



What is the sport of Lacrosse?

Combines aspects of other well-known sports such as hockey, basketball, soccer and football

Men's Game

- ◆ Played 10 vs 10
- ◆ 9 position players, 1 goalie
- ◆ Body checking is allowed
- ◆ Field is 60yds x 110 yds

Women's Game

- ◆ Played 12 vs 12
- ◆ 11 position players, 1 goalie
- ◆ Limited body contact
- ◆ Field is 60 yds x 120 yds

Fastest Growing Sport since 2008

- ◆ Overall growth rate of 209%
- ◆ Collegiate growth rate of 34%
- ◆ 750,000 active youth in the sport

Who We Are

About Us

Great Falls Lacrosse Club is a youth organization promoting the sport of Lacrosse for boys and girls in the Great Falls community. Our program offers teams for both boys and girls ages 8-18.

Contact Us

Phone:
301-233-5856 Nola
406-899-3566 Kim

Email:
greatfallslacrosse@gmail.com

Facebook :
www.facebook.com/greatfallslacrosseclub

Web:
<http://www.greatfallsfury.org>



GREAT FALLS LACROSSE CLUB
PO BOX 655
GREAT FALLS, MT 59403

GREAT FALLS



LACROSSE

**GREAT FALLS
YOUTH
LACROSSE
CLUB**

The fastest game on two feet!



Where did Lacrosse originate?

Lacrosse is a team sport of First Nations / Native American Iroquois origin. It is played using a small hard rubber ball, and a long-handled stick called a *crosse*.

Lacrosse played a significant role in the community and religious life of tribes across the continent for many years. Early lacrosse was characterized by deep spiritual involvement, befitting the spirit of combat in which it was undertaken. Those who took part did so in the role of warriors, with the goal of bringing glory and honor to themselves and their tribes. The game was said to be played "for the Creator" and was referred to as "The Creator's Game."

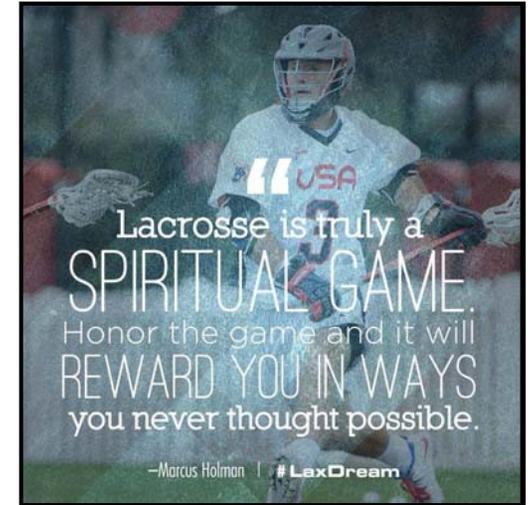
The Core Values of Lacrosse

- ◆ The Spirit of the Game
- ◆ Tradition
- ◆ Virtues: Respect, Honor, Integrity
- ◆ Good Sportsmanship
- ◆ Teamwork
- ◆ Peer Connection

All the good hockey players seemed to play lacrosse in those days and every one of them learned something from the game to carry over to the other – things athletes can only learn by mixing up games they play when they are young.” – Wayne Gretzky

Value of Lacrosse to our youth

- ◆ Physical Development
- ◆ Value of Teamwork
- ◆ Increased Collegiate Opportunities
 - 136 new collegiate programs since 2013
 - 28 new Division I programs
 - Greater chance of scholarships than most other collegiate sports



The history of Lacrosse is rich and deep

“Don’t think your kid is missing out by not playing a single sport all year long. As coaches, we’d rather see them competing in multiple sports. There’s a lot more benefit to that than in having a lacrosse stick in your hand year-round. College coaches are more interested in the intangibles.” - Cornell Big Red men’s lacrosse coach Matt Kerwick
