

So what is the deal with Club Lacrosse?

With the growing popularity of lacrosse, club lacrosse has become more important for athletes. Athletes who want to play more than just the spring season, turn to clubs to hone their skills with other competitive players. Clubs typically formulate teams of like minded players from the area who train together to compete in various tournaments.

Tournament Play

There are many tournaments during different times of the year, but most often clubs compete in the Fall (First three weekends in Nov) and in the Summer (June & July). Those who travel to tournaments are typically girls who are interested in being competitive. They are athletes who, for the most part, take the game seriously. It is not recreational lacrosse. Each tournament has brackets where clubs will self select the level of competitiveness.

While it certainly isn't required, Club lacrosse is a good way to gain visibility with *college coaches*. Many college coaches attend tournaments to evaluate and recruit players. College coaches just don't have time or resources to attend high school games, and unless you attend a powerhouse high school that reaches the state finals every year, odds are a college coach may never see your high school team play.

What is important about selecting a club...

It's all about the fit. For some, it's about location, where do they practice, and how often. For others it's connection with the coach. And still others, it's the reputation of the club. Be sure and ask yourself, your daughter, and your program questions before committing to the club...

- What will I get out of this club?
- Do I share the club's philosophy?
- Do I agree with the coaching style?
- What is the playing time philosophy of the club?
- What is the training commitment for the team?
- How frequent and where are the practices?
- Is my daughter joining just to be with friends?
- Can I get feedback about my daughter's play?
- What do you do to help my daughter play in college?



Do your due diligence, it will serve you well! Changing clubs isn't the end of the world, especially in middle school, but in high school, ask the right questions to secure your future.

Bottom line – It's about your daughter's happiness and development. The Key Questions...

- ✓ Is she *learning*?
- ✓ Is she having fun?
- ✓ Does she connect with the coaches?
- ✓ Are they leaving it on the field?
- ✓ Are we competitive?

Same Name, Different Game

The rules and play of women's lacrosse is significantly different from men's lacrosse. Everything from the field markings, number of players on the field, equipment used and rules are very different. Don't watch a women's game from a men's lens. Appreciate each game for what it is!

Growing Popularity



Lacrosse is experiencing phenomenal growth. It is quickly becoming one of the most popular sports at the high school level. Over the past five years:

- Male participants grew from 41,822 to 59,993—a 43.5% increase
 - Female participants grew from 32,403 to 48,086—a 48.4% increase
 - Total participants grew from 74,225 to 108,079—a 45.6% increase
 - The number of schools with men's teams grew from 938 to 1,334—a 42.2% increase
 - The number of schools with women's teams grew from 783 to 1,270—a 62.2% increase, and
 - The total number of schools with a lacrosse team grew from 1,721 to 2,604—a 51.3% increase.
- The biggest single-year growth in number of teams occurred in 2002-03, with a 15% increase. The 2004-05 school year experienced the biggest single-year growth in participants with 11,544 new players—an 11.96% increase.

Lacrosse History

The game of lacrosse is really old dating back to the Native Americans in 1636 and then when Jean de Brebeuf, a Jesuit missionary started to take their idea. The Native Americans used it to heal and use it as medicine. Lacrosse is the oldest game in northern America. In 1794 a match between the Seneca and Mohawks (tribes) results in the creating of basic rules, also in 1834 Caughnawaga Indians demonstrate the sport in Montreal. The game is reported by the newspaper and, for the first time, white men are interested in the sport. Lacrosse has a nickname given by the Americans it was called "The Little Brother of War." Also in 1867 Dr. William George Beers, the father of modern lacrosse finalized the first set of playing rules for the Montreal Club. Then in 1876 Queen Victoria watched and "endorses" a lacrosse game in Windsor, England. New York University is the first college in the United States to establish a lacrosse team. Then the real fun began in 1881 when the first intercollegiate tournament was held at Westchester Polo Grounds in New York City.

1890 the first women's lacrosse game was played at St. Leonard's School in St. Andrew's, Scotland.

1904 - Lacrosse is first played as an actual event in the Olympics in St. Louis, with Canada winning the gold medal. The United States Intercollegiate Lacrosse League is formed. Laurie D. Cox, William C. Schmeisser and Charles Lattig form a committee to develop a uniform code of operation for college lacrosse, and divide the colleges into north and south divisions.

1908 - Lacrosse is played for the last time as an actual Olympic event in London, and Canada again wins the gold medal.

1926 - Rosabelle Sinclair reestablishes women's lacrosse in the United States when she starts a team at the Bryn Mawr School in Baltimore.

1931 - The United States Women's Lacrosse Association (USWLA) is formed as the rule-making body for women's lacrosse.

1933 - The USWLA holds its first national tournament in Greenwich, Conn. 1937 - Robert Pool introduces the first double-walled wooden stick, an early prototype for today's plastic sticks.



1947 - The men's field game positions change from goalkeeper, point, cover point, first defense, second defense, center, second attack, first attack and in home to goal keeper, attack, midfield and defense.

1959 - The Lacrosse Foundation is incorporated as the sport's national development center and archive.

1971 - Men's College lacrosse allies with the NCAA.

1978 - The International Federation of Women's Lacrosse Association (IFWLA) is founded.

1982 - The first NCAA women's championship is played at Trenton State University between the University of Massachusetts and Trenton State University.

2000 – Modifications to the women's game including limiting number of players between restraining line on the draw, changes to stick design, etc.

2001 – Cindy Timchal and Maryland wins their 7th consecutive championship

2002 – Goggles become mandatory in US

2006 – Hard boundaries are adopted

