US LACROSSE ESTABLISHES NATIONAL YOUTH STANDARDS

Ensuring a safe and positive experience for our players is a core to lacrosse’s continued growth and the driving factor behind creating national youth standards.

“In the absence of a national standard, youth leagues across the country have been establishing their own rules — resulting in inconsistent quality of player experience,” said Steve Stenersen, president and CEO of US Lacrosse.

US Lacrosse has begun to correct this by establishing age-appropriate, national youth rules based on the physical and cognitive development of children and best practices culled from many of the nation’s most successful youth leagues.

“We can’t emphasize enough how different a 9-year-old is from an 11-year-old, how different an 11-year-old is from a 13-year-old, and so forth,” said Dr. Paige Perriello, a member of the US Lacrosse Sports Science and Safety Committee.

“Knowing what youth can do at different levels with gross motor skills and mental capabilities and putting that expertise into practice is important.”

Based on that research, the US Lacrosse game committees proposed rules that emphasize the proper development of individual stick skills, team play, player safety and sportsmanship, and they govern play at the U15, U13, U11 and U9 age levels. The rules were passed by the Board of Directors in September for implementation during the 2012 season. The approved youth rules and best practices are published in a new guidebook available through US Lacrosse.

“Driving the adoption of national standards has and will require a substantial increase in programmatic, human and other resources, including US Lacrosse Foundation fundraising efforts,” said Ann Carpenetti, managing director of game administration at US Lacrosse. “We’re grateful for the efforts of staff, volunteers and constituencies that have driven this to succeed, and to our members and donors for helping to provide resources to make it happen.”

“Having US Lacrosse unify a set of rules that are geared towards safety, sportsmanship, fair play and fun is a good thing,” said Tom Spangenberg, president of the MBYLL.

The Process

Seeing the impact on the largest lacrosse-playing population — youth under 15 — US Lacrosse identified standardization as a priority in the fall of 2010. By January 2011, the US Lacrosse Board of Directors and game committees considered a wide range of issues, including cultural challenges, rule changes, game integrity and cognitive and developmental expectations for youth athletes.

US Lacrosse surveyed more than 50 youth leagues representing nearly 170,000 youth players to better understand the landscape of rules being used, in addition to individual coaches, officials, administrators, youth players, parents, and medical experts.

Leagues early to adopt the new rules include the Connecticut-New York Youth Lacrosse Association, the Maryland Youth Lacrosse Association (girls), the Mass Bay Girls’ Lacrosse League, and the Mass Bay Youth Lacrosse League.

Visit uslacrosse.org/youthrules2012.
**Chairman's Perspective**

Edward T. Calkins, Chair, US Lacrosse Foundation

Lacrosse matters. Our sport is not just a game; it is how we make lacrosse matter more, but how we tell every one of our members and contributors that US Lacrosse is more than a membership number and a subscription to a Lacrosse Magazine. We provide Lacrosse Matters to help you better understand what US Lacrosse does 20 days every day. A safe and positive experience for youth players everywhere is a responsibility we take very seriously. The enormity of our task may surprise you, but make no mistake, your investment makes our work possible. I urge you to read these pages to better understand the impact of your investment on the lives of youth in your backyard and across this country. Here are specific examples of how US Lacrosse made a difference last year thanks to your support.

