The US Lacrosse Foundation helps US Lacrosse close the gap between membership revenue and the cost of inspiring participation in - and fostering the responsible growth of - America’s first sport. Your donation assists in providing the margin of excellence that makes our comprehensive programs and services, and world-class U.S. national teams, possible.

YOU’VE HELPED TO:

POWER HEALTHY BEHAVIORS
Increased research and education lead to broader awareness, rule changes

POWER ROLE MODELS
The men’s and women’s U.S. national teams clinic and exhibition schedule

POWER HOPE IN DESTRUCTION
Victim of Hurricane Sandy finds inspiration from donations

400 NEW SCHOOLS AND COMMUNITIES EMPOWERED TO PLAY LACROSSE IN 2014
First Stick, PE and Soft Stick Grants awarded to most programs ever

It all starts with their first stick.

The generosity of US Lacrosse donors and participating manufacturers is making it possible to provide sweeping change to fledgling lacrosse communities in 38 states, empowering US Lacrosse to award a record number of grants for the 2014 season.

The answer to requests for assistance with comprehensive lacrosse program development came in October for the recipients of 125 First Stick Program grants, 136 Physical Education and Soft Stick grants and eight workshops in districts impacting up to 240 schools and organizations. More than 3,150 new players and at least 10,000 more students will benefit from these grants.

The First Stick Program is a cornerstone of US Lacrosse’s efforts to grow the game responsibly. Recipients enter a two-year partnership with US Lacrosse, during which they receive help to develop a self-sustaining lacrosse program that operates by US Lacrosse’s national standards and best practices. Each team receives equipment, coaching education and free resources. The program is intended to grow the sport in non-traditional areas, and applicants are required to demonstrate financial need and the ability to sustain a program.

PE and Soft Stick grant recipients receive modified “soft” lacrosse sticks and balls through the generous support of STX, along with instructional guides and DVDs to help introduce lacrosse in their curriculums. The objective is to initiate, expand and enhance participation by enabling educators to introduce lacrosse in the classroom.

In addition, eight workshop grants have been awarded to school districts and community-based organizations. US Lacrosse trainers provide in-service training for up to 30 participants per workshop and all participants receive a Soft Stick package.

“Soft sticks lacrosse is a wonderful way to introduce lacrosse to new youth players,” said Meghan Mulford, programs manager at US Lacrosse. “After all, it really does start with their first stick.”
The US Lacrosse Foundation recognizes that philanthropy, and the ways donors choose to direct their charitable giving, has changed significantly over the past five years. Donors today want to know, more than ever before, how their contributions directly impact programs and the mission of the organization to which they are giving. There are many worthwhile nonprofits to support, and as a donor, you deserve to know where your dollars go and whom they benefit.

The US Lacrosse Foundation appreciates the importance of connecting your philanthropy with the power it has on the work of US Lacrosse. Throughout the pages of Lacrosse Matters, we bring your generosity to life, highlighting how your donations make our programs possible by bridging the financial gap between the cost of the work we do and the revenue that is provided through membership to US Lacrosse. National leadership requires a national investment, and across the country in established and budding lacrosse communities, you have shown that you care about the safe and responsible growth of our sport, and a rewarding experience for all. Your investment in our mission has a positive effect on many others.

As our fiscal year comes to a close on December 31, we invite you to empower your passion for lacrosse with a gift to US Lacrosse. Perhaps you will choose to designate that gift to an area that speaks to your relationship with the sport: our First Stick Program, Sport Science and Safety, Coaches and Officials Education, our U.S. National Teams or our Keeper of Lacrosse Project. Whatever it may be, know that your support has benefitted—and will continue to benefit—participants in neighborhoods across the country.

On behalf of the entire US Lacrosse Foundation Board, thank you for empowering US Lacrosse to change lives through lacrosse.

Sincerely,

HAVE YOU HEARD OF GIVING TUESDAY?
Nourish your soul after Black Friday and Cyber Monday

The US Lacrosse Foundation is launching our end-of-year fundraising campaign - BELIEVE - on Giving Tuesday, December 3. As lacrosse aficionados, we BELIEVE in the power of teamwork, goals and objectives. We BELIEVE in the mission of US Lacrosse, and hope you do too.

