

COACH'S CORNER



I can't believe that yet another fall ball season has ended...and you know what that means...finals linger in the near future! Yes, after having a tremendously successful fall season the team is now cracking down on the studying and finding their little nook in the library for the next couple of weeks. They do manage to find time three days a week to condition and weight train with us and thankfully the weather has cooperated (so far at least!). But seriously, this group of young women is quite something, showing that they can be successful in the classroom as well as on the lacrosse field...and it's fun for Pam and I to watch them grow.

This fall we played in three events: Penn State Tournament, vs Lafayette at home, and the Octoberfest hosted by the University of Delaware.

At the Penn State Tournament we played PSU, Delaware and Rutgers and were very competitive versus all three teams. The Delaware Octoberfest was a very busy day playing Quinnipiac, LaSalle, George Washington, Manhattan, and Mount St. Mary's. Everyone has improved from last year and it was fun to watch the freshmen get a first-hand look at college competition.

We were also very busy this fall recruiting and having the high school seniors make their very important official visits to our campus. Four weekends were spent introducing the campus and program to athletes whom we are very interested in becoming a part of the team next fall. We were very successful in having about 10 young ladies commit early decision and make Bucknell University and our lacrosse program their number one choice! Since we graduate nine seniors this spring we are lucky to have been able to just about fill our class of 2008 and complete our team numbers! We are very excited and are anxiously awaiting the opportunity to start coaching them next fall!!

And a final huge, THANK YOU to all of the parents for the awesome tailgates at all the events this fall. We saw just about every parent which means so much to both Pam and I and I know the girls appreciated being fed so well after they ran around for hours on end! So THANK YOU PARENTS!!!!

With all that said, we look forward to seeing you all in the spring. We are so excited to start this season off with a bang and we'll be looking for you in the stands!!

Take Care,

Randall Flynn

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**** Remember you can always check out what's happening with all Bison athletic programs at:**

www.bucknellbison.com

Bison Hotline : 570-577-1919



BU LAX: A Sophomore Perspective

by: Lizzy McDaniel, Emily Burman, and Tory Field

Sitting here wearing my protective eye cage, I am seeing the world in a new light. For those of you who do not know, there has been a major development in safety and fashion arenas for Bucknell Lacrosse. We are now sporting orange eye cages when we play. We will spend preseason adjusting to this new obstruction in our vision by wearing them during practice and most likely around campus.

Spring 2004 will be a time for BU LAX to shine. Going home after last spring with the defeat from American hanging over us, we came back to campus with the focus and determination needed in order to commence fall ball with an attitude of "commitment" and "redemption." We have been training hard all semester to prepare ourselves for the upcoming season.

For those who were able to watch us play this fall, I think it is fair to say that there were moments of brilliance. Our level of play has improved and continues to grow. We are taking more chances as individuals on the field because we believe in ourselves and in our teammates to back us up. Similarly, we seem to be trying different combinations with each other that we shied away from last year. As a result the team, as a whole, is becoming stronger.



We have a lot to look forward to this spring. There are some new teams on the schedule that will push us to play our best, and some traditional rivals that have yet to see the newest Bucknell lacrosse squad. We hope to have everyone come out and support us as we take it to the Patriot League! Finally, we would like to thank Bucky the Bison – our official mascot – for his continued support, inspiration, and devotion to BU Lax Pride. GO BISON!!!

2nd Annual Shoot-a-thon is a Success!

Our second annual shoot-a-thon was again a huge success. We greatly appreciate and thank everyone who participated in this fundraiser!!

In order for the team to travel to West Palm Beach, Florida this spring break for training, fundraising is a necessity. The donations from this event go towards the player's flights, lodging, and several other things that are not funded through our annual budget.

To obtain our ultimate goal of \$20,000, we need your continued support. In order for the team to compete and be the top team in the Patriot League, donations and gifts to the team provide many things that we are incapable of doing ourselves. Our goal is to make this Division I lacrosse experience the best it can be for the team. This can only be reached with your help! We thank all of you and look forward to whatever financial support you may be able to lend to our program!

Who are we Missing?

If you were able to catch a game this fall, you may have noticed we were missing a few of our regulars! Juniors, Amy Lee, Cora Preston, and Andrea Paraud have been studying abroad in Spain this semester. Andrea and Amy are living in Madrid, while Cora currently resides in Seville. They are having an incredible time, while finding time to travel around Europe. Andrea comments, "Being in Spain has given me the opportunity to learn about other cultures and see what living in a big European city is like. Definitely the opportunity of a lifetime." We look forward to hearing about this experience and having them join the team after Christmas Break...

New Rules for 2004 Season!

There have been a couple additions to the rule book for this upcoming lacrosse season. If you catch of women's lacrosse game, there are going to be some very noticeable changes to the game!!

*The first of which is the addition of **protective eye wear!** They are highly recommended for 2004, beginning January 1, 2005 all field players will be required to wear eye protection that meets ASTM standards for women's lacrosse at their appropriate level of play. Eye protection is also required for NCAA tournament play this season. Since participating in the tournament is our main goal, our team will be sporting these fashionable cages this season to prepare us for the postseason.

* Another major change in the rulebook is the addition of a **coach's box.** Coaches must remain within their own coaching area, that is, the area on the bench/table side of the field extending from their team substitution area to their end line, and behind the level of the scorer's table extended. Violation of this rule is a misconduct foul. This means that coaches can not be on the defensive and offensive sides of the field.

* A minor change that was implemented for the upcoming season will be the elimination of batons or substitution cards when substituting into a game. A substitute must not go onto the field until the player she is replacing has entered her team's substitution area.



**Here is a glimpse of what our eye wear looks like. Of course the team will be wearing silver and orange goggles!!

Attention Bison Alumni!!!

The first annual "Back in the Stix" alumni challenge has been set for **Saturday, April 10, 2004!** Mark your calendars! We are inviting you to participate in your alumni game immediately following our game against Colgate. Come, cheer us on, and then show these girls what REAL lacrosse is all about! We look forward to seeing you all there! Here is the schedule:

12noon: Beat Colgate on Graham Field

2-3pm: Back in the Stix Alumni Game vs 2004 Bison

4-7pm: TBA

7pm: Towne Tavern for dinner and drinks

If you would like to attend the "back in the Stix" Alumni Challenge, please fill out the form below.

Yes, I would like to attend the "Back in the Stix" Alumni Challenge!

Name: _____

Email Address: _____

Address: _____

Class Year: _____

T-Shirt Size: _____

Comments: _____

2004 Schedule

February

Sun 22 at Loyola Tournament all day

March

Tues 2 Howard University 7pm

Sun 7 at Wagner College noon

Thurs 11 Virginia Tech 4pm

Sat 13 American University* noon

Sat 13 – Wed 17 **SPRING BREAK – Spring Fling at West Palm Beach, FL**

Sun 14 PlayDay Scrimmages (5 total) all day

Mon 15 Columbia University (West Palm Beach, FL.) 2pm

Sat 20 at Lafayette College* 1pm

Sat 27 at The College of the Holy Cross* noon

Sun 28 at Harvard University noon

April

Sat 4 University of Denver 7pm

Tues 6 at LaSalle University 4pm

Sat 10 Colgate University*# noon

Sat 17 at Villanova University* 1pm

Wed 21 Drexel University 6pm

Sat 24 Lehigh University* 1pm

May

1-2 Patriot League Playoffs TBD

13 NCAA First Round TBD

16 NCAA Quarterfinals TBD

22-23 NCAA Final Four TBD

* Patriot League Game

Alumni Weekend