- **Equipment Grants** — In 2011, US Lacrosse provided over 100 grants in 31 states, and since 1998 has exposed tens of thousands to their first lacrosse experience. Now called the “First Stick” program, our equipment grants have evolved into an offering that blends equipment with education, training and the benefits of membership for all of our First Stick grantees.
- **Local Investment** — Over $2 million in member dues have been re-invested into our 63 US Lacrosse chapters to fund regional initiatives across the country.
- **Player Safety** — Our Sports Science and Safety Committee directed an increased investment in injury research, represented US Lacrosse in collaborations with national medical organizations, and led the development of youth participation guidelines based on the physical and cognitive developmental stages of children.
- **Youth Rules** — US Lacrosse led a collaboration to develop standardized rules, and best practices for girls’ and boys’ youth lacrosse, which have been quickly embraced by many of the most respected programs in the country.
- **U.S. Teams** — Our Women’s Under-19 Team brought home the World Championship gold in 2011. Through our national teams programs, America’s best players and coaches compete annually in world competition, serve as ambassadors for our sport and our nation, and inspire youth through clinics across the country.
- **Coaching Education** — US Lacrosse evolved and expanded our Coaching Education and Certification Program last year, providing training to almost 4,000 coaches at 74 sites throughout the country, and partnered with the National Federation of State High School Associations (NFHS) to launch online educational courses for men’s and women’s high school coaches.
- **Referee and Umpire Education** — US Lacrosse hosted over 30 clinics for officials in 20 states, supported 70 local umpiring boards that deliver training and ratings programs to women’s officials, established over 150 certified trainers to display training and certification curricula to men’s officials, and invested over $50,000 to support observation and mentoring programs for both men’s and women’s officials.
- **Leadership** — Thanks to the experience and perspective represented within our national structure of more than 300 volunteers in 28 states, US Lacrosse provides the strategic leadership required to responsibly and effectively serve the sport’s ongoing development.

These are just a few — but very tangible — examples of how US Lacrosse works tirelessly to ensure the integrity and proper growth of the sport we all love. Lacrosse matters, and we want our work to matter to you.

Warmest regards,

Edward T. Calkins
Chair, US Lacrosse Foundation

**Men’s National U19 Team Selection**

US Lacrosse selected 23 players to represent the U.S. in this summer’s Federation of International Lacrosse (FIL) Men’s Under-19 World Championships in Turku, Finland. Head coach Tim Flynn of Mountain Lakes (N.J.) High School and his coaching staff will look to train, guide, and ultimately compete for the U19 team’s eighth straight FIL World Championship gold medal in July 12-22, 2012.

US Lacrosse selected the team after an intense, four-day tryout at UMBC July 7-10. Players from across the country were nominated by their local chapters. From there, a selection committee determined which athletes would become a member of the 23-man roster.

This is one of the most regionally diverse teams US Lacrosse has assembled. The players and staff collectively represent 12 US Lacrosse Chapters. The Long Island Metropolitan Chapter has a record 13 members who are either staff or player.

A component of participating at this elite level is raising funds to offset the cost of domestic and international training and competition. The 2012 U.S. Men’s National U19 team has raised almost 75 percent of its $120,000 goal. If you would like to fuel the journey as the 2012 U.S. Men’s National Under-19 looks to bring home the gold medal this summer, please visit https://secure.uslacrosse.org/2012mu19.

Gifts of every shape and size put us one step closer to London and the championship. Thank you for your support.

**National Teams in Action**

**2012 Dates**

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**Records Set at Team USA Clinics**

In January, the U.S. Men’s and Women’s National teams participated in the annual Champion Challenge, a US Lacrosse event in Orlando, Fla. In conjunction with this event, the senior teams and coaching staff hosted a player and coaches clinic that set attendance records. The National Teams Program also invited local teams to compete in the first ever youth tournament held on Sunday, Jan. 29, before the televised National Team competitions.

With a record 340 participants, members of the USAU played their roles in the U19s success to support and insights to the game. This is the seventh year in a row that the U.S. National Teams have been able to bring an educational element to this exhibition game weekend.

After sharing their knowledge of the fastest game on two feet, the men’s and women’s senior teams faced off against top collegiate competition. The men’s team defeated the University of Maryland Terrapins and the 2011 NCAA champion Northwestern University Wildcats. The men’s senior team won a nail-biter over Denver in overtime, 16-15. Kevin Loveville scored the game winning goal 2:49 into the extra frame and was named the MVP of the game. Katrina Dowd of the U.S. Women’s National Team was named MVP in the game against the Wildcats.
**The Game Is in Your Hands**

Take good care of it with the Keeper of Lacrosse Project

Lacrosse is experiencing unprecedented growth, thanks to the efforts of committed lacrosse enthusiasts, visionaries, donors and programs of US Lacrosse designed to grow the game responsibly. Based on the belief that we must never lose sight of the past as we journey forward, the US Lacrosse Foundation has launched the Keeper of Lacrosse Project, a culture preservation campaign focused on protecting and championing the values of lacrosse.

