



# NEWCASTLE UNIVERSITY

ACADEMIC AND ATHLETIC EXCELLENCE

LACROSSE



# Contents

All about Lacrosse

Student Testimonial

Our Facilities

Our University

Our City

Information & Links



# All about Women's Lacrosse



## Women's Lacrosse

Women's Lacrosse at Newcastle is a vibrant, engaging, and welcoming club. Comprised of 3 teams, the club welcomes players of all skill level and experience.

## Women's 1st Team

Our Women's 1st team currently plays in the Premier North 1 Division, and while this is the 2nd Premier Division, the team has a history of playing at the top tier of the sport in the country. The club is always looking for talented players with a drive to improve and help the team back to the top league.

## Women's 2nd Team

Our 2nd team is regularly one of the strongest teams in their league, with playoffs for promotion and semi-finals in knock-out competitions being a regular feature of this team. This team is always on the lookout for players to help them take the final step in both areas of competition, as well providing a great learning ground for players to hone their skills before making the step into the 1st team.

## Women's 3rd Team

Our 3rd team has won their league this year, with an outstanding performance across the season. Aiming to be promoted into the next division of their sport, the 3rd team has a real drive to improve themselves individually as well as a team, and is a great team to play in.

# All about Men's Lacrosse



## Men's Lacrosse

Men's Lacrosse at Newcastle is a friendly, welcoming and competitive club. Our men's club is comprised of two teams: our 1st team which is the competitive team and our 2nd team which is for beginners.

## Men's 1st Team

Our 1st team compete in the Premier Division and are well on the way to establishing themselves as stalwarts in that league. After two back-to-back undefeated years and national trophy wins before promotion, the team are keen to step up and compete again for titles. Always competitive, with an aim to represent themselves at the peak of their sport, our 1st team wants to ensure that they are consistently excellent, and are always on the lookout for talented players to help cement their reputation.

## Men's 2nd Team

Our 2nd team is designed to be as accessible as possible, introducing across to those individuals who have never played (or even heard of) lacrosse before coming to Newcastle. Open and friendly, the team is there to provide people with their first taste of lacrosse, as well as to provide a training ground for players who are keen to develop in a new sport and make the transition to playing in the 1st team.

# Student Testimonial

## Former Lacrosse Scholar - George Dury

'Playing lacrosse for Newcastle University has been the highlight of my higher education experience. Winning gold at the National Championships, travelling around the country, and having a group of good mates to train and compete with has made being at Newcastle an experience I won't forget. Whilst here, the Sports Centre and their team have given me access to all the facilities, support, and services needed to take my sporting career to the next level. The Lacrosse Club itself has been fantastic; they're a kind and welcoming group that works hard and play hard on and off the field, boasting an unbeatable performance record and a lively social scene. From complete novices to veteran players, everyone who we welcome agrees that NULAX is the place to be.'

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# Our Facilities

Performance squad players gain access to dedicated S&C sessions and coaching throughout their playing season, as well as access to physio and rehabilitation.



## Ross Drummond

Ross is a UKSCA accredited coach, holds a MSc in Strength and Conditioning, and has delivered to multi-sports for over 8 years. Ross has held positions with the English Institute of Sport, RFUW, Swim England and Sunderland Ladies FC. Alongside the full-time position at the University, Ross works with Newcastle Swim Team, overseeing delivery of all swimsquads: ages 10yrs up to and including the performance squad 18yrs+.

# Our University



Newcastle University is a world-leading university and a founding member of the Russell Group, representing the UK's top higher education institutions. As a world top 110 university (QS World University Rankings 2024), Newcastle University inspires the minds of thousands of students from over 140 countries and delivers an outstanding learning experience that equips students for future success. Newcastle University has been rated 5th in the UK for Student Life (Whatuni Student Choice Awards 2022) and is considered a top 20 university in the UK (Times Higher Education World University Rankings 2023).

# Our City



Voted as one of the UK's greatest student cities, Newcastle is a big city in a small space with a sizeable student population of around 42,000. The city has a proud reputation for sport and is home to several professional sports teams, such as: Newcastle United, Newcastle Falcons and the Newcastle Eagles. Newcastle's reputation for a great nightlife is well-known and with its thriving arts and culture scene too, there's something different to do every day of the week. A combination of the fastest growing lacrosse programme in the country, a world class education and nationally renowned social life, makes this programme the place to be!



# Information & Links



Women's Instagram - [@nuwlc](#)  
Men's Instagram - [@nulax\\_mens](#)  
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[Visit our University Sport website](#)

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