



# **An Insider's Guide to Lacrosse (Sports Tips, Techniques, and Strategies)**

*Chris Hayhurst, Cameron Jones*

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A fusion of several popular sports, including soccer, basketball, and hockey, lacrosse is gaining popularity in schools and community programs across the country. Readers may be surprised to learn that this sport often thought of as the domain of elite coastal prep schools and Ivy League universities actually has its origins in Native American culture, dating back as far as the fifteenth century. This book delves into the history and development of the sport, the official rules and regulations of the game today, equipment needed to play, and resources for finding lacrosse in your area.

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