

ABOUT LACROSSE

The players use netted sticks known as the “crosse”. The purpose of the game is to use the “crosse” to pass and catch a ball (made of rubber), and shooting the ball into the opposition’s net scores goals. It is popular mostly in North America, and is the continent’s oldest and possibly fastest growing sport. Lacrosse is actively played at high school, college, youth and professional levels. The sport is especially popular in America’s northwestern region; it is also Canada’s national summer sport. The field is usually grass or artificial turf and is 60 yards wide and 110 yards long (longer than a football field). Safety equipment is necessary, as body checking is an essential part of the game. Lacrosse is considered a combination of hockey, football, and soccer, integrating parts of all three of those sports into its rules.

Originally called baggataway, lacrosse was played by Native Americans for many purposes: religious rituals, training of warriors, or to settle inter-tribal disputes. Often games were played without any boundaries and with goals separated by many miles. It was not unusual to have players injured or killed. The game acquired its present name because the sticks originally resembled staffs, or crosiers, carried by the French Jesuit missionaries who first observed the game. Thus, we have lacrosse.

How long does a game last?

A game is divided by four quarters, depending on league rules, each quarter ranges from ten to fifteen minutes. There is also a ten-minute break at half time.

Are injuries common in lacrosse?

In any sport you can risk injury. Sometime these things just happen. However, lacrosse is no more dangerous than any other sport such as football, wrestling, soccer, etc. All players are equipped with proper safety equipment to help prevent injury and enrolled in US Lacrosse, which offers insurance coverage.

What exactly is US Lacrosse?

US Lacrosse provides comprehensive insurance coverage and is required to participate in many regional tournaments. Membership benefits also include a subscription to their lacrosse magazine, US Lacrosse store discounts, educational material and free admission to the Lacrosse Museum and Hall of Fame.

For more information go to www.uslacrosse.org

What weather is lacrosse played in?

Lacrosse is played in all kinds of weather. Rain, sleet, snow – in lacrosse you will see it all. Games/practices are only cancelled due to lightning, extreme cold (rare), or unplayable field conditions. Always be prepared to come to practices/games unless we tell you otherwise! Always bring multiple layers of clothing for practice.

How does the team get to away games?

Considering we are a club team and have no school funding, we are not fortunate enough to have bussing. This is where parent and volunteer participation is crucial. So far we have always had great parents to volunteer to drive some players and the coaches always provide help when needed. We typically do not allow a player to drive themselves to away games unless they are 18 or have written permission. On average, a majority of our away games are an hour away or less.