



# 2025 Annual General Meeting

Wednesday January 22 2025 7pm @ Lake and Shore Community Center

1. Call to Order
2. Review of minutes of the previous annual general meeting
3. Annual Reports:
  - a. President Report
  - b. Vice President Report
  - c. Treasurer Report
  - d. Registrar Report
  - e. Team Coordinator Report
  - f. Scheduler Report
  - g. Equipment Manager Report
  - h. GM Jr A Report
  - i. Risk Management Report
  - j. Fundraising Report
4. Review 2024 annual financial report
5. Review of Mission Statement and Values
6. 2025 Preview:
  - a. MMLL 14 games and season preview
  - b. Expecting 10+ teams (Hosting U11 female and U13 female is a priority)
  - c. Coaches
    - i. Adding new coaches - U7/U9 level
  - d. Breaker Cup
    - i. New sanctioning rules from LNS
  - e. Taping/Streaming home games - hired position
  - f. Promotional Coordinator position needed
7. Tournaments:  
Breaker Cup, Provincial tournament, Apple Cup, NB tournaments available

8. Election of Directors:
  - a. President Position
  - b. Coaching Coordinator Position
  - c. Fundraising Coordinator Position
9. Motions
10. Any other business
11. Motion to Adjourn
12. Executive committee meeting immediately following the AGM if time permits

**Agenda:**

1. 2025 Annual Budget
  - a. Review 2025 budget
  - b. Set registration fees
2. 2025 Start-up
  - a. Coaching Call
  - b. RAMP registration
  - c. Scheduling
  - d. Breaker Cup Committee
  - e. Disciplinary Committee
  - f. Administration
    - i. Playing time guidelines
  - g. Promotions/Marketing Coordinator



## EXECUTIVE REPORTS 2024

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### **PRESIDENT REPORT - Hillary Hommy**

2024 was a year of transition, with our long standing President John Fry stepping down. The Association has had steady growth since the pandemic. We had 166 registered players and eight teams playing in the MMLL.

A highlight of the season was that we had five championship teams. We won the banner at the U17 Coed level, the U15B Coed level, the U15 Female level, the U13A Coed level and the U11B Coed level.

The Breaker Cup continues to be a very successful event, with many teams across Atlantic Canada requesting registration. We are happy to run this important and fun event again in 2025. Lacrosse Nova Scotia has updated its sanctioning rules so some registration changes will need to be made.

The league made a move to the RAMP system in 2024, it came with its challenges but all in all it will provide an effective, and efficient platform for registration, payment, scheduling and communication.

The club did have some challenges this year as well. We had many parent matters, disciplinary situations and communication issues. The Executive will continue to work diligently to set up processes and systems to ensure that the association runs smoothly and positively for all members. A disciplinary committee will be put in place for the 2025 season. The Executive will also develop playing time guidelines for all levels and communicate these guidelines to all stakeholders. We also hope to add a Coaching Coordinator to the executive to improve the relationship between the executive, coaches and the parents.

All role descriptions of executive positions have been updated to reflect pertinent responsibilities and to share the workload between positions.

The executive developed a mission statement and values to help guide our decision making and conflict resolution throughout the season. These will be posted on social platforms to ensure clear communication with all members.

The executive met 12 times in 2024, with an average attendance of 82%, with most executive attending regularly.

We continue to run Come Try to Lacrosse at the Lake and Shore Community Center through the Fall and Winter with the goal of adding more players to our younger programs and making the sport accessible to all in the community. Thank you to Tim Mills for facilitating the program this year.

The Association also ran two lacrosse sessions for members throughout the Fall, both programs were well received and we will look to add more sessions in the Winter, if facility space and coaching availability allows.

I would like to thank John Fry and the rest of the executive team for their tireless pursuit of providing a positive lacrosse experience for all. Your many hours, emails and effort are not unnoticed and are greatly appreciated.

*New Initiatives:*

1. Grant for box nets at Bennett Park through Sport Nova Scotia
2. New online clothing store
3. Overhaul of processes and systems for ease of use for all executive

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### **VICE PRESIDENT REPORT - Hillary Hommy**

There was a focus on registering more female players to ensure we had female teams at all levels. We ran an “all female come try to lacrosse” at Oyster Pond in the Spring of 2024 which led to two new registrations. We were able to run a combined U11/U13 team, U15 team and a U17 team.

We rolled out the Junior Coach program with limited success. A consideration would be to involve more junior coaches in the off-season programming to improve confidence and define responsibilities.

