

# GODSTOWE

# USA LACROSSE

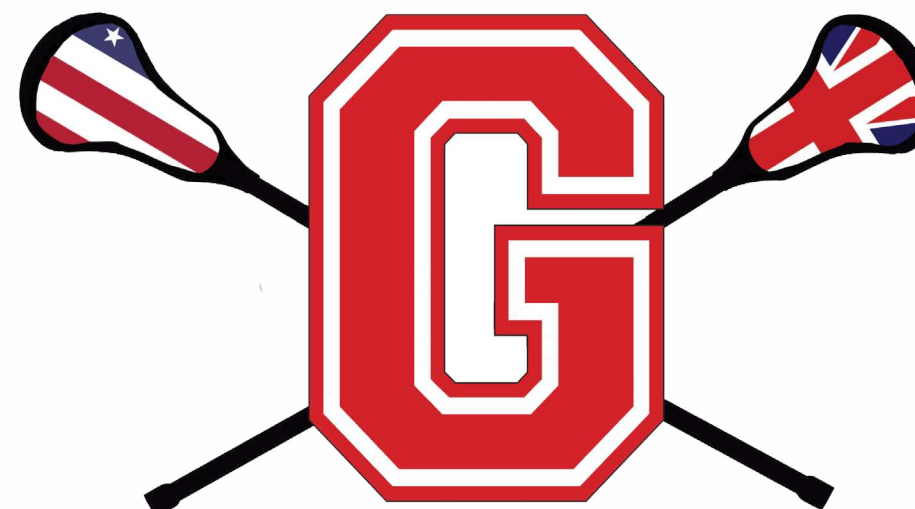
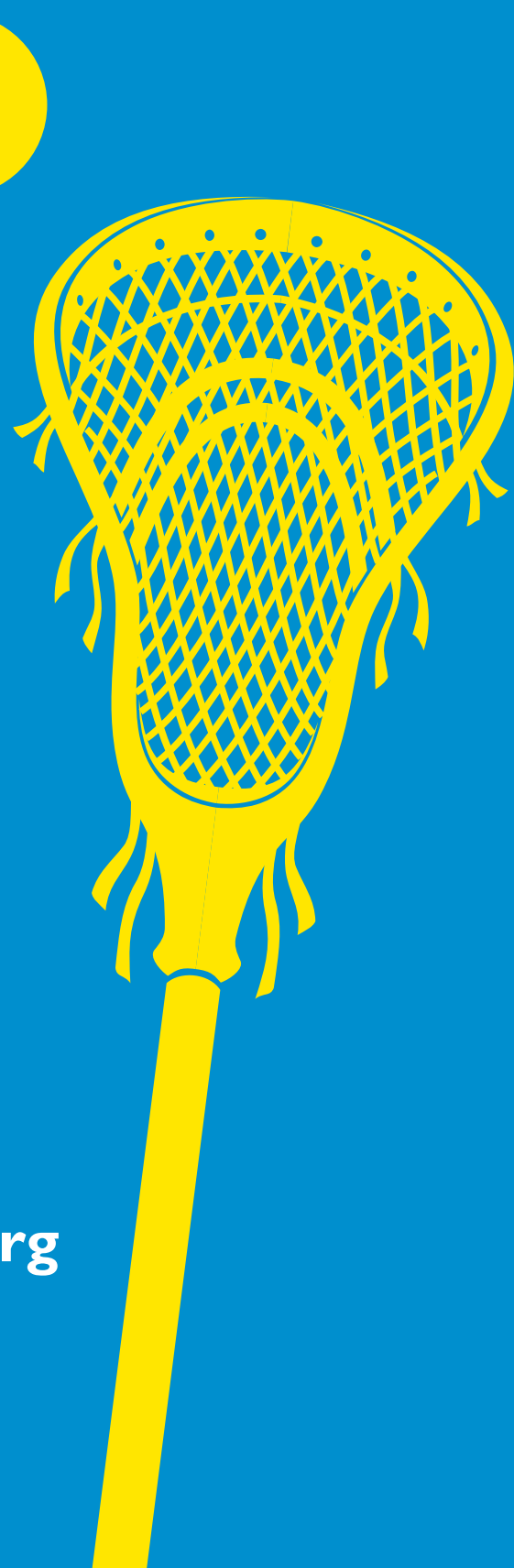
# TOUR 2018



Teddies  
wishes you  
the very  
best of luck  
in the US

[www.stedwardsoxford.org](http://www.stedwardsoxford.org)

Watch our pupils in action  
on Teddies TV



## USA LACROSSE TOUR

23<sup>rd</sup> MARCH – 4<sup>th</sup> APRIL 2018

I am delighted to be able to introduce this brochure by wishing you all the very best for the 2018 Godstowe Lacrosse Tour.

I know that it has already been an emotional journey to even reach the stage of being chosen to join this prestigious tour and I offer my congratulations to you simply for having been selected; what a fantastic achievement.

As you prepare for the tour I am sure that you will be wondering with excitement what lies ahead.

As well as travel and the opportunity to experience a different culture first hand, you will be representing our school both on and off the sports field and I know that you will do this with honour and with excellence. You will play some challenging matches and give them your absolute all. I have every faith that, when you win, you will win with pride and, if you lose, you will lose with dignity.

I hope that you will take advantage of all the many different opportunities that this trip will bring. You will be living in the United States of America for 10 days and my advice to you is to seize the chance and make the most of it. Enjoy everything and miss out

on nothing, for you will only have this opportunity once. You will spend the time in lively company with close friends and extremely committed members of staff. Your friendships will become closer with all of these fantastic experiences in common and you will learn tolerance and respect for your fellow tour members.

To finish, I wish you all the very best and look forward tremendously to hearing all about your adventures and experiences when you return. I leave you with an inspirational quote, by American author Mark Twain:

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbour. Catch the trade winds in your sail. Explore. Dream. Discover."*

Good luck to all of you,



Sophie Green  
Headmistress



# Touring the USA's East Coast

The squad of 24 girls will begin their tour in Washington DC, before making their way northwards through Baltimore, New York, Connecticut and finishing in Boston. Here is a day-by-day guide of their exciting tour

## DAY 1

**Friday 23<sup>rd</sup> March**

The squad will fly from London Heathrow Airport to Washington Airport. Upon arrival in Washington the girls will meet their bus driver and be transferred by coach to the hotel in Georgetown.

## DAY 2

**Saturday 24<sup>th</sup> March**

After breakfast there is a free day for sightseeing in Washington DC. In the afternoon, the squad will be transferred to their hosts in Catonsville, where they will spend the next two nights.

**Match: Godstowe will participate in the Catonsville Classic Lacrosse Tournament**

## DAY 3

**Sunday 25<sup>th</sup> March**

The squad will meet at Catonsville Lacrosse Club for the second day of the tournament.

**Match: Final day of the Catonsville Classic Lacrosse Tournament**

## DAY 4

**Monday 26<sup>th</sup> March**

The girls will say goodbye to their hosts before departing by coach up to Baltimore. They will have a free day for sightseeing before meeting their next hosts from Kelly Post Lacrosse, who they will stay with for two nights.

## DAY 5

**Tuesday 27<sup>th</sup> March**

In the morning there will be time for sightseeing before their match in the afternoon at Kelly Post Lacrosse.

**Match: Godstowe v Kelly Post Lacrosse**

## DAY 6

**Wednesday 28<sup>th</sup> March**

In the morning, the girls will say farewell to their hosts and will board the coach to Princeton. They will meet their next hosts from Princeton Girls Lacrosse Club at Stuart Country Day School. Here, they will also be playing in a match.

