



## Our Mission

Hellas Lacrosse is committed to bringing the sport of lacrosse to the people of Greece.

We are an assembly of Native Greeks and Greek Americans united in the goal to field female and male national teams to compete in official international play.

## Our Impact

- 4** cities (Trikala, Larissa, Thessaloniki, Athens)
- 6** week-long trips to Greece
- 12** different venues
- 29** unique events
- 369** teachers & coaches trained
- 1242** young athletes playing
- 1624** people introduced to the sport of lacrosse

## Our Plan

Establish a self-sustaining network of lacrosse clubs throughout Greece that will teach, compete and inspire future generations of players to carry on the tradition of lacrosse.

## Next Big Steps

- 2019** Recognition by the European Lacrosse Federation
- 2020** Name team of 20 women to compete in next championships
- 2021** Hellas Lacrosse finishes in the top 10 at the European Lacrosse Championships

## How to Help?

[cathy@hellaslacrosse.org](mailto:cathy@hellaslacrosse.org)

[hellaslacrosse.org](http://hellaslacrosse.org) • Facebook: [@HellasLacrosse](https://www.facebook.com/HellasLacrosse)



## HELLAS LACROSSE • Program / Clinic Sites

### June 2017

**TEFAA** ~ Summer Campers & college students / teachers in training

**Krinitza Stadium** ~ AOT football players – HS athletes

### November 2017

**TEFAA** – college students / teachers in training

**Municipal Stadium** – athlete clinics (2 days), teachers in training

### May 2018

**Anatolia College • Thessaloniki** ~ Current area PE Teachers

**Athina • Trikala** ~ Introduction of lacrosse to 3 classes

**TEFAA • Trikala** ~ college students / teachers in training

**Bakogiannis School • Larissa** ~ Introduction of lacrosse to 3 classes

### September 2018

**Platon School • Athens** ~ Introduction of lacrosse to 3 classes

**Moraitis School • Athens** ~ Σχολή Μωραΐτη – met with AD

**Bakogiannis School • Larissa** ~ lacrosse development : 3 classes

**TEFAA • Trikala** ~ college students / teachers in training

### December 2018

**Mandoulides School • Thessaloniki** ~ Introduction of lacrosse to MS classes

**Anatolia College • Thessaloniki** ~ lacrosse development : athletes & teachers

**Bakogiannis School • Larissa** ~ lacrosse development : scrimmages

**TEFAA • Trikala** ~ college students / teachers in training / umpire training

**Doukas School • Athens** ~ Introduction of lacrosse to MS & HS classes

### April 2019

**American Farm School • Thessaloniki** ~ Intro & Advanced clinics - HS athletes

**HELLAS Lacrosse - lets go to the Olympics!** *Interactive intro to Lacrosse.*

*22<sup>nd</sup> International Congress on P.E. and Sports - Olympic Museum • Thessaloniki*

