

WHY Ringette Players Should Play Lacrosse...

- ! Ringette and Box lacrosse are very **similar sports, Women's Field Lacrosse also stresses team play** and strategies
- ! U.S. College **scholarship opportunities** in lacrosse are available
- ! Ringette players **excel** in lacrosse
- ! It's a great method to **increase physical fitness** in ringette's off-season
- ! Team sports **build self esteem**, respect, integrity, & fairness
- ! Lacrosse **teaches leadership** skills
- ! It helps prevent sport burn-out by playing a **new, fast-paced sport**
- ! Players of **all fitness levels and abilities** can compete in lacrosse
- ! A player can **learn basic plays** and strategies
- ! A player can learn to **play both offensive and defensive** positions and make a quick transition from defense to offence and vice versa
- ! It reinforces the importance of **quickness and agility** around the net
- ! Lacrosse **increases hand-eye co-ordination** when stick handling
- ! It teaches players to **play with their head up** and to be more aware of their surroundings
- ! Offensive **scoring skills are honed** by shooting at smaller targets and picking corners
- ! **Defensive skills** are taught with individual and team concepts
- ! Lacrosse teaches the **creativity of fakes, back passes, & shots**
- ! Box Lacrosse is run in **5-player units** and helps the ringette player practice playing a team concept, Women's Field Lacrosse is played twelve (12) a side however team play is still stressed
- ! It is inexpensive to equip Box lacrosse players as **most ringette equipment can be used in lacrosse; Women's Field Lacrosse players require no equipment outside a stick.**

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WHY Ringette Coaches Should Coach Lacrosse...

- ! It's a great way to **keep your ringette team together** all year round.
- ! Ringette coaches teach **similar strategies** of team play and special teams used in the box lacrosse game, and the strategies learned from the Women's Field Lacrosse game are an asset.

LACROSSE -- Canada's National Summer Sport
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For more information about playing Lacrosse
In your community, please call the

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