Just as Black Friday and Cyber Monday mark the start of the holiday shopping season, Giving Tuesday kicks off the end-of-year giving season. After two days of getting, Giving Tuesday is a national platform to encourage people to give back.

With the help of a national membership and donor base, the US Lacrosse Foundation hopes to have the largest online giving day in our history on Giving Tuesday, with a goal of raising $20,600 to underwrite the cost of one youth boys and one youth girls First Stick grant. Please visit uslacrosse.org/donate on December 3 and help us reach our goal! Go team!
INJURED PLAYERS KNOW THE IMPORTANCE OF RESEARCH AND EDUCATION TO KEEP YOU HEALTHY AND SAFE ON THE FIELD

Funding from donors plays a critical role in advancing safe play to keep players on the field

The expression “this time, it’s personal” has been so overused that it’s easy to forget that, sometimes, it really is personal.

Such was the case with a donation US Lacrosse received last December from a Washington, DC-area parent who wrote, “I just made a $500 gift for lacrosse safety. I would like the money to go to the work being done on the rules, official training and science regarding concussions. [USL CEO] Steve [Stenersen] was very helpful last spring when my son suffered a concussion playing.”

The parents of that player aren’t alone in their passion for safety. In May 2012, Steve wrote a 450-word post on the US Lacrosse blog entitled “The Time Has Come to Remove Violent Collision from Men’s Lacrosse” urging stiffer penalties for hits on unprotected or defenseless players. Over the next year, the post received 77 responses — many in agreement with Steve’s view, but not all — totaling more than 16,400 words!

Along with fostering conversation, US Lacrosse has supported injury research since its founding — at more than $500,000 thus far — and earlier this year hired Bruce Griffin, its first-ever director of health and sport safety. In October, US Lacrosse took three more important steps to address safety concerns shared by parents, officials, coaches, and players: revised rules, increased collaboration, and increased education through extensive coverage in Lacrosse Magazine.

RULES

On October 4, US Lacrosse announced the final rules revisions for the 2014 US Lacrosse boys’ youth lacrosse rules. The revisions place additional emphasis on body checks that target a defenseless player and on checks to the head or neck by increasing the penalty time to a two- or three-minute non-releasable foul. The youth rules are a product of modifications to the National Federation of State High School Associations (NFHS) rules, and are written by the US Lacrosse Men’s Game Rules Subcommittee.

COLLABORATION

Three days after the rules revisions were made public, US Lacrosse announced it had joined forces with 15 national sports organizations — including Pop Warner Little Scholars, US Youth Soccer, and USA Hockey — in the formation of a new coalition aimed at reducing and better managing concussions among youth athletes.

The coalition’s partnership is designed to combine the current concussion data and information with best practices that can assist in coaching, playing and officiating across all sports. By working together, coalition members hope to lessen the impact of concussions on young people playing organized sports.

EDUCATION

Long a key part of US Lacrosse’s mission, education took center stage in the October issue of Lacrosse Magazine with 14 pages devoted to health and safety. Concussions received significant coverage, with in-depth expert interviews, a “just the facts” sidebar, and a moving feature article on former Duke All-American midfielder and current Bryant University associate head coach, Brad Ross.

Recently retired from Major League Lacrosse, Ross has persistent post-concussion syndrome, which has resulted in several “episodes” over the last two years in which sudden dizziness would affect his ability to walk steadily or speak clearly. His personal story puts a human face on the research and statistical data that are the foundation of making the sport more safe for players of all ages and keeping them on the field.
POWER THE PLAYERS ON THE ROAD TO THE ROCKIES

REGISTER FOR CLINICS AT USLACROSSE.ORG/CLINICS

KEY
○ = men’s event
○ = women’s event
U.S. WOMEN’S NATIONAL TEAM
Clinics and Exhibition Schedule

