



2021

ANNUAL REPORT

OUR VISION

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

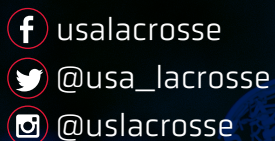
OUR MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.



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WELCOME

Change represents opportunity and 2021 was clearly a year of change for USA Lacrosse. The name alone was evident of change. In May, we launched our rebranding effort that included changing our name from US Lacrosse to USA Lacrosse and developing a new logo, but it was much more.

The mission — fueling the growth, enriching the experience and fielding the best national teams — remains the same, but our new brand aligns our key properties, including the national team program, under one umbrella to improve our brand recognition and clarify the breadth of our operations and impact. The rebrand represented an opportunity to strengthen the value for our members, donors and corporate partners.

Among the enhancements was the beginning of a robust redesign of our digital ecosystem, including the launch of a new organizational website.

In August, I began my role as the new CEO of USA Lacrosse, honored to build off the legacy Steve Stenersen built in more than 30 years of service to the sport.

I spent 17 years leading business operation and development for the NFL's New York Jets and then seven years in roles focused on strategy, growth and organizational change for major sports brands and events. I believe that an entrepreneurial mindset can bring positive change to the sport and to USA Lacrosse.

As we look ahead, we also celebrate the accomplishments of 2021.

While continuing to face unique challenges from the COVID-19 pandemic, we began a rebuilding effort. Our national teams returned to the field — for training — after 18 months off the field.

Many youth leagues around the country also came back after limited play in 2020 and USA Lacrosse was there to support them. We continued with our grants program to provide financial support and additional resources. We launched our Level 2 online coaching course while continuing to work on improving our Mobile Coach tool.

We remained a leader in the sport in working to ensure athlete safety, including the release of data from two studies we helped fund to determine the efficacy of headgear in the women's game.

We remained focused on both creating opportunities for new players and providing a welcoming environment for all. We worked with other organizations on the We Stand initiative and supplemented our popular cultural competency course with a new online course on inclusivity aimed at a target audience of middle school students.

To best serve our membership, we developed two new membership categories, one for the 6U age group and one for young adults.

One of the biggest milestones of the year — full recognition for World Lacrosse by the International Olympic Committee — shows us what the future can bring.

I am optimistic about that future because I've seen far more opportunity, far more progress and success than challenges.

Marc Riccio
CEO, USA Lacrosse

National Celebrate LACROSSE WEEK

There's no better way to help the sport grow than to put sticks in the hands of new players. USA Lacrosse helped do that as part of its inaugural National Celebrate Lacrosse Week in November. USA Lacrosse partnered with lacrosse organizations to host 39 Pick Up and Play clinics around the country.

Clinic hosts received sticks, balls, a curriculum and marketing support to help introduce brand new players to the sport. More than 2,000 players registered for the clinics.

"It's just an awesome feeling when you see a kid pick up a stick for the first time," said Rich Maconochie, director of the Piedmont Community Lacrosse Association, which hosted a clinic in Kernersville, N.C. "We tell them there is magic in the stick, and then the kids really get into it."

The Pick Up and Play clinic fit nicely within the PCLA's ongoing mission to provide opportunities for first-time players in central North Carolina. Maconochie notes that it's all part of an effort by those who have loved the game for many years to share their lacrosse passion.

"We're just trying to pass along the joy of playing this sport," he said. "I saw smiles all over the place."

Across the country in Washington State, the Washington Schoolgirls Lacrosse Association hosted a pair of clinics, working with a local coaches of color group for a clinic targeted at a very diverse population.

"The chance to get a stick in the hands of 60 kids at one time was amazing," said Dejon Hush, one of the clinicians and a founding member of the Northwest People of Color Coaching Collective (NWPCCC). "Yes, it was

cold and wet, but nobody quit. The resiliency of those kids to try something new with the rain coming down was very cool. Their energy was infectious."

Hush helped launch the NWPCCC last year and explained that the Pick Up and Play clinic was a great match with one of the group's primary goals — exposing more kids of diversity to lacrosse.

"When people work together, things really do go amazingly well," said Erin Massena, executive director of the WSLA. "These clinics were among my favorite things that we have done."

