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DEAR LACROSSE FANS,

Welcome to the inaugural USA Lacrosse Experience! We are thrilled to have you join us for this remarkable event, marking a significant milestone in the journey of lacrosse.

First and foremost, we extend our heartfelt gratitude to the city of Indianapolis and Indiana University Indianapolis for graciously hosting us. Their support and hospitality have been instrumental in bringing this event to life.

We also want to acknowledge the incredible support from local fans, volunteers, and community partners. Your dedication and enthusiasm are the backbone of this event, and we couldn't have done it without you.

A special thank you goes out to the National Teams of the United States, Great Britain, Puerto Rico, and Colombia for traveling to compete in the Olympic Sixes discipline. This competition is a pivotal step on the road to LA28, where we eagerly anticipate lacrosse's return to the Olympic stage.

At USA Lacrosse, our mission is to fuel the growth of lacrosse, enrich the experience of participants, and field the best National Teams. This event embodies our commitment to expanding the reach of the game, fostering international competition, and inspiring the next generation of players. By bringing together diverse teams and passionate fans, we are not only celebrating the game but also building a global lacrosse community.

As we kick off this exciting journey, we invite you to immerse yourself in the spirit of the game, enjoy the thrilling matches, and celebrate the camaraderie that lacrosse fosters. Let's make this event a memorable experience for everyone involved.

Thank you for being a part of this remarkable occasion. Together, we are making history and paving the way for the future of lacrosse.

Regards,

A handwritten signature in blue ink that reads "Marc".

Marc Riccio
CEO, USA Lacrosse





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AIRD

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ABOUT

USA LACROSSE

USA Lacrosse is the governing body of lacrosse in the United States. Since 1998, we have been dedicated to providing leadership, support, and resources to members of the lacrosse community. Fueled by a passion for the game, USA Lacrosse plays a central role in the rapid growth of the sport throughout the United States and abroad. Devoted to promoting the game while preserving its integrity and spirit, USA Lacrosse provides programs and services to more than 425,000 members in communities across the nation.

USA Lacrosse headquarters, as well as the National Lacrosse Hall of Fame & Museum, are located in Maryland. More than 80 full- and part-time employees, as well as numerous volunteers and interns, work diligently to support and promote lacrosse.

OUR MISSION

USA Lacrosse provides national leadership, structure, and resources to fuel the sport's growth and enrich the experience of participants. USA Lacrosse offers the most comprehensive, responsive, and user-friendly programs and services available in the lacrosse world, through which it has provided support to thousands of coaches, players, officials, administrators, and fans. Some of these initiatives include the Coaches Development Program, Officials Development Program, U.S. National Teams Program, National Team clinics, Center for Sports Science & Safety, and various financial grants.

USA Lacrosse also promotes the sport through its publications and websites and through its National Teams program. USA Lacrosse Magazine is the most-widely read lacrosse publication in the world with more than 2 million copies distributed to members in 2023. The men's and women's national teams have combined to win 34 world championships.

SUPPORT OUR MISSION

As a 501(c)(3) nonprofit organization, USA Lacrosse relies on the generosity of its members and donors to fund its activities and support its mission, with a percentage of every USA Lacrosse member's dues directed back to help support local lacrosse initiatives. The organization provides a leadership role in virtually every aspect of the game throughout the United States and offers a number of programs and information services to its national membership and lacrosse enthusiasts throughout the country.

To make a gift to USA Lacrosse, please visit

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USA LACROSSE

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OLYMPIC SIXES

GAME SCHEDULE

FRIDAY, OCTOBER 11

9:00AM	MEN		VS	
10:15AM	WOMEN		VS	
11:30AM	MEN		VS	
12:45PM	WOMEN		VS	
3:30PM	MEN		VS	
4:45PM	WOMEN		VS	
6:00PM	MEN		VS	
7:15PM	WOMEN		VS	

