



Israel Lacrosse

Newsletter #9



Israel Lacrosse 2020 Winter Bubble Recap

Our Winter Bubble was an enormous success! We had over 100 athletes, coaches, and staff living and training in Ashkelon, Israel from Dec 1-31. While the competition and practices were part of the evaluation process for both our Men's and Women's National teams, our bubble residents safely traveled the country, enjoyed the beach (surfing, volleyball, spikeball, etc), trained/worked out on a Division 1 Strength & Conditioning program, and experienced the Ashkelon community! The women held high level intra-squad games and the men participated in the Israel Premier Lacrosse League with a box lacrosse training camp in preparation for the [World Junior Lacrosse Championships](#) this summer (August 8-14). We are incredibly proud of all our staff and participants for their diligence in running this event COVID free. Utilizing the proper precautions and safety measures allowed everyone in the bubble to embrace this amazing opportunity while being safe and healthy.



2021 World Series of Youth Lacrosse

The World Series of Youth Lacrosse will be played July 1-3 in Washington D.C. and we will be taking a U13 team (players must be born on or after 9/1/2007) and a U14 team (players must be born on or after 9/1/2006). If you or someone you know would be interested in either of these teams please fill out the corresponding interest forms below:

[ILA U13 WSYL Interest Form](#)

[ILA U14 WSYL Interest Form](#)

Email Seth at Seth@lacrosse.co.il with any questions.



ILA Summer Program

Starting June 1, we will be launching the next session of our Israel based programming. With Israel leading the world in vaccinations, we are incredibly excited about the possibilities for our future programs! If you or someone you know would be interested in playing lacrosse, high-performance training, traveling, and experiencing Israel, please reach out to Ian at ian@israel lacrosse.org to learn more!

What people are saying:

- "The opportunity Israel Lacrosse gave me to connect with Jewish lacrosse players from all over the world is something I will remember for the rest of my life. Beyond being able to play lacrosse everyday and spreading the game to the youth, being exposed to a different way of life in the Middle East made me not only grow as a person but also made me appreciate how important it is to have a Jewish identity. Israel lacrosse gives everyone the opportunity to become a better lacrosse player and to get outside of their comfort zone."

-CAA Athlete
- "Thank you and the entire staff of Israel Lacrosse for all you do for Israel, the sport of lacrosse and all the young men and women who go through your program. Our son is coming home a better man, with stronger connections to Judaism and certainly a better lacrosse player. He has experienced some of the best times of his life with Israel lacrosse. He has come home with more confidence, a stronger connection to Israel, once in a lifetime experiences, and an exposure to so many wonderful people and strong role models. His sense of community, brotherhood and possibilities has been greatly expanded and we could not be more proud."

-Parents of a NESAC Athlete
- "My experience in Israel made me value and enjoy lacrosse again. Now that I'm back at school, in the States, I'm excited to get back on the field because playing with Israel Lacrosse was so fun, enjoyable, and rewarding. Not only do I have better feelings towards lacrosse, but also gained valuable life experiences that have truly changed my life for the better. Israel Lacrosse has continued to enrich my life both on and off the field in so many different ways."

-Big 10 Athlete