



## **Mike Fretwell joins the Indian Creek coaching staff**

Indian Creek School is pleased to introduce Mr. Mike Fretwell as the new head coach of the Indian Creek Upper School Varsity men's lacrosse team. Mr. Fretwell joins the Indian Creek faculty directly from the athletics staff at St. Mary's High School in Annapolis.

Mr. Fretwell is a graduate of Loyola College where he played Division I lacrosse for four years. He was a two-time team MVP and was selected twice as goalie for the East Coast Athletic Conference (ECAC) team. He was the ECAC goalie of the year in 2005.

A lifetime Annapolis resident, Mr. Fretwell played lacrosse for A.Y.L.A., the Annapolis Youth Lacrosse Association. He played several positions, but established himself as a goaltender by sixth grade. He returned to Annapolis after playing for Loyola coach Charlie Toomey (Indian Creek '81) to join the program at St. Mary's for the last three years. The nationally-ranked St. Mary's team finished second in the MIAA-A division and was among the league-leaders in defense, allowing just over 6 goals per game this past season.

Mr. Fretwell brings with him a personal philosophy of coaching that complements Indian Creek's philosophy. "I like to emphasize fundamentals and teaching the game to the guys – then letting them play. I try not to orchestrate too much how the game plays out." He notes that lacrosse is a free-flowing sport unlike football with its carefully planned plays. "By teaching the fundamentals, the players will be ready to adapt and react." His goal is to teach his players what they need to know and let them take charge of themselves on the field.

He will use his coaching experience along with his previous work in camps, clinics, and as a personal trainer for school athletes, to develop the Indian Creek men's lacrosse program. He's excited about helping team members build their lacrosse skills and attracting new players to the growing program that is still rich with opportunities for new players to quickly contribute and assume leadership roles. His vision for the team includes climbing the MIAA ladder from the Eagles' current position in the C Conference.

Mr. Fretwell will join the mathematics faculty at the high school which is entering its 6<sup>th</sup> year of operation. He and the school have a strong preference for coaches to be members of the teaching faculty and Mr. Fretwell is eager to instruct and motivate Indian Creek students in both the classroom and on the field to become adults who are ready to meet the challenges of the college classroom and to secure opportunities for Indian Creek players in collegiate lacrosse programs.

Mr. Fretwell also looks forward to joining the ICS coaching staff that includes Division I standouts Ms. Erin Morris, Eagles women's lacrosse coach (former Division I lacrosse player for Davidson College) and Ms. Emily Swartz, Eagles women's field hockey coach (former Division I field hockey player for Towson University).