SATURDAY, OCTOBER 12

4:00PM	WOMEN		VS	
5:15PM	MEN		VS	
6:30PM	WOMEN		VS	
8:00PM	MEN		VS	



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UNITED STATES

SIXES ROSTERS

U.S. MEN'S TEAM @usa_mlax @USAMLax

No.	Name	Pos.	Hometown	College/Club
3	Chris Aslanian	M	Westfield, NJ	Hobart/ Cannons
5	Colin Kirst	G	Bernardsville, NJ	Lehigh/ Rutgers/ Cannons
7	TJ Malone	A	West Chester, PA	Penn State/ Whipsnakes
10	Xander Dickson	A	Greenwich, CT	Virginia/ Atlas
12	Brian Tevlin	M	Livingston, NJ	Yale/ Notre Dame/ Redwoods
13	Jake Taylor	A	Denver, CO	Notre Dame
14	Ryan Tierney	A	Massapequa, NY	Hofstra/ Redwoods
15	Ryan Conrad	M	Timonium, MD	Virginia/ Whipsnakes
16	Grant Ament	A	Doylestown, PA	Penn State/ Archers
20	Matt Campbell	M	Madison, NJ	Villanova/ Cannons
22	Michael Sowers	A	Dresher, PA	Princeton/ Duke/ Waterdogs
31	Justin Anderson	M	Las Vegas, NV	North Carolina/ Outlaws
32	Asher Nolting	A	Greenwood Village, CO	High Point/ Cannons
34	Piper Bond	M	Baltimore, MD	Penn/ Archers
44	Liam Entenmann	G	Point Lookout, NY	Notre Dame/ Atlas
47	Cole Kirst	A	Bernardsville, NJ	Lehigh/ Syracuse/ Redwoods
50	Pat Kavanagh	A	Rockville Centre, NY	Notre Dame/ Cannons

Head Coach

Andy Shay

Assistant Coach

Tony Resch

S/C Coach

Matt Nein

Team Manager

Jim Mitchell

Team Physician

Kyle Yost

Team Trainer

Rebecca Vozzo

U.S. WOMEN'S TEAM @usa_wlax @USAWLax

No.	Name	Pos.	Hometown	College/Club
1	Cassidy Weeks	M	Bayport, NY	Boston College
2	Sam Apuzzo	A	West Babylon, NY	Boston College
3	Kasey Choma	A	Manorville, NY	Notre Dame
4	Marie McCool	M	Moorestown, NJ	North Carolina
5	Abby Bosco	D	Suffern, NY	PA/Maryland
6	Ellie Masera	M	Eastport, NY	Stony Brook
10	Kenzie Kent	A	Nortwell, MA	Boston College
12	Ally Mastroianni	M	Martinsville, NJ	North Carolina
18	Dempsey Arsenault	M	New Hampton, NH	Boston College
21	Charlotte North	A	Dallas, TX	Boston College
22	Erin Coykendall	A	Spencerport, NY	Northwestern
27	Izzy Scane	A	Clarkston, MI	Northwestern
28	Cassidy Spilis	M	Tabernacle, NJ	Rutgers
30	Ally Kennedy	M	North Babylon, NY	Stony Brook
42	Taylor Moreno	GK	Huntington, NY	North Carolina
43	Caylee Waters	GK	Darien, CT	North Carolina
45	Kayla Wood	D	Catonsville, MD	North Carolina

