



JDF Lacrosse News January 2024

jdflacrosse.com



Box Lacrosse REGISTRATION Open

Co-ed teams for players born 2008-2019, female only teams 2008-2015. Register early to avoid waitlists.

New & returning players welcome
Register online jdflacrosse.com

Questions regarding registration,
kidsport/sport assist funding please
email registrar@jdflacrosse.com

Back to the box practices and
assessments starting this month. All
players must be registered and paid to
attend these sessions. Up to date
schedule on our website.

Try Lacrosse For Free for new players
January 13 8:30-10am @Eagle Ridge Dry
Floor

Bring a buddy January 27th 8:30-10am
@ Eagle Ridge Dry Floor
Returning players bring a friend new to
the sport!

Pre-Register for these events on our
website www.jdflacrosse.com

2024

HAPPY NEW YEAR

Coaching and Officiating Clinics Opening soon

We are looking for dedicated
volunteers to take these clinics.
Coaching and officiating can count
towards graduation credits for high
school students.

Female division coaches and officials
info
email Dawn Ranns
dawn.ranns@jdflacrosse.com

Co-Ed coaching info
email Curt Morwick
curt.morwick@jdflacrosse.com

Co-Ed reffing clinics TBD
email Rob Cook if interested
headref@jdflacrosse.com

Female Only Box Lacrosse Division

Back to the box female players Feb 8th
5-6pm @ Eagle Ridge Dry Floor

New and returning players of all ages
encouraged to sign up.
Meet some new friends and see what
female only league has to offer.

Email our female VP Dawn Ranns with
questions or for stick loans.
dawn.ranns@jdflacrosse.com