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# Zach Heffner, Easton Lacrosse Video Details Emotional Trip to Native Vision Camp Teaching Lacrosse

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*Zach Heffner and the Easton crew had an emotional and impactful trip to the Native Vision Camp on a Navajo Reservation in Shiprock, New Mexico, teaching American Indian kids lacrosse. Read his thoughts and check out the important video from Easton Lacrosse below.*

I think it's fair to say that the sport of lacrosse has been responsible for many of the top moments in my life. From the exact moment I first held a lacrosse stick in my hands, I knew my life would somehow be guided by this thing...this plastic stick. I couldn't really explain it and still can't, really. But I knew - and still do - that if I kept my stick close by things would be ok. It turns out I was right. After first devoting my life to the sport as a teenager, lacrosse realized my dedication and paid me back 10 fold. I've gotten to hoist National Championship trophies, wear pro uniforms, meet amazing people, represent my country, and travel the world — all because of my love for the game. My love of lacrosse.

This past summer, lacrosse gave me its greatest gift yet. By being selected as the lacrosse personality of Easton's 'Dream Crazy' tour, I was given the opportunity to take all that lacrosse has given me over my life and give it back.

The first stop on our tour was the Native Vision Camp, which takes place on a Navajo Reservation in Shiprock, New Mexico. Started over 15 years ago, Native Vision is a partnership between the NFL Players Association and the Johns Hopkins Center for American Indian Health. Over the course of three days, it teaches life lessons through the values inherent in sports to over 1,200 campers. Being a part of this event was special in and of itself. But to be on hand to teach American Indian kids the sport of lacrosse, a sport from their own heritage, their own culture, at many times was too much for words.

It sounds like fun and games, but after a quick tour around the reservation, all of the stats on obesity, depression, unemployment, and suicide rates among the American Indian community start to become real. Too real. The truth of the matter is that many of these kids have it pretty rough. It became immediately clear that our goal was to help these kids realize that hopes and dreams can brighten their futures. Something I can definitely relate to, and lucky enough, so could legendary Onondaga stick maker Alfie Jacques and Iroquois Nationals Team founder Sid Jamieson, who were on hand to help coach.

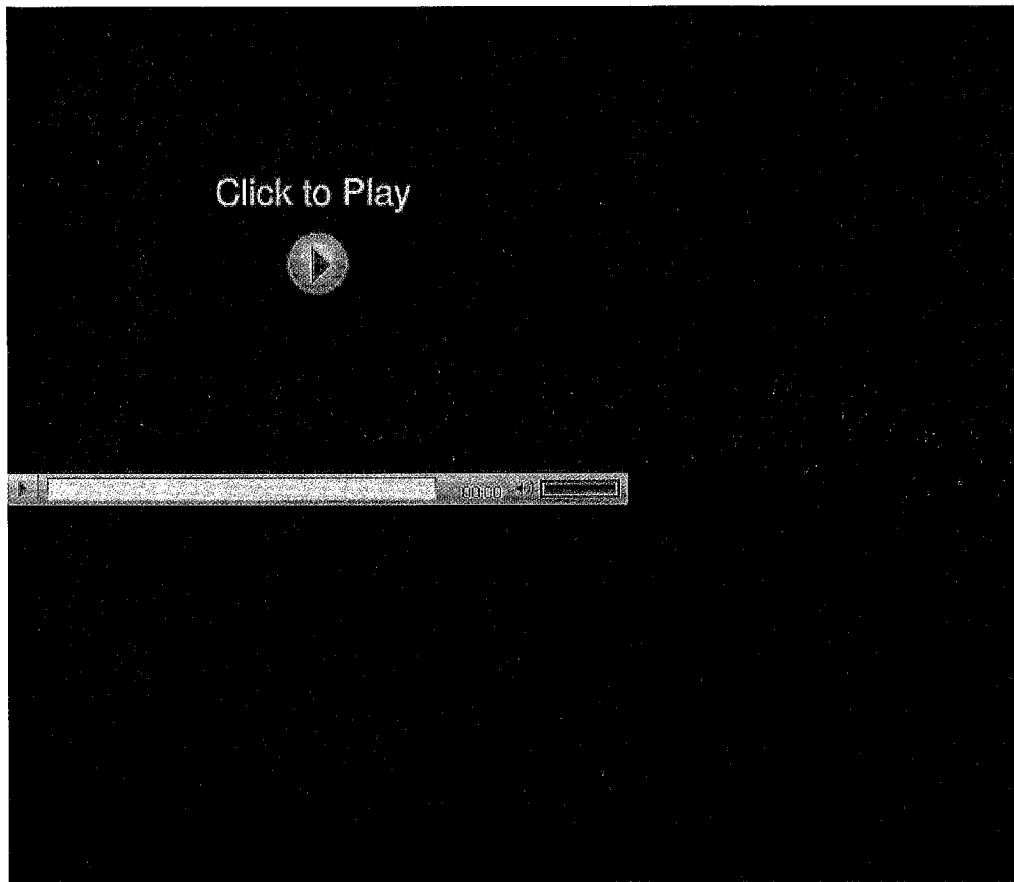
Being the Creator's Game, I think there is something special in the way lacrosse brings people together. Along with the great Native Vision staff, we got to meet some amazing

campers in New Mexico and shared some deep insights on life, lacrosse, and the way we can use sports to fuel our lives, heal from wounds and propel ourselves forward.

Since the Native Vision Camp, I've been struggling to put into words the profound level in which I was moved. To get the best idea, check out the Native Vision video and see for yourself. If I had to sum it up, I would say:

*It's crazy how much you can learn when you are trying to teach, or how much you can get when you are trying to give.*

Dream Crazy,  
Zach



**More videos from Easton are below. For more on Easton and the Raptor helmet, [click here.](#) [1]**