**Match: Godstowe v Princeton Girls Lacrosse Club**

## DAY 7

**Thursday 29<sup>th</sup> March**

The girls will meet in the morning and depart by coach to New York City. On arrival the squad will check into their hotel, where they will be staying for the next two nights. The rest of the day will be free for some sightseeing in New York City.

## DAY 8

**Friday 30<sup>th</sup> March**

After breakfast, the girls will enjoy a full free day to explore the city.

## DAY 9

**Saturday 31<sup>st</sup> March**

Following breakfast, the squad will board the coach to Connecticut. Upon arrival they will meet their hosts from CT Dodgers, who they will stay with for the next two nights. In the afternoon, they will play a match against CT Dodgers.

**Match: Godstowe v CT Dodgers**

## DAY 10

**Sunday 1<sup>st</sup> April**

Today is Easter Sunday and the day will be spent at leisure with the girls' hosts.

## DAY 11

**Monday 2<sup>nd</sup> April**

In the morning, the girls will say goodbye to their hosts and will be transferred to Boston, where they will stay for the last night of the tour. After checking into the hotel, they will head into Boston for a day of sightseeing.

## DAY 12

**Tuesday 3<sup>rd</sup> April**

After breakfast, the girls will have a free day for some final shopping and sightseeing in Boston. In the evening they will travel to Boston Logan International Airport to catch their flight to London.

## DAY 13

**Wednesday 4<sup>th</sup> April**

The return flight lands at London Heathrow Airport in the morning.

Coaching  
staff on tour



*Fiona Reynolds*  
Head Coach &  
Tour Organiser



*Rachel Hearnshaw*  
Director of Sport

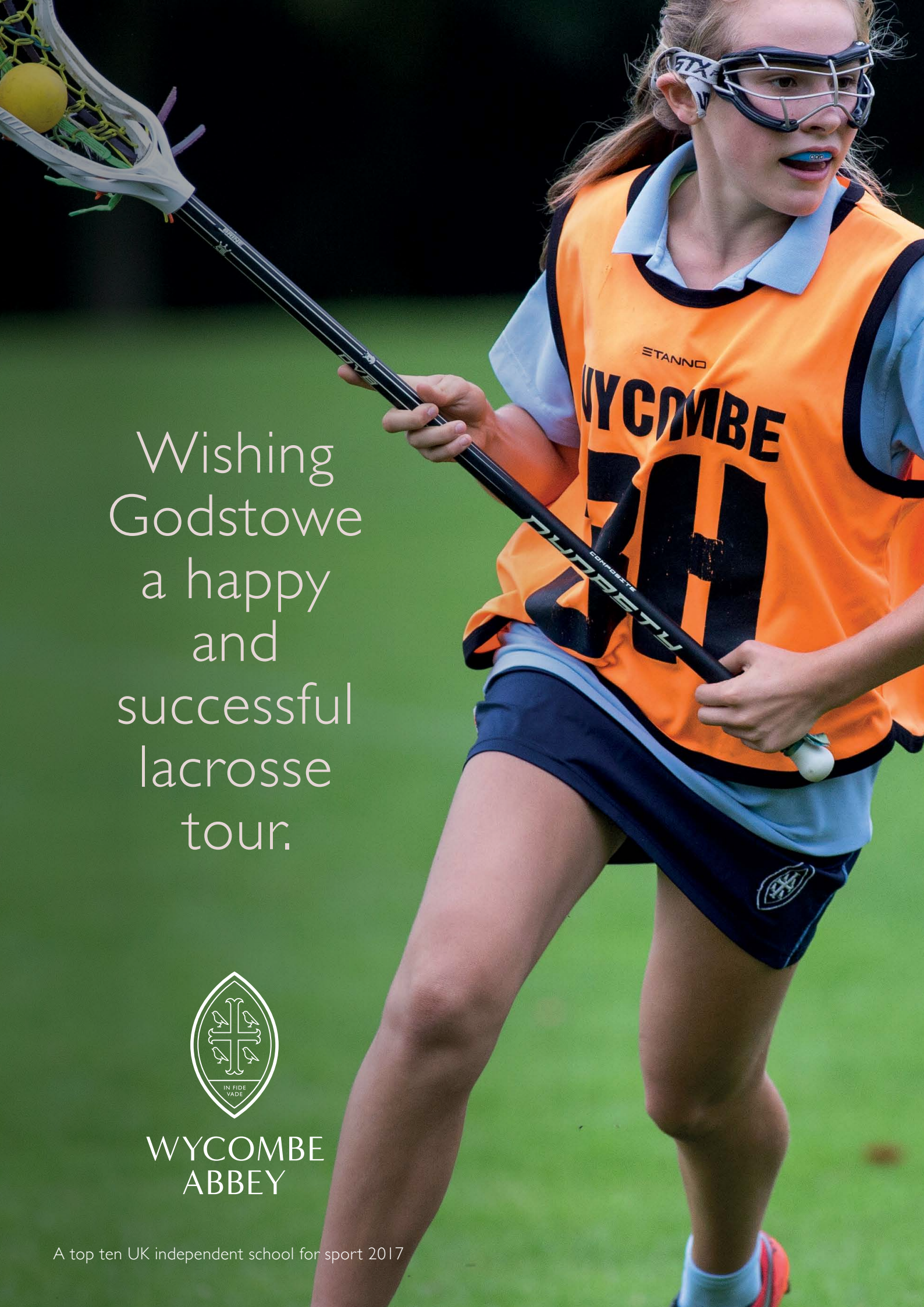


*Genny Procter*  
P.E Teacher



*Pat Hedley*  
P.E Teacher





Wishing  
Godstowe  
a happy  
and  
successful  
lacrosse  
tour.



WYCOMBE  
ABBEY

A top ten UK independent school for sport 2017



BUCKINGHAM PALACE

30th January, 2018.

*Dear Miss Martin,*

The Queen has asked me to thank you and the Godstowe Preparatory School Lacrosse Team for your thoughtful letter, sent on the occasion of your tour of the United States of America from 23rd March to 4th April.

Her Majesty appreciated your kind words and, in return, has asked me to send her warm good wishes to you all for a most successful trip.

*Yours sincerely,*

*David Ryan*

David Ryan  
Director, Private Secretary's Office

Miss Ellie Martin.



**PSAV** WISHES  
GODSTOWE GIRLS  
EVERY SUCCESS  
ON THEIR USA  
LACROSSE TOUR.

YOUR **GLOBAL**  
EVENT PARTNER

**PSAV**

EVENTS TECHNICAL SCENERY CREATIVE & DIGITAL VIDEO  
242-243 GRESHAM ROAD, SLOUGH, BERKSHIRE, SL1 4PH, UK WWW.PSAV.COM TEL +44 (0) 1753 567 377

LETTERS



10 DOWNING STREET  
LONDON SW1A 2AA  
[www.gov.uk/Number10](http://www.gov.uk/Number10)

From the Direct Communications Unit

12 February 2018

Ellie Martin  
Godstowe Preparatory School  
Shrubbery Road  
High Wycombe  
HP13 6PR

Dear Ellie

Thank you for your letter of 12 January 2018, to the Prime Minister about Goldstowe Preparatory School's girls' Lacrosse Team's upcoming tour of the United States of America.

I would like to take this opportunity to send the whole team my best wishes, on the Prime Minister's behalf. I am sure the trip will be filled with moments you will all remember fondly in the months and years to come.

It was wonderful to read that you and your team have raised money for the tour through fund-raising events. You should all be proud of your successful efforts.

I hope you make some new friendships and have exciting experiences along the way, which you can share with other young people at your school when you return.

Thank you, once again, for taking the time to write.

