



## CANTERBURY LACROSSE ASSOCIATION COACH'S NEWSLETTER

A bi-annual newsletter brought to you by the Canterbury Lacrosse Association

VOL. 1, ISSUE 1

WINTER 2018

### Top stories in this newsletter



### Spring 2017 Highlights



Last spring we wrapped up a tough season where several of our key players experienced injuries. While we were missing these players, we lost four games in overtime, including one to Williston who won our league. Quinn Helmig '17 won the Ted Childs Award which is voted on by the league coaches and awarded to the top defensive player.

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### Fall 2017 Highlights



The fall at Canterbury is always busy as we welcome our new and returning players back to campus. The Athletics Hall of Fame dinner was an exciting end to Parents'/Homecoming Weekend where many Canterbury lacrosse alumni returned to campus. John Sargeant's '75 remarks at the Hall of Fame dinner were a great reminder of the importance of teamwork- something we remind our current players on a daily basis.

Each week, we are welcoming prospective student athletes to campus as they begin their process with the Admissions Office. We are always looking for talented student athletes for whom Canterbury would be a good fit. If you know of any students who could benefit from one year or four at Canterbury, please do not hesitate to reach out to Chris Roberts or to our Admissions Office, [www.cbury.org/admissions](http://www.cbury.org/admissions)

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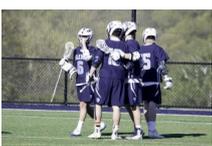
### Looking Forward...Spring 2018



We are gearing up for the spring season already, planning our spring training trip to Florida. Each year, this trip offers the boys a chance to bond and focus on lacrosse without the added stress of school work. We are planning to work with Hogan Lacrosse through their spring training program and are excited about the opportunity to schedule a few scrimmages before we return to campus.

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### Saints Lax Alumni Playing in College



Lucas Habich '14 Springfield College  
Matt Metros '14 Wesleyan University  
Noah Rak '14 UMass  
Nick Howard '15 Lynn University  
Tommy Keane '15 Rollins College  
JP Shimko '16 Roger Williams University  
Quinn Helmig '17 Union College  
Owen Reighard '17 North Greenville University  
Devon Wall '17 Bard College

Be sure to follow us @CburyBoysLax on Twitter and on Instagram. If we are ever in your area, we invite you to come out to a game! #GoSaints