interfere with the tournament, it was a brilliant success. Thanks to Emily Knight for coordinating the event; to Lorna Powell for providing an excellent umpiring setup; to Jenny and Andy Pearson for their hard work and recruiting volunteers; to Jenifer Davidson for her continuous support at the event; to Emily Bryson for providing the facilities and coordinating things on site with her groundsmen and caterers; and to all those that gave their time to support the event.

Junior women

The Junior World Championship 2011 is approaching and Scotland is making excellent progress towards the event. Kate Nelson Lee, Pauline Davey and the team of staff are working hard with the Junior players to build towards the World Championship in Germany next year. It has been suggested that there will be a tournament running alongside the WC for the 'B' or development teams, which Scotland is keen to utilise to develop both younger players and also coaches. This could be a rare opportunity for coaches to experience the international setup as part of a learning and development role.

There have been 75 girls trialling for the Juniors this year, with 30-36 representing the A and B teams in the Junior Territorial Tournament in December and the Home Internationals in March. School commitments have proved to clash with playing opportunities, so we will be shifting the major training weekends to half term holidays and running more regional training to avoid such problems, which in itself is a fantastic development tool for home-based players.

Looking to the future, the Juniors are keen to align fixtures in Scotland so that they participate in our Scottish tournaments. They sorely missed playing in both the clubs and MacRobert tournaments this year and would appreciate the opportunity to play in our home tournaments, as this would be a huge benefit to their development towards the WC.

17 girls are travelling to the USA for the last two weeks in July on a development tour, which will be an excellent chance for exposure as individuals to a high level of play. The Juniors also hope to also run a training camp at Fettes at the end of August as a pre-trials and coaching opportunity for potential players.

The WC team is expected to be selected in Feb with fitness and injury provisos -hopefully by continuing to run a development team through to the WC's they will not experience any drop off.

[We are currently exploring both the WC kit as well as a new stock playing kit -we would hope to have a board decision on these asap so we can put the order in early -unfortunately we will not have proposed designs in time for the 4 May meeting.]

The Juniors have been exploring potential funding opportunities and would really appreciate any support available, e.g. access through the Institute of Sport (strength and conditioning, nutrition, sports psychology - any sort of support that is not directly financial) so please forward any suggestions to Kate Nelson-Lee. The Junior coaching staff will be continuing to help individuals look for council and university grants, etc, to help defray costs.

2009-10 A Squad	2009-2010 B Squad
E Wauchope	P Bolton
C Hay	L Stockton
E Headon CAPTAIN	C Thurlow
D Hill	S Macaulay
C Bergqvist	C McNess
C Caruthers	J Tholen
F Gray	C Weston Res A
N Paterson	A Blackett
S Rodgers	C Bowie Res A
N Rodgers CAPTAIN	H Shand
C Groom	R Smart
L Gill	R Butler
J Aiton	S Hunt
L Nicol	C Gobourn
H Muir	A Galbraith
C Thoms-Williamson	R Headon
K Tyrell	E Robbie Res A
E Zaborski CAPTAIN	C Taylor
	Reserves
	A Barkworth
	T Kinahan GK

Thanks go to the Junior Head Coach Kate Nelson-Lee and her staff, and on behalf of the LS Board we wish the Juniors a fantastic and successful season building towards the WC.

U21 Women

Colleen Dalon took on the role as Head Coach of the U21s this season and within a short time has already re-established a fantastic squad of U21 players. Faced with little or no numbers at the start of the season, Colleen was busy out recruiting players from all over Scotland to train and earn places in the U21 Scotland side.

The Home Internationals provided an exciting experience for the named squad, who came away from the games feeling positive and looking forward to more opportunities on the international stage.

Colleen has done a brilliant job and we hope her contagious enthusiasm and talent as a coach will help retain and recruit more players to next year's programme.

Thanks go to U21 Head Coach Colleen Dalon.

