



# HIGH RIVER LACROSSE ASSOCIATION PRE SEASON NEWSLETTER



## 2024 Evaluations

New for 2024 - CDLA and all member clubs have implemented Respect In Sports for Parents, and Coaches. CDLA has also put together a special project for all referees to participate in the Respect in Sport initiative.

### HRLA MISSION STATEMENT

Lacrosse is more than a game - it is a way of life. High River Lacrosse Association aspires to build a foundation based on leadership, sportsmanship, and friendship in a positive and respectful environment to honor our creator. Our mission is to promote self-esteem, confidence, leadership, and teamwork through the love of lacrosse in sharing the medicine game with our community.

#### **U17 EVALUATIONS**

APRIL 1 & 3 , 2024

#### **U15 EVALUATIONS**

APRIL 1 & 2, 2024

#### **U13 EVALUATIONS**

APRIL 3 & 4, 2024

#### **U11 EVALUATIONS**

APRIL 15 & 16, 2024

#### **U9 EVALUATIONS**

APRIL 16 & 18, 2024

#### **LATE REGISTRATION PENALTY DATE**

2024 Spring Box Lacrosse REGISTRATION IS NOW OPEN. Hurry up and register before March 6, 2024, to avoid a \$100.00 late registration fee. HRLA deadline to declare teams is March 13, 2024.

[REGSITER HERE](#)

#### **RMLL INTENT TO PLAY**

Junior players dont forget to complete your intent to play

[REGISTER](#)



# Practice

Due to Construction at BSRC practices will be held at:

Cargill Field House

High River Alberta

Cayley School

Cayley Alberta

Tom Hornecker Recreation  
Centre

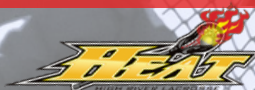
Nanton Alberta

Cavalry FC Regional Field  
House

Aldersyde Alberta

Visit [www.highriverlacrosse.com](http://www.highriverlacrosse.com) for floor times.

Practice Schedules are posted on the website. Practices are subject to change.



## HIGH RIVER LACROSSE INITIATIVES 2024

Elev8 Classroom Lacrosse sponsored by HRLA visited the following schools so far

Longview

Holy Spirit Academy

Cayley School

Chief Jacob Bearspaw

Ecole Joe Clark

Elev8 Coach mentorship is coming to HRLA for the 2024 season for all coaches

U7- Junior



### HOKS TRY OUTS

2024 Tryout Dates/ Times @ Calvary FC Regional Field House, Aldersyde, AB.

March 2, 2024, 2:30 pm - 5:30 pm

March 5, 2024, 6 pm - 9 pm

March 9, 2024, 2:30 pm - 5:30 pm

[LEARN MORE](#)



### INTERESTED IN COACHING?

**IF YOUR INTERESTED IN COACHING U7-JUNIOR PLEASE COMPLETE AN APPLICATION HERE. ALL APPLICATIONS WILL BE REVIEWED BY THE COACHING SELECTION COMMITTEE. THE COMMITTEE CONSISTS OF PARENTS AND BOARD MEMBERS.**

[APPLY HERE](#)

Did you know the HRLA Volunteer Bond has Changed?  
Visit [www.highriverlacrosse.com](http://www.highriverlacrosse.com) to learn about this and more. **GO HEAT GO**