



TITANS LACROSSE

Sherwood Park Titans Minor Box Lacrosse Newsletter

February 2024

Registration Reminder

Thank you to everyone that has already registered for the 2024 season! If you have a friend still wanting to register, remind them to get their registration done before March 30th to avoid being waitlisted.

REGISTER HERE



All registration information, along with fees for each division can be found on our [website](#).

If you have questions about registration, please do not hesitate to contact our amazing Registrar: registrar@sherwoodparktitans.ca

'A' Head Coaches

We are excited to announce the head coaches for the 'A' teams this season:

U13-A: Brian Broks

U15-A: Blair Manning

U17-A: Joe Royer & Luke Royer

All of these coaches with extensive experience and a passion for lacrosse. Please join us in congratulating them!

Women's Division Update

U11 Women:

Currently 11 players registered, no wait list.

U13 Women:

Currently 23 players registered, 3 players wait-listed.

U15 Women:

Currently 28 players registered, no waitlist. There are currently going to be 2 teams in this division. All players will take part in parity evaluations to make the teams as even and fair as possible.

U17 Women:

Currently 29 players registered, no waitlist. There are currently going to be 2 teams in this division. All players will take part in parity evaluations to make the teams as even and fair as possible.

Please continue to reach out to friends, fellow athletes, or previous players who have yet to register to help us open the waitlists and achieve up to 2 goalies and 18 runners per team.

Women's Only GELC Drop-In: March 2 & 3 (Leduc) - keep watching for final details!

Women's GELC Goalie Clinic: April - stay tuned for more details to come!

UPDATE...

CONGRATULATIONS!

Come Try Lacrosse

Bring a friend and grab some Titans swag when you come to our FREE Come Try Lacrosse Event!

Monday, Feb. 19, 2024 (Family Day):

4:30 PM to 5:00 PM

U7 Co-Ed (Birth Years 2018-2019)

5:00 to 5:30 PM

U9 Co-Ed (Birth Years 2016-2017)

5:30 PM to 6:00 PM

U11-U13 Women (Birth Years 2012-2015)

6:00 PM to 6:45 PM

U15-U17 Women (Birth Years 2008-2011)

6:45 PM to 7:30 PM

U11 Men (Birth Years 2014-2015)

7:30 PM - 8:15 PM

U13 Men (Birth Years 2012-2013)

8:15 PM - 9:00 PM

U15 & U17 Men (Birth Years 2008-2011)

This is a FREE event and NO REGISTRATION is required! We offer this event for any new players who are interested in trying out lacrosse.

Equipment required: Helmet with a cage and indoor running shoes. Sticks will be available to use.



If you have any questions, please email:
registrar@sherwoodparktitans.ca

'A' Team Try-Outs

The deadline to **register** for 'A' teams tryouts for U13, U15 and U17 men's has been **extended** to **Feb. 11, 2024 @ 11:59 PM**. If your player is interested in trying out, they must be registered and paid in full, including the tryout fee, by this deadline.

'A' Tryouts are scheduled for:

Feb. 17/18 @ Edmonton South Soccer Centre

Feb. 24/25 @ Edmonton South Soccer Centre

March 2/3 @ Millennium Place

Reminder: **\$7 spectator admission fee** at the Edmonton South Soccer Centre

Full tryout schedules are available on our [website](#).

The expectation is that players wanting to try for the A-level teams must attend the dates of evaluation. Should they choose to miss any of the dates, their scoring will only be based on the times they attend. There are no exceptions or other times that will be provided. Should you know your player will miss a specific date, please contact your Division Director ASAP so they are aware.

Our Club and coaches believe that a successful team is one that is not only built on a skill set but also on a player's **respectfulness, dedication, work ethic, positive mindset** and **accountability**.

Good luck to all athletes attending tryouts, have fun out there!



Team Building Opportunity: Try Lacrosse



TRY LACROSSE



Bring it on!

Team Building Opportunity

Looking for a fun event or activity for your end-of-season wrap-up? Need a fun, positive team-building event?

Why not bring your whole team out and have some fun on the field as they try lacrosse?!

- Build self-esteem
- Learn new athletic skills
- Fun & fast-paced
- Improve endurance, agility & hand-eye coordination



Contact Us
To Book Your Team!



www.sherwoodparktitans.ca



scheduler@sherwoodparktitans.ca

NEW
NEW
NEW
NEW

OPPORTUNITY
OPPORTUNITY
OPPORTUNITY

Feb. Pre-Season Drop-Ins

These drop-in floor times are for current players to come out and shake the dust off, and and get back into the lacrosse groove!

If you plan to attend 'A' level tryouts, the High Intensity drop-ins are a great way to warm-up and prepare. The regular drop-ins are great preparation for parity evaluations as well!

There is a small fee of \$7 per drop-in or \$25 for a 5 pass punch card.

*Full equipment is required for all drop-ins.

