

# US Lacrosse

## Adaptive Lacrosse Mentors Group

---

### About The Adaptive Lacrosse Mentors Group

With the explosive growth of the lacrosse, it's no surprise that the rise in adaptive lacrosse programs has similarly followed suit. With the evolution of adaptive sports at the international and national level, many communities are now adding adaptive lacrosse programs to their existing extracurricular athletic offerings. The Adaptive Lacrosse Mentors Group was created to provide resources and support for coaches and program administrators who will identify and develop new or existing adaptive lacrosse programs. Through formal mentorship, passionate administrators will have the opportunity to learn directly from influential leaders to gain practical adaptive coaching and management experience.

### Who are the Mentors?

The mentors are a collection of seasoned coaches and program administrators, many with over 25 years of adaptive lacrosse experience. These veteran and volunteer leaders hail from various parts of the country and devote much of their time to being true ambassadors of adaptive lacrosse.

### Participation Expectations

The 'mentee' experience is what you make of it. Upon request, USL will connect you with a mentor(s). The effectiveness and success of the mentorship development depends on your need and how much or how little you want to interact with them. The focus of this group is to provide seasoned leaders as consultants on a request basis in order to stimulate the growth of the sport and athlete development specifically at the adaptive level.

### What are the benefits of having a mentor?

*A successful mentoring relationship can assist you in a variety of professional and personal areas of focus. Some examples include:*

- Enhance strategic business initiatives
- Expand your leadership abilities
- Increase the capacity to translate values and strategies into productive actions
- Receive critical feedback in key areas, such as communication, recruiting, fundraising, interpersonal relationships, management and leadership skills
- Encourage retention and improving productivity
- Creation of networks of volunteers
- Develop a sharper focus on what is needed to grow professionally within the program or organization
- Learn specific skills and knowledge that are relevant to personal goals
- Provide a friendly ear with which to share frustrations as well as successes



To get in contact with one of our Adaptive Lacrosse mentors, please e-mail [diversityprograms@uslacrosse.org](mailto:diversityprograms@uslacrosse.org) for more information.

