



BOX IT UP FLORIDA – GIRLS BOX LACROSSE

What is Box it Up Florida?

- 1) Elite level Box Training Camps (Sat Jan 25 & Sun Jan 26th - 3 Florida Locations, Tampa, West Palm Beach and Orlando)
- 2) Sixes Games and Clinic presented by Loyola with coach & Team Canada's Dana Dobbie (Fri Jan 31st, Weston, FL)
- 3) Box Lacrosse Tournament (Southeast Regional - Sat Feb 1st & Sun Feb 2nd, Weston FL)

3 FLORIDA BOX LACROSSE TRAINING CAMP LOCATIONS



"Box Lacrosse is not only an effective training tool for the field game from a skill standpoint, but the speed and power the box discipline demands also invokes a sense of empowerment and confidence for athletes that is unlike any other version of lacrosse" - Erin Bakes, Miami Native and one of Florida's Best...Ever!



Wellington/West Palm Beach

Coach: Miami native Erin Bakes
Georgetown/USC, Team USA Box Gold Medalist

Box Training Camp Date & Time:
Saturday Jan 25, 12-3pm
Sunday Jan 26, 12-3pm

Ages:
Grad years 2025-2030

Location:
Village Park Athletics Complex (outdoor rink)
11700 Pierson Rd, Wellington, FL 33414



Orlando

Coach: Haley Warden Jacksonville Asst Coach
2x All-American, JMU National Champion

Box Training Camp Date & Time:
Saturday Jan 25, 2-5pm
Sunday Jan 26, 12-3pm

Ages:
Grad years 2025-2030

Location:
Barber Park (covered rink)
3701 Gatlin Ave, Orlando, FL 32812



Tampa/Palm Harbor

Coach: Troyhann Santos Team Canada Women's
Box Coach, 11x CDN National Champ, JMU, CDN HOF

Box Training Camp Date & Time:
Saturday Jan 25, 6-9pm
Sunday Jan 26, 3:30-6pm

Ages:
Grad years 2025-2030

Location:
Sunderman Complex (covered rink)
1631 9th St, Palm Harbor, FL 34683

REGISTER FOR BOX CAMP AND TOURNAMENT \$395

open to any and all participants

REGISTER FOR LOYOLA INTERNATIONAL SIXES \$125

open to any and all participants



BOX IT UP FLORIDA – GIRLS BOX LACROSSE

BE AN EARLY ADOPTER

Before 5th year Covid players skewed the record books 9 out of the top 10 Men's NCAA D1 All-Time Goal Scorers were Canadian Box Lacrosse players. Today, the NCAA D1 ALL-Time Goal record is held by an American player, Mac O'Keefe, an early adopter of youth box lacrosse who spent his summers playing box in our program and was trained by his dad who played professional box in the National Lacrosse League (NLL).

Girls Box Lacrosse officially started in the USA in 2018 when 3 teams of 12yr old girls competed for a National Championship in Los Angeles, CA. Fast forward a few years and these early adopters, having gone through the recruiting process, met again in Toronto for a Box Lacrosse event. Here are the rosters and where the game of box lacrosse can take you.

Grace Winkler - **UNC**, Gabby Lauretani - **UNC**, Charley Bacigalupo - **Notre Dame**, Gracie Shoulberg - **Notre Dame**, Sydney Ingraham - **Notre Dame**, Caroline Trinkaus - **Syracuse**, Molly Guzik - **Syracuse**, Maggie Bacigalupo - **Princeton**, Bae Bounds - **Brown**, Caroline Gerosa - **Loyola**, Abby McQuire - **Bryant**, Roma Peressutti - **UC Davis**, Hannah Gilland - **Bucknell**, Brooke Stroh - **Northwestern**, Taylor Santos - **Loyola**, Cheeto Price - **Navy**, Emily Cutler - **Vermont**, Michela Patterson - **Queens**, Lexy Stevenson - **Queens**, Shea Haggan - **Jacksonville**, Natalie Dymmel - **Radford**, Sophie Barker - **Austin Reay**, Oliver Starr - **Detroit Mercy**, Brooklin Doyle - **Louisville**, Mayaka Noon - **Johns Hopkins**, Rian Compagnon - **Limestone**, Vienna Twomey - **Johns Hopkins**, Ali Rolston - **Loyola**, Maive Partlow - **Niagara**, Aubrey Sartor - **Stanford**, Brynn Sartor - **ASU**, Gabrielle Jennings - **Robert Morris**, Sydney Sookdeo - **Princeton**

MORE OPPORTUNITIES TO PLAY ELITE LEVEL GIRLS BOX

OPEN REGISTRATION FOR TEAM USBOXLA GIRLS

Girls who are interested in playing for Team USBOXLA must attend either the ASU International Sixes and Clinic at the Western Regional in Phoenix Arizona (Friday Feb 14th) or the Loyola International Sixes and Clinic at the Southeast Regional in Fort Lauderdale, FL (Friday Jan 31st). Both events are open to any and all players.