Head Coach

Lindsey Munday

Assistant Coach

Michelle Tumolo

S/C Coach

Nicole Shattuck

Team Manager

Sarah Meehan

Team Physician

Ian McKeag

Team Trainer

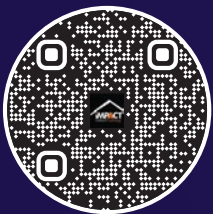
Ashley Holmes

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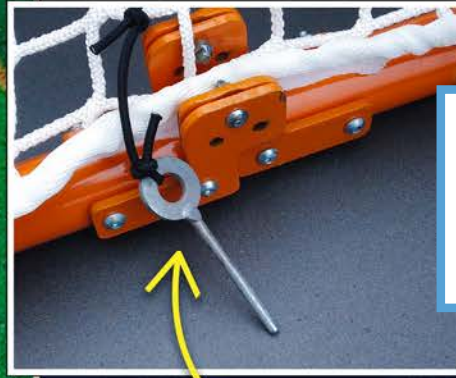
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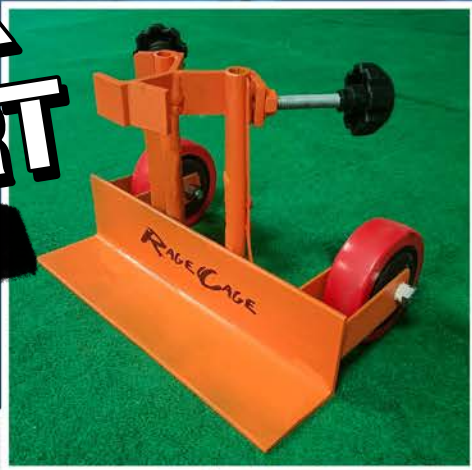
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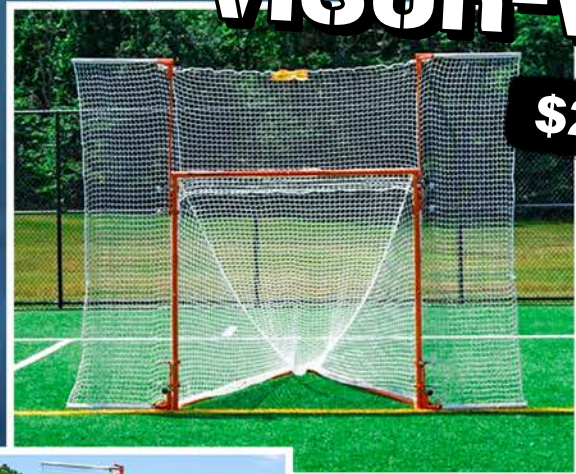


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GREAT BRITAIN

SIXES ROSTERS

GREAT BRITAIN MEN'S TEAM @britishlacrosse @BritishLacrosse

No.	Name	Pos.	Hometown	College/Club
1	Hal Dwobeng	G	London, UK	Spencer Lacrosse Club
2	William Baxter	G	Manchester, UK	Poynton Lacrosse Club
3	Ben Page-Laycock	M	Manchester, UK	Brooklands Lacrosse Club
4	William Prescott	A	London, UK	Spencer Lacrosse Club
5	Alex Russell	A	Mnchester, UK	Poynton Lacrosse Club
6	Luke Mills-Doig	M	Manchester, UK	Brooklands Lacrosse Club
7	Ryan Hunns	A	Manchester, UK	Heaton Mersey Lacrosse Club
8	Tomos Rosser	M	Cardiff, Wales	Spencer Lacrosse Club
9	Lyndon Bunio	A	London, UK	Spencer Lacrosse Club
10	Mike Pomfret	M	Manchester, UK	Stockport Lacrosse Club
11	William Shirt	M	Manchester, UK	Cheadle Lacrosse Club
12	Tommy Kirkland	D	Manchester, UK	Cheadle Lacrosse Club
13	Drew Bickerton	A	Manchester, UK	Mellor Lacrosse Club
14	MatthewTatton	D	Manchester, UK	Brooklands Lacrosse Club
15	Tim Collins	M	Manchester, UK	Brooklands Lacrosse Club
16	Daniel Jones	A	Manchester, UK	Mellor Lacrosse Club
17	Cole Paciejewski	A	Prince George, Can.	Scotland Box Lacrosse

Head Coach
Thomas Wenham

Assistant Coaches
Ravi K. Sitlani
Andrew Downing
Nicholas Ripley

Team Manager
Christopher Russell

Team Trainer
Matthew Collier

GREAT BRITAIN WOMEN'S TEAM @britishlacrosse @BritishLacrosse

No.	Name	Pos.	Hometown	College/Club
1	Sienna Parekh	GK	London, UK	Nottingham
2	Lottie Robertson	Mid	Buckinghamshire, UK	Hawks
3	Sofia Wise	Mid	Buckinghamshire, UK	Exeter University
4	Tilly Shires	Mid	Surrey, UK	Durham University
5	Lauren Hart	Mid	Pittsburgh, PA, USA	Exeter/UC Davis
6	Anna Neville	Mid	London, UK	Centaur
7	Emma Oakley	Mid	Ealing, London, UK	Hawks
8	Emma Savage	Mid	Nottingham, UK	Nottingham
9	Torz Anderson	Mid	Surbiton, UK	Spencer
10	Alice Ripper	Mid	Chipperfield, UK	Hawks/North Carolina
11	Olivia Wimpenny	Mid	Clapham, UK	Blues
12	Georgie Southorn	Mid	Clapham, UK	Durham University
14	Dylan Whittington	GK	Woking, UK	Centaur

