



## LACROSSE DID YOU KNOW?

Modern lacrosse descends from and resembles games played by various Native American communities. Lacrosse is one of the oldest team sports in North America. Native American lacrosse was played throughout modern Canada, but was most popular around the Great Lakes, Mid-Atlantic, and American South.

Native American stickball games often involved hundreds of players. Traditional lacrosse games were sometimes major events that could last several days. As many as 100 to 1,000 men from opposing villages or tribes would participate. The games were played in open plains located between the two villages, and the goals could range from 500 yards to several miles apart. Playing time was often from sun up to sun down.

The game began with the ball being tossed into the air and the two sides rushing to catch it. Because of the large number of players involved, these games generally tended to involve a huge mob of players swarming the ball and slowly moving across the field. Passing the ball was thought of as a trick, and it was seen as cowardly to dodge an opponent.

The medicine men acted as coaches, and the women of the tribe were usually limited to serving refreshments to the players.

Lacrosse traditionally had many different purposes. Some games were played to settle inter-tribal disputes. This function was essential to keeping the Six Nations of the Iroquois together. Lacrosse was also played to toughen young warriors for combat, for recreation, as part of festivals, and for the bets involved. Finally, lacrosse was played for religious reasons: "for the pleasure of the Creator" and to collectively pray for something.

Pre-game rituals were very similar to rituals associated with war. Players would decorate their bodies with paint and charcoal. Players also decorated their sticks or stick racks with objects representing qualities desired in the game. Strict taboos were held on what players could eat before a game, and the medicine man performed rituals to prepare players and their sticks. The night before a game, players wore ceremonial costumes and held a special dance. Sacrifices were held, and sacred expressions were yelled to intimidate opponents.

On the day of the game, teams walked to the field which included constant rituals. One ceremony was "going to water," in which players dunked their sticks in water and the shaman gave a spiritual and strategic pep talk. Sometimes players would receive ceremonial scratches on their arms or torso.

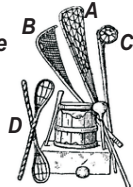
Before the game, every player was required to place a wager. Items such as handkerchiefs, knives, trinkets, horses, and even wives and children would be at stake. The bets would be displayed on a rack near the spectators, and items would be awarded proportionally to the winner of each quarter.

When the game was over another ceremonial dance took place, along with a large feast for the hungry players.



### Lacrosse Sticks By Tribe

- A. Iroquis
- B. Passamaquoddy
- C. Chippewa
- D. Cherokee



**\*\*\*2011 SEASON\*\*\***  
**\*\*\*PRIORITY REGISTRATION\*\*\***  
**ON-LINE: WWW.DAYTONLACROSSE.ORG**  
**STARTS: OCTOBER 2010 - END: DECEMBER 2010**



**FROM ONE TEAM IN 2004  
 TO  
 TEN TEAMS IN THE 2010 SEASON AND GROWING  
 CONSISTING OF**

## BOYS

- Youth (Grades K-6)
- Middle School (Grades 7-8)
- High School (Grades 9-12)

## GIRLS

- Youth (Grades K-6)
- Middle School (Grades 7-8)
- High School (Grades 9-12)



**America's Fastest Growing Sport  
 and  
 Growing in the Miami Valley**

## DAYTON LACROSSE CLUB

For current information and contacts, please visit our web site

**WWW.DAYTONLACROSSE.ORG**

Or for specific questions, you may contact:

**John Reed**  
**H: 937-395-1915**  
**john.reed@dinslaw.com**

**PJ Vore**  
**H: 937-886-2581**  
**pjx2@aol.com**

### Frequently Asked Questions

- 1. When does the season start:** We follow the guidelines of the Ohio High School Athletic Association (OHSAA) and we start clinics on weekends in January.
- 2. When does practice start:** Practice typically starts in February because games start in March. Many players participate in winter sports and transition over to lacrosse when their season is complete.
- 3. Where and when do you practice:** Currently, the youth and middle school teams practice at the Miami Valley School (Denise Rd), the high school team practices at Fairmont HS, and the girls team practices at Beaver Creek HS. Practice frequency and locations depend on the level of the team and the availability of the practice locations.
- 4. What equipment is needed:** All boy participants will need a helmet, should pads, elbow pads, gloves, and a crosse (stick). All girl participants will need a stick, goggles, and gloves (optional).
- 5. Where can I get equipment:** The two closest locations to purchase lacrosse gear is Celtic Lacrosse in Springboro (Tel: 937-550-4742, Mon-Sat) and Dick's Sporting Goods. Celtic Lacrosse also offers a rental package of equipment for new players to try for a season rather than purchasing new items.
- 6. How much does it cost:** Registration fees vary with age. Fees are revised each season depending on a variety of costs (e.g. uniforms, US Lacrosse fees, referees, etc.). Registration costs typically range from \$150-\$300.
- 7. How do I sign up:** Visit the Dayton Lacrosse web site to register on line. Registration will begin in October and end December 1. Register early - registration may be closed if the number of registrants exceeds the available resources.



### 2011 SEASON ON-LINE REGISTRATION

[www.daytonlacrosse.org](http://www.daytonlacrosse.org)  
 Priority Registration Starts: Oct 2010  
 High School (9-12): \$250.00  
 Middle School (7-8): \$200.00  
 Youth (K-6): \$150.00  
 Girls (9-12): \$150.00  
 Girls (Youth and MS): TBD  
 These are projected costs and subject to change.  
 All costs include mandatory  
 US Lacrosse Membership registration

### LACROSSE PLAYERS, COACHES, & FANS

We can always use experienced lacrosse players, coaches, and fans to help teach and coach. Even if you do not have a child playing lacrosse and love the game, please contact us through [www.daytonlacrosse.org](http://www.daytonlacrosse.org)