The Altona Lacrosse club is located on Mason Street in Altona North and is seeking players of all ages male and female to fill our junior sides.

If you are interested in joining and learning to play, please email your details to; recruitment@altonalacrosse.com.au or for more information go to www.altonalacrosse.com.au or call; 0401 770 218

Modern day lacrosse descends from games played by various Native American communities. These include games called da-nah-wah’uwsdi (little war) in Eastern Cherokee, Tewaarathon (little brother of war) in Mohawk language, and baaga’adowe (bump hips) in Ojibwe.

Lacrosse was traditionally played to settle inter-tribal disputes, to toughen young warriors for combat, for recreation, as part of festivals and was also played for religious reasons: “for the pleasure of the Creator.”

The game has been modified extensively by the European immigrants to create its current form, which is one of the fastest games on two feet.