



So Your Kid Wants to Play Lacrosse

What is Lacrosse?

Lacrosse is the oldest game in North America. Its origins date back hundreds of years as a tribal game played by many Native American peoples. To the native people the game is a gift and a medicine given to us by the creator. It is a staple of their culture, an aspect of what we would call their religion. Playing the game entertains the creator, heals us, and makes us better people. I believe in the games medicinal properties.

The game taught me how to persevere through failure, how tiny actions I make can impact my communities, and how to see into the strengths of each individual. After I play, I feel better. I am eternally grateful for what the game has taught me and I would like for your families experience with the sport to be as rewarding as mine has been.

The creators game (lacrosse) is the foundation of many sports.

Within each, the relationship between the player and their crosse (stick) is paramount.

"At Onondaga Nation we play the game our way, with handmade wooden sticks. Now, the stick is made from a living tree. The creator grows this tree with rain, soil. Whatever it takes to grow this tree. The spirit of that tree is in this lacrosse stick. The person who plays with this handmade wooden lacrosse stick gets the energy from that tree. That spirit from the tree to the player is a connection to the earth. And that's how we look at our game."

Alfred Jacques - The Stick Maker



Nike Hurache V Creator - Kris Wong

Everyone Can Find Strength in Lacrosse

One of the things that sets lacrosse apart from many other sports is that you can find success in variety of ways. Lacrosse is not a one size fits all type of sport. It encourages the development of strengths that are naturally found within each individual. Bill O'Brien, a professional lacrosse player from the Onondaga Nation, expressed this idea best as he described the Thompson Brothers, a record setting lacrosse family.

"Lyle, he's like the Eagle, he's got great vision, he can see things almost before it happens. But he's also swift, he's swift enough to dive down and grab his prey. Jeremy, he's like a deer, a

a deer is a leader, a deer is fast, it can outrun pretty much any predator. Miles, he's like the bear. Miles is big, he's strong. He's not the fastest guy, but he has the best hands in the game (picture a grizzly catching salmon in a river). Haina is like the wolf because he plays best with his brothers by his side. He's quick, he's shifty, he's agile. With that being said, each and everyone of you have an animal, each and everyone of you brings something special to the game." - Bill O'Brien



Lacrosse's Most Famous Player - Jim Brown

NFL Hall of Famer Jim Brown, one of the best running backs of all time, was also an exceptional lacrosse player. He believed that it was on the lacrosse field where he could truly showcase the kind of athlete he really was.

"Lacrosse allowed you to use all of the athletic traits of many sports. It was quick, it was skillful, it was powerful, and you could be as good as you wanted to be if you practiced with that stick day and night and become really great with it." - Jim Brown

Brown also saw great value in the foundations and Native American tradition of lacrosse.

"It (lacrosse) appealed to me tremendously because of the respect, the respect of the tradition."
- Jim Brown

Lacrosse's Modern Variants

Mens and Womens Outdoor Lacrosse - This is the most popular version of the sport played in the United States. Played on a football or soccer sized field, it requires the fitness and endurance of soccer and the stick skills of hockey. The mens game also includes the physicality of football. **Indoor or Box Lacrosse** - This version of the sport is played in a hockey rink with no ice. It mimics the flow of Hockey with the strategic nature of basketball. **World Lacrosse 6v6** - The World Lacrosse Organization has recently introduced a 6v6 Olympic version of the sport with the goal of increasing participation throughout the world! **Pick Up Games** - At its core, Lacrosse is a game, not a sport. It can be played 1v1, 2v2, or 3v3, 10v10. Two popular pick up game variants are 3x and Speed Lax. 3x, pronounced "3 by" is essentially a 3v3 take back basketball game played on smaller nets with a tennis ball. Speed Lacrosse is a full field version.