



Welcome to the Grande Prairie Lacrosse Association.

### **When and where are the practices?**

- 2020 practices will run from the week of April 6<sup>th</sup> to July 7<sup>th</sup>
- April 6,7,8,9,13,14,15,16,&23<sup>rd</sup> will be held at the Leisure center
- All other dates will be held at the County Sportplex
  
- Tentative practice schedule is
  - Midget Monday and Wed 7-8PM
  - Tyke & Mini Tyke Tuesday and Thursday 5-6PM
  - Novice Tuesday and Thursday 6-7PM
  - PeeWee Tuesday and Thursday 7-8PM
  - Bantam Tuesday and Thursday 8-9PM

### **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
  - May 9-10 Game play
  - May 23-24 Game Play
  - June 6-7 Game Play
  - June 20-21 Game play
  - July 9-12 Provincials in Calgary
  - July 23-26 Summer games in Lethbridge U14(bantam) only

## **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.

- All coaches who coached last year will be required to complete their next level of coaching. We will be holding a clinic April 4-5.
  - Register for the Grande Prairie clinic at <http://nccp.lacrosse.ca/>
  - Register at <http://nccp.lacrosse.ca/> under GELC clinic

## **Are there any other travel expectations?**

- Depending on registration numbers we do plan on also travelling to Valleyview for at least one day of game play.
- Provincial Championships for Peewee to Midget levels will be held in Calgary July 9<sup>th</sup>-12<sup>th</sup> 2020
- The David Fehr Tyke and Novice Festival will take place in Calgary July 9-12
- All volunteers who have contact with players are required to provide a criminal record check from 2018 or 2019. This can be done at the police station or
  - <https://www.sterlingtalentsolutions.ca/landing-pages/a/alberta-lacrosse-association/>

## **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](mailto:President@gplacrosse.com) or call 780-897-2882