Yours sincerely

Correspondence Officer





ST GEORGE'S  
ASCOT

Good luck Godstowe girls from all at  
**ST GEORGE'S ASCOT**

Independent boarding and day school for girls aged 11-18 | [stgeorges-ascot.org.uk](http://stgeorges-ascot.org.uk) | 01344 629900

LETTERS



Department for  
Digital, Culture,  
Media & Sport

Tracey Crouch MP  
Minister for Sport and Civil  
Society  
4th Floor  
100 Parliament Street  
London SW1A 2BQ

[www.gov.uk/dcms](http://www.gov.uk/dcms)  
[enquiries@culture.gov.uk](mailto:enquiries@culture.gov.uk)

Our Ref: MC2017/01007/pd

Ellie Martin  
Godstowe Preparatory School  
Shrubbery Road  
High Wycombe HP13 6PR

15 February 2018

Dear Ellie

Thank you for your letter of 12 January regarding Godstowe Preparatory School lacrosse team's upcoming tour of the United States.

I would like to take this opportunity to wish all the competitors the very best of luck for the tour. As set out in our most recent sports strategy, *Sporting Future*, the UK Government is committed to getting as many young people as possible involved in sport and physical activity. We are also determined to get more girls and women participating in sport, and it is fantastic initiatives like these that will help us achieve this.

As a former coach of a girls' football team myself, I fully recognise how important competitive sport can be in improving physical and mental well-being in young people, as well as providing the opportunity to build new friendships and enjoy new experiences.

It is with this in mind that I would like to wish the girls of the Godstowe Preparatory School lacrosse team every success with the tour.

With best wishes,

Tracey Crouch MP  
Minister for Sport and Civil Society





**We are proud to support  
Godstowe's USA lacrosse tour!**

We are an independent boarding school for girls aged 11-18

*Join us for one of our Open Days 2018:  
21 April, 16 June, 8 September and 24 November*

Email: [registrar@downehouse.net](mailto:registrar@downehouse.net) to arrange a visit



House of Lords

From : The Rt Hon the Earl Howe PC

Ellie Martin  
Lacrosse Tour Captain  
Godstowe School  
Shrubbery Road  
High Wycombe  
Buckinghamshire HP13 6PR

19<sup>th</sup> January 2018

*Dear Ellie,*

It is a pleasure for me to send my warmest wishes to you and the other members of the Godstowe lacrosse team for a happy and successful tour of the United States.

You will bring to the tour those qualities and values in which Godstowe girls have always taken a pride: friendliness, courtesy, good sportsmanship and generosity of spirit. I know that you will represent the school and our country with great credit.

Congratulations to you all on undertaking such an exciting and rewarding trip – and the very best of good fortune on the lacrosse field!

*Yours sincerely,*

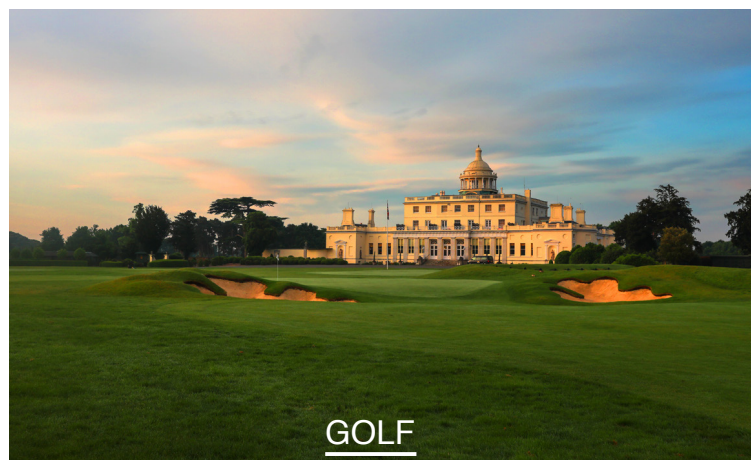
*Howe*

HOWE

Deputy Leader, House of Lords



## The Great British Club...



GOLF



TENNIS



SOCIAL



JUNIOR



GYM



DINING

For more information about the various memberships available and current special offers at Stoke Park please contact the team 01753 717179 or by email [membership@stokepark.com](mailto:membership@stokepark.com)

STEVE BAKER MP



HOUSE OF COMMONS

LONDON SW1A 0AA

Miss Ellie Martin  
Lacrosse Tour Captain  
Godstowe Preparatory School  
Shrubbery Road  
High Wycombe  
Buckinghamshire  
HP13 6PR

Dear Ellie,

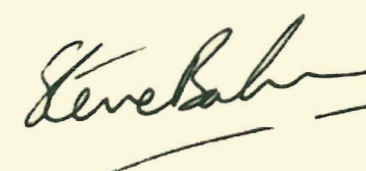
### Godstowe Lacrosse Tour 2018

I am writing to offer my best wishes and support on your upcoming Lacrosse tour of the United States of America. I am proud to hear of the hard work that you and the other members of the Godstowe lacrosse team have put into fundraising and organising the tour.

In this time of expanding horizons, I am sure that Godstowe pupils will be able to showcase the best of Britain to the people they meet across the USA. I fully support your aims of promoting international friendship, lacrosse, Godstowe School and England's honour!

I hope you will enjoy the experience, one which will no doubt allow all the team members to gain a greater understanding of themselves and the wider world. Your hard work and perseverance will be the foundation of your success and I am sure the trip will be one you recall fondly for many years to come.

Yours sincerely,



Steve Baker MP



# THE GODSTOWE USA LACROSSE TOUR SQUAD 2018



THANK YOU TO EVERYONE WHO HAS  
MADE THIS LACROSSE TOUR POSSIBLE,  
ESPECIALLY OUR AMERICAN HOSTS!





Scarborough Group  
International

Scarborough  
Group  
International wish  
Godstowe Lacrosse  
Team every success  
on their 2018 tour  
to the USA



**Alice, 13**

**Position: Attack**

**How long have you been at Godstowe?** For five years

**Hobbies:** Swimming, playing lacrosse and netball, cooking and shopping with friends

**How long have you been playing lacrosse?** For three years

**Have you been to the USA before?** No, I haven't been before

**What are you most looking forward to about the tour?** Visiting all of the places we go to, playing matches against the USA and shopping

**Amy, 12**

**Position: Attack**

**How long have you been at Godstowe?** I joined in Form I (Year 3) and I became a flexi-boarder this year. I love how everyone is so friendly and inclusive at Godstowe, especially in the boarding house

**Hobbies:** I like to go swimming, play lacrosse, go shopping with friends and watch Netflix

**How long have you been playing lacrosse?** I started playing two years ago in Year 6

**Have you been to the USA before?** No I haven't but I can't wait to go!

**What are you most looking forward to about the tour?** Playing against the American teams, shopping and getting to know the Fourths better



**Annabel, 12**

**Position: Attack**

**How long have you been at Godstowe?** I joined in Form I (Year 3) as a day pupil. At Godstowe I love my friends and the atmosphere

**Hobbies:** I love sport, especially lacrosse! I also love to play the drums

**How long have you been playing lacrosse?** I played pop lacrosse in Year 5 and 6 and started playing matches in Year 7

**Have you been to the USA before?** Yes, I went to Florida in 2016

**What are you most looking forward to about the tour?** Travelling with my friends and playing lacrosse with American teams

**Annie, 12**

**Position: Attack**

**How long have you been at Godstowe?** I have been a day pupil at Godstowe for five years. I love the opportunities, challenges and friendly environment

**Hobbies:** I love sport – tennis, netball, cricket and, of course, lacrosse. I like shopping too!

**How long have you been playing lacrosse?** For three years

**Have you been to the USA before?** No but I have been very close! I went on a boat trip at the Niagara Falls, but on the Canadian side

**What are you most looking forward to about the tour?** I am really looking forward to the shopping, sightseeing and, most of all, the lacrosse matches. I am also looking forward to staying with the American families and travelling round America with my friends







