



Our mission is to teach the fundamentals of lacrosse, team play and sportsmanship. We encourage learning in a supportive environment where individual effort is affirmed and mistakes are recognized as the foundation of mastery. We believe that winning is important, but consider the opportunity to teach life lessons and for everyone to play higher priorities.

We teach players to "Honor the Game" by respecting the rules, opponents, officials, teammates and themselves.

We expect players to make lacrosse a priority and give their full effort in both practices and games. While not always reflected on the scoreboard, our teams win when they put forth a winning effort and demonstrate improved lacrosse skills, better team play and good sportsmanship.

**Our rosters are full and registration for the 2011 lacrosse season is now closed.**

If you have questions or would like to join our waiting list for the 2012 season, please email [info@northseattlelax.com](mailto:info@northseattlelax.com)

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