



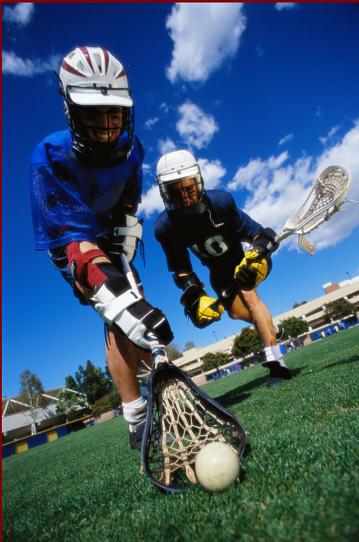
OHS

Occupational Health Systems, Inc.
A Service Disabled Veterans Owned Company

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In This Issue

THE SPORT OF LACROSSE



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The Fastest Growing Sport in the US: The Sport Of Lacrosse

Lacrosse was started by the Native American Indians and was originally known as stickball. The game was initially played in the St. Lawrence Valley area by the Algonquian tribe and they were followed by other tribes in the eastern half of North America, and around the western Great Lakes.

The Native American games were seen as major events, which took place over several days. They were played over huge open areas between villages and the goals, which might be trees or other natural features, were anything from 500 yards to several miles apart. Any number of players were involved. Some estimates have mentioned between 100 and 100,000 players participating in a game at any one time. The rules were very simple, the ball was not to be touched by a player's hand and there were no boundaries. The ball was tossed into the air to indicate the start of the game and players raced to be the first to catch it.

Games of lacrosse were played for a number of reasons. It was considered a sport that toughened up young warriors for war but it was also a game played for recreation and for religious reasons. Jean de Brébeuf French Jesuit missionaries working in the St. Lawrence Valley in the 1630s were the first Europeans to see lacrosse being

***Purchase Tickets for
The First Annual
Knights Cup***

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BRING THE KIDS!
Day Schedule:

8:30 am

***FREE WITH
ADMISSION!***

Youth skills Clinic

*9:30am Lacrosse
Jamboree*

*12pm Roane County
Knights v/s West
Knox Warriors
(Varsity)*

*2:30pm Christian
Academy of Knoxville
v/s Christ
Presbyterian*

played by the Native American Indians. One of them, Jean de Brébeuf, wrote about the game being played by the Huron Indians in 1636 and it was he who named the game "lacrosse".

Today, it is one of the fastest growing sports among youth in America. The cardiovascular, strength and mental benefits gained by playing lacrosse are qualities that can have a tremendous positive impact on players. Playing the sport of Lacrosse has several health benefits including:

- Teaches Discipline
- Burns Calories
- Increases Mental Acuity
- Improves Cardiovascular Endurance
- Increases Agility
- Full Body Strengthening Workout
- Builds Socialization skills
- Helps Hand-Eye Coordination and Speed
- Promotes Mental Health

Between the 2008-09 and 2012-13 school years, participation in high-school lacrosse grew 19 percent among girls (to more than 77,000 players) and 15 percent among boys (to nearly 102,000 players), according to data from the National Federation of State High School Associations analyzed by BuzzFeed. Over the past decade, the trend is even stronger, with participation more than doubling over that time.

There seem to be two main reasons for this trend. According to Rick Burton, the Falk Professor of Sport Management at Syracuse University, about the rise in popularity of lacrosse. "One is that lacrosse is being developed as a gender neutral sport. It's a virtually identical game between men and women. Two, it's an active, contemporary game. It's not based on set plays with limitations of where people can play." With no required size,

Academy

*4:30pm Roane
County Knights v/s
West Knox Warriors
(JV)*

*7pm Knoxville
Catholic High School
v/s Farragut High
School*

anyone can play the sport whose popularity is drawing athletes from other sports.

Lacrosse combines the skills of basketball, soccer and hockey into a face paced , endurance test of speed and agility. It takes discipline to play lacrosse as the tactics and skill development needed take time and persistence to develop. Not only will players develop mental discipline, but they also reap the benefits provided by regular exercise, which has been shown to improve mental performance, mood and performance in school/work.

Lacrosse works virtually every major muscle in the body. Swinging a lacrosse stick and throwing a lacrosse ball work muscles in the upper and lower arms. The technique used to maintain control of the ball using a lacrosse stick, also requires arm strength and range of motion. The consistent running works the large muscles of the legs and players will bend up and down and from side to side when chasing or catching lacrosse balls. This stabilizes and strengthens core muscles.

Playing sports encourages peer interaction, and can improve a person's overall mood with sustained physical activity. There is also the added benefit with the accomplishment of new skills.

Youth can Learn these skills and more at the First Annual Knights Cup Lacrosse Tournament at Knoxville Catholic High School benefiting the Knights of Columbus Charities and the Pregnancy Center. Start the day with youth skills at 8:30 am , followed by a Lacrosse Jamboree featuring Middle school and local team games. You can pick up your tickets at any of the locations below.

Bring your family and Come out to Enjoy a High School Lacrosse Quadruple Header !

John McElligott
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KNIGHTS
OF COLUMBUS

GRAPHIC
CREATIONS

Present the **FIRST ANNUAL**
KNIGHTS CUP
LACROSSE
TOURNAMENT
SATURDAY, APRIL 30, 2016
Knoxville Catholic High School
Blaine Stadium
benefitting Knights of Columbus Charities

HIGH SCHOOL LACROSSE QUADRUPLE HEADER
Christian Academy of Knoxville vs. Christ Presbyterian of Nashville
Roane County Knights vs. West Knox Warriors Varsity and JV games
Knoxville Catholic vs. Farragut High School

Musical entertainment by participating schools will be provided throughout the event

8:30am Youth Skills Clinic | 9:30am Lacrosse Jamboree featuring Middle School & local team games, and contests | 12pm Roane County Knights v West Knox Warriors-Varsity
2:30pm Christian Academy of Knoxville v Christ Presbyterian Academy
4:30pm Roane County Knights v West Knox Warriors -JV
7pm Knoxville Catholic High School v Farragut High School

Adults: \$4 Advance Group Sales of 10 or more - \$5 Advance Purchase - \$6 at the Gate
Students: \$2 Advance Group Sales of 10 or more - \$3 Advance Purchase - \$4 at the Gate

TICKETS AVAILABLE:

<i>Christ Presbyterian Academy</i>	<i>615-373-2311</i>
<i>Christian Academy of Knoxville</i>	<i>865-690-4721</i>
<i>Knoxville Catholic High School</i>	<i>865-560-0313</i>
<i>Farragut High School</i>	<i>865-966-9775</i>
<i>Roane County Knights</i>	<i>865-466-4065</i>
<i>West Knox Warriors</i>	<i>865-594-4477</i>

558-3038 or visit our website at www.ohswest.com to learn more about what services we offer and what we can do for you.

In Health,

John McElligott, M.D. and Heather Thompson MPAS,PA-C
Occupational Health Systems