The essence of lacrosse is grounded in six core values: the spirit of the game; tradition; the virtue of respect, heart and integrity; good sportsmanship; teamwork; and connection. It is up to us to keep these values in the forefront. The Keeper of Lacrosse Project is a grassroots movement across the country to ground today’s lacrosse programs in the roots of the sport.

Since mid-January, more than 75 programs with 8000 participants in 26 states have endorsed the project and received the kit. Coaches, Hall of Fame members, parents and tournament directors have taken the lead in involving their communities to preserve and promote the culture of the sport.

As lacrosse expands, the roots that ground us need must grow deeper to support and strengthen the sport. The spirit of the game is the canopy. Tradition, the virtues of respect, honor and integrity, good sportsmanship and teamwork rely on a connection to the past, present and future for increased stability. Following the tradition of Native American storytelling, the Keeper of Lacrosse Project hopes to harness your passion for lacrosse into action through the sharing of wisdom and knowledge. It’s as simple as this...

“Consider deeply and seriously your responsibility for the game of lacrosse. Do not betray the trust put in your hands to preserve for your successors the skill and beauty of the game in the hands of the generation in the driving seat. In short, your game.”

—Maggio Boyd, National Hall of Fame Class of 1993 (Joshua Mooney)

**Lacrosse: The Ancient Game**

by Jim Calder and Delmar Jacobs

The richly illustrated Lacrosse: The Ancient Game recounts lacrosse’s place in the creation stories of the First Nations peoples and presents factual and anecdotal records of the first Europeans to witness the game. It mentions the Iroquois, who went on to play this exceptional aboriginal sport. Remarkable historic photographs, stunning newly commissioned art, and nineteenth-century paintings by such renowned artists as the legendary George Catlin bring the sport’s story to life in images.

(Software: $19.95 plus shipping/handling; Hardcover: $29.95 plus shipping/handling)

**InSideOut Coaching: How Sports Can Transform Lives**

by Joe Ehrmann

InSideOut Coaching is an inspirational yet practical book about how sports can transform lives at every level of play. Former NFL standout Joe Ehrmann, whose coaching philosophy was described in Jeffrey Marx’s New York Times bestseller Season of the Child, draws on his own playing and coaching experiences to show how coaches have a unique opportunity to change lives for the better.

($24.95 plus shipping/handling)

**BRINGING THE GIFT OF THE CREATOR’S GAME TO RURAL NORTHERN CALIFORNIA**

When Humboldt State University lacrosse head coach Tony Silvaggio decided to hold the first lacrosse camp behind the Redwood Curtain, he went back to the game’s roots. Despite HSU’s tiny 1% club team history, Silvaggio noticed a lack of youth lacrosse in the region. He saw the Iroquois Lacrosse Program (ILP), which produces instructional and leadership sessions in lacrosse, as a great opportunity to bring the sport to area youth.

“The main goal was to make the camp accessible to all. Living in one of the poorest counties in California, it was important for us to keep the camp free,” Silvaggio said.

The two-day program, run by the ILP at HSU, introduced more than 70 girls and boys, ages four to 17, from five over to the culture, history and fundamentals of the game. Since lacrosse is considered the first indigenous North American sport, the Native American youth from Nothern California tribes, including the Karuk, Wyiyat, Hupa, Yurok and Tolowa.

“Exposing our under-served youth to the cultural, historical and spiritual components of our sport is a unique and incomparable experience,” Halci Faht, past president of the Northern California Chapter of US Lacrosse, said. “A Lacrosse comes to the BIG SCREEN

In the spirit of classic underdog sports movies, lacrosse comes to the big screen with “Crooked Arrows.” A feature film, slated to open in May 2012, features a Native American high school’s unlikely journey to a league championship. US Lacrosse has partnered with “Crooked Arrows” to provide marketing and publicity support for the film.

“Having the sport’s national governing body support “Crooked Arrows” is the perfect partnership for the movie,” said “Crooked Arrows” producer J. Todd Harris (“The Kids Are All Right”). “US Lacrosse has profound reach in the lacrosse world. We’re confident the movie will excite the lacrosse faithful who have been waiting for their seminal movie and help expand the sport’s audience awareness among the uninformed.”

