

AHS Ladies Lax 2009 Season Stories (newest to oldest).....

2009 AHS Player Awards

Congratulations to all AHS Ladies Lacrosse Award Winners!

All Classic Lake Conference Teams:

1st team: Caitlin Bishop (sr), Taylor Celski (sr), and Kara Ryan (jr)

Honorable Mention: Julie Kocemba (jr), and Sam Gilbert (soph)

MSHSL All State Teams:

1st Team - Kara Ryan (jr) Defender

2nd Team - Taylor Celski (sr) Midfield

Honorable Mention - Caitlin Bishop (sr) Attack

U.S. Lacrosse Academic All-American:

For the 2009 season, 4 Armstrong players were named Academic All-American by the U.S. Lacrosse Association. They are: Taylor Celski, Kara Ryan, Morgan Kocon, and Rachel White. U.S. Lacrosse defines these players as follows:

"A US Lacrosse Academic All-American is a player who exhibits exemplary lacrosse skills and good sportsmanship on the field and represents high standards of academic achievement in the classroom. This player should also have left her mark beyond the lacrosse field and the classroom by making significant contributions of service to the school and/or community."

These players met the criteria set by U.S. Lacrosse including: junior or senior starter or significant varsity contributor, GPA > 3.6, AP/college prep courses > 50% of class load, and significant contributions outside of sports.

Congratulations and Well Done!

Falcons Captains/Coach Accept Section 6AA 2nd Place Trophy!



The team's captains and coach were presented with the 2nd Place Section 6AA trophy after the game. Accepting the trophy for the team were captains Taylor Celski (senior), Caitlin Bishop (senior), and Kara Ryan (junior) with Coach Bill Moir. Congratulations Falcons!!!

Growth Process Continues for Armstrong Girls Lacrosse (Sun Article 5-31-09)



Growth process continues for Armstrong girls lacrosse

BY NICK CLARK (SUN NEWSPAPERS
(Created: Sunday, May 31, 2009 7:37 PM CDT)

The Armstrong girls lacrosse team had been in this position before, so naturally, there was no panic.

Down 6-2 in the first half of their Section 6 semifinal match-up with Wayzata Tuesday, May 26, the Falcons combination of composure and pressure trimmed that lead to a goal by the half in a game they went on to win 10-9.

Forty-eight hours later, Armstrong was back in that exact predicament. Only this time, there was no amount of composure or pressure that would alter their fate.

They didn't panic, but it didn't matter.

Top-ranked and seemingly unbeatable Eden Prairie jumped the Falcons for a quick 6-2 lead Thursday, May 26 in the Section 6 final. By the break it was 8-2 Eagles, an advantage that would sprout to 10-2 early in the second half of a game that ended with a 16-5 Eden Prairie celebration.

Afterwards, the difference was obvious - Wayzata is not Eden Prairie. Frankly, this season, no one is.

"They are highly skilled," said Armstrong head coach Bill Moir. "They don't bobble catches, they make accurate passes and they work hard without the ball. That is what we try to do, but we just couldn't stay with them on defense, and if you are on off them by a sticks length, they are open and then they find it and then they make it."

That mixture of execution and talent has amounted to five girls lacrosse championships this decade for the Eagles. It could have been six if Blake hadn't upset them in overtime of last year's state final. Eden Prairie qualified for that

state tournament with a 15-1 victory over Armstrong in the section final a year ago.

Thursday, the difference narrowed to 11 goals, and while the gap is still large, the fact that it did shrink provided Armstrong with some solace.

"We definitely played them way better than we did last year," said junior forward Julie Kocemba, who scored one of Armstrong's four goals and set up another. "We worked harder and we all had a mindset that we were going to come at them harder and work our best as a team, and we did that."

The belief now is that, if given a third chance next spring, Armstrong can do even more. The Falcons will graduate just three players off this year's team, and the majority of its youth has been around for each of the past two seasons.

In that time, they have yet to lose to a single unranked opponent, and their appearance in back-to-back section finals is no mirage for a team that finished this season with an 11-6 overall record.

"Last year we were very young, and this year we were just young," Moir said. "We had a lot of underclassmen get a lot of playing time. I think that will benefit us in the long run. We are optimistic that if we can keep everybody healthy, we can be pretty good."

http://www.mnsun.com/articles/2009/06/03/local_sports_update/572rs04armglax.txt

Armstrong 2009 Girls are Section 6 Runners up!



