



# NEWSLETTER

## Message from Coach Paul

I'd like to welcome you to our September Lakeside Lax newsletter. While we have randomly sent out emails in the past, we are launching a regular monthly email with the intent on keeping everyone informed as well as highlighting members of the Lakeside Family. When Amy and I started Lakeside Lacrosse, we did so with the intent of growing the game in a positive way across the greater Sacramento area. That is only possible when you have a strong community of players, coaches, and parents engaged and working together in a positive way. I want to thank you for being part of the community and look forward to hearing from you on what would be relevant info for us to share throughout these newsletters.

-Coach Paul

## Coach's Corner

This month we are proud to add the amazing Savannah Hadley to our Staff. She is one of the best lacrosse players to come out of the Sacramento Region and now will be helping Lakeside players become better on and off the field.

Coach Sav grew up in the Sacramento region, having played for Pleasant Grove during her high school days where she was a four-time offensive MVP, all-star and the first player to receive a lacrosse scholarship in Pleasant Grove history. She went on to play NCAA Division 1 lacrosse at UC Davis where she was a vital piece of the Aggies defense and a captain her senior year. After college, Savannah was the head varsity coach for Granite Bay and in 2023 returned to the high school sidelines as an Assistant Coach for the Oak Ridge Varsity and JV girls' team. **Welcome to the team Coach Sav!**



## College Commits Krystalin Respicio

Congrats to Krystalin for her commitment to UC Davis to play Division 1 Lacrosse. Krystalin has been a big reason the Lakeside 2025 Alpine team has had so much success. We are so excited to have Krystalin represent the Sacramento Region and look forward to coming and cheering her on.



### What are some of the most important things you did to earn this commitment?

One of the most important is academics. Academics is very important to many schools, and maintaining good grades will open up a lot of opportunities for you in terms of schools. Hard work and passion are also important to have. Overall, always try to do your best on and off the field!

### What did Lakeside do to help you achieve this goal?

Lakeside provided me with some great experience and training. Lakeside elevated my game with a pure 2025 team that had such great chemistry. Lakeside allowed me to be able to obtain the practice that I needed to get where I am today. Most of all, having a wonderful co-goalie, Kaley Gunning, helped me through the tough times and helped me become the player I am today.

## Message from Coach Emily from the 2025 Alpine Team and our Recruiting Liaison:

My background: Played club at Bearlax (now known as Tenacity) and went to and played Varsity lacrosse all 4 years at GBHS. Was fortunate enough to have several offers for D1 lacrosse but ultimately picked a team for the school, George Washington University, the coach that recruited me there left before I ever arrived, and the new coach was not a great fit for me. I ended up transferring to Winthrop University and played three years there. After I graduated, I moved to Philadelphia to get my master's degree and while getting my masters I was also a graduate assistant coach for Temple University. At Temple I had a lot of different roles, but one of them was helping with recruiting! Once I graduated, I moved back home and started coaching for Lakeside and I have coached high school at Granite Bay and Oak Ridge.

### My advice to girls wanting to play in college:

Work hard and start early! Not only do you need to be working hard on your lacrosse skills, but the recruiting process also takes a lot of time/effort. I also believe it is never too early to start preparing either! Reach out to your lakeside coach and start the communication early about what your goals are for college.

## Senior Spotlight

### Lauren Hagel: Lakeside Shasta

Lauren has been a quiet killer in this program since we started. She works hard, inside, and outside of practice, and has proven to be a someone we can count on all over the field. She plays wherever she's needed on the field and does so with a smile on her face. Lauren Hagel is the definition of a great teammate.



## Player Spotlight

### Molly Palmer: Lakeside Natoma

Molly is an amazing young lady that embodies what it is to be a Lakeside Lacrosse player. She shows up to every practice with a positive attitude and gives a 100% effort. She asks questions and is constantly looking to improve her game. She is well liked by her teammates and will do whatever is asked of her for the team. We are thankful to have Molly as a part of the Lakeside family.



## COLLEGE CAMPS



**Arizona State University**  
November 3, 2023  
Sun Devil Fall Tune-Up



**San Diego State University**  
October 7, 2023  
Small-Sided Skills Clinic



**University of Colorado at Colorado Springs**  
October 28-29, 2023  
Fall Open ID Clinic