



"The Creator's game has so much to offer!"

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The Impact of Spirit of the Stick

...from the participants at Crosby Heights, Spring 2009

Edward says "Lacrosse & Spirit of the Stick has helped me by teaching me to respect my teammates & coaches. This can be used in a real life situation such as school where I can respect my fellow students & teachers during class."

"What I can improve on – I think I should work on initiative because I never try to do things on my own. I can practice initiative by cleaning my room at home".

Saba says "What I learned overall in the Spirit of the Stick program is to be responsible of my belongings & to take initiative. The other day I took my dog out without my Mom asking me to. That was me showing initiative."

"At home & school I am responsible of taking my books to class and I have done that every time. It is also my responsibility to show on time for class."

Kian says "In lacrosse I have learned, obviously, to play; not that great but the basics."

Tristen says "I learned a lot from Spirit of the Stick like initiative & responsibility. Responsibility was important because it is something I lack & it helps me when I am not playing sports."

Dakota says "I learned how to throw & catch a lacrosse ball. I learned a lot of character traits. I liked the workshop because it was lots of fun. I learned a lot during these five weeks. And I learned a cool new sport to play with my friends."

Kyle R says "I've learned how to play a new sport while having fun with my peers. Thank you for letting me play lacrosse with your awesome training group."

Michael says "Thank you for letting me have the opportunity to play lacrosse. I learned lots of things while I was playing. I learned that you have to have teamwork to play lacrosse because if you don't you're not a good sportsman."

"I also learned you have to play fair; and also, if you lose it is okay because you're there to have fun. You have to have lots of spirit & determination to complete your goals in lacrosse. So thank you for letting me be here to have fun."

Jordan says "I learned how to pass & shoot; and, most important, are the character traits like responsibility & integrity."

Mackenzie says "I learned that you should always show the traits that we learn, such as respect & courage. The program was absolutely amazing & I really enjoyed it."

Arman says "What I learned from playing lacrosse is respect, courage, integrity & responsibility. It has changed my behaviour as well. I have learned to work as part of a team."

Austin says "I not only learned the sport of lacrosse from this program but I have learned many character traits & life skills. The most important one I learned was teamwork. It is not only an important skill to have in sports but in life as well. And for this I would like to thank you. I wish this program would stay longer at this school because me & my fellow students were having lots of fun."

Houtan says "During lacrosse I learned responsibility & how to control anger problems."

Aria says "I learned to control the ball & about teamwork; also to have responsibility. I also learned respect. Now, most of the time, I have respect for my teachers."

Sierra says "I really enjoyed learning about lacrosse because it gave me a chance to try something new & exciting. I learned about the different skills & techniques on how to play the game."

"I also learned character traits needed to play lacrosse; for example, the word was respect & I showed it by being respectful to the equipment & my friends."

"It was a lot of fun learning how to play lacrosse! Thank you for coming to Crosby & teaching us."

Mayuran says "I learned a lot on teamwork. I learned to support anyone who is trying. Teamwork is not about fighting. It is about getting together & having fun & supporting one another. Teamwork is also about passing to one another; not just once but at least more than five times."

Valery says "In lacrosse we learned respect, strength, courage and, of course, how to play the game; also responsibility, initiative & integrity. I had a lot of fun. Thank you & good luck."

Justin says "I learned responsibility, respect, initiative, integrity & many, many, many more character traits from lacrosse as well as some skills."

Willy says "I've learned a lot coming to lacrosse. I've learned that it is fun & about respect for others. I have been showing respect to a lot of people these past weeks. But learning lacrosse was not only entertaining. It was a lot of fun. Thank you Spirit of the Stick for teaching me lacrosse."

Matthew says “I learned how to handle a ball while carrying a stick. I learned how to be more precise when I throw the ball. I learned about the history & that the natives used to play it to solve disputes. I also learned the traits of courage & initiative.”

“I think that you guys should extend the program & play some actual passing & shooting games. And maybe you could teach more skills as well.”

Jennifer says “Spirit of the Stick was amazing! It taught me a lot of traits through lacrosse like respecting other players and equipment; and the initiative to try something new. Scott is an amazing player and an excellent teacher; and so is Bill. I wish it could last for longer because it was really fun. Thanks so much for coming to our school.”

Daniel says “Thank you for everything you taught us. Before I met you guys I really didn’t know what lacrosse was. Lacrosse taught me other things like initiative and responsibility. Thank you.”

Katherine says “I’ve learned so many new things in the past five weeks; a lot of moves in lacrosse. These moves allow players to develop skills that let them reach their maximum potential. “

“I also learned that, like many sports, lacrosse is a team game. I learned that a team can’t move forward unless we all co-operate and work together.”

“I’ve also learned a lot of character traits like respect, responsibility, courage and initiative. Respect was shown by listening to coaches, using equipment properly, encouraging peers and listening to instructions. Responsibility was shown when we listened to instructions and then followed them; for example picking up the balls and putting the sticks back properly. We showed courage by not backing down or giving up. I showed initiative by trying something new. “

“I really enjoyed this experience. Lacrosse is so much fun! Thanks for coming!”