



Israel Lacrosse

Newsletter #8



2020-2021 Gap Year

Our 2020-2021 Gap Year program is off to an incredible start! With our days filled with High-Performance lacrosse and Strength and Conditioning training, our new residents of Ashkelon have certainly found time to enjoy the beach and begin exploring our surrounding community. So far, they have spent time (over zoom) with Holocaust survivors, Olympians, World Champions, NCAA Head Coaches and Athletes, among many others. They have baked, cooked, and tasted their way through the cuisine of Israel through home cooking classes while also learning Hebrew in our weekly lessons. If you don't already, please follow along via our Instagram accounts that are updated daily:

[Israel Lacrosse](#)

[Israel Lacrosse Gap Year](#)

[Israel Lacrosse National Training Center](#)

Our Spring entry begins February 1 and we still have spots open!

Email JT@israel lacrosse.org to learn more.



Men's National Team Tryouts

Tryouts for all of our Men's National Teams competing this summer have been announced! Due to COVID-19, we have a packed 2021 which includes teams competing in the following:

[U-19 \(now U-20\) World Championships](#), in Limerick, Ireland, June 17-26

[U-20 World Junior Lacrosse Indoor Championships](#), in Winnipeg, Canada, August 8-14

[Men's European Championships](#), in Wrocław, Poland, July 21-30

For more information please email please contact Seth@lacrosse.co.il or take a look at the full press release [HERE](#).



Woman's National Team Tryouts/Training Camp

Tryouts for our Women's National Team competing this summer have been announced! The Women of Israel will be competing in the [Women's World Cup](#), which will be held at Towson University from July 7-17, 2021.

For more information please contact Sarah@lacrosse.co.il or take a look at the full press release [HERE](#).



ASHKELON, ISRAEL

Winter Bubble/IPLL

Israel Lacrosse's High Performance Bubble will welcome US-based Men's and Women's players from December 1-30 for competition, training, and coaching in conjunction with our Men's, Women's, and U-20 National Teams.

“The Bubble” consists of a takeover of the Regina Goren Hotel, which overlooks the Mediterranean Sea, and the brand-new Israel Lacrosse National Training Center, home of the only dedicated lacrosse field in the Middle East.

The Israel Lacrosse Association has everything needed for a student athlete to prepare for their Spring season while also experiencing the country we all love.

For more information:

Women - Email Sarah@lacrosse.co.il

Men - Fill out [THIS](#) form and email Seth@lacrosse.co.il