Head Coach
Phil Collier

Assistant Coach
Erica Erb

Team Manager
Rich Lalor

Team Trainer
Andrew Jones

Performance Dir.
Chris Russell

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COLOMBIA

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COLOMBIA MEN'S TEAM @colombia_wlax @ColombiaLax

No.	Name	Pos.	Hometown	College/Club
1	Rob Mendez	D/M	South Setauket, NY	Saint Leo / UAlbany
2	Charlie Suarez-Rojas	D/M	Centreville, VA	Hood College
3	Jacob Haas-Llano	F/M	Canton, GA	Young Harris College
4	Anthony Courcelle	M	Broward County, FL	Marquette University
5	Alex Mandel-Franco	M	Washington, DC	Swarthmore College
7	Cory Tieste	M/A	Wilmington, DE	University of Delaware
9	Matt Ochoa-Martinez	M	Petersburg, NJ	Stockton University
11	Vincent Agero	M	Fort Lauderdale, FL	NSU School/Team 24
12	Ian Carvajal	G	Fort Lauderdale, FL	Liberty University
13	Nicholas Sheedy	M	Rosemount, MN	Lewis University
17	Quinn Guevara	D/M	Arlington, VA	Colorado College
23	Juan Fernando Bohorquez	M	Bogota, Colombia	Illinois Institute of Tech.
24	Ryan Tabor	M	Trabuco Canyon, CA	Concordia Irvine
29	Oscar Andres Cifuentes	G	Cali, Colombia	Tennessee Wesleyan
33	Joshua Blanchard-Hinestrosa-Valencia	A/M	Santa Barbara, CA	University of CA Berkley
42	Alex Concannon	A/M	Oyster Bay Cove, NY	Johns Hopkins/Hofstra
47	Kai Switlick	A/M	Sacramento, CA	Jesuit High School (CA)

Head Coach
Oscar Daniel Castillo Morales

Assistant Coach
Jhonatan Andrade

Team Manager
Martin Prada

Team Trainer
Catherine Sandoval

Team Videographer
Fabian Suarez/Paul Guevara

COLOMBIA WOMEN'S TEAM @colombialax @ColombiaLax

No.	Name	Pos.	Hometown	College/Club
0	Isabelle Stockman	M	Bogotá, Col./Rochester, NY	Marist College
1	Ava Kalmar	G	Long Island, NY	Harborfields
3	Juliana Kyle	M	Pennington, NJ	George School
4	Adelita Nelson	M	Buffalo, MN	Pipeline
6	Tori Perez	G	Palm Beach Gardens, FL	Oglethorpe
7	Alex Mazurczak	M	Bogotá, Col./Wauwatosa, WI	Ave Maria
8	Rachel Reina	A	Brooklyn, NY	Baruch College
9	Nabyl Jimenez	M	St. Paul, MN	
10	Carolina Rojas Terranova	M	Bogotá, Colombia	Nativos
11	Sierra Haas	A	Atlanta, GA	
14	Sienna Powell	M	Bethlehem, PA	
15	Orianna Eldridge	M	Port Charlotte, FL	Ave Maria
16	Katie DeShan	M	Radnor, PA	University of Tampa
17	Isabella Sandora	M	Pittsburgh, PA	
18	Emily Vergara	M	Atlanta, GA	Belmont Abbey
27	Victoria Orozco	M	Jacksonville, FL	St. Thomas
28	Giulianna Dubuc	D	West Chester, PA	

