ENRICHING LIVES
THROUGH LACROSSE

US Lacrosse Foundation
US Lacrosse is proud to be the sport’s national governing body, overseeing and guiding the education, training, development and growth of both men’s and women’s lacrosse. With more than 450,000 members in 68 chapters across the country, US Lacrosse is committed to providing a leadership role in virtually every aspect of the game.

Through the US Lacrosse Foundation, contributions support the development of a rewarding lacrosse experience for all. Thanks to the generosity of our donors, US Lacrosse is able to enrich lives by providing programs and grants – including equipment, training and leadership – which benefit thousands of players, coaches, officials, trainers, parents and volunteers in communities across the country. Your gift allows us to:

• Grant opportunities and resources for new programs nationally
• Elevate coaches and officials to be life-changing mentors
• Keep players on the field, safe from injury
• Protect the character and preserve the culture of lacrosse
• Provide funding for five U.S. National Teams to be international role models
• Engage kids in healthy and structured activities with relevant instruction
• Share the love of the game
Coaches and officials are mentors to our athletes, on and off the field. US Lacrosse understands the powerful role coaches and officials play in our sport and how their training impacts our athletes. Quite simply, properly educated and trained coaches and officials provide for a better and safer experience on the field for our players. Your support of the Coaching and Officials Education Programs helps us to ensure consistency in the way our sport is taught and played across the country. What could be more important than knowing that all coaches and officials have the qualifications to safely teach and nurture a love of lacrosse?

Enriching Lives Through Knowledge

Enriching Lives Through Lacrosse

Greatest Need

We are grateful for each one of our members, but the cost of the work we do goes beyond membership dollars. Every year, US Lacrosse dedicates significant resources to the grassroots development of our sport. From the education and training of coaches and officials, to equipment grants, to sport science and safety research, to the development of rules, and providing the resources for our Team USA athletes, your gift is a direct investment in the sport’s growth and advancement.

Enriching Lives Through Lacrosse

Power the Sport by Making a Gift at USLacrosse.org/Donate
KEEPER OF LACROSSE

We are committed to never losing sight of the past as we journey forward. The Keeper of Lacrosse Project educates participants on the values that give lacrosse its roots: the spirit of the game, traditions, the virtues of honor/integrity/respect, sportsmanship, teamwork and community. The Keeper Code has been adopted by more than 600 teams with 65,000 participants to uphold a higher standard of behavior. Your Keeper of Lacrosse gift will help preserve the sport’s history and culture while promoting character to every player, coach, official and parent.

ENRICHING LIVES THROUGH VALUES

FIRST STICK PROGRAM

Opportunity. Teamwork. A Sense of Belonging. Those who know lacrosse know the impact it can have on a child’s life. They also know there are obstacles to participation. The US Lacrosse First Stick Program provides comprehensive resources, including equipment and coaches’ education, to start up programs across the country. Since its inception in 2011, more than 15,000 athletes have been given the chance to play. Your First Stick gift provides the lacrosse experience to a deserving child and advances our efforts to make the sport accessible to all.

ENRICHING LIVES THROUGH OPPORTUNITY

POWER THE SPORT BY MAKING A GIFT AT USLACROSSE.ORG/DONATE
CENTER FOR SPORT SCIENCE

Perhaps no priority is more important than striving to provide the safest possible playing experience for the participants of our sport. This commitment has been central to the US Lacrosse mission since its inception in 1998. US Lacrosse has invested approximately $1 million into research, studying everything from head injuries to hydration. The Center for Sport Science allows us to serve as a national hub for the study and improvement of health in lacrosse. Your support makes this work possible.

ENRICHING LIVES THROUGH SAFETY

ATHLETE DEVELOPMENT

Guided by the insights of some of the sport’s greatest leaders, US Lacrosse developed the Lacrosse Athlete Development Model (LADM). LADM provides a full suite of age-specific skill progression guides, drills, practice plans and administrator tools. The emphasis is on giving kids “the right lacrosse at the right time” whether they’re on a path to the national team or a lifetime of fun and fitness. Your Athlete Development gift will strengthen our efforts to engage kids in healthy activities with relevant instruction.

ENRICHING LIVES THROUGH LACROSSE

POWER THE SPORT BY MAKING A GIFT AT USLACROSSE.ORG/DONATE
TEAM USA

With a combined 28 world championships, the five U.S. National Teams (women’s Under-19 and senior; men’s Under-19, senior and indoor) have set the gold standard. US Lacrosse underwrites the cost to select, train, outfit, house and transport one U.S. Team every year for international competition, so that financial status does not preclude the best players from participating. Your National Teams gift will inspire Team USA hopefuls to pursue their dreams.

ENRICHING LIVES THROUGH ROLE MODELS

First Sport Society gifts generate meaningful financial resources which support US Lacrosse in developing and promoting the sport.

The First Sport Society recognizes generous donors of $1,000 or more and honors the Native American communities who founded America’s first sport.

The First Sport Society, comprised of a very special group of individuals, families, corporations and foundations, has the most profound impact on how we can enrich lives through lacrosse. These game-changers set an example for others to follow, support current needs and help build a legacy for generations to come. Through increased levels of participation and thoughtful financial commitments, the First Sport Society helps US Lacrosse to effectively and more quickly support the current funding needs of the sport and help to sustain the lacrosse legacy of the future.

The magnitude of our impact rests with the generous and loyal leaders of the First Sport Society who care deeply about the sport. Your gift enriches lives through lacrosse.

ENRICHING LIVES THROUGH GAME-CHANGERS

POWER THE SPORT BY MAKING A GIFT AT USLACROSSE.ORG/DONATE
MISSION
As the sport’s national governing body, US Lacrosse provides national leadership, structure and resources to fuel the sport’s growth and enrich the experience of participants.

VISION
We envision a future that offers everyone the lifelong opportunity to enjoy the sport of lacrosse.

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