**TEFAA • Trikala** ~ Equipment inventory

**Doukas School • Athens** ~ Introduction to MS, Advanced clinics for HS

# Hellas Lacrosse CLINICS

Number

Clinicians

|  |              |                      |                               |             |        |       |       |           |        |           |
|--|--------------|----------------------|-------------------------------|-------------|--------|-------|-------|-----------|--------|-----------|
|  | <b>6/17</b>  |                      |                               |             |        |       |       |           |        |           |
|  | 6/23/2017    | TEFAA                | Summer Camp                   | 86          | Stephy | Cathy | Maria | Lefty     |        |           |
|  | 6/24/2017    | TEFAA                | Summer Camp                   | 94          | Stephy | Cathy | Maria | Lefty     |        |           |
|  | 6/24/2017    | TEFAA                | Teachers in Trikala           | 27          | Stephy | Cathy | Maria | Lefty     |        |           |
|  | 6/25/2017    | Krinitsa             | AOT Soccer Team               | 26          | Stephy | Cathy | Maria |           |        |           |
|  | 6/26/2017    | Krinitsa             | AOT Soccer Team               | 21          | Stephy | Cathy | Maria |           |        |           |
|  |              |                      |                               | <b>254</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  | <b>11/17</b> |                      |                               |             |        |       |       |           |        |           |
|  | 11/23/2017   | Krinitsa             | Friday Night Lights - Soccer  | 18          | Stephy | Cathy | Maria |           |        |           |
|  | 11/24/2017   | TEFAA                | Teacher In-Service            | 124         | Stephy | Cathy | Maria | Lefty     |        |           |
|  | 11/25/2017   | Auxiliary Stadium    | Athlete Clinics               | 27          | Stephy | Cathy | Maria | Christina |        |           |
|  | 11/26/2017   | Municipal Stadium    | Athlete Clinics               | 29          | Stephy | Cathy | Maria | Christina |        |           |
|  | 11/27/2017   | Municipal Stadium    | College Students              | 85          | Stephy | Cathy | Maria | Christina |        |           |
|  |              |                      |                               | <b>283</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  | <b>5/18</b>  |                      |                               |             |        |       |       |           |        |           |
|  | 5/12/2018    | Anatolia College     | Current PE Teachers           | 14          | Stephy | Cathy | Maria | Christina | Stepan |           |
|  | 5/14/2018    | ATHINA               | 3 HS classes                  | 96          | Stephy | Cathy | Maria | Eleni     |        |           |
|  | 5/15/2018    | TEFAA                | Teachers in Training          | 29          | Stephy | Cathy | Maria | Eleni     |        |           |
|  | 5/16/2018    | Bakogiannis          | 3 HS Classes                  | 92          | Stephy | Cathy | Maria | Christina | Eleni  |           |
|  | 5/17/2018    | TEFAA                | Teachers in Training          | 32          | Stephy | Cathy | Maria | Eleni     |        |           |
|  |              |                      |                               | <b>263</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  | <b>9/18</b>  |                      |                               |             |        |       |       |           |        |           |
|  | 9/21/2018    | Platon School        | 3 HS Classes                  | 90          | Stephy | Cathy | Maria | John      |        |           |
|  | 9/21/2018    | Moriatis School      | Met with AD                   | ~           | Stephy | Cathy | Maria | John      |        |           |
|  | 9/24/2018    | Bakogiannis          | 3 MS Classes                  | 90          | Stephy | Cathy | Maria | John      | Eleni  |           |
|  | 9/25/2018    | TEFAA                | College Jrs - 26 teachers     | 29          | Stephy | Cathy | Maria | Eleni     | Aki    |           |
|  |              |                      |                               | <b>209</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  | <b>12/18</b> |                      |                               |             |        |       |       |           |        |           |
|  | 12/7/2019    | Mandoulides          | 6 HS classes                  | 145         | Stephy | Cathy | Eleni | Christina |        |           |
|  | 12/8/2019    | Anatolia College     | Student Project / Game        | 27          | Stephy | Cathy | Eleni | Christina | Maria  |           |
|  | 12/10/2019   | Bakogiannis          | 2 MS Requested class          | 38          | Stephy | Cathy | Eleni |           |        |           |
|  | 12/11/2019   | TEFAA                | Equipment Inventory           |             | Stephy | Cathy | Eleni |           |        |           |
|  | 12/12/2019   | Doukas               | 6 MS /HS Classes              | 128         | Stephy | Cathy | Eleni | Maria     |        |           |
|  |              |                      |                               | <b>338</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  | <b>4/19</b>  |                      |                               |             |        |       |       |           |        |           |
|  | 4/12/2019    | American Farm School | 3 HS Classes                  | 86          | Jasi   | Cathy | Maria |           | Eleni  | Christina |
|  | 4/13/2019    | AFS                  | Clinics                       | 30          | Jasi   | Cathy | Maria | John      | Eleni  | Christina |
|  | 4/13/2019    | EGVE Conference      | PE teachers & Clinic          | 32          | Jasi   | Cathy | Maria | John      | Eleni  | Christina |
|  | 4/14/2019    | AFS                  | Advanced Clinic - Girls       | 20          | Jasi   | Cathy | Maria | John      | Eleni  | Christina |
|  | 4/16/2019    | Doukas               | IB HS girls, Coed 8 , Girls 7 | 96          | Jasi   | Cathy | Maria | John      | Eleni  |           |
|  |              |                      |                               | <b>264</b>  |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  |              | <b>So far . . .</b>  | <b>Introduced to lacrosse</b> | <b>1621</b> |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |
|  |              |                      |                               |             |        |       |       |           |        |           |





