



LACROSSE

Stories by Peter Holehan, Sun Sentinel » Team selections are based on season performances and coaches' ballots.

BOYS » COACHES' ALL-DISTRICT 11 TEAM

Name	School	Class	Position
Chris Selva	St. Thomas Aquinas	junior	goalie
Bryce Samartino	St. Thomas Aquinas	senior	defense
Alex Lambert	Cardinal Gibbons	sophomore	defense
Michael Braun	Pine Crest	sophomore	defense
Cole Millican	St. Thomas Aquinas	senior	midfield
Cole Champion	St. Thomas Aquinas	sophomore	midfield
Burke Harrington	St. Thomas Aquinas	sophomore	midfield
Brad Freddi	St. Thomas Aquinas	junior	midfield
Tucker Burks	Pine Crest	junior	attack
Andrew Spas	American Heritage	junior	attack
Frankie Tumminello	Pine Crest	senior	attack

GIRLS » COACHES' ALL-DISTRICT 11 TEAM

Name	School	Class	Position
Valentini Viertel	Pine Crest	senior	goalie
Meredith McGowan	Pine Crest	senior	defense
Katherine Clemente	Cardinal Gibbons	junior	defense
Nicole Lescano	St. Thomas Aquinas	junior	defense
Sarah Motta	Cardinal Gibbons	junior	midfield
Cheyenne Allenby	Pine Crest	senior	midfield
Emily Becker	Pine Crest	sophomore	midfield
Maylis Broderick	Cardinal Gibbons	sophomore	midfield
Lauren Vidal	University School	junior	midfield
Chanelle Coulon	St. Thomas Aquinas	senior	midfield
Brooke Bal	Pine Crest	senior	attack
Megan Renne	Cardinal Gibbons	junior	attack
Caleigh Weliver	St. Thomas Aquinas	senior	attack



Cole Millican, Sarah Motta show leadership on and off the field

By Peter Holehan
SUN SENTINEL

Sarah Motta and Cole Millican stand out this lacrosse season for their stellar play and leadership.

Motta, a Cardinal Gibbons midfielder, has many of the credentials a top player is expected to have: loads of goals, captain status and membership into U.S. Lacrosse's South Florida National Team.

But another item on her resume — being a certified referee for youth lacrosse — has helped her improve her own skills.

"I really needed to learn how to become more assertive," Motta said. "Being in the center of the field and taking charge has helped me. And, I ended up learning a lot of the small things that some players are not aware of, so that has definitely made me a

better player. Just by understanding more of the rules, you're better."

Motta guided the Chiefs to a 9-8 record and a runner-up finish in District 12 behind Pine Crest.

For Motta, it came on the heels of leading the school's soccer team to a regional final appearance. When she joined the lacrosse team, Motta scored 46 goals and 12 assists in 14 games.

Like Motta, Millican was a producer for the St. Thomas boys' team.

When St. Thomas athletic director George Smith brought in coach Terry Crowley, he told him that he was going to love a player named Cole Millican.

Smith was spot on. While Millican was putting up big numbers and leading the Raiders to a 13-3 season, there was something else at work.

"He's one of those kids that you dream about coaching," Crowley said. "I've always heard about these type of players, but never actually had one on my team. He would make teammates responsible for their mistakes. If somebody was late to practice, he would tell me that he would handle the situation. I had instantaneous trust with him and never regretted it once."

The All-American took on the role of captain and flourished, amassing 61 goals, 34 assists and 55 groundballs.

"Stepping in as a senior, I felt that I needed to take the reigns," said Millican, who will play for Stony Brook (N.Y.) University next fall. "The big thing from coach was that he wanted the players to realize how much the team should mean to them and that they should care. So I would confront that and take care of it."

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