

2016

2016 Media Guide

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GEORGE FOX UNIVERSITY

BRUINS



LACROSSE

2015-16

SEASON INFORMATION

2016 ROSTER

Season Preview

The 2015 season was history in the making for the George Fox women's lacrosse program after earning an 11-5 record and taking third in the Northwest Conference. This year, the Bruins look poised to make an even bigger splash in the NWC and hope to expand on that progress with first team All-NWC honorees Alexa Nakashimada and Miranda Edwards leading the way.

Nakashimada returns for her senior season with the Bruins after playing and starting in all 16 games last year. She was second on the team in points (59), goals (43) and assists (16). She won 30 draw controls and picked up 23 ground balls. Her 72 shots were second on the team and she recorded an 87.5 shots-on-goal percentage. "Going into our third season we have eight players who have been here since the inception of Bruin lacrosse in 2012, including senior captain Alexa Nakashimada, a dominant player of ours in the NWC," said head coach Natalie Harrington. "We have made leaps and bounds as a team, growing stronger in unison, really molding together as a team." Her partner in crime, Edwards, was dangerous anytime the ball was in her stick. She led the team in almost every statistic and was a force to reckon with on the field. Edwards was first in goals (59), points (60), shots (118) and shots on goal (92).

On the other side of the field, the Bruins look to replace first team All-NWC Kaylee Kolin in the net. It will be an adjustment for the Bruins, as only one other player has put on the goalie gear. Harrington will look for Mikaela Easterlin to step into the role for the Bruins and anchor the young team in the backfield. Easterlin was a crucial member of the Bruins last year, leading the team in assists (17) and draw controls (53). She also received first team All-NWC recognition and Harrington has no doubt she will make a great addition to the goalie spot.

Coaching Staff



Natalie Harrington
Head Coach (2013-)

Natalie Harrington enters her third year at the helm of the women's lacrosse program. A former women's lacrosse high school All-American and star player at NCAA Division I Fresno State University, Harrington became the first head coach for the women's lacrosse team in at George Fox University.

Harrington hails from Oregon City, Ore., where she played four years at Oregon City High School. She led the team to the Oregon 6A state championship in 2009 and was the game's most valuable player.

In her playing days at Fresno State, Harrington was a two-time team captain while playing as an attacker, midfielder and defender. She was named the Bulldogs' player of the year as a junior and attacker of the year as a senior. Graduating in 2013, she earned a bachelor of arts degree in communications.

In 2015, the Bruins broke the program record for wins with 11. They were atop the Northwest Conference standings for most of the season and finished third. The Bruins finished with an 11-5 overall record including 5-3 in the NWC. The Bruins had a total of seven players make the All-NWC list, while Miranda Edwards became the first player in program history to be named to the USA Select Lacrosse Team.

Schedule

DATE	OPPONENT	TIME
MARCH		
Tue. 1	Piedmont	4 PM
Sun. 6	Whitman	12 PM
Sat. 12	Pacific (Ore.)	12 PM
Sun. 13	Linfield	12 PM
Wed. 16	Wooster	4 PM
Sat. 19	Hope @ UC Santa Barbara	2 PM
Mon. 21	Worcester State @ UC Santa Barbara	2 PM
Sat. 26	Redlands	11 AM
APRIL		
Sat. 2	Puget Sound	12 PM
Sat. 9	Whitman	12 PM
Fri. 15	Colorado College	5 PM
Sat. 16	Linfield	12 PM
Wed. 20	Pacific (Ore.)	6 PM
Sat. 23	Puget Sound	12 PM

"Our team this year is mostly made up of speedy midfielders, with now, many years of lacrosse experience," explained Harrington. "Lack of experience will not be an issue going into our third year and we are looking to finish at the top of the NWC." The Bruins toughened up their schedule this year as well, competing against Piedmont on March 1 in their season opener. "Having a team around for many years does not always equate to success," added Harrington. "Going into our third year we have focused on the idea of promoting excellence every time we step into the classroom and on the field."



Lacey Beaty
Assistant Coach (2015-)

Lacey Beaty is an experienced lacrosse coach with over 18 years of experience as a player. She joins the Bruins coaching staff in her first season under head coach

Natalie Harrington, serving primarily as a goalie coach. She is a graduate of Warner Pacific College with a master's degree in organizational leadership, and a bachelor's degree in political science from Oregon State University.



McKenzie Coulson
Assistant Coach (2014-)

McKenzie Coulson has been involved with the Oregon lacrosse community for over 10 years. She joins George Fox for her second season as an assistant coach under

head coach Natalie Harrington. She earned her B.A. from Washington State University in 2007 and a master's in education from Portland State University in 2008.



No.	Name	Pos.	Yr.	Ht.	Hometown/High School/College
1	Ashlie Hernandez	A	Sophomore	5-1	Westminister, Calif. / Mater Dei / -
2	Brittney Baird	M	Freshman	5-3	Vancouver, Wash. / Evergreen / -
3	Christine Doherty	M	Junior	5-5	Hillsborough, Calif. / Mercy Burlingame / -
4	Rachel Gibbs	M	Junior	5-5	Hillsboro, Ore. / Glencoe / -
5	Erin Fettig	D	Junior	5-1	Corvallis, Ore. / Santiam Christian / -
6	Samantha Ward	A	Freshman	5-2	Seattle, Wash. / Sumner / -
7	Sydney Goo	A	Junior	5-5	Honolulu, Hawaii / Kamehameha Kapalama / -
8	Alexa Nakashimada	M	Senior	5-10	Canby, Ore. / Canby / -
9	Miranda Edwards	M	Junior	5-8	San Diego, Calif. / River Valley Charter / -
11	Marlissa Wingett	M	Sophomore	5-4	Colorado Springs, Colo. / Air Academy / -
13	Jess Hanson	C	Sophomore	5-7	El Dorado, Calif. / El Dorado / -
14	Yecenia Arrezola	D	Junior	5-3	Milwaukie, Ore. / Rex Putnam / -
20	Lois Ray	M	Freshman	5-7	Springfield, Ore. / Thurston / -
22	Katelyn Bradshaw	M/D	Junior	5-10	Payette, Idaho / Payette / -
25	Lauren Abshire	D	Junior	5-7	Rancho Murrieta, Calif. / Pleasant Grove / -
27	Alyssa Poffenroth	D/GK	Junior	5-4	Spokane, Wash. / Shadle Park / -
28	Mikaela Easterlin	GK	Junior	6-0	Lake Oswego, Ore. / Wilson / -



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