



Benefits of Lacrosse

Lacrosse is Canada's game. It's also the fastest game on two feet. The basics of the game are simple: Amidst a flurry of quick passes and practiced footwork, players use netted sticks to throw the ball into the goal of the opposing team. This requires a great deal of teamwork as players need to work together to put the ball in the back of the net.

Canadians have enjoyed the thrill of lacrosse for centuries. The action, agility and teamwork of lacrosse helps players develop the skills they need to be active for life. The **Lacrosse FITS** program is clearly designed not to build lacrosse players, but to build lacrosse athletes.

For more information about lacrosse or how you can get **Lacrosse FITS** started in your school or community, visit www.LacrosseFITS.ca today, or contact your provincial lacrosse association:

BC Lacrosse Association

604-421-9755, info@bclacrosse.com
www.bclacrosse.com

Alberta Lacrosse Association

780-422-0030, info@albertalacrosse.com
www.albertalacrosse.com

Saskatchewan Lacrosse Association

306-780-9216, lacrosse@sasktel.net
www.sasklacrosse.net

Manitoba Lacrosse Association

204-925-5684, lacrosse@sportmanitoba.ca
www.manitobalacrosse.mb.ca

Ontario Lacrosse Association

416-426-7066, peter@ontariolacrosse.com
www.ontariolacrosse.com

Iroquois Lacrosse Association

315-715-4414, merank44@hotmail.com

Fédération de crosse du Québec

514-252-3058, crosse@crosse.qc.ca
www.crosse.qc.ca

Lacrosse New Brunswick

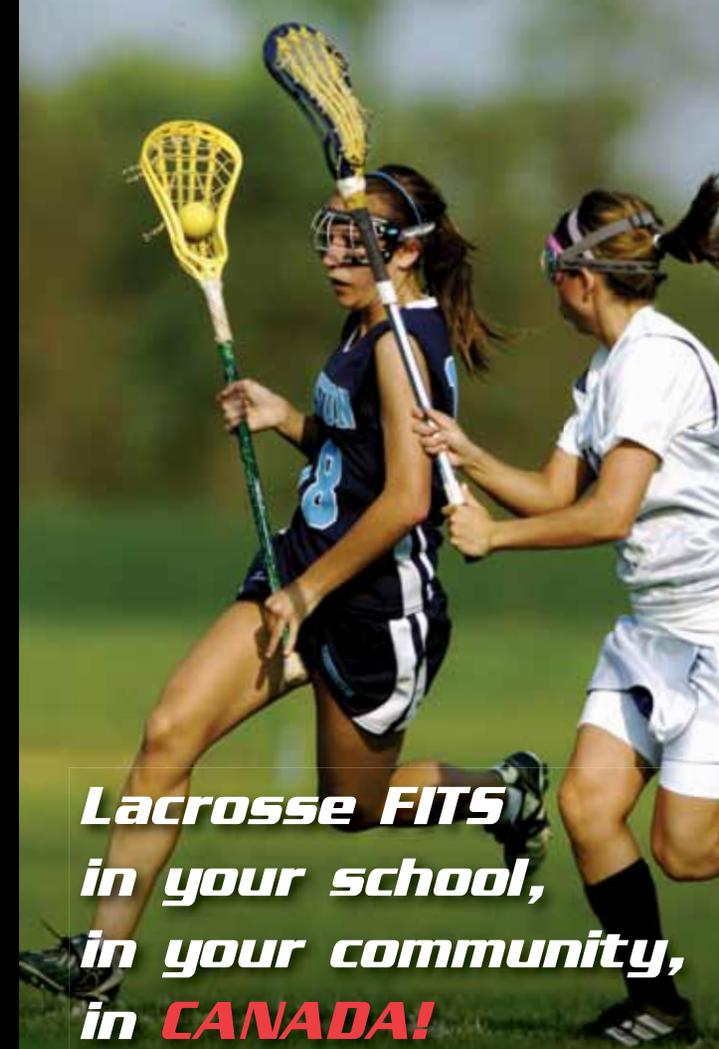
506-654-1098, majorlac@nbnet.nb.ca
<http://cla-nb.poinstreaksites.com>

Lacrosse Nova Scotia

902-266-0677, info.lacrossens@gmail.com
<http://lacrossens.ca>

Newfoundland Lacrosse Association

709-693-1946, nllacrosse@gmail.com
www.nllacrosse.com



Lacrosse FITS
in your school,
in your community,
in **CANADA!**



Lacrosse FITS
La crosse pour tous

A Proud History

Lacrosse originated amongst the Aboriginal tribes and Nations in North America who played the game as a way of acknowledging the Creator's life forces and honoring the Elders and their Nations. During the 1860s, a man by the name of Dr. William George Beers transformed the game of lacrosse into the modern sport of lacrosse that we play today.



Lacrosse ***FITS***

Lacrosse Today

Today, thousands of Canadians still enjoy the game that's been played here for centuries on fields and in arenas from coast to coast. Whether you're 6 or 46, there's a lacrosse club or team in your area just waiting for you to sign up and join in the FUN! Start playing lacrosse today and fall in love with Canada's game!

Lacrosse FITS is a program built to introduce lacrosse to boys and girls from ages 6-12. It has been designed to allow instructors or volunteers with little or no previous experience in the sport to teach lacrosse utilizing a six-module coaching guide.

Lacrosse FITS is structured to progressively build a player's skills as he or she advances

through the 6 stages of the program. Players will feel proud of their accomplishments with lessons that encourage fun and teamwork. Like the instructors, players require no prior lacrosse experience to enjoy the ***Lacrosse FITS*** program. All they need is a desire to participate in a FUN and fast-paced game that is sure to put a smile on their face.