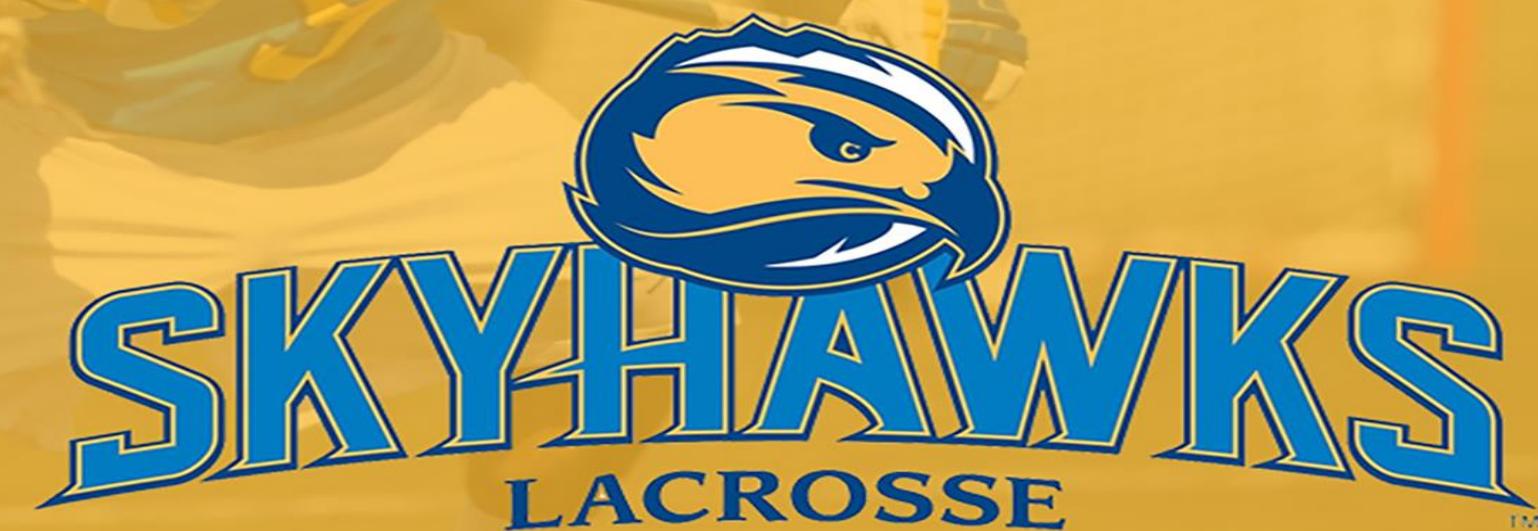




FORT LEWIS COLLEGE
DURANGO, COLORADO



SKYHAWKS
LACROSSE

Fort Lewis Quick Facts:

Fort Lewis College is a public liberal arts college located in Durango, Colorado.

The college has a student population of just under 4000 students.

Fort Lewis offers over 100 undergraduate and graduate degree programs; excelling in engineering, business, and the hard sciences.

Fort Lewis College sits on a mesa overlooking the City of Durango and the 13,000-foot peaks of the La Plata Mountains. Known as 'the campus in the sky', the college's distinctive architecture of custom-chiseled sandstone reflects the heritage of the Southwest Colorado's prehistoric Pueblo Indians, whose ancient pueblo ruins can be found throughout the region.



The college works with local and regional businesses to help Students gain skills and contacts to advance their careers after they leave the Fort.

Fort Lewis is one of the most affordable schools in the state, with in-state tuition hovering around \$3000 a semester, while out of state tuition is \$8000 a semester. The college also offers very generous scholarships based on merit, culture, and participation in extra curricular activities.

Fort Lewis Lacrosse Quick Facts:

The Fort Lewis Men's Lacrosse Club was established in 1985. We compete in DII of the MCLA as members of the Rocky Mountain Lacrosse Conference. Since it's inception, the program has produced dozens of all-conference performers and several MCLA all-American selections.

The men's lacrosse team is a perennial contender for the RMLC Championship and has made multiple appearances at the MCLA National Tournament.

