



Bryn Mawr School

Sarah Cahn

Position: Goalie

Senior

This athlete is always up for the challenge. She continues to grow and improve as an athlete, constantly asking what she can do to be better. She is also a goalie for field hockey as well as lacrosse. She is going to play lacrosse at Haverford College. As a goalie she constantly deals with injuries from being hit, colliding with players, and other aspects of her position. Sarah is constantly trying to stay on the field so we coordinate things to improve her equipment, adjust her workouts or put in the extra time to enhance her skills.

Sarah is also a great student. She puts extra effort in everything she does, on and off the field. So proud to call her a Bryn Mawr athlete. -Maggi Souris

George School

Emily Matson

Position: Mid/Defense

Sophomore

Emily is a mega-competitor that takes every opportunity to maximize her athletic potential. She has significantly increased her power, speed, and strength and it showed, as she scored 74 goals for the George School Varsity lacrosse team as a freshman. -John Kalinowski

Georgetown Preparatory School

Finn Muldoon

Position: Midfield

Junior

In my career I have never had a bigger jump from year to year. Finn truly personified the All-American Athlete for our school. I can't wait to have another year to see him flourish on and off the field.

-Eamon O'Liddy

Princeton High School

Alex Park

Position: Attack

Junior

Alex is one of the hardest workers and most consistent athletes in the weight room. His drive to improve as an athlete through strength and conditioning is unparalleled. Likewise, Alex is always working on his lacrosse specific skills throughout the year with his high school and club teams. Alex's commitment to improve and excel both in sport and character is an inspiration to all who know Alex.

-John Torrey

Saucon Valley High School

Kimmy Polefka

Position: Defense

Junior

Kimmy has been a stand out two sport athlete at Saucon Valley High School. She has been a 2 year starter on the soccer team and will be a 3 year starter on the girls lacrosse team. She was an integral member on the lacrosse team that won the schools first district championship and qualified for the state playoffs. In the last year, Kimmy has missed only one day of weight room workouts. -Will Geosits



LACROSSE



St. George's School

Sebastian Boivin

Position: Goalie

Senior

Sebastian is one of the hardest working student-athletes in the school. Since arriving at SG, he has been a 2-sport varsity athlete and improved his training on all levels. He has committed to Wooster College for lacrosse as a goalie.

Bench: 210

Squat: 225

Clean: 115

Deadlift: 235

~Jeff Nadeau

St. George's School

Abigail Turner

Position: Defense

Senior

Abigail has been an impact 3-sport varsity athlete at St. George's, 3 out of the 4 years she has attended SG (Field Hockey, Ice Hockey & Lacrosse) She has a dedication to becoming a better student, athlete, and teammate on a daily basis and is not afraid to work harder to get the competitive edge on her opponents. Her coaches are constantly impressed on how she also looks to be a better leader for not only her peers but the younger students on and off the field.

Bench 1RM: 93lbs

Squat 1RM: 145lbs

~Jeff Nadeau