EVENTS

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Site</th>
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<tbody>
<tr>
<td>Jan. 10-12</td>
<td>Champion Challenge</td>
<td>Lake Buena Vista, Fla.</td>
<td>ESPN Wide World of Sports (WWOS)</td>
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<tr>
<td>Jan. 24-26*</td>
<td>US Lacrosse National Tournament</td>
<td>TBD</td>
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<td>May 23-25</td>
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<th>Date</th>
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<tr>
<td>Dec. 14</td>
<td>Georgia</td>
<td>Oglethorpe University</td>
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<tr>
<td>Dec. 14</td>
<td>Indiana</td>
<td>Sport Zone Indianapolis</td>
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<tr>
<td>Dec. 14</td>
<td>Orange County, Calif.</td>
<td>San Clemente High School</td>
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<td>Jan. 4</td>
<td>Eastern Massachusetts</td>
<td>Forekicks Taunton</td>
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<tr>
<td>Jan. 4</td>
<td>South Florida</td>
<td>South Plantation High School</td>
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<tr>
<td>Jan. 4</td>
<td>Wisconsin</td>
<td>Brookfield Indoor Soccer Complex</td>
</tr>
<tr>
<td>Dec. 7</td>
<td>Georgia</td>
<td>Oglethorpe University</td>
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U.S. MEN’S NATIONAL TEAM
Clinics and Exhibition Schedule

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<tr>
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<td>Orange County, Calif.</td>
<td>St. Margaret’s Episcopal School</td>
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<td>Nov. 9</td>
<td>Eastern Massachusetts</td>
<td>Forekicks Marlborough</td>
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<tr>
<td>Nov. 9</td>
<td>Wisconsin</td>
<td>Brookfield Indoor Soccer Complex</td>
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<td>Nov. 10</td>
<td>Western Maryland</td>
<td>McDaniel College</td>
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<td>Nov. 10</td>
<td>San Diego</td>
<td>Pacific Ridge School</td>
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<tr>
<td>Jan. 10-12</td>
<td>Training weekend/exhibition</td>
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<tr>
<td>June 8-9</td>
<td>MLL All-Star Game</td>
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<td>June 15-16</td>
<td>Training camp</td>
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<tr>
<td>June 26</td>
<td>FIL World Championship</td>
<td>TBD</td>
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*Following Champion Challenge, the 23-player U.S. Men’s National Team will be named.
LACROSSE MATTERS TO...

Empowering lives through game-changing contributions

RICK STEVENS AND PAUL BOVEE: LIFELONG TEAMMATES CRADLING THE KEEPER CODE WITH PRIDE

Raised in the central New York town of Baldwinsville, Rick Stevens (Baker High School ‘69 and Clarkson University ‘73) and Paul Bovee (Baker High School ‘68 and Clarkson University ‘72), get together every year at masters tournaments to give thanks for the lifelong bond of lacrosse. Rick relocated to Colorado in 1976 and has been starting programs and coaching teams ever since. He has participated in all 40 years of the Vail Lacrosse Shootout. Paul ventured to Texas and has been instrumental in the growth of Texas lacrosse for years. Both currently coach varsity lacrosse for their local high schools, spreading the history and culture of the sport to areas where it has yet to be ingrained.

Rick and Paul currently play for the Gray Eagles (friends of the Air Force Academy) with a bunch of guys from the southern New York area. Feeling lucky to have role models who taught them the values of lacrosse, Rick and Paul have embraced the Keeper of Lacrosse Project, cradling the Keeper Code with their high school teams and their teammates on the Gray Eagles. Check out the Keeper logos on their helmets!

ROBERT SCHIPF: HURRICANE SANDY VICTIM PAYS IT FORWARD

When donations rolled in for Babylon Village (N.Y.) Youth Lacrosse from the US Lacrosse Hurricane Sandy Relief Fund, Robert Schipf knew exactly what he would do: replace equipment for those families who lost everything, and take what’s left and pay it forward. He helped provide new sticks to high school players who had never played and wanted to learn, and donated additional equipment to a group of eight and nine year olds—including two brothers from El Salvador—to encourage them to play.

The rest of the equipment and funds were given to the Challenger Lacrosse Program, a newly-formed Suffolk County program started by Raymond Samson that offers kids with special needs the opportunity to play lacrosse. Young lacrosse players in the Babylon community volunteer to be buddies.

Raymond has long hoped that his son, Patrick, who has Down syndrome, could play on a lacrosse team. The donations were the first step to achieving Challenger’s goals of building a team—instructional and fun for kids, affordable and stress-free for their parents—for players of varying physical and cognitive abilities. “The generosity of Babylon and US Lacrosse helped my son and his friends realize a dream to play on a lacrosse team! After receiving the equipment, the look on their faces was priceless!” said Raymond.

“The one thing that I love about lacrosse is how giving the people involved with the sport can be. On and off the field, the acts of kindness, support and spirit of community is amazing. Thank you Team 22, US Lacrosse and its members,” said Robert.

