



The Legacy Starz Lacrosse Club, powered by the Arena Club, has as its primary mission to provide for each player, a quality team and individual experience through instruction delivered by high quality coaches. By combining training with consistent practice of sound fundamentals and development of new skills, Legacy Starz Lacrosse seeks to produce well-prepared high school and college athletes.

BENEFITS OF STARZ:

- **Director:** FRANK MEZZANOTTE, member West Islip High School Athletic Hall of Fame, Towson University Athletic Hall of Fame, and the Maryland State Lacrosse Coaches Hall of Fame, has coached at Towson University, Edgewood High School, Harford Community College, and at the professional as well as recreational levels.
- **Assistant Director:** DAVE EDDINGER, Founder of Maryland Legacy Lacrosse and current Head Coach at Cecil College, was an All-County Defenseman at Fallston HS who played on the 1987 State Championship Team. He played at Harford Community College and Pfeiffer University and has coached since 1998 for HCC, Bel Air HS, and the Maryland Legacy Lacrosse Club.
- **The Legacy Starz COACHING STAFF** consists of area coaches who have strong backgrounds in education and in teaching the game of lacrosse at every position, at every level, from recreation to professional. Each adheres to the philosophy of Legacy Starz, believing that the only way for players to find success at every level of the game is to receive solid instruction from highly qualified coaches.
- **Networking Opportunities**
The combined years of experience among the members of the Coach Staff also bring to Legacy Starz, an extensive network of connections among coaches at all levels of college play, including Duke, Johns Hopkins, Towson, Denver, Stevenson, and Salisbury Universities, as well as University of Maryland and numerous colleges of the Conference Carolinas.
- **NCAA Recruitment**
Each Legacy Starz player will complete a comprehensive recruitment information packet, which is compiled and shared with over 100 college coaches in Divisions I, II, and III. Players and parents will receive valuable information regarding NCAA recruiting rules and guidelines during a seminar that targets college recruitment procedures specifically.
- **Tournaments**
Legacy Starz Lacrosse Club will play in high-level, national tournaments during its season, chosen for the express purpose of showcasing players' abilities for coaches who attend the tournaments. Players will also have access to state-of-the-art indoor and outdoor facilities in which to practice and train.
- **Philosophy**
With as many lacrosse club teams as there are, Legacy Starz Lacrosse Club has as its mission, to provide each player with an enjoyable, competitive lacrosse experience that will make him better as an individual player and as a member of a team. Leadership, sportsmanship, and the desire to improve are qualities that will make every player better not only on the field, but in the classroom and in other endeavors later in life.
- **The Arena Club**
Players may elect to take part in 360SPI (360 Sports Performance Institute), offered by the Training Staff of the Arena Club. On-site physical therapy is available through Agape Physical Therapy. Please visit www.thearenaclub.com to view the full facility and a full menu of member services, including affordable junior memberships. The Arena Club is located at 2304 Churchville Road; Bel Air, Maryland 21015.