Head Coach
Michi Ellers

Assistant Coaches
Marcela (Mo) Gaitán
Abby Rivera
Rachel Frantz

Team Manager
Juanita Rojas

Team Trainer
Dakota Sneed

Team Videographer
Esbeyd Montes



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PUERTO RICO

SIXES ROSTERS

PUERTO RICO MEN'S TEAM



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No.	Name	Pos.	College/Club
2	Donovan Lacey	M	University of Maryland
5	Matthew Chlastawa	A	Bates College / Fairfield University
9	Brennan Banks	M	Florida Institute of Technology
14	David Miele	M	Stony Brook University
15	Justin McFaul	M	Hofstra University
19	Steve Ramirez	A	University at Albany
24	Daniel Mercado	F/O-M	Wagner College
25	Cristian Mercado	A	Wagner College
42	Jared Fernandez	D	Johns Hopkins University
43	Brandon Aviles	M	Syracuse / Johns Hopkins
84	Owen Fasulka	A	Mount St. Mary's University
88	Will Mark	G	Syracuse / Johns Hopkins
89	Alex Rodriguez	M	VMI
	Kevin Lewis	A	Lafayette College
	Joshua Balcarcel	A	Marist College
	Christian Laureano	M	Mercer University
	Sean Laureano	M	Rollins College
	Thomas O'Connell	M	University of Maryland

Coaches

Alec Jernstedt
Dylan Sheridan
Noah Fossner

NGB President

Miguel Lozada

PUERTO RICO WOMEN'S TEAM



@puertoricolacrosse



@PuertoRicoLax

No.	Name	Pos.	Hometown	College/Club
1	Rachel Ramirez	G	Lindenhurst, N.Y.	Elon University
2	Cecelia Vergara	A	Sunset Beach, N.C.	University of Detroit Mercy
11	Isabel Gautreaux	G	Bel Air, MD	St. Mary's College of MD
12	Jenn Seebach	D	Manorville, N.Y.	Flaggler College
18	Delaney Rodriguez-Shaw	A/M	Longmeadow, MA	University of Mass Amherst
20	Sofia Herrera	D	Baltimore, MD	M&D Black / MD Commit
32	Sky Carrasquillo	A/M	Alpharetta, Ga	Yale University
33	Cat Robles	D	Mount Sinai, N.Y.	Long Island University
38	Tori Rankin	M	Naples, Florida	University of Richmond
43	Lucia Nash	M	Denville, NJ	BBL/ Yale Commit
44	Karina Herrera	M	Baltimore, MD	Yale University
50	Isabella Henson-Vendrell	M	Haymarket, VA	Villanova University
51	Alivia Lugo	M	North Caldwell, NJ	STEPS/ Brown Commit
65	Bri Carrasquillo	A	Alpharetta, GA	Yale University/Oregon
68	Libby Staples	A/M	York, PA	UMBC
72	Hunter Roman	D/M	Saint James, N.Y.	Boston College

Head Coach

Monica Negron

Team Managers

Sophia Lugo
Kristina Clayton

Team Trainer

Blake LeBlanc

Team Videographer

Nelson Telemaco

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SIXES LACROSSE

GAME OVERVIEW

Sixes is an incredibly fast-paced, compact version of lacrosse, combining the most exciting elements of traditional disciplines. It is characterized by an accelerated, open style of play with quick transitions and non-stop, high-scoring action.

A natural evolution of the sport, Sixes sits at the intersection of field and box lacrosse, offering an inclusive opportunity to all existing lacrosse players and an easier entry point for new athletes. It eliminates specialty positions that lead to competitive imbalance, features a level of physicality appealing to both men and women, and has reduced equipment and venue needs.

The discipline gained immediate and significant popularity globally, with leagues and events at all levels. Sixes was featured for both men and women in The World Games 2022 and is central to lacrosse's Olympic vision. The inaugural World Lacrosse Sixes Championships (men and women) will take place in 2027.

Created in 2018, Sixes aims to:

- ★ Accelerate global growth
- ★ Increase accessibility and approachability
- ★ Create greater competitive balance
- ★ Reduce cost and complexity of participation and event staging

Key Features:

- ★ 6 v 6, 12 players per team
- ★ 30-second shot clock
- ★ 8-minute running-time quarters
- ★ ~45-minute games
- ★ Competitively played outside on 70x36m grass or turf field
- ★ No specialist positions, just runners and goalies
- ★ Draws only at the start of each quarter



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QUEEN OF THE PARK

GAME OVERVIEW

The Queen of the Park competition is a youth lacrosse event that brings together teams from across the region to compete for the title of Queen of the Park. This unique competition, held at Michael A. Carroll Stadium at IUI, is part of the inaugural USA Lacrosse Experience, promising an unforgettable experience for players, coaches, and fans alike.

