



Hello Breakers,

We hope this message finds you well and excited for the upcoming lacrosse season! We have some exciting updates and opportunities to share with you:

Registration Opens Tuesday, February 20th: Get ready to sign up for Building for a Fanatic 2024! Don't miss out on the action. Visit our new site on RAMP, now mobile-friendly for easy access.

Offseason Programs: Our offseason programs are now available! Join us for lacrosse sessions, including female lacrosse nights and skills sessions. We're also working on adding more programming for March and April to keep you engaged and improving.

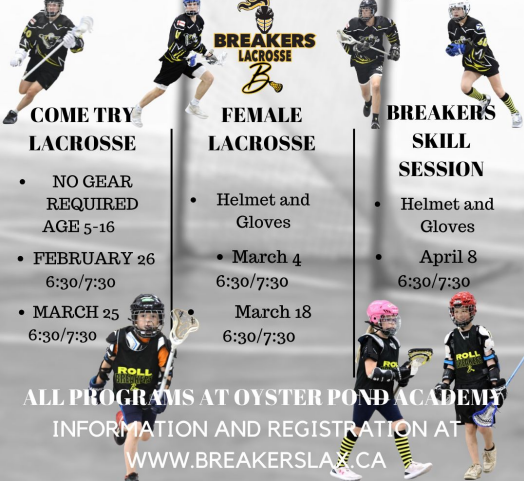
Coaches and Teams: We're still recruiting coaches for our teams. If you were born in 2008 or earlier and are interested in coaching, we'd love to have you on board. Coaching requirements include completing a coaching course, a vulnerable sector check, and a safe sport course.

Breaker Cup Tournament Planning: Are you interested in helping to organize our Breaker Cup Tournament? We'd love your assistance! Reach out to esbreakers@gmail.com to get involved.

Don't hesitate to reach out if you have any questions or need further information. Let's make 2024 a fantastic year for lacrosse! Roll Breakers!



OFF SEASON LACROSSE @ OPA



COME TRY LACROSSE

- NO GEAR REQUIRED
AGE 5-16
- FEBRUARY 26
6:30/7:30
- MARCH 25
6:30/7:30

FEMALE LACROSSE

- Helmet and Gloves
- March 4
6:30/7:30
- March 18
6:30/7:30

BREAKERS SKILL SESSION

- Helmet and Gloves
- April 8
6:30/7:30

ALL PROGRAMS AT OYSTER POND ACADEMY
INFORMATION AND REGISTRATION AT
WWW.BREAKERSLAX.CA



Partner With The Breakers

Be a '24 Season Sponsor
Or
Sponsor a team set of Jerseys

lacrosse is for everyone

Any inquiries should go to esbreakers@gmail.com

COME COACH WITH US



Breakers Lacrosse is looking for new and our returning coaches to work with players from U7-U17-Female and Coed teams.

Roll With The Breakers



NOVA SCOTIA SIRENS LACROSSE

MARCH 12-15TH FEMALE DEVELOPMENT CAMP

SIRENS MARCH BREAK CAMP


MARCH 12-13th U11/U13
MARCH 14-15th U15/U17
\$175

REGISTER NOW

Open to all skill levels.
Camp includes Sirens swag, 2 full days (12 hours) of lacrosse development both on and off floor, fun games, drills, prizes and special guests.

sirenslacrosse@gmail.com

All Things Breakers at www.breakerslax.ca

 @ EasternshoreBreakers



4 weeks- New To Lacrosse

To Register: 902-827-2700

March-April 2024:
Wednesday 6-7 pm

Sticks provided-
no gear needed
Ages 6+ \$50



Take The Cup in '24

JOIN US FOR THE 2024 BREAKER CUP VICTORIA DAY WEEKEND '24