



Lacrosse is currently one of the fastest growing sports in America, being a relatively easy sport to pick up makes Lacrosse great for beginners and multi-sport athletes alike. What you can expect as an EHS Lacrosse member is a season of hard work, team building, dedication, communication, and honor; as a sport lacrosse promotes these qualities. The flow of the game is incredibly fast-paced, with transitions moving quickly. A game is divided into four (4) running clock quarters, each lasting 12

minutes with a break at halftime. As a team we train off season together (optional). In season we practice five (5) times a week for 2 hours a day and generally have 12 games per season (2-3 games per week). To learn more about the great game of Lacrosse or to see upcoming events please visit our website at www.ehshornetslax.com.