



2017 East Angels Lacrosse



Thank you Seniors!

2017 Boys Varsity Lacrosse Team



Back Row: Mykael Haney, Parker Door, Cole Finley-Ponds, Noah Miller, Luke Sawyer (C), Clayton Finley-Ponds, Nick Slowey, Mustang Sally, Tate Hudgins, Wyatt Johnson, CJ Jones, Carter Haskel, Will Markey

Middle Row: Assistant Coach Chris Herrmann, Brian Stromberg (C), Tazi Green, Will Biermann, Jono Obregon, Chris Tunnell, Daniel Heher, Blake Sessions, Josh George, Head Coach Sean McCarthy

Front Row: Elijah Bruggeman, Jack Perko, Landon Hovey, Daniel Shelanski (C), Daniel Rahe, Ryder Bechtold, Ciaran Peck



2017 Boys Jr. Varsity Lacrosse Team



Back Row: Back Row: Hayden Christopher, Duncan Lewis, Thomas Sigestad, Daunte Mascot, Henry Franssen, Jack Robson, Henry Ray, Ben Leclaire, Jake Hefty, Marlon Juarez, Luke Johnson, Michael Golinvaux, Connor Eastman, Fernando Alvarez, Sam Miller

Middle Row: Coach Andrew Devere, Coach John Benyai, Aiden Rattray, Harrison Meade, Liam Clevenger, Vincent Marsh, Tripp Frandsen, Gary Ray, Miles Brown, Hunter Gehl, Coach Richard Hohenbrink, Head Coach Mascitelli

Front Row: Ahjante Birch, Aiden Boyd, Skyler May, Quentin Wolfe, Lachlan Humphrey, Hector Garcia, Hayden Door



Varsity Boys Schedule

3/10	Douglas County	(W) 12 - 8
3/11	Rock Canyon	(L) 10 - 7
3/21	Highlands Ranch	(W) 13 - 9
3/24	@ Wheat Ridge	(L) 9 - 7
3/27	@ Bellevue	(L) 13 - 3
4/5	Chatfield	(W) 13 - 5
4/8	@ Colorado Academy	(L) 13 - 5
4/11	Kent Denver	(L) 13 - 5
4/12	@ Denver South	(W) 12 - 3
4/14	@ Monarch	(L) 11 - 9
4/21	Huntington Beach	(W) 11 - 7
4/24	@ Rangeview	(W) 17 - 1
4/28	Regis Jesuit	(L) 16 - 5
5/3	Heritage	(W) 12 - 11 (OT)
5/6	@ Rocky Mountain	(W) 14 - 13



Boys Varsity



#1 Parker Door



#2 CJ Jones



#3 Carter Haskel



#4 Mykael Haney



#5 Luke Sawyer



#6 Cole Finley-Ponds



#7 Ciaran Peck



#8 Noah Miller



#9 Robert Roseberry



#11 Landon Hovey



#12 Mustang Sally



#13 Jack Perko



#14 Tazi Green



#15 Daniel Heher



#16 Jono Obregon



#18 Chris Tunnell



#19 Blake Sessions



#20 Clayton Finley-Ponds



#21 Will Markey



#22 Will Bierman



#23 Daniel Rahe



#24 Brian Stromberg



#25 Dan Shelanski



#26 Josh George



#27 Nick Slowey



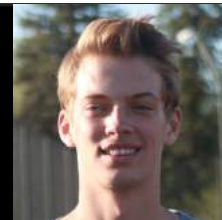
#28 Wyatt Johnson



#29 Elijah Bruggeman



#31 Ryder Bechtold



#42 Tate Hudgins



2017 Boys Varsity Coaching Staff



Sean McCarthy
Head Varsity Coach

Coach McCarthy enters his sixth season at East and his fifth full season as head coach. He started his college career at Nassau Community College where he was a member of the 2002 JCAA Championship team. In 2003 he was named JCAA All-American. He finished his collegiate career at Hofstra University where he received his BA in History in 2006. At Hofstra, Coach McCarthy received All-American honors and was drafted by the Denver Outlaws. Before joining the East staff in 2010, Coach Mac was the head varsity coach at Heritage High School in Littleton, CO and was the recipient of the 2009 Colorado High School Association Coach of the Year Award.