The Falcons played a good game against the a very strong Eagles team. Armstrong scored 5 goals to Eden Prairie's 16, however, the Eagles normally kept their opponents to 4 goals or less all season. And the Falcons defense was probably the best Eden Prairie has seen all year from any of their other Minnesota opponents. While disappointing, the Falcons should be proud of an amazing season with a record of 11-6-0 for the season. Armstrong can look forward to a promising next season with a roster loaded with returning talent.

Falcons Finish Season with a 5th Place Ranking

STX-WSL Minnesota Girls Top 10

1. Eden Prairie: 15-1
2. Blake: 15-1
3. Centennial: 13-2
4. Mahtomedi: 14-2
5. Robbinsdale Armstrong: 11-6
6. Wayzata: 12-3
7. Stillwater: 12-3
8. Minnehaha Academy: 12-4
9. Woodbury/Park: 11-6
10. Edina: 10-6

<http://www.westsidelax.com/Minnesota-State-High-School-League-2009-Girls-Lacrosse-Top-10-Rankings>

2009 Seniors Recognized



Armstrong Ladies Lacrosse recognized 3 senior players at their home game against Minnetonka on May 13th. Graduating this year are: Captain Taylor Celski (#9), Captain Caitlin Bishop (#8) and Sarah Capistrant (#6). These players were recognized along with their parents for their contributions on and off the field. We wish them the best of luck in their future plans. We will miss you!

Westside Lax Rankings (5-28-09) - Falcons 10th

STX-WSL Minnesota Girls Top 10

1. Eden Prairie: 14-1
2. Blake: 14-1
3. Mahtomedi: 14-1
4. Wayzata: 12-3
5. Stillwater: 12-3
6. Minnehaha Academy: 12-3
7. Centennial: 12-2
8. Edina: 10-6
9. St. Louis Park: 12-3

10. Robbinsdale Armstrong: 11-5

WSL updates its Minnesota Top 10 every Sunday during the season

<http://www.westsidelax.com/Minnesota-State-High-School-League-2009-Girls-Lacrosse-Top-10-Rankings>

MaxPreps Rankings (5-28-09) - Falcons 7th

1. Eden Prairie

2. Blake

3. Mahtomedi

4. Wayzata

5. Stillwater

6. Edina

7. Robbinsdale Armstrong

8. St. Louis Park

9. Minnehaha Academy

10. Kennedy

<http://www.maxpreps.com/minnesota/lacrosse/rankings.aspx?gendersport=girls,lacrosse&myrankasked=1&myranktype=state&mystate=mn&myteamid=625534c9-6346-465a-b1cb-b7212e9c4fc4&state=mn&urpath=,list>

Celski to Play Lacrosse at Adrian College



MINN GIRLS: Taylor Celski Commits to Adrian College

Robbinsdale Armstrong senior defender-middie Taylor Celski has committed to play NCAA Division III lacrosse at Adrian College.

Celski said she also considered Brown, Wooster, Minnesota and Tufts but settled on the Michigan-based school because she liked the team's chemistry.

"When I visited, it really fit," Celski said. "I have a couple former teammates who compete with the program. The environment and atmosphere the team has there, it's really cohesive. And the work ethic there is really high, which I liked."

Celski said she is ready to make the transition from high school to college.

"I think it's going to be a lot of work and a lot of extra training," she said. "But with the group there, it's not going to be unassisted. It's definitely a level I want to be playing at."

<http://www.westsidelax.com/Taylor-Celski-Commits-to-Adrian-College>

Prep Sports '10 Players to Watch

Prep lacrosse story lines

By **RON HAGGSTROM**, Star Tribune

Last update: April 10, 2009 - 12:51 AM

Third time a charm The first two years of the girls' state tournament have seen the same two teams -- Blake and Eden Prairie -- battling for the title. Blake rallied to beat Eden Prairie 11-10 in overtime a year ago. The Eagles won the initial championship in 2007. Is there any reason it will be any different in 2009?

.....Is there FALCONS??? (added)

TEN LaCROSSE PLAYERS to WATCH

GIRLS

- Makenna Borg, Eden Prairie, jr., midfield
- **Taylor Celeski, Armstrong, sr., midfield**
- Margaret Chute, Blake, sr., midfield
- Abby Fink, Blake, sr., goalie
- Cara Gulbranson, Edina, sr., midfield
- Hilary Hayssen, Blake, sr., midfield
- Lauren Kramer, Wayzata, sr., attacker
- Caz Marie Norwich, Eden Prairie, sr., attacker
- Kelsey Steinbach, Burnsville, jr., attacker
- Michelle Trembley, Blake, sr., attacker

<http://www.startribune.com/sports/preps/42780587.html>

Falcons look solid as girls lax season begins BY Nick Clark * SUN NEWSPAPERS

Entering his sixth season with the Armstrong girls lacrosse team, head coach Bill Moir appears to have his pieces in place.