**May 2017**

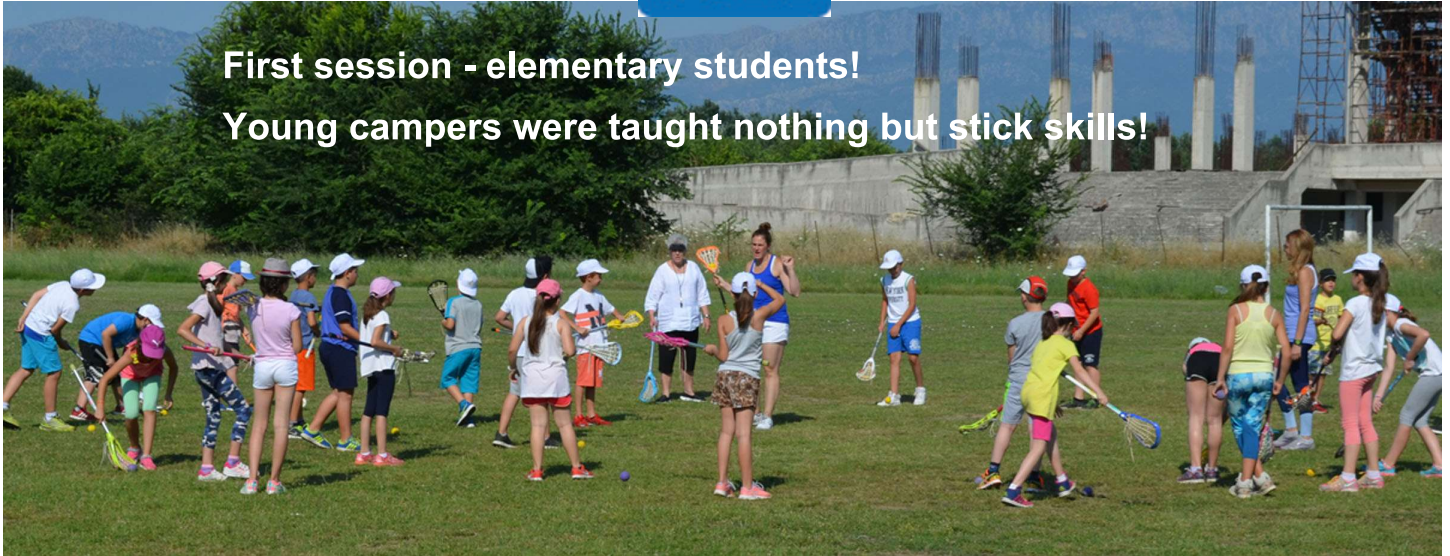


# **Campers**

**Trikala**

**First session - elementary students!**

**Young campers were taught nothing but stick skills!**



**Middlers came next.**

**Recruited our first Greek coach.  
Lefty Soulis, who stayed for  
the entire session! THANKS!**

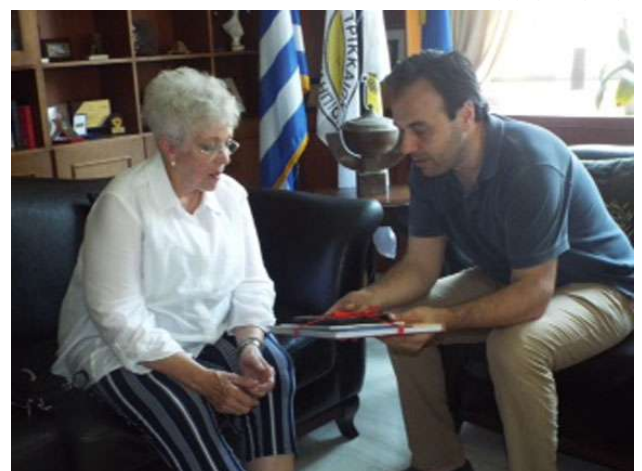


**Cathy & Dimitri, Mayor of Trikala**

**What's next?**



**PE Teachers in training**





**May 2017**



**Krinitsa**  
Trikala



**Stick Skills & Scrimmages**



**Wall Ball**



**Equipment  
Donation**



**November 2017**

**Friday  
Night  
Lights**



**AOT Soccer Team**

**Potential Hellas Lacrosse Team**





**May 2017**



**TEFAA**  
Trikala • University



**Physical Education  
Teachers in Training**

**No one had ever held  
a stick or heard  
of lacrosse before  
today!**



**Photo for the newspaper and interviews for the TV reporters on hand.**



**November 2017**



# **Municipal Stadium Trikala**



**Old sogs . . . new tricks!**

**Wall  
Ball  
#1**



**Maria, Deputy Mayor Efi Laventi, Cathy, Stephy**



**Wall Ball #2**



**Maria, Christina, Stephy heading to the stadium.**



**One on One**



**November 2017**



**TEFAA**  
Trikala



**Nick & Kiki Samaras**  
**Custodians of the Goals**



**Trikala Mayor,**  
**Dimitri Papastergiou**

**Regional Director,**  
**Maria Samara**



**PE teachers in training . . . Round #2**



**Introduction to lacrosse - a success!**



# MAY 2018

ACT organized the first clinics for  
PE Teachers in Thessaloniki area!!



## ACT • Anatolia College Thessaloniki



Game ON !

Scrimmaging came naturally to these physical educators.



The catch !

Huge thanks to Special Activities Director Stepan Partemian, Christina Daniskas  
(GK from US and current Fellow at ACT and Annarita Dal Gal (Reporter).



Wall Ball !



Surrounding both Despina's in the middle and Stepan on the left -  
and those seats !



Selfie by Christina Daniskas  
flanked by most of a very  
enthusiastic PE Team.



Still teaching . . .  
Cathy Samaras  
explains a  
technique to  
Despina



# MAY 2018

A Stepping Stone for lacrosse in Greece



# ATHINA

Trikala

Pop it up !



Headmaster Miltos Pappas,  
Head Honcho Cathy Samaras,  
National Coach Stephy Samaras Mantziaras,  
Regional Director Maria Samara  
PE Teacher Sakis Georgiou.  
Looks like they're ready to take the field !

Catching & Throwing



Ground Balls . . .



Stick handling . . .



After the final session !  
Happy athletes who want to  
learn the fastest game on  
two feet ~ Lacrosse!



