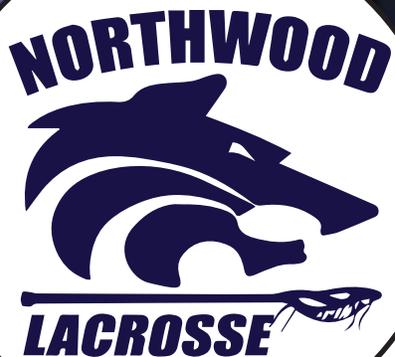




NORTHWOOD



LACROSSE

About NHS Lacrosse

NHS Boys Lacrosse is a Spring Sport that has a Varsity Team as well as a Varsity B (JV) Team. The program's goal and focus is to establish the requisite foundation and fundamentals of the game while developing each of our student athletes into being the best teammates they can be. For more information about the NHS Boys Lacrosse program, contact Head Coach Scott MacLeod at scottmacleod@iusd.org.

Why Play Lacrosse?

When it comes to sports, lacrosse is the best of many worlds. It combines the physicality of hockey with the speed and finesse of soccer and adds the element of set play offense like basketball to create a sport that's like no other. At NHS, we believe our lacrosse program provides our players with an environment that develops important life skills, such as accountability, commitment, team work and leadership. These lessons not only transfer from the field to the classroom, but will serve each of them in their future.

Did you know?

Lacrosse is not only the fastest growing sport in California, with CIF recently announcing a 7.4% increase between 2016 and 2017 alone, but also continues to be the fastest-growing Team Sport at the high school level Nationwide.

The popularity of the game has resulted in Lacrosse becoming the fastest growing collegiate scholarship sport as well, with more than 110,000 players competing on NCAA teams in 2017. There are 50 more schools slated to start lacrosse programs by 2019.

Current data from US Lacrosse and NCAA show that 13.2% of all current high school lacrosse players will go on to play at the college level with 2.7% Div I, 3.4% Div II and 7.1% Div III.

This acceptance rate has certainly benefited NHS Lacrosse as 15 alumni from 2005-2017 currently play or have played collegiately for schools such as UC Berkeley, UCLA, UCSB and more.

For more information visit www.nhsboyslax.com

Northwood Lacrosse Summer Camp 2018

When?

The camp will run from July 9th through August 3rd, from 8 AM to 10 AM Monday through Friday.

Where?

The camp will be held on the upper field at Northwood High School.

What Do I Need?

Players attending the summer camp will be required to have all equipment needed for lacrosse

- Stick
- Gloves
- Elbow Pads
- Chest pad
- Cleats (No metal Spikes)
- Mouth Guard

Helmets will be provided by the school

Who?

The camp will be open for all incoming freshmen as well as any returning players or current Northwood students. All skill levels are welcomed to join.

Why?

Lacrosse at Northwood is a cut sport, with the Varsity B (JV) Team reserved for Freshman and Sophomore players only. This camp is meant to provide all players interested in the sport, the necessary skill and game IQ development in preparation for Team tryouts in January. Also, the camp will give new students at Northwood a taste of what High School life is like as well as giving them the chance to build bonds with their fellow Timberwolves

\$275