



TEAM MANITOBA

ATHLETE DEVELOPMENT PROGRAM

NOVEMBER - MARCH

2023-2024

TABLE OF CONTENTS



CONTENTS

I
TMADP x LEGENDS

II
PROGRAM OVERVIEW

III
FEMALE PROGRAMS

IV
BOX LACROSSE

V
FIELD LACROSSE

VI
SPORT PERFORMANCE

VII
PRICING

LEGENDS LACROSSE



THE OFFICIAL OFF-SEASON
DEVELOPMENT PARTNER OF THE
MANITOBA LACROSSE ASSOCIATION

Manitoba Lacrosse is thrilled to officially bring on Legends Lacrosse Club as its official partner for off-season athlete development programming.

Legends Lacrosse brings expertise and a professional approach to athlete development that is unmatched in Manitoba. With extensive experience ranging from the levels of Canada Summer Games, to NCAA DI, to Team Canada, this partnership will be a revelation for the future of the great sport of lacrosse in Manitoba.



OVERVIEW

BOX LACROSSE

(BOYS & GIRLS)

FIELD LACROSSE

(MEN'S & WOMEN'S)

SKILL
DEVELOPMENT

LACROSSE
I.Q.

GAMEPLAY

MENTAL
SKILLS

SPORT PERFORMANCE TRAINING

(OPTIONAL)

USBOXLA WINTER NATIONALS

(OPTIONAL)

FEMALE PROGRAMS



The Team Manitoba Athlete Development Program is the only program in town that offers both Girls Box Lacrosse and Women's Field Lacrosse. The female side of the game has enormous potential in Manitoba, and this program is a great place to foster that.

There are many opportunities for girls in lacrosse; locally, nationally, and abroad, including:

- 2025 Canada Summer Games, U17 Girls Box Lacrosse (2009 & under)
- Team Manitoba Jr. Women's, U17 Girls, and U15 Girls Box Lacrosse
- Team Manitoba U19 Women's Field Lacrosse
- NCAA Women's Field Lacrosse
- Canadian University Women's Field Lacrosse
- High School Field Lacrosse

Lacrosse has many transferrable skills from other sports and is an excellent complement to existing athletics. Many of the above opportunities are much more realistic than one would expect.

Athletes both new and experienced are encouraged to join. It's never too late to start or focus on lacrosse.

MESSAGE FROM OUR BOX LACROSSE DIRECTORS

“Legends Lacrosse is excited to partner with Manitoba Lacrosse to further enhance the overall experience of Box Lacrosse athletes in Manitoba. Our commitment extends beyond just training and competition; we aim to foster a holistic development approach that encompasses technical, tactical, and social coaching. Together, we look forward to propelling Box Lacrosse in Manitoba to new Heights”



CORY HENKEWICH



BRETT MORRISON

Each with over a decade of coaching experience under their belts, Coach Cory and Coach Mo have made a name for themselves as two of the best coaches in the province. Often coaching as a team, these two have produced some of the best talent to come out of Manitoba in recent memory, including over a dozen current and former NCAA athletes.

Brett is a product of the North Winnipeg Falcons lacrosse club in Winnipeg, MB and played high school for the West Kildonan Wolverines. A long-time Team Toba member, Brett went on to Play NCAA Division II at Lindenwood University while excelling in Box Lacrosse during the summers with the Victoria Shamrocks Jr. A and Mississauga Tomahawks Jr. A programs. Brett most recently was the Assistant Coach for Team Manitoba U17 Boys Box Lacrosse at the 2022 Canada Summer Games. Brett is a co-Founder of Legends Lacrosse.

Cory is also a product of the North Winnipeg Falcons lacrosse club in Winnipeg, MB and played high school for the Garden City Gophers. One of the most versatile players in his day, Cory quickly turned to coaching at a young age and it has paid off in dividends. Cory is currently an Assistant Coach for Team Canada on the Senior Women's National Box Lacrosse Team, and was most recently Head Coach for Team Manitoba U17 Boys at the 2022 Canada Summer Games. Cory is also a co-Founder of Legends Lacrosse.

BOX LACROSSE

DIVISIONS

BOX LACROSSE

U13 2012-2013	U17 BOYS 2008-2009	U20 BOYS 2005-2007
U15 2010-2011	U17 GIRLS 2008-2012	U20 GIRLS 2005-2007

SKILL DEVELOPMENT SESSIONS

60- minute sessions

Sundays at Gateway

LACROSSE TACTICS SESSIONS

90- minute sessions

Sundays at Canlan

GAMES

Full 2-hour game slots

Saturdays at Gateway

Divisions alternate between Skill Development and Lacrosse Tactics sessions weekly at a 2:1 ratio

All divisions rotate through Games sessions, with one game total per week

BOX LACROSSE



WINTER NATIONALS

IRVINE, CALIFORNIA



U13 BOYS
U15 BOYS
U17 BOYS
U20 BOYS



U15 GIRLS
U17 GIRLS
U20 GIRLS

We are excited to be sending teams to the 2024 USBOXLA Winter Nationals as a part of this program. Held annually in February, the Winter Nationals are one of the biggest box lacrosse invitational tournaments in the world. In 2023, Manitoba sent its first team to this tournament, when the Team Toba girls took home bronze in the High School Elite division. This year the tournament is being held February 17-19 in Irvine, California (moved from Phoenix for 2024).