**Good luck!**  
And best wishes for a great tour from all at Wellington College

WELLINGTON COLLEGE  
**Inspired | Independent | Intellectual | Individual | Inclusive**  
Discover more about the Wellington Identity at: [www.wellingtoncollege.org.uk](http://www.wellingtoncollege.org.uk)

THE  
**WHOLE PERSON**

THE  
**WHOLE POINT**



Rugby School

[www.rugbyschool.co.uk](http://www.rugbyschool.co.uk)  
#wholepersonwholepoint



**Ava, 13** **Position: Defence**  
**How long have you been at Godstowe?** I have been at Godstowe for seven years, four of which I have been a boarder  
**Hobbies:** Cooking, all sports and playing with my dog  
**How long have you been playing lacrosse?** Two years  
**Have you been to the USA before?** I went to Lake Tahoe on the Godstowe Ski Trip. We also visited San Francisco on the same trip  
**What are you most looking forward to about the tour?** I am looking forward to the food, all of the matches and being with my friends

**Daisy, 13** **Position: Attack**  
**How long have you been at Godstowe?** I have been a day girl at Godstowe for nine years. I love spending every day with my friends  
**Hobbies:** I love playing sport and baking with my sister  
**How long have you been playing lacrosse?** I have been playing lacrosse since the end of Year 5  
**Have you been to the USA before?** Yes, I have been all over California, Nevada and Utah  
**What are you most looking forward to about the tour?** The lacrosse and having fun with all of my friends



**Darcie, 13** **Position: Defence**  
**How long have you been at Godstowe?** I have been at Godstowe for 10 years – since Nursery  
**Hobbies:** I love playing sport, which takes up most of my free time. I also like watching TV  
**How long have you been playing lacrosse?** I have been playing for three years  
**Have you been to the USA before?** No I haven't but I can't wait  
**What are you most looking forward to about the tour?** The lacrosse and matches, the team kit, the shopping and sightseeing

**Ademidore "Dore", 13** **Position: Defence**  
**How long have you been at Godstowe?** I have been at Godstowe for three years  
**Hobbies:** Playing sport and cooking  
**How long have you been playing lacrosse?** For three years  
**Have you been to the USA before?** I was born in the US and spent the first two years of my life there. I go to New York every summer and most Easter holidays too. Last summer, I visited Boston and Connecticut  
**What are you most looking forward to about the tour?** Playing against our opposition and seeing other parts of the USA







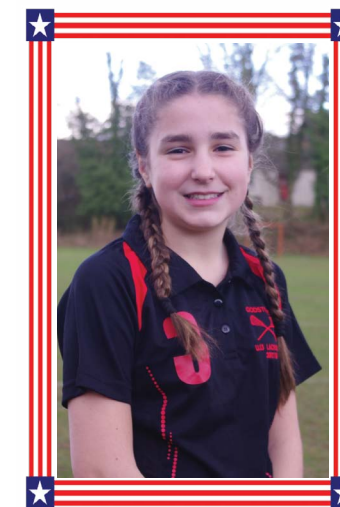
**MALVERN ST JAMES  
GIRLS' SCHOOL**  
The Boarding and Day School for Girls aged 4 - 18

“...full of girls who are going to change the world.”

GOOD SCHOOLS GUIDE 2017

**To find out more about us and for details on our forthcoming Open Days, visit [www.malvernstjames.co.uk](http://www.malvernstjames.co.uk)**

Malvern St James wishes Godstowe every success for their Lacrosse Tour 2018

**Elena, 13**

**Position: Defence**

**How long have you been at Godstowe?** I first came to Godstowe in Form II (Year 4) I am from Spain and I have done a year at Godstowe every three years

**Hobbies:** Playing sport and spending time with my friends and family

**How long have you been playing lacrosse?** I started playing lacrosse this year

**Have you been to the USA before?** Yes, when I went on the Godstowe Ski Trip to Colorado

**What are you most looking forward to about the tour?** I am looking forward to playing (and beating!) the Americans and generally having a good time

**Ellie, 13 (Captain)**

**Position: Defence**

**How long have you been at Godstowe?** I have been a day girl at Godstowe for three years. Everyone is really kind and fun. The sport is great too

**Hobbies:** Mainly sport! I love all sport because it is fun and energetic

**How long have you been playing lacrosse?** For two and a half years

**Have you been to the USA before?** Yes, when I was four years old I went to Disneyland and when I was eight I went to Universal Studios

**What are you most looking forward to about the tour?** Meeting new people, visiting new places and, most of all, playing lacrosse



**Eva, 12**

**Position: Defence**

**How long have you been at Godstowe?** I have been at Godstowe as a day pupil for five years. It is a really friendly school and the sport is very good

**Hobbies:** Playing tennis, lacrosse and netball. I also enjoy clay pigeon shooting with my father and brother, Edward

**How long have you been playing lacrosse?** This is my second year playing lacrosse

**Have you been to the USA before?** I have been to America three times – to San Diego, Miami and Florida

**What are you most looking forward to about the tour?** Playing lacrosse, spending time with my friends and shopping

**Gemma, 13**

**Position: Defence**

**How long have you been at Godstowe?** I have been a day pupil at Godstowe for three years and I love it

**Hobbies:** I enjoy sports such as lacrosse, netball and tennis. I also play the clarinet and I like cooking. I love to go shopping with my friends

**How long have you been playing lacrosse?** For three years

**Have you been to the USA before?** I have been to New York, Cape Cod and the Adirondack mountains when I was six years old

**What are you most looking forward to about the tour?** I am looking forward to getting to know the team, shopping, seeing new places, wearing all of the new kit and playing lacrosse



**PAPPLEWICK, ASCOT**



...wishes Godstowe a successful tour

**Boys' Independent Preparatory School** Ages 6-13 Day, Weekly and Full Boarding

- Boys' Independent Prep School Ages 6-13, day, weekly and full boarding
- Outstanding education where boys can still be boys
- Kindness a priority – with exceptional scholarship record to top public schools
- Daily transport service from South Bucks/Berks – ideal for High Wycombe, Beaconsfield, Maidenhead, Henley
- Extensive range of extra activities



For further information please contact:

The Registrar,  
Papplewick,  
Windsor Road  
SL5 5LH

[registrar@papplewick.org.uk](mailto:registrar@papplewick.org.uk)  
01344 621488  
[www.papplewick.org.uk](http://www.papplewick.org.uk)

TERMLY OPEN MORNINGS

Saturday 12th May 2018

Please see the website for future dates.

Registered Charity No 309087





# JOIN US FOR OPEN DAY

Saturday 19 May or  
Saturday 13 October 2018



Lacrosse played competitively from Year 9 at Milton Abbey

Co-educational | 13 - 18 | Full Boarding & Day

Milton Abbey School | Blandford Forum | Dorset | DT11 0BZ | 01258 881804 | admissions@miltonabbey.co.uk | www.miltonabbey.co.uk



Independent Boarding and Day School for girls 11 to 18

SHE WILL BELIEVE  
IN HERSELF AND HER  
ABILITY TO ACHIEVE  
HER AMBITIONS

Public School of the Year  
Tatler School Awards 2017



01935 818224  
registrar@sherborne.com  
sherborne.com

## PROFILES



Georgia, 12

Position: Attack

**How long have you been at Godstowe?** I have been at Godstowe for eight years – since Kindergarten

**Hobbies:** I love to play netball and I enjoy gymnastics. In the summer I also love playing tennis

**How long have you been playing lacrosse?** I have been playing lacrosse since Year 6

**Have you been to the USA before?** Yes, including a trip to New York last year. However, I am so excited to go with all of my friends

