



# NEWSLETTER



## Word from the Editor:

I wanted to take this issue to recognize the Vota family and what they have created here at Lakeside. As Paul mentioned in an earlier issue the intent of the program was to grow the game in the Greater Sacramento Area with competitive teams and a focus on having fun in the

process. I will say this achievement has been met and much more. We have seen enormous growth from when the program started to where we are now, providing the young ladies of this community the opportunity to be a part of a program that focuses on skill development, team spirit and having fun. We are seeing players achieve their dreams of playing lacrosse at the collegiate level whether it is D1, D2, D3 or Club. The memories that can be shared from the many tournaments we have gone to as a program will be cherished forever. I can personally say some of my best experiences have come from being a part of this program. I want to thank Paul and Amy for their vision to start this program and keep it going. We are all blessed to have you leading Lakeside and most importantly your dedication to the players and their growth and love of the sport.

-Toby Carpenter

## Lakeside Tournament Play

It was a busy November with Lakeside sending teams to numerous tournaments. The teams all played hard and represented Lakeside with great play, attitude and effort. It is often as coaches we hear from opposing coaches what an impressive group of young ladies we have in our program.

IWLCA Southwest Cup	Lakeside 2025 Alpine	4-0
Autumn Tilt	Lakeside 2026-2027 Almanor	6-0 Champs
Turkey Trot	Lakeside HS Combo-Elite	4-0 Champs
Turkey Trot	Lakeside HS Combo-Open	4-0 Champs
Turkey Trot	Lakeside Natoma-14U	4-0 Champs

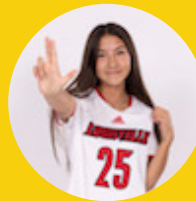
Great job to all of our Lakeside Teams that competed this month. We are only a couple months away from this season coming to an end so keep up the good work!

## College Commits

The Lakeside family has 2 more amazing young ladies that have committed to play at the collegiate level. Annika Tanner will be playing Division 1 at Louisville and Alex Remily will be playing Division 1 at UC Davis. Both Annika and Alex have put in the work both in the classroom and on the field to achieve this success. We are proud of you and look forward to following your continued play. We asked both girls to give us some insight into their journeys and here is what they had to say.

### Annika Tanner

Constant support from my family friends and most importantly my coaches helped me achieve this. I wouldn't be where I am today with Toby and Chad and I cannot thank them enough for making me love the sport. Playing on lakeside brought me so many fun memories and friends and ultimately lead to my commitment. Go Cards!



### Alex Remily

I can attribute where I am today to a never-ending list of factors. To begin with, Coach Toby and Coach Chad provided me with a foundation when I was young that set the ball rolling for my future. I am forever grateful for the biggest support system that comes through the lacrosse community. To all my coaches, in youth programs, high school, Lakeside, and Tenacity, along with my teammates, and my parents, who were always my number one fans. My biggest piece of advice and most valuable piece of learning that I have gained is that "you may not always end up where you thought you wanted, but you will end up where you need to be and where you belong - have faith in yourself and in your process". Lacrosse and the community it provides will open up doors that you can never imagine.



## Senior Spotlight Sage Barden

Senior Sage Barden has been a big part of Lakeside Lax since its inception. Sage brings a well disciplined, technical approach to her game and has grown to be a defensive leader for the 2024 Shasta team. She works extremely hard, on and off the field, and we look forward to what's next as this girl is going places!



## Player Spotlight Hayden Crowley-Brunt

Hayden has been a great addition to Lakeside this year! She started as a practice player but through hard work she earned a roster spot before the first tournament. She has prioritized lacrosse, and it is noticeable! She can play wherever we need her on the field and always does so with a smile. We can't wait to see her continue to grow as a player and love having her on the team.

