



NEWSLETTER

Message from Coach Paul

Question: What do you think sets Lakeside apart from other lacrosse clubs?

From the beginning, we aimed to have the most competitive and most fun club in the greater Sacramento area. We also believe that girls get better by playing, which is why we offer more practices than many other clubs and try our best to keep them up tempo with a lot of touches. We also tend to draw not just good talent, but good people...which makes it more of a family feel than any other clubs I've seen.

-Coach Paul

Coach's Corner

Question: As a coach, how would your players describe you?

As a coach, my players would most likely describe me as knowledgeable, supportive, and funny. I aim to create a positive and fun team environment where everyone feels motivated to give their best. My players can count on me to provide constructive feedback and guidance, while also being a source of encouragement. Overall, my coaching style aims to foster growth, fun, and love for the game.

-Coach Noelle



Life at Lakeside

I joined Lakeside just two years ago and in the past two years, I have met so many new people and made so many new friends. I love traveling with my teammates and spending time with them both on and off the field. One of my most favorite memories is when my team and I went to Colorado and we went mini golfing. We all chose teams and then made a mini golf competition between all of us. From going to team dinners, to playing games, spending time with my teammates has never failed to make me laugh or put a smile on my face. I am so grateful to have met these girls and coaches, and I am so happy to be a part of the Lakeside Family.

-Sienna Dawson

College Commits

Kaley Gunning

It is with great pleasure to share with our Lakeside Family that Kaley Gunning has committed to play D1 Lacrosse at the University of Oregon. Kaley has and continues to be a big part of our program and we wish her lots of success and happiness in her journey. When asked about what it took to achieve this amazing goal, this is what Kaley shared:



Hard work, every day. My coaches, Coach Toby, and Coach Chad, have coached me for many years, starting with soccer and then lacrosse. Although they were amazing at making practice and games fun, they also drilled in that putting in the hard work every day pays off. Focusing on learning the skills of lacrosse and building a fun team atmosphere helped me stay focused during the recruiting process. My teammates are another thing that made me work 10 times as hard. I love them all and am always excited to get to play with them. My defense and goalie partner, Krystalin, was super amazing to work with and has contributed to where I am today.

Santa Barbara Showdown

Another great year at one of Lakeside's favorite tournaments. This year we had a combined High School team that competed in the Elite HS Bracket and took 3rd place. Great effort by the girls who attended. They came together from different teams within Lakeside and worked hard together to compete against top level teams on the West Coast. The other team was our Lakeside 2028-2029 who won the championship. They fought hard as a team and held off a strong Coast 2028 team. Thank you to all of our amazing families for their support at the tournament as always it was a great time.



Senior Spotlight

Natalie McGuckin: Lakeside Shasta

Natalie McGuckin is in her 3rd season with Lakeside. She runs attack and midfield and is a big part of our team's personality. She has a great understanding of the game, from knowing when to shoot and when to feed a teammate. Natalie is our "Hype Queen" come tournament time, bringing a positive vibe and boosting her teammates up when they need it.



Player Spotlight

Julia Thomas: Lakeside Almanor

Julia Thomas has proved to be a very hard worker both on and off the lacrosse field. She has not only shown up to every September practice but Julia has also worked as hard or harder than anyone during these practices. Her strong work ethic and determination sets her apart from others and shows her skill development and growth. Julia has also found another way to contribute to her team by making great plays in the high school scrimmage portion of practice. The Lakeside family is so lucky to have such a strong player who shows up to every practice to work hard and hustle.