Playing a line-up that consisted of mainly sophomores and juniors last year, the Falcons played all the way into the Section 6 final, where they lost to eventual state runner-up Eden Prairie.

The team finished 8-7, but each loss came to a top-10 team. Call it a learning process.

"We learned the game, got a lot of experience and developed some mental toughness that will serve us well this season," said Moir in an e-mail.

The Falcons return this year stocked full of experience, evident by the fact that they dress a captain in all three phases of the lineup.

Senior Caitlin Bishop quarterbacked the team from the attack position, senior Taylor Celski was first team All-State last year in the midfield and junior Kara Ryan was named to the second team.

Additionally, the list of talented players across the rest of the field is a long one.

Senior Sarah Capistrant, juniors Rachel White, Bridgit Bergquist, Jessica Heid, Nikki Klucas, Julie Kocemba, Morgan Kocon, Bailie Leutem, Angie Parker and twins Abby and Allie Kvidera, sophomores Samantha Gilbert, Paige Duerksen, Sarah Lent, Talia Shapiro, Michelle Johnson and Casey Ostiek and ninth-graders Katelyn Duffey and Rachel Olson could all contribute.

Finally, in goal, Jen Moore and Rozlyn Tousignant will battle for playing time.

"They are good goalies and good friends," Moir said. "They strive to make each other better."

Armstrong was scheduled to begin its season by visiting Chaska at 6 p.m. Thursday, April 9. The Falcons will play their home opener at 11:30 a.m. Saturday, April 11 vs. Wayzata.

<http://www.mnsun.com/articles/2009/04/09/sports/rs09armglax.txt>

West Side Lacrosse ranks the Falcons #3

MSHSL (Preseason #1: Blake)

MINNESOTA STATE HIGH SCHOOL LEAGUE GIRLS

The Team to Beat: Blake

The Bears ended Eden Prairie's four-year reign at the top with a thrilling, come-from-behind, overtime victory in the 2008 MSHSL championship game. Blake trailed by four goals in the second half before coming back to win the second MSHSL title, avenging a loss to Eden Prairie in the 2007 title game.

This year's team will have seven returning starters and be led by Notre Dame-bound senior attack Michelle Tremblay, who is [ranked No. 7 in WSL's Elite 25 girls player rankings](#). Senior goalie Abby Fink saved 10 shots in Blake's 2008 championship-game victory over Eden Prairie, and senior middies Margaret Chute and Hilary Hayssen, and senior defender Kathryn Vincent, are all big-time impact athletes.

Contenders: Eden Prairie, Robbinsdale Armstrong, Edina

Eden Prairie graduated about a dozen seniors and has five returning starters from last season's state finalist team. Eden Prairie has lost just one game against an in-state opponent since the start of the 2004 season, so it's tough to count this team out. Eden Prairie will be led by Syracuse-bound senior attack Caz-Marie Norwich, who is [ranked No. 8 in WSL's Elite 25 girls player rankings](#). Norwich will be joined by senior defender Shannan Fahey, junior middle Makenna Borg and senior middle Mikayla Clark.

Robbinsdale Armstrong returns 11 starters after graduating just one player from last year's 8-7 team that had the third toughest schedule in the state. Adrian-bound senior middle-defender Taylor Celski will lead this team. Junior defender Kara Ryan and junior attack Bailie Leutem will also be back for a team that will have to overcome Eden Prairie in the section playoffs to make the Final 4.

Edina has been the best team in the state to not make the Final 4 the last two seasons, because it is cursed with being in the same section as defending state champion Blake. Senior attack Natalie Swiler, senior middle Cara Gulbranson and sophomore goalie Brooke Jones lead a talented group.

Preseason Top 10: 1. Blake, 2. Eden Prairie, 3. Robbinsdale Armstrong, 4. Edina, 5. Bloomington Kennedy, 6. Totino-Grace, 7. Wayzata, 8. Minnetonka, 9. Centennial, 10. Chaska.

<http://www.westsidelax.com/Minnesota-State-High-School-Lacrosse-League-2009-Girls-Lacrosse-Preview>