

NOCO WOMEN'S LAX

DECEMBER 12, 2024

It's been a great year for women's lacrosse. Here's what's new:



A big big thank you for a great year!

Thank you to all our girls' lacrosse players, coaches, parents, and supporters of the sport!

It's been a fantastic year for the sport. Here in Northern Colorado, Northern Power Lacrosse had their debut spring season. They expanded girls' programming from two teams to three, allowing younger lacrosse players to play a full, competitive lacrosse season in the Arapahoe Youth League.





The PSD Stars also had a great year. Head Varsity Coach Pam Kramer was voted Colorado Coach of the Year by USA Lacrosse. Coach Pam led the Stars into the 2024 playoffs and continues to work with her team each week in the off-season. She also helps grow the sport on the youth side by working with the Northern Colorado Women's Lacrosse Foundation to host free lacrosse events for girls of all ages and skill levels.

Just south of Northern Colorado, the Denver University Women's Lacrosse team had a great season. Our group had the chance to be VIPs at a game this past spring, getting to watch warmups from the field, receiving some DU swag, and getting player autographs after the game.

DU player Trinity McPhearson has stood out in her time there, gaining tons of looks from coaches and players across the nation. This past summer, McPhearson made her debut with Athletes Unlimited, a pro league out of Baltimore, MD. In November, McPhearson also made her debut with the USA Women's Lacrosse Training Team at the 2024 IWLCA Presidents Cup. Her fans in Colorado and across the world can't wait to see what she does next!



The USA Women's Lacrosse Team also had a huge year, competing in the U20 World Championship in Hong Kong and the 2024 Box World Championship in Utica, New York. Our team took home gold in both tournaments!

In November, [the Women's Lacrosse League](#) was announced. The faces of this league include lacrosse legends Charlotte North, Izzy Scane, Alex Aust, and Lizzie Colson. The league will launch in 2025, debuting at the 2025 Lexus Championship Series with four debut teams from California, Boston, New York, and Maryland. These teams will feature the best women's lacrosse players in the world competing in the Olympic Sixes format.

As women's lacrosse continues to grow rapidly across the world, we continue to acknowledge the roots of the sport being with the Indigenous people of the Haudenosaunee. Often referred to as "the medicine game," the Haudenosaunee created the sport in 1100 A.D. as a game to heal the sick, make peace among nations, and bring joy and pride to their people. Their children traditionally received a handmade wooden lacrosse stick at birth and were buried with it at death as a way to symbolize their connection with their ancestors in the next world. Today, the Haudenosaunee Nationals are the only Indigenous sports team competing internationally, honoring the origins of the game on the global stage. As well as competing in the 2024 U20 and Box Lacrosse tournaments, the Haudenosaunee

Nationals will compete in the 2028 Los Angeles Olympic Games as the first Indigenous nation to compete in the games.

While lacrosse has grown tremendously in popularity in the past decade, it remains predominantly white and male-dominated with 73% of players being white and only 18% being women. Cultural roots have been overshadowed and access to the sport is still limited to many due to the high cost of gear, travel, and tournaments. However, in the last ten years, women's college lacrosse programs are up 57%, fanbase numbers have jumped from 13 million to 45 million, and the rise of pro leagues continues to grow the sport from the youth to college levels.

The NoCo Women's Lacrosse Foundation is proud to support girls and women in Northern Colorado as we continue to provide girls with opportunities to participate in the fastest sport on two feet and create strong female athletes and future leaders.

Thank you for a great year and we look forward to seeing old and new faces on the field in 2025!

Written by Libby Swanson for the Northern Colorado Women's Lacrosse Foundation

Here's what's next for girls lacrosse in NoCo:



[December 20th: Girl Power Winter Camp with Northern Power Lacrosse](#)

This camp is open to girls in 1st through 8th grade of all skill levels, from beginners to advanced players.

For just \$30, your daughter will experience 3 hours of:

- ❖ Positional Work for all skill levels
- ❖ Team Play & Strategy sessions
- ❖ Games & Scrimmages to build confidence
- ❖ Prizes and more!

