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***Mission Statement:*** *To build a fundamentally-strong Men’s & Women’s Lacrosse program at Independence HS. Develop student athletes of character, integrity & leadership who will   
serve as positive role models for our school and community.*

**2014/15 will begin our 4th year as a men’s & women’s varsity spring sport at Independence HS. As a young team, we have made great strides in a challenging conference and look forward to growing the program in the years to come. Our 2014 highlights include; women’s team first trip to the 2nd round of state playoffs, (5) US Lacrosse All American Academic & (4) All Conference Honorable Mention for the women’s team, and (3) All Conference Honorable Mention for the men’s team.**

Lacrosse is a fairly new sport to our area of Charlotte, so many freshman come into the program with no experience. We encourage all students to consider trying “the fastest game on two feet” as many of our former players have excelled after playing for only a few years. Football, soccer, basketball players are encouraged to try lacrosse in the spring as cross training is the best practice to keep athletes in top condition.

Lacrosse is a club sport at Independence, but our program strives to keep this opportunity affordable to all families. Fund raising & community service as just a few ways that our student athletes have made an impact on our local community. Our program is a family, and we support our family on and off the field.

**We are currently in the process of planning summer clinics in the area, and will also have fall & winter pre-season training with our coaches. Multiple sport athletes are encouraged to drop by any clinic as their schedule allows. We also encourage interested players to attend a Charlotte Hounds game this summer at Memorial Stadium in uptown Charlotte. This is a great opportunity to gain a better understanding of the sport of lacrosse. If you son our daughter is interested in information on summer or fall clinics, email me for further information.**

**Sandy Barnett  
Volunteer Administrator – Independence HS Lacrosse**[**sandybarnett442@gmail.com**](mailto:sandybarnett442@gmail.com) **704-491-9897  
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