



## **SPEED Lacrosse – MLL All Star Derby**

*Powered by ADVNC Lacrosse*

*Inaugural SPEED Event to Include Fun Weekend of Music and Tournament Play*

**ORLANDO FL**, March 3, 2017 – SPEED Lacrosse™ and Major League Lacrosse are pleased to present the first ever *SPEED Lacrosse All Star Derby powered by ADVNC Lacrosse*, which will take place July 7-8 at Cherry Island Sports Complex in Sacramento CA.

All lacrosse enthusiasts aged 18+ are encouraged to join the fun. The *SPEED Lacrosse All Star Derby powered by ADVNC Lacrosse* will feature play in an Open Division (18+ Men, Women, Co-Ed) and Masters Division (40+ Men, Women, Co-Ed).

Each roster must consist of 5 players and each team is guaranteed a minimum of 5 SPEED matches. The registration fee per team is \$500, which includes a free ticket to the MLL All-Star Game on July 8 at Bonney Field and a one-year SPEED Lacrosse membership for each player.

SPEED Lacrosse™ is a pioneering new sport that reduces barriers to entry and extends the playing life of those who love the sport. Rooted in the traditions of box and field lacrosse, SPEED's " $\frac{1}{2} \times 10$ " philosophy (10 times the touches in half the time) and the design of the game are specifically intended to increase engagement in fun and competitive ways.

Each 3 v 3 match features continuous action that aids in the development of stick skills, fitness, foot speed, communication & field IQ. There is no mandated equipment except for a regulation lacrosse stick and mouth guard. Eye protection is permitted and no long poles or goalie sticks are allowed. To register for the *SPEED Lacrosse All Star Derby powered by ADVNC Lacrosse*, [click here](#).

The 17th rendition of the MLL All-Star Game will take place on Saturday, July 8 at Papa Murphy's Park in Sacramento. All-Star Game Weekend will also feature the All-Star Shootout Tournament presented by ADVNC Lacrosse at Cherry Island Sports Complex July 7 and 8. The tournament will precede the All-Star Skills Competition on July 7, and will consist of competitions for accuracy shooting, hardest shot and best trick shot. To buy tickets for MLL All-Star Game, [click here](#). To register players U8 through High School for the ADVNC MLL All-Star Shootout, [click here](#).

### **About SPEED Lacrosse**

[SPEED Lacrosse™](#) is a pioneering new action sport that incorporates key attributes from basketball, soccer, hockey and tennis. Founded by a team led by American lacrosse legend and 2014 MLL MVP Casey Powell, SPEED was developed to exponentially raise lacrosse participation for both men and women, significantly reduce barriers to entry and make sampling lacrosse simple. SPEED Lacrosse™ also improves lacrosse training and facilitates long-term player retention across all ages and skill levels. *Anyone, Anytime, Anywhere!™*

### **About ADVNC Lacrosse**

[ADVNC Lacrosse](#) is the leader in lacrosse training and development, designed and directed by Tewaaron Award winner and MLL All-Star Chris Rotelli. In collaboration with the world's best lacrosse players and coaches, ADVNC offers camps, year round select teams, tournaments, leagues, college recruiting, and other game-elevating tools for beginners to high school players.