



Medicine Hat Lacrosse Club 2024 Year in Review

Total registration: **194**

U7	U9	U11	U13	U15	U17
21	58	31	52	19	13

Head Coaches	Assistant Coaches/ Trainers	Managers
10	34	10

The Medicine Hat Lacrosse Club (MHLC) had an exciting and successful 2024 season, marked by significant growth, community engagement, and several milestones that helped elevate the club's profile. We were thrilled to field three teams each in U9 and U13, two teams in U11, and a team in U15 and U17, along with 21 registrants in our U7 Lil Devil program. This growth was a testament to the increasing interest in lacrosse within the community.

A key highlight of the year was the investment in new black jerseys for all teams, ensuring that players looked and felt their best on the floor. Additionally, the club updated its goalie equipment to provide the most up-to-date and safest gear for our athletes. We also made a strategic move by bulk purchasing medals for tournaments, which not only helped streamline operations but also delivered cost savings that were reinvested into the club's programming.

One of the most exciting events of 2024 was the historic Junior A Exhibition game between the Mounties and Raiders, hosted by the MHLC. This game, the first of its kind in Alberta Lacrosse, saw a packed crowd at the Moose Recreation Centre and offered minor players a unique opportunity to witness the highest level of junior lacrosse. The event was an overwhelming success and provided an invaluable experience for aspiring players.

The MHLC Official's Incentive Program also saw great success this year, with numerous new active officials. This program helped ensure that we had a well-trained officiating crew to support the growing number of games and tournaments.

Our commitment to coaching development continued with all bench personnel completing the Community Development course led by John Eng, many of whom will move on to the Competitive Intro level next season. We also maintained our partnership with Logan Sundholm, a SunDevils alum and Head Coach, who mentored both players and coaches throughout the season, improving lacrosse IQ and receiving great feedback from the community.

Financially, the club remains in a strong position, thanks to the continued efforts of past volunteers and current leadership. Past-President Kenzie Liefso's initiative to offer free "Come Try Lacrosse" sessions from January to March successfully introduced new players to the sport, while the club's financial planning and long-term investments ensured that we had the resources to continue growing.

This year, we teamed up with Nation Lacrosse to promote the sport in local elementary schools. Nation also collaborated with Heather Gust, Vice Principal of Irvine School, to host a historic field lacrosse game in recognition of National Day for Truth and Reconciliation. These efforts helped raise awareness and fostered a greater sense of community.

Our teams finished the season on a high note at the SALA Playoff Championships:

- U17 - Bronze Medalists
- U15 - Silver Medalists
- U13 Black - Banner Winners
- U11 Black - Silver Medalists
- U9 Black - Banner Winners
- U9 White - Bronze Medalists

The U13 Black team also competed at the ALA Provincial Championships and earned a well-deserved Bronze.

The SunDevils spirit continues to shine brightly, with many of our players participating in the Medicine Hat Exhibition & Stampede Parade and advancing to events like the Mounties ID Camp, Junior Combine, and WinterBlast 4 v 4 tournament. This year also marked an exciting highlight: a SunDevil's Road Trip to a Calgary Roughnecks game, where many of our players experienced professional lacrosse live for the first time. These experiences are invaluable in inspiring our players to reach for the highest levels of the game.

As we look ahead, we're excited for the upcoming season and the continued growth of the club, knowing that the future holds even more opportunities for our players, coaches, and community to thrive.

A heartfelt thank you goes out to our board members for their time, dedication, and tireless efforts this past year. Without their commitment, our club wouldn't be where it is today. We also want to extend a special thank you to outgoing director Kris Bower, who has volunteered over 10 years of service to the MHLC, playing a key role in supporting both player and coach development. Kris's incredible dedication

was recognized at the ALA Annual Meeting and Awards Gala, where he was honored as an outstanding volunteer—a well-deserved recognition for his unwavering support of the lacrosse community.

Respectfully submitted,

A handwritten signature in black ink that reads "Sarah MacKenzie". The signature is written in a cursive, flowing style.

Sarah MacKenzie
MHLC President