

WHY BOX? Box Lacrosse has a rich history in Canada and has grown tremendously on the East Coast in the last decade. Because it is played in a smaller space with fewer players and a shot clock, the game is incredibly fast. These differences require better stick skills, enhanced creativity, and quicker decision-making, allowing participants to become the total lacrosse player. Unlike field lacrosse, in box lacrosse, girls and boys play the same version of the sport.

DIRECTORS

TONY RESCH

- Former Head Coach & player for the Philadelphia Wings
- 4x NLL Champion
- NLL Hall of Famer
- 2001 NLL Coach of the Year

BILL LEAHY

- Winningest high school coach in PA lacrosse history
- Former player for the Philadelphia Wings

KATE HENWOOD

- Executive VP, Girls Lacrosse at NXT
- 2x State Champion Head Coach at Garnet Valley
- Former DI Head Coach at UC Davis

CANDACE TAGLIANETTI BOSSELL

- VP, Girls Lacrosse at NXT
- IWLCA 100+ Collegiate Wins Honor
- Former DI Head Coach, 2x A10 Conference Coach of the Year

LAURIE TORTORELLI DELUCA

- Director, Girls Lacrosse Middle School & Youth at NXT
- Former DI Collegiate Assistant Coach, Cornell, Duke
- All-American Goalie, Haverford & University of Delaware

COACHES

BRETT MANNEY

- Albany FireWolves & the US Men's National Indoor Team Captain
- 10+ Years as a professional player in the NLL

CHELSEA ROSIEK

- Director, Girls Events
- Former Head Coach at St. Bonaventure University

DETAILS

PHILA BOX EXPERIENCE

The goal is to emerge from Mid-October tryouts with 4 all-girls teams. The teams will attend 10 training sessions and 3-4 events. The bulk of the season will be played in January and February

- 10 Training sessions at Steelyard Sports
- Four tournaments: **CT Box Championships** [1/16], **NXT Playday** [1/29-PA], **Dewlax Playday** [2/11-NJ], **Legacy Playday** [2/18-Long Island]
- You will play with “boys sticks” with deeper pockets, to enable more ball control on each touch.
- You will play with full pads in the box rink to ensure you are getting an authentic box experience
- Elite coaching from former NLL & Team USA coaches
- Phila Box jersey, select gear, and helmets for new players

PLAYER DEVELOPMENT MODEL

- 1. Stick Skills** Tons of touches in a tight space
- 2. Decision Making** Small field and fast-paced scenarios
- 3. Complete Player** Box lacrosse forces you to develop on both ends of the field
- 4. Team Strategies** Learn box strategies that translate back to the outdoor game
- 5. Intangibles** Leadership, hustle, coachability, competitive spirit, and being an energy raiser

SAFETY

We provide athletic trainers at every practice as the game is faster and more physical than field lacrosse. Goalie equipment will be provided on loan.