



**WHY**

**COACH?**

## **GIVE BACK TO THE GAME**

Lacrosse is one of the oldest team sports in North America with a rich history originating with the indigenous people. Coaches play a pivotal role in developing players and the game in a positive way!

## **VOLUNTEER AND BE A POSITIVE ROLE MODEL**

A coach's relationship with their players can have impactful short and long-term results on a player's confidence and skills. You can make an impactful difference in an athlete's life.

## **LEARN LEADERSHIP SKILLS**

Developing and planning practice plans, managing a team, navigating success and challenges can help you grow as a leader and as an individual. Coaching builds valuable real-world experience.

## **HAVE FUN**

Coaching young-athletes keeps you engaged and energized. Enjoy the challenges of a competitive environment and help grow the game.



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