Collaboration also played an important role in the success of the clinic in Lorton, Va., where South County Lacrosse utilized local high school and college players to help provide instruction to the 90 kids who attended their event. Members of the NCAA Division I women's program at George Mason University were among the volunteer clinicians.

"We were really thrilled to get the contribution of the college players," said Amy Coffin, South County's lacrosse commissioner and clinic coordinator. "They showed up early, helped us get set up, did some great demonstrations, and gave a lot of individualized attention to the kids. They were really into it."

One of the key components of the Pick Up and Play clinics was working with existing lacrosse programs to help provide a natural pathway for clinic participants to continue exploring the sport. USA Lacrosse is looking to expand the clinic footprint in the future, building off of a successful launch.



Talk of THE TOWN

Lacrosse takes hold in a Boston Harbor peninsula community

BY DYLAN BUTLER

The tiny town of Hull is known for many things, from its views of the Boston skyline from the southern edge of Boston Harbor, to the wind turbines at Pemberton Point, its popular resort community of Nantasket Beach and being the summer homes to former president Calvin Coolidge and former Boston mayor John F. Fitzgerald.

And now, the fourth-smallest town in Massachusetts is making a name for itself as a lacrosse community.

That's not always been the case. Baseball ruled the youth sports landscape for years and the few in town who wanted to play lacrosse had to travel to neighboring Scituate and Hingham to do so.

That was true of Michelle Leary's daughter, Allison, and her friends, Maggie Mullen and Erin Walsh, until about five years ago. "When they were a little older, they said, 'We want to play with our own friends. We don't want to play for another town anymore,'" Leary said. "One of the moms said, 'Hey, why don't you start a girls' program?' And I said, 'OK, I can do that. I don't know how to do it. I know nothing about the sport.'"

At the time, Leary said her sole motivation was to get a team formed for Allison and her friends to play on, which is why she joined the Hull Lacrosse board. But once she met the other board members who were trying to get the lacrosse flag waving in their town, Leary was hooked.

She specifically mentioned Chris Weber, who was one of the first to try to get a boys' program off the ground more than a decade ago.

"And he's still with us. He's still on that board because he still wants to see the program grow," Leary said. "He's a gift."

Leary said there's been a steady increase year over year with registration to the point where they had 127 players a year ago and reintroduced the boys' program.

This year, there's been a boon with 145 players from grades 1-8 registered.

"We've seen quite an increase. You have to keep in mind Hull is such a small town," Leary said. "The average class size is like 60 people in a grade, so it's all relative and how many participants you get in a sport."

Now Leary said there's a team at each grade level and the boys' 7-8 grade could have fielded two teams had their league allowed it. The same was true of the girls' grades 1-2 and 3-4.

"We have kids wanting to join that have never played a sport before. The atmosphere and the camaraderie amongst the team is just so great that if they're going to try anything, then they're going to try this," Leary said. "It's truly amazing. I love it. ... We've had so many more parents get involved and so many more board members join just because it's a growing sport and it's exciting and it's fun. Who doesn't want to be involved? Everyone does. It's great."

The impetus of this year's participation growth, Leary said, were clinics Hull Lacrosse hosted in town, specifically the Pickup and Play clinics as part of USA Lacrosse's National Celebrate Lacrosse Week in November, which drew 150 participants.

"The equipment that was offered was truly a gift because kids who never would have participated were able to because we had all that equipment," Leary said. "The surrounding communities that helped us — Scituate, we formed quite a bond with them during the clinic —they want to see Hull succeed."



Seeing people lined up around the fence line to get into our field to play lacrosse was just such a feel-good moment."

— MICHELLE LEARY

GIRLS' DIRECTOR OF HULL
(MASS.) YOUTH LACROSSE

Leary said she vividly remembers sitting at the gates of Finlayson Field in awe of how many kids came for the Pickup and Play event.

"Seeing people lined up around the fence line to get into our field to play lacrosse was just such a feel-good moment, like wow, this is happening and it's happening here in small little Hull," Leary said. "It was great."

Leary is the director of the girls' program for Hull Lacrosse, which recently added a boys' director because of the spike in registration.

As for Allison Leary, Maggie Mullen and Erin Walsh, who never intended to be

trendsetters, they're in eighth grade now, pumped about their final year in the program.

