

U7 Division and 2024 Season Info (2018/2019) under 7 years old - ages 5 & 6

The typical lacrosse season for the Sherwood Park U7 begins at the start of April.

- U7 teams play with 9-12 players per team (dependent on total registrations)
- U7 is co-ed
- U7 can have 1 friend request, they must be reciprocal (please email the U7 Director)
- U7 teams will receive one floor time per week
- Typically floor times have been on Wed nights, usually early evening. At the start of the season practices times will be scheduled when available to give the coaches and players a chance to get together before league play begins.
- U7 teams are pooled by region by the GELC to participate in a few games against other clubs' teams (dependent on registration numbers of other clubs), based on closest geography and these games will be played on two Saturdays or perhaps one Sunday, through the season. The dates for these are in May **TBD** and June **TBD**. Sherwood Park is part of the South Pool, typically playing teams from Leduc, South Edmonton, and Beaumont.
- U7 will follow LTAD Option X with the following modifications:
 - Shift on the fly
 - Soft ball is used.
 - Three fifteen-minute, run-time periods with three-minute breaks

COACH CERTIFICATION: COMMUNITY-INITIATION
BOX LACROSSE - Active Start Mini-Tyke: 6 and under

OPTION X

LTAD OBJECTIVES FUN • Introduce skills • Basic rules • Fair play • Physical activity • Play ability games (i.e. tag)	BOX SIZE Play cross-floor on 1/2 of box.	NET 3 ft. wide x 3 ft. high. Net tail 3 ft. from boards.	CONTACT Body position	
				PLAYERS PER TEAM 3 on 3, NO goalie, 6-8 players per team
				SCOREBOARD HOME VISITORS No scores displayed No score sheets
SKILLS INTRODUCED AT THIS LEVEL TECHNICAL Cradling, trap and scoop, catch, overhand pass, overhand shot, defensive body position TACTICAL Give-and-go, cutting GOALIES No goalies at this stage	EQUIPMENT Helmet, mask, knee pads (optional), small stick, soft ball, jock/jill strap.	OFFICIATING Coaches remain on floor. Referees may be introduced. Modified CLA rules. Fall back rule applies.		
	SUBS Equal participation 3 minute shifts	SESSIONS 2 x 15 min. skill training 2 x 15 min. games No face-offs	SUSTENANCE Water bottle, healthy snacks. No pop, chips or sugar	

10 FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions
PLAYERS: Honour the game; new friendships; equal participation; co-operation; new experiences; volunteering

- There will be NO SHOT CLOCK at U7
- The year-end wrap-up Jamboree weekend for all of the U7 teams in the GELC is scheduled for June 15-16, 2024
- **JERSEY:** You will be loaned a pinnie for the season, to be returned at the end.
- **** Mouthguards** are not mandatory for U7 as per ALA Regulation 8.05

Playing Equipment required:

Helmet with a full face cage (Hockey helmet are approved for use, & field lacrosse helmets are approved)

Lacrosse Stick

Gloves (hockey or lacrosse)

Shoulder pads/ chest protector (can use a hockey one)

Kidney belt (specific to the sport of lacrosse)

Elbow pads

Slash guards (fit between the top of shoulder pads and elbow pads)

Indoor runners

If you have any specific questions, please contact the Division Director: U7@sherwoodparktitans.ca









U9 Division and 2024 Season Info (2016/2017) under 9 years old - ages 7 & 8


- The typical lacrosse season for the Sherwood Park Titans U9 begins at the start of April.
- U9 teams will consist of 8 to 16 players per team (dependent on registrations)
- U9 will have evaluations this season to ensure parity teams are mad. Evaluations will consist of skills and parity games. Stay tuned for more details and dates/times.
- U9 will receive two floor times per week – typically Tuesday and Thursday evenings, and early evening times. Although every effort will be made to maintain a schedule of only these evenings there may be times where practices must be scheduled on another evening to provide 2 floor times in one week. Game start times will be between 6:00 to 7:00 pm.
- Please note there is a possibility of the odd Saturday game. These would be weekend games for Westlock and Grande Prairie to be played in Edmonton/Area.
- Lacrosse practices will start at the beginning of April, with League play to begin mid April.
- U9 will play approximately 8 to 10 league games.
- U9 teams are scheduled in close geographical proximity to Sherwood Park
- U9 will follow the LTAD Option L with the following modifications:
 - Fallback
 - Shift on the fly
 - Regulation ball used
 - No coaches on the floor

