



A Wonderful Experience Awaits You

If you're thinking about attending your first US Lacrosse (USL) National Convention, congratulations! You are about to embark on a wonderful experience. The USL National Convention is the largest educational opportunity for US Lacrosse member coaches, officials, and administrators in the world. Approximately 5,000 coaches, officials, program administrators and vendors attend the Convention each year. Once you attend the USL Convention, you'll want to come back again and again. Whether it's learning the basics of coaching goalkeepers or a high-level discussion of systems of play, every coach and official who attends will find something new to add to their lacrosse repertoire. And the coaching instruction is just the beginning – the three-day program is filled with a myriad of opportunities to mix and mingle with some of the most prominent names in lacrosse.

Registration

Remember, early registration saves money. Special early registration rates are offered, so be sure to register as early as possible. USL membership is required before you can register. Once you have registered for the convention, your badge - which you receive onsite - serves as your ticket of admission to all regularly scheduled sessions, including presentations, live field demonstrations, and the exhibition hall. Separate registration and entrance fees are associated with activities such as the Coaches Education Level I & II Clinic, the US Lacrosse Youth Excellence Awards Breakfast, Women's Division Kickoff Luncheon, Women's Division Recruiting Breakfast and CPR Recertification. These tickets can be purchased during registration.

Housing & Accommodations

US Lacrosse has reserved blocks of rooms at the Hilton Baltimore (the host hotel, adjacent to the Convention Center attached by a pedestrian sky bridge) as well as other area hotels within walking distance of the Baltimore Convention Center. US Lacrosse makes the rooms available to our convention attendees at a discounted rate. Attendees can receive these discounted rates by reserving online or by phone reservations.

Choosing Sessions to Attend

It is impossible to attend every session at the USL National Convention. We sometimes hear from first-time attendees that it's overwhelming and we offer "too much." To focus your area of interest, you can check out the "suggested tracks" listed on the "For Attendees" tab on the Convention web site. Speakers presenting will be announced online once they are selected and when the full schedule is finalized. You can select your picks by reading the detailed descriptions. An Adobe Acrobat PDF file of the full schedule will be posted on the USL Convention web site about a week before the event and distributed by hard copy at registration. Handouts that speakers have provided will be made available online for you to download from the USL Convention web site before and after the convention. [Please note: not all presenters provide handouts to post.]

If you still have questions that were not answered in this document, please review the [Frequently Asked Questions](#) link, also located on our [Convention Web site](#). You may also send an e-mail to convention@uslacrosse.org with specific inquiries.