Coach Anderson is a Denver East graduate, class of 2002, where he was part of the program's last state championship in 2000. He was awarded All-American honors, was two-time All-State and named the 2002 Colorado Player of the year. He started his college lacrosse career at Denison University in Granville, OH and finished at the University of Colorado at Boulder, where he played club lacrosse and was awarded All-American honors his senior year. Prior to joining the Denver East staff, Coach Anderson worked as a teacher in Buenos Aires, Argentina and then worked for Deutsche Bank in New York City.



Jason Anderson
Varsity Assistant Coach



Chris Herrmann
Assistant Varsity Coach

Coach Herrmann is an alumnus of Denver East ('11) where he was an All-State player. He recently graduated from Chapman University ('15) in Southern California where he led the team to the MCLA Final Four his Junior and Senior years, earning All-American accolades in 2015. He currently works as a Language Arts Teacher at Morey Middle School. Coach Herrmann is excited to be back home and thrilled to be a part of the Denver East Lacrosse program once again.

Coach LaPlante is a recent graduate of Denver University and a player for the Denver Outlaws. A decorated Colorado high school player, Ryan was an All-American at Fort Collins as a senior and was a member of the 2015 Pioneers National Championship team. Coach LaPlante brings considerable experience to the East goalie program. He enjoys snowboarding, golf, wakeboarding, indoor soccer and box lacrosse. He is currently working as a broker for Kentwood real estate.



Ryan LaPlante
Specials Coach



Henry Sulzbacher
Associate Head Coach Varsity

Coach Sulzbacher grew up in a traditional lacrosse area of Seattle, Washington. He played defense collegiately at Ohio Wesleyan University before transferring to and playing club at the University of Montana. After Montana, Henry moved to Calgary to play forward for the Calgary Mountaineers, a Senior box lacrosse team. Henry then moved to the east coast where he coached for Fairfax High School (Fairfax, VA) and Trinity-Pawling (Pawling, NY) before moving to Denver for graduate school. While in graduate school, Henry coached the East JV team. After grad school, he spent two years as a teacher and a coach at Legend High School before eagerly returning to Denver East.

2017 Boys JV Coaching Staff



Mike Mascitelli
Head JV Coach

Coach Mascitelli was born and raised in Denver, Colorado in the Congress Park neighborhood and is a proud graduate of Regis Jesuit class of '08. Mike continued his education and playing career at the University of Kansas graduating in 2012. He played lacrosse all four years at KU as an attackman and was captain his senior season. Outside of lacrosse he works at the Atomic Cowboy as a server and during his free time he enjoys many of Colorado's great outdoor activities.

Coach DeVere is in his first year on the East coaching staff. As a high school player he played defense earning All-State honors and was selected Captain his senior year. He played NCAA Div. II lacrosse at Mercyhurst College before transferring to The Ohio State University. He has 5+ years of coaching experience at the varsity through middle school levels. Outside of lacrosse he enjoys traveling, hiking, and playing with his dog. He is a native of Columbus, Ohio and now teaches science for Denver Public Schools. Before teaching he was a 1LT Combat Engineer and Airborne paratrooper in the Army.

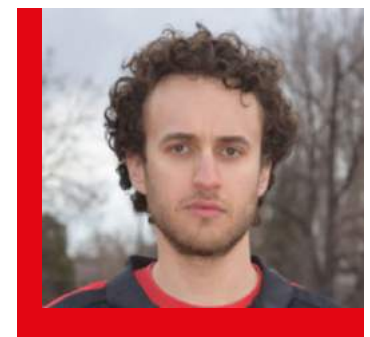


Andrew Devere
JV Assistant Coach

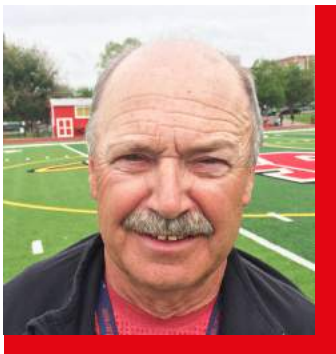


Chris Benyai
JV Assistant Coach

Coach Hohenbrink is in his first year on the East coaching staff. He grew up in the "lacrosse desert" of East Tennessee, and founded his high school's lacrosse club in his junior year. With two years of high school X attack under his belt, Coach Hohenbrink stepped in front of the cage while playing at the University of Tennessee as a goalie. He has continued to play the position in adult leagues, including the Mile High Lacrosse League. Professionally, Coach Hohenbrink recently left a position in personnel development and executive management with an oil and gas firm to start a pizzacentric catering company, Party Pizza Chef.



