

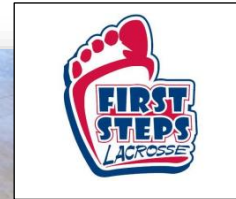
*Breaking barriers, inspiring others, and bringing people together through lacrosse*

## Join the **Lax County, USA Team**

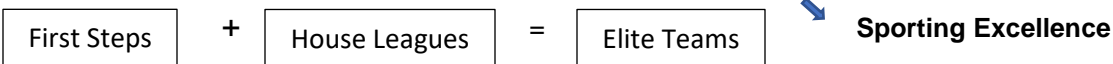
Join **Lax County, USA** to help build & develop the game of lacrosse in your area, while supporting a **Lax City, USA** partner. Become a **member county** of this grassroots effort to help build an inclusive lacrosse community.

### Inclusive Youth Lacrosse Programs (First Steps Lacrosse, Speed Lacrosse)

- **Foster & Encourage:**
  - Fun – Playing a sport is fun!
  - Instructive – Competence equals confidence
  - Respectful – Everyone is welcome
- **Teach and Promote:**
  - Physical Literacy – Competence and Confidence
  - Physical Fitness – Healthy active lifestyle
  - Encourage an Active Lifestyle for life



Fundamental Movements → Fundamental Skills → Physical Literacy → ACTIVE LIFESTYLE



- **Reduce Barriers of Entry:**
  - Expense – Equipment & Fees
  - Availability for beginners – Entry level clinics / leagues
  - Fear of Incompetence – Afraid to make a mistake
  - Fear of Injury – Programs which eliminate contact
- **Support Local Recreation Councils & Clubs:**
  - Money – Raise funds through our programs
  - Participants - Increase the number of players
  - Resources – Instruction, Fields, Volunteers
  - Celebrate – Tournaments & Festivals
- **re-laxin.com**
  - *Community Outreach Classified Ads (swap site)*
  - *Buy, Sell, Trade, Donate New & Used Lacrosse Equipment and Gear*
  - *reuse – recycle – replay – relax*

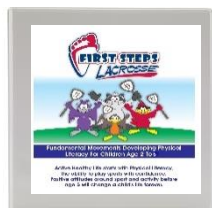


### Support and Team up with a Lax City, USA Partner

- **Player Funds** – Participation and Equipment costs
- **Program Costs** – Organization, Marketing & Promotions
- **Volunteer** – Help run programs
- **Collaborate** – Promote Lax County & Lax City Events

Join as an "Elite" Lax County, USA member and receive 2 Complete Packages (2 First Steps Lacrosse Kits & 2 SPEED Court Kits) and free access to re-laxin.com. Keep one complete package for your organization and donate a complete package to your Lax City, USA partner.

## FIRST STEPS LACROSSE Complete Class Kit



### Package Includes:

- 1 - *First Steps Lacrosse Complete Program*  
(Includes: Complete Age Appropriate Lesson Plans, Curriculum Outline, Program Manual, Instructor Tutorial, Program Certification, Theoretical Base & Behavior Management)
- 14 - *Custom First Steps Lacrosse Sticks (Extra Large Head & Custom Shaft)*
- 24 - *Soft Gamma Balls*
- 1 - *First Steps Lacrosse Custom Tote Bag*

## The SPEED Court Kit™



Whether you are on grass, turf, asphalt, hardwood or sand - the SPEED Lacrosse Court Kit makes the game possible anywhere.

The court boundary-line reel system is revolutionary, allowing you to play SPEED within 10 minutes.

### The full court kit includes:

- 1 40 yard x 20 yard fully marked & branded SPEED Lacrosse court boundary-line system
- 2 SPEED branded crossbar slip nets
- 1 SPEED Carry Sack™
- 2 3'6" x 3'6" modular steel SPEED Cages™
- 12 SPEED Lacrosse Official Balls™

