

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 and 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**.

WHY Ringette Coaches Should Coach Lacrosse...

- It's a great way to **keep your 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 Can you think of a better partnership?

For more information about playing Rockyview Rage Lacrosse, please contact us...



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