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Originated by Native Americans long before the first settlers ever came to this continent, lacrosse is, in a sense, the only truly American Sport. Combining the qualities of ice hockey and soccer, this fast-paced sport is becoming increasingly popular with a younger generation. This book follows the sport from its origins to its modern-day form and explores its popularity, its stars, past and present, and the major tournaments. Colorful and informative photos beckon the reader to get out and play. North America's Indian peoples have always viewed competitive sport as something more than a pastime. The northeastern Indians' ball-and-stick game that would become lacrosse served both symbolic and practical functions—preparing young men for war, providing an arena for tribes to strengthen alliances or settle disputes, and reinforcing religious beliefs and cultural cohesion. Today a multimillion-dollar industry, lacrosse is played by colleges and high schools, amateur clubs, and two professional leagues. In *Lacrosse: A History of the Game*, Donald M. Fisher traces the evolution of the sport from the pre-colonial era to the founding in 2001 of a professional outdoor league—Major League Lacrosse—told through the stories of the people behind each step in lacrosse's development: Canadian dentist George Beers, the father of the modern game; Rosabelle Sinclair, who played a large role in the 1950s reinforcing the feminine qualities of the women's game; "Father Bill" Schmeisser, the Johns Hopkins University coach who worked tirelessly to popularize lacrosse in Baltimore; Syracuse coach Laurie Cox, who was to lacrosse what Yale's Walter Camp was to football; 1960s Indian star Gaylord Powless, who endured racist taunts both on and off the field; Oren Lyons and Wes Patterson, who founded the inter-reservation Iroquois Nationals in 1983; and Gary and Paul Gait, the Canadian twins who were All-Americans at Syracuse University and have dominated the sport for the past decade. Throughout, Fisher focuses on lacrosse as contested ground. Competing cultural interests, he explains, have clashed since English settlers in mid-nineteenth-century Canada first appropriated and transformed the "primitive" Mohawk game of *tewaarathon*, eventually turning it into a respectable "gentleman's" sport. Drawing on extensive primary research, he shows how amateurs and professionals, elite collegians and working-class athletes, field- and box-lacrosse players, Canadians and Americans, men and women, and Indians and whites have assigned multiple and often conflicting meanings to North America's first—and fastest growing—team sport. The *Commandments of Lacrosse* are 50 Rules to help make you a better player and teammate in the game of lacrosse. The classic set of strategies has been revised in the Second edition and a 25 week journal has been added to help you track your improvement in the game of lacrosse. The *Commandments of lacrosse* are rules that can be applied to both the men's/women's or boy's/girl's game of lacrosse and had been enjoyed by coaches, players, fans, officials and parents. Whether you are looking to become a leader on the field or develop your character outside, the *Commandments of Lacrosse* has tips and suggestions for you. There is something inside for each player or position that can be useful in helping you become a better lacrosse player. Like many self help books, this lacrosse book should be read a couple times and can be revisited each year as you show continued progress and continue to move up levels as you get older and are even carry it with you in your lacrosse bag for a quick and easy refresher of the mental aspect of the game of lacrosse before your practice or game. Entries cover issues related to sports medicine, including diagnostic and treatment techniques, conditioning and training, diet and nutrition, doping and performance enhancement, injury prevention, and career opportunities. Step on the field and begin playing in no time! In *Lacrosse Essentials*, you'll learn the fundamentals of the sport through sequential instructions, detailed photo sequences, and expert advice from coaching legend Jack Kaley and longtime coach Rich Donovan. *Lacrosse Essential* takes you inside the game, covering these essential skills and strategies: • Passing • Catching • Shooting • Riding • Clearing • Goaltending In addition to mastering the fundamentals, you'll be challenged to expand your repertoire of skills and use those techniques and tactics for a competitive advantage. The many activities and drills will speed learning and improve performance. You'll also get the latest information on offensive and defensive strategies, systems, and situational play to take your game to the next level. *Lacrosse Essentials* is the best—and quickest—way to learn, practice, and play the great sport of lacrosse. "Sports Illustrated winner's circle books." Discusses fundamental skills, rules, defense, offense, and drills for lacrosse success. Do you play lacrosse? Are you a lax rat, Lax bro, a lacrosse fan or a lax family member? Kids and adults both love this cool sport and this student notebook is filled with double-sided ruled composition blank pages that offer plenty of room for doing homework, school work and so much more. Why not give a student or teacher something they can actually use? Included: Over 100 Pages 8.5 x 11 in size Good for school work, list making, journaling, writing, doodling and so much more. Makes a great under \$10 gift idea for athletes and LAX fans alike. *Lacrosse Rules Trivia Quiz Book* is the latest title to test your knowledge in the Trivia Quiz Book series. All of our trivia quiz books were written to keep you entertained while challenging you to some tough trivia questions on Lacrosse Rules. The paperback edition makes a great gift for anyone who is a fan of Lacrosse Rules. Our unique *Lacrosse Rules Trivia Quiz Book* will give you a variety of questions on Lacrosse Rules. Each of our trivia quiz books is loaded with questions to test your knowledge. All questions pages are loaded with pictures and graphics to keep you entertained while you learn. If you are buying the Kindle edition you are in for a real treat! Our *Lacrosse Rules Trivia Quiz Book* is interactive! What that means is you get to touch the answers you think are correct. You do not just read the book, you actually take part in the quiz! By harnessing the power of the Kindle we bring another great feature by automatically keeping your score! As you progress through the *Lacrosse Rules Trivia Quiz* book your score is kept for you. When you get to the end you receive a final grade. It's fun to challenge friends and family to see who can get the higher score. Now you can try for that perfect score! Highlighting the most current strategies and tactics in the game today, *Women's Lacrosse* is a comprehensive instructional guide for coaches and players at all levels. *Coaching Youth Lacrosse* is an excellent introduction to youth coaching and teaching young lacrosse players valuable skills. It provides all the information you need to coach effectively and help 6- to 14-