**What are you most looking forward to about the tour?** I am looking forward to playing matches against the USA, sightseeing and being with all my teammates

Isabelle, 13

Position: Defence

**How long have you been at Godstowe?** I have been at Godstowe for eight years and board two nights a week. I love Godstowe because it is fun and loving

**Hobbies:** My hobbies are playing sport, being with my friends and playing with my dog

**How long have you been playing lacrosse?** I have been playing for three years

**Have you been to the USA before?** Yes, I visited New York in February 2017 and I also went there when I was younger

**What are you most looking forward to about the tour?** I am looking forward to learning new skills and playing against new teams. I am also looking forward to having a good time with my friends



Jasmine, 12

Position: Attack

**How long have you been at Godstowe?** I have been at Godstowe since Form I and I started boarding the following year. I love the friendly and warm atmosphere at the school and all of the encouraging teachers

**Hobbies:** I love reading fiction books. I enjoy swimming at my local club and for relaxation I enjoy playing jazz on the piano and repertoire on the cello

**How long have you been playing lacrosse?** I have played for about 18 months and have been on a few holiday camps

**Have you been to the USA before?** I have an aunt who lives in Manhattan and we used to spend the summer at her house in Long Island. I have been to Arizona and Utah and visited the Grand Canyon in 2016. I have also been to New York

**What are you most looking forward to about the tour?** I am looking forward to seeing new places, meeting new people, improving the team's lacrosse skills as well as my own, and, most of all, having lots of fun

Lottie, 12

Position: Defence

**How long have you been at Godstowe?** I have been at Godstowe for five and a half years and began flexi-boarding this academic year. I have so many good friends at Godstowe and love the sport too

**Hobbies:** I like sport, cooking, going shopping and watching Netflix

**How long have you been playing lacrosse?** I have been playing for two years

**Have you been to the USA before?** Yes, in 2012 I went to Somerville, Boston

**What are you most looking forward to about the tour?** The sightseeing, shopping and, most of all, playing lacrosse







Millfield wish Godstowe's Lacrosse team every success in their USA Lacrosse Tour

**Doctor**  
**Guitarist**  
**Hockey Player**

millfieldschool.com/everyfield



## PROFILES



**Lucy, 12**

**Position: Defence**

**How long have you been at Godstowe?** I have been at Godstowe for three years and became a flexi-boarder last year. I love Godstowe because there are great people and friendships made

**Hobbies:** I love playing sport, spending time with friends and shopping

**How long have you been playing lacrosse?** For three years

**Have you been to the USA before?** No, this will be my first time visiting the US and I am very excited

**What are you most looking forward to about the tour?** I am looking forward to seeing lots of new places and spending time with my friends. I am also excited about all of the team kit. But, most of all, I am looking forward to playing in matches which will be so much fun

**Lyla, 12**

**Position: Attack**

**How long have you been at Godstowe?** I have been at Godstowe for eight years and I started flexi-boarding last year

**Hobbies:** I enjoy playing sport and I like cooking with my mum

**How long have you been playing lacrosse?** For four years

**Have you been to the USA before?** I visited the West Coast in 2017

**What are you most looking forward to about the tour?** I am looking forward to seeing all of the new places, shopping and playing a hard opposition. I am also looking forward to getting to know the Uppers (Year 7s) better



**Mia, 12**

**Position: Defence**

**How long have you been at Godstowe?** I have been a day girls at Godstowe for six and a half years

**Hobbies:** I play sports and my music instruments and I also like drawing and painting

**How long have you been playing lacrosse?** I have been playing for about two years

**Have you been to the USA before?** Never!

**What are you most looking forward to about the tour?** I'm really looking forward to the sightseeing and really excited about spending time with my friends and playing a lot of lacrosse

**Molly, 11**

**Position: Defence**

**How long have you been at Godstowe?** I have been a boarder at Godstowe for two and a half years

**Hobbies:** Reading, playing music and being with friends

**How long have you been playing lacrosse?** For two years

**Have you been to the USA before?** No, I haven't been to the USA before

**What are you most looking forward to about the tour?** Getting to play against the American teams







Stowe offers a first-class sports programme which provides our elite sports performers with exceptional coaching alongside a framework of academic support. The Stowe Sport Performance Programme is designed to help our pupils achieve both their sporting and academic potential.

Sport Scholarships are available, with further support from means-tested bursaries up to 100% of the fees.

Why not come and see for yourself what Stowe has to offer?

## Sporting Stars at Stowe

[admissions@stowe.co.uk](mailto:admissions@stowe.co.uk) | 01280 818000 | [www.stowe.co.uk](http://www.stowe.co.uk)

### PROFILES



**Poppy, 13**

**Position: Defence**

**How long have you been at Godstowe?** I have been at Godstowe for three years. I am a flexi-boarder, so I board three nights a week. I love Godstowe because there are pupils from all over the world. There are so many opportunities, such as the USA Lacrosse Tour!

**Hobbies:** I play the flute and play netball and tennis outside school. I also love reading. Above all though, I love playing lacrosse!

**How long have you been playing lacrosse?** For three years

**Have you been to the USA before?** Yes, I have been to Universal Studios in Florida with my family. I have been to Lake Tahoe and San Francisco with Godstowe on the Ski Trip. I once stopped off in Texas on the way to Costa Rica

**What are you most looking forward to about the tour?** Most of all, I am looking forward to playing lacrosse. Staying with the American families will also be fun

**Sara, 13**

**Position: Attack**

**How long have you been at Godstowe?** This year will be my ninth year at Godstowe. I love Godstowe because it has a very chilled environment and everyone is very friendly

**Hobbies:** I love to be active, whether it is playing sport at school or playing cricket and football with my brothers

**How long have you been playing lacrosse?** I have been playing for three years – since Year 6

**Have you been to the USA before?** Yes, I went to Florida several times when I was younger, New York when I was 10 and I went to San Francisco on the Godstowe Ski Trip

**What are you most looking forward to about the tour?** I am looking forward to playing some great lacrosse matches as well as making some new friends in the USA. The tour will also be a fun experience with my friends



**Sofia, 11**

**Position: Attack**

**How long have you been at Godstowe?** This is my third year at Godstowe and I am a full time boarder. I love the sport at Godstowe and everyone is really friendly, including the teachers

**Hobbies:** I like playing tennis and swimming. I also like being with my friends and family

**How long have you been playing lacrosse?** This is my second year playing lacrosse

**Have you been to the USA before?** I have been to San Francisco with the school, as part of the Ski Trip. I also went to Columbia last summer

**What are you most looking forward to about the tour?** Playing lacrosse, spending time with my friends and going shopping



**Zahra, 11**

**Position: Attack**

**How long have you been at Godstowe?** I have been a day girl at Godstowe for six years. I have really enjoyed the friends I have made through playing sport

**Hobbies:** I like to play netball, hockey and go swimming – inside and outside of school

**How long have you been playing lacrosse?** I have been playing for two years

**Have you been to the USA before?** I have been to the US three times in the past to visit friends. However, I am looking forward to visiting the East Coast for the first time

**What are you most looking forward to about the tour?** I am very much looking forward to the tour as lacrosse is fast becoming my favourite sport. I am also looking forward to being with my friends for 10 days

TRADITIONAL VALUES | CONTEMPORARY EDUCATION | WORLD CLASS EXPERIENCE

An independent Preparatory Day School for boys aged 4-13

Good luck to the Godstowe USA Lacrosse tour squad, from all at

 **The Beacon**

Our next Open Mornings:


FRIDAY 11 MAY 2018  
SATURDAY 6 OCTOBER 2018  
FRIDAY 1 FEBRUARY 2019




 /beaconschoolamersham  
 @beacon\_school

THE BEACON | CHESHAM BOIS | AMERSHAM | BUCKINGHAMSHIRE | HP6 5PF

**Calne Girls Can**

Good luck to the Godstowe girls on their USA Lacrosse Tour!