COACH CERTIFICATION: COMMUNITY-INITIATION
OPTION L

BOX LACROSSE - FUNDamentals 1

Tyke: 7-8

LTAD OBJECTIVES SKILLS INTRODUCED AT THIS LEVEL	FUN • Introduce skills • Basic rules • Fair play • Physical activity • Train ABCs	BOX SIZE Regulation  PLAYERS PER TEAM 5 on 5, plus goalie, 12-15 players per team	NET  3 ft. wide x 3 ft. high. Net tail 3 ft. from boards.	CONTACT  Place and push				
	TECHNICAL Cradling, scoop, catch, overhand pass, overhand shot, defensive body position, face-off, creating space	SCOREBOARD <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">HOME</td> <td style="width: 50%; text-align: center;">VISITORS</td> </tr> <tr> <td style="text-align: center; font-size: 2em;">0</td> <td style="text-align: center; font-size: 2em;">0</td> </tr> </table> Differential of more than 5 goals not displayed.	HOME	VISITORS	0	0	EQUIPMENT  Helmet, mask, knee pads (optional), small stick, soft ball (optional), jock/jill strap. Goalies: Category 1 equipment.	OFFICIATING  Referees introduced. Modified CLA rules. Fall back rule optional.
	HOME	VISITORS						
	0	0						
TACTICAL Give-and-go, cutting, face-off, floor positioning	SUBS  Equal participation. 3 minute shifts. All play goal.	SESSIONS  5 min warm-up, 3x12 straight time, 3 min. breaks, cool down	SUSTENANCE  Water bottle, healthy snacks. No pop, chips or sugar					
GOALIES Stance, angles, passing, stopping shots	FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering							


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- U9 level lacrosse is full floor, 5 on 5 lacrosse, with goalies.
- Players will rotate as goalie (so everyone gets a chance to try)
- Referees are present for the game portion of the time slot to start and stop play. Play will be stopped for infractions.

- 5 min warm-up, 3 x 12 min straight run-time periods, 3 min breaks between periods, NO SHOT CLOCK at U9
- Game sheets should be filled out for U9 games
- The year-end wrap-up Jamboree weekend for all of the U9 teams in the GELC is scheduled for June 15-16, 2024
- **JERSEY: You will be loaned a jersey that is to be returned at the end of the season**

Equipment

Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Sherwood Park Titans equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@sherwoodparktitans.ca

Player Equipment

Helmet with a full-face cage

(Hockey helmet are approved for use, also field lacrosse helmets are approved)

Lacrosse Stick

Indoor runners

Gloves (hockey or lacrosse)

Shoulder pads/ chest protector (can use a hockey one)

Kidney belt (specific to the sport of lacrosse)

Elbow pads

Slash guards (fit between the top of shoulder pads and elbow pads)

Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)

Titans shorts (for games are preferred) *Only available for purchase through [Sin Bin](#)

If you have specific questions, please email the division director U9@sherwoodparktitans.ca

U11 Division and 2024 Season Info (2014/2015) under 11 years old - ages 9 & 10

- U11 has both male and female divisions and teams. You choose the division at registration.
- U11 teams will consist of a min 12 runners +1 goalie, up to 18 runners + 2 goalies per team (dependent on registrations)
- U11 will receive two floor times per week – typically weeknights (M-F) 1 game & 1 practice
- Practices start April and games middle of April, typically games are scheduled during the week
- Titans shorts are required for games ***Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season
- GELC Playoffs are June 17-27, 2024.
- U11 is typically played with teams created for parity. If the club has enough players for more than 1 team the teams are formed with the intent of creating equal strength teams (Parity teams). There are tryouts and evaluations to allow this to occur.
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against.
- The Men's Division is set up with club teams competing geographically close to start. Then after a set number of games (after the May long weekend), the teams will be resorted and placed in different divisions with similarly skilled teams for the remaining season games.
- The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season. This is due to a smaller number of total teams in the GELC clubs.
- U11 Games are 1 hour in length. 5 mins of warm up practice and then 3 - 12 min straight time periods with 3 min for rest in between. Full rink surface, with 30 second shot clock, and referee's and goalies. Nets are medium size - 4x4 size. In U11 each game or period, as applicable shall be run time except that the clock will be stopped for timeouts. A score sheet must be completed and uploaded to GELC website.
- All goals, penalties and assists are recorded. A differential of 5 goals is not to be posted to the scoreboard, but is recorded on the game sheet.
- U11 Rules 15.17.1 All U11 box lacrosse games shall be played in accordance with Lacrosse Canada Rules according to LTAD Option L
- Goalie Equipment for U11 age level will be loaned out from the Sherwood Park Titans equipment locker, please contact the equipment director for more information and deposit info: equipment@sherwoodparktitans.ca

