

WELCOME TO FEMALE LACROSSE 2025!

General Information

U11- 2015 & 2016 Birth Years

U13- 2013 & 2014 Birth Years

U15- 2012 & 2011 Birth Years

U17- 2009 & 2010 Birth Years

We are projecting 15-20 registrants for U11 (1 team) and 25-30 registrants for U13 (2 teams) in 2025. We do not anticipate enough to form a Delta-only team for U15 and U17 age groups, and will be looking for opportunities to help place (release) or merge with other associations.

Preseason Warm ups: (Updates to be confirmed via Team Snap)

Starting January 5th (Sundays)

U11 & U13: 12:00-1:00pm

U15 & U17: 4:00- 5:00pm

Goalie Training - Tuesdays 6:30-8:30pm

Evaluation dates

March 1, 2, 8, 9

Season Schedule:

Monday- Practice

Wednesday- Practice

Saturday- Home Games

Provincials:

July 10-13 2025- Hosted by Nanaimo

**Provincials for U13, U15 & U17 only- eligibility and commitment to be determined by team

Optional tournaments

To be determined based on coaches decision and availability

Teamsnap

Division Managers will add you to your selected teams prior to the season starting. Please update your attendance to practices or games a few days prior to the event. No need to comment availability in the group.

Equipment

Jersey/Pinnie Provided by DLA

Lacrosse Stick provided by DLA for first time registrants

Helmet

Gloves

Elbow pads

Shoulder Pads

Jock/Jill

Shorts

Knee pads (optional for Tsawwassen outdoor box)

Kidney pads (optional)

Mouth Guards