**May 2018**

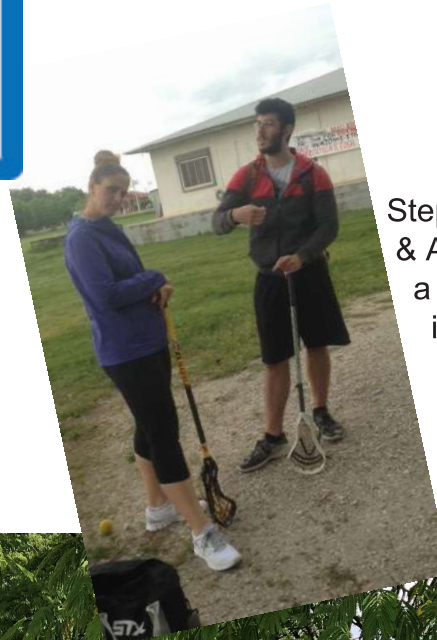


**TEFAA**

**Trikala**



**Just plain FUN !**



Stephy  
& Akis ~  
a coach  
in the making



**Not their first rodeo!..**

**The students in red are interested in learning how to play AND ref!**

**Get It !**



**Got It !**





# MAY 2018

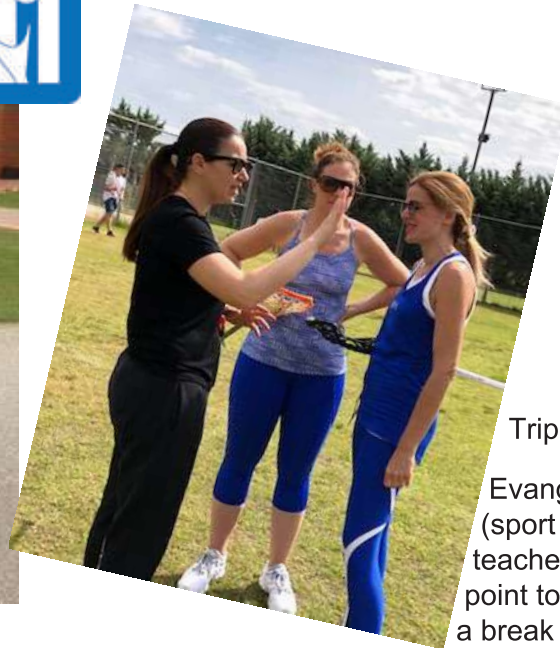


## BAKOYIANNIS

HLA home base for THESSALY



Fanis Tsitroulis, Cathy Samaras, Maria Samara, Christina Daniskas, Stephy Samaras Mantziaras, Eleni Tsianta line up after 3 clinics & a heat wave.



Triple Coach Play:

Evangelia Karavaka (sport coordinator/ teacher) makes her point to & Maria during a break in the action.

Stephy teaches the throw to first timers on the offsite fields of Bakogiannis.



These high schoolers are anxious to get a stick and learn this new game.



Athletes of the last session gather on the lawn after being introduced to a completely new sport.



# July 2018



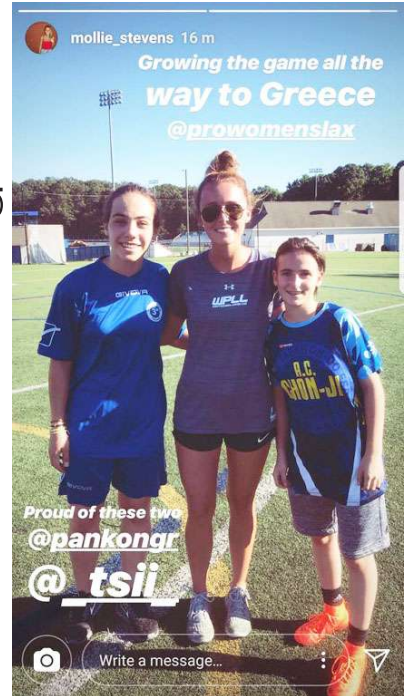
## First US Exchange



Heading to the US!  
Eleni Tsianta, Panagiota Kostantinou,  
Regional Director Maria Samara



@prowomenslax



Growing the Game all the way to Greece

## University of Maryland Terrapins Camp



Yiota rolling the crease.

Hanging with the Terp Staff



Eleni Tsianta, Stephy Samaras, MD Asst Coach Lauri Kenis (she's Greek!), Maria Samara, Lizzie Colson, Julie Legare, Yiota Konstantinou

## New Greek Members of CCLax

Coach Rick Heyn, Yiota & #97 Eleni huddle after first game with England



Yiota, Mackie Scheib & Eleni - after two 4-4 ties with England.



**Annapolis High School Turf**  
One of the England coaches snaps ALL players of the matches between CCLax and both England teams.





September 2018



**TEFAA**  
Trikala



**TEFAA**  
**Football**  
**Team**





**September 2018**

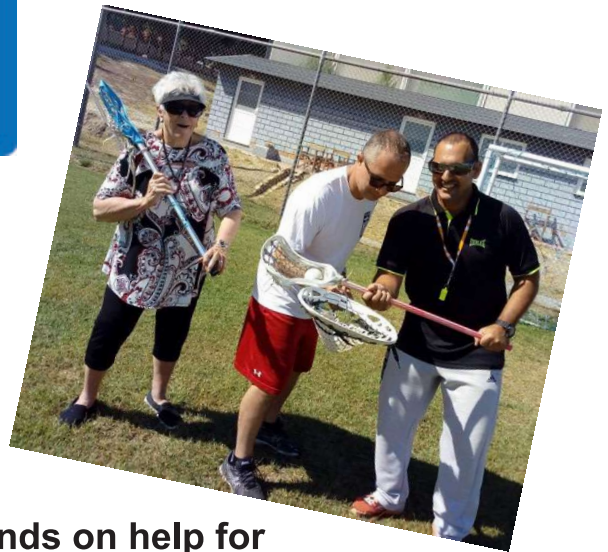


**BAKOIANNIS**

**Larissa**



**Shooting on John Kanaras**



**Hands on help for  
PE teacher Fanis Tsitroulis**



**Fantastic facility for rambunctious middlers!**



**Pick the right stick!**



**Partner passing**



September 2018



Platon School  
Athens



Athens is finally ready for lacrosse!!

Eleni Tsianta  
learned from  
our first  
Trikala clinic

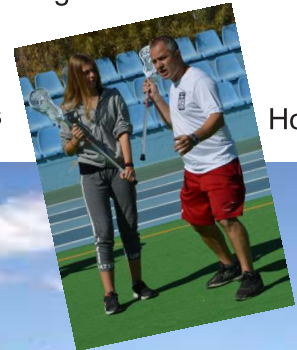


and is now  
teaching with us!



John Kanaras, Cathy Samaras,  
Stephy Samaras Mantziaras and Eleni Tsianta  
laugh with Regional Director Maria Samara.

John Kanaras



How to throw!



The torch is lit. The rest remains to be seen . . .



December 2018



Mandoulides  
Thessaloniki



Eleni Tsianta organizes the passing & catching lanes



Coaches  
Paris Digtis &  
George Stavrinos  
look to Stephy for  
coaching tips.

