

What's Hot?

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Hotlanta News:

US Lacrosse Hall of Fame - On Sunday January 11, the Hotlanta Owner and Director, Pam McNabb, was inducted to the US Lacrosse Hall of Fame by the Georgia Chapter. Pam is one of only three other women in Georgia who has received such an honor.

Summer Club Team Rosters – Hotlanta Lacrosse had record number of players tryout for our summer club program. Team rosters were announced 1/12 and player commitments are due by 1/19.

Additional Programs for our Club Members – Hotlanta is introducing Club Clinics for all Select and Elite teams (grad years 2016-2021 only). These clinics will include 2 hours of instruction followed by our new College Bound Workshop. This workshop is mandatory for all Select HS players (not already committed) and optional for any other Hotlanta Club Member. Clinics are January 18th, February 15th, March 15th and April 26th at Kell HS in Marietta. Our College Bound Workshops will continue once a month during our summer practice sessions.

Welcome NEW Club Coaches - Hotlanta has yet again “beefed up” our staff by adding some local (and not so local) current college coaches to our summer staff. Katie Ziek (formerly Ilott) from Young Harris College, Patrice Allen from Coker University in SC, Sean Hansen from LaGrange College and another current Division II head coach in NY, who I am not permitted to mention at this time. We also welcome Claire Maturo, who played 4 years of college lacrosse in Canada at McGill University and has coached at MS, HS and the College Club level. We also welcome past player and coach, Nicole Decraene back on our staff. Nicole graduated from St. Pius in 2009 and then went on to be the starting Center for UGA. Nicole has been traveling aboard for several years sharing her passion for lacrosse and youth leadership in other countries.

New Club Partnership – Hotlanta Lacrosse announces a new partnership with local Birmingham lacrosse players and coaches. Long time Birmingham lacrosse coach, David Klementz, the current head coach at Oak Mountain HS and former head coach for Bamalax, has agreed to spearhead the Birmingham based Hotlanta partner, called “HotBama.” Hotlanta is also partnering with some other Southeastern based lacrosse clubs to create more regional teams under the “HotLax” umbrella. HotLax will then have a Southeastern Regional All Star team, taking the best players from all local HotLax teams and putting them together to compete in highly competitive national recruiting tournaments. Stay tuned...more info to come!

Other Local Lax News – There will be both a women’s and men’s Division I collegiate lacrosse game on Saturday February 14th at Kennesaw State University. The women’s game is Northwestern v. UVA and the men’s game is Duke v. Denver. Times are TBA but mark your calendars now to see some great lacrosse in our backyard!!

Player of the Month



Kelsey Coughlin

Our spotlight player this month comes from the 2018 Select Team. Kelsey Coughlin is a freshman at Woodstock High School. Kelsey is a versatile player when it comes to her position. She is very clean aggressive player, which is rare to find. Kelsey maintains a 3.5 GPA while taking all honors classes. She also hopes to pursue lacrosse in college. Congratulations Kelsey! Keep up the hard work!

Recruiting Tip:

Verbal commitments are NOT binding and players have the right to change their mind! Prospects should know that you have the absolute right to de-commit before you sign your NLI.

Game Changer

Foot speed is important in lacrosse for any position. If you have a ladder try these workouts below. If you don't have a ladder, you can always make your own in garage or driveway by using maskingtape.

<http://www.medicinemanlacrosse.com/index.php/culture/fitness-nutrition/13-effective-ladder-workouts-for-increased-foot-speed-and-agility>

Featured College of the Month:

Slippery Rock University

Slippery Rock University is located within a one hour drive



from Pittsburgh, Pennsylvania and was Ranked “One of the 100 Best Colleges in the North” by US News. The student to faculty ratio is 20:1 within the over 150

Undergraduate programs offered. With over 8,500 total enrollment, Slippery Rock was named in the Top 50 Safest Campuses by Newsweek. The Rock Ladies Lacrosse team plays in the NCAA Division II Pennsylvania State Athletics Conference. For more information, contact Coach Emily Hopkins (emily.hopkins@sru.edu) or 724.738.4322.