

Lacrosse Star Doesn't Stop For Summer

By Tim Fong



Alex Seclow

At age eight, Alex Seclow started playing lacrosse. Although there were no girls' teams for her age group, she still played and dominated the boys she competed against. Now, at age 15, Seclow is still dominating.

Seclow will be a sophomore at Miramonte High School in the fall, and made the varsity lacrosse team as a freshman. During her freshman season, she helped the Lady Matadors advance to the North Coast Section Semifinals where Miramonte was ousted by Monte Vista.

During the summer Seclow plays for Triple Threat Varsity, a prominent club team that has traveled to national tournaments in Colorado, Pennsylvania, New

Jersey, and Maryland. These tournaments allow players to gain experience, be seen by college recruiters, and improve their game.

"The tournaments are a great chance to play higher level lacrosse and be seen by college recruiters," explains Seclow, who hopes to play college lacrosse; these tournaments can help make this dream a reality by providing the needed exposure to recruiters.

The national tournaments are important to recruiters because of the reputation of the West coast as being weak at lacrosse. The East coast usually boasts the strongest players and teams; however this does not dis-

Photo Tim Shearer

courage Seclow and her teammates from continually competing in tournaments with predominantly East coast teams.

"East Coast teams have a reputation for being better than the West coast teams, so it's always fun to show them we can play too. They start playing younger on the East coast and many more girls play. Some people think that East coast teams pass quicker and are more aggressive, but we have been able to hold our own against many of the teams," Seclow stated.

Traveling with the team allows Seclow and other teammates to spend time together and become close friends.

"I have had such great experiences with Triple Threat - not only do I become really close with my own team mates, but its fun getting to meet girls from all over the country like Vail, Maryland, Pennsylvania, Boston and New Jersey," said Seclow.

However, Seclow never forgets the real reason for competing in such intense tournaments, concluding, "The best part of traveling to tournaments and playing in games is getting the chance to improve my lacrosse game."

All this hard work may pay off and allow Seclow to fulfill her dream of playing college lacrosse.