



School Programs

The San Diego Seals' commitment to the City of San Diego is to immerse ourselves in the local community, promoting philanthropy, good citizenship, and growing the game of lacrosse throughout Southern California. Our year-round presence in San Diego includes a commitment to programming around our local schools, military, and community events.

A visit from the San Diego Seals consists of one or more of our coaching staff or players, in their Seals attire, presenting one of our Seals School programs which are customized to target children of all ages. The children can be gathered in a gym, a cafeteria, or wherever the best place is to house your students. We do not use lacrosse goals, so any large area will work. This program is tailored to be presented to groups ranging from 25 kids to 1,000.

No stage is necessary, just enough floor room in front of the kids for the player/coach to move around. Depending on the size of the group, it is sometimes beneficial if there is a clear path splitting the kids (if they are seated on the floor), so that the player/coach can better interact with them. A/V equipment is preferable, if possible, as it gives us an opportunity to play a video and a microphone makes it easier for the player to talk and for the kids to hear.

The player/coach will start with a short video with highlights from the game of lacrosse, and then give some information about himself and the San Diego Seals. He will follow that up with a demo of some lacrosse skills, before launching into the program. There are three programs available:

- **HEALTHY, ACTIVE LIFESTYLE** - This program focuses on being active, eating healthy, getting the right amount of sleep, and being a good student.
- **ANTI-BULLYING** - This program focuses on an anti-bullying message.
- **INTRO TO LACROSSE** - This program is best for Physical Education classes, and focuses on instruction about the game of Lacrosse.

The programs run anywhere from 30-40 minutes, but we suggest blocking off an hour of your day to allow for gathering and dismissing the students, etc. Each student will be given an official Seals Certificate of Completion, which will be redeemable for one complimentary ticket to a Seals regular-season game in the 2018-19 season.

We request permission to invite media, as it makes for a good story angle. If you have any policies regarding media, we need to please know them in advance. If any restrictions are in place, waivers are either signed by the parents in advance, or media can simply be alerted as to which students cannot have pictures or video taken of them. You may take your own pictures and video during the presentation as well. You are also more than welcome to invite any parents that wish to attend.

To apply for a program at your school, visit SealsLax.com/Schools.