Rich Hohenbrink,
Assistant JV Coach/C Coach



Bruce Dugan
Consultant

Coach Dugan is a retired teacher with over 40 years of experience in both teaching and coaching. After graduating from Union College in 1971, he began teaching math and coaching both lacrosse and basketball at Nichols School in Buffalo, N.Y. After 14 years he and his family moved to Mountain Lakes, N.J. where he continued teaching and coaching until 2013 when he retired from teaching. Coach Dugan has been married to his wife, Kathleen, for over 43 years and they have one child Matthew, and a grandson Albie.

2017 Girls Varsity Lacrosse Team



Front row: Julia Shelanski, Tess McHugh, Lucy McHugh, Thyra Herrmann, Grace McCabe, Lily Herrmann, Lexi Hubbard, Emma Mason

Middle Row: Coach Chris Romer, Ashlee Cerda, Maddie Wells, Daisy Davis, Kate Burney, Lily Freeman, Rylee Nelson, Emily Bachar, Kate Sawyer, Blake Abbott, Coach Mallory Cleveland

Top Row: Fair Romero, Deirdre Crawford, Isobel Baker, Everdina de Koning, Isha Vial, Malia Ross, Josi Robinson, Lula Mitchell



2017 Girls Jr. Varsity Lacrosse Team



Bottom Row: Brianna Manon, Jacqueline Bonilla, Gabby Day, Katy Boehm, Emma Botts, Avery Dell, Julia Boughner, Nathalie Richards, Sophie Goldberg, Salma Garcia, Charlotte Silbaugh

Top Row: Piolet Jaech, Malu Thompson, Tish Richards, Ceciel Kerstan, Ella Squibb, Amy Zwicker, Kaitlyn Weydert, Akeri Quincer



Varsity Girls Schedule

3/9	Ralston Valley	(W) 13 - 3
3/11	Cherry Creek	(L) 14 - 8
3/15	St. Mary's Academy	(W) 20 - 2
3/21	@ Columbine	(W) 12 - 9
3/23	Regis Jesuit	(W) 5 - 4
4/5	@ Arapahoe	(W) 14 - 9
4/7	@ Thompson Valley	(W) 16 - 2
4/12	Centaurus	(W) 10 - 3
4/14	@ Kent Denver	(W) 8 - 3
4/19	Loyola Academy	(L) 14 - 5
4/21	@ Conifer	(W) 16 - 1
4/22	@ Aspen	(W) 13 - 6
4/24	Rocky Mountain	(W) 15 - 4
5/2	@ Chaparral	(W) 11 - 9
5/4	Colorado Academy	(L) 9 - 6



Girls Varsity



#1 Lula Mitchell



#2 Blake Abbott



#3 Tess McHugh



#4 Rylee Nelson



#5 Kate Sawyer



#6 Emily Bachar



#7 Daisy Davis



#9 Grace McCabe



#10 Lexi Hubbard



#11 Ema Mason



#12 Lily Herrmann



#13 Josi Robinson



#15 Thyra Herrmann



#16 Isha Vial



#17 Kate Burney



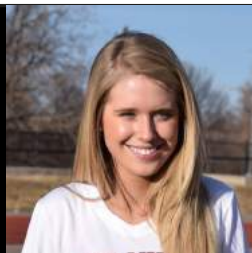
#18 Fair Romero



#20 Malia Ross



#21 Isobel Baker



#22 Lily Freeman



#24 Maddie Wells



#25 Deirdre Crawford



#26 Everdina de Koning



#27 Julia Shelanski



#28 Lucy McHugh

2017 Girls Varsity Coaching Staff



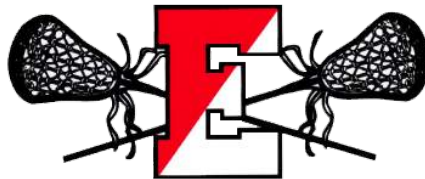
Chris Romer, Co-Head Varsity Coach

Chris is returning to East as a third year co-head varsity coach. He was previously coach and captain of the East High School and Stanford University programs and has coached women's lacrosse for seven years. He led Stanford to two California state championships. Chris is a serial social impact entrepreneur and recently co-founded Guild Education which works with companies to help employees complete their college degrees through intensive coaching, advising and college programs designed for working adults.



