



WHY COACH?



EVERY COACH HAS THEIR FIRST TEAM - every player has their first coach. Just as a U19 National Team member once learned to cradle, every coach has a beginning. What will be your beginning?



GIVE BACK TO THE GAME - honor the game. Lacrosse has a rich tradition in its affinities with the native game and its role as an early team sport for athletes in this country and internationally.



VOLUNTEER AND BE A POSITIVE ROLE MODEL FOR ATHLETES EVERYWHERE - the player/coach relationship can have a lifetime impact on a player's confidence and life skills. Remember the coaches who shaped you. Make a difference in an athlete's life.



LEARN VALUABLE LEADERSHIP SKILLS - developing a program, leading practices and games, navigating success and setbacks are all great opportunities to get experience and grow as a leader and a person.



HAVE FUN - there is nothing like young athletes to keep you engaged and on your toes. Enjoy the challenges of the competitive environment and the team culture of young athletes.



TAKE THE FIRST STEP AT [USLACROSSE.ORG/CEP](https://uslacrosse.org/cep)