

The History of Lacrosse Sticks

Although we do not have a definitive date of origin, Indigenous nations across North America played the game for the Creator and as a healing process for their people. Most had some form of stickball like the small two stick version of the Choctaw of Oklahoma, the rounded Great Lake sticks of Wisconsin and Minnesota or the more familiar Iroquois sticks of the Haudenosaunee around Lake Ontario and the St. Lawrence River.

The first sticks were made from hickory trees because of their durability and strength. Lengths of wood found just under the bark would be dried, steamed, bent, tied, and dried again before being carved, shaped, drilled, sanded and laced with deer hide and catgut. The process could take up to ten months.

Two-piece plastic sticks made their debut in the 1970s. The mass production of stick heads and shafts using composite materials replaced the need for the Indigenous craftsmen, although a small group of these artisans produce wooden sticks for collectors and Indigenous ceremonies.

Since 1970, sticks have seen many changes in terms of materials used, design features and purpose. This evolution has created a world-wide industry. With more than seventy countries playing and the Olympics on the horizon, the demand will only continue to grow!