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## **TREASURER'S REPORT - Jacquelin Morash**

Amount owing from 2023 - \$1100

- 3 players total (none played 2024)

Amount owing from 2024 - \$5280

- \$545 waiting payment from Kidsport (issuing new cheque)
- Jr A (2 players) \$1100
- \$3635 minor

Incoming Funds from 2024

- Timekeeper & floortime reimbursement from ECJLL-F playoff game
- JrA door money

***See attached annual report***

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## **REGISTRAR'S REPORT - Janie Conrad**

### **2024 and 2025 Projections**

<b>Age Level</b>	<b>2024 Number of Players</b>	<b>Number of Teams</b>	<b>2025 Projected Number of Players</b>
U7	12	1	4+
U9	13	1	16
U11	32	2 (2 Coed)	26
U13	35	2 (1 Female, 1 Coed A)	34
U15	36	2 (1 Female, 1 Coed B)	31
U17	38	2 (1 Female, 1 Coed A)	48
<b>TOTALS</b>	<b>166</b>	<b>10</b>	<b>159+</b>

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## TEAM COORDINATOR REPORT - Jayne Breton

Eastern Shore Breakers Lacrosse had 10 junior teams this year for which I supported. The teams were as follows:

U7	11 players (mix of male & female)
U9	18 players (mix of male & female)
U11 Gold	16 players (mix of male and female and 3 U9 callup players)
U11 Black	17 players (mix of male and female)
U13 A	19 players (all male or male identifying)
U13 Female	16 players
U15B	17 players (all male or male identifying)
U15 Female	19 players
U17	21 players (all male or male identifying)
U17 Female	17 players

This extremely busy season was met with successes and challenges.

### **Successes include:**

- Championship banners won at 5 of 11 divisions with the MMLL. Championship banners for: U11 Black, U13A coed, U15 Female, U15 coed, U17 coed. These are incredible stats for a relatively small association. The players, coaches, and parents of these teams should be proud.
- We had a number of tournament wins including banners from the Apple Cup (U15B), Breaker Cup (U17 coed) just to mention a few!
- New players joining the sport at ALL teams.
- Increase in female players.
- Cohesive and committed executive members: We have a committed group of volunteers who maintained professionalism, flexibility, and a commitment to excellence during the season.
- First ever Breakers Banquet! 200 people in attendance this was an opportunity to share in the successes and challenges of the season. Bonus win: new volunteers worked to make this happen!
- Breaker Cup: wonderfully successful weekend!

### **Challenges include:**

- Committed coaches/leadership for the U7 level: Considerations need to be made regarding support at the U7 level. Unlike other popular sports in our area, we are limited in our parents having experience with box lacrosse. A plan needs to be in place to support this foundational group in the 2025 season.
- Disagreements regarding playing time (especially at the U17 coed level): the executive has a plan to develop language regarding playing time. This is intended to provide clarity to coaches, parents, and players.

- Using online game sheets (transitioning to RAMP) and finding volunteers to support this transition: I believe this was a symptom of growing pains. Although this transition was challenging, it seems we were well-equipped, relatively speaking.
- Interpersonal and Intrapersonal coaching dynamics: We experienced situations where coaches were both overrepresented and underrepresented in their roles. At times, some coaches took on more than their designated roles, while several teams faced challenges in identifying clear leaders within the group.
- Disciplinary actions involving player and coach behavior: There were numerous challenges that arose this year related to player and coach behavior. While attempts were made to create a disciplinary committee, this was unsuccessful in becoming a supportive resource for Eastern Shore Breakers. Considerations need to be made to support disciplinary events for the next season.

**Intentions for next year:**

The season was challenging for the team coordinator due to the high volume of tasks involved in this role as well as the number of people in which I was supporting. Collectively this made it difficult to manage my role effectively. The addition of a coaching coordinator as well as a structured process for addressing disciplinary actions should make the role more manageable.

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**SCHEDULER REPORT - Lynn Romo**

The 2024 season kicked off with a two-day training camp on April 20-21, giving all the teams a chance to get on the floor before regular practices started. Overall, it was a good season for handling requests for floor time. We used Ramp for online booking when there were game conflicts, which worked fairly well. However, we did run into an issue where some teams were booking floor time without the coaches' knowledge or agreement, which sometimes led to scheduling problems.

