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What athletes and coaches say about lacrosse • Connections across sports, competition and leadership

WAYNE GRETZKY **HOCKEY** | NHL all-time leading scorer	**"I'm very lucky and fortunate that I grew up playing box lacrosse."** Grew up playing box lacrosse in Ontario and in 2021 joined the ownership group that brought pro lacrosse to Las Vegas. Hockey's greatest scorer still calls lacrosse Canada's national sport. [1]
PAT SPENCER **BASKETBALL + LACROSSE** | Golden State Warriors guard; 2019 Tewaaraton winner	**"It definitely does [help]. [I] just feel like there's a real overlap between the two sports. I'm a believer in being an athlete first."** Played lacrosse at Loyola Maryland (2016–19), won the 2019 Tewaaraton Award and set the NCAA Division I men's career assists record (231), then reached the NBA with the Golden State Warriors in 2024. Asked whether lacrosse helps his court vision, this was his answer. [9]
CHRIS HOGAN **FOOTBALL** | Former NFL wide receiver	**"I think there's a ton of carryover with the two sports, lacrosse and football."** Played lacrosse at Penn State before college football and the NFL. What carried over? Hogan points to hand-eye coordination, field awareness and making moves in the open field. [2]
BILL BELICHICK **FOOTBALL** | Super Bowl-winning head coach	**"He has real good stamina. He can keep going."** Played football and lacrosse at Wesleyan. Asked in January 2017 about receiver Chris Hogan, he praised Hogan's conditioning and stamina and said lacrosse may have had something to do with it. [3]
JIM BROWN **FOOTBALL** | Pro Football Hall of Famer	**"Lacrosse allowed you to use all of the athletic traits of many sports."** A Syracuse lacrosse star as well as a football great, Brown described a game that brings quickness, skill and power together. He excelled at two demanding sports. [4]
KENZIE KENT **HOCKEY + LACROSSE** | Boston College two-sport standout	**"What I learn from hockey, I always bring into the lacrosse season."** Played Division I hockey and lacrosse at Boston College. She credits hockey with sharpening her vision on the lacrosse field: reading the play and anticipating the next pass. [5]
ABBY WAMBACH **SOCCER** | World Cup champion; two Olympic gold medals	**"Women's lacrosse is still very physical and tactical."** A supporter of women's lacrosse and an Athletes Unlimited advisory-board member, Wambach praised players' athleticism and movement. She speaks here as a fan and advocate of the women's game. [6]
STEVE NASH **BASKETBALL** | Two-time NBA MVP	**"Lacrosse has always been a passion of mine, ever since I started playing in grade school."** Grew up playing lacrosse in British Columbia and in 2021 joined the ownership group that brought pro lacrosse to Las Vegas. A basketball great who never lost his love for the game. [1, 7]
CATHY ENGELBERT **SPORTS LEADERSHIP** | First WNBA commissioner	**Two-sport captain at Lehigh: basketball and lacrosse.** Played basketball and lacrosse at Lehigh and captained both teams before building a career in business and sports leadership. She has said her athletic experiences molded her. [8]

Athlete stories are personal experiences, not guarantees. No affiliation with or endorsement of High Sierra Lacrosse is implied.

[1] USA Lacrosse: Gretzky/Nash [2] NBC Sports: Hogan [3] Patriots.com: Belichick [4] Sportsnet: Brown [5] USA Hockey: Kent [6] USA Lacrosse: Wambach [7] CBC: Nash [8] Lehigh: Engelbert [9] NBC Sports Bay Area: Spencer

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