If you have any questions please email your division director U11@sherwoodparktitans.ca

BOX LACROSSE - FUNDamentals 2 Novice: 9-10**LTAD OBJECTIVES****FUN**

- Introduce skills
- Basic rules
- Fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

SKILLS INTRODUCED AT THIS LEVEL**TECHNICAL**

Cradling, scooping, catching, overhand pass, overhand shot, bounce shot, bull dodge, rolling, face-off, defensive body position, cross-checking, creating space

TACTICAL

Floor positions, Give-and-go, cutting, line changes, breakout, face-off

GOALIES

Stance, angles, passing, stopping shots

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4' wide by 4' high



PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team

CONTACT

Option L: Full contact
Option A: Place and push
Option X: Equal pressure

SCOREBOARD

HOME	VISITORS
0	0

Score sheet is kept
Differential of more than 5 goals is not displayed

EQUIPMENT

Helmet, gloves, mask, mouthguard.
Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap.
Stick no shorter than 86.36 cm (34").
Goalies: Category 1 equipment

OFFICIATING

Referees introduced. Modified CLA rules.
Fall back rule applies to Options A and X.

SUBS

Equal participation.
All encouraged to play goal

GAMES

5 min warm-up, 3x12 straight time, 3 min breaks, cool down

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar

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FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

U13 Division and Season Info (2012/2013) ages 11 & 12

- The typical lacrosse season for the Sherwood Park Titans U13 begins at the start of April.
- U13 has both men's and women's divisions and teams - you choose the division at registration.
- U13 teams will consist of a min of 12 runners +1 goalie up to 18 runners + 2 goalies per team (dependent on registrations)
- U13 will receive two floor times per week – weeknights (Monday-Friday)
- U13 Practices start April and games middle of April
- Titans shorts are required for games ***Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season.
- The Men's U13 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur. The deadline to register for 'A' try-outs is **TBD**, 'A' Tryouts begin **TBD**.
- The Women's U13 division has parity/leveled teams. There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- Games are 1 ¼ hours. 10 mins of warm-up practice and then 2 x 15 min run time periods and 1 x 15 min stop time periods. Nets are regular full size. 4x4.6 size. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 3 minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against.
- GELC Playoffs are June 17-27, 2024. The winning team for each division will go to Provincials, held in Sylvan Lake/Red Deer this season: July 12-14, 2024
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: equipment@sherwoodparktitans.ca

If you have any questions please email your division director: U13@sherwoodparktitans.ca

BOX LACROSSE - Learning to Train Pee Wee: 11-12**LTAD OBJECTIVES****FUN**

- More advanced skills & tactics
- Introduce competition
- Introduce mental training
- Basic rules & fair play
- Physical activity
- Train ABCs
- Emphasize speed, flexibility

SKILLS INTRODUCED AT THIS LEVEL**TECHNICAL**

Inside shooting, faking, dodging, mid-pointing, open floor defence

TACTICAL

Picks & screens, set plays, 2-1s and 3-2s, breakout, sagging man-to-man defence, power play offence and defence, man-short offence

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4' wide by 4' high



PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team

CONTACT

CLA rules

SCOREBOARD
Score sheet is kept

HOME VISITORS



OFFICIATING
CLA rules

EQUIPMENT

Helmet, gloves, mask, mouthguard.
Knee (optional), elbow, shoulder, arm & kidney pads, jock/jill strap.
Stick no shorter than 86.36 cm (34").
Goalies: Category 2 equipment

GAMES

10 min. warm-up
2 x 15 min. straight time
1 x 15 min. stop time
3 minute breaks
Cool down

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar

**GROWTH - PHV
(Peak Height Velocity)**

Measure annually

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions

PLAYERS: Honour the game; new friendships; equal participation; teamwork; win with dignity & lose with grace; volunteering

