

RIGHT: The Dukes celebrate a goal. The team claimed the CAA title three years in a row.

FAR RIGHT: Rachel Matey cradles the ball. The midfielder scored for the Dukes.

BOTTOM: Hanna Haven protects the ball from a defender. The team worked together to secure the win.



WOMEN'S LACROSSE

LAX TO THE MAX

After bringing home their third consecutive Colonial Athletic Association championship win in 2019, a JMU first, the Women's Lacrosse team was feeling confident going into their 2020 season.

"I think last season gave our team confidence that we are strong, fast, and have a team with depth. Our team grew exponentially and I am excited to see how our season last year gives us momentum into the 2020 season," said Halle Duenkel, a senior computer information systems major.

While feeling confident about their win during the 2019 season and the season ahead, the team continued to stay focused on the fact that there was always something that could be improved upon.

"Skill is such a huge aspect of our game and if we train to have the best stick work, we can take our game to the next level. Communication is also a huge part of success in this sport. The more we can communicate in the moment and stay on the same page on and off the field, the easier it will be to reach our common goal together," said Kelsey Reed, a senior kinesiology major.

While preparing for the upcoming season, the team saw each day as an opportunity to get better. Through weight training, conditioning, and mental preparation they worked on getting both their bodies and their minds ready for the season ahead. With many new members, the athletes worked to hone their skills as one team.

"We are a fairly young team this year, so right now we are working more on skill and getting everyone on the same page. Although we have a young team, we have some of the best talent I have ever seen," said Maddie McDaniel, a senior communication studies major.

This tight knit group of competitive and intelligent women worked hard for the successes they had seen and the successes yet to come. They prepared for future games with the mindset of continued success.

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