



RHUL Lacrosse

Freshers Newsletter 2012

Issue 1, September 2012



Welcome to Royal Holloway Lacrosse club! We all hope you're enjoying your first few days here at Holloway, and have managed to find your way around. Here at Royal Holloway we have 4 lacrosse teams, men's, women's and 2 mixed sex teams so there is plenty of chance to play matches if you want to. If you've never played lacrosse before it really doesn't matter, most of the club hadn't when they started. We are renowned for our friendly attitude and look forward to welcoming new members to the club as well as the game. This newsletter will hopefully fill you in on everything you need to know about the club, how we have performed over the past year, the community work we have done and a bit about our socials!



If you're still unsure or have any further questions, either visit our website:

www.rhullacrosse.wix.com/2012-2013 or email us at royalhollowaylacrosse@gmail.com and make sure you join us on facebook (RHUL Lacrosse 2012-2013) and follow us on twitter (@RHUL_Lacrosse).



Photography by Sam El-Nadwi

Teams & Training



MEN'S TEAM.

Men's lacrosse is one of the most exciting and potentially brutal men's sports there is here at royal hallways; it is full contact and a lot of fun! Last year our boys put up a good fight in their BUCS and SEMLA Leagues and finished 3rd place in BUCS. This year's captain, Gareth Berry, is determined to make this season outstanding for Holloway Men's, filled with victories, fun and passion for the sport; through playing with a competitive and respectful spirit whilst making some great friends along the way!

WOMEN'S TEAM.

Our Women's team has the largest squad and were very successful last year in the BUCS league placing 3rd overall which was a fantastic result. Our returning captain this year is Kat Bentz who has over 9 years experience in lacrosse. The women also compete in beginners women's tournaments as well as SQUELA matches which everyone is welcome to play in. This year the team hope to improve from last year using the experience of the captain and coach to gain more victories. Everyone is welcome to join even if you have never picked up a stick before!



MIXED TEAMS.

We have two mixed teams here at Holloway and these are split to accommodate everyone's ability. The mixed firsts performed outstandingly last year winning their ULU tournament. The mixed seconds fought hard and whilst playing for fun still managed to do well in the league. Mixed lacrosse uses women's rules meaning it is a non-contact sport, and is excellent fun as well as a good opportunity to socialise with others in the club! This year's mixed captains are going to ensure a great performance both on and off the pitch for both teams!

Socials

University sports clubs are all about the fun, going out and making some of the best friends you'll ever make. RHUL lacrosse takes this very seriously and are united as a team, always ready for a laugh and enjoying ourselves. We have a social every Wednesday at the local pub the Happy Man where we get drinks deals and then usually go onto the SU after as its generally a sports night.

Each week we try to mix it up to keep it interesting. Last year we had some amazing socials, come in your kit is the big one each term which is the sports night at the union, so expect things to get crazy. We've done a tube stop dash in London, pub golf, formal dinners, sports ball, and many more, you name the fancy dress and we've probably done it. As well as our Wednesday socials we also have more casual ones too, drinks after a match, team socials, film nights, and this year we are hoping to do trips bowling and house parties too! We also went to the gin tournament with other lacrosse teams from university of London in the summer which was really great fun! And of course there is tour, more details will be revealed about that soon!



Charity Events



As a club we believe it is really important that we get as involved in possible in voluntary work as a club and doing all we can to raise money for RAG (Raise and Give, Royal Holloway's charity organisation). Last year we took part in lots of events. As a club we raised the most money for RAG on the superhero RAG raid on campus. We hosted a charity day where the girls played men's rules and the boys placed bets, followed by a game of men's lacrosse with American football and a game of rounders, and raised over £200 for RAG. We helped with a carwash on community sports day, even though it rained will still managed to help them raise lots of money. A group of us went and painted Wendy houses at a local primary school on volunteer week at the end of last term, the children really loved their new play houses and it was a really fun day out for us! Finally not forgetting our participation in the RAG naked calendar! Both our boys and girls stripped off for a charity photo. This year we hope to get more involved in RAG and volunteering events, so be prepared to have some fun whilst giving something back to the local community!

Our taster sessions are at Nobles on, September and normal training takes place at Nobles on

Feel free to email with any questions you have at royalhollowaylacrosse@gmail.com

Or visit our website, <http://rhullacrosse.wix.com/2012-2013> to find out more information, and to find links to our facebook and twitter pages!

We look forward to seeing you down at training, watching a match or at one of our socials! Have a fun Freshers week!