

# Ashley Vida

- An All-State attack player and who led in assists her senior year at Bridgewater-Raritan High School
- Recruited and played two years for D1 Rutgers University women's lacrosse team until a career ending injury her junior year forced her to give up competitive lacrosse. This would also be when Ashley's coaching career began.
- Somerville, NJ high school lacrosse coach for five years. Last year: 13-1

**Asked what would be her key prescription would be to make a great lacrosse player:** "I'm a huge believer in wall ball and conditioning. There are two vital parts to lacrosse – stick skills and speed/endurance. If a player can master both, they will be successful."

# Pam Sagehorn

- 4-year player at Bridgewater-Raritan High School; Attack and Middle
- Fairleigh Dickinson University attack player
  - #2 leading scorer
  - #1 leader in ground balls
- Also played basketball for Fairleigh-Dickinson
- 2006-2009 Head Coach lacrosse at North Brunswick High School
  - County Champs
  - State Tournament Finalists
  - Coach of the Year two consecutive years
- T3 Lacrosse Coach – coaching grade school thru high school lacrosse players for league play, camps and private lessons
- Dallas, TX 2010 – U13 Lone Star Elite Team coach
- 2009-2010 - Athletic Director Parker College – Dallas, TX

**Asked what would be her key prescription would be to make a great lacrosse player:** "Simple: we play or coach because we love the game. As a coach I push the players to become better players individually and as a team all in a fun environment. Having fun AND reaching our goals is key."

# Jessica Fadale

- 2002-2006 Barrington High School Varsity Lacrosse
  - Captain Senior Year; 1<sup>st</sup> Team All-State
- 2006-2010 Brown University Women's Lacrosse Team
  - Captain Junior & Senior years; ranked #16 past season
- 2007-2008 East Greenwich Public Schools
  - Varsity & Middle School coach lacrosse girl's team
- Summer 2009 - Major League Lacrosse Headquarters – PR/Marketing – Boston, MA
  - In charge of all media relations: League Office Liaison; Game Day operations for the Boston Cannons