The script was written by former Colgate (Va.) School lacrosse player Todd Baird, and the film will be directed by veteran Hollywood director Steven Nesler. “We think it’s a feel-good family movie that’s going to entertain lacrosse players and fans of all ages and be a springboard to a league championship for the sport for those who are just learning about it.”

For more information on the movie, visit www.uslacrosse.org/crookedarrows.

“One day I can hook up with a guy and go and play with him on Saturday morning, and that’s the best feeling in the world.”

—Paul Rabil, 3x All-American, 3x NCAA Player of the Year, Iroquois Nationals.
A Sampling of US Lacrosse Impact from Coast to Coast

US Lacrosse Equipment Grants Provide Opportunity to over 5,000 Youth

One hundred ninety-six lacrosse programs in 29 states and the District of Columbia are the recipients of head-to-toe equipment in 2011 through the US Lacrosse Equipment Grant Program. Now in its 13th year, this annual program has provided equipment to almost 500 budding lacrosse programs at an estimated value of $2.2 million since its inception.

The Equipment Grant Program is just one of many US Lacrosse grass-roots initiatives that directly support the development of youth lacrosse nationwide. The program’s success is due in large part to the contributions of equipment from manufacturers STX, Cascade, Gait, Lax World, deBeer, Maverik Lacrosse, as well as the support of US Lacrosse memberships and charitable financial contributions from donors.

For more about US Lacrosse equipment grants, please visit www.uslacrosse.org.

US Lacrosse Equipment Grants Help Provide Safer Environments for Youth

US Lacrosse is pleased to award $50,000 in grants to support the local lacrosse development efforts of 29 of its chapters in January. The chapters will utilize the grants on a range of activities, from coaching education to scholarships and physical education programs.

“We’re grateful to the thousands of members and donors of US Lacrosse for providing the resources to award these grants,” said Lindsay Comodore, manager of chapter relations at US Lacrosse. “Our chapters represent the home of lacrosse at the local level, and it is through their work that the local or regional lacrosse experience continues to improve. We’re happy to direct these grants toward the chapters’ efforts to develop the sport.”

In addition to chapter grants, US Lacrosse will award grants to nine lacrosse organizations nationwide to subsidize the cost of acquiring automated external defibrillators (AEDs) and offset the cost of AED/CPR training. The grants are the latest manifestation of the national governing body’s commitment to the safety of the game and are made available through US Lacrosse’s partnership with Cardiac Science, a global leader in the manufacturing of AEDs and other cardiology products and services.

“The goal of US Lacrosse is to provide the safest possible environment for youth players, and there may be no more important piece of equipment to have on the sidelines than an AED,” said Joshua Christian, managing director of sport development at US Lacrosse. “And while these grants may help overcome the financial barrier to having AEDs on the sidelines, offering the additional educational training through these grants is just as important.”

The importance of AEDs at athletic events was underscored last summer as a high school lacrosse player’s life was saved by an AED. According to a report from the Syracuse Post-Standard, a Sophomore at Jamesville-DeWitt (N.Y.) High, was participating in tryouts for a summer all-star team when he was hit in the chest by another player’s shot, and his heart stopped. Cyndi Kelder, a trainer staffing the tryouts, used an AED to restart Cajhrn’s heart.

“We’re ecstatic that this case had such a positive outcome,” Christian said. “This was a prime example of the importance of having trained medical personnel and the appropriate equipment at a venue.”

Sadly, a more recent incident of a chest impact by a lacrosse ball on a young athlete did not end as well. Tyler Kopp, 12, of Rochester, N.Y., passed away Feb. 7. He was struck in the chest by a ball Feb. 2. Local media reported the use of CPR by an off-duty fire lieutenant and the use of a defibrillator by the responding advanced life support crew.

Statistics indicate that 365,000 people die in North America every year from sudden cardiac arrest and 7,000 of them are young. Defibrillation within three minutes lifts the chance of survival to 70 percent. The presence of an onsite AED can make all the difference.