This camp is led by a team of highly qualified and passionate coaches:

- ❖ Libby Swanson – Northern Power Girls Lacrosse Director, dedicated to developing young athletes.

- ❖ Shaun Reinhart – Head Coach with over 10 years of coaching experience, known for his leadership and strategic expertise.
- ❖ Jess Harrison – NCAA Division II Head Coach, bringing collegiate-level insights and a proven track record of player development.
- ❖ Additional experienced youth and high school coaches who will ensure personalized attention for every player.

This camp is a perfect way for players to reconnect with teammates, meet new friends, and sharpen their skills ahead of the spring season. With a low cost and high energy, it's an opportunity you don't want to miss!

Space is Limited. Don't wait to sign up!

High school players interested? Contact libbyraeswanson@gmail.com

Register Now: Girls Spring Lacrosse with Northern Power Lacrosse



Northern Power is your go-to spot for Spring Lacrosse in Northern Colorado. Their spring league will practice 3x/week in South Fort Collins with teams available for girls in grades 1-8.

Throughout the season, the girls will make lifelong friends, learn important lessons about teamwork, passion, and kindness, and develop their lacrosse skills with talented and experienced coaches.

Final Registration Closes February 13th.

Late Registration Opens February 14th, and dues increase \$25

Teams are separated by grade level. All registrants make a team.

Team Practices: Monday, Wednesday, & Thursday - 5:30 to 7:00 p.m. -- Landings Park

- Anticipated Regular Season Game Dates: 3/29, 4/5, 4/12, 4/19, 4/26, 5/3
- Playoffs: 5/10 & 5/11
- Championships: 5/17 & 5/18

Need Holiday Gift Ideas?

Beginners:

If you have a beginner lacrosse player looking for her first stick, check out the [STX Crux 400](#). This stick has been a reliable beginner to intermediate stick for many years and won't break the bank. These heads are on sale now (see link above) and come in a variety of colors! This lacrosse head can be attached to a standard lacrosse shaft and will come strung and ready to play with (order with Runway pocket)

Experienced:

If you have a player who is experienced and plans on playing through high school, then we'd recommend investing in a higher-end lacrosse stick.

Currently, the best stick on the market is the [Gait Apex](#). While this stick is on the pricier end, you should expect your daughter to play with this stick through all of high school.

Other great options are [STX Aria, Crux, or Exult](#) sticks (Pro/500 or higher). These are excellent sticks used at the college level by many NCAA DI programs across the country.

You can also find great sticks from Nike, Under Armor, Maverick, and String King.

While shopping, read the descriptions. Just because a stick is marketed as an "advanced" stick, does not mean it is not a great stick for your younger/intermediate player. Often, higher-level sticks will help your player tremendously with their game as they are able to hold the ball more securely, throw more accurately, and shoot with more power.

For any player:

[Swax Lax](#) balls are soft balls designed for indoor play to practice cradling, stick tricks, or ground balls without the worry of breaking things or getting hit by a real lacrosse ball. A [Cradle Baby](#) is also a great option for indoor practice as it is a full-sized lacrosse ball with a string that attaches to the head of the stick.

[Lacrosse Unlimited](#) has tons of gear and apparel available. They just opened a shop up in Broomfield if you'd like to browse in person!

Colorado State Women's Lacrosse Team is in search of a head coach for the 2025 season!

The CSU Women's Lacrosse Team is looking for a coach for the 2025 season. They are hoping to find someone experienced with lacrosse, preferably experienced coaching women's lacrosse. The team competes at the club level in the Rocky Mountain Women's Lacrosse League at the D1 WCLA level.

If you or someone you know may be a good fit, please contact csu.w.lacrosse@gmail.com with your letter of interest and resume, or with any questions you may have.

View the job description [here](#).



Interested in being a 2025 Sponsor? Please reach out to us at nocowomenslax@gmail.com

Thanks for Reading... See you soon!