"They're excited to continue to play," Leary said. "They're looking forward to playing for the high school. So that's where their minds are at now. We're going to have a great season this year. We want to be super competitive. And we can't wait to play for our high school next year."

With the regular season here, Michelle Leary knew where she would be come April 3.

"Just watching them all play is amazing," Leary said. "Especially to see them play on our own home turf is pretty exciting. I have to say."



Fuel the GROWTH

Since our inception, one of the fundamental goals of USA Lacrosse has been to literally put sticks into kids hands.

We have a team of 10 regional managers and directors located throughout the country that are dedicated to working with local lacrosse organizations — helping to provide them with both financial resources and expertise to help them create more opportunities for play.

Last year, USA Lacrosse provided \$775,000 in grants to 225 local lacrosse organizations across 43 states. The funding clearly makes a difference in grassroots efforts.

“The grants from USA Lacrosse have been instrumental for us to reduce the barriers to entry along with introducing the sport to the

youth,” said Mark Brown of the Rogue Valley Youth Lacrosse Association in Southern Oregon. ““The best feeling is when a kid catches the ball for the first time and has that mixed look of amazement, accomplishment, and pure joy,” Brown said. “Once kids get hooked, they’ll be the ones who help spread the game.”

In addition to direct funding, USA Lacrosse is focused on helping programs align with each other to share best practices. One such program is the Urban Lacrosse Alliance.

Through the Urban Lacrosse Alliance (ULA), USA Lacrosse supports self-sustaining youth programs with annual education and resources, as they provide playing opportunities in urban communities.

Programs included in the ULA have access to equipment grants tailored to their specific needs — helmets, sticks, uniforms, goals — and/or stipends that cover fees such as field rentals, transportation, officials costs and

tournament registration.

ULA leaders are also welcomed to an annual conference hosted by USA Lacrosse that gives them access to best practices and networking opportunities with similar programs.

USA Lacrosse also introduces new players to the sport through TryLax clinics and Sankofa clinics with Sankofa events specifically targeted towards serving underrepresented communities.

One new offering in 2021 was a Juneteenth celebration held in conjunction with the Harlem Jets, a member of the ULA.

Including a Sankofa clinic, the Juneteenth Lacrosse Expo, gave their own players and the community at large the opportunity to watch organized lacrosse games. The D.C.-area Prince George’s Pride and Unity Thunder, Philadelphia-based Warhorse Lacrosse Club and Baltimore Terps made the trip into the city to showcase their skills to the community.

For Arielle Ramirez, a senior defender for the Hartford women’s lacrosse team who

also plays for Puerto Rico’s national team, coaching a Sankofa clinic on Juneteenth was an opportunity to give back to her community and celebrate Black freedom.

“Being a New York native, this is super important to me,” said Ramirez, who starred in lacrosse and track and field at Kellenberg Memorial High School in Uniondale, N.Y. “To be here on a day like Juneteenth when we’re celebrating our freedom, what better way to do it than being free and playing a sport that we all love.”

USA Lacrosse continued its outreach to physical education instructors in by hosting a three-part “Back to School” webinar series, in tandem with other sports organizations.



8,959

Players impacted by participation in USA Lacrosse supported Urban Lacrosse Alliance



34

Number of parks in LA County that will offer girls lacrosse as a new sport after receiving funding from USA Lacrosse



225

Lacrosse organizations that received grants from USA Lacrosse in 2021

Steel City TRANSFORMATION

How lacrosse has taken hold in
Pueblo, Colorado

> BY PAUL OHANIAN

Situated on the Arkansas River about 100 miles south of Denver is the city of Pueblo, long recognized as the largest steel-producing city west of the Mississippi River. Due to the employment opportunities offered by the steel industry, Pueblo became a true melting pot through the decades and developed into Colorado's most diverse city.

Reportedly, at one time, more than 40 different languages were spoken in this working-class city. And while the steel industry is not quite as prominent today as it once was in Pueblo, its cosmopolitan character remains.

Against that backdrop, the Pueblo Heroes Lacrosse Club, now in its 15th year, sports a truly diverse community of athletes.

"We get kids from a lot of different backgrounds," said Rochelle Archuleta, program director for Heroes. "We're a very

diversified club."