Participation in the USBOXLA Winter Nationals portion of the program is optional and is subject to additional costs. Teams will be formed by tryout if necessary. Every effort will be made to send multiple teams if there is enough interest in a given division.

BOX LACROSSE

OTHER FEATURES INCLUDE

- Goaltender Development
- Special Guest Coaching
- Performance Evaluations
- Filmed Games and Drills
- Mental Skills Sessions
- Fitness Testing
- Optional Performance Training

FIELD LACROSSE

MESSAGE FROM OUR FIELD LACROSSE DIRECTORS

“We couldn’t be more thrilled about this opportunity for lacrosse in Manitoba. Structuring our programs to run in unison from top to bottom will allow Manitoba to establish itself as a lacrosse hotbed. Our focus is preparing the athletes mentally and physically while opening up the opportunity to play lacrosse at post-secondary institutions; all while giving our Coaches the support and resources needed to produce elite teams during our provincial season.”



KELSON BORISENKO



BRODIE ANDERSON

Kelson’s and Brodie’s careers have followed very similar paths. Both grew up in the North Winnipeg Falcons lacrosse club, and played their Manitoba High School Field Lacrosse days with the West Kildonan Wolverines. From there, both went on to The Hill Academy in Ontario, widely considered to be the best lacrosse academy in the world. Both Brodie and Kelson took their talents to NCAA Division I schools as defenders; Brodie with the St. Bonnaventure Bonnies and Kelson with the Manhattan College Jaspers.

Kelson has also had a terrific box lacrosse career, leading the Manitoba Blizzard to its only RMLL Championship, finishing as the franchise’s leading scorer. He was then drafted to the National Lacrosse League by the Saskatchewan Rush in 2020. Kelson is a co-Founder of Legends Lacrosse Club.

DIVISIONS

FIELD LACROSSE

U15 MEN'S 2010-2013	U15 WOMEN'S 2010-2013
U19 MEN'S 2006-2009	U19 WOMEN'S 2006-2009

U15/U19 WOMEN'S
90- minute sessions
Sundays 6:30-8:00 @ U of W (full field)

U15/U19 MEN'S
90- minute sessions
Sundays 8:00-9:30 @ U of W (full field)

SESSION FORMAT
Practices will feature both skill development and tactical concepts

FIELD LACROSSE

OTHER FEATURES INCLUDE

- Goaltender Development
- Special Guest Coaching
- Performance Evaluations
- Filmed Practices
- Mental Skills Sessions
- Fitness Testing
- Optional Performance Training

PERFORMANCE TRAINING

SPORT MANITOBA PERFORMANCE CENTRE

Sport Manitoba Performance is one of the province's premiere training centres. Hundreds of athletes, ranging from amateur to professional, from over 35 sports utilize the Performance Centre's services.

As members of the Team Manitoba Athlete Development Program, all participants are able to take advantage of this service at a heavily subsidized rate.

All athletes are encouraged to enroll in this optional feature.

Options are as follows:

- 75-minute semi-private training sessions in packages (\$12.50 per session)
 - 4 Session Package
 - 8 Session Package
 - 12 Session Package
- Unlimited Athlete Membership - Athletes can train an unlimited number of times for the month for \$125.00



PRICING OPTIONS

ENROLL NOW

Learn from the best.

Join Manitoba's premiere lacrosse development program.

The Manitoba Lacrosse Association recognizes that the fees for these programs can be expensive for families to take on. We do not want cost to be a barrier to entry in any situation. Contact us, we are happy to work out a plan that is suitable to you.

01 **ONLY BOX LACROSSE**
\$600.00 (payable in 3 installments)

02 **ONLY FIELD LACROSSE**
\$600.00 (payable in 3 installments)

03 **BOTH BOX AND FIELD LACROSSE**
\$975.00 (payable in 5 installments)

04 **USBOXLA WINTER NATIONALS**
COST TBD (optional)

05 **SPORT PERFORMANCE TRAINING**
BILLED INDIVIDUALLY (optional)

REGISTER TODAY

Register by October 13th to secure your spot in the program. Scan the QR code below or go to:

MANITOBALACROSSE.COM



LEARN FROM THE BEST
TRAIN WITH THE BEST

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