



# TITANS LACROSSE

Sherwood Park Titans Minor Box Lacrosse Newsletter

April 2024

## Bench Staff Information

### **Bench Staff Checklist - Deadline May 15**

Bench staff refers to: head coaches, assistant coaches, managers and trainers.

- **RAMP Staff Registration**
- Current **Criminal Record Check**
- **NCCP** number
- **Coach level training** for your division and role

### **Coaching Clinics/Qualifications:**

Please view the [GELC 2024 Coaching Clinics](#) for clinics available in the Edmonton area. If you have any questions about coaching, please reach out directly to our [Coach Development Director](#) or your Division Director.

## Tournaments

Reminder to Head Coaches/Managers that if your team is planning to play in any tournament, you MUST complete the GELC **TOURNAMENT REQUEST FORM**. Teams will NOT be approved if your bench staff are not properly registered on RAMP, have their NCCP numbers, proper certification and the head coach must also have Respect In Sport - Activity Leader.

If your team is travelling out of province, you must also visit the ALA website to complete an [ALA Travel Authorization Request](#).

## Sponsorship Opportunities

Sponsorship opportunities are still available! With your generosity we will be able to provide the Titans players with an even greater experience.

- Team Jersey Sponsorship
- Tournament Community Sponsor
- General Sponsorship
- Other Sponsorship Opportunities

All of the details are available on our [website](#).

Please direct sponsorship inquiries to: [webpage@sherwoodparktitans.ca](mailto:webpage@sherwoodparktitans.ca)

## Coach/Manager Info

We have a number of resources on our website and the GELC website to support you. Please select the "Coaches" or "Managers" tabs.

[GELC Coach and Manager Handbook](#)

[GELC Manager Resources](#)

[Titans Manager's Checklist 2024](#)



## Important Dates

All teams are posted on the website along with practice and game schedules. You should also have access to your team through the RAMP App where you can see your schedule, team roster and team chat.

### Important Upcoming Dates:

April 25: Titans Classic Tournament  
Registration Closes

April 30: RTN Tournament Registration  
Closes

May 1: U7/U9 Coach Deadline for Jamboree  
T-Shirt Order Forms to GELC

May 1: RTN Apparel Pre-Sales Close

May 4: Adaptive & Inclusive Lacrosse  
Program Starts with Lacrossing Barriers

May 4: Community Development Coach  
Clinic (Fort Sask.)

May 17-19: Rock the North Tournament

May 7: Deadline for Coaches to Submit  
GELC U7/U9 T-Shirt Order Form

May 11: Community Development Coach  
Clinic (Spruce Grove)

May 30: Coach Training deadline

May 31-June 2: Titans Classic Tournament

June 15 & 16: U7/U9 Wrap-Up Jamboree

June 17-27: GELC Playoffs (U11-U17)

July 12-14: Provincials in Sylvan Lake/Red  
Deer (U13-U17)

## Goalie Clinic

This season we will be partnering with King Krosse, NLL Vancouver Warriors Goalie Aaron Bold, to offer a goalie camp for all of our Titans goalies!

Bold's clinics offer a diverse range of fundamentals and advanced drills, strategically designed to build essential skills required for lacrosse. The personalized attention and constructive feedback fosters a strong sense of growth in technical skills, but also in self-assurance to excel in high-pressure situations.

Stay tuned for final details on dates and registration!



## Face Off Camp

We are excited to partner with Faceoff Control, Tyrell Hamer-Jackson of the NLL Vancouver Warriors, to provide a face off camp for U11-U17 players in mid-May!

The face off technique/strategy is a unique component of lacrosse, and we are working to support the skill set of our young athletes and improve the coaching knowledge of our club.

Stay tuned for exact dates, cost and registration!



## Lacrossing Barriers - Adaptive & Inclusive Lacrosse

The Titans are very proud and excited to announce that we have partnered with Lacrossing Barriers to bring an adaptive and inclusive lacrosse program to the Sherwood Park and Edmonton area!

Lacrossing Barriers is a not-for-profit organization dedicated to providing opportunities to play sport, move and learn skills to those in marginalized communities who have not always been given a choice.

Operating since 2018, Lacrossing Barriers is Alberta-based. They believe their approach to Adaptive and Inclusive Lacrosse Programming translates into authentic, respectful and kind experiences, creating a culture where they allow for All Abilities and All Possibilities.

For them, inclusion means allowing everyone to choose so that anyone can play together. They do not engage a diagnosis. Instead, they empower an individual and work alongside them to create an environment that allows them to learn, play and thrive the way they need - regardless of where and how they were born or their station in life.

