

EMPRESS NEWSLETTER



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YOUR FIRST STOP FOR COMPLETE ORTHOPAEDIC CARE

www.excelsiorortho.com



ANNOUNCEMENTS

Welcome to our first Empress Lacrosse newsletter. We will be putting out articles and information monthly. We are always looking for great stories going on with our families and players. We will be asking some players and coaches to contribute from time to time and we encourage them to write articles if they have anything to share. There are so many unique talents in our organization, and we want to empower our players to express themselves in anyway they need.

Congrats to our 18 NCAA players from the class of 2023 who will be playing their first games over the next month. We are so excited to see you all follow your dreams. We will be continuing to follow the 77 other Empress alum's playing this spring.

To follow more Empress Alum's, you can see where they are at:

<https://empresslacrosse.com/players-in-college/>



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Camryn Day '21 has been named team captain for Daemen University. Page 2

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OH CAMRYN, MY CAPTAIN!

Empress class of '21 Alum, Camryn Day has been named team captain for the 2024 season for Daemen University, a 2nd year Division II program here in Amherst, NY. Camryn is in her 2nd year at Daemen where she was a starter and major contributor in the school's inaugural season in 2023. "Camryn showed immense leadership in our first season, leading the team with 101



draw controls... Camryn is the type of kid that when you call upon her to get something done, she will make sure it gets done" said Head Coach Dominique Hamman. When asked about her captaincy Camryn replied "Being a captain to this amazing team means the world to me. It's an honor being someone my coaches and teammates can trust to lead this team". Camryn is a Frontier High School native, and she can be seen coaching on the sidelines in the offseason for her former school, helping grow the game. You can see Camryn, Coach Dom and many other Empress alums playing this spring at <https://daemenwildcats.com/sports/womens-lacrosse/schedule>.

WHERE TO WATCH LACROSSE



It's almost NCAA Lacrosse season! That means there will be great opportunities to watch a ton of DI, DII and DIII lacrosse on tv. There are so many avenues that are available on streaming apps, ESPN and other networks. Here are some of the most popular sites for our girls to get the exposure to some great lacrosse.

ESPN+

This is available as an app on nearly all Smart TV's, Laptops and smart phones. You do need to subscribe for \$4.99 per month and it will provide you with multiple games each day of Men's and Women's lacrosse and much more.



These subscriptions allows you to watch all BIG10 and ACC matchups on any device with schools like UNC, Syracuse, Clemson, Boston College, Ohio State, Northwestern, Penn State, Maryland and more...

Just having access to these games will improve your players engagement, game IQ and knowledge of who and what is going on in the world of lacrosse.

"It's tough to create a culture in a new program and I feel as if this team has created an incredible culture that will be passed on indefinitely".

- Camryn Day



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COACHES CORNER

Courtney Lafler

Head Coach Empress 2027



Hi Empress Families! My name is Courtney Lafler, I am the coach for the Empress 2027 team. I played at Limestone University and previously coached at St. Bonaventure and Niagara. I've had quite a journey as a player and a coach, and I've learned so many things along the way. If I have learned anything, it is that change is a CONSTANT. Time does not stop, and you cannot slow it down. Transition and change cause uncertainty, and for many of us uncertainty causes stress. Stress is inevitable. How **YOU** deal with that stress is what will matter most.

Here are some helpful tips that I want to share that helped me as a player and coach:

- **Have a Mentor** - The value of having a good mentor is a resource that is immeasurable. Find someone you can trust, have a good relationship with, has your best interest, etc. Having a good mentor will make the learning curves a little easier. Most of all accept the help they offer and never be afraid to reach out.
- **Time Management** - This is one thing that seems super simple but can be super hard when it comes time to get everything that we need to get done.. If you have a big 'To-Do' list, it's best to prioritize your tasks. Plan and make time for the things that need to get done right away or things that are due soon. It's also important that when sorting out the time to get all your tasks done, you find the time to take care of yourself. Meaning, find the time (even if it's only 10 minutes), to do something **YOU** love and things that make **YOU** happy. Pick up your lacrosse stick, read a book, watch a movie, talk to your family. Use it however you choose, but make sure it's helpful and useful to you.
- **Have a Positive Outlook**- It is easy to get discouraged when we are under pressure. Turn your mindset around and kick those negative thoughts OUT! Turn your "I can't do this..." statements into "I CAN do this...", "**I GET the opportunity to do this...**" statements. It will help you remember your purpose and goal as an athlete, but more important, as person.



