

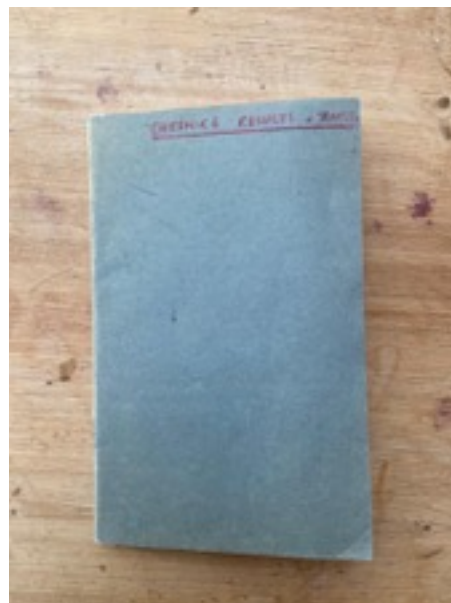
Alison Dunn

Player: JUNIOR U19: Cheshire (Cpt), North (Cpt), ENGLAND (Cpt)

SENIOR: Wirral(Oxton), Cheshire, North of England, ENGLAND

Coach: Birkenhead School, Oxton Club, Cheshire, North, WALES U19 Head Coach

The week I sit to write this is the same week I was sent some old Lacrosse memorabilia; a parent found an old notebook within her Mother's possessions and in the notebook was the Cheshire starting line up from the 78/79 season and there second from the top was my name, Alison Casey! It took me straight back and reminded me why I started playing Lacrosse and how my journey began. As a Lacrosse player, way back then, I was fortunate enough to play for Cheshire, North and I was also a Junior England Captain. I lived and breathed Lacrosse, as I know many of you do.



My playing career was unfortunately cut short, due to illness, however I could not leave behind a sport that gave me so much joy and I knew I could share that, so I became a coach. Over the years I have seen the game develop and as a keen sports fan, it is always something I enjoy. I have coached for some 30-40 years and the game has changed so much, but the fundamentals remain. What also remains is what it means to be part of a team. Times change but team sports and what they provide and offer does not...



As a coach there are rewards in both individual success and in team success, I am fortunate enough to have reached the highest levels both as a player and as a coach, winning many trophies, titles, and Championships along the way. But for me the most rewarding aspect as a coach is simply watching a player develop and reaching her potential, whether that be as a first team club player or going all the way to the pinnacle of the sport, each one is rewarding and always a great pleasure.

I have coached players of all ages and all abilities, from U10 beginners, to Ladies Internationals, but they all have one thing in common, they love sport, they love Lacrosse and they love being part of a team and that is something I always cherish.

The global pandemic is the first time this has been truly challenged and jeopardised, but once again I have watched the game develop. However, no longer from stick to stick, or rule to rule, but from observing teams find a way to train together, to meet, to communicate, to continue to hold onto that thing they cherish however possible; being part of a team. I, myself have had to learn to adapt, and being slightly longer in the tooth the technology doesn't come as naturally to me, but I have been moved, inspired and amazed by the way in which communities and teams have come together at a time when it seemed impossible.

It brings us back to the simplicity of it all, team work and a sense of community.

