joining the Pacific Northwest team team this Spring. for games happening over the Summer.

"A blessing for sure to have a great opportunity like this," said Donahue.

"I've never really thought of making the team until I heard of a goalie in West Albany (Ashton Cavender) that got it," he explained. "I never heard of the Nike National team until he made it and the Jesuit coach, Bill Gleason, he texted me about it: 'Hey, we got this National team and I think you got a chance at making it'," Donahue said as described the opportunity to tryout. "I gave it to him because he told me about it. I sent him film. He knew some guys who coached the team and said I got a chance and I made it."

Not bad for a kid who still has two seasons left of high school lacrosse with aspirations for an opportunity to the next level. For now, as they went out for their six-lap-in-ten minute conditioning challenge to son, Donahue is excited about what

and Nike National, which will be is to come with the Celtics lacrosse

McNary has an upperclassmen-heavy, senior-driven team entering this year. Donahue is excited to see if they can grab the North Valley League title and make some noise in the playoffs. Coach Litrakis already embedded the idea of wanting to beat one of the Portland-area teams, where lacrosse is "king" in Oregon.

"For us, right now, we're making the most out of it," said Donahue. "We started in July with senior practices and getting on a GroupMe App, texting every day and saying 'hey, let's go hit the wall. Let's go have a senior practice and let's just go hangout, team bond. It's going to help us this year."

The term "let's hit the wall" refers to working on your game using a wall. Focusing on hand-eye coordination, read-and-react time and stick work - similar to a soccer player that may use a wall to work on shot angles and selection.

McNary opens the season Mar.15 start their first practice of the sea- at home against Thurston for a 6:30 p.m. game at Flesher Field.



Kyler Donahue (white shirt, gray hat) running with teammates.

Photo by JEREMY MCDONALD



WORDS MATTER

How we use words to share our stories and shape the world around us has consequences.

Our reporters – who remain committed to sharing reliable and credible information choose their words carefully to present the truth in a fair, factual and balanced manner.

Local community journalism offers stability when you need it most. You can continue to count on us for Real News.

Keizertimes



