

# Support Their Journey. Supercharge Their Growth.

Whether your child just picked up a stick or wants to get serious this season — POWLAX helps you show up, level up, and connect.

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**New to the game?** - Learn everything in under 30 minutes

**Want to help them get ahead?** - Learn everything in under 30 minutes

**No experience? No problem.** - We'll show you how to support them in the backyard

[Get My Personalized Parent Plan](#)  
[Explore the Online Skills Academy](#)



## Five Ideas For Lacrosse Parents Who Want to Get It Right

### **Know just enough.**

Learn the basics so you can clap at the right time — and ask great car ride questions.

### **Make it fun.**

Joy leads to effort. Effort leads to progress. It all starts with fun.

### **Keep it simple.**

One pass, one smile, one more rep. That's the rhythm.

## Cheer with clarity.

Focus on hustle, heart, and the comeback — not just the scoreboard.

# Want to Help Your Player Stand Out?

The best players don't wait until practice to get better. They train 15 minutes a day — with structure, purpose, and goals. That's what the POWLAX Skills Academy delivers.

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100+ position-based drills

Trackable progress and ranks

Built-in motivation: badges, points, goals

Created by coaches — trusted by families nationwide

**Join the Online Skills Academy**



“After doing a Solid Start workout, my son used the move at practice and was stoked—he felt like he’d unlocked a secret code.” Todd Decker



# You're Never Too Old to Pick Up a Stick.

*In Colorado, a group of dads formed their own men's league team — not to win trophies, but to understand their kids. They wanted to know what it felt like to catch a pass, swing the stick, miss a shot, and laugh about it afterward.*

*My dad picked up lacrosse at 44. Why? Because his kids started playing in high school — and he wanted to connect. That story is in my book and gave another dad hope that he could help when his kids started playing.*

*“It gave me hope that I could learn this with my kid”*

*Every time you pass the ball in the backyard, you're not just helping them get better.*

*You're saying, “I'm with you in this.”*

*And that's the moment where kids fall in love with lacrosse — for life.*

**Watch the POWLAX Backyard Series**

**Simple games. No pressure. Just connection.**

# Everything You Need to Play, Learn, and Support — No Experience Needed



## Lacrosse 101

Understand the rules and rhythms in under 30 min



## Parent Pathway Quiz

Your personalized starter plan



## Backyard Video Series

Learn how to play with your kid



## Parent & Player Guide to Lacrosse

Equipment, drills, videos, and mindset in one book



## Online Skills Academy

Kids train smarter; you understand the “why” behind the reps



## Parent Community

Ask, learn, vent, cheer — you’re not alone

# Start With Them. Stay With Them.

You've Got This — and We've Got You.

[Take the Parent Pathway Quiz \(Free\)](#)  
[Watch the Lacrosse 101 Series](#)

*You don't need to be their coach. You just need to be willing to miss a few passes  
in the backyard.*