The competition features a 5v5 small-sided play format, with each team consisting of four field players and one goalie. This setup not only makes it easier for teams to participate, requiring just six players to fill a roster, but also ensures fast-paced, high-energy games. The smaller team size allows for more touches on the ball, quicker transitions, and a greater emphasis on individual skills and teamwork, helping players improve their overall game.

Participants in the Queen of the Park competition have the chance to be part of the larger USA Lacrosse Experience, which includes interacting with National Team players and participating in Skills Clinics presented by Gait Lacrosse. These clinics offer invaluable training and insights from top-level athletes, helping young players enhance their skills and learn from the best in the sport.

Beyond the competition, the Queen of the Park event is a celebration of lacrosse and its community. It provides a platform for young athletes to shine, build lasting friendships, and create memories that will last a lifetime. Emphasizing sportsmanship, teamwork, and personal growth, this event is a valuable experience for all involved.

Special thank you to all the teams joining us for the Inaugural Queen of the Park competition at the USA Lacrosse Experience:

JetLax Jets I ~ Franklin, WI
River City White ~ Evansville, IN
River City Blue ~ Evansville, IN
Penn High School ~ South Bend, IN
JetLax Jets II ~ Franklin, WI
Hounds ~ Carmel, IN
Eagles ~ Zionsville, IN
WHS1 ~ Westfield, IN
WHS2 ~ Westfield, IN
JetLax Jets 12U ~ Franklin, WI
Noblesville ~ Noblesville, IN
NJ Herd ~ Warren, NJ



QUEEN OF THE PARK

GAME SCHEDULE

HIGH SCHOOL GIRLS

SATURDAY, OCTOBER 12

Time	Field 1	Field 2	Field 3	Field 4	Field 5
1:00 PM	G1: WHS1 v Hounds	G2: Eagles v River City White	G3: JetLax Jets v WHS2	G4: Penn HS v River City Blue	JetLax Jets II - NO GAME
1:20 PM	G5: Winner G1 v Winner G2	G6: Winner G3 v Loser G1	G7: Winner G4 v Loser G2	G8: JetLax Jets II v Loser G3	Loser G4 - NO GAME
1:40 PM	G9: Winner G5 v Winner G6	G10: Winner G7 v Loser G5	G11: Winner G8 v Loser G6	G12: Loser G4 v Loser G7	Loser G8 - NO GAME
2:00 PM	G13: Winner G9 v Winner G10	G14: Winner G11 v Loser G9	G15: Winner G12 v Loser G10	G16: Loser G8 v Loser G11	Loser G12 - NO GAME
2:20 PM	G17: Winner G13 v Winner G14	G18: Winner G15 v Loser G13	G19: Winner G16 v Loser G14	G20: Loser G12 v Loser G15	Loser G16 - NO GAME
2:40 PM	G21: Winner G17 v Winner G18	G22: Winner G19 v Loser G17	G23: Winner G20 v Loser G18	G24: Loser G16 v Loser G19	Loser G20 - NO GAME

12U GIRLS

SATURDAY, OCTOBER 12

Time	Field 6	Field 7
1:00 PM	G1: JetLax Jets v NJ Herd	Noblesville - NO GAME
1:20 PM	G2: Winner G1 v Noblesville	Loser G1 - NO GAME
1:40 PM	G3: Winner G2 v Loser G1	Loser G2 - NO GAME
2:00 PM	G4: Winner G3 v Loser G2	Loser G3 - NO GAME
2:20 PM	G5: Winner G4 v Loser G3	Loser G4 - NO GAME
2:40 PM	G6: Winner G5 v Loser G4	Loser G5 - NO GAME
3:00 PM	12U Title Game - Winner G6 v Loser G5	

ELEVATE
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CLINIC



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EXPERIENCE
*** INDIANAPOLIS

SUNDAY, OCTOBER 13

10:00 AM - 12:00 PM
MICHAEL A CARROLL STADIUM

Join us for the Elevate 28 Clinic, a fantastic opportunity to learn from National Team athletes, with support from Athletes Unlimited Pro Lacrosse! This clinic is designed for beginners and those interested in learning about lacrosse, with a special focus on Sixes, the new Olympic discipline.



