



Women's Field Lacrosse

Box Lacrosse

Co-ed Inter-Lacrosse

Men's Field Lacrosse

Girl's Box Lacrosse

Master's Lacrosse



Our Mission...

To promote, develop and preserve the sport of lacrosse and its heritage, as Canada's national summer sport, by working with our partners, to ensure that opportunities exist for individuals to participate and achieve excellence.

Our HEART...

Health and wellness
Excellence
Accountability
Respect
Teamwork

Insert Association Contact
Information and Logo Here

Why Play Lacrosse?



Why Get Our Kids Involved in Sport?

- ☺ To give your kids the opportunity to build self-esteem.
- ☺ To put a stop to the never-ending pressure to fit in and be part of the crowd.
- ☺ To get your kids participating in physical activity.
- ☺ To create an avenue for your kids to make friends, learn to work as a team and become a leader in your community.

Why Play Lacrosse?

The 'Insert Association Here' has Canada's National Summer Game to introduce to your community. The disciplines of lacrosse are diverse enough to include everyone who wants to play:

Box Lacrosse is played as a contact sport in an arena or an outdoor box from Mini-Tyke (4 years old) up to the professional league you can view on television called the National Lacrosse League (NLL). In the past, the game has been dominated by males; however, girls have been playing with the boys in the lower division levels, and some locations run Girl's Box Lacrosse programs.

Field Lacrosse was the game the settlers developed after watching the First Nations people play the game. It was the only game until after the First World War. It is played internationally and is extremely popular in US colleges, which means the opportunity for scholarships. This includes both men and women who can participate at the national and international levels.

Women's Field Lacrosse is a non-contact sport that stays closest to the traditional game and is played with no equipment other than a stick.

Inter-Lacrosse was established as an introduction to lacrosse as a school sport with no contact that is co-educational, and relatively inexpensive to administer. It is played with a plastic headed stick and a soft rubber ball, can be played in a variety of venues and has only four basic rules. It is a great game for teaching the basics of lacrosse.

How Does Our Community Get Started?

At this point, there is presently no discipline of lacrosse active in your area. What the 'Insert Association Here' would like is an opportunity to make a presentation to the people in your community. Hopefully our presentation will result in the 'Insert Association Here' joining into a partnership with you to provide the youth in your community an alternative, positive lifestyle choice.

This presentation costs you absolutely nothing but a couple of hours of your time. The 'Insert Association Here' wants every boy and girl in 'Insert Province Here' to have an opportunity to play the *fastest game on two feet...LACROSSE!*



Insert Association Logo Here

How Can We Get This Program Running In Our Community?

Get a group of people in your community together (i.e. teachers, parents, service club representatives, coaches, officials, volunteers from other sport organizations) who are interested in hearing what the 'Insert Association Here' has to say.

The 'Insert Association Here' will send a representative out to your community to outline the participation needed to take the next step.

Once a core group of people has been established in your community, the 'Insert Association Here' will provide training and resources for all coaches, officials and volunteers.

A weekend camp will be arranged, and promoted throughout the area including schools, radio/TV and community newspapers, other sport associations, etc. The community would be responsible for the promotions and would supply the venue. The 'Insert Association Here' would send clinicians and resources for the training.

Once you have the personnel in place, further promotion for athletes would take place, with a drop-in program for the first year.

In the second year, an association could be formed with more athletes recruited, and a House League system put in place with exhibition games arranged with nearby associations.