



WHATS HAPPENING

#LaxLikeAGirl Festival LI Metro Cup

Check out LIMetroLax.org

Historical Fact:

February 17, 1936

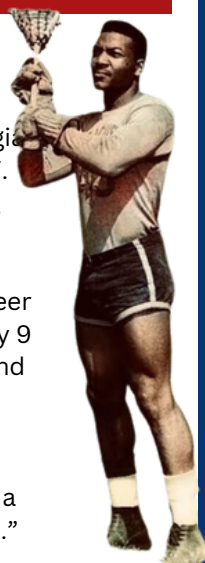
All Star Jim Brown is born in Georgia. He later moves to Manhasset NY.

Brown earned 13 letters playing football, lacrosse, baseball, basketball, and running track.

After an astounding collegiate career at Syracuse Brown went on to play 9 seasons in the NFL for the Cleveland Browns.

He was noted to have said,

"I'd rather play Lacrosse six days a week and football on the seventh."



Holiday Meeting December 2025



Coaches Corner

Presented by

Megan Pepe- HC Riverhead HS

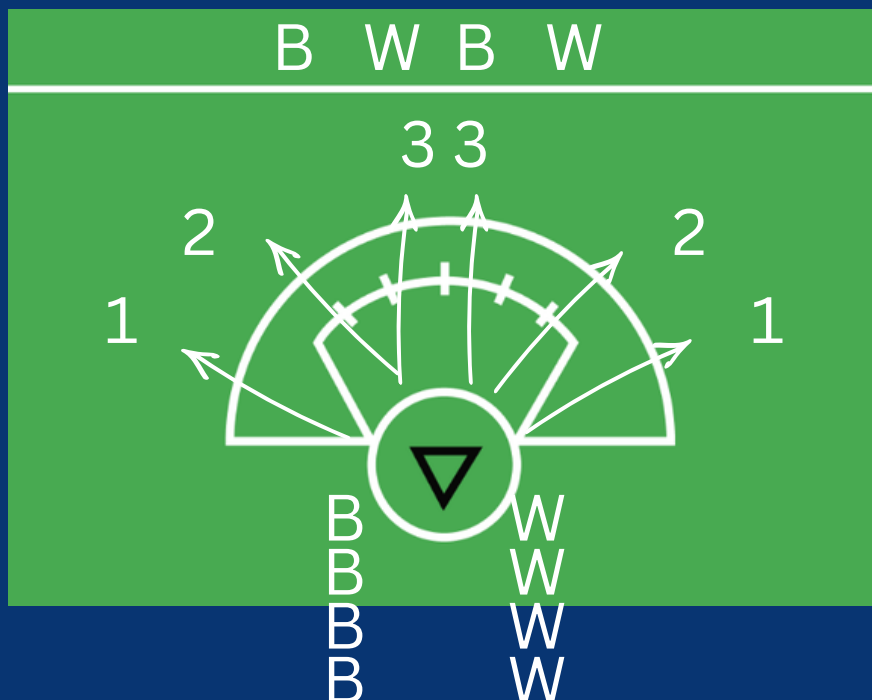


5v5 Clear Progression

Starts as a clearing drill and builds to competition. Everyone goes to each line.

Starts as a clearing drill Everyone rotates through. Goalie clears the ball they need to cross the restraining line. They can then break back down for a 5v5 to goal.

You can run different scenarios for man up or man down to focus on getting the ball back or retaining possession.



Calls it like I sees it



As new Hall of Famer Ed Wallace so politely reminded everyone at the ceremony, Officials are an endangered breed. They are critical to the sport we love. There will be Middle School and Junior High School games that will be cancelled this year because the 3rd team involved will not be available.

Please consider becoming an official. Links are below to sign up and give back to the sport we love.

SUFFOLK

Boys

<https://www.scloa.com/become-a-member>

Girls

https://docs.google.com/forms/d/e/1FAIpQLSeLY2fgdQX5nOREnBaNZFV1Zbcol_5njL126jRmw_Sd0IbTGg/viewform

NASSAU

Boys

https://www.ncloa.org/join_the_ncloa.asp

Girls

<https://www.ncwloa.com/become-an-official>



The 40th Annual LIMLF Hall of Fame

2025 LIMLF "WHITEY HENRICKSON" AWARD

Harvey Allen

HARVEY COHEN 2025 OUTSTANDING LIMLF SERVICE AWARD

Harry Jacobs

2025 HALL OF FAME INDUCTEES

Al Bertolone / Rob Grella / Jim Kaspar
Kieran McArdle / Kelly McPartland / Alyssa Murray
Joe Sileo / Sean Smith / John Sullivan / Ed Wallace



Board Member Spotlight: Ed Wallace

Recent inductee to the LIMLF Hall of Fame, Ed started his lacrosse career at Clarke HS. He went on to Hofstra where he played both football and lacrosse. Again he excelled starting 4 years, captain for 2 and named to the All America team. He then went on to play for the LI Lacrosse club winning 2 championships. Today when he is not hanging out with the grandkids, you can find him in stripes on the field for football lacrosse and Field Hockey.



PARKSIDE TAVERN



NASSAU/SUFFOLK P.A.L.
LONG ISLAND
LACROSSE LEAGUE



LONG ISLAND METRO
LACROSSE LEAGUES