The team meets for a 10 week fall ball campaign, practicing three days a week. Spring practice begins the second week of January and continues through April. In the spring, the team will practice three to four days a week. Usually, we schedule 12 regular season games against tough competition.

In 2017, the Skyhawks schedule included six teams ranked in the MCLA Top 20. The team also schedules at least one scrimmage against an NCAA program each season.

The goal of the team every year is to win the conference championship and to compete for an MCLA National Title.

Besides practice, players also take part in team yoga nights, film sessions, and team functions at local restaurants, and the ski resort.



Fort Lewis Lacrosse Program Notes:

The Fort Lewis Men's Lacrosse team practices on the newly constructed Smith Complex fields on campus. The natural grass fields overlook the La Plata Range to the west and the San Juan Range to the north.

Off the field, our team is heavily involved in the community. Skyhawk players regularly coach youth teams in the city outside of team duties. We also take part in community service projects and charitable events such as the 2017 Lax Coaches vs. Cancer Weekend.

The Fort Lewis roster is of national origin. While a majority of our roster is made up of Colorado natives, a good portion includes players from all over the country including Michigan, Alaska, Pennsylvania, and New Jersey.

Travel is a part of the Fort lacrosse experience. We regularly travel to Montana, California, and Denver for road games. During these trips, we try to experience the area. Whether spending time at the beach or rock climbing in Joshua Tree National Park, experiencing the areas we visit has been and will continue to be valued by our program.

As a coaching staff, we are looking for guys who love this game and want to become the best player they can be. We want to give guys the opportunity to play and compete at the collegiate level.



Durango:

Durango, Colorado is located in the southwestern corner of the state, 6 hours south of Denver, and one hour north of New Mexico.

The city lies in the Animas Valley at the base of the San Juan Range of the Rocky Mountains.

Within 30 miles of the city, one can ski at two mountain resorts, hike or bike hundreds of miles of trails, fish the innumerable lakes and streams, or climb one of the 14,000' tall peaks in the Weminuche Wilderness.

The population of Durango is 24,000. As a result, the town has all the amenities one could desire. The city is known for its downtown scene which is home to over 50 bars and restaurants, dozens of shops, and even an indoor climbing gym.



Durango represents every part of the small Colorado mountain town scene. In town, you'll run into professional climbers and skiers. On campus, you'll meet people from all over the country. And everywhere in town, you'll meet friendly people who will be quick to tell you about their last fishing or hiking trip.

Coaching Staff



Tom Mudrak is the head coach of the Fort Lewis Men's Lacrosse Club. 2018 is Tom's second season leading the Skyhawks after spending two years as the assistant coach at Kennesaw State University and one year as the assistant coach at Reinhardt University, where he led both schools to their first MCLA National Tournament appearances.

The coaching staff's philosophy is one based in teaching high IQ lacrosse and viewing their role as educators. Players at Fort can expect a high learning curve when they step on campus as we will work high level concepts.

"Lacrosse at Fort is about balance. We want our players to be able to compete at a high level at the collegiate level, while still enjoying Durango, the San Juan mountains, and everything else the four corners region has to offer. It is a truly unique school and we want to provide a unique experience to go with it."

Coach Mudrak started playing lacrosse at Lakeside high school in Evans, GA, helping to launch the first high school program in Georgia outside of metro Atlanta. He also became the first lacrosse player from the Augusta, Georgia area to play NCAA DI lacrosse after joining the Presbyterian College Blue Hose for the 2009 season. After transferring to Kennesaw State in 2010, he was recognized as a 4x All-SELC defenseman, 2010 All-American, 2x All-SELC Tournament, and was named the 2013 SELC Defensive Player of the Year.

Assistant Coach **Corey Henricksen** leads the Skyhawks defense. Corey joined the coaching staff after spending the past two seasons anchoring the defensive unit as a two time all conference defender for the Skyhawks. Corey hails from Grand Junction, Colorado. After playing two seasons as NCAA Concordia University, Corey transferred to Fort Lewis where he graduated with a degree in Political Science.

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