



*“Bringing lacrosse to the city and the city to lacrosse.”*

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Dear Prospective Volunteer:

Thank you for your interest in Lacrosse for LIFE. Lacrosse for LIFE was founded in 2001 by three friends: Josh Miller, Johanna Thomashefski and Andy McDonald. Our primary purpose of creating after-school youth lacrosse teams in under-served, urban communities in San Francisco is to teach children that learning incremental steps toward achieving goals is the key to success.

Over the past seven years, Lacrosse for LIFE has worked with hundreds of children, primarily from the communities of Bayview, Hunter’s Point, Visitacion Valley and Excelsior, using lacrosse as the basis for LIFE skills. Our curriculum is simple and is integrated into all activities:

- **LEADERSHIP** is doing the right thing all of the time, setting an example on and off the field, following instructions, always trying my best and asking for help when I need it.
- **INTEGRITY** means telling the truth, treating myself and others with respect, admitting when I am wrong while making it right and being true to my word.
- **FRIENDSHIP** is about having fun, meeting new people, sharing wins and losses, lending a hand and being fair.
- **EDUCATION** is even more important than lacrosse. I will maintain my school behavior the same way I do in lacrosse and will focus on getting good grades. I will approach all things as an opportunity to learn and will teach others what I know with kindness.

Our program reaches beyond lacrosse. Participants must meet minimum GPA requirements, contribute to team activities and meet with coaches in individual goal-setting sessions. Each season we have a monthly activity that emphasizes the tenets of our program. A favorite this year was a day spent with the Stanford Men’s lacrosse team and visiting local high schools. We began teaching lacrosse at *KIPP: Bayview* this year. KIPP is a charter school with rigorous academic and social standards. Additionally, we maintain relationships with our Alumni, several of whom participate with City Lacrosse Club, a community-based high school team in San Francisco.

We are excited about your involvement. Please fill out the attached application and someone will respond to you shortly.

Sincerely,

Johanna Thomashefski and Andy McDonald  
Founders

Lacrosse for LIFE is a 501(c)(3) not for profit organization. To contribute to this program, a tax-deductible donation can be made to: *Lacrosse for LIFE program* and mailed to the above address.  
Thank you for your support.