When you see #yeswecan it isn't simply a hashtag. It is a standard and the way they approach The Medicine Game.

Dates: May 4, 11, 25 and June 1, 8, 15, 22

Time: 3:00 PM - 4:30 PM

Program Cost: \$45 (If cost is a barrier, please contact Lacrossing Barriers directly)

Who: All Ages & Abilities

**REGISTER HERE**



### Coaches Needed!

We are actively seeking coaches who are able to volunteer and help with our Lacrossing Barriers program! No experience is required and training will be provided. If you are interested, please sign-up on the Titans website.

**Sign Up**



## Jon Marrese Stickers

On November 16, 2023 the lacrosse community lost one of its own when Jon Marrese passed away from a lengthy and courageous battle with cancer.

The Titans have decided, along with the Rams and Miners, to honour Jonny who was a major influence on lacrosse in Edmonton. Jon grew up playing for the Rams where he then transitioned into playing for the Edmonton Miners Jr.B program. Jon then became an originating member of the Edmonton Miners Jr.A team that is still competing for the Minto Cup today. He grew to be one of the best junior lacrosse players in Canada and from that was drafted to be a member of one of the first Edmonton Rush teams where he competed in the National Lacrosse League. He went on to have a very successful local senior lacrosse career with the Sherwood Park Outlaws, Spruce Grove Slash, and Edmonton Miners. Jon often competed for and eventually won a Presidents Cup championship with the Sherwood Park Outlaws in 2007. Jon was a teammate of countless former Titans alumni including myself, Brian Broks, Blair Manning, Jordan Houtstra, Jesse Draper, Brandon and Steve Zwack. His connections to our club continue to remain deep.

Jon's brother Dave was also a prominent player for the Miners Jr and Sr teams and his dad has been an official for the GELC for around 25 years. He also left behind his wife Jamey, son Marek, daughter Afton and his mother Barb. We wear these stickers to tell his family that we stand behind them and I'm sure it will mean a lot to them each time they see one. Marek is U11, and Afton plays U9 for the Rams so we will expect to see their family around the rink a lot this season. My U9 team was lucky enough to play against Aftons team last weekend with Ron Maresse as our referee. It was our first game wearing our stickers on our helmets and the family was very moved to have the Titans support through this small but meaningful gesture.

Lacrosse is a very small community and I ask you all to join us in a tribute to a pillar of our lacrosse community gone to soon. He left behind countless friends, teammates, fans and a family we can send our love to by wearing these stickers. I want to thank the Titans executive for their unquestioned support on this. We will hand the stickers out to division directors, and they will pass them out to their teams very shortly. Please feel free to reach out to me if you have any questions, Ernie Hancock, Titans U9-1.



## Rock the North Apparel

We are hosting our Rock the North Women's only tournament for U11, U13, U15 and U17 again this season! All of our Titan's women's teams have a spot in this tournament.

We are excited to partner with local business, [Run This Town](#), to offer you exclusive Rock the North Women's Lacrosse Tournament apparel!

Presales are already open until **May 1, 2024**. All orders will be available for pick up on May 17th and 18th at the South Edmonton Soccer Centre.

A portion of all proceeds from the sale of tournament branded gear will go to expanding the Rock The North Lacrosse tournament.

**Order now as stock will be limited at the tournament - ORDER NOW!**

**ORDER**



## Governance

Reminder, there have been some regulation changes by the ALA for the season. These were announced and shared in October 2023.

U9 and U11 now play 12 minute periods. Please read the [news article from the ALA](#) to see all the changes and details.

Please also review other important governance documents to stay informed about lacrosse:

[Titans Policies & Procedures 2024](#)

[GELC Governance Documents](#)  
(Bylaws, Regulations, Policies)

[ALA Governance Documents](#)  
(Bylaws, Regulations, Policies)

[ALA Rules of Play](#)

## Sin Bin - Titans Bags

Did you know Sin Bin carries custom Titans lacrosse bags?

Order online or shop in store to grab yours!



## Titans Alumni Q & A

We've had the chance to catch up with some of our Titans women alumni to find out more about their lacrosse careers.

Alumnus, Emma Jobs, is now playing with Newberry College in South Carolina and alumna, Ella Royer, plays with Wilmington University in Delaware.

Click on each picture below to see the a full Q & A with each of these athletes and learn about all of their accomplishments in lacrosse and out how playing lacrosse has impacted their lives and college experiences.



### EMMA JOBS

»»» WHERE IS SHE NOW?



### ELLA ROYER

»»» WHERE IS SHE NOW?



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