

WHAT ATHLETES NEED TO KNOW

When designing an adaptive lacrosse program, it is important to thoughtfully consider and communicate each of the following factors:

Field or Court Surface

Explore different playing surfaces. Solid surfaces (such as a basketball or tennis court) tend to be more accessible and inclusive of various disabilities.

Accessibility of Facilities

Investigate whether the facility has accessible entryways, elevators, restrooms, and parking lots before hosting an event in a new location.

Equipment Availability

Provide clear instructions about whether any specialized equipment such as lacrosse sticks or sport wheelchairs will be provided at each session.

Transportation Options

Consider how athletes and their families will travel to and from your session, including proximity to public transportation and major roadways.

Level of Challenge

Let participants know ahead of time if the session will be tailored to beginner, intermediate, or advanced players, and whether new athletes are welcome.

Relevant Coach Qualifications

List the relevant certifications and experiences of your coaches and volunteers to build trust and confidence in your program.

Safety Considerations

Disclose any risks or safety concerns, including whether stick checking and body checking will be allowed and what equipment will be required.