



FROM THE SIDELINES: Walsh Jesuit (March 23, 2019)



JUNIOR VARSITY (Won 4-3; record 1-2)

VARSITY (Won 7-6; record 1-2)

I LOVE THIS SPORT! It has been a part of my life since starting the team as a student at Walsh Jesuit in 1988. It has given me so many memories, experiences, and friendships. Through all the games, events, and people, the one thing is always constant, the game of lacrosse is like a roller coaster and a great metaphor about life itself. The ups and downs, the twists and turns, you just never know what you are going to get. Yesterday's game was another great example of this. Early in the game, it looked like we might be in for a long afternoon. Mistakes, turn overs, missed opportunities were piling up. But a group of boys from Solon kept plucking away at it, and eventually good things started to happen. Play by play, you could see the confidence grow. Players were learning to compete, willing to step up, and fight for their teammates. When the veteran players showed leadership and finished plays, the enthusiasm grew, and when younger players created turnovers or made solid offensive plays, it became contagious. **What a feeling!** On behalf of the coaching staff, I want to congratulate the players on the victories. Pulling out two 1-goal wins is an exciting way to start Spring Break! We are proud of you, good work, and can't wait to get back next week!

BRIGHT SPOTS: The team **EARNED** its first wins of the 2019 season! The first game ball of the season went to **Trysten Zahoransky** for his hard-nosed play at the face-off X and defensive midfield position. **Aidan Riga** was able to come up with several big takeaway checks and ground balls. **Mark Phillips** and **Anthony Nasca** both had nice forced turnovers. **Mike Rapposelli** had a great game in and out of the goal. **Mike Laubscher** showed senior leadership with 2 big second half goals. **Billy Furlong** had 2 goals and 1 assist. **Christo Wu** had a big assist on the eventual game winning goal. **Ben Gullia** came on strong with 2 goals. **Mike Zinamon** had a nice goal off a set play. **Zack Fitzgerald** had an assist on a fast break.

WEIGHT ROOM: The weight room will be opened this week (Monday 1-5pm, Tuesday-Friday 8-12pm). If you are in town, find a teammate, get a workout in, and hit the wall to keep your stick skills sharp. This is a great week to rebuild some muscle, recover, & practice the fundamentals needed for success.

SPRING BREAK: Enjoy the rest from school and early season lacrosse. Make sure you are doing something athletic over the break. Sprints will help your lacrosse conditioning better than distance running.

PRACTICE RESUMES: Sunday March 31 from 5:00-7:00 pm at Stewart Field. **DON'T BE LATE!**

NEXT GAMES: Chagrin Falls on Tuesday April 2 at Stewart Field (Junior Varsity 5:00 pm; Varsity 7:00 pm)

SOLON COMETS LACROSSE: Pride! Pride! Pride!