



Giving LACROSSE

MID ATLANTIC REGION

FUEL THE GROWTH ★ ENRICH THE EXPERIENCE ★ FIELD THE BEST NATIONAL TEAMS

Putting Sticks in All Hands Heightens PE Class Engagement

BY PAUL OHANIAN

AS A PHYSICAL EDUCATION TEACHER at Mark Twain Middle School in Alexandria, Virginia, Kimberly Yeo routinely asks her 7th and 8th grade students to identify their favorite activities at the end of each school year. For the past two years, the top two vote-getters, outside of the traditional sports of basketball and soccer, have been pickleball and lacrosse.

"It's very encouraging that lacrosse is so enticing for the kids," Yeo said, "especially since it takes most of them out of their normal comfort zone."

She thinks that having enough sticks and equipment for every student to participate in lacrosse at the same time, rather than taking turns, makes it a more fun activity.

"The kids can't just stand on the side and remain idle. They have to get involved," Yeo said.

Upon arriving at the school five years ago, Yeo began going through an old storage closet to assess inventory when she found some older lacrosse equipment. That motivated her to consider adding a new rotation for team sports, even though she had no prior experience with lacrosse.

"While doing some online research about lacrosse, I came across information about the equipment grants offered by USA Lacrosse," she said. "I knew that we would need additional equipment to supplement what I had found in our storage, so I submitted an application."

To Yeo's surprise, her school received a physical education equipment grant in 2021, just as in-person school



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activity was returning following the interruption from COVID-19.

"Having that additional equipment allowed us to engage all the kids at once," said Yeo, who has as many as 40 kids in some classes. "Previously, kids had to take turns with the sticks."

Yeo said the results have been very encouraging among her diverse student population.

"At first, most students didn't seem very interested, but they quickly became engaged as they started to learn the skills needed to play," she said. "After we completed the unit, some of our students began asking if we could potentially have an afterschool lacrosse club."

Yeo notes that some students are now connecting with lacrosse programs in their community, and others are motivated to take the next step by potentially joining the high school team.

"Lacrosse has been a popular addition to our team sports curriculum," Yeo said. "We're so appreciative of the grant that we received. It has really helped."

- ▶ The USA Lacrosse Foundation is a 501(c)(3) non-profit organization that serves as the philanthropic arm of USA Lacrosse. The Foundation helps drive the three main pillars of the USA Lacrosse mission: 1) Fuel the growth; 2) Enrich the experience; 3) Field the best national teams. Supporting the foundation provides thousands of children across the country the opportunity to experience the gift of lacrosse. To learn more about the USA Lacrosse Foundation, please visit usalacrosse.com/foundation

National Scope, LOCAL IMPACT

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Each year, USA Lacrosse receives hundreds of applications for grants designed to **Fuel the Growth** of the game. Grants are available for equipment, player clinics and financial support. The USA Lacrosse Foundation is committed to raising the dollars needed to fund as many of these grants as possible. Philanthropic support from members, partners, and friends is critical in providing these opportunities for players, coaches, and officials in every region across the country.

The **Mid Atlantic** region includes **Delaware, Maryland, Virginia, West Virginia,** and **Western Pennsylvania.** Applications received during the 2023 grant cycle are currently being reviewed with award notifications going out later this year, which means there's still time to invest in the growth of the game in your own backyard!

Here is breakdown of the applications submitted from your region:

47

Total Applications

32

Equipment Grants

6

Player Clinic Grants

9

Financial Grants

\$262,570

Total Retail Revenue

435

Total Girls Impacted

655

Total Boys Impacted



Erie Sports Center is grateful to USA Lacrosse and its donors for helping us make a difference in our community. Their support has allowed us to create new opportunities for kids from the inner city, refugee communities and financially disadvantaged areas. The smile on kids faces when they get their first stick and pinnie makes all of this worthwhile."

TROY BINGHAM

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