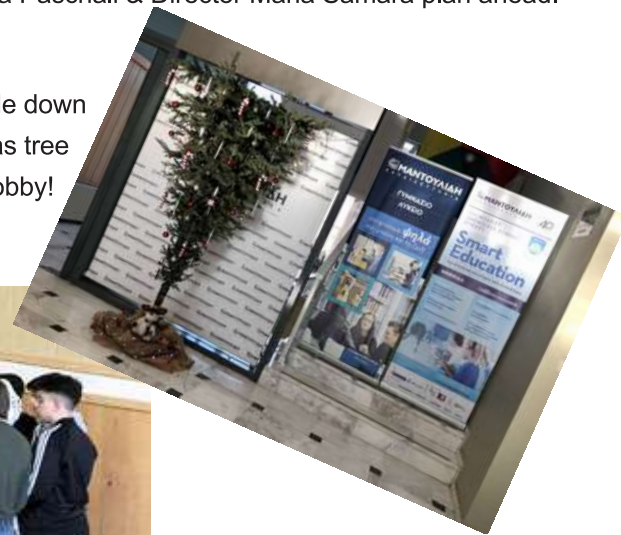


Ccoaches Christina Daniskas & Eleni Tsianta lean on Stephy while  
Board Membes Maria Paschali & Director Maria Samara plan ahead.



Eleni & Stephy pull to separate a broken stick

Upside down  
Christmas tree  
in the lobby!



Stephy demonstrates the  
power of a wall ball workout.



December 2018



Doukas School  
Marousi • Athens



All hands on deck after the first upper school clinic.



Cathy &  
Asst Sports  
Coordinator  
Maria Liberi

Stephy & Eleni  
demonstrate  
defense to the  
upper school  
athletes



Warp heads,  
donated by Warrior,  
created a wonderful  
introductory stick.



Teachers  
Akaterina,  
Maria &  
Foetini  
pick up a stick  
for the first time!



Cathy Samaras & Sports Coordinator  
Manolis Goufas exchange stories & gifts.



Clean up Crew: Stephy, Eleni, Maria & Cathy along with teachers and athletes after first clinic.



April 2019



# American Farm School Thessaloniki



The makings of a team



Defense!



The Van!  
The Director!  
The Captain!

What's  
next?!



Ready for the next level !



April 2019



# EGVE Conference

Olympic Museum

Thessaloniki



Ενωση Γυμναστών  
Βορείου Ελλάδος  
@Egve1954

22 Διεθνές Συνέδριο Φυσικής Αγωγής & Αθλητισμού  
International Congress of Physical education & Sport Science  
12-14 Απριλίου 2019 Θεσσαλονίκη  
April Thessaloniki  
Προθεσμία υποβολής Επιστημονικών Ανακοινώσεων  
Deadline for Scientific Papers 29 Μαρτίου  
March



John Kanaras



Maria, Eleni, Christina, Cathy



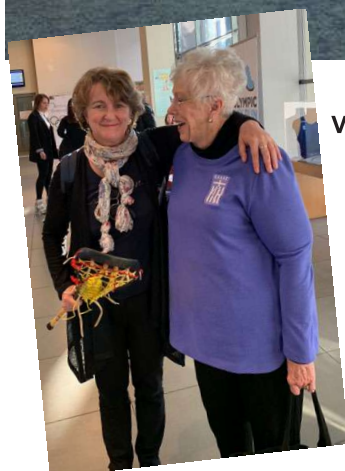
Jasi Docal • stick tricks



Kanaras • stick skills



Jasi & Eleni • Olympic Museum Clinic



Vassiliki Tzachrista ~  
International Olympic Academy

Cathy Samaras ~  
Hellas Lacrosse Director

17:30 – 19:00 Ζ' ΕΝΟΤΗΤΑ, ΣΕΜΙΝΑΡΙΟ «ΠΑΡΟΥΣΙΑΣΗ ΤΟΥ ΟΜΑΔΙΚΟΥ ΑΘΛΗΜΑΤΟΣ LACROSSE – ΛΑΚΡΟΣ»

Γεώργιος Πατσάκας, M.Sc., K.Ph.A., Ειδικός Γραμματέας Δ.Σ. Ε.Γ.Β.Ε.  
Ομιλητές - Εκπαιδευτές:

- Δρ. Cathy Samaras, Πρόεδρος της Ελληνικής Ομοσπονδίας Λακρός Γυναικών
- John Kanaras, MBA, Hellas Lacrosse
- Maria Samara, MA, Συντονίστρια της Hellas Lacrosse
- Jasmine Docal, BS



Jasi Docal, John Kanaras, Cathy Samaras, Eleni Tsianti, Maria Samara

Let's go to the Olympics!



**April 2019**

*Second clinics*



**Doukas School**

**Athens**



*Rambunctious middlers !*



**How to throw!**  
~ John Kanaras



**Box out!**



**Crease roll !**



**LOOK !**



**Skills & Drills**



*Juniors & Seniors!*



*Freshmen !*







# ΕΛΛΑΣ ΛΑΚΡΟΣ



## Women's Roster

### Clinics Across Greece

Over the past 25 months, Hellas Lacrosse has conducted 28 clinics with over 1600 total attendees for both students, active PE teachers and college PE majors.

Locations include Trikala, home to TEFAA ~ College of Physical Education, Larissa, Thessaloniki and Athens, including upper primary through secondary schools and universities. We were invited to introduce lacrosse at the 22 Annual International Congress on PE & Sports at the Olympic Museum in Thessaloniki in April 2019. the session was well attended and the on-field clinic that followed was overflowing with enthusiasm for a new sport!

