



St Albert Rams Lacrosse Club 2018 Information Sheet

St Albert Rams Lacrosse Club and Local Lacrosse

St Albert Rams Lacrosse Club is a minor lacrosse association that is part of the Greater Edmonton Lacrosse Council (GELC) and operates from March to July each year. Other minor box lacrosse clubs within the GELC include: South Edmonton Warriors, West Edmonton Blues, North Edmonton Wizards, Sherwood Park Titans, Fort Saskatchewan Rebels, Leduc Crush, Westlock Rock, Parkland Posse, and Beaumont Raiders. The Rams have teams in all Divisions, Mini-Tyke through Midget, of the GELC.

St Albert also has six major lacrosse teams. The Junior A, Senior B and Senior C Miners and the Junior B Tier I and Tier II Crude, and the Drillers Junior Ladies. They all play in the Rocky Mountain Lacrosse League (RMLL).

The Club is always looking for new people. There are opportunities to participate as an Official, Coach, Manger, Trainer or as one of the many other valuable volunteers required to make our Club and sport a great success. There are series of coach and referee clinics conducted each year within the Edmonton area.

Equipment Requirements

The GELC which is a member of the Alberta Lacrosse Association (ALA) which is governed by and uses the Canadian Lacrosse Association (CLA) rules as a basis, with some provincially implemented modifications. This now includes equal pressure to be used at the Mini-Tyke, place-and-push at the Tyke and full contact at the Novice level. Therefore, full equipment is required for all Divisions which consists of the following: helmet (NOCSAE or CSA approved), cage/mask (CLA approved), protective gloves, shoulder and arm (elbow) pads, back/kidney pad, mouth guard, and a jock or jill strap. Running shoes and a stick are also required and kneepads are optional. Hockey equipment can be used for everything less the kidney protectors however, purpose made lacrosse equipment does provide better fit, protection, and flexibility for lacrosse. This is particularly true of the gloves. If you are shopping around you will also notice that there are lacrosse specific cages (masks). There are youth lacrosse sticks that have a thinner handle and slightly smaller head. As well for Mini-Tyke and Tyke the sticks can be as short as 26 inches (66.0 cm), however for Novice and PeeWee sticks cannot be any shorter than 34 inches (86.4 cm). For Bantam and up sticks cannot be shorter than 40 inches (101.6 cm) or longer than 46 inches (116.8 cm).

Here is a list of some of the local retailers who carry various selections of lacrosse equipment and sticks.

Source for Sports St Albert. <http://www.stalbertsourceforsports.ca/generalsports/lacrosse.aspx> Both the store on St Albert Trail and the one at the Servus Place carry lacrosse equipment; the one on St Albert Trail carries a larger selection and variety of equipment and sticks. This store is located at 580 St Albert Trail, phone number is 780 458 0000.

Sportchek St Albert. <http://www.sportchek.ca/> A small lacrosse sections with a good selection of sticks and some equipment. The store is located at 375 St. Albert Trail #160, St. Albert, AB T8N 3K8, phone number is 780 460-0220.

United Cycle. <http://www.unitedcycle.com/vpl/LACROSSE/54/products.do> They have a large selection and variety of lacrosse equipment and carry everything required to completely outfit a player. In most cases if not in stock they are willing to order it. They are located at 7620 Gateway Blvd, Edmonton, phone number 780 433 1181.

Canadian Tire. <http://www.canadiantire.ca/en/sports-rec/lacrosse.html> Basic gear and typical Canadian Tire level of equipment; limited selection and variety. The St Albert store is located at 40 Bellerose Drive, St Albert, phone numbers is 780 459 5545.



St Albert Rams Lacrosse Club

2018

Information Sheet

Totem Outfitters. <http://www.totemoutfitters.ca/totem-sports-exchange/> Carry both new and used sports gear and have a good selection of lacrosse equipment and sticks. If unsure about spending money on new gear this is a great option to purchase used equipment; availability varies. They are located at 7430 99 St, Edmonton, phone number is 780 432 1223.