COST

Members: \$10

Non-Members: \$25

WHAT'S INCLUDED

- ★ Pinnie and ball for all registrants
- ★ Ticket to Saturday's International Games
- ★ Expert instructions from National Team and Athletes Unlimited Pro Lacrosse athletes



PRESENTED BY

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SKILLS CLINICS

SATURDAY, OCTOBER 12

COST: \$35 | 9AM-12PM

MICHAEL A CARROLL STADIUM



Includes Ticket to Saturday's International Games

Geared toward current lacrosse players working to advance their skills. These clinics will focus on draw control, defensive positioning, faceoff, goalie, shooting and transitions/player up situations.





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The USA Lacrosse Foundation is a 501(c)(3) non-profit organization that serves as the philanthropic arm of USALacrosse, to learn more please visit www.usalacrosse.com/foundation

She COMPETES

SUNDAY, OCT. 13

SheCompetes, presented by Gainbridge, will be held in conjunction with the USA Lacrosse Experience in Indianapolis on Sunday, October 13 from 11 a.m. to 5 p.m. at the Eiteljorg Museum.

The event is designed to serve as a forum bringing together young women and successful business leaders from Indianapolis to take part in educational sessions as well as a valuable mentorship connection. This event is meant to celebrate, empower and inspire!

One of the professional business leaders who will be serving as a mentor at the event is Melissa Thompson, vice president of bids and external affairs at Indiana Sports Corp since 2018. In this role, she is responsible for board affairs, community initiatives, event bids, strategic planning, and government relations.

As a native of Indianapolis, Thompson's roots and networks run deep in the city, and she has extensive experience in event and logistics planning as well as public space management. In recognition of her leadership and commitment to driving positive change, Thompson was honored as the 2024 Empower Award recipient at the Indiana Women's Summit.

Thompson shared her enthusiasm and commitment for mentorship during a short Q-and-A with USA Lacrosse.

Why do you believe mentorship is important?

I've experienced, in my career, the opportunity to have other people pour into my life and my career and give me advice, both constructive criticism or just constructive advice, and it's helped me get to the point where I am today. Over the last few years, I've come to understand that I'm sort of in that transition phase now, maybe not necessarily needing a mentor as much, but having some insight and influence to be able to share with other people. So, I've really leaned into the opportunity to mentor younger people in the sports and events industry and just try to share some of the things I have learned with others. Mentorship is something that's very close to my heart.

What does a mutually beneficial mentor – mentee relationship look like to you?

I think that we all come to the table with different experiences and so while I may have been in the industry longer than someone who I'm mentoring, there are things that they do on a daily basis that can help me. I mean, frankly, technology is moving so fast and it's sometimes hard for me to keep up. And so having a mentee that may be younger that understands it is an example of a mutually beneficial relationship that could teach me how to use, for example, TikTok. I think that everybody has something that they bring to the table and I think that the best way that we all learn and grow is to learn from each other.

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SCHEDULE OF EVENTS

11:00AM | Registration and Check In

12:15PM | Emcee Welcome

12:30PM | Pick Up and Play Outdoor Clinic

1:45PM | Educational Sessions and Panel Discussions

4:00PM | Emcee Wrap Up and Networking Social

5:00PM | Event Concludes

She COMPETES

SUNDAY, OCT. 13

Is there a process to finding the right mentor?

I think so, but it's a personal process. If you're a part of WISE (Women in Sports & Events), we do it in a formal setting. You apply to be a mentor or you apply to be a mentee, and we try to pair you together with people who have similar interests, or similar jobs. But I think if you're not in a situation like that, just finding someone that you connect really well with, but also is in a position where you'd like to be someday, or has a skill set that you really want to develop, can work.

How important do you think it is to develop a professional network?

Oh, I think it's the most important thing. Relationships are the most important thing. Building your network and building those relationships with people who can be there for you and can help you out is critical. I think it's very important that you have a mindset that every single person on the spectrum is someone you can be connected to, whether it's a janitor at a venue or the CEO of the NFL team in your area. Building your network just helps you in so many ways. You can just pick up the phone and call somebody and say, 'Hey, I've got this problem. Can you help me fix it?' That's the power of relationships and the power of a network. It's invaluable.

