

FSLAX Press Release – For Immediate Publication

(August 27, 2009)

Sandy Abel Appointed Assistant Lacrosse Coach at Hood College.

Hood College (Frederick, MD) has appointed Sandy Abel Assistant Women's Lacrosse Coach. Sandy joins 3rd year Head Coach Molly Hesterberg, as Hood continues to build its lacrosse program in the very competitive DIII Colonial Athletic Conference. This is the first NCAA level coaching appointment for Coach Abel. Sandy is the fifth FSLAX coach to serve as a NCAA college coach (Dawn Rich-DII Pfeiffer; Curt Foxx –DIII Hood; Mara Sardella – DI LaSalle; Bill Sardella – DI Army). Sandy joins a distinguished list of FSLAX coaches who have been selected to coach in college or high school due to their outstanding ability to teach the game of lacrosse and to establish a comprehensive program for the student athletes at these schools.

“Sandy is an accomplished player at all levels of the game and will continue to develop her teaching skills and recruiting skills at Hood,” commented FSLAX Director of Lacrosse, Bill Sardella. “She was always a commanding presence and leader for her team as a 4 year starter and letter winner at Rutgers University and she will make an immediate impact on the Hood program and its recruiting efforts. She is as strong of a competitor and leader as I have coached.” Coach Abel played for her father, FSLAX Coach Robin Abel and Coach Bill Sardella while at Urbana High and FSLAX. She will continue to coach with FSLAX as the Assistant Head Coach for the 2013/14 team. This past season she was instrumental in the development of the club's goalkeepers and was an assistant for the 2010 team in the Galaxy Championships. She was consistently one of the top goalkeepers in the Big East and Division I and still holds all goalkeeping records at Urbana. Sandy was the defensive leader of her high school team as she led Urbana to the 2005 State Championship Game; a #5 ranking for MD public schools and #2 ranking in 3A/2A classification.

Sandy earned her bachelor's degree from Rutgers University and will be a graduate student at Hood while coaching and working in Hood's Academic Support Office.

About FSLAX

FSLAX – Frederick Stars Lacrosse Club is recognized as the first and the premier girls lacrosse club in Western Maryland. The FSLAX story began in June 2002 when 25 players and 3 coaches (Robin Abel, Bill Sardella & Mark Snyder) from Frederick County organized a tournament team dedicated to developing players for higher levels of competition. With dedication to each other and determination to play lacrosse the proper way and to break out of the rec league mentality, these players and coaches were the pioneers of an elite club that has grown to over 90 players on several teams. These players represent the best players in the region from 20 different high schools, 5 different counties and 3 states! FSLAX has remained true to its origins and is dedicated to teaching the game, developing lacrosse players and preparing players for all levels of play. Since 2003, over 68 FSLAXers have pursued lacrosse at the collegiate level. FSLAX is recognized by college coaches across the country and actively recruit FSLAX players for Division I, II & III programs.

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