The US Lacrosse AED Grant Program provides comprehensive management of AED/CPR training to awarded leagues, teams and chapters. Through the grant, US Lacrosse will subsidize a significant portion of the cost of a one-year partnership with Cardiac Science. In addition, the US Lacrosse and Cardiac Science partnership makes automated external defibrillators available to all US Lacrosse members at a significant discounted.

For more information and to apply for a grant, please visit uslacrosse.org/aed.
US LACROSSE NATIONAL CONVENTION SETS RECORDS

A record 7,064 coaches, officials, program administrators, media and lacrosse enthusiasts gathered in Philadelphia in January for the US Lacrosse National Convention, presented by Champion, for the world’s largest lacrosse-specific educational and networking event. The event provided opportunities for everyone from seasoned and beginner coaches and officials to fans of the game to learn and be inspired through educational sessions, on-field demonstrations, National Team displays, vendor exhibits, Fan Fest and more.

Here’s a summary by the numbers…

145 Vendors, nearly 20 more than last year, who showcased the latest products and services from various lacrosse and sports manufacturers and companies, including presenting sponsor Champion, and national partners Marriott, Nationwide and Sports Authority.

165 The record number of men’s officials who took part in the Train the Trainer Session, adding to the qualified pool of US Lacrosse officials who can instruct.

220 Presenters and speakers who led 158 educational sessions offered to convention attendees, ranging from rules points of emphasis, coaching practice strategies and drills, game management, areas of emphasis for officials, sports nutrition and more.

320 Total US Lacrosse Coaching Education Program Level 1 and Level 2 trainers certified with the assistance of 20 top trainers.

3,000 Listeners who filled the Pennsylvania Convention Center’s Grand Ballroom to hear the keynote address by former National Football League player and head coach and current ESPN analyst Herm Edwards. The address marked a homecoming for the former Philadelphia Eagle, who inspired the crowd with his energized message on the important roles adult coaches and officials play in the development of young people.

“You are ambassadors for lacrosse. That’s why you’re here,” Edwards told the crowd. “The growth of the game is fantastic, but you have to teach the right things as it grows. And it starts with the little ones.”

“The little ones learn from officials and from coaches,” he said. “What will you do as a coach or official to make the game better?”

The keynote address also treated attendees to the world premiere of the “Crooked Arrows” movie trailer and honored the 2011 World Champion U.S. Under-19 women’s team.

While the doors have barely closed on this year’s convention, US Lacrosse is already making preparations to return to the City of Brotherly Love for the next US Lacrosse National Convention, Jan. 11-13, 2013, at the Pennsylvania Convention Center. Registration is expected to begin in September. For more information, please visit www.uslacrosse.org.

LACROSSEMatters to:

Name: H. Scott Caven, Jr.
Home: Houston, Texas

Lacrosse Connection: Both my late son, Scotty, and my daughter, Jennie, played varsity lacrosse at St. John’s school in Houston. Lacrosse was Scotty’s athletic passion, and he had aspirations to play on the Men’s Club Lacrosse team at The University of Texas at Austin. In his memory, our family made the lead gift to fund Scotty Caven Field at St. John’s School in 2005, a venue for the school’s lacrosse, soccer, and field hockey teams, and more recently, we made the first major lead gift to fund a $4 million facility which serves as an all-weather field and home for the Texas Men’s and Women’s Club Lacrosse teams. The Caven Lacrosse and Sports Center was dedicated on November 18, 2011 and was attended by representatives from US Lacrosse.

Favorite Lacrosse Experience: Of course, watching our son and daughter play on their respective teams in middle school and high school was always a wonderful experience, but the most exciting athletic contest of any sport I ever witnessed at any level was a high school varsity game between St. John’s and the Kincaid School of Houston, long rivals in many sports, which went into triple overtime and was won by a goal made by the St. John’s goalie who charged all the way down the field to score a successful shot into Kincaid’s crease.

Lacrosse Matters To Me Because: I believe that lacrosse is the most exciting sport played in the U.S. and want to see it expanded at every level and into every geographic area of the country, and to involve as many students as possible that want to play.