USA Lacrosse has helped to provide a blueprint for the club. From TryLax clinics to Flex6 Lacrosse, Heroes has implemented most of the programs and best practices outlined by the national governing body. "We use all the tools that USA Lacrosse offers," Archuleta said. "We would be lost without them."

Staying in constant communication with Shawn Maloney, USA Lacrosse manager for the Mountain Region, helps keep the club's leadership aware of the latest resources that might be available.

"There's no doubt, they are using our resources really well," said Maloney, based in Denver. "Pueblo might be a newer lacrosse area, but Heroes has had a lot of success. They are doing all the right things."

Requiring USA Lacrosse certification ensures that Heroes' coaches are teaching the game in a positive, safe and age-appropriate manner. Implementing USA Lacrosse's diversity, equity and inclusion resources, including the USA Lacrosse Cultural

Competency training tool, allows club leaders to create an inclusive environment that is welcoming of all participants.

One of the most recent examples of its all-in-on-USA Lacrosse commitment was the club's participation in National Celebrate Lacrosse Week. Heroes introduced the game to many school-aged children who had never played before during a Pickup and Play clinic in November.

Archuleta says more than half of the clinic's participants registered for league play this spring.

"The parents were blown away with that event," Archuleta said.

Local partnerships have also served as a catalyst in fueling the club's growth. Collaboration with the Pueblo West Parks

and Recreation Department and the Pueblo Police Activities League (PAL) have further expanded the club's footprint and presence in the community.

"Everyone is welcome, and once they join us, we make it a priority to know our families," Archuleta said. "Being under the PAL umbrella allows us to incorporate kids who might not otherwise be involved."

This spring, under the direction of David Krenz, Heroes is sponsoring seven boys' teams across various age groups. The club also fields 3-4 girls' teams. Games are mostly held in Pueblo and Colorado Springs with occasional games in other parts of the state.

A partnership with CSU-Pueblo's lacrosse teams, which compete as members of NCAA Division II, provides additional coaching support and the use of field space. The college players frequently volunteer their time to help

Everyone is welcome, and once they join us, we make it a priority to know our families."

— ROCHELLE ARCHULETA

PROGRAM DIRECTOR FOR PUEBLO
HEROES LACROSSE CLUB



Enrich the EXPERIENCE

Kelly Burke's reason for getting started as a youth lacrosse coach is not unique. You can blame it on the kids.

Shortly after her family moved to Alabama, Burke's youngest daughter, age 10, joined the local league, Mountain Brook Lacrosse. Naturally, the team needed coaching help, and as a transplanted Marylander who had played the game in high school, Burke volunteered.

But she had never been on the sidelines or coached kids, even though she had an older daughter who also played.

A quick online tutorial via USA Lacrosse's Coach Development Program helped give her a primer on the basics and strengthen her knowledge base. She jumped right into

the first season, albeit with a little bit of trepidation.

"So much has changed since I played with a wooden stick back in high school," Burke said. "It was intimidating, but the online training was very motivational."

As part of her preparation for season two, Burke signed up for a USA Lacrosse in-person coaching clinic. She was not disappointed.

"This training was exceptionally well-done. It was hands-on and fun," Burke said. "Going through the drills (also known as "games" in USA Lacrosse's vernacular) was very helpful. It was a lot of practical stuff."

Providing coaches with the tools to create

memorable experiences for players is a key to USA Lacrosse's approach.

In 2021, we also expanded our digital offerings, launching the "Developing the Team Player" online course for men's and women's game coaches. The course provides coaches with the tools and techniques needed to build critical foundations for successful team development; moving players from a "me-oriented" to a "we-focused" environment.

This new online course provides a great bridge, and acts a valuable resource for the theory covered in the USA Lacrosse Coach Development "Team-Centered Coaching" virtual workshops and the application of the skills practiced in the "Developing the Team Player" in-person clinics.

USA Lacrosse provides another key resource to coaches included in their membership — free criminal background checks — all in the name of providing the best, and safest, experience for everyone. Through a partnership with the National Center for Safety Initiatives (NCSI), over

36,000 adult coach and volunteer background screenings have been completed over the past three years.