Mallory Cleveland, Co-Head Varsity Coach

Mallory grew up in Denver and graduated from Cherry Creek High School. She played club lacrosse at University of San Diego and was the captain her senior year. Mallory is returning to East for her fifth year. She was previously the Head JV coach for the 2012 and 2013 seasons. In 2014, Mallory partnered up with Chris to be co-head coach of Varsity and is excited to be returning as a Varsity coach. When off the field, Mallory works in advertising at The Integer Group and coaches competitive freestyle skiing at Winter Park. She also enjoys running, hiking, biking, snowshoeing and traveling.



Ashlee Cerda, Assistant Varsity Coach

Ashlee grew up in Wisconsin where lacrosse originated. She played club lacrosse at Butler University in Indianapolis as a defensive mid and was the captain her junior and senior year. During her time she helped develop youth skills through clinics run by the university. Ashlee recently moved to Colorado where she graduated with a Masters degree in Public Health from the University of Colorado Denver and currently works at the University of Colorado School of Medicine. This will be Ashlee's first year helping East where she wants to develop team defense, player intelligence and communication. When off the field, Ashlee also enjoys snowboarding, hiking, coffee and traveling the world.

Not Pictured: Hannah Jeffrey - Assistant Varsity Coach

2017 Girls JV and JV2 Coaching Staff



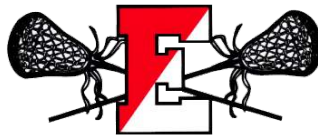
Morgan Smith - Head JV Coach

Morgan Smith captained her high school tennis, basketball and lacrosse teams. At Christopher Newport University, she concentrated on lacrosse and became a co-captain senior year. Morgan specializes in defense but her best talent is that she is a team player, and understands the importance of spirit and camaraderie in building a successful team. Morgan works at Ping Identity as a client services architect. Originally from Oreland, Pennsylvania, Morgan moved to Denver in 2014 and is enjoying the outdoor lifestyle she has found here.



Sarah Langlie - Assistant JV Coach

Sarah grew up in Maryland and began playing lacrosse at a very young age. She played club lacrosse at Colorado State University winning three national championships over her four years and was captain and vice president her senior year. She was a starting defender since her Sophomore year and specialized in the backer/zone defense. As a junior and senior she was recognized as All-American. Sarah currently works in financing at Arrow Electronics in Centennial. This is Sarah's first year helping East and the Junior Varsity team. She was excited about implementing backer/zone to the JV team. When off the field, Sarah enjoys hiking, boxing, traveling, and spending time with friends.



Nathalia Lasiy, Assistant Varsity and JV Coach

Nathalia grew up in New Jersey playing midfield and attack all four years of high school. She later attended Castleton State College and graduated with a B.S. in Sports Administration. Nathalia started off coaching at the high school level at Regis Jesuit and later coached for Rocky Mountain Storm Lacrosse Club. She is returning to East as a third year coach and will assist both the Varsity and Junior Varsity teams. When not working and coaching, she likes to snowboard, be outside, play lacrosse, and travel.

Chuck Sawyer, Assistant JV2 Coach

Chuck grew up in Denver and started playing lacrosse in 7th grade while attending Colorado Academy. Chuck went on to start lacrosse clubs at Western Washington University and the University of Oklahoma. Upon graduation, Chuck returned to Denver where he played with the Denver Stickers lacrosse club. Chuck then spent seven years coaching boys Redhawks lacrosse grades 2-8 followed by 15 years as the assistant JV girls coach at Mullen High School. Chuck is a geologist in the oil and gas industry.

Not Pictured: Erin Smith - Head JV2 Coach



#28 Wyatt #29 Elijah

**Congratulations on
your first year!
Looking forward to
three more!**

**GO
EAST
ANGELS**

**The Johnson Family
and
The Bruggeman Family**

**Thank you to our dedicated
parents and coaches
for your leadership.
Best of luck to our seniors!**

**GO
EAST
LACROSSE**



**Henry, Mustang & Hunter
Class of 2019**

The legacy continues...



Go East Angels!