VALERIE WALCHAK: ENDLESS ENERGY AND ENTHUSIASM

Valerie Walchak’s lacrosse involvement is amazing: a former college player, coach, umpire, clinician, founder of teams and leagues, national board member with several lacrosse organizations, committee chair, committee member, tournament director, West Chester University Hall of Fame member, National Lacrosse Hall of Fame member and a First Sport Society member.

She gives tirelessly of her time and talent, and generously in support of coaches and officials education and training. Her drive to advance the responsible growth of lacrosse is as endless as her lacrosse resume.
SCHOOL WITHOUT WALLS CREATES LACROSSE WITHOUT BORDERS

As one of the top public high schools in the District of Columbia, The School Without Walls attracts a large number of exchange students that are spending 1-2 years in the United States. A 2013 recipient of a First Stick Program grant, Walls was able to introduce the sport of lacrosse to students from Belgium, Germany, Russia, Somalia and Egypt through after-school programs and team activities.

Mike Collins, head coach and administrator for the Fighting Penguins, notes that some of the most important moments for this team came off the field: 100 percent senior graduation rate and college acceptance, as well as establishing a global reach of lacrosse. Team captains Chris Coleman and Eric Scarlett will be attending Morehouse and the University of Arizona, respectively, and continuing their lacrosse careers on the school club lacrosse teams. Defenseman Nikita Selyukov returned to Russia this summer and played with the St. Petersburg Lacrosse Club, one of only two clubs that currently exist in the entire country.

The School Without Walls has entered into a partnership with an elementary and middle school in Washington, D.C., and will be starting an after-school lacrosse program there to provide a healthy activity and introduce the sport to future generations.

LARRY FELDMAN: BELIEVER IN PROVIDING OPPORTUNITIES

Larry Feldman is a lifelong lover of lacrosse. And math and science. And opportunity.

He took a passion for all of those things and created LaxPower in 1997. He continues to explore new ways to apply math to lacrosse: player impact ratings and a different brand of lacrosse bracketology are his latest inventions.

But then there’s the other kind of math - finance - that has led to a more direct impact on players, teams and leagues and the opportunities therein. Feldman has underwritten First Stick Programs at the Seed School and the Living Classrooms Foundation. As a First Sport Society member, he believes in the power of lacrosse to change a life through education, character development and goal-setting.

He also believes that the extensive network of college club players should have the opportunity to play for a national award. He provided a gift to US Lacrosse to fund the MCLA and WCLA Player of the Year Awards - the Godekeraw and the Amtahcha awards. “I went to Berkeley as a grad student [and] saw a club game... I was dumbfounded by how many fans showed up and how the great the players were. They don’t get enough recognition. We’re trying to match it to the Tewaaraton,” said Feldman.

TURNER CARLSON: THE BEST PRESENT IS THE GIFT OF LACROSSE TO OTHERS

For Turner Carlson, his 13th birthday seemed like the perfect opportunity to give instead of receive. In lieu of gifts, he has asked his guests to donate to the US Lacrosse First Stick Program. “I want to help give more kids the opportunity to play lacrosse because it has been such an important part of my life. Lacrosse is obviously a lot of fun to play, but it has taught me about hard work, being part of a team, and accomplishing goals.”

Carlson, from Saint Louis, Mo., plays attack and midfield for the Red Shirts and the Fellowship of Christian Athletes U13 National Team. Turner also plays football and basketball, and seems like a pretty smart fellow who knows the impact the First Stick Program can have on other kids.
**LACROSSE matters to:**

**NAME:** Feffie Barnhill  
**HOME:** Wilmington, Delaware  

**LACROSSE CONNECTION:** Ursinus, William & Mary, Federation of International Lacrosse (FIL), US Lacrosse, U.S. National Team, Delaware Lacrosse Foundation, Lacrosse Scotland, English Lacrosse, US Lacrosse Coaches Education Committee, National Lacrosse Hall of Fame, Ursinus Hall of Fame, Delaware Lacrosse Hall of Fame, Delaware Sports Hall of Fame, every FIL participating nation.

**LACROSSE MATTERS TO ME BECAUSE...** It is the CREATOR’S GAME with honor and tradition as the cornerstones. My passion is to teach the game to anyone who wants to learn around the world.