

**[1] Celebration Time C'mon** The sideline cheers on the players. The Lancers scored a goal against Archbishop Mitty High School. The whole team celebrated their win afterwards. **[2] Hard Pass** At a home match against Los Gatos, **ALEXA EROS '25** passes the ball along, attempting to keep her opponent away. Meanwhile, the rest of the team spread themselves throughout the field to receive her pass. **[3] Don't Cross Me** **GABRIELLE CHEN '24** knocks sticks with her opponent as she pushes the ball forward. She would later help stop goal attempts from the other team. **[4] Can't Touch This** The opposing team waits for an opportunity to intercept **MACKENZIE JANOSKY '25** and **ALEXA EROS '25** as she guards the ball. The Lancers opened the match with a goal against Los Gatos. **[5] Ready to Hustle** **MADLINE SWANSON '24** stands alert as the ball rolls to her. She ran to pass it, keeping the play going and putting up a strong offense. *photos by abhijit nambiar*



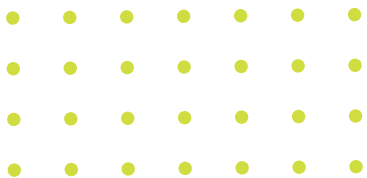
## Field hockey athletes share how they adapted to their new team during a dynamic season.

At the end of the season, 11 seniors are on track to graduate from the field hockey team. Despite the team no longer having many of last year's players, they went into the season confident with a mixture of returning and new players. The team has since become very close with each other: "A lot of people didn't know each other on the team this year. So just trying to build the team chemistry and dynamic from the ground up was challenging," said **REMI PILAWSKI '24**. The team performed phenomenally in the league, even defeating one their longest rivals, Archbishop Mitty. The team was fueled with a determination unlike any other and heavily prepared, both mentally and physically. These factors led to a decisive victory that heavily boosted their moral. The team also said that they're grateful to have such incredible coaches leading the team. One key person is coach **KATIE MITCHELL**; "We had a lot of seniors last year. But the nice thing about the makeup of the team is

that we had a good number of juniors and sophomores as well. So even though we lost all our seniors, we had probably 12 other returning players," **COACH MITCHELL** said. She helps them to practice their skills in various ways during training and supports them on and off the field. The support and amount of effort the coaches put in has left quite a mark on the players. "I think the coaches organize everything really well, because we have enough time to practice skill and scrimmage, while also having enough time to get everything done," said sophomore **ASHLEY HENDERSON '26**. The staff and parents continue to cheer on the team after practice by organizing occasional team dinners. **MITCHELL** described it as, "an opportunity for the girls to connect outside of hockey, and to share a meal together". This environment has pushed each player to become a better hockey player, and more importantly has led to them forming of many new and special bonds.

## LUCK on the field

Players explain the story behind their jersey numbers.



"My lucky number is four, but in Sophomore year, there was a senior who picked four before me. So I thought, four times two is eight. And that stuck with me for the next few years." - **REMI PILAWSKI '24**

"I've had seven different numbers growing up, and I joined a soccer club when I was seven years old, and its also my birth month. So I've kind of always stuck with it." - **MADLINE SWANSON '24**



## insider

An inside look into team bonding on and off the field.

## SCOOP

Field Hockey is not only about winning, practicing, and competing in league, but it is also important to build relationships between players on and off campus. Girls Varsity Field Hockey is great at showing wonderful spirit and teamwork. The girls often make time during their weekends to hangout and spend time with each other. "There was one time where we went to someone's house and we just ate, sat around and talked about our lives," said **ASHLEY HENDERSON '26**. The bonds between them surpass their mutual support on the field. Seniors on the team hung out together during Senior Sunrise, appreciating how close they've become over the years as teammates. Additionally, the team extends their companionship to community service. Together as a team, they have filled boxes at Second Harvest, helping each other out in every step of the assembly line.



## Letter LINE-UP

What does each letter of field mean to you?

F

**FUN:** "I would say "F" for fun because we have a lot of fun together, and we enjoy each other's company."

- **REMI PILAWSKI '24**

I

**INTENSITY:** "I would choose intensity because there is a big jump in how the players play and how they act on the field, and if you stay intense, even when you're behind on points, you can turn it around."

- **AVA STATHACOPOULOS '24**

E

**EFFORT:** "I think I would represent "E" for effort because it is always important to give your 100%."

- **MADLINE SWANSON '24**

L

**LEGACY:** "I'd pick "L" for Legacy because Saint Francis has a long lasting history with Field Hockey, and we want to keep Coach Lincoln's legacy alive because she founded the Field Hockey program."

- **ALEXIS BREDEL '24**

D

**DISCIPLINE:** "Our program is really big on discipline. We do running everyday and when we condition, we discipline our brains since Field Hockey is a very mentally tough sport."

- **EMMA KLUGE '25**

## OVERTIME pastimes

How do the players spend their time after practice?

