



Welcome to the Grande Prairie Lacrosse Association.

When and where are the practices?

- 2022 practices will run from the week of April 4th to July 5th at the leisure center Located at 11313 105 St. (next to the Composite High School)
- Tentative practice schedule is
 - Midget Tuesday and Thursday 6-7PM
 - Tyke & Mini Monday and Wed 5-6PM
 - Novice Monday and Wed 6-7PM
 - PeeWee Monday and Wed 7-8PM
 - Bantam Tuesday and Thursday 5-6PM
 - Rec team Tuesday and Thursday 7-8PM

Do we play any games?

We are part of the Greater Edmonton Lacrosse Council and play 12 games per year in Edmonton (except for the tykes and mini tykes who only play 6)

- Tentative weekends in edmonton are
 - April 30th Game play
 - May 13th Game Play
 - June 4th Game Play
 - June 18th Game play
 - July 8-10th Provincials in Cold Lake

What if I want to help coach?

We are always looking for help with coaching and no you don't need to have to played lacrosse. Most of our coaches have never played before either.

Are there any other travel expectations?

Depending on registration numbers we may travel to Ft St John for a day of games

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Is Travel Mandatory

Travel is not mandatory but your coach will need to know your intentions at the beginning of the season for planning purposes.

Do I have to volunteer or do fundraising?

- Parent volunteers will be required for the following team positions
 - Team Manager
 - Jersey parent
 - Assistant coaches(2-3 per team)
- Yearly fund raising dinner
 - date and location to be determined
 - All teams will be expected to sell tickets
 - All teams will be expected to collect silent auction items
 - We do sometimes plan a one day bottle drive but we don't every year.

If my player doesn't like it can I get a refund?

- Refunds for registrations will not be provided once practices have begun unless based on a medical reasons

Can my player wear hockey gear instead of buying lacrosse gear?

- Hockey helmet gloves and shoulder pads are fine to wear but hockey gloves and shoulder pads are a little more cumbersome. You do need to buy lacrosse arm guards and kidney pads though.

Is lacrosse violent or dangerous?

Lacrosse is a contact sport but it is controlled contact, the children are taught how to check, avoid checks and when necessary handle a check. They also wear protective equipment so there are no more injuries then in any other sport.

Who do I speak to if I have a question or concern?

Please contact the president of the Grande Prairie Lacrosse Association Ron at President@gplacrosse.com or call 780-897-2882