I hope this helps you navigate your time as an athlete because it goes by fast!





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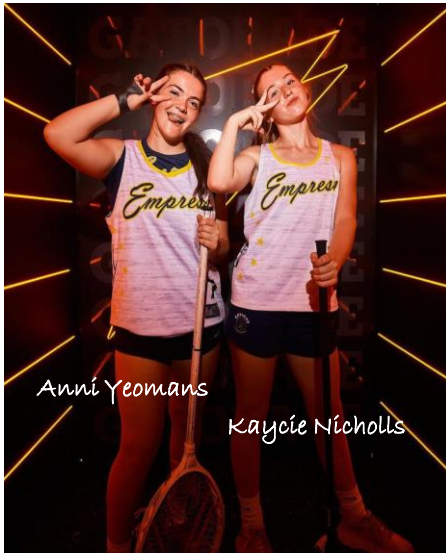
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CANADIAN INVASION

As Empress Lacrosse continues to grow, we have expanded our boundaries to include players from Ontario, Canada. We are fortunate to have such great families and athletes that take the short trip over the border to find new opportunities for their athletes to develop. This is an exciting time for Empress as an organization to see the interest spreading internationally.

Currently Empress hosts 13 Canadian players on our travel rosters. "We need to grow with the times," says Scott Militello, Director for Empress Lacrosse. Scott continues "There are some great players within an hour of our facilities and with the growing competitiveness within the sport nationally, adding talent to our program ultimately lifts the level of play for all players and coaches." Many of the top clubs Empress competes against pull from across an entire state while Empress historically has stayed within the 716-area code.



Anni Yeomans

Kaycie Nicholls

One of the great parts of having the players come down is that many of them come from a box lacrosse background which gives them great stickwork, vision and athleticism which makes the transition to field lacrosse a bit easier. Empress 2026 Blue coach Casey Lefevre says, "It has been great to see the influx of stick skills and creativity, that has allowed us to really open up the offense." Over the past few years, we have had a few local kids venture up north to play box lacrosse and they have had an incredible experience so far. While they do have many great youth programs and box programs in Canada the major reason that they come to Empress is for the consistent exposure to college coaches and national recruiting tournaments, which is much needed in the current landscape of NCAA Lacrosse. Aside of the great competitiveness and talent, what is truly great to see is the friendships and support between the USA and Canadian players. They are all truly here to play the sport that they love, and it shows.



EMPRESS 2029 is heading to Lake Placid in 2024

July 29th – 31st - Summit Lacrosse Showcase



ALUMNI SPOTLIGHT

WHAT TIME DO YOU WAKE UP?

I typically wake up around 8:00 or 8:30am depending on when my classes start.

WHAT DO YOU EAT FOR BREAKFAST?

Greek Yogurt with blueberries and Granola, and half of a bagel with Nutella.

WHAT TIME ARE YOUR PRACTICES?

Practices start at 12:00 – 2:00pm
Lift or Conditioning from 3-4pm
Film- 45 minutes 2 days per week
Indies (Individuals) 3 days per week

WHAT DO YOU DO TO HELP BALANCE YOUR TIME WITH CLASSES AND PRACTICES?

The school provides different apps that help us manage our sports, school and meeting schedules and I use Notes to keep track of my other commitments throughout the week.

WHAT DO YOU MISS THE MOST ABOUT BUFFALO?

Going to Bills games and Wegmans

WHAT IS YOUR COLLEGE COACHES BIGGEST PET PEEVES ABOUT PLAYERS?

Lack of Communication throughout the play and when we make mistakes due to fatigue.

ADVICE FOR PLAYERS WHO WANT TO PLAY IN COLLEGE?

Get in shape and get your body used to the grind. It can be hard to recover properly since we are consistently training and playing 6-7 days per week at a very fast pace. It can be hard to feel your best all the time when playing.

WHAT IS YOUR FAVORITE LOCKER ROOM SONG?

Higher- Rihanna or anything by Ice Spice

WHAT TIME DO YOU TYPICALLY GO TO BED?

I try to go to bed early but with schoolwork and other things it usually is around 11:30pm

AVA PLATA
UCONN
Empress '22

