

John Carroll is poised for a repeat in 2008

The 2007 defending IAAM A Conference lacrosse champions, the John Carroll Patriots, are on a roll this spring, and their season just keeps getting better and better.

The Lady Pats are out to a 4-0 conference record, 7-0 overall, with huge wins these past weeks against conference greats, McDonogh School, Bryn Mawr and Severn.

In addition, the Lady Pats are ranked third in the Metro Prep poll, but that is sure to change since the team from Bel Air surprised the top-ranked Mt. Hebron Vikings on April 5 at The Johns Hopkins University at the 12th annual Maryland High School Lacrosse Showdown. John Carroll defeated the Vikings by a deafening score of 18-9.

Head Coach Krystin Porcella is in her fourth season with the team and has witnessed a tremendous transformation in the program. "Truthfully, in my first year, we did not have the most successful season but the more we focused on 'believing in yourself,' the better we became."

Porcella said sports and competition is a mindset and that success is built on the mental phase of the game as well as the physical.

It's clear that Porcella loves the game and loves her team. This senior class, with 11 seniors, is Porcella's first freshman class to cycle through all four years, and it has been an amazing experience for all involved.

The team is led by Ally Carey and Casey Ancarrow, both senior captains and both covering a lot of ground while on the field. With Carey at midfield and Ancarrow on attack, the Pats have put up double-digit scoring thus far.

Coming on strong for John Carroll is senior Grace Gaeng, a versatile, hardworking athlete who could be seen in any field position as needed.

Porcella credits the team's success to solidarity, making it a total team effort, on

good days and bad. "I had the team read a book titled 'The 21 Irrefutable Laws of Leadership,' and I think that has helped a lot."

Porcella is smart to recognize the importance of keeping a balanced squad, and she has done her part to make sure that happens, keeping a number of freshmen and sophomores on the varsity to learn and grow as they go.

Also stepping up for the team has been junior Brittany Dashiell, Anne Brockmeyer and utility player Ali Luongo.