



Coaches Corner

Summer is for fun with your team.

Here are some options to wrap up the summer with your team.

- **Lacrosse Scavenger Hunt-** This activity is not just about skill but also about strategy and teamwork.

Coaches create a list of lacrosse-related tasks ("Make a pass from 30 feet away", "Score a goal using your non-dominant hand").

Players form teams and race to complete all tasks.

The first team to finish wins.

- **Trick Shot Competition-** This activity is light-hearted and allows players to showcase their creativity.

Players take turns attempting trick shots on goal.

Points are awarded based on creativity and execution.

The player with the most points wins.

Historical Fact:

Before America | The Lacrosse Game That Sparked a Native Uprising

Scan the QR Code to watch the story on PBS. Before we launched our rebellion against the British, the Odawa and Ojibwe at Fort Michilimackinac in 1763 proved their were a force to reckon with. A lacrosse game sparked a native uprising.



WHATS HAPPENING

Golf Outing
 September 28th



Check out LIMetroLax.org





Calls it like I sees it

New NCAA Division I Age-Based Eligibility Rules

Previous Eligibility Rule	New Age-Based Eligibility Rule
Counted seasons of competition.	Based on a continuous five-year eligibility period.
Included multiple waiver options.	Uses limited exceptions written into the rules.
Could vary by sport or circumstance.	Applies a consistent framework across all Division I sports.

According to the NCAA *“Under the new Division I age-based eligibility rule, student-athletes who meet all eligibility requirements and enter college no later than the academic year after their 19th birthday generally will have up to five years of eligibility. While some have referred to this as the NCAA “5 for 5” rule, that is not accurate. The age-based rule actually centers on a student-athlete’s age and when the student enrolls full time in college, and it does not guarantee five years for all student-athletes, particularly those who delay enrollment.”*

A student-athlete’s five-year eligibility period begins with the earlier of these two events:

- 1. Initial full-time college enrollment: The academic term when the student-athlete first enrolls full time and attends class at any college or university, including a domestic institution, international institution or junior college.*
- 2. Age-based trigger: The start of the regular academic year immediately following the student-athlete’s 19th birthday, if the student-athlete turns 19 years old before Sept. 1.*
- 3. For an individual who turns 19 years old on or after Sept. 1, the period of eligibility begins at the start of the subsequent academic year, unless the individual enrolls full time in college earlier.*

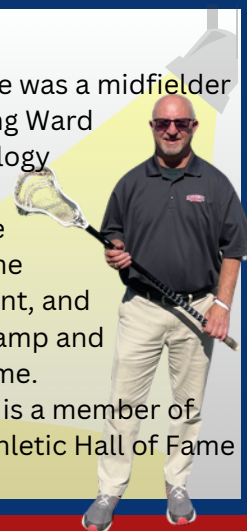
Once the five-year period starts, it runs continuously. It does not pause because a student-athlete does not compete, transfers, sits out, changes teams or takes time away from participation, meaning student-athletes, coaches and athletics departments no longer have to track athletic “redshirts.”

Board Member Spotlight- Harvey Allen

Harvey began his lacrosse career in 10th grade on the junior varsity team at Elmont High School. He was a midfielder on the Elmont team that captured the school’s first New York State Championship in 1977, defeating Ward Melville. He continued his playing career on a lacrosse scholarship at New York Institute of Technology and was a member of the 1980 championship team at Nassau Community College.

Harvey devoted 44 years to coaching lacrosse at eight different schools. He taught at Carle Place Middle School and High School for 32 years, coordinated Nassau County tryouts, and coached in the Empire State Games. He also volunteered at the Shootout for Soldiers, the Never Forget Tournament, and USA tryouts. In addition, he worked at the New York Lacrosse Academy and Long Island Lacrosse Camp and coached travel teams for several years. Without him there would be no clock for the Metro Cup game.

A United States Air Force veteran, Harvey served one tour and attained the rank of Sergeant. He is a member of the American Legion. Harvey has been inducted into both the LIMetro hall of Fame, Carle Place Athletic Hall of Fame and the Elmont Athletic Hall of Fame. He also is a member of NILCA.



CONGRATULATIONS

2026

FOUNDERS CUP

GIRLS



SUFFOLK
HUNTINGTON



NASSAU
COLD SPRING HARBOR



PRIVATE
ST ANTHONYS



**POLY
PREP**

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BOYS



SUFFOLK
SACHEM NORTH



NASSAU
COLD SPRING HARBOR



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ST ANTHONYS

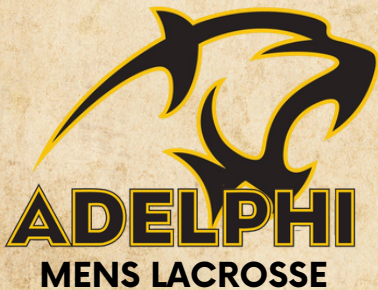


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NYC
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LACROSSE FOUNDATION
PROUDLY PRESENTS THE FIRST

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COMMUNITY SERVICE
ACADEMICS



STONY BROOK
WOMEN'S LACROSSE

ATHLETIC SUCCESS
LACROSSE CULTURE
STUDENT-ATHLETE EXPERIENCE



June 4th was our first tasting night (of many more).
Those in attendance were treated to 6 different
bourbons and lesson from our own resident
expert *Commodore Bill Sergio*.



At the 2026 season awards the LIMLF gave out # scholarships to the following
Student Athletes.

We wish then the best of luck as they start their new chapter in their academic and
athletic careers.

Ruby Cacioppo	Manhasset	Julia Mendoza-Pineyro	Freeport
Cole Newman	Cold Spring Harbor	Nevaeh Motes	Division
Avery Bent	William Floyd	Alvin Luna	Huntington
Maribella Marciano	Smithtown West	Brian Marmolejos	Copague
Jayden Polite	Hempstead	Layla Marie Greaves	Half Hollow Hills East
Garris Williams	Baldwin	Natalie Sime	Copague

Hall of Fame

If you or someone you know deserves
to be nominated for the LI Metro
Hall of Fame please use the QR code
below to complete the nomination
form.



SPECIAL NEEDS LACROSSE

The Spring was another great season for our Knights!!
Thank you to all who played and coached.



IT'S
KNIGHT
TIME!!!