U15 Division and Season Info (2010/2011) ages 13 & 14

- The typical lacrosse season for the Sherwood Park Titans U15 begins at the start of April
- U15 has both men's and women's divisions and teams - you choose the division at registration
- U15 teams will consist of a min. 12 runners +1 goalie up to 18 runners + 2 goalies per team. (dependent on registrations)
- U15 will receive two floor times per week – weeknights; 1 practice and 1 game
- U15 Practices start the 1st week of April and games in the middle of April.
- Titans shorts are required for games ***Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season.
- The Men's U15 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur. The deadline to register for 'A' try-outs **TBD**, 'A' Tryouts begin **TBD**
- The Women's U15 division has parity/leveled teams. There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- Typically the games are scheduled during the week.
- Games are 1.5 hours long. 3 x 15 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 5 minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against
- GELC Playoffs are June 17-27, 2024. The winning team for each division will go to Provincials, held in Sylvan Lake/Red Deer this season: July 12-14, 2024
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: equipment@sherwoodparktitans.ca

If you have any questions please email your division director: U15@sherwoodparktitans.ca

BOX LACROSSE - Training to Train 1 Bantam: 13-14**LTAD OBJECTIVES**

- FUN & physical activity**
- Develop skills & tactics
 - Continue mental training
 - Ethics & fair play
 - Train ABCs
 - Emphasize stamina, aerobic capacity
 - Begin talent identification

SKILLS INTRODUCED AT THIS LEVEL

TECHNICAL
Over-the-shoulder pass, sidearm shot

TACTICAL
Double teaming, presses, transitions

GOALIES
Stance, angles, passing, stopping shots, communication

CLA RULES

BOX SIZE: Regulation
NET SIZE: 4x4 feet



PLAYERS PER TEAM
5 on 5, plus goalie
12 to 15 players per team
Select teams introduced

SCOREBOARD
Score sheet is kept



OFFICIATING
CLA rules

CONTACT & EQUIPMENT



CLA rules

GAMES



10 min. warm-up
3 x 15 min. stop time
5 minute breaks
Cool down

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
(Peak Height Velocity)



Measure quarterly

U17 Division and Season Info (2008/2009) ages 15 & 16

- The typical lacrosse season for the Sherwood Park Titans U17 begins at the start of April
- U17 has divisions and teams in both men and women; you choose the division at registration
- U17 teams will consist of a min 12 runners +1 goalie up to 18 runners + 2 goalies per team (dependent on registrations)
- U17 will receive two floor times per week – weeknights. 1 practice and 1 game.
- U17 Practices start April and games middle of April
- Titans shorts are required for games ***Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) to be returned at the end of the season
- The Mens U17 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur. The deadline to register for 'A' try-outs is **TBD**, 'A' Tryouts begin **TBD**.
- The Women's U17 division has parity/leveled teams (not A/B). There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- **U17A** team is part of the Wildrose Division and will have travel games in Calgary and Red Deer
- **U17B** team is part of the GELC regular season and will play GELC clubs in and around Edmonton
- The **U17 Women's** team is part of the GELC regular season and will play GELC clubs in and around Edmonton.
- Games are 1.75 hours long. 3 x 20 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 5 min. breaks between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against
- GELC Playoffs are June 17-27, 2024. The winning team for each division will go to Provincials, held in Sylvan Lake/Red Deer this season: July 12-14, 2024
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: equipment@sherwoodparktitans.ca

If you have any questions please email your division director: U17@sherwoodparktitans.ca

BOX LACROSSE - Training to Train 2 Midget: 15-16**LTAD OBJECTIVES****FUN & physical activity**

- Increase competition
- Develop skills & tactics
- Continue mental training
- Ethics & fair play
- Emphasize speed, aerobic capacity
- Offer late-entry

SKILLS INTRODUCED AT THIS LEVEL**TECHNICAL**

Develop and refine all skills

TACTICAL

Walling, 6-5, situational lacrosse

GOALIES

Stance, angles, passing, stopping shots, communication

CLA RULES**BOX SIZE: Regulation**

NET SIZE: 4x4 feet

**PLAYERS PER TEAM**

5 on 5, plus goalie
15 to 20 players per team
Select teams

SCOREBOARD

Score sheet is kept

HOME VISITORS

**OFFICIATING**

CLA rules

CONTACT & EQUIPMENT

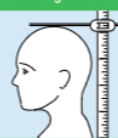
CLA rules

GAMES

10 min. warm-up
3 x 20 min. stop time
5 minute breaks
Cool down

SUSTENANCE

Water bottle, healthy snacks. No pop, chips or sugar

GROWTH - PHV
(Peak Height Velocity)

Measure quarterly

FAMILY: Praise effort, not results; be positive; praise performance of both teams; do not yell instructions. **PLAYERS:** Honour the game; new friendships; equal participation; win with dignity & lose with grace; personal & team goals; volunteering