



# Israel Lacrosse

Newsletter #11

## UPDATES

### U13 & U14 World Series of Youth Lacrosse 2021

Our U13 & U14 teams had a fantastic weekend competing at the World Series of Youth Lacrosse held in Gaithersburg, MD! It was an incredible experience where young Jewish members of our community were able to come together to represent Israel on the worlds biggest stage for youth lacrosse. We could not be more proud of these young men and can't wait to see them wearing the Blue-and-White again! To view photos from the event, click [HERE](#).



### Alex Freedman In the Press!

Our very own Alex Freedman was featured by the Jewish Federation of Great Philadelphia which you can read by clicking [HERE](#)! Alex is truly one of a kind and we have been so lucky to have her in our program. Through her time with us, she has held almost every role imaginable including National Team Captain and U19 National Team Coach. Even after her time with Israel Lacrosse she continues to change the world and we could not be more proud!



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### Ashkelon Youth Camp

At the end of June, two of our rockstar youth coaches and National Team members MacEllen McDonough and Ori Bar-David created and executed a youth camp aimed at replicating the intense training regiment of our Gap-Year program for our domestic players. The result was 40+ of our best domestic players from all over Israel descending on

Mack Family Field centered at the Daniel Kraft Family National Lacrosse Center for four days of intense training.

During camp, their days were filled with practice, lifts, concept/white-board sessions, yoga, and further education sessions including a nutrition course and a college players panel. You can view photos of camp by clicking [HERE](#).



### Israel Lacrosse Birthright

Our 2021 Birthright bus has been absolutely fantastic! Through their time so far, they have truly gone north to south while also getting to coach and play lacrosse at several venues across the country. It sounds like the highlight so far has been playing their first game as a group last Thursday at the Kraft Family Sports Complex in Jerusalem (Photos [HERE](#)). A handful of them will be extending to stay for the Summer and we can't wait to see how they fall in love with Israel!





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### Women's National Team Staff

We are incredibly excited to announce the leadership for our Women's National Teams heading into a PACKED summer of competition in 2022! The Women of Israel Lacrosse will be competing in the [World Lacrosse Women's World Championship](#) in Towson, MD from June 29-July 9 and [The Womens Lacrosse World Games](#) in Birmingham, AL from July 7-17. You can read the full press release on the staff's for these events by clicking [HERE](#).



# Upcoming Events

## Fall Gap-Year/Semester

We are continuing to take registrations for 2021-2022 Fall Gap-Year/Semester! This is an incredible opportunity to live like a local in Israel while continuing to train and coach lacrosse! We are able to customize this experience around participants interests and schedules so there is no reason not to reach out to learn more!

Email Ian at [ian@israel lacrosse.org](mailto:ian@israel lacrosse.org) to set up an information session!



## 2021 Winter Service Trip

We are forecasting the dates for our 2021-2022 Winter Service Trip as December 24 - January 2.

This is an incredible 10 day trip of touring, coaching, and playing! Click [HERE](#) for the link to preregister or email Seth at [Seth@lacrosse.co.il](mailto:Seth@lacrosse.co.il) to learn more!

## U.S Based Evaluation Opportunities

Save the dates! Israel Lacrosse will be coming to the U.S in back to back weekends for exhibition games and evaluations this Fall. Both the Men and Women will be in Baltimore, MD September 11-12 then in Boston, MA September 18-19. More details to come in the following weeks!