### Roots Established

With an eye toward the future, Hellas Lacrosse has established roots in mainland Greece in an environment that has sports facilities along with interested students and teachers. Partnerships have been established with key private schools in Trikala, Larissa, Thessaloniki & Athens to conduct clinics in their PE classes.



### Hosted Exchange

Hellas Lacrosse sponsored an exchange program and invited 2 athletes to train and compete in the US during July 2018. Eleni Tsianta and Yiota Kostantinous attended the Maryland camp, trained with elite level US club teams, took the field with CCLax at 2 top tournaments, and ended both scrimmages with the England U19 teams in a tie. Upon returning to Trikala, Eleni has been leading and conducting clinics at Hellas Lacrosse affiliated schools.

### Goals

- |             |   |
|-------------|---|
| <b>2018</b> | Create a network of affiliated schools to establish a foundation from which to grow the game.<br>Establish a governance structure that will support the growth of the game.<br>Identify and sponsor interested athletes to participate in a potential exchange program.   |
| <b>2019</b> | Double the number of clinics and students participating - establish a interschool competition.<br>Establish the nucleus for a women's team to participate in international competition.<br>Identify and sponsor interested athletes in established exchange programs.<br>Secure sponsorship to hire a coach to live in Greece & teach across the network of schools |
| <b>2020</b> | Continue clinics at partner schools. Establish relationships with local athletic clubs to offer lacrosse.<br>Expand inter school competition and introduce separate boys / girls training, including equipment.<br>Add a second coach, expand sponsorship to establish exchange program for both girls and boys.<br>Add 2000 more introductions.                    |
| <b>2021</b> | Replicate what Hellas Lacrosse has done in the original four cities.<br>Develop interschool competition to full field matches for both boys and girls<br>Expand the sponsorship to include a third coach. Extend program to additional cities in Greece.<br>Establish a structure for fielding teams, both men's and women's, for international competition.        |





## 12 **Konstantina Akritidou**

American Farm School • Thessaloniki '20

Parents: Anna & Dimitrios • Siblings: Xenofon & Maria

Other Sports: Soccer, Tae Kwon Do

Lacrosse is not a popular sport in Greece, but it has many similarities to soccer.

I like the intensity of marking other players, running with the ball or shooting.

It's a sport that anyone can be taught.



## 13 **Anastasia Avrami**

American Farm School • Thessaloniki '19

Parents: Konstantina & Stefanos • Siblings: Vasilis & Christos

Other Sports: Soccer, Tae Kwon Do

Lacrosse is a new sport for me and that is exciting!



## 14 **Eva Baki**

Mandoulides High School • Thessaloniki '21

Parents: Valia & Agapios

Other Sports: Volleyball

Lacrosse is something new and totally fascinating. It combines strength, endurance and speed which makes it really interesting to me!



## 17 **Georgia Chahalis**

University of Maryland '22

Parent: Theodora • Siblings: Chrysostom, Maria, Theoni, Alexandra & Aleko

Other Sports: Multisport, but once I picked up a Lacrosse stick, that was it!

The most exciting thing about lacrosse is the feeling! Nothing beats the feeling right before a game starts.- lacing up my cleats, grabbing my stick, and stepping onto the field ready to hear that first whistle. I love everything about the game.



## 11 **Christina Daniskas • Captain**

School Name: Rutgers University '17

Parents: Athanasia & Efthymios • Siblings: Yanni, Nikiforos & Maria

Other Sports: Lacrosse for life!

As a goalie, I love the rush when I make a save, working together with my teammates, and creating unity on the field.



## 16 **Rafaela Kanli**

American Farm School • Thessaloniki '20

Parents: Eleftheria & Themistoklis • Siblings: Asterios & Dimitris

Other Sports: Soccer

I love the way you are supposed to move and hold the stick.



## 15 **Daphne Karahalios**

Culver Academies '20

College: United States Military Academy at West Point '24

Parents - Lisa & Dean • Sisters : Linnea & Katie

Other sports: Polo and Rugby • Interests: Aviation

Lacrosse, a dynamic team sport that any athlete can learn, has allowed it to grow internationally so rapidly. In my ten years of playing, the exponential growth of the sport will continue to evolve on the international stage. I can't wait!







### ***Katie Karahalios***

Lake Forest (IL) '15

University of Southern California '19

**18** Parents -Lisa & Dean • Sisters : Linnea & Daphne

Other sports: Equestrian Jumping, Yoga, Lifting, Biomechanics, Kinesiology

I love being a part of a team, all working their hardest for the same goal.

Participating in such a comprehensive unit is unlike anything else.



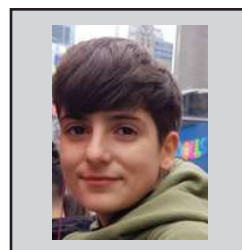
### ***Melina Kofokotsiou***

American Farm School • Thessaloniki '19

Parents: Elsa & Vasilis • Siblings: Iro & Maria

**25** Other Sports: Basketball, Soccer

I think lacrosse is exciting because it is a new challenge, something I haven't done before.



### ***Panagiota Konstantinou***

Anatolia College • Thessaloniki ' 21

Parents: Maria & Marios

**20** Other Sports: Skiing

Lacrosse is not like the other sports I've practiced - it combines a lot of sports.

My whole body is being trained while playing and I need to think fast.



