

What's Hot?

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Summer Club Tryouts –

Summer tryouts for the club program are December 14th & 15th. Time and location TBA. Girls currently in grades 2nd-11th are welcome to attend tryouts. Go to www.hotlantalacrosse.com to register today!

Hotlanta Club Players Committed:

Mackenzie Dent – Transylvania University
Erica Cross – Young Harris College
Annie Scierka – University of Findlay
Hannah Sacristan – Young Harris College
Sarah Bialecki – Young Harris College

Hall of Fame Induction –

Executive Director, Pam McNabb, will be inducted into the US Lacrosse Georgia Chapter Hall of Fame at the annual awards dinner on January 11th in Atlanta, GA. US Lacrosse inducts individuals into the Hall of Fame based on outstanding lacrosse achievement and/or contribution in their area.

Upcoming Events:

Fall Classic Lax Fest –

Don't miss the best 7 v 7 of the fall season! The 5th annual Fall Classic Lax Fest is November 15th & 16th in Sugar Hill, GA. Go to www.fallclassiclaxfest.com to register today!

Winter Indoor Instructional League –

We will be offering winter indoor clinics at One Touch Soccer in Atlanta on Sundays from 11am-1pm. This will be 6 week series. Go to <http://www.hotlantalacrosse.com> to register

Inaugural Pre-Season Cradle *"The place where your season begins."*

This event is a pre-season development camp for U15 & HS girls' teams on January 24th & 25th. This unique format combines a day of instruction followed by a day of game play. The teams will be coached by college coaches and local HS coaches.

Player of the Month



Mackenzie Dent

Our spotlighted player of the month is a senior at John's Creek HS in Duluth. Mackenzie recently committed to Transylvania University in KY where she will be a goalie. She was a Brine All American in 2013 as well as the defensive MVP her freshman and sophomore year. Mackenzie is also a member of the JCHS Mock Trial Team. Congrats on your accomplishments Mackenzie!

Recruiting Tip: A coach cannot contact you before July 1st of your junior year. However, there are no rules against you contacting them, so take the initiative to reach out to them.

Game Changer

You should drink 8 to 12 ounces of fluid every 10 or 15 minutes during an event. When possible, drink chilled fluids, which are more easily absorbed than room-temperature water. Chilled fluids also help cool your body down.

Featured College of the Month:

Sewanee: The University of the South

Sewanee: The University of the South is home to 1600 students on



a 13,000-acre campus atop the Cumberland Plateau in Sewanee, TN. A member of NCAA Division III, the Tigers inaugural varsity season was in the spring of 2008 under the leadership of Michele

Dombrowski, who still serves as the team's head coach. Sewanee has appeared in every conference championship since league sponsorship began, claiming three of four tournament titles (2 SAA and 1 SCAC). For more info check out www.sewanee.edu or contact Coach Dombrowski at midombro@sewanee.edu