



HORNET FALL SESSIONS – SKILLS/DRILLS; GOALIE SESSIONS; 6U-8U SESSIONS; NEW PLAYER SESSIONS; TRY-IT SESSIONS and SCRIMMAGES (CONTACT)

Hello Hornet Families:

It has been a challenging year to say the least, but the Hornets would like to make sure we continue to offer the opportunities to our members with our Fall and Winter camps as we have done for many years now. We have had a lot of fun with those that have joined us in the past, and last year had almost 100 players join us both in the Fall and Winter sessions respectively. Due to Covid-19, this year will look a little different as we adhere to the guidelines that have been put in place by Alberta Health Services and the ALA, but are excited to offer our very popular Saturday camp with some new additions to Sunday afternoons as well.

SATURDAY TRAINING SESSIONS

These sessions will be run socially distanced, this will help registrants minimize the number of sporting co-horts they are participating in. We will be working on a lot of skill work, ball movement, speed, basic offensive tactics, etc. Players will be split up as per registration, and coaches will move players between groups depending on experience to ensure that all players are getting the most value out of their sessions. These sessions will all be set up age appropriate as well, so that we are working on the skills required at each age level. Registrants will be required to register for the entire program as we will not be allowing drop in as in years past, again trying to stay within our safety guidelines. This will be available for 10U – 17U players.

SUNDAY SCRIMMAGES

Players interested in getting into full scrimmages may do so by registering for our Sunday Scrimmages. Registrants will be required to register for the entire scrimmage program to participate. Each age group will get 4 scrimmages through the Fall. These scrimmage groups will be considered co-horts as we are able to play full games and rules and not limit defensive play. Coaches will be on hand to work with players in the scrimmage so that we are teaching and learning along the way. Things we may focus on are the 2 man game, defensive positioning, offensive transition, etc., while of course allowing the players to figure things out on their own as well. Scrimmages are available for 10U – 17U players.

ADDITIONAL SUNDAY SESSIONS

Other sessions we will be conducting on Sunday include New Player Camps (working on the basics), dedicated Goalie Camps (working directly with the goalies, and those that may want to try goalie), and camps specifically for our 6U and 8U players, the future of the Hornets.

COACHES

Coaches that will be attending and/or contributing to these camps include many of our long term coaches within the Hornets, such as Jason Montgomery, Ian Glassford, Troy Stewart, and Kel Bracken, just to name a few. We have a great staple of experience, knowledge, and energy to bring to the players that attend and are looking forward to working with all of them.

COVID-19 PROTOCOLS

We will be putting in place protocols to adhere to all ALA and AHS guidelines due to the ongoing Covid-19 challenges we face. This will include but are not limited to:

- Dedicated entry and exit into the camp space;
- Players will be required to sanitize their hands upon entry;
- Players will be required to fill out a pre-screening form prior to each attended sessions;
- Players will be requested to come dressed in full gear for the camps and ready to participate. No locker room use (goalies may be an exception);
- Cohorts created for the scrimmages while the regular camps will be socially distanced;
- Sessions will be limited to 30 players within the camp space at any one time leaving room for coaches and volunteers;
- Because we are using Spray Lakes Family Sports Centre, we will also need to comply with any guidelines they have in place;
- Protocols may change throughout the duration of the camps depending on changes in the guidelines we are provided.

SCHEDULE AND COSTS

All sessions will again take place at the Spray Lakes Family Sports Centre, 800 Griffin Road East, Cochrane.

All costs cover the insurance for each player and floor time.

Saturday Training Sessions (October 3 – December 19)

10U	1:45 pm – 2:45 pm	\$125
12U	3:00 pm – 4:15 pm	\$150
14U/17U	4:30 pm – 5:45 pm	\$150

Sunday Scrimmages

10U	Oct 4, 25; Nov 15; Dec 6	2:15 pm – 3:15 pm	\$50
12U	Oct 11; Nov 1, 22; Dec 13	2:15 pm – 3:15 pm	\$50
14U/17U	Oct 18; Nov 8, 29; Dec 20	2:15 pm – 3:15 pm	\$50

Goalie Camps (open to all goalies and those players that would like to try goalie)

All Ages Oct 4, 18; Nov 1, 15; Dec 13 1:15 pm – 2:15 pm Free of Charge

6U – 8U Oct 4, 18; Nov 15, 29 1:15 pm – 2:05 pm \$50

New Player Camps (open to all new players that registered in 2020, or new players that plan to register in 2021)

All Ages Oct 11, 25; Nov 22; Dec 6 1:15 pm – 2:05 pm Free of Charge

Try-it Camps –

All Ages Nov 8; Dec 20 1:15 pm – 2:05 pm Free of Charge

REGISTRATION CLOSES: SEPTEMBER 30.

PLEASE NOTE: If you are waitlisted, please contact Debbie at executivedirector@hornetslacrosse.com to see if there is still room in any of the sessions you are looking to register your player in.

Also, please be advised there are no refunds for the camps as the registration fees pay for the floor time and the ALA player registration (insurance) fees.

For any questions or concerns, please contact Coach Monty, Hornets Camp Coordinator, at jasonmontgomery@shaw.ca.