### ***Stephy Samaras Mantziaras • Player / Coach***

University of Virginia '00

Parents: Cathy & George • Siblings: Staci, Dean, Cory, Cristi, Drew

**19** Children : Lia, Rena, Lexa

I started playing lacrosse when I was 8. I have coached beginners to athletes at Yale, Quinnipiac & Univ of Richmond while also serving 3 years as Head Coach of Wales.

Returning to the international scene and representing the country of my heritage is an honor & privilege.



### ***Eleni Tsianta • Captain***

3rd Senior High School of Trikala '18

Parents: Francesca & Dimitris • Siblings: Elpida, Thanos

**21** Other Sports: Soccer

I have been playing lacrosse for 2 years and I find it fascinating as it is a very fast sport, combining skill and speed. I just returned to the camp where I learned lacrosse for the first time 2 years ago - only this time I was the teacher!



### ***Leah Zenk***

Riverhead (NY) '20

Marquette University '24

**22** Parents: Georgette & John • Siblings: Alexandra, Nicholas

Other sports : Field Hockey, Tennis, Basketball, Volleyball

It's the fastest sport on two feet! You have to think fast and react even faster.

As a goalie, making the save for your team and stopping the momentum of the other team provides an adrenaline rush like nothing else.

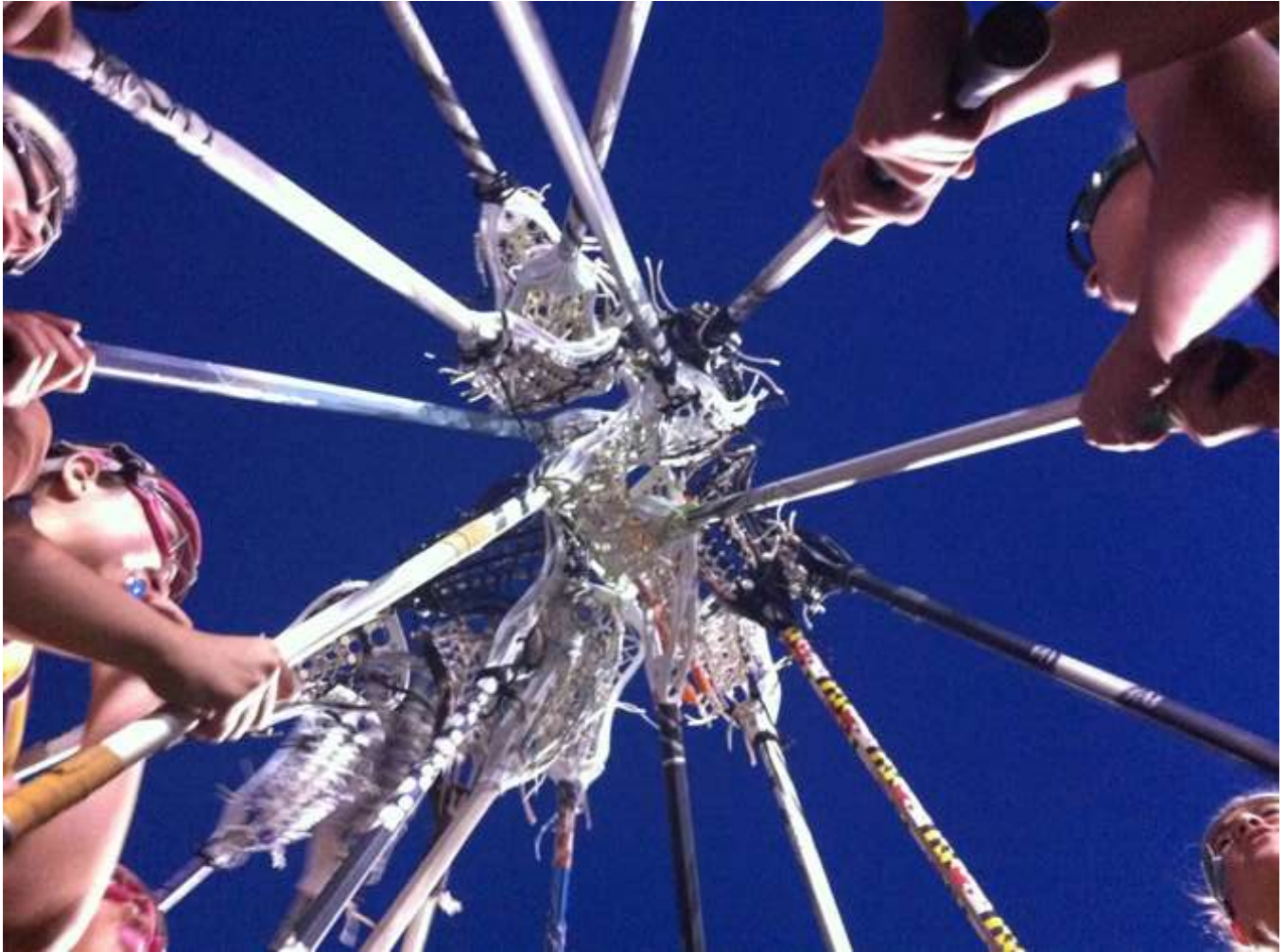
# ΕΛΛΑΣ ΛΑΚΡΟΣ





# ΕΛΛΑΣ ΛΑΚΡΟΣ

## Women's Team 2019



Members of the first team to represent Hellas in international competition were asked what they love about lacrosse.

Leah Zenk provides one answer.

As a goalie, you have to fight human instinct to get out of the way of a rock-hard projectile being fired at ridiculous speeds. Stopping a shot gives an adrenaline rush like nothing else!

