**Lacrosse/Wheelchair Lacrosse**

**Helpful Resources***:*

**Canadian Lacrosse Association Website**: <http://www.lacrosse.ca>

*The Canadian Lacrosse Association website offers a variety of resources including news, events, and information about the sport of lacrosse.*

**British Columbia Lacrosse Association**: <https://www.bclacrosse.com>

*The BC Lacrosse Association website provides details on the various kinds of lacrosse, team BC, and helpful resources such as field layouts and rules.*

**News in Lacrosse:**

<https://globalnews.ca/news/7344213/iroquois-nationals-world-lacrosse-championships-invite/>

An 18 year old Ontario Lacrosse player, Aidan Fearn, created a petition to include Iroquois National Lacrosse Team in the 2022 World Games, which took off rather quickly.

**Fun Facts:**

* Guli (2019), acknowledged that “modern rules for the sport date back to 1974 when they were drafted for a match between the Native American communities of Seneca and Mohawks.”
* Today men’s lacrosse teams have 10 players while the women’s lacrosse teams have twelve. Doyle (2018), found that in the early years of the sport, lacrosse teams had “… from 100 up to 1000 on a field that was nearly two miles long.”
* Guli (2019), pointed out that the first lacrosse game played by women was in Scotland in 1890.
* According to Doyle (2018), Lacrosse was “… ranked among the top 3 safest sports by the NCAA” which is rather impressive.

**Skills Spotlight:**

According to Whittemore (2018), the basic skills required in Lacrosse are passing, catching, scooping, and cradling. The sport of lacrosse requires the fundamental movement skills of running, jumping, throwing, agility, and balance. Lacrosse is a high action sport that involves many precise actions and movements.

* **The Basics of Lacrosse:** <https://www.youtube.com/watch?v=n66eqrmn5Bg>
* **10 foot work exercises for Lacrosse Players:** <https://www.youtube.com/watch?v=Wzej5agpFGA>

**High School Highlights**

Each of these academies strive to develop and maintain a high level of personal and athletic excellence with their student athletes. Sports academies offer a unique opportunity to not only develop intellectually, but also competitively by splitting their time between regular classroom activities and Lacrosse training.

* Delta Lacrosse (LAX) Academy: <https://deltalaxacademy.com>
* Spartan Lacrosse Academy: <https://www.spartanlacrosseacademy.com>
* The Hill Academy: <https://www.thehillacademy.com/lacrosse>

**References**:

Doyle, J. (2019, February 21). 11 Fun facts about its history and origins. *LacrossePal*. Retrieved on September 5, 2020 from <https://lacrossepal.com/lacrosse-facts-history/>

Guli, N. (2019, August 02). 8 Interesting facts about lacrosse you didn’t know. Retrieved from <https://www.explosion.com/132077/8-interesting-facts-about-lacrosse-you-didnt-know/>

Whittemore, F. (2019, October 15). Basic lacrosse skills. Retrieved from <https://www.sportsrec.com/4244533/basic-lacrosse-skills>