

No-Excuse Lacrosse

A Value Added Lacrosse Experience

The No-Excuse Girls Lacrosse Program began in the Summer of 2010 as Team Stickhead, named after Memphis' 1st lacrosse retail store, Stickhead Lacrosse. Two of its owners, Pat DiMento and David Gearhardt, created boys and girls club teams that were extremely successful from Day 1. After Stickhead Lacrosse was sold, Pat DiMento formed No-Excuse Lacrosse and in 2013 No-Excuse Girls was created by David Gearhardt. In 2016, Corey Donohoe (UNC '2011 and former Navy Assistant Coach) created No-Excuse Girls – Nashville.

The success of the program can be found not only in the team's success among the various tournaments in the Mid-South, but more importantly in the development of many of the state's top lacrosse players. Beginning in 2012, No-Excuse has helped to develop numerous All-Americans and the absolute top layers in both Memphis and Nashville. No-Excuse has been fortunate to work alongside the top programs in the Memphis and Nashville area – Ensworth, Houston, Hutchison, Ravenwood, St. George's & St. Mary's.

Since 2012, 17 of the state's 19 All-Americans have trained and played with No-Excuse (or its former Team Stickhead). No-Excuse has also developed and sent numerous players to some of the country's top clubs (Sky Walkers Lacrosse Program in Baltimore, MD and Eagle Stix in Atlanta, GA).

Whether your goal is to play college lacrosse, to be a top player at your high school or simply to have a fun time playing with other great girls, No-Excuse is the place to be!! See you on the field!!!

David Gearhardt & Corey Donohoe