

WHY Ringette Players Should Play Lacrosse...

- Ringette and Box Lacrosse are very similar sports. Women's Field Lacrosse also stresses team play and strategies.
- U.S. College scholarship opportunities in Lacrosse are available.
- Ringette players excel in Lacrosse.
- It's a great method to increase physical fitness in ringette's off season.
- Team Sports build self esteem, respect, integrity & fairness.
- Lacrosse teaches leadership skills.
- It helps prevent sport burn-out by playing a new, fast-paced sport.
- Players of all fitness levels and abilities can compete in Lacrosse.
- A player can learn basic plays and strategies.
- A player can learn to play both offensive and defensive positions and make a quick transition from defense to offence and vice versa.
- It reinforces the importance of quickness and agility around the net.
- Lacrosse increases hand-eye co-ordination when stick handling.
- It teaches players to play with their head up and to be more aware of their surroundings.
- Offensive scoring skills are honed by shooting at smaller targets and picking corners.
- Defensive skills are taught with individual and team concepts.
- Lacrosse teaches the creativity of fakes, back passes and shots.
- Box Lacrosse is run in 5-player units and helps the ringette player practice playing a team concept; Women's Field Lacrosse is played twelve (12) a side however team play is still stressed.
- It is inexpensive to equip Box Lacrosse players as most ringette equipment can be used in lacrosse; Women's Field Lacrosse players require no equipment outside a stick.

WHY Ringette Coaches Should Coach Lacrosse...

- It's a great way to keep your ringette team together all year round.
- Ringette coaches teach similar strategies of team play and special teams used in the Box Lacrosse game, and the strategies learned from the Women's Field Lacrosse game are an asset.

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