USA Lacrosse expanded its officials training offerings in 2021 by venturing into box lacrosse. The organization hosted a free six-part online training series, led by veteran officials Ian Garrison and Rob Gross, for new box lacrosse officials.

Training coaches and officials is part of the equation, but recruiting them is just as important. To that end, USA Lacrosse formalized its relationship with the National Federation of State High School Associations (NFHS), an organization that USA Lacrosse has worked in alignment with for more than two decades.



8,657

Coaches that participated in USA Lacrosse training opportunities in 2021



87

Percent increase in coaches taking advantage of online courses and virtual workshops



36,000

Background checks funded by USA Lacrosse through a partnership with NCSI.

Winning In OTHER WAYS

Arizona Lacrosse Academy partners with Boys & Girls Club to introduce sport in underserved areas

BY BRIAN LOGUE

A desire for working in underserved communities and a love for lacrosse spawned through his child's involvement in the sport has developed into a passion project for Jason Andersen.

A Chicago native who had no opportunity to play the sport when growing up in the Windy City, Andersen got to know the sport when his son, Dylan, began playing in third grade. When the family lived in Minnesota, he saw the benefits of strong community-based lacrosse programs.

Dylan Andersen, now a freshman midfielder at North Central College in Illinois, continued to play when the family relocated to Arizona and his dad wanted to provide opportunities for even more people to play. Jason Andersen founded the Arizona Lacrosse Academy (AZLA). Through camps and clinics, the nonprofit organization has helped train more than 350 players the last two years.

But the elder Andersen's biggest passion is the AZLA's relationship with the Boys & Girls Club Barker Branch in Scottsdale. His goal was to provide a lacrosse opportunity at no cost to people that had never seen the sport.

Andersen, who is Asian American, attended a magnet public school in Chicago when he was growing up. People of all racial, ethnic and socioeconomic backgrounds came to the school. Many eventually became the first in their family to attend college.

"That was the biggest thing to shaping the rest of my worldview," Andersen said. "The one

common denominator was opportunity. We all had the same educational opportunity."

Andersen went on to earn a bachelor's degree at Northeastern Illinois and a master's degree in elementary education at Grand Canyon. He was a teacher for many years. He thought he'd become a principal, but then found a different calling.

"I found I had a passion to serve underserved areas," Andersen said. "I started working as a consultant and my job was to go into some of the worst schools and make them something the community could be proud of."

Andersen's desire to spend more time with his family opened his schedule to pursue the AZLA. He tried to work with public schools at first, but eventually he found a more receptive audience with the Boys & Girls Club. "The director told me, 'All these kids know are football and basketball. I don't know anything about lacrosse, but these kids need to see other sports,'" Andersen said.

They couldn't offer much, just a field and kids, but Andersen promised to make everything free. The pandemic delayed those plans. The AZLA started with clinics last summer at the Barker Branch, and in January played their first game, competing as a 12U team in the 7v7 league in Youth Lacrosse Arizona.

USA Lacrosse provided a grant through the Urban Lacrosse Alliance to pay for the Boys & Girls Club bus to provide transportation for the weekend games. Equipment from USA Lacrosse, ReLax Collections and other donations gave the players what they need for practices.

Andersen had plenty of other help. Jeff Wilson, the academy's director of lacrosse, travels over an hour each way to help run practices. Chad Toliver, the former Major League Lacrosse player, relocated to



We were passing out jerseys and one of them asked if they could take it home with them. He said, 'I want to show it to my mom and show everyone at school that I'm a part of this team.' That's why we do this."

— JASON ANDERSEN

FOUNDER OF THE ARIZONA
LACROSSE ACADEMY





Building for the FUTURE

The COVID-19 pandemic delayed the World Lacrosse Women's Championship and Men's U21 Championship until 2022, but the U.S. national team program was operating in full force in 2021 preparing for the future.

A June training weekend for the U.S. women's team that served as an opening tryout round was its first activity in over a year and a half and the first in-person session for any of our national teams since January 2020.

To say it was good to be back is more than an understatement.

"This is the longest I've ever not played a game or even practiced," said defender Megan Douty before the event. "I'm jealous of the college girls who have played and even the ones coaching."

"I'll probably get some butterflies," said goalie Caylee Waters. "It still feels so weird, how long it's been. Over 18 months — I don't know if I've ever gone that long not playing lacrosse in my entire life."