Senior Women

The season after a World Cup can be anticlimactic for all lacrosse playing countries. It is a time to reflect and recuperate from the season before but also to rebuild. It cannot be denied that the women's national training squad has been struggling to retain players since the 2005 World Cup in Annapolis. As a part of our comprehensive plan for the future, the current Senior Coaching staff & management are committed to maintaining the stability of the programme by staying on to execute the following tasks:

- **Recruit & Retain** players with a particular focus on 1) seeking out U25 players who have participated in either or both the U19 and the U21 programmes but not followed onto the Senior programme as well recruiting new blood 2) reviving the Senior Development team by launching a parallel season for Elite & Development players in 2011-2012
- **Exposure** to a consistent number of high level playing opportunities for players to ensure that they development the necessary skills sets of mental, physical, technical & tactical attributes necessary to playing at the International level. This includes tours to the USA, Home Internationals (both A&B

team tournaments) and a new innovation, the "Captains Season" which is being trialled in the summer of 2010

- **ONGOING FUNDRAISING** the build up to a World Cup requires four years of effort both in the preparation of the players but also in the build up of the necessary funds to finance the venture. The coaching & management staff is exploring any & all viable opportunities to raise funds for the women's national training squad. This season the Seniors have successfully made contacts with schools for coaching days run by Senior squad members & coaching staff which raised £500. Two schools are lined up for the 2010-11 season and they are looking for more clubs and schools that are interested.

This year there were several training weekends held in conjunction with the U19 squad at Fettes College as well as one training weekend alongside the U21s. The coaching staff found these weekends to be a major success for all squads as it allowed for opportunities of inspiration for younger players as well as providing the Senior squad members the opportunity to flex their mentoring skills.

The 2010 Home Internationals presented a major challenge to the coaching staff as throughout the year the number of players attending Senior squad weekends remained in the single digits. Thanks to the fantastic hands on recruiting by the squad captain, Emily Knight, we found ourselves with a talented pool of players to choose from at the training camp held at Fettes College prior to Home Internationals: 7 players from the 2009 World Cup, 4 players from the 2007 U19 World Championships, 2 players from the 2003 U19 World Championships & several new faces that showed incredible promise for the future. This team came together on the pitch to provide one of the best games of the tournament when they faced off against Wales. Although Scotland out possessed Wales in the first half, the team failed to convert opportunity into reality and the score remained level at 1-1 until the last 15 minutes of the match. The team ultimately fell short of victory on the day, losing 2-4.

On the second day of the tournament both the players & the coaching staff were determined to make the England squad work harder, run faster and play smarter for every minute of the match in order to achieve a victory. And make them work they did! For the first 20 minutes of the match Scotland led the England squad 2-1. The players laid out the best challenge England faced all weekend. The squad achieved their goals of scoring more than the Welsh against England, having less goals scored against us than the Welsh, keeping England to fewer than 20 goals and forcing the English to use both their time outs (they never use time outs!). Final score was 3-19.

From here the only way is up! The current coaching staff is looking forward to seeing returning faces & new faces at the first training weekend of the 2010-2011 season. Dates will be published on line at the Lacrosse Scotland website as well as distributed via the Players Group e-mail.

Thanks go to the Senior Head Coach Martha Cornbrooks and her coaching staff.

Barratt Trophy

Nominations E Headon (Junior) C Lubbock (U21, Senior) T Rodgers (Junior, U21, Senior) E Zaborski (Junior)

Winner **Tashy Rodgers** -she has moved between all three squads (U19, U21 and Seniors) with ease and enthusiasm. She is a dedicated player who has grown throughout the course of the season both mentally and skill wise.

If you have any questions or suggestions for the Women's Performance Group, please get in touch with the Head Coach in question or email womens.performance@lacrossescotland.com.

Thanks very much.

Kate Boxer
Women's Performance Chair

**Scotland National Women's Performance
Annual Report for 2009-2010**