Even more exciting is being part of an impenetrable defense that can shut down the other team's momentum and change the outcome of the game.

The iron legs and lungs of the midfielders transition the ball while the attackers use their lax IQ and dexterity to poke holes in the opposition's defense.

I love the coaches and the players that lacrosse has allowed me to meet from all over the world. I am humbled and grateful for the opportunity to represent both my own birth country as well as my grandparent's homeland. I hope to one day pass on everything the sport has taught me to other young athletes hungry to learn the game I fell in love with years ago.

[HellasLacrosse.org](http://HellasLacrosse.org)



**July 2019**  
*final clinics*



**AFS → ISRAEL**  
American Farm School      Netanya



**Final training session, under direction of Christina Daniskas, at American Farm School in Thessaloniki.**



Trust the wait, embrace the uncertainty, and enjoy the beauty of becoming. Big things yet to come from Hellas Lacrosse!!!!

I feel so honored and truly grateful to be a part of this major steppingstone for the sport of lacrosse in Greece. As a young player I never would have imagined myself as the Co-Captain and goalkeeper for the first ever Hellenic Women's National Lacrosse team in Netanya, Israel in July 2019. I am very proud of team that we have become and what we represent. The feeling of seeing our beautiful blue and white flag flying high amongst the rest of the European nations is something that I will never forget. Proudly wearing Hellas across our chests, nothing else mattered: not the score, not the heat, or the fact that some of our teammates had only just picked up a lacrosse stick a couple of months ago!

I played for that little girl who first stepped onto a lacrosse field almost 15 years ago, and for all the Greek girls both in Greece, in the USA,  
~ Christina Daniskas, Co Captain

When I think of the week spent in Israel as a member of the Greek Lacrosse Team only positive emotions surround me. As a team, there was no victory, but as individuals and as players we won so much. As we bonded as players a very beautiful climate was created on and off the field but also friendships that will surely last. I am very happy to be part of this team and know that I will leave my mark at the beginning of this sport in Greece.

~ Eleni Tsianta, Co Captain



**Ready to take the field!**  
Co-Captains Christina Daniskas & Eleni Tsianta flank coach Steph Samaras.

**Boarding the plane !**  
Thessaloniki to Tel Aviv.





# July 2019

*Let the games begin !*



# ELFestival

Netanya



Warm-up stretch • New Balance banner!



Hellas vs Israel  
Opening Game  
**VERY.FIRST.TIME.**

Below: TV analysts  
Ralph & Stephy  
broadcast every game  
from the "booth" at  
ELF Championships.



Today I put on a uniform I never thought I would wear. It's always been my intention to just coach Hellas. About a month ago, the head honcho, aka Cathy Samaras, told me I was playing as well as coaching..

Today we played our first game and lost 11-5 to Israel's developmental team. We lost but I could care less, we won in so many other ways. I realized this is for my dad, George Samaras, my daughters and the expressions on my captains faces. This is for them - and the rest of the team. Those smiles are worth so much more than any score displays.

Christina Daniskas was a beast in cage and overcame a huge fear of getting back out there. Eleni Tsianta proved to herself that she is a badass.

I'm so proud of these girls and the rest of this team. So many great things to come from Hellas Lacrosse. ~ Stephy Samaras • Player / Coach



# July 2019

*Opening Ceremony*

# European Championships

Netanya, Israel



Ready for the Opening Ceremonies and thrilled to be representing Greece.



Spectating at the Opening Draw



Greece - always first to march onto the field and quickly followed by the other 11 competing countries.



## ***The gang's all here !***

Following the inaugural Hellas Women's Lacrosse Team taking the field at Tubruq field in Netanya, Israel.



Cathy Samaras & Captain Eleni Tsianta carry the flag for Hellas



# July 2019



## ELFestival Netanya



Grand finale! A true celebration of sport brought us to this moment. Our last event was a mix of playing, laughing, learning and sharing a great camaraderie with other athletes from Latvia. We can't wait to follow in your footsteps!



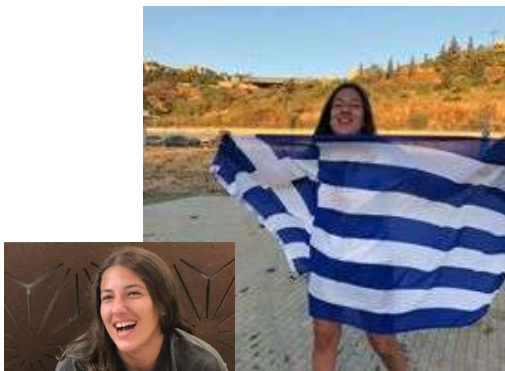
I am so grateful for the opportunity to represent Greece and play for Hellas Lacrosse. It is exciting to see the game spread to such great lengths and that I am able to contribute to this growth.

I absolutely loved the team and the instant camaraderie that engulfed us. I will treasure all of the relationships formed through this experience. I am so proud of the girls on this team and the initiative they took to embrace lacrosse and bring so much energy and fun to every practice and game.

I am honored to call these girls my teammates!  
~ Daphne # 15 & writer Katie Karahalios, # 18



**Lasting recognition of  
first team to represent  
Hellas in International  
Competition- Women's  
Lacrosse.**



Eva Baki, the youngest player on the team celebrated her 16th birthday on our last day.

What a celebration !



### Christina & Eleni

Christina • New Jersey

Eleni • Trikala

Co -captains &  
friends for life!