year-old athletes, both boys and girls, learn and enjoy the game. A guide to reference and information sources related to sports, exercise, and fitness that describes and evaluates nearly one thousand information sources. **LACROSSE LOVERS** Step on the field and begin playing in no time! In lacrosse lovers, you'll learn the fundamentals of the sport through sequential instructions. Lacrosse Lovers takes you inside the game, covering essential skills and strategies. In addition to mastering the fundamentals, you'll be challenged to expand your repertoire of skills and use those techniques and tactics for a competitive advantage. The many activities and drills will speed learning and improve performance. **GRAB A COPY NOW!!!** As long as people have played games, there has been a temptation to win (or intentionally lose) by cheating. Infamous cases throughout the history of sport abound, from the "thrown" 1919 World Series to the recent doping confessions of track star Marion Jones. In this entertaining and informative book, sports historian Fran Zimniuch recalls the notorious scandals that have tainted our most popular sports, concluding that such incidents are often a reflection of the times. Benefiting from personal interviews with many figures either involved in or on the periphery of recent scandals, including BALCO's Victor Conte, Crooked presents a pageant of infamy as rich as the history of modern sports itself. Describing the components of lacrosse in a step-by-step fashion, author and coach Jim Hinkson clearly explains and illustrates the most effective ways of mastering individual skills for passing, catching, cradling, and checking, as well as tactics and strategies for winning team play. In addition, the book offers dozens of drills applicable to both coaches and players for refining these techniques and contains specific instruction for both the indoor and outdoor game. Written with precision by one of the world's leading authorities on playing and coaching lacrosse and featuring numerous illuminating photographs and illustrations, Lacrosse Fundamentals is ideal for coaches, players, parents, and fans of the sport. To read a sample chapter, visit www.uapress.com. Baltimore is the birthplace of Francis Scott Key's "The Star-Spangled Banner," the incomparable Babe Ruth, and the gold medalist Michael Phelps. It's a one-of-a-kind town with singular stories, well-publicized challenges, and also a rich sporting history. Baltimore Sports: Stories from Charm City chronicles the many ways that sports are an integral part of Baltimore's history and identity and part of what makes the city unique, interesting, and, for some people, loveable. Wide ranging and eclectic, the essays included here cover not only the Orioles and the Ravens, but also lesser-known Baltimore athletes and teams. Toots Barger, known as the "Queen of the Duckpins," makes an appearance. So do the Dunbar Poets, considered by some to be the greatest high-school basketball team ever. Bringing together the work of both historians and journalists, including Michael Olesker, former Baltimore Sun columnist, and Rafael Alvarez, who was named Baltimore's Best Writer by Baltimore Magazine in 2014, Baltimore Sports illuminates Charm City through this fascinating exploration of its teams, fans, and athletes. The completely updated edition of the definitive sports field book Recognizing that new developments in the design, construction, and maintenance of sports fields have literally changed the playing field, Sports Fields, Second Edition is now fully updated and revised to continue its legacy as a leading authority on sports field management. Highly illustrated, with step-by-step examination of essential topics such as turfgrass and soil science, sand fields, turf paints, field quality evaluation, and weather preparedness, this in-depth guide chalks out the ultimate game plan to integrate these elements into a winning project. Sports Fields, Second Edition includes: New coverage of environmental stewardship and resource conservation, natural and organic field maintenance, and artificial turf care and maintenance Discussion of the following field types: baseball, softball, football, soccer, lacrosse, field hockey, tennis, and track and field Updated information on grasses, pesticides, fertilizers, and equipment New exploration of green initiatives in the design and maintenance of fields Hundreds of illustrations, 50 percent of which are newly updated A versatile how-to guide, Sports Fields, Second Edition suggests solutions to common field problems that are not only helpful for professional sports turf practitioners, but also for park and recreation professionals, school athletic field managers, architects, landscape architects, and engineers. Chapter after chapter delivers on the promise of imparting well-grounded principles that can be applied to create athletic fields that are long-lasting, visually dazzling—and eminently playable. Lesson plans for physical education including climbing walls, lacross, in-line skating. Includes 2 Copies of CD in Carousel # 17 and 21 Lacrosse comes from a Native American sport named baggataway. Baggataway teams could have up to 1,000 players. Learn more in Lacrosse, a For the Love of Sports book. Each title in the For the Love of Sports series features easy-to-read text, stunning visuals, and a challenging educational activity. A unique book code printed on page 2 unlocks multimedia content. These books come alive with video, audio, weblinks, slideshows, activities, hands-on experiments, and much more. Do you play lacrosse? Are you a lax rat, Lax bro, a lacrossefan or a lax family member? Kids and adults both love this coolsport and this student notebook is filled with double-sided ruledcomposition blank pages that offer plenty of room for doinghomework, school work and so much more. Why not give astudent or teacher something they can actually use? Included: Over 100 Pages 8.5 x 11 in size Good for school work, list making, journaling, writing, doodling and so much more. Makes a great under \$10 gift idea for athletes and LAX fansalike.

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