

St. Albert Rams Lacrosse Association



Regular Winter Drop-in's

**Monday's at Servus
Place, St. Albert,
Tudor Glen Floor
Oct 23/17 to Feb 26/18**

- **Mini-Tyke & Tyke**
(3 to 8 years old)
18:00 to 19:00
- **Novice & Peewee**
(9 to 12 years old)
19:00 to 20:00
- **Bantam & Midget**
(13 to 17 year old)
20:00 to 21:00

* Cost is 10.00 per player per session



For more information, email one of the
executive members

The list of executive members can be
found at this link:

<http://www.ramslacrosse.ca/executive>

For more information about the Winter
Drop-in's, please email our Winter Camp
Director, Adam Connelly at:
wintercampdirector@ramslacrosse.ca

Winter Camps are run by **Todd Lorenz**

- 3 time member of the Salmonbellies Senior
A Mann Cup Champions with 857 points in
434 games (1986, 1989, 1991)
- Canadian Lacrosse Hall of Fame inductee
- Former National Lacrosse League referee
- Offensive coach with the Edmonton Rush
(NLL)
- Current head coach of the St. Albert Junior
A Miners
- Current head coach of the Senior B Miners
(back to back President's Cup Champions
(2016, 2017) who are the only Alberta Sen-
ior team to do so).
- Coached Team Alberta Midget Boys to a
National Championship in 2017 (first time
for Alberta)



ST. ALBERT RAMS LACROSSE
ASSOCIATION



LACROSSE

Canada's Official Summer Sport!

Visit our website:
www.ramslacrosse.ca





Special "Come Try Lacrosse" Girls Only Event...

- **November 27, 2017 @ 6-7pm**
(shared floor during Tyke Winter drop-in Tudor Glen Floor)
- **November 28, 2017 @ 6-7pm**
(Tudor Glen Floor)
- **January 4, 2018 @ 6-7pm**
(Tudor Glen Floor)

If you want to be a better hockey, ringette, or basketball player, then lacrosse should be your summer sport!



WHY RINGETTE PLAYERS SHOULD PLAY LACROSSE...

- Ringette and Box lacrosse are very **similar sports**
- U.S. College **scholarship opportunities** in lacrosse are available
- Ringette players **excel** in lacrosse
- It's a great method to **increase physical fitness** in ringette's off-season
- Team sports **build self esteem**, respect, integrity, & fairness
- Lacrosse **teaches leadership skills**
- It helps prevent sport burn-out by playing a **new, fast-paced sport**
- Players of **all fitness levels and abilities** can compete in lacrosse
- A player can **learn basic plays** and strategies
- A player can learn to **play both offensive and defensive** positions and make a quick transition from defense to offence and vice versa
- It reinforces the importance of **quickness and agility** around the net
- Lacrosse increases **hand-eye co-ordination** when stick handling
- It teaches players to **play with their head up** and to be more aware of their surroundings
- Offensive **scoring skills are honed** by shooting at smaller targets and picking corners
- **Defensive skills** are taught with individual and team concepts
- Lacrosse teaches the **creativity of fakes, back passes, & shots**
- Box Lacrosse is run in **5-player units** and helps the ringette player practice playing a team concept
- It is inexpensive to equip Box lacrosse players as **most ringette equipment can be used** in lacrosse

"Box lacrosse, also known as indoor lacrosse and sometimes shortened to box, is an indoor version of lacrosse played mostly in North America. The game originated in Canada, where it is the most popular version of the game played in contrast to the traditional field lacrosse game. It is played between two teams of five players and one goalie each, and is traditionally played on an ice hockey rink once the ice has been removed or covered. The playing area is called a box, in contrast to the open playing field of field lacrosse. The object of the game is to use a long handled racket, known as a lacrosse stick, to catch, carry, and pass the ball in an effort to score by ultimately hurling a solid rubber lacrosse ball into an opponent's goal."

At the highest level, box lacrosse is represented by the *Senior A* divisions of the Canadian Lacrosse Association (Western Lacrosse Association of the British Columbia Lacrosse Association and Major Series Lacrosse of the Ontario Lacrosse Association), and the National Lacrosse League (NLL)."

Link to [Canadian Lacrosse](http://www.lacrosse.ca/)
<http://www.lacrosse.ca/>

Link to [Alberta Lacrosse Association](http://cla-alberta.pointstreaksites.com/view/cla-alberta/)
<http://cla-alberta.pointstreaksites.com/view/cla-alberta/>

Link to [Greater Edmonton Lacrosse Council](http://gelc.ab.ca/)
<http://gelc.ab.ca/>



Visit our website for more info:
www.ramslacrosse.ca