

## Double gold for Lady Redbirds lacrosse



By **Jake Courtepatte**

Gold was the colour of choice for this year's crop of Newmarket Lady Redbirds.

Both the Under-19 and Under-15 programs won their respective Ontario Women's Field Lacrosse championships in August, a first for the budding program.

Just one year removed from an early round robin exit in the 2016 season, the U-19s were the team to beat in this year's provincials, going undefeated into the gold medal match.

Opening with a 6 ? 4 win over Kawartha and a 12 ? 2 win over Mimico, the Redbirds earned a bye to the weekend's semifinals, where they found themselves down 5 ? 4 at halftime to a strong Oakville squad.

A resurging speech from head coach Fraser Cowell at the halftime led to a late comeback, with the Redbirds earning a 10 ? 6 win to advance to the final match.

Kitchener-Waterloo was the opponent in a back-and-forth effort, with the Redbirds putting up a strong defensive effort to take the game and the gold medal by a score of 8 ? 5.

The Under-15s, no strangers to the big game, reached the OWFL final for the third straight year, entering as defending champions. Cruising through the B division round robin with wins over both Owen Sound and Six Nations, they also earned a bye to the semifinal, where they once again met Owen Sound.

A decisive 14 ? 1 score sent the Redbirds to the final, where they met Oshawa, and earned the Redbirds their second gold of the day with an 8 ? 6 score.

The Under-13 squad also put up a valiant effort after moving up a pool due to a strong showing on seeding weekend, but eventually fell in the round robin stage to Orillia in an overtime thriller.

Their consolation is a ?Coach of the Year? nod for assistant coach Claire Palmer, the second year in a row a Redbirds coach has taken home the honour.

A goalie with Western University, Palmer has been a volunteer with the program for several years, working with all rep team goalies in the summer and taking the house league program to new heights as coordinator.

Registration for the Redbirds fall clinics are open, with sessions running Friday evenings at St. Maximilian Kolbe in Aurora in September and October. All skill levels are welcome.

More information can be found at [www.redbirds.goalline.ca](http://www.redbirds.goalline.ca).