The U.S. women's team closed its 2021 schedule by playing before a packed audience at the IWLCA President's Cup in November.

"Don't minimize that you got to be a part of the moment tonight," head coach Jenny Levy said. "Take a second to realize that you guys are role models and what you put out of the field tonight is awesome. It was such a cool experience to be part of that."

They weren't the only team thankful to be back on the field. The men's U21 team had seen their world championship opportunity postponed in 2020. A second postponement looked like it could turn into a cancellation.

"We had a Zoom call and it looked pretty

bleak," head coach Nick Myers said. "We told the guys, 'We don't think this is going to happen.' It went from a hard no to a glimmer of hope to a clear pathway to being able to play in Ireland next summer. It's a real credit to the people at World Lacrosse for making the best decision possible under the circumstances."

The 2021 calendar also saw the return of the National Team Development Program (NTDP) after a successful 2019 launch. The COVID pandemic shut down the program in 2020.

It came back with a vengeance, with more than 1,600 players, representing nearly 900 high schools, participating in the program.

That pool eventually resulted in 88 players making USA Select teams that competed in, and won, the Brogden Cup after playing international competition from Ontario and the Haudenosaunee Nation.

The NTDP serves as a pipeline towards the upper level national teams, and gives the nation's best young players a chance to feel what it's like to represent their country.

"I told the guys before the first game, we have a family style. For us family means 'forget about me, I love you,'" U18 men's coach Steven Brooks said. "There's definitely an expectation every time you put on the USA. It means something. Be proud of that."

Maggie Weisman, a top-rated high school player bound for the University of Maryland, played on the U18 team, with this year being her first experience with the NTDP program.

"It was honestly amazing," Weisman said. "If I could do it again, and I wish I could, it was probably the best three days of my life. Even including the combine, even though those were three hard days in the tryouts, it was so much fun. I'm so glad I was able to represent my country and be an inspiration and idol maybe to the girls younger than me."



30

Record number of nations expected to compete when USA Lacrosse hosts the World Lacrosse Women's World Championship in 2022



31

Record number of world championships won by the U.S. national teams through 2021



1,673

Athletes that participated in National Team Development Program in 2021



Heart of a CHAMP

From the moment she first came onto the national lacrosse scene, Taylor Cummings has displayed the heart of a champion.

She finished her career at the University of Maryland as a two-time national champion while becoming the first, and only, three-time winner of the Tewaaraton Award.

One year later she earned All-World honors in helping the U.S. women's team sweep gold medals with victories in the World Cup in England and The World Games in Poland.

She made her mark in Athletes Unlimited, topping the leaderboard in the inaugural season of the new professional women's lacrosse league. USA Lacrosse caught up with Cummings to reflect on her accomplishments in 2021.

Here's an excerpt from that story:

The best women's lacrosse player on the planet still prefers the shared experience of team sports. But as the only three-time Tewaaraton Award winner and the inaugural Athletes Unlimited Lacrosse champion, Cummings, 27, keeps reminding us she's in a class of her own.

Peel back enough layers and you'll discover in Cummings a series of contradictions — a ruthless competitor but fiercely loyal friend; a confident athlete who privately struggled with an eating disorder in college; an obsessive planner and organizer who stows her stuff in junk drawers.

A generational lacrosse talent often singled out for recognition when she would prefer the spotlight shine elsewhere.

"This is not a medal for me," Cummings said Aug. 22 after finishing first on the leaderboard. "This is a medal for all of us for taking this sport to the next level."

Cummings combines natural athletic ability with an intensity few, if any, can match.

When she's on a lacrosse field, her game face doesn't come off. Opposing players experience her relentless nature firsthand. It's best just to get out of her way.

"You watch her compete and my God, she's a badass," said Cathy Reese, her coach at Maryland from 2013-16. "When competition sets in and it's game time, you know you're going to get everything she has. If she's feeling 80 percent, you're going to get 100 percent of that 80 percent."

Cummings expects perfection. Her lacrosse career comes rather close. She lost just one game in high school — her freshman season coincided with the start of McDonogh's historic 198-game winning streak — and four games in college. She won two NCAA championships at Maryland and a world championship with the U.S. national team, with eyes on another gold medal next summer when USA Lacrosse hosts the World Lacrosse Women's World Championship in Towson, Maryland.

