



WISSAHICKON LACROSSE

The Program

Trojans For Life

What starts in 1st grade as a recreational activity leads to a college commitment and lifetime in our lacrosse community.

The Wissahickon Lacrosse program promotes excellence in athletics without compromising excellence in academics or integrity in its commitment to rules or conduct. Student athletes are encouraged to maintain a balance between lacrosse, academics, and their personal lives. It is through a commitment to hard work and the continuous pursuit of excellence, taking responsibility and ownership of one's self, establishing a passion for competition, and the support of teammates and family that our players will achieve excellence on the field and in life.



Partners with the Community

Mission

The Mission of the Wissahickon Trojans Lacrosse program is to develop student-athletes who are **committed** to maximizing their potential as young men, as students, and as lacrosse players, who exhibit strong **character** in their daily lives and in the community, and who work to **compete** at the highest level of lacrosse, both statewide and nationally.

PROGRAM HIGHLIGHTS

- League Champions: 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1999, 2010
- Suburban One American Conference Champions in 2010
- Overall league record from 1985: 186-79-1
- 27 players named All-League from 2009-2011
- 23 players named All-Academic Suburban One in the past three years
- 7 players enrolled and playing at DI, DII, and DIII universities in the past three years
- WHS Lacrosse has sent more players to play at the NCAA level than any other sport at the high school in the past four years
- 100% of Wissahickon Lacrosse players graduate high school in past four years
- WHS Lacrosse team has been featured on Philly Lacrosse 22 times in the past four years
- WHS Lacrosse team has partnered in Community Service projects the past 4 years



Player Spotlight

Name: Beau Gomez

GPA: 3.7

College: US Naval Academy

Varsity Experience: 4 yr starter

9th Grade: 3rd Team All-League

10th Grade: 1st Team All-League, EPSLA Showcase All-Star

11th Grade: 1st Team All-League, EPSLA All-State Selection, Philly Lacrosse All-Area

12th Grade: 1st Team All-League, EPSLA All-State Selection, USA U19 Tryout Selection



Commitment. Character. & Competition

Did you know?

- Wissahickon Lacrosse's Tom Bracaglia was named an Academic All-American for the 2011 season.
- Wissahickon Middle School team has won two championships in a row and finished the 2011 season undefeated at 12-0.
- Wissahickon's coaching staff has amassed over 50 years of experience.
- Wissahickon's 5OT win over Upper Dublin was named as one of the top games of the year in 2010.

NCAA BOUND DI, DII, & DIII STUDENT ATHLETES

For more info, visit:
<http://lacrosse.wsdsports.org>

cont.



Our Collective Goal

We want each Wissahickon Lacrosse player to get into the best University possible. We work hard to get the perfect fit for each student-athlete.

1.

Recruiting Specialist Services:

We offer specialized lacrosse Recruiting services at group discounts.

2.

Highlight Videos:

Each player planning to play at the NCAA level will receive a free recruiting highlight video.

3.

SAT/ACT and Subject Tutoring:

We will set up opportunities for one-on-one and small group tutoring for college placement tests and high school subjects.

Our Priorities: Family, Academics, Lacrosse

The Recruiting Timeline

9th Grade:

- Good start in the classroom. Grades will increase options. Hit the weight room, go to a positional camp, and be on a club or summer league team

10th Grade:

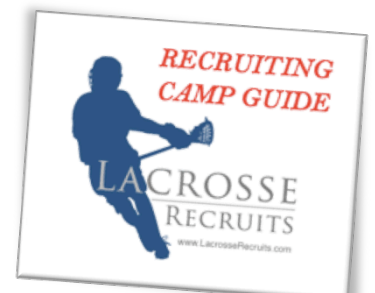
- Stay above a 3.0 GPA. Enroll in SAT prep course. Hit weight room, club teams, and recruiting camps. Meet with guidance and being college planning.

11th Grade:

- Keep grades up, academic performance is key! Take SAT/ACT twice. Email/write college coaches. Register with NCAA, visit colleges, hit recruiting showcases & camps.

12th Grade

- Keep grades up, get college apps & recs out. Research sources for money, grants, and financial aid. Visit schools & make final decision.



OUR CORE VALUES STAY THE SAME

- Commitment to Excellence
- Ownership of one's thoughts and actions
- Teamwork: Taking Responsibility for Self & Others
- Hard-work and Perseverance
- Passion for Competition

I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious.

-Vince Lombardi



2011 WHS GRADUATE & LACROSSE TEAM CAPTAIN TOM BRACAGLIA IS ATTENDING THE UNIVERSITY OF PENNSYLVANIA IN THE FALL.

WHS GRADUATES ATTEND THE TOP UNIVERSITIES & COLLEGES IN THE COUNTRY

Where are our graduates going after WHS?

- In the past 3 years, over 100 students have matriculated into the various Ivy League schools, as well as Duke University, the University of Virginia, Boston College, the University of Notre Dame, Georgetown University, New York University, the Massachusetts Institute of Technology, Stanford University, the United States Naval Academy, the University of Michigan, the University of Chicago, and Johns Hopkins University.

What types of awards are WHS students receiving?

- In the past 3 years, WHS has graduated 27 National Merit Finalists, has given out 195 scholarships totaling nearly a quarter of a million dollars, and 24 students have received awards from the U.S. Army Reserves and U.S. Marine Corps for athletic, musical, and scholastic excellence.

