HIGH SIERRA LACROSSE
GREAT ATHLETES.
MORE THAN ONE SPORT.

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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A SPRING ADVANTAGE. A BROADER ATHLETE.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

For girls and boys who love fall and winter sports.

Football, flag football, basketball, soccer and hockey all ask athletes to read opponents, create space, react and communicate. Lacrosse gives them a fresh place to practice the same things.

DIFFERENT GAME. NEW CHALLENGES. MORE OPPORTUNITIES TO LEARN.

1 COORDINATE WHILE MOVING

Catch, pass and scoop a ball with a stick while your feet and eyes work together. Players learn to track a moving target and get ready for the next play, all on the run.

2 CHANGE DIRECTION WITH A PURPOSE

Dodge a defender, vary your pace and recover on defense. Receivers will recognize creating separation; basketball guards will recognize attacking a defender's position; soccer players will recognize changing pace into space.

3 SEE THE NEXT PLAY

Spot a cutter, find a passing lane and decide whether to carry, pass or shoot. It feels a lot like a point guard finding an open teammate or a soccer midfielder scanning before the ball arrives.

4 BUILD BALANCE AND BODY CONTROL

Practice stopping, repositioning and keeping possession on the move. The emphasis is on legal positioning and controlled movement, not collisions.

5 COMMUNICATE AND RESPOND

Call for help, point out a cutter and organize the defense. With supportive coaching, these moments become chances to practice accountability, teamwork and bouncing back after a mistake.

6 ADD MOVEMENT VARIETY

Running, changes of pace and repeated efforts keep athletes moving in new ways. Think of it as a fun complement to their other training, not a replacement for it.

WHY A DIFFERENT SPORT?

A new sport gives kids fresh skills to explore and another game to love, and much of what they already know will feel familiar. Lacrosse is one great spring option among many, baseball and softball included. The best choice is the one your athlete is excited to play.

A SMART SEASON INCLUDES RECOVERY

Spring lacrosse works best when it fits your athlete's calendar, not piled on top of a full one. Leave room for rest and time away from each sport. Boys' and girls' rules differ, and youth contact rules vary by age.

Every athlete grows at their own pace. The skill comparisons here are ways to see the game, not promises; good coaching and having fun matter most.

Sources: USA Lacrosse: Athlete Development | USA Lacrosse: Specialization | AAP: Overuse & Recovery

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A DIFFERENT GAME.
A WELL-ROUNDED ATHLETE.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

A parent's guide to spring lacrosse for girls and boys.

Does your child enjoy a fall or winter sport? When the calendar allows, spring lacrosse offers another way to move, think, compete and connect. The goal isn't more pressure. It's a fun new game to play.

MOVE • COORDINATE • THINK • CONNECT

What players practice	What that looks like
Move	Start, stop, change direction and respond to an opponent.
Coordinate	Track a moving ball and control a stick while managing footwork.
Think	Find open space, recognize pressure and choose the next play.
Connect	Call for the ball, help teammates and respond to coaching.

FAMILIAR CHALLENGES IN A NEW GAME

Your athlete enjoys…	They may recognize…
Basketball	Cutting, spacing, passing options and help defense.
Football / flag football	Creating separation, tracking passes and pursuit angles.
Soccer	Support angles, off-ball runs and changes of possession.
Ice hockey / field hockey	Passing lanes, support play and protecting dangerous space.

LACROSSE OR BASEBALL / SOFTBALL?

Both are great choices. Lacrosse is about moving through shared space with teammates and opponents during live play. Baseball and softball are about batting, throwing, fielding, base running and situational decisions. They're different challenges, and both are worth playing.

Pick the one your child is excited to try, with supportive coaching and a schedule your family can manage. A second sport should add fun and variety while leaving room for rest.

SUCCESS BEYOND THE SCOREBOARD

A new team is a chance to learn a role, take feedback and contribute. Good coaches build those habits on purpose. The aim is a wider athletic foundation and one more reason to stay in sports.

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DIFFERENT SPORT. FAMILIAR SKILLS.

HIGH SIERRA LACROSSE | TRUCKEE MEADOWS

See lacrosse through the language of the sport your athlete already loves.

A give-and-go. A route break. An outlet pass. Lacrosse asks athletes to create space, recognize pressure, support teammates and react. Think of the comparisons below as a coach's shorthand to help a new player feel at home.

BRING WHAT YOU KNOW. LEARN A DIFFERENT GAME.

Your sport / position	Lacrosse connection	In your sport's language
Basketball Point guard; wing	Feeding attacker; attacker or midfielder	"Draw help and find the cutter." "Move without the ball; create separation."
Basketball On-ball / help defender	Defender; supporting defender	"Contain, help and recover." "Communicate when a teammate gets beaten."
Football / flag Receiver; running back	Cutting attacker; dodging midfielder	"Change pace and make your break." "Read leverage, cut and accelerate."
Football Quarterback; defensive back	Feeding attacker; on-ball defender	"Scan options as defenders move." "Stay balanced; recover without grabbing."
Soccer Midfielder; forward	Midfielder; attacker	"Scan before receiving; offer support." "Time your run into a scoring area."
Soccer Center back; goalkeeper	Defender; goalie	"Protect dangerous space; communicate cover." "Manage angles; start the next possession."
Ice hockey Center; defense	Midfielder; defender	"Support both sides of possession." "Protect the middle and make the outlet."
Field hockey Midfielder; forward	Midfielder; attacker	"Offer a passing option and recover." "Lead into space and connect."

THE ACTIONS BEHIND THE ANALOGIES

Dodge: change direction and pace. **Catch on the move:** coordinate tracking, stick control and footwork. **Give-and-go:** pass, move and recognize the return. **Clear:** find an outlet and advance possession.

BASEBALL / SOFTBALL: DIFFERENT EMPHASIS, NOT INFERIOR

Lacrosse is built around shared space and quick decisions during live play. Baseball and softball offer great batting, throwing and fielding challenges. Pick the one that fits your athlete and your family's schedule.

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