



NEWSLETTER

Message from Coach Paul

As our season comes to a close after Sandstorm and we kick off 2024 I want to thank all of our coaches, players, and families for an overall successful year 5. We had our fair share of successes on the field across all of our teams, putting ourselves in a championship bracket 29 out of 35 opportunities across the program. Additionally, we continue to see players coming up through our program commit to play at the next level. We also struggled with consistent commitment this year and are working through changes. All in all, I say we solidified who we are as an organization. Our sweet spot remains as a top tier western regional club that keeps lacrosse fun, competes well against national powerhouse clubs, and continues to build quality players and grow the game in the greater Sacramento area. Quite honestly...that's exactly where I want to be!

-Coach Paul



Coach's Corner

Coach Chad Ross has been with Lakeside since the beginning, coaching the 2025 Alpine team. His knowledge of the sport and support of the girls has been a key part of the success of this team. The Alpine team has accomplished a lot including going to Youth Nationals, winning tournaments, competing with top programs in the country, having girls commit to play at the college level and much more. Lakeside is lucky to have Chad as one of the coaches for the program.

What made you become passionate about lacrosse?

I began coaching lacrosse when my oldest daughter first started playing and the league needed a coach. I thought it would be a good opportunity to spend time with her. After coaching, I really fell in love with the game. It is fast paced, requires great skill and teamwork, and has some very interesting tactical and strategic components as well.

College Commits Grace Kerr



Lakeside is pleased to announce another commitment from one of our players to play at the college level. Grace Kerr from the Lakeside 2025 Alpine team will be playing Division 1 lacrosse for California University (CAL Bears). Grace is an amazing young lady and player that we are excited has achieved her goal/dream of playing for CAL. We are so thankful to have her as a part of the Lakeside family. When asked about her journey, here is what she had to say:

I am very thankful for my recruiting process and where I am now. I learned much about myself and who I want to be in the future. Lacrosse has connected me with many coaches, teammates, and opponents who are my role models. Every team that I have played on has had coaches who I connect with. On Lakeside, I love Toby's passion for winning and Chad's energy for making good plays. My coaches have taught me to have a strong mindset, work hard and set goals. My teammates are the ones who have helped me in achieving those goals. They are always there to work after practice, put in the extra rep, and train when no one is watching. On top of meeting teammates from all over the country, I also met many strong opponents. They fuel my love for competition and push me to be a better player and perform at my highest. This love was also instilled in me from birth, by my parents and siblings. Their constant support, high expectations, and motivation have built me into the fierce athlete that I am today. I am excited to continue working hard so that I can make my parents, coaches, and teammates proud in my journey to play at Cal.

Senior Spotlight Ella Rutherford

Ella has been a critical part of Lakeside Lax from day 1, helping kick off our original high school team 5 years ago with several other of the 2024 class. Over that time, she's worked hard and become one of the top 2024 attackers in Northern California. She is one of our on field leaders who we count on to initiate offense when we need a goal. And oh yeah; don't get her mad as she plays even better that way. Her efforts on and off the field have earned her a commitment to continue her lacrosse career at University of Alabama at Huntsville in the fall and we can't wait to see her continue to dominate. Go Chargers!



Player Spotlight Adrianna Sohm

Adrianna is a dedicated player who shows up to every practice and her dedication is noteworthy. Her friendly demeanor is a pleasure to have on the team and her hard work translated to a game winning goal in the first travel tournament to Las Vegas in the Open High School Division.



Editor's Note

Balancing School and Sports

As a multi-sport athlete and student, I find it very important to balance both school and sports in order to do my best as an athlete and to be a successful student. I always try my best to stay organized and manage my time effectively. Even though it may feel overwhelming at times, I find that keeping an organized schedule helps me complete everything I need and to be the successful student and athlete that I aspire to be.

-Sienna Dawson

HIGH SCHOOL & MIDDLE SCHOOL TEAM

TRYOUTS

January 27, 2024 | 1-3:30pm

Location: John Kemp Community Park

1322 Bundrick Drive, Folsom, CA

www.lakesidelax.com/registration

