

LACROSSE FAQ

WHAT IS LACROSSE?

Lacrosse is America's first sport. It was played by the North American Indians as a way to settle disputes and avoid warfare. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

HOW IS IT PLAYED?

The sport of lacrosse is a combination of basketball, soccer and hockey played on a soccer-sized field with goals. Anyone can play lacrosse – the big or the small. The game requires and rewards coordination and agility, not brawn. An exhilarating sport, lacrosse is fast-paced and full of action, with lots of scoring. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in both men's and women's lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball.

IS IT POPULAR?

Lacrosse is one of the fastest growing team sports in the United States. No sport has grown faster at the high school level over the last 10 years and there are now more than 130,000 high school players. Lacrosse is also the fastest-growing sport over the last five years in the NCAA. Because of its explosive growth at the college level, many Div. 1 and Div. 2 scholarships (especially for women) go unused.

ISN'T IT KIND OF VIOLENT?

Men's and women's lacrosse are played differently. The men's game is much more physical and players wear equipment like that of hockey or football players. Women's lacrosse relies much more on speed and agility. Physical contact is not allowed.

IS IT EXPENSIVE?

Women's lacrosse equipment (cleats, stick, eye-guard, and mouth guard) costs no more than a good softball mitt and baseball spikes). You can spend between \$75 and \$200 depending on the quality. Last season, Cheetah Lacrosse fees, including uniforms, were under \$300.

WHO ARE THE CHEETAHS?

The Cheetahs are Knoxville's first girl's lacrosse team. This year we will field two teams: Middle School (grades 6-8) and High School (grades 8-12), and a development program for 4th and 5th graders. We play teams from all over the Southeast (Nashville, Cookeville, Lexington and others) and host a tournament in Knoxville every spring.

WHERE CAN I GET MORE INFORMATION?

<http://www.knoxlacrosse.com/>