Season Schedule

The Rams' practices and home games take place at Servus Credit Union Place and Akinsdale/Kinex Arenas in St Albert and Ray McDonald Sports Centre in Morinville. Away games depend on the Division; lower Divisions generally travel less than the higher Divisions. Evaluations occur during the first two weeks of March, the preseason runs from mid-March to mid-April and the GELC season is from mid-April to mid/end June, depending on the Division and playoffs are the first week of July. Below are the days of the week and times that practices, and games are scheduled by Division. These times are subject to change based on floor availability, however whenever possible, every effort will be made to schedule according to these days/times:

Division	Night of Week	Regular Home Game and Practice Times (away games may vary)
Min Tyke	Mon / Wed Potentially some weekend games	6:00 to 7:00 PM
Tyke	Tue / Thu Potentially some weekend games	6:00 to 7:00 PM
Novice	Tue / Thu Mon / Wed (practices) Potentially some weekend games	7:00 to 8:00 PM
PeeWee	A - Mon/Wed/Fri/Sa/Sun B - Tue/Thu/Fri/Sat/Sun C - Mon/Wed/Fri/Sa/Sun	7:00 to 8:30 PM or 7:30 to 9:00 PM
Bantam	A - Tue/Thu/Fri/Sat/Sun B - Mon/Wed/Fri/Sa/Sun C - Tue/Thu/Fri/Sat/Sun	8:00 to 9:30 PM or 8:30 to 10:00 PM
Midget	Any	8:30 to 9:00 PM or 9:00 to 10:30 PM
PeeWee Girls	Mon/Wed/Fri/Sat/Sun	7:00 to 8:30 PM or 7:30 to 9:00 PM
Bantam Girls	Tue/Thu/Fri/Sat/Sun	8:00 to 9:30 PM or 8:30 to 10:00 PM
Midget Girls	Any	8:30 to 9:00 PM or 9:00 to 10:30 PM

Fundraising

Key two fundraisers for the St Albert Rams are a raffle, \$30 is collected at registration for 15 raffle tickets which must be sold prior to the annual Baggataway Tournament which is the other key fundraiser. The other critical aspect to the Rams' program is the volunteer shifts which occur throughout the year and



St Albert Rams Lacrosse Club 2018 Information Sheet

could include bingos, casinos, representing the Rams at Canada Day or Sports Day as well as Rams' events such as evaluations and the Baggataway Tournament.

Important Dates for 2018

6 to 18 March	Rams Evaluations
19 March to 15 April	Rams Preseason
4/5 April	Changing the Game
3 & 6 April	Team and individual photos for Mini-Tyke and Tyke
13 & 17 April	Team and individual photos for Novice, Peewee, Bantam, Midget
16 April	GELC Season Starts
8 to 10 June	St Albert Rams 2018 Jeremy Richardson Memorial Baggataway Tournament
16 to 17 June	Timbits Wrap up Tournament at the East Edmonton Soccer Centre
25 June	Playoffs Start (Dates are: June 25, 26, 27, July 3, 4, 5, and July 9, 10, 11)
13 to 15 July	Minor Box Lacrosse Provincials (Calgary)
19 to 22 July	Alberta Summer Games (Grande Prairie); details can be found at: http://www.albertalacrosse.com/content/alberta-summer-games
21 July	Lacrosse Nationals begin; details can be found at: http://cla.pointstreaksites.com/view/cla/calendar-of-events-13

Lacrosse Links

St Albert Rams - <http://www.ramslacrosse.ca>
Greater Edmonton Lacrosse Council - <http://gelc.ab.ca>
Alberta Lacrosse Association - <http://www.albertalacrosse.com/>
Canadian Lacrosse Association - <http://cla.pointstreaksites.com/view/cla>
Federation of International Lacrosse - <http://www.filacrosse.com/>
Rocky Mountain Lacrosse League - <http://www.rockymountainlax.com>
National Lacrosse League - <http://www.nll.com/view/nll>