

WOMEN'S *Field Lacrosse*



A Game Just for Girls

Unique from Men's Field Lacrosse, Women's Field Lacrosse is a game that's just for girls. Think the ringette of lacrosse. It is **non-contact**, requires very little equipment and is easy to pick up.

Women's Field Lacrosse is the fastest growing sport in North America.



THE Best Complimentary Sport

Combining key athletic elements of many other sports, lacrosse is THE best secondary sport to compliment your other sports.

- Hand-eye coordination
- Endurance & stamina
- Speed & agility
- Decision-making in tight space
- Teamwork
- Athletic I.Q.



Opportunities to Excel

Playing Women's Field Lacrosse opens doors to opportunities to specialize at an elite level, both at home and abroad.

- Collegiate scholarships
- Team Manitoba program
- Team Canada
- Coaching & Officiating opportunities



Easy to Start!

It is surprisingly easy to start up a Women's Field Lacrosse program at your High School. All you need is 10-12 girls.

Manitoba Lacrosse will provide sticks and goggles for all new programs, and can support new programs with start-up grants.



WOMEN'S *Field Lacrosse*



Manitoba High School Field Lacrosse League

Women's Field Lacrosse Division

Start a program at your school today!

2022 was the inaugural season for the Women's division of the Manitoba High School Field Lacrosse League, and it was a great success! Three schools participated in 2022, and we look to expand in 2023.

- Dakota Collegiate
- Oak Park Collegiate
- Sturgeon Heights Collegiate

The season runs from late-April to early-June, conflicting with very few school sports.

The Manitoba High School Field Lacrosse League and Manitoba Lacrosse Association make it very easy for schools to start up new programs.

- Automatic start-up grants of \$1,000+ for new programs
- Manitoba Lacrosse will provide sticks and goggles for any first-year program
- SIXES Lacrosse format
 - Only 10 athletes required to fill a roster
 - Smaller area of play facilitates a fast-paced game that fosters skill development and focuses on FUN
 - Developed for the inclusion of lacrosse in the 2028 Olympics

Manitoba Lacrosse is also committed to training our coaches and team staff, and will be hosting Women's Field Lacrosse Coaching clinics and an introductory athlete camp facilitated by Lacrosse Canada March 17-19.

Contact us today for more information

lacrosse@sportmanitoba.ca