"She knows where the bar is set, and I can't imagine what it's like for perfection to be the bar," said Michael Cummings, her father.

"Loyal is a great word for her," Reese said. "She's passionate about what she does, and she loves the people she does it with. These are people who know her as more than just a lacrosse player."

Cummings often reaches out first if a friend has a problem. During her early-morning workouts with U.S. national team strength and conditioning coach Jay Dyer, the conversations often shift from diet and exercise to personal life.

"Once you establish that trust factor, you realize you can lighten up a little bit and crack jokes and talk more personal stuff," Dyer said. "She's interested in you as a person. When she asks how you're doing or how your weekend was, it's not an empty question."

Cummings seeks to include everybody and get to know everyone. Those around her call her "genuine."

"Her actions on the field, her personal interactions, she's somebody who projects this aura of, 'I want to follow that person. If I do, she won't lead me astray,'" Dyer said.

Perhaps that's why her voice holds so much weight. Cummings is usually the first — and loudest — to call out inequities in TV coverage or facilities when it comes to women's lacrosse. She also uses her platform as a college women's lacrosse analyst and professional athlete to promote body positivity.

Cummings developed an eating disorder during the fall of her junior year at Maryland, overcoming what she called on Instagram "a painful cycle of undereating and over-exercising." She worked out multiple times per day but ate only enough to keep her from passing out.

"While I was going through it, I was definitely hiding it," Cummings said. "I was not proud to talk about it. The farther removed I get, the more I see the need for young girls to have visible role models who have gone through what they're going through."

"She's the leader in our sport right now," Reese said. "She's the leader of this generation of women's lacrosse, and she represents us well."



FINANCIALS

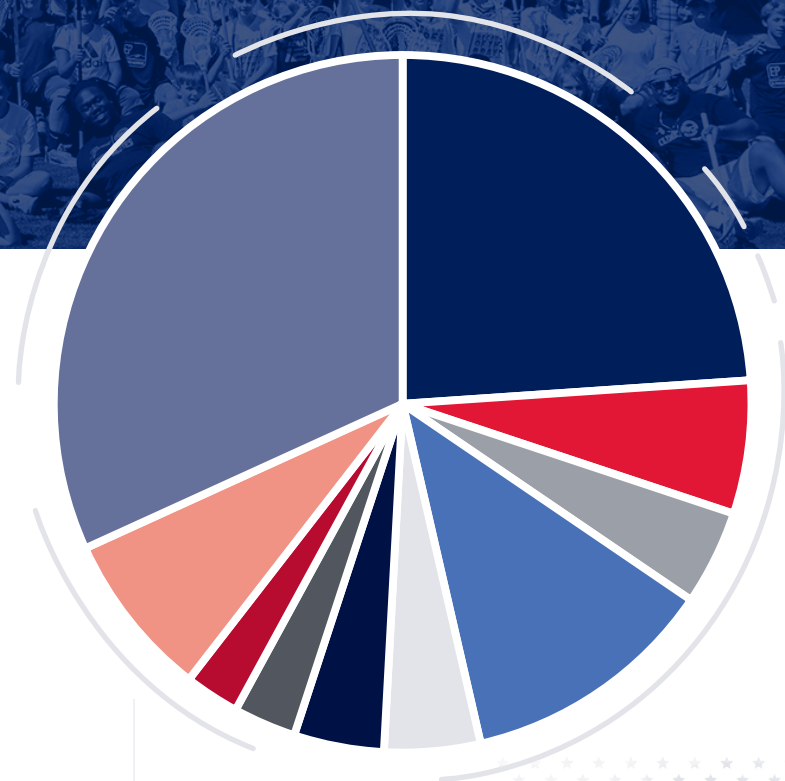
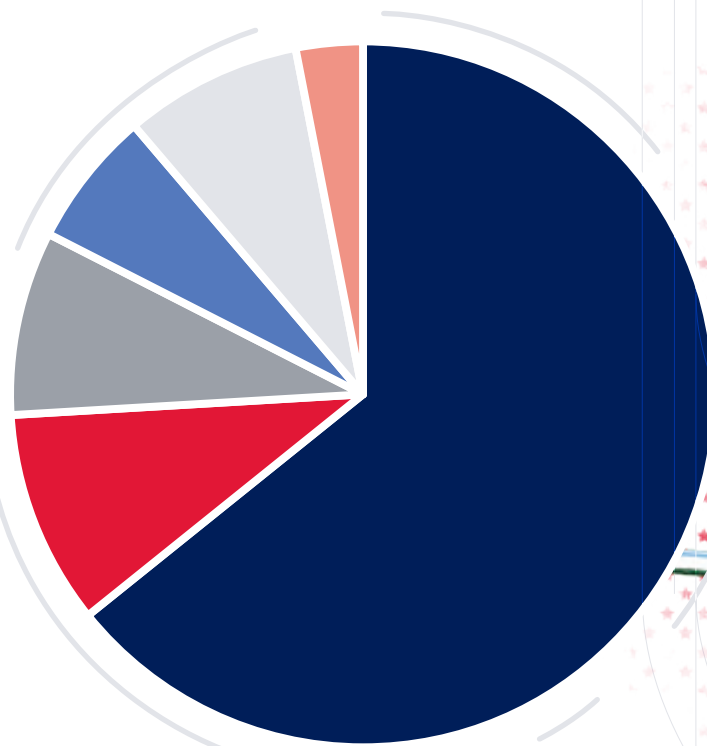
USA LACROSSE AND USA LACROSSE FOUNDATION