Do you have any specific goals, as a mentor, for this event?

Sure. I actually did a similar program like this in Cleveland in April during the women's final four, and I sort of went into it not knowing what the expectation was of me or what expectations I had. So I go into this one very differently. I may sit at a table with young women who are looking for a mentor to help grow their career, and they may have lots of questions. I think the vulnerability that I can have with them about how things have gone in my career, or to answer their questions and just be honest with them is the biggest thing that I can offer them. And I also know that there is an opportunity to potentially connect one-on-one with one of those people, right? And so, while it may be a moment in time, there's also the opportunity to then connect with someone long term.

Do you have any other suggestions for young women who may be considering attending this event?

I just think it's important, especially for women in the sports and events industry, which is so male dominated and has been for so long, to find those people who are your people and women that you can look up to and that you can talk to. I have a friend who calls it her personal board of directors. Who are those people that are consistently influencing the decisions you make or giving good advice? Go find those personal board of directors that are for you and that have your best interests in mind.

SheCompetes event registration is free and includes snacks and drinks throughout the day. Registration is capped at the first 100 young women, ages 16-22, that sign-up.



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1

Work together because we are more impactful as one.

2

Establish a unified strategy, set goals, execute, measure, learn and execute again.

3

Communicate openly and often – with each other and the lacrosse community.

4

Engage and work with local lacrosse organizations to support sustainable pathways to play the game.

5

Unify around the goal of doubling lacrosse participation by the end of the decade.

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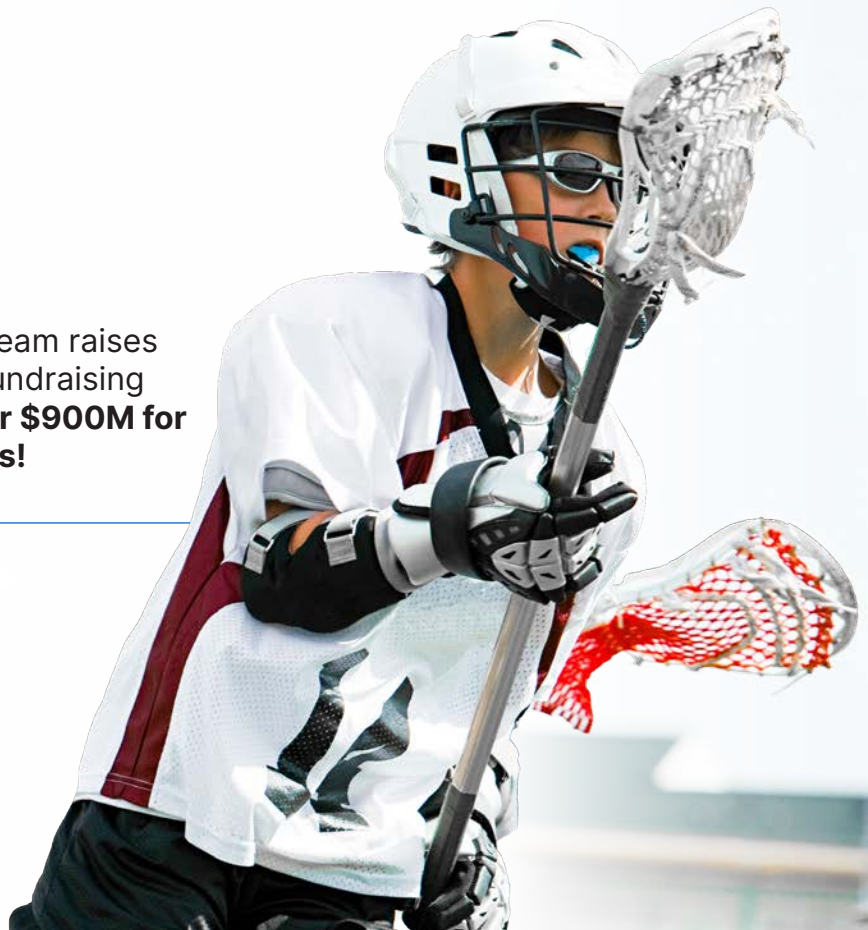
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FOR MORE INFORMATION, CONTACT:

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