**Best of
luck to
the East
Boys
and
Girls
Lacrosse
Teams!**



The Shelanski Family

Thank you City Lax for introducing us to lacrosse!
Thank you Friends Of East And Manual Lacrosse for supporting our team!
Thank you to all our great coaches!
Thank you to all our teammates -- we will miss the seniors next year!



Go Jossi!



Go Angels!



Team 18 Lacrosse Proud Supporters of



#5 Luke Sawyer



#11 Landon Hovey



#25 Dan Shelanski

Good Luck!
The Hoveys

Squibb Estates wishes the East Angels
LAX teams great success in 2017!

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Go Ella Squibb #10 - Get the draw!



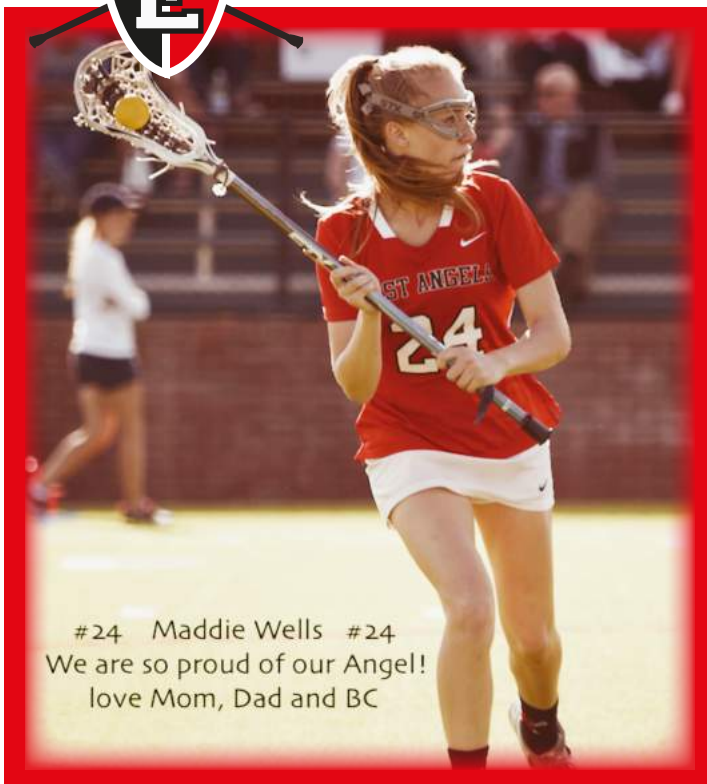
GO EAST LAX!



Go East Angels!



The Walsh Vial Family

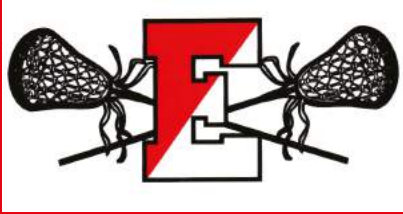


#24 Maddie Wells #24
We are so proud of our Angel!
love Mom, Dad and BC

CELERATAS = SWIFTNESS

Have a great 2017 season
Kate and Luke Sawyer!

Love Mom, Dad, Jake & Liza



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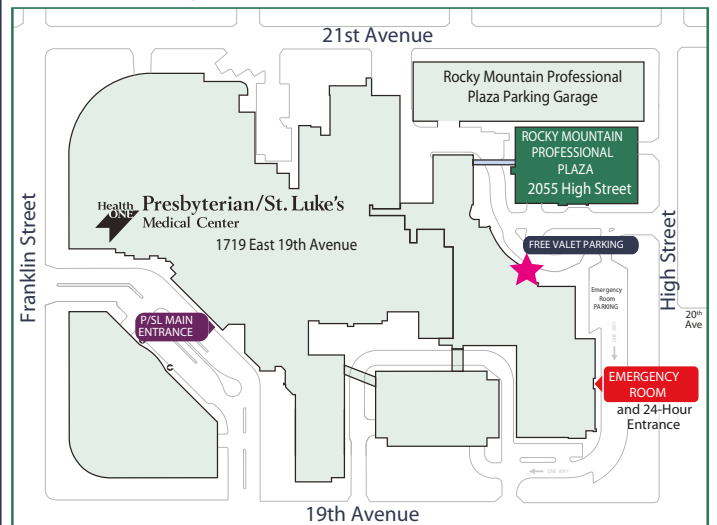
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Good Luck Seniors!