 **ST MARY'S CALNE**  
A Leading Independent Boarding & Day School For Girls Aged 11-18

Contact  [admissions@stmaryscalne.org](mailto:admissions@stmaryscalne.org)  01249 857200  [stmaryscalne.org](http://stmaryscalne.org)



# Inspiring the next generation

Sport offers so much more than just exercise. It teaches important life skills, creates life-long friendships and can stand the young generation in good stead for their future careers. Here, **Gabby Logan** explains why sport and, in particular women's sport, is so important to her

**G**odstowe's USA Lacrosse Tour offers Godstowe girls the chance to create memories that will last a lifetime. They will bond on the pitch, over the waffle-laden breakfast table and on the long coach journeys. They will learn things about themselves and each other that they didn't know before. They will find new depths of strength, courage and possibly leadership that they didn't realise they possessed. Above all, they will have a lot of fun and laughs along the way.

There has been so much written and said about engaging young people and, in particular, young women in sport over the last few years. When Great Britain was bidding to host the 2012 Olympics in London one of the main goals was that we, as a nation, would inspire a generation into sport.

For me, one of the great positives and successes of the 2012 Olympics was the host of female sporting role models who were born; Jessica Ennis-Hill, Victoria Pendleton, Beth Tweddle and Katherine Grainger, to name a few. Women's sport was put squarely on the map – female gold medals were every bit as valuable as male gold medals and, I am pleased to say, slowly but surely the column inches given to women's sport is increasing.

What is also clear from so many of our global sporting success stories is that playing a wide variety of sports as a child is so important. Skills are transferable and physical attributes that might have kept you from

reaching the very top in one sport could be the factor that leads to success in another. There is now such a sophisticated talent identification programme in the UK that it is hard to fall through the net if you really want to push your sporting life to its full potential.

Not all of the young lacrosse players on this tour will play for their country when they are older, nor find a career in sport. However,

**“It is hard to fall through the net if you really want to push your sporting life to its full potential”**

that is not the most important thing about this experience. Instead, what they will learn from this sporting trip is teamwork, understanding the strengths and weaknesses of others, adaptability and resilience – all of which are skills that can be transferred into any profession,

passion or walk of life.

When I was a young gymnast devoting 25 hours per week to training I learnt to become very organised. I had to learn to juggle demands of school and my intense commitment to my sport; juggling is a useful skill for any man or woman.

I never envisaged gymnastics as a future job. At the time, there were no women earning a living from the sport apart from perhaps the very

top coaches. But I was not motivated by financial reward, I wanted to see how far I could get and I adored it. I loved the intensity of training and knowing that I had set goals I wanted to achieve. Now I realise the hours of training were about so much more than the end result of a competition,



Above: Olympic gold medalist Katherine Grainger helped put women's sport squarely on the map



Skills gained through sport, such as teamwork, adaptability and resilience, can be transferred into any profession, passion or walk of life

a gold medal or a place on the National Squad. I was applying my focus, learning time management and becoming a self-motivated person.

There comes a time in a child's life when it's down to them and them alone. Parents can keep driving them to practice, helping them with equipment and encouraging them but, ultimately, the desire to become

**“I knew the camaraderie and social side was going to be as important as the fitness I would gain”**

the best or at least the best they can be, whether it is the arts, science or sport has to come from them.

When I joined Durham University, I stopped competing at a very high level in gymnastics and, instead, I immediately joined the netball team and the rowing club. From my experience as a gymnast I knew the camaraderie and social side was going to be as important as the fitness I would gain. Sport has since stayed with me my whole life and I cannot imagine a life

without activity. I am lucky enough to say that is also dominates my professional life – something I could never have foreseen when I was a child.

When I was growing up, football was a part of my everyday life. My father was a professional footballer in the 1970s and '80s and my brother also played. I didn't see any women

talking about football on television nor hear them on the radio so to find myself in a career where I did both – television and radio – was something of a joyful surprise. I am always mindful of the saying “if you can't see it you can't be it” and that is what drives me to try and make sure the BBC and other broadcasters show as much women's sport as possible.

In 1987, when I was 13 years old, I went on my first tour as a gymnast to the Junior European

Championships in Athens. I can still remember the names of my team mates: Esther, Elizabeth and Hermione. I can tell you the colour of my leotards and the name of the German gymnast I became friends with – Marion, who was competing for what was then West Germany. We had a deep conversation one day about a divided Germany and what it meant to her family. I can still picture the laughter on the back seat of the bus as we drove back to the hotel from training. I even still have my first ever GB kit bag.

I can almost put myself back in the place of the girl in a leotard filled with nerves as she waited to perform her first routine. I am so grateful I was allowed to put myself in those uncomfortable positions, to test myself and see what I was capable of. The confidence and character it gave me has helped me in so many areas of life and I will be forever grateful to the coaches and sports teachers who made it possible. ■



# Queen Anne's School

An independent boarding and day school for girls aged 11-18

## The right choice for your daughter's future

Regular open mornings  
hosted throughout the year

**BOOK ONLINE NOW**

[www.qas.org.uk/bookanevent](http://www.qas.org.uk/bookanevent)

A range of  
scholarships  
available,  
including  
sports



Caversham, Berkshire  
T: +44 (0)118 918 7300

### TEAM TALK

## Leading a lacrosse team

Being asked to captain a team can be an exciting yet daunting experience. However, remaining positive throughout the team's highs and lows is key, as former England Lacrosse captain **Laura Merrifield** explains

I have been involved in the sport of lacrosse for 15 years and I am naturally very passionate about the sport that has given me so much. I started my playing career at St. George's School, Harpenden and it was there that I had my first experience as captain of the school team. This instilled in me a strong sense of responsibility, which I have carried with me throughout my playing career. I have had the privilege of being selected as captain at county, regional, and international level, as England co-captain at both the U19 World Championships in 2007 and the Senior Women's World Cup in July 2017.

Being selected as captain is an incredible honour and to lead the team out onto the field at the start of a game fills me with immense pride. Playing against top international sides is very different from normal day-to-day match play and, as captain, I felt accountability for team performance. We were very lucky to have unprecedented media

exposure for the Senior Women's World Cup – both from the national press and television coverage. This is an exciting step forward for lacrosse and an extra responsibility for the players. I found myself taking part in many interviews not only prior to the World Cup, but also during the tournament itself. I have always found that a positive approach to leadership has been essential, even after a disappointing defeat and I always tried to maintain that attitude even when faced with a close loss early in the World Cup tournament. In my interviews, I would always try to focus on the positive, drawing attention to key players in the game and talking about how we were going to learn from our mistakes to improve performance in upcoming matches.

As captain, you are the team leader and preparation for the World Cup brought exciting new challenges. I took pride in helping to set the standard, making sure that my own performance was the

best I could make it to enable me to confidently lead by example. I trained hard so that my fitness levels were the highest they had ever been, keeping strictly to the strength and conditioning programme that had been created specifically for me. In this way I hoped to gain the respect of my teammates and instil in them a strong work ethic and disciplined approach to training.

To reach any goal everyone knows that you must work hard. All the hours spent working towards improving my game and keeping my motivation high enough to play at an elite level has been a huge commitment. I am a teacher at Wycombe Abbey School and their support and encouragement helped me on my World Cup journey. Staff members and pupils would often give encouraging words which helped me with early morning training sessions and getting the work and training balance right.

