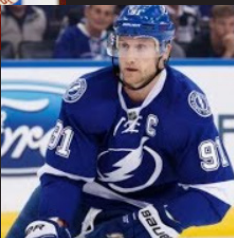


# LACROSSE & HOCKEY

## THE PERFECT COMBO

*From hockey legends like Gretzky and Tavares to contemporary stars such as Shanahan and Stamkos, NHL players endorse the idea of engaging in lacrosse during the spring to enhance their hockey prowess.*



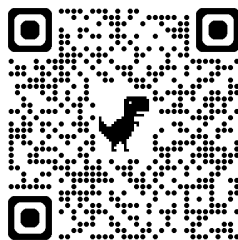
Hockey and lacrosse are two fast-paced, physically demanding sports that share many similarities in terms of skillsets and athleticism. Both sports require agility, hand-eye coordination, teamwork, and a competitive spirit. There are many reasons why hockey players should consider playing lacrosse during their offseason or as a complementary sport. This crossover can not only enhance their skills but also provide a host of other benefits.

Participating in lacrosse will help your hockey player:

- Enhance Stick Handling Creativity
- Foster Creativity in Tight Areas
- Read the Play Offensively
- Develop Strong Defensive Tactics
- Build Strength and Endurance
- Prevent Sport Burnout
- Improve Hand-Eye Coordination
- Play with Head Up and Awareness
- Reinforce Quickness and Agility
- Hone Scoring Skills
- Improve Ambidexterity

The lacrosse community in Omaha is growing and there are great opportunities for players of all ages, from 4-year-olds through high school and beyond!

To explore the synergies between lacrosse and hockey, get insights into the organization of youth and high school lacrosse in Omaha, and stay updated on upcoming opportunities for your sons **and daughters** to experience lacrosse without any commitments, simply scan the QR code below or visit **[www.omahalacrosseclub.com](http://www.omahalacrosseclub.com)**



← Access lacrosse information here, no matter your location in Omaha or your school district affiliation.



# LACROSSE & FOOTBALL

## THE PERFECT COMBO

A few current or former athletes who engaged in both sports during their formative years and made decisions about which sport to pursue in college or afterward:

**Johnny Hodges** initially played lacrosse at Navy but later switched to football, transferring to TCU to complete his football eligibility, ultimately contributing to their National Championship run.

**Sam Hubbard** chose to forgo his lacrosse commitment at Notre Dame in favor of pursuing a football career at OSU.

**Xavier Arline** spent his initial two years at Navy as a quarterback in football before transitioning to lacrosse, where he currently starts.

**Chris Hogan** played lacrosse at Penn State before making a successful transition to the NFL, where he won two Super Bowl championships. He also spent a season in the PLL (Professional Lacrosse League).

**Jared Bernhardt**, after playing three seasons of lacrosse at Maryland and achieving remarkable success, utilized his extra year of eligibility to transfer to Ferris State, where he secured the starting QB position and led the team to a Division II National Championship. He now plays as a wide receiver for the Atlanta Falcons.

**Jim Brown** showcased his talents in both football and lacrosse during his time at Syracuse.

**John Mackey**, like Jim Brown, excelled in both football and lacrosse while at Syracuse.

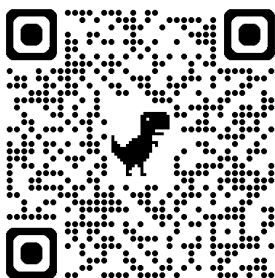
As a spring sport, lacrosse offers football players a valuable opportunity to maintain their physical fitness while enhancing their overall athleticism. Numerous accomplished athletes have engaged in both football and lacrosse, and participating in both sports brings numerous advantages.

Participating in lacrosse will help your football player:

- Enhance Team Communication Skills
- Elevate Agility for Improved Tackling and Evasion
- Develop Physicality, Enhancing the Ability to Initiate and Handle Contact
- Improve Speed and Quickness
- Enhance Hand-Eye Coordination
- Maintain Athletic Conditioning in Spring

The lacrosse community in Omaha is growing and there are great opportunities for players of all ages, from 4-year-olds through high school and beyond!

To explore the synergies between lacrosse and football, get insights into the organization of youth and high school lacrosse in Omaha, and stay updated on upcoming opportunities for your sons **and daughters** to experience lacrosse without any commitments, simply scan the QR code below or visit [omahalacrosseclub.com](http://omahalacrosseclub.com)



← Access lacrosse information here, no matter your location in Omaha or your school district affiliation.