The floor time was booked at the following venues:

- Eastern Shore Recreation Centre (ESRC)
- Cole Harbour Place (CHP)
- RBC Center
- Grey Arena
- Bennett Park

**2024 Winter Season Update**

In the winter, we held a successful 2-hour High Tide clinic at the West Hants Sports Complex on November 17. We had fifteen athletes (male and female) attend and opened up registration to select athletes from other associations. This helped us reach enough participants to break even, and the kids had a great time - coaches were fantastic! We're hoping to partner with High Tide for more clinics in the future. Next time, we plan to

open registration earlier to include a wider age range and other associations right from the start, which should help ensure better enrollment. The West Hants Sports Complex is an excellent venue, and we're looking forward to using it more for workshops and clinics going forward.

## **2025 Season Plans**

For 2025, we plan to follow a similar schedule to 2024, including a two-day training camp once the ice is out and the floor is ready (still waiting on this date). We'll primarily book floor time at ESRC and CHP, and we'll consider other venues (as listed above) for blackout dates, once we have them. To make sure everyone has a fair chance to book open floor time when there are game conflicts, we'll release time slots in blocks through RAMP, rather than all at once. Moving forward, only coaches or team managers (with the coach's approval) will be able to book open floor time, which should help streamline the process.

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## **EQUIPMENT MANAGER REPORT - Tim Mills**

Retained free storage at Freedom Self Storage for off season goalie gear and jerseys.

Purchases – Jerseys (4 sets – 2 U11, 1 U15 (black), 1 U17 (yellow)

- 1 set Cat 3 Goalie Uppers
- 1 set Cat 3 Goalie legs (20")
- 2 Goalie sticks
- 1 pair Goalie Pants

### **Needs for 2025 Season:**

Should start evergreening other jerseys (black or yellow). Black seems to be clashing more now with Sackville and other teams from away (Breakers Cup). Minimal Goalie gear needed, no big purchases to report on.

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## **JUNIOR A BREAKERS GENERAL MANAGER REPORT - Jason St.Hilaire**

Last year was our 3rd year and it was a tough one.....

We were forced to use AP's every game as we had six girls who decided that they were not going to play anymore. We started off with two major injuries to players, one of which was season ending. We finished the season with an 8-8 record finishing 3rd place.

We opened the playoffs matching up against Wolves in the 1st round, losing two in a row and bowing out of the playoffs unable to defend the East Coast Cup title from 2023.

The Combine was held immediately in July, and we traded away two of our Protected Players for a 1st, 2nd, 3rd and 5th round draft pick from the Dartmouth Bandits

We ended up keeping four of our six protected picks and drafting seven more girls.

We have a healthy contingent coming up and will have a full team this year.

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## **RISK MANAGEMENT REPORT - Shane Wambolt**

We have 20 coaches that are fully certified and able to coach.

Goal for new certified coaches is five.

### **Issues from last year:**

- Coaches not responding to emails regarding submitting documentation to prove certification.
- No place (folder) to keep the documentation or information submitted by coaches.
- No access to Backcheck to confirm background check for screening.

### **Solutions:**

- A folder to keep information submitted for coach certification documentation.
- Have access to backcheck for screening purposes.
- Need to be able to get contact information for coaches as early as possible to collect necessary documentation.

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## **FUNDRAISING REPORT - Vacant Position**

No report submitted

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## MISSION, PURPOSE AND VALUES

### **Mission**

To promote, develop and preserve the sport of lacrosse and its heritage as Canada's national sport by engaging our members, collaborating with our partners, and providing opportunities for all Nova Scotians to participate in the sport of lacrosse.

### **Purpose**

Create an engaging, developmentally appropriate, competitive and fun environment for our participants, coaches, officials and volunteers.

### **Values - HEART**

#### **H Health**

We provide developmentally appropriate opportunities to experience fitness, fun and friendship in the sport of lacrosse.

#### **E Excellence**

We achieve high standards in all aspects of our sport: playing, coaching, officiating, volunteering, managing, and leading.

#### **A Accountability**

We operate with integrity, dignity and transparency, accepting responsibility for outcomes and results.

#### **R Respect**

We unite communities (players, coaches, officials and volunteers) by embracing excellent sportsmanship, inclusion, accessibility and diversity. We welcome everyone and have no tolerance for bullying or racism of any kind.

#### **T Teamwork**

We achieve more working together in a climate of collaboration and trust.

