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The fastest game on two feet is introduced to GWU



Photo by: Hannah Haggerty

by Jonelle Bobak

A new sports team has made its debut in GWU's sports program. Women's lacrosse was added to the roster this year.

"Lacrosse is the fastest game on two feet and the fastest growing sport in the United States," said Jacquelyn Duggins, the new head coach of the women's lacrosse team.

Lacrosse is a game of eleven field men and one goalie. The object of the game is to get the ball and fling it into the net. Players use lacrosse sticks, which are metal poles with a small, thick net attached to the end. It is very physical and is more brutal than most contact sports. Duggins described it as having the same conditions as soccer, but the small box play of basketball.

"We haven't stopped preparing since January 7th," said Coach Duggins. Their practice has gotten 10 times harder, not only physically, but mentally as well. "I want these ladies to think for themselves, be independent, and learn how to respond to different situations in lacrosse and life," said Duggins.

Duggins was the assistant coach at Liberty University and joined the coaching staff at GWU at the beginning of the school year. Duggins said she goes on one speed, 100. She loves a challenge because it gives her a motivation to learn.

The team consists of almost all freshmen. That fact, though, is not going to hinder them because they have stepped up to the plate. Duggins believes they have done a great job at laying down a solid foundation and their stick work has gotten much better.

“Our confidence and communication could improve and having tough skin is important,” said Duggins.

As the season begins there is much to look forward to. Duggins wants to see this team come together and unite as one. She wants her players not only to win battles in the game on the field, but off the field too.

Duggins could not have brought the team to the point they are at now without the help of others. “I couldn’t do this without my assistants.” She is thankful that her assistant coaches love Jesus and want their players to grow physically, mentally, and spiritually.

“I look forward to walking life with these girls,” Coach Duggins said. She wants her players to know that the wins and losses of the souls are more important than wins of field.

They fell to their first opponent Old Dominion last Saturday. Their next home game is Friday, February 27, at 3 p.m. against Fresno State.

[Click here](#) to view images from their previous game.