Below: the England team line up at the Senior Women's World Cup in July 2017



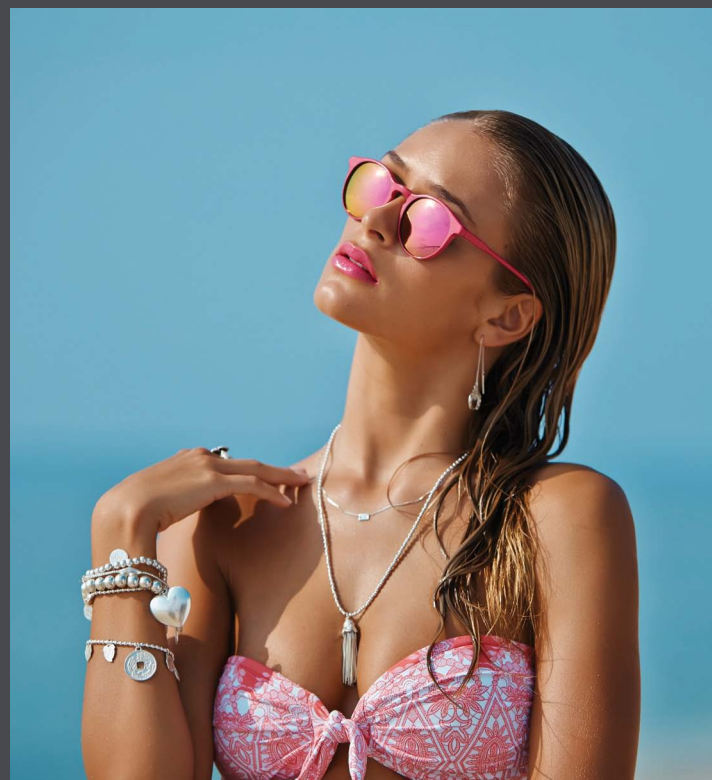
[www.godstowe.org](http://www.godstowe.org)

GODSTOWE USA LACROSSE TOUR 2018 | 33





Luxury Winter Outer Wear & Ski Wear  
Canada Goose Stockist



Summer Beach Wear

**TURNERS**  
SUN | RAIN | SNOW

www.turners75.co.uk

7 Station Road, Marlow  
01628 472223



BROOKWOOD ARE  
DELIGHTED TO SPONSOR

## THE GODSTOWE 2018 LACROSSE TEAM ON THEIR TOUR OF THE USA

We are unique in being dedicated to  
catering in independent schools.

Brookwood guarantee pupil and parent satisfaction  
through exciting food and motivated teams.

For more information call us on 0118 467 4879  
or visit our website [www.brookwoodpartnership.com](http://www.brookwoodpartnership.com)

@BrookwoodPtnrs

**Brookwood**  
INDEPENDENT SCHOOL CATERER



I focused on how best I could create a highly motivated, cohesive, skilled squad that would pose a serious threat to the international competition. I tried to make sure that every member of the team felt valued but, at the same time, emphasise the importance of working together as a team as opposed to individual performance. All team members needed to work together as a unit in order to reach the ultimate goal of winning a medal. Individual success was secondary to the success of the team as a whole. Team bonding is so important during high level competition. I always tried to be approachable so that teammates could come to me with concerns.

### SETBACKS

Helping the team to deal with setbacks proved to be another significant challenge. There is always the unforeseen injury to deal with and, during the course of the year leading up to the World Cup, the squad was also subject to selection. Only 18 players can be selected for a World Cup team, which meant players who had trained hard and done all that was asked of them suddenly found themselves taking on a supporting role rather than that of physical player on the field. This

### "Being selected as captain was the greatest honour of my sporting career"

is a tough situation but the strength and positivity of those players was commendable. They were in it for the team, which is what made this England team so special. I tried to make sure that I was always available to help affected players through this difficult period. By continuing to work hard and improve your game, it is often possible to come back stronger than ever.

I tried to provide a useful link between the players and the coaches, offering a platform through which players could air their views.



Medal winners: leading the England team to bronze medal position at the Senior Women's World Cup in July 2017 was a career highlight for team captain Laura Merrifield

During my time at the University of Maryland, I gained invaluable experience of the more physical style of play. I hope that I have been able to use this knowledge and help integrate some of these tactics with the English style of play to create a different and exciting approach.

### THE WORLD CUP

The 2017 World Cup itself had many highs and lows. After an initial good performance against Wales in the opening game, England fell short in the remaining pool matches. However, after a very productive and positive group re-evaluation during our rest day, we put all thought of defeat behind us and improved with every performance in the run up to finals day.

Key to our success was the belief that we had the ability and determination to win that medal. We put up a good fight against the US team, but they were outstanding. We knew what we had to do going into the bronze medal match. A shaky start saw us go several goals down, but we stayed strong, pushed nerves aside and slowly worked our way back into the game. Remaining calm and disciplined was key to our success as the game see-sawed backwards and forwards until we

managed to secure that all important "golden goal" after three periods of overtime. The feeling of elation at the end of the game was indescribable. This was the most incredible team effort and a moment of immense pride for us all.

Being selected as captain in the year leading up to the 2017 World Cup was the greatest honour of my sporting career. To play in front of a home crowd with Team England after all the obstacles and unknowns was unbelievable. Seeing the team with a medal for the first time since 2005 was a very special moment.

When going on tour, make sure to ask questions and learn from those who are more experienced than you. A lot of the time things won't go your way. But remember, whether it's selection, injury or negative words from someone else, try to react in a positive way and make the most of your situation. ■

*Laura Merrifield: Captain of England Lacrosse 2017 Bronze Medal Team. All World Team Selection at 2013 and 2017 World Cups. National Champion 2010 at University of Maryland NCAA Division I. Atlantic Coast Conference Champions at University of Maryland 2009, 2010, and 2011. All-American Honours 2011. U19 World Cup 2007 Bronze Medal.*



# A brief history of Godstowe

Godstowe Preparatory School in Buckinghamshire was England's first all-girls prep school and has been running successfully for more than 100 years

Godstowe was founded in High Wycombe, Buckinghamshire, in 1900 when Godstowe became England's first all-girls prep school, and forged the close ties with Wycombe Abbey that are still in force today. The school name was taken from Godstow Abbey near Oxford. Nuns from Godstow Abbey had devoted themselves to the care and education of the girls in Wycombe many centuries before. The school motto, "Finem Respice", meaning "reach towards your goal", was chosen to reflect the sense of higher purpose.

During the first year there were 12 pupils on roll, three of whom belonged to the headmistress! The uniform of straw boaters with a red band, cloaks, gymslips and white dresses was all made at Godstowe by the seamstress. The boater and cloak are still very firmly part of the school tradition today.

## THE EARLY YEARS

The early curriculum was innovative for girls' education at the time and included bookbinding and carpentry, with needlework being introduced a few years later. There was a tradition of compulsory cold baths, which is happily not continued in the present day. Emphasis has always been placed on developing the whole child and fostering many interests, and Godstowe is renowned for its family atmosphere. School pets were introduced by Mrs Scott including a hen called Mrs Brown that provided eggs for the Head's breakfasts. There was also a duck that achieved the remarkable feat of laying an egg on Mitchell pitch during a lacrosse match. Ponies, and Thomas de Godstowe the donkey, were also a part of school life.