# Eastern Shore Lacrosse Association FY 2024

## Annual Report

01/01/2024 - 12/31/2024

Membership	Income	Expenses	Year to Date	Net Budget	More/-Less
Registration - Spring	\$57,635.00	\$3,067.50	\$54,567.50	\$50,550.00	\$4,017.50
Registration - from 2023 season	\$4,165.00	-	\$4,165.00	\$4,300.00	-\$135.00
New to Lacrosse	\$925.00	-	\$925.00	\$700.00	\$225.00
Registration Discounts	-	-	-	-\$1,750.00	\$1,750.00
Hightide Camp	\$650.00	\$290.00	\$360.00	-	\$360.00
Fall sessions	\$1,725.00	\$1,313.50	\$411.50	-	\$411.50
<b>Membership Totals</b>	<b>\$65,100.00</b>	<b>-\$4,671.00</b>	<b>\$60,429.00</b>	<b>\$53,800.00</b>	<b>\$6,629.00</b>
Fundraising	Income	Expenses	Year to Date	Net Budget	More/-Less
Bottle Drive	-	-	-	\$500.00	-\$500.00
SportSweep	-	-	-	\$7,000.00	-\$7,000.00
Corporate Sponsorship	\$2,000.00	-	\$2,000.00	\$4,000.00	-\$2,000.00
Grant (Sport NS)	-	-	-	-	-
Team NS	-	\$1,450.00	-\$1,450.00	-\$750.00	-\$700.00
Jlbbitz	\$395.00	\$379.86	\$15.14	-	\$15.14
<b>Fundraising Totals</b>	<b>\$2,395.00</b>	<b>-\$1,829.86</b>	<b>\$565.14</b>	<b>\$10,750.00</b>	<b>-\$10,184.86</b>
Operating Costs	Income	Expenses	Year to Date	Net Budget	More/-Less
Equipment	-	\$1,316.17	-\$1,316.17	-\$2,000.00	\$683.83
Goalie Equipment	-	\$2,808.26	-\$2,808.26	-\$2,000.00	-\$808.26
Jersey	-	\$5,600.00	-\$5,600.00	-\$4,550.00	-\$1,050.00
Winter Lax Shirts	-	-	-	-	-
Player clothing - shorts (t-shirt if sponsor)	-	\$6,331.70	-\$6,331.70	-\$8,160.00	\$1,828.30
End of Year Banquet	-	\$1,899.08	-\$1,899.08	-\$3,400.00	\$1,500.92
LNS	-	\$11,020.50	-\$11,020.50	-\$9,600.00	-\$1,420.50
MMLL	-	\$15,170.46	-\$15,170.46	-\$14,842.01	-\$328.45
MMLL Levy Fees	-	-	-	-\$840.00	\$840.00
MMLL Ley Fees - 2023	-	-	-	-\$840.00	\$840.00
Transfer Fees	-	-	-	-	-
Transfer fees - past season	-	-	-	-	-
Spring HRM Facility Rental - CHP (minor)	-	\$2,036.96	-\$2,036.96	-\$300.00	-\$1,736.96
Spring HRM Facility Rental - ES (minor)	-	\$7,805.00	-\$7,805.00	-\$9,360.00	\$1,555.00
Spring HRM Facility Rental - Gray (minor)	-	\$145.50	-\$145.50	-	-\$145.50
Spring HRM Facility Rental - Bennett Park	-	\$76.36	-\$76.36	-\$75.00	-\$1.36
Executive swag	-	\$358.80	-\$358.80	-\$400.00	\$41.20
Other clothing	\$3,263.00	\$2,581.91	\$681.09	-	\$681.09
Tournament Fees	-	\$1,090.00	-\$1,090.00	-\$3,500.00	\$2,410.00
New Website Domain (10 year term)	-	-	-	-\$247.04	\$247.04
Social Media Editor	-	\$578.66	-\$578.66	-\$340.00	-\$238.66
Video/Streaming	-	\$3,595.24	-\$3,595.24	-\$3,500.00	-\$95.24

