



Adaptive

# ADAPTIVE LACROSSE MENTOR GROUP

The Adaptive Lacrosse Mentor Group was created to provide resources and support to both new and existing adaptive lacrosse coaches and administrators who are working to make the game more accessible to athletes with disabilities.

## Mission and Vision

The mission of the Adaptive Lacrosse Mentor Group is to inform the development of adaptive lacrosse resources and to provide a forum for program leaders to share ideas, ask questions, and provide support to each other. Through dialogue, collaboration, and mentorship, these leaders will help make the sport of lacrosse more accessible to youth and adults with disabilities.

## Who are the Mentors?

The mentors are a diverse collection of adaptive sport professionals, teachers, therapists, parents, and volunteers. These leaders represent dozens of adaptive lacrosse programs from coast to coast. About one quarter of the group reports living with a disability themselves.

## What are the Expectations?

The mentor-mentee experience is what you make of it. Upon request, USA Lacrosse will connect you with a volunteer mentor in your specific area of interest. We also host a virtual meeting every 6-8 weeks to provide a space for members to share their successes, discuss their challenges, and formulate new ideas. Attendance is voluntary for all meetings.

## What are the Benefits?

- Connections to experienced adaptive sport leaders from around the country
- Opportunities to expand your leadership abilities and expertise
- Discussions about key topics including communication, recruiting, fundraising, program development, adaptive coaching strategies, and adaptive equipment
- Ability to help shape and create resources and programs that support the participation of athletes with disabilities

## Get Involved

If you are interested in joining this group or attending our next virtual meeting, please send an email to: [adaptive@usalacrosse.com](mailto:adaptive@usalacrosse.com)