



## **Re-Lax Down South 2020**

**Saturday 07/03/2020**

**Busselton Hockey Stadium**

### **What is Re-Lax Down South?**

Re-Lax Down South is an annual Lacrosse event held at the Busselton Hockey stadium. This year is the third year that teams will travel down from Perth to spend a day playing Lacrosse and a weekend in Busselton and the number of participants is steadily growing.

Lacrosse is a fast paced, skilful sport that is enjoyable both to play and to watch. The sport originated in North America and was played by the North American Indian tribes. There is some evidence to suggest that Lacrosse was played as early as the 17<sup>th</sup> century.

Today's game is different to the war games of the past but it is still physical, fast paced, competitive and highly skilful.

### **Day Games – 9.30am – 4.30pm**

We will be playing a social league during the day. Travelling clubs have nominated teams made up from their 2<sup>nd</sup> and 3<sup>rd</sup> division players. There will be both men and women's games being played. The focus on these games is fun and participation.

The action will still be fast paced and competitive though with plenty of physical contact

### **Night Games - State League (A Grade) Players**

In the evening we will be holding a 6 v 6 competition. The 6 v 6 format is the new style of play that is being adopted so that Lacrosse can be considered as an Olympic sport. The 6 v 6 format is even faster than the traditional style and includes a shot clock meaning there is even more action. Players in the evening games are all of the highest standard available to us. There are 6 past or present Australian representatives along with a score of state representatives. Australia's number one ranked player and arguably Australia's best defender are both registered to play. We also have the current U/18 WA State Team making the trip down to compete. The standard of these games will be very high and spectators will not be disappointed.

## Facilities

The Busselton Hockey Club is hosting our event and is looking forward to welcoming the Lacrosse Community and spectators alike. The canteen and bar will be open during the day and will be fully stocked with everything you might need.

## Contact Us

For more information, please contact us on [relaxdownsouth@gmail.com](mailto:relaxdownsouth@gmail.com) or message us through the Facebook event page. <https://www.facebook.com/events/432536277471471/>