SELECTED PLAYERS PLAY AT:

BC Training Camp and Trevor Wingrove Memorial
The Trevor Wingrove Memorial takes place each spring in Coquitlam, British Columbia. This annual invitational showcases some of Canada's best box talent.

Date: Friday, May 30th - Sunday, June 1, 2025

Age Groups (Birth Year based):

U15 2012/2011

U17 2010/2009

Program Fee: \$425

Camp Coaches:

Haley Warden

Jacksonville assistant coach, JMU NCAA National Champion
2x All-American

Livy Rosenzweig

Rutgers assistant coach, Team USA Box World Lacrosse
Box Champion 2024, Loyola 5x All-American



BOX IT UP FLORIDA – BOYS BOX LACROSSE

What is Box it Up Florida?

- 1) Elite level Box Training Camps (Sat Jan 25 & Sun Jan 26th - 3 Florida Locations, Tampa, West Palm Beach and Orlando)
- 2) Box Lacrosse Tournament (Southeast Regional - Sat Feb 1st & Sun Feb 2nd, Weston FL)
- 3) Optional Tryouts for Team Southeast (Sun Feb 2nd, Weston, FL)

3 FLORIDA BOX LACROSSE TRAINING CAMP LOCATIONS

“We have unlimited options when it comes to field but I say cut it down and insert box.”

Brian O’Keefe on son Mac O’Keefe as an unrecruited High School Freshman

Mac O’Keefe, Penn State, Holds NCAA D1 All-time Goals Record, 3x All-American, 3x 1stTeam All-Big10, Team USBOXLA PLL All-Star, 3x PLL Champion/Chaos/Archers, NLL Seals. Team USA



Wellington/West Palm Beach

Coach: Brad MacArthur
Florida Tech Head Coach, Israel National Program GM/Coach, 7yr NLL Pro, NLL Champion

Box Training Camp Date & Time:
Saturday Jan 25, 9-12pm
Sunday Jan 26, 9-12pm

Ages:
Grad years 2025-2032

Location:
Village Park Athletics Complex (outdoor rink)
11700 Pierson Rd, Wellington, FL 33414



Orlando

Coach: Shawn Evans
Team Canada, 19yr NLL Pro, 2xNLL MVP
Team Canada, Bellarmine University

Box Training Camp Date & Time:
Saturday Jan 25, 11-2pm
Sunday Jan 26, 9-12pm

Ages:
Grad years 2025-2032

Location:
Barber Park (covered rink)
3701 Gatlin Ave, Orlando, FL 32812



Tampa/Palm Harbor

Coach: Tom Marechek
2x NCAA Champion Syracuse, 4x All-American
Team Canada, Canada and USA Hall of Fame

Box Training Camp Date & Time:
Saturday Jan 25, 3-6pm
Sunday Jan 26, 1-3:30pm

Ages:
Grad years 2025-2032

Location:
Sunderman Complex (covered rink)
1631 9th St, Palm Harbor, FL 34683

REGISTER FOR BOX CAMP AND TOURNAMENT \$395

open to any and all participants



BOYS TEAM SOUTHEAST - TRYOUTS

THE ULTIMATE ALL-STAR GAME SERIES



- JACK HANNAH (Milford, OH)**
- TEAM USBOXLA Ambassador
 - University of Denver
 - 'All-World' at 2024 World Lacrosse Box Championship. Led USA in Goals
 - NCBS National Champion/Rivermen
 - NCBS MVP
 - Team USBOXLA
 - NLL Desert Dogs
 - PLL Champion/Waterdogs



- MAC O'KEEFE (Syosset, NY)**
- TEAM USBOXLA Ambassador
 - Penn State
 - Holds NCAA D1 All-time Goals
 - 3x All-American
 - 3x 1st Team All-Big 10
 - Team USBOXLA
 - PLL All-Star
 - 3x PLL Champion/Chaos/Archers
 - NLL Seals

C O L U M B U S , O H I O

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BOYS TEAM SOUTHEAST TRYOUTS

Tryouts will take place at the end of the USBOXLA Southeast Regional on Sunday Feb 2nd.

Tryout Details

Date: Sunday, Feb 2nd, 2025

Time: 2-3:30pm

Coaches: Ben Prepchuk (8yr NLL Pro), Shaydon Santos (12yr NLL Pro), Dallas Eliuk (18yr NLL Pro)
Age Groups: PeeWee (2013/2014), Bantam (2011/2012), Midget (2009/2010). These are DOB based.

Location:

Weston Community Center
20200 Saddle Club Rd, Weston, FL 33327



[REGISTER FOR TEAM SOUTHEAST TRYOUTS](#)



ABOUT US BOX DONE RIGHT



BILL TIERNEY
Head Coach - Univ. of Denver



CHREIBER
Player of the Year - Team USA



NATIONAL COLLEGIATE BOX SERIES (NCBS)



*"I helped create the NCBS to give my University of Denver players the ultimate training tool in the summer months. We became the only team west of the Mississippi to win a NCAA National Championship and the NCBS has helped launch the professional careers of some of the most dynamic lacrosse players in the game today."
- Matt Brown University of Denver Head Coach, Team Canada Men's Head Coach, USBOXLA Co-founder*



Men's Collegiate Box Lacrosse is coming to Florida.

