The History Of Lacrosse

BY: Aiden Tiffany
# Table Of Contents

- Outline .................................................................................................................. 2
- Intro ....................................................................................................................... 3
- Lacrosse Basics ..................................................................................................... 4
- Lacrosse As A Religion ........................................................................................... 5
- Little Brother of War .............................................................................................. 6
- Fun Facts ................................................................................................................ 7
- Conclusion .............................................................................................................. 8
The History Of Lacrosse Outline

I. Outline
II. Intro
III. Lacrosse Basics
   A. Rules
   B. Lack of Gear
   C. Differences between lacrosse today and the past
IV. Lacrosse as a religion
   A. Main Idea
   B. Other beliefs
   C. Medicine men
V. Little brother of war
   A. Main Idea
   B. Hard life
   C. Body decorations
VI. Fun facts
   A. Facts about protection
   B. Facts about gear
   C. Facts about time
VII. Conclusion
VIII. Works cited
INTRODUCTION

Unnacokasimmon (a Native American chief) was running down the field nothing weighing him down. He was training for war, but at the same time he was celebrating his religion. He was playing Lacrosse, a game so brutal that it was used for war tactics and training young boys for war. However, it was also a spiritual game with a religion formed around it.

Lacrosse is a ball and stick game that was invented by Native American tribes. No one knows exactly when or where it started, but we know it started in the Americas with the Native Americans.

In the game of lacrosse, there is a ball that is a little smaller than a modern-day baseball, but bigger than a golf ball. Players must carry the ball in a stick that has a pocket woven into the head (top of the stick). Players can pass the ball to each other by throwing it through the air with the stick. The purpose is to score goals by throwing the ball into the goal.

Lacrosse is a fascinating sport because it is one of the oldest sports that features training for war, religion, and has turned into a modern day sport.
Lacrosse Basics

There are 3 basics I will be telling you about lacrosse (also called lax) in this chapter.

1. The rules: No slashing with the stick. No going in the other team’s goal crease.

2. Lack of gear: they wore no pads when you would have a lot.

3. Differences between then and now.

<table>
<thead>
<tr>
<th>Original Lacrosse</th>
<th>Lacrosse Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Pads</td>
<td>8 Pads</td>
</tr>
<tr>
<td>No Footwear</td>
<td>Cleats</td>
</tr>
<tr>
<td>Played for celebration, settling disputes, training for hunting &amp; war</td>
<td>Played for fun!!!!!!</td>
</tr>
<tr>
<td>4-5 ft. long stick (Attack &amp; Defence)</td>
<td>3-4 ft. long stick (attack &amp; middie)</td>
</tr>
<tr>
<td>Different rules depending on the tribe</td>
<td>5-6 ft. long stick (defence)</td>
</tr>
<tr>
<td></td>
<td>Same rules everywhere</td>
</tr>
</tbody>
</table>
Lax As A Religion

Native Americans played lacrosse as a form of religion. Different tribes had different beliefs. Lax was considered sacred by some tribes. The Abenaki believed that the aurora borealis (Northern Lights) were their ancestors playing lax. It wasn’t just a game. Many Native American tribes took lacrosse very seriously.

This was such a serious sport to them, that the spiritual leaders of some Native American tribes (called medicine men) even made the lacrosse balls. They did not play themselves. They made potions for players to put on their lacrosse sticks and cast spells to help their tribes.

While I don’t take lacrosse this seriously, to some Native American tribes, lax wasn’t just a sport. It was a serious religion.
Little Brother of War

Lacrosse was such a brutal sport that it was used to train boys for warfare. Today, you can still see its violent side with the rules still allowing hitting with the stick (not in the head) and body checking (shouldering an opposing player who is carrying the ball). Today, however, it is not used for training soldiers.

Hard life: Checking was allowed when Native Americans played lacrosse! Injuries were expected and common. Hoes made from deer and moose antlers were used to clear fields of rocks and debris before the game. Before the game started the players would eat no meat from any animals considered weak or timid. They believed that it would make them weaker and more timid.

Native American players often wore body decorations that reminded me of war paint. Some wore red body paint and feathers from eagles and hawks, which they believed would increase eyesight, precision, and speed. Even players back then had special gear that they thought would bring them success.

Lacrosse was good training for war, because the game was similar to the way that they fought.
Fun Facts

1. Facts about protection: They wore NO PADS!!!! They would also play barefoot.

2. Facts about gear: They would play with sticks that had NO NETS! Also the stick would be 4-5 ft. long (today the stick is only about 3-4 feet depending on your position)!

3. Facts about time: the games could last 2-3 days! Lax is one of the oldest sports in the world! It is estimated that the sport originated around the 1400’s (That's before Christopher Columbus found America!). Lax was the first American sport.
Conclusion

Remember that the history of lacrosse started with a sport that was not just a game. So, next time you’re playing lax and your parents call you inside, just tell them that your training for war and celebrating a religion. Try not to get in trouble, good luck.
Works Cited

1. Hoyt-Goldsmith, Diane *LACROSSE The National Game Of The Iroquois*
2. Tometich, Annabelle *LACROSSE Best Sport Ever*
6. https://i.ytimg.com/vi/c5QW1ezZGUo/maxresdefault.jpg