Godstowe also had its own sport, the Godstowe Game, a version of touch rugby, which was played until recent years. Cricket also had a firm place in Godstowe



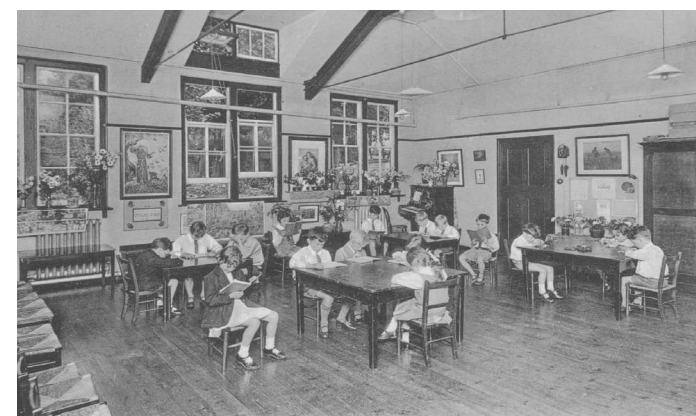
Drama: pupils took part in a production of Water Babies in 1964

tradition, being the first competitive game played by the school. The original site was very sloping, and the 1:3 gradient in some places was regarded as an advantage by the home side when batting during regular cricket fixtures in the early days.

## THE WARY YEARS

The First World War did not affect the school as much as the Second World War with all its bombing raids and severe rationing. During the Second World War the school had three air raid shelters, and fire drill involved girls abseiling down the side of the school buildings from their dormitories. The harsh winter of 1946 also saw compulsory tobogganing for all girls instead of games as all the pitches were snowbound.

The post-war years saw Godstowe's 50th birthday in 1950 and a big party was held to celebrate, with singing and charades by pupils past and present. It also saw the modernisation of Godstowe in many areas and a survival through the tough days of post-war depression. The curriculum was revised and expanded, and other activities grew in popularity. Riding, for example,



Above left: a Kindergarten class during the 1900s and, above right, the first Godstowe uniform, which is very different to what is worn today



Godstowe today: the front of the main school building still remains the same, as does the tradition of straw boaters as part of the uniform (inset)

became so popular that Godstowe held its own annual gymkhana at Radnage Riding School.

## EXPANSION AND IMPROVEMENT

A Pre-Prep department was opened in 1963. This was followed by other changes in the '70s that allowed for more space and more facilities for the growing school – the Jasper Knight Hall and an updated swimming pool to name but a few. During this time there was a change in the uniform from traditional gymslip to the skirt and blouse, with the cheerful red jumpers similar to those worn today. Academic life also flourished, as did music and drama, with a 75th birthday party being celebrated by more than 1,000 people.

By the summer of 1980, new buildings were in place including science labs and classrooms. Design

Technology was introduced, reinforcing the school's strong tradition of practical subjects, such as carpentry and needlework. The school celebrated the arrival of its first computer in 1983.

In 1994 the school opened its nursery, and began nurturing its pupils from the tender age of three. In 1996 a brand new Music School and Recital Hall, along with the new Turner boarding house, were built.

## CENTENARY CELEBRATIONS

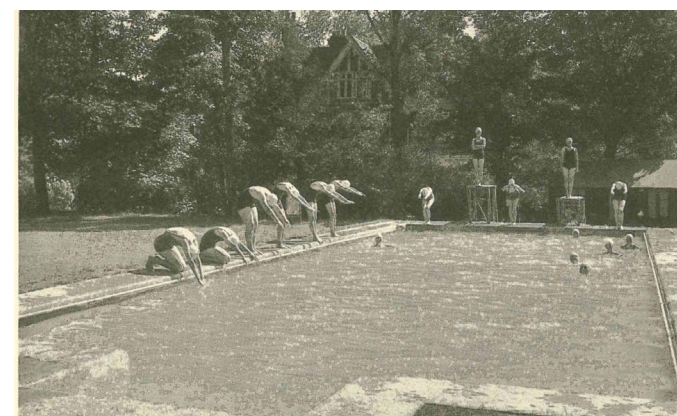
Godstowe celebrated its centenary year in 2000 and the occasion was marked with a year of celebrations, including the launch of a distinctive red rose at The Chelsea Flower Show called "Godstowe Girl".

In 2013, a new state-of-the-art Sports Hall and Drama Suite were opened. This was not long followed by a new "Beginners Building", which houses the Reception classes.

## A NEW ERA

In July 2017, Godstowe's Headmaster of 11 years, David Gainer, retired and the school welcomed a new Headmistress, Sophie Green. Her first major undertaking was the build of a brand new 25-metre indoor swimming pool complex, which opens in Autumn 2018.

The school continues to grow and develop but the traditions and innovation, quite literally the best of the old and the new, continue as they always have done. ■



Above: swimming lessons in the original outdoor swimming pool



# The origins of lacrosse

Early versions of lacrosse could involve more than 100 players on a field many miles in length and width. In the 1800s, the Canadians shortened the game and reduced the number of players and, nowadays, lacrosse thrives around the world

Lacrosse originated with Native American nations of the United States and Canada, mainly among the Huron and Iroquois Tribes as early as the 12th century. In many native American societies, ball sport was often part of religious ritual, played to resolve conflicts, heal the sick, develop strong, virile men and prepare for war. Legend tells of games with more than 100 players from different tribes taking turns to play. It could be played on a field many miles in length and width; sometimes the game could last for days. Early lacrosse balls were made of deerskin, clay, stone and sometimes wood. It was known then as "The Creator's Game".

## THE NAME

The French Jesuit missionary, Jean de Brebeuf, saw Iroquois tribesmen play it in 1637 and was the first European to write about the game. He called it lacrosse. Some say the name originated from the French term for field hockey, *le jeu de la crosse*. Others suggest that it was named after the crosier, a staff carried by bishops. In 1856, William George Beers, a Canadian dentist, founded the Montreal Lacrosse Club. In 1867 he shortened the length of each game and reduced the number of players to 12 per team. The first game played under Beers' rules was at Upper Canada College in 1867, with Upper Canada College losing to the Toronto Cricket Club.

## WOMEN'S LACROSSE

The first modern women's lacrosse game was held at St Leonards School in Scotland in 1890. The Headmistress, Miss Louisa Lumsden, visited Canada in 1884 to attend the British Association for the Advancement of Science's Annual Conference in Montreal. She was accompanied by Miss Frances Dove, who became the founding Headmistress of Godstowe in 1900.



Above: girls play lacrosse at Godstowe from the age of 11 years old

In a letter from Canada dated 6th September 1884, Miss Lumsden tells of her visit to watch the Canghuwaya Indians play lacrosse against Montreal Club. She wrote: "It is a wonderful game, beautiful and graceful."

As Miss Lumsden had left St Leonards in 1882 it can only be assumed that she suggested the idea of lacrosse to her successor Miss Dove when consultations began to find an appropriate game for the spring term.

## LACROSSE TODAY

Today, lacrosse thrives around the world in many forms for both men and women. The Women's Lacrosse World Cup takes place every four years. In 2001 it took place in High Wycombe, home town of Godstowe. The latest World Cup was held in the UK in July 2017. The USA won the tournament, while England won bronze – their first medal since 2005. ■

Below (left to right): Ballplay of the Choctaw by George Catlin; a game at St Leonards in 1909, and women of Bishopshall East line-up in 1890



CHEL TENHAM  
LADIES'  
COLLEGE

It's time  
to level the  
playing field.

[www.cheltladiescollege.org](http://www.cheltladiescollege.org)







# spirit

**Every Heathfield girl has an irrepressible spirit.** Uniquely hers, it drives her passion, voice and character. As well as providing an excellent academic education and top-class pastoral care, Heathfield identifies your daughter's distinctive strengths and encourages her to live her ambitions, embrace her spirit and talent so that she develops as the best possible version of herself. **Live life like a Heathfield girl.**

## OPEN MORNINGS

Saturday 12 May 10am to 12 noon

Saturday 13 October 10am to 12 noon

To book, email [registrar@heathfieldschool.net](mailto:registrar@heathfieldschool.net)



Heathfield  
School  
Ascot

Boarding and Day for Girls 11-18

[heathfieldschool.net](http://heathfieldschool.net) | +44 (0) 1344 898343

