



## Welcome to the Grande Prairie Lacrosse Association.

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

- Our Season runs from April until July but currently we are not sure where we will be practicing as they are closing down the Leisure Center, once we know I will pass on that information.
- Previous years practice schedule has looked like this
  - U17 Tuesday and Thursday 6-7PM
  - U7& U9 Monday and Wed 5-6PM
  - U11 Monday and Wed 6-7PM
  - U13 Monday and Wed 7-8PM
  - U15 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 Travel to Edmonton 4 weekends playing 3 games per weekend for a total of 12 games per year (except for the U7 and U9 who play 3 or 6)

## **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 ??
  - 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 are held in July
- All volunteers who have contact with players are required to provide a criminal record check from 2020 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

