



WHATS HAPPENING

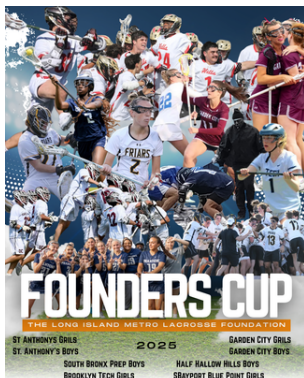
Hall of Fame Januray 24th

Nominees to be announced
SOON!!

Please check back to the LIMLF website for purchasing tickets!

Historical Fact

June 11, 1977 at Hofstra the lone NYS championship took place as there was no classifications. Elmont HS came out on top 12-11 having beat Ward Melville HS.



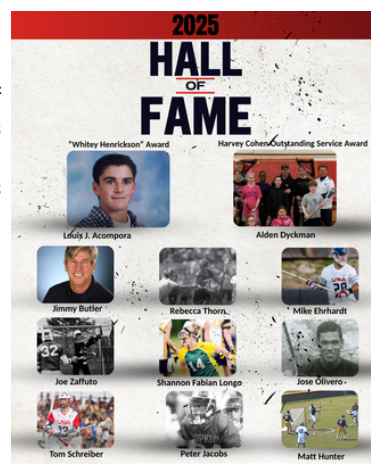
39th Annual Hall of Fame

On January 25, 2025 the 39th Annual Hall of Fame Dinner was held honoring our class of 2025. The Whitey Henrickson and Harvey Cohen Service award recipients along with 9 inductees were celebrated.



2025 Founders Cup

The LIMLF "FOUNDER'S CUP" is presented annually to the Most Outstanding Boys and Girls Varsity Lacrosse teams in New York City, Nassau, Suffolk and Parochial/Private Schools.



Hedging Drill Outline

Setup:

Place two feeders (attackmen or middies) behind the goal line extended, about three yards back, each with a supply of around 30 balls. On the crease, position two offensive players and two defenders (long poles or short poles). Include a goalie in the cage.

Drill Execution:

The feeders alternate passing the ball from behind the cage to the offensive players, regardless of whether they're tightly covered. The idea is to have the defense focus on checking sticks, maintaining strong man-to-man coverage, and communicating loudly-calling out picks and staying on their assigned man.

Key Points:

Emphasize that this is primarily a defensive drill, but offensive players can also practice catching and finishing in tight spaces. Keep it strictly man-to-man for now; no zone defense. Encourage the defenders and the goalie to talk continuously to build good habits.

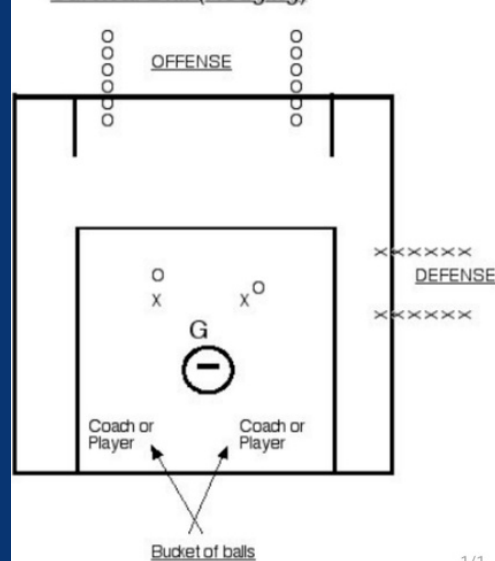
Duration:

Run the drill for about a minute per group, rotating through all players in about 15 minutes total.

Coaches Corner

This issue is from
Hall of Famer Paul McDermott

Survival Drill (Hedging)



Calls it like I sees it



Each issue we'll get insight from local officials on the rules of lacrosse.

This issue will have the rules for Sixes. With the Olympics rapidly approaching, here's how the games will be played.

Team:

- 6 v 6, 12 players per team
 - 5 field and a goalie
 - No specialist positions, just short sticks and goalies

Play

- 30 second shot clock
- 8 minute running quarters
- Draws/Faceoffs only at the start of each quarter
- out of bounds ball is a Turnover- even on a shot
- 2 Official on the field and one in the box.

Field

- 70m x 36m outdoor field or roughly 80 yds x40 yds

Scholarships

The 2025 season saw 18 scholarship distributed throughout Nassau, Suffolk and NYC for boys and girls lacrosse student athletes. Special thanks to the committees that promote and select these fantastic student athletes.

Player Name	High School
Katherine Nabet	Locust Valley High School
Cole Newman	Cold Spring Harbor High School
Ryan Michel	East Meadow High School
Edwin Sepas	Great Neck South
Chris Davila	Hempstead High School
Julie Dammes	Hicksville High School
Saradjine Simeon	Elmont Memorial High School
Alexa Vasquez	Copague High School
Kaydete Bonilla	Copague High School
Darrell Smith	Longwood High School
Clio Liff	Bronx High School of Science
Spencer Baugh	Eagle Academy for Young Men II
Carla Solis	Brooklyn Technical High School
Helena Calixte	John Dewey High School
Brandon Gayetsky	Tottenville High School
Randy Telleria	Curtis High School



If you would like to get involved please contact Alden at malibub910@yahoo.com

"It's Knight Time!"

Our own Hall of Famer Alden Dykman worked this spring and summer with some great coaches and even better athletes with our special needs program.



The LI Metro Cup

It was a cold and rainy day for the 3rd annual LI Metro Cup. Cornell and Syracuse did not disappoint with Big Red coming out on top with a 17-12 victory to a crowd of about 4,000.

USA Lacrosse Women's National Tournament- Massachusetts (National School Girls)

Tryouts were held in March for HS age girls lacrosse players. We sent a team up to UMass for the Memorial Day weekend tournament. Where our players faced tough competition but had a great time.



Board Member Spotlight Tom Gill

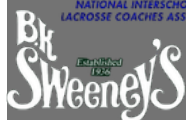
Tom Gill served as the Head Coach at the US Merchant Marine Academy for 31 years boasting a 230-199 record. Prior to coaching at USMMA he spent time at FDU-Florham in the 1980's and Pfeiffer University (when it was NAIA). Tom is a 3 time Conference Coach of the Year and Hall of Fame member of the LIMLF and NJCAA Men's Lacrosse Coaches Association Hall of Fames. He also served as the assistant coach for the Irish National team for the Perth Australia Games.



Coach Gill is a proud alum of Hofstra having played lacrosse for four years. He played professionally for the NY Saints and then proudly played for team USA as an alternate in 1982 and a member for the '94, '96, and '01 world games.

Most importantly Tom has served as a member of the LIMLF for decades. He is a wealth of knowledge about our foundation, local and global lacrosse. On October 10th Coach Tom Gill was inducted to yet another Hall of Fame, the USMMA Athletic Hall of Fame!

Congratulations Coach!!!



PARKSIDE TAVERN



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

