

# Our Philosophy

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- Physical Literacy is a key element to healthy active living.
- Lacrosse provides the opportunity for a wide variety of fundamental movements, as well as, social, moral and cognitive development.
- Organized activities such as **First Steps** will give every child positive start to their growth development.
- We help children and their families develop an active healthy life through the fundamentals of lacrosse.
- Every child can play, succeed and have fun.
- Lacrosse has been played in North America for over four hundred years. We acknowledge the heritage of the game.