Operating Costs	Income	Expenses	Year to Date	Net Budget	More/-Less
RAMP	-	\$210.00	-\$210.00	-\$100.10	-\$109.90
Spring Facility - RBC	-	\$218.25	-\$218.25	-	-\$218.25
Player Clothing - Warm Up Shirts	-	\$2,941.71	-\$2,941.71	-	-\$2,941.71
<b>Operating Costs Totals</b>	<b>\$3,263.00</b>	<b>-\$65,784.56</b>	<b>-\$62,521.56</b>	<b>-\$64,054.15</b>	<b>\$1,532.59</b>
Coaching Fees	Income	Expenses	Year to Date	Net Budget	More/-Less
Coaching Certification	-	-	-	-\$500.00	\$500.00
Coaching Registration	-	\$330.00	-\$330.00	-\$320.00	-\$10.00
Coach Swag	-	\$699.95	-\$699.95	-\$1,000.00	\$300.05
Criminal Record/VS Check	-	\$772.59	-\$772.59	-\$350.00	-\$422.59
Technical Support (LaxLife)	-	\$2,231.00	-\$2,231.00	-\$2,231.00	-
<b>Coaching Fees Totals</b>	<b>-</b>	<b>-\$4,033.54</b>	<b>-\$4,033.54</b>	<b>-\$4,401.00</b>	<b>\$367.46</b>
Junior A	Income	Expenses	Year to Date	Net Budget	More/-Less
Junior A Registration	\$8,600.00	-	\$8,600.00	\$12,500.00	-\$3,900.00
Junior A revenue (door & 50/50)	\$550.00	-	\$550.00	\$1,200.00	-\$650.00
Misc	-	-	-	-	-
Junior A expenses	-	\$7,495.79	-\$7,495.79	-\$14,000.00	\$6,504.21
HRM Facility Rental - CHP	-	-	-	-\$200.00	\$200.00
HRM Facility Rental - ES	-	\$840.00	-\$840.00	-\$980.00	\$140.00
HRM Facility Rental - RBC	-	-	-	-\$290.00	\$290.00
Junior A sponsorship	-	-	-	\$2,000.00	-\$2,000.00
Junior A 2023	\$400.00	-	\$400.00	-	\$400.00
<b>Junior A Totals</b>	<b>\$9,550.00</b>	<b>-\$8,335.79</b>	<b>\$1,214.21</b>	<b>\$230.00</b>	<b>\$984.21</b>
Administration	Income	Expenses	Year to Date	Net Budget	More/-Less
MoneyMinder	-	\$388.68	-\$388.68	-\$238.00	-\$150.68
Bank Fees (Monthly)	-	\$45.00	-\$45.00	-\$45.00	-
Additional bank fees	-	\$382.65	-\$382.65	-\$300.00	-\$82.65
Admin Fees	-	\$31.15	-\$31.15	-\$25.00	-\$6.15
Advertising	-	-	-	-\$500.00	\$500.00
LNS Ad Fund	-	-	-	\$300.00	-\$300.00
LNS Ad Fund 2023	-	-	-	\$300.00	-\$300.00
Sportspay fees	-	\$1,694.29	-\$1,694.29	-	-\$1,694.29
Stack Sports (goalline)	-	\$465.00	-\$465.00	-	-\$465.00
<b>Administration Totals</b>	<b>-</b>	<b>-\$3,006.77</b>	<b>-\$3,006.77</b>	<b>-\$508.00</b>	<b>-\$2,498.77</b>
Breaker Cup	Income	Expenses	Year to Date	Net Budget	More/-Less
Breaker Cup Revenue	\$10,920.00	-	\$10,920.00	\$10,500.00	\$420.00
Breaker Cup Expenses	-	\$14,152.16	-\$14,152.16	-\$9,000.00	-\$5,152.16
Breaker Cup Refunds	-	\$1,425.00	-\$1,425.00	-	-\$1,425.00
Breaker Cup Sponsorship	\$1,850.00	-	\$1,850.00	-	\$1,850.00
<b>Breaker Cup Totals</b>	<b>\$12,770.00</b>	<b>-\$15,577.16</b>	<b>-\$2,807.16</b>	<b>\$1,500.00</b>	<b>-\$4,307.16</b>
MISC	Income	Expenses	Year to Date	Net Budget	More/-Less
Tyke	-	-	-	-\$300.00	\$300.00

MISC	Income	Expenses	Year to Date	Net Budget	More/-Less
MISC	\$347.22	\$173.91	\$173.31	-\$500.00	\$673.31
<b>MISC Totals</b>	<b>\$347.22</b>	<b>-\$173.91</b>	<b>\$173.31</b>	<b>-\$800.00</b>	<b>\$973.31</b>
<b>Grand Totals</b>					
	<b>\$93,425.22</b>	<b>-\$103,412.59</b>	<b>-\$9,987.37</b>	<b>-\$3,483.15</b>	<b>-\$6,504.22</b>

Bank Account Balances	01/01/2024	12/31/2024	Last reconciled	Summary for the Period	
Eastern Shore Lacrosse Association	\$15,568.39	\$5,581.02	Never	Starting Total	\$15,568.39
<b>Totals</b>	<b>\$15,568.39</b>	<b>\$5,581.02</b>		Income	\$93,425.22
				Expenses	-\$103,412.59
				Ending Total	\$5,581.02

Submitted by:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_