



2019 US Lacrosse Highlights for the Men's Game

- 1. Men's Game Advocacy and Leadership:** US Lacrosse continues to focus on maintaining good relationships with leaders of the men's game and within various governing bodies and associations (i.e., NFHS, NCAA, World Lacrosse, USOC). Our collaboration and leadership within organizations, such as ASTM, SFIA, and NOCSAE allow us to ensure equipment standards and manufactured equipment in the men's game are designed to meet the needs of athletes.
- 2. 2019 Hall of Fame and Lifetime Achievement Award:** US Lacrosse inducted 5 men into the National Lacrosse Hall of Fame. Charlie Coaker (Hopkins) Paul Schimoler (Cornell), Ryan Boyle (Princeton), Matt Striebel (Princeton), and Richie Speckmann (Nassau). US Lacrosse also named Coach Tom Flatley as the recipients of the 2019 Lifetime Achievement Awards, recognizing his outstanding career contributions and impact on the sport of lacrosse.
- 3. Men's Game Summit:** The US Lacrosse Men's Game Summit was held in September. Members of the IMLCA and USILA attended the meeting, including stakeholders from all levels of the game, to discuss growth, challenges, and opportunities facing the men's game. There was great dialogue on the tensions between community recreation and club programs, performance versus participation pathways as well as the need to recruit and support more coaches and officials. USL is currently looking at developing initiatives out of this meeting to collaborate with the IMLCA and USILA to steer college players to becoming lacrosse coaches and officials.
- 4. Chest Protection:** US Lacrosse has continued working with the NOCSAE, NFHS, NCAA, and SFIA on the implementation of NOCSAE ND200 into the rules for future lacrosse equipment. NOCSAE ND200 is a performance standard that can be used to test protective equipment for goalies and field players who are at risk of suffering commotio cordis injuries. Commotio Cordis is a rare but potentially catastrophic injury that can result in sudden cardiac arrest. There are approximately 20 commotio cordis (com-mo-tio cor-dis) injuries that occur each year across all sports and is one of the only causes of death for lacrosse athletes. It can occur when a blunt, but often relatively mild blow to the area of the chest directly over the heart, occurs during a precise moment of the heart's cycle, leading to sudden cardiac arrest. NOCSAE ND200 complainant chest protection will be required for all goalies at the youth, high school, and collegiate levels starting in 2021, and for all field players will be starting 2022. Certified products are already on the market and available for purchase by consumers.
- 5. LaxFit:** The US Lacrosse Center for Sport Science just launched a LaxFit initiative designed to reduce injuries and increase player performance. The first portion of the program aims to reduce lower extremity injuries (knee & ankle strains, sprains, and tears), which is the #1 injury time-loss injury sustained by lacrosse athletes. The use of the Laxfit warmup program can reduce Lower Extremity injuries by 82% by replacing it with your standard warmup. The program will expand over the next few years to include total body wellness and prevention of the type of injuries that lacrosse athletes typically see in practice and competition.

6. **Boy's Rules Adoption:** US Lacrosse boys' youth rules, which are endorsed by the IMLCA, continue to see rises in adoption rates across the United States. Just over 56% of USL member leagues are fully compliant with our rules, which emphasize age-appropriate play, and another 22% are partially compliant but need improvement in either safety-related rules or the use of small-sided play at younger playing ages.
7. **Growth of the Game:** Men's Lacrosse is seeing growth increases for players at the boys' high school (+1.4%) and men's collegiate levels (+1.6%), and there has been a decline in youth boys lacrosse participation (-2.5%). Total men's game participation is around 488,000, which is up slightly over last year. US Lacrosse as an organization service just over 445,000 members in both the Men's and Women's games with just over 20,000 and 8,100 officials.
8. **NILOA:** US Lacrosse continues to collaborate with NILOA for the betterment of officials around the country. We continue to host 4 in season webinars with NILOA so they can deliver in-season training to their officials across the country. Our partnership also includes an annual grant of \$20,000 to their official's observation program. In 2019 NILOA double their observations to MCLA officials to around \$10,000 total, and the other \$10,000 went towards support for observations at the D2 and D3 levels with a specific focus in the South and Midwest areas.
9. **Men's Collegiate Lacrosse Association (MCLA):** In 2019, US Lacrosse continued to support the MCLA with a \$6,000 grant to help the league facilitate their end of the season tournament. We also continued support for D1 and D2 player of the month's awards and the Godekeraw Award, which selects the top scholar-athlete in each division of the Men's Collegiate Lacrosse Association (MCLA).

10. National Teams:

The U.S. Indoor National Team led by Coach Regy Thrope competed in the 2019 World Lacrosse Indoor Lacrosse Championships and earned bronze. Even though the team fell short of their goal of winning gold, the finish did not affect coaches' or players' confidence in the direction of the U.S. indoor program. The team captain Joel White said, "I can't say enough about this coaching staff, US Lacrosse, and what they're putting into the box lacrosse game. "As much as the last four years were a showcase of steady growth for the American box lacrosse movement, the next four could prove to be the rapid rise — one that could lead to the gold-medal game and beyond.

The Men's National Team named Coach John Danowski as the 2022 Men's Head Coach with Joe Amplo, Seth Tierney, and Charley Toomey as assistant coaches. The teams competed against Canada and the University of Virginia in the 2019 Fall Classic and will play Japan and a Blue/White Game in January of 2020 at the Spring Premiere in San Antonio, TX.

The Men's U19 Team named Nick Meyers as the 2020 Men's U19 Head Coach with Pat Meyers, Andrew Stimmel, and Stan Ross as assistant coaches. The team competed against Culver Academy (IN) and Hill School (Canada) this Fall in Ohio and will compete against the Edge Club Alumni Allstars (Canada) and Japan this upcoming January at the Spring Premiere in San Antonio TX, with the team named shortly after.

This year also marked the launch of the inaugural National Team Development Program – which included evaluations held during May-July of over 1400 high school-aged boys and girls (U15 and U17) 21 sites across the country. In August, we hosted 285 players from that group at a NTDP 2.5 day Combine, representing 32 states, 215 high schools, and 126 different club programs. From that group, US Lacrosse NTDP coaches selected the top 22 players from each age group and game to represent the United States as members of the U.S. Select Teams at the Fall Classic and Select Teams Showcase in October, competing against Ontario Select teams in two days of competition resulting in the U.S. bringing the Brogden Cup trophy back to the United States.