

# Georgia Tech Women's Lacrosse Newsletter



## The 2008 Season

After a successful fall season, the Georgia Tech Women's Lacrosse team is ready for another exciting spring season. The addition of several talented freshmen has made the talented Georgia Tech squad even stronger. The team is looking forward to a full spring schedule in the Southeastern Women's Lacrosse League (SWLL). The upcoming spring schedule includes opponents such as the University of Georgia, Auburn, and the University of South Carolina.

The Fall 2007 season was a great success. The fall is an ideal time for the team members to grow as individual players and as a team. The women conditioned and worked on the fundamentals of the game, while introducing

several freshman to the team. The team's first fall tournament was a round-robin style tournament held at Clemson University. On the first day of competition, the team faced off against Elon, the University of Connecticut, and Virginia Tech. The second day, the Yellow Jackets beat Appalachian State University before losing to Division II Queens University in the second round of the playoffs. The Georgia Tech squad also made its annual showing at the SWLL Playday at Emory University. The Yellow Jackets performed well against some of the top teams in the conference. Some keys to success included quick transitions, strong defense, solid ball control and great communication and teamwork.

## Game Schedule Spring 2008

GT vs. USF  
Feb 9th, 12:00pm @ USF

GT vs. Eckerd  
Feb 9th, TBD @ USF

GT vs. UCF  
Feb 10th, 10:00am @ USF

GT vs. UGA  
Feb 16th, 11:00am @ UGA

GT vs. USC  
Feb 16th, 1:00pm @ UGA

GT vs. Tennessee  
Feb 22nd, 6:00pm @Home

GT vs. Auburn  
Feb 23rd, 1:00pm @Home

GT vs. Clemson  
Feb 23rd, 5:00pm @Home

GT vs. FSU  
Mar 1st, 5:00pm @Home

GT vs. Furman  
Mar 29th, 11:00am @Home

For our most updated schedule visit:  
[gtwomenslacrosse.ialax.com](http://gtwomenslacrosse.ialax.com)



FALL YOUTH CLINIC

For a second year, the Georgia Tech Women's Team organized a successful youth lacrosse clinic in conjunction with the Roswell Youth Lacrosse Association. The team instructed lacrosse fundamentals to 125 young women at Roswell Area Park. The clinic provided an opportunity for the team to give back to the community by teaching and mentoring young players. As a fundraiser, the clinic raised money to supplement member dues and student government funding. The money raised will be used to pay for team necessities such as travel expenses, coach's salary, equipment, and referees. This year, the team plans to update their jerseys with part of the money raised.



*Above Katie Buckler and Sarah Melgen instruct some youngsters on proper defensive technique*

FRESHMAN PROFILE

Meet Sheena Mah



**Top** Sheena Mah

**Bottom** Sheena dodging around a defender at the SWLL Playday at Emory

Sheena is a Georgia Tech freshman, wearing the number 20 jersey and playing fearlessly in the midfield. Sheena has been playing lacrosse for four years, starting as a freshman at Kell High School in Marietta, Georgia. Sheena had a successful lacrosse career at Kell, serving as a team captain during her senior year. After playing for four years on the varsity team at Kell, Sheena was named an Academic All-American.

On the field with the Yellow Jackets, Sheena is known for her speed and endurance. For this reason she has become a great asset to the team's midfield. Sheena is a hard worker who always listens to constructive criticism from her teammates and coach. Her passion for

lacrosse is obvious every time she steps onto the field. Sheena's athleticism and good attitude will make her a vital part of the Georgia Tech team for years to come.

Last summer, Sheena became a certified lacrosse referee. She enjoys refereeing around Metro Atlanta in her spare time. Sheena is pursuing a degree in Biomedical Engineering at Georgia Tech and is planning to join the Co-op work program in the coming year.



MESSAGE TO HIGH SCHOOL LACROSSE PLAYERS

As a maturing lacrosse player, it's important to see the game played at a higher level. The Georgia Tech women invite players of all ages to attend our home games. Feel free to bring your lacrosse team out and cheer us on! We're always happy to answer any questions that young players may have about college lacrosse or Georgia Tech.



Check out our website [gtwomenslacrosse.ialax.com](http://gtwomenslacrosse.ialax.com) to find our complete schedule, field directions, and contact information.

The 2008 Georgia Tech Women's Lacrosse Team



*Above* Team photo at the 2007 SWLL Playday at Emory