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Rhode Island

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350 East Main Road, Middletown, RI 02842
(401) 842-6500 | MiddletownRI.com

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CONTACT: Matt Sheley at (401) 842-6543 or msheley@middletownri.com



“MAKING MIDDLETOWN MARVELOUS:” LIZZIE DAVIDSON

MIDDLETOWN, R.I. (JUNE 8, 2022) – Sometimes, it just feels good to help others.

Lizzie Davidson doesn’t volunteer as a coach for Breakers Lacrosse because she has a child in the program or even lives in Middletown.

No, Davidson gives her time and energy coaching with the local program because she knows she can make a positive difference with the youngsters looking to play the fast moving sport she loves.

For that spirit of giving and so much more, Davidson was selected recently as the “Making Middletown Marvelous” nominee of the week.

“She is beyond selfless and exceptional at what she does,” said Lauren Freitas, director of the Breakers Lacrosse program in Middletown. “Lizzie doesn’t coach because she has children in the program, she volunteers because she loves to help children find meaningful, healthy activities to participate in.”

A Newport resident, Davidson said she gets so much more out of helping out with Breakers Lacrosse than she gives.

“A big part of sports and life in general is confidence,” Davidson said. “If I’m able to help one student or one athlete feel more comfortable when they’re out there, I’ve done what I set out to do.”

One thing Davidson said she really enjoys about coaching lacrosse is no two days are the same.

Practice could begin with a certain skills drill one day and something else completely different the next.

“Everyone has a different set of skills, what they bring to the table,” Davidson said. “By switching things up and keeping it interesting, you never know who is going to respond and shine.”

Freitas said Breakers Lacrosse is thankful and appreciative of all its volunteers, who make a true difference. However, she said there’s something about Davidson’s work that stands out.

“Lizzie goes out of her way to help give local girls the opportunity to be part of a team and play lacrosse...” Freitas said. “There are a few girls in our community whose parents don’t have a car or can’t get their child to practice or games. Lizzie drives them to and from practice.”

But that’s not all, according to Freitas.

“I have witnessed her take her coat off to provide one for a child who didn’t have one,” Freitas said. “She coaches two teams and drives all over the state on weekends because there were not enough volunteer coaches for each team. Her energy and spirit is the most amazing part about her. She makes the athletes that she coaches feel important, builds their self-confidence and teaches them how to be kind and good to one another.”

Asked why she dedicates so much of her time to helping others, Davidson said she doesn’t look at it that way.

“Honestly, it’s a privilege to be able to do what I do,” Davidson said. “I’d tell anyone who’s thinking about volunteering to just do it. You’ll find that you’ll get so much positive from it, so much more than the time you put in. I’m psyched to be there, helping out. It’s the best feeling.”

To volunteer for Breakers Lacrosse, contact Davidson at lizzie@BrooksMarineGroup.com or Freitas at LaurenFreitas12@yahoo.com.

Document Link: <https://www.middletonri.com/DocumentCenter/View/4967/Marvelous-Lizzie-Davidson>

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To suggest a "Making Middletown Marvelous" nominee, visit <https://mdl.town/Marvelous> online and submit a form and photo and the the Town will take care of the rest.