

Lacrosse Is the Cool Sport

Dear Susie,

I know you're going into high school this fall. It will be a big change from middle school. I bet you're excited and a little nervous, like I was. That's why I'm writing. I have an idea that might make your first year easier and even fun. I think you should go out for lacrosse.

You know I've been playing lacrosse for the last two years here at Glenfield High. I wanted to tell you that going out for lacrosse is one of the best things I've ever done. Besides getting in the best shape ever, I've made good friends on the team, and I'm having a lot of fun.

Lacrosse has a lot going for it that other sports don't. First of all, almost anyone can play lacrosse. You don't have to be tall or big. You do have to be fast, though not as fast as a track star. The main thing you have to do is build up your **endurance**.

You also have to learn to use the stick. Stick handling does take some practice, but once you learn, it becomes **second nature**. Also, the sticks are cool. Girls' sticks come in different colors now. I have to admit I like walking around with my lacrosse stick in school.

The second thing about lacrosse that's great is that it's a team sport. I don't know why, but

lacrosse players just seem to have a great spirit. Everyone is very welcoming, and everyone helps each other. Unlike other sports, you don't get stuck in one position. The coaches are always moving people around.

The game itself is a great mix of speed and action. It's got constant motion like basketball or soccer. It's also kind of like field hockey, but the action is faster. The equipment is cheaper than ice hockey, and you don't have to go to a chilly rink to practice.

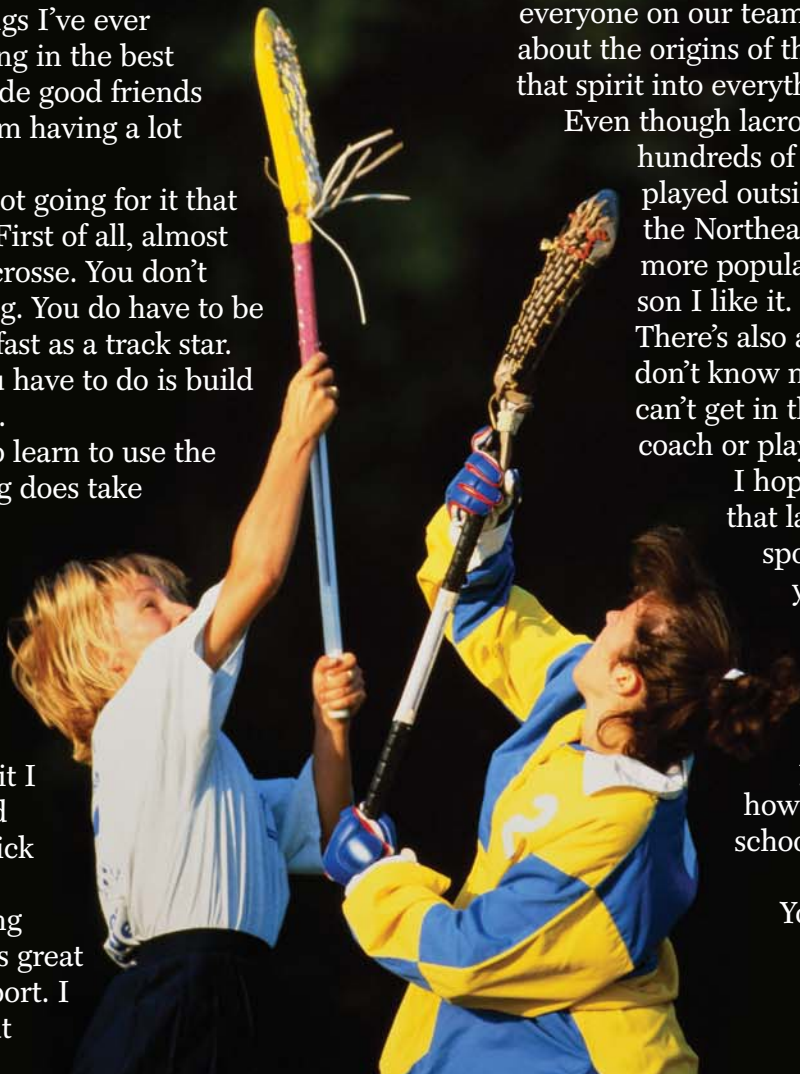
My coach says that one reason lacrosse is so great is because of its history. It was invented and played by Huron and Iroquois Indians in the Northeast. They used to play on big fields with no boundary lines and their games could last several days. The game was considered a gift from the Creator. Games were used to settle **disputes** between tribes, or as a ceremony to assure a good harvest. Like a lot of lacrosse players, everyone on our team has taken time to learn about the origins of the sport. We try to carry that spirit into everything we do.

Even though lacrosse has been around for hundreds of years, it was hardly ever played outside of a few schools in the Northeast. Now it's becoming more popular. I think that's one reason I like it. It's new and different. There's also an added bonus—parents don't know much about it so they can't get in the way and try to tell the coach or players what to do.

I hope I've convinced you that lacrosse is the greatest sport around. If I haven't, you could always go to a game at school and see for yourself. Even if you don't want to play, you'll still enjoy yourself. Let me know how the first days of high school go for you.

Your friend,

Lizzie



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