Revenue

● Membership	\$13,253,044
● Sponsorships and Retail	\$2,031,058
● Fundraising	\$1,742,505
● PPP Grant	\$1,292,100
● Other Revenue	\$1,684,933
● Investment Return, Net	\$632,852

TOTAL REVENUES

\$20,636,492



USA LACROSSE AND USA LACROSSE FOUNDATION

Expenses

● Member Benefits & Services	\$4,675,694
● Events, Retail & Facility	\$1,207,377
● Grants	\$862,091
● Marketing & Communications	\$2,323,804
● Coach/Official Development	\$870,716
● Fundraising	\$816,086
● Safety	\$569,997
● Partnerships	\$497,072
● National Teams	\$1,505,626
● Support and Administrative	\$6,215,386

TOTAL EXPENSES

\$19,543,849



ABOUT USA LACROSSE

USA Lacrosse provides a leadership role in virtually every aspect of the game. The development of USA Lacrosse policy and priorities is determined by the leadership of volunteers from all over the country who contribute their time and expertise to USA Lacrosse as members of the Board of Directors, one of the 10 Board Committees or on various subcommittees.

The USA Lacrosse Board of Directors meets three times each year while the Executive Committee meets with staff regularly to monitor the progress of the organization.

Executive Committee

Andrew Lee	Board Chair	Greenwood Village, Colo.
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The USA Lacrosse Foundation raises funds above and beyond membership revenue to inspire participation in—and fostering the responsible growth of—lacrosse. Every gift matters.

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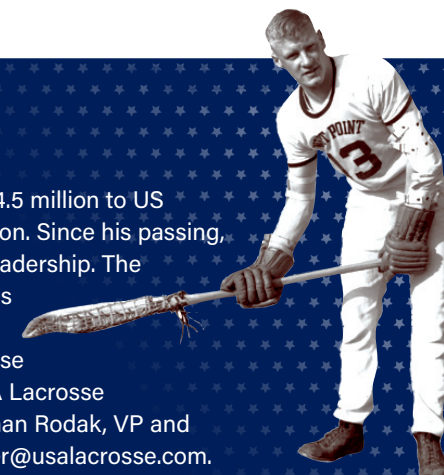
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In 2004, National Hall of Fame member Norm Webb left \$4.5 million to US Lacrosse — the largest gift ever received by the organization. Since his passing, other visionary individuals have followed his example of leadership. The A. Norman Webb Jr. Legacy Society honors and recognizes the generosity and thoughtful financial commitment of those who, like Norm Webb, have chosen to leave a lacrosse legacy through a planned gift to USA Lacrosse or the USA Lacrosse Foundation. For information on enrollment, contact Jonathan Rodak, VP and Chief Relationship Officer, at 410.235.6882 x204 or mcather@usalacrosse.com.



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