Led by Florida Tech Head Coach Brad Mac Arthur

for more details follow us @usboxla (insta)

and

<https://www.usboxla.com/thencbscup>





WHERE COLLEGE STARS BECOME PROS



USBOXLA/NCBS Players Drafted to Professional Lacrosse

YEAR / ROUND / PICK / NAME / COLLEGE / NLL TEAM / NCBS TEAM

- 2024 / 1 / 11 Alex Bean / **Loyola** / Georgia / Dragons / (CACBLL)
- 2024 / 2 / 27 Conner Fingar / **University of Albany** / Rochester / Hawkeyes / (UCBLL)
- 2024 / 3 / 19 Marquez White / **Princeton** / Buffalo / Royals / (CACBLL)
- 2024 / 3 / 42 Patrick McIntosh / **UVA** / Colorado / Dragons / (CACBLL)
- 2024 / 5 / 68 Grant Breyo / **University of Massachusetts** / Georgia / Buffalos / (UCBLL)
- 2024 / 6 / 83 Connor Boss / **Robert Morris** / Georgia / Buffalos / (UCBLL)
- 2024 / 6 / 85 Matt Kuhn / Philadelphia / (MACBLL)
- 2023 / 1 / 19 Kaleb Benedict / **RIT** / Georgia / Armory / (UCBLL)
- 2023 / 2 / 24 Luke Pilcher / **RIT** / Las Vegas / Armory / (UCBLL)
- 2023 / 3 / 31 Jake Taylor / **Notre Dame** / Georgia / Fighting Bison / (CCBLL)
- 2023 / 3 / 35 Jake Pisenso / **University of Albany** / Rochester / Hawkeyes / (UCBLL)
- 2023 / 3 / 42 Mustang Sally / **Loyola** / Las Vegas / Gold Miners / (CCBLL)
- 2023 / 4 / 61 Colin Sharkey / **Maryland** / Panther City / Revolution / (CTCBLL)
- 2023 / 4 / 66 Richie Connell / **Denver** / Georgia / Stoneflies / (CCBLL)
- 2023 / 4 / 68 Kellen Pulera / **Marist** / Bandits / Rapids / (UCBLL)
- 2023 / 5 / 81 AJ Mercurio / **Denver** / Colorado / Dragons / (CACBLL)
- 2023 / 9 / 95 Oscar Hertz / **Brown** / San Diego / Royals / (CACBLL)
- 2022 / 1 / 22 Jake Govett / **Delaware** / San Diego / Royal / (CACBLL)
- 2022 / 2 / 34 Payton Rezanka / **Loyola** / San Diego / Royals / (CACBLL)
- 2022 / 4 / 60 Spencer Bell / **RIT** / Rochester / Hawkeyes / (UCBLL)
- 2022 / 4 / 73 Ryan Sharkey / **Canisius** / Bandits / Rapids / (UCBLL)
- 2022 / 5 / 82 Christian Watts / **Sienna** / Bandits / Rapids / (UCBLL)
- 2022 / 5 / 85 Drew Kask / **Lewis University** / Vancouver / Gold Miners / (CCBLL)
- 2022 / 5 / 88 Austin Blumbergs / **St. Bonaventure** / Bandits / Rapids / (UCBLL)
- 2022 / 6 / 95 Carter Brand / **Limestone** / Saskatchewan / Gold Miners / (CCBLL)
- 2022 / 6 / 104 Evan Zinn / **UVA** / Colorado / Revolution / (CTCBLL)
- 2021 / 1 / 15 Hunter Lemieux / **Roberts Wesleyan** / Philadelphia / Armory / (UCBLL)
- 2021 / 2 / 28 Jackson Reid / **Ohio State** / Halifax / Rivermen / (OCBLL)
- 2021 / 2 / 31 Jack Hannah / **Denver** / Dallas / Rivermen / (OCBLL)
- 2021 / 3 / 35 Riley Curtis / **Denver** / Rochester / Bighorns / (CCBLL)
- 2021 / 4 / 62 Nicholas Miller / **St. John Fisher** / Bandits / Hawkeyes / (UCBLL)
- 2020 / 1 / 15 Mac O'Keefe / **Penn State** / San Diego / Revolution / (CTCBLL)
- 2020 / 6 / 84 Troy Loper / **Cleveland State** / San Diego / Gold Miners / (CCBLL)
- 2019 / 2 / 14 Trevor Baptiste / **Denver** / Philadelphia / Fighting Bison / (CCBLL)



**BAPTISTE:
FROM THE
NCBS TO
THE NLL**