Feb. Drop-In Dates:

All drop-ins are at: Millennium Place

Wed, Feb. 14:

4:45 PM - 5:45 PM (U7, U9, U11 co-ed)

7:45 PM - 8:45 PM (High Intensity U17)

Thurs, Feb. 15:

7:30 PM - 8:30 PM (U13, U15, U15 co-ed)

Wed, Feb. 21:

4:45 PM - 5:45 PM (U9, U11 co-ed)

7:45 PM - 8:45 PM (U13 co-ed)

Thurs, Feb. 22:

7:30 PM - 8:30 PM (U15, U17 co-ed)

Wed, Feb. 28:

4:45 PM - 5:45 PM (U7, U9, U11 co-ed)

7:45 PM - 8:45 PM (U13 co-ed)

Thurs, Feb. 29:

7:30 PM - 8:30 PM (U15, U17 co-ed)

Please sign-up to help coach by contacting our Drop-In Committee:

U7@sherwoodparktitans.ca

Respect in Sport-Parents

***Respect in Sport Parent must be held by one parent/guardian on a player's registration this season.**

The GELC has teamed up with Respect in Sport to support a positive "safe sport" culture and improve the sport experience for everyone involved.

Respect in Sport (RIS) Certification is a mandatory requirement of the GELC and its Member Clubs to register your child in lacrosse.

Course Fee: \$12.00

Please visit our [website](#) for details on how to complete your course or import your certification from another sport.

****Other RIS Courses (RIS Coach) can NOT be applied in place of Respect in Sport Parent****

Click below for more information:
[Program Access Instructions](#)



2024 Season Schedule Information

Our schedule is dependent on the ice being removed from the rinks in Strathcona County and working to share floor space with other user groups. Below is what we know so far, which includes information from our local governing body, the GELC, which is responsible for scheduling all games.

U7	Scheduled one floor time per week on Wednesdays. This is a combination of a practice/game. The GELC will schedule all teams to participate in 1 weekend of play (Saturday or Sunday) in May, and June against other clubs. U7 will have a wrap up GELC Jamboree style tournament on June 15-16, 2024.
U9	Scheduled two floor times per week on Tuesdays & Thursdays; one practice and one game. The GELC schedules games to have a start time of 6:00 pm or 7:00 pm. The GELC will schedule weekend play with Westlock. U9 will have a wrap up GELC Jamboree style tournament on June 15-16, 2024
U11	No set days for practices; 1-2 practices per week Monday through Friday. Weekday games will be scheduled by the GELC on Tuesday and Thursday, with a start time of 6:00 pm or 7:00 pm. There will be weekend play with Westlock.
U13	<p>No set days for practices; 1-2 practices per week Monday through Friday.</p> <p>U13-B weekday games will be scheduled by the GELC on Tuesday and Thursday, with a start time of anywhere between 6:00-8:15pm. There will be some weekend play.</p> <p>U13-A and U13 Women's weekday games will be scheduled by the GELC on Monday, Wednesday and Friday with a start time of anywhere between 6:00-8:15pm. There will be some weekend play.</p> <p>U13 Women will play in the Titans Rock the North Women's Tournament May 17-19, 2024.</p>
U15	<p>No set days for practices; 1-2 practices per week Monday through Friday.</p> <p>U15-B weekday games will be scheduled by the GELC on Tuesday and Thursday, with a start time of anywhere between 7:00-8:30pm. There will be some weekend play.</p> <p>U15-A and U15 Women's weekday games will be scheduled by the GELC on Monday, Wednesday and Friday with a start time of anywhere between 7:00-8:30pm.</p> <p>U15-A & U15-B will play in the Titans Classic Tournament: May 31 - June 2, 2024.</p> <p>U15 Women will play in the Titans Rock the North Women's Tournament May 17-19, 2024.</p>
U17	<p>No set days for practices; 1-2 practices per week Monday through Friday.</p> <p>U17- B and U17 Women's weekday games will be scheduled any day of the week with a start time anywhere between 7:00-8:30 pm. There will be some weekend play.</p> <p>U17-B will play in the Titans Classic Tournament: May 31 - June 2, 2024.</p> <p>U17 Women will play in the Titans Rock the North Women's Tournament May 17-19, 2024.</p> <p>U17-A (WRLL) Provincial League Games will be played on weekends. Regional games will be scheduled any day of the week.</p>

Important Coaching Info

Planning to coach this season? Head over to the [Coaches' Tab](#) of our website for details on all the important requirements.

All bench staff (including managers) MUST have a current **Criminal Record Check** (valid up to 2 years) that will need to be uploaded to your RAMP staff registration.

Coaches, you will also need your **NCCP** number to add to your staff registration.

Coaching Clinics/Qualifications:

All potential and future coaches, please check your coaching certifications NOW and what certifications are required for the division you are intending to coach within 2024. Check out the [GELC Coaching Pathway](#) or [Lacrosse Canada's Coaching Pathway document](#).



The GELC has already opened Registration for [Coaching Clinics](#) in the Edmonton area in **March & April**. Please see the [GELC Instructions for Coaching Clinics](#) for help with registration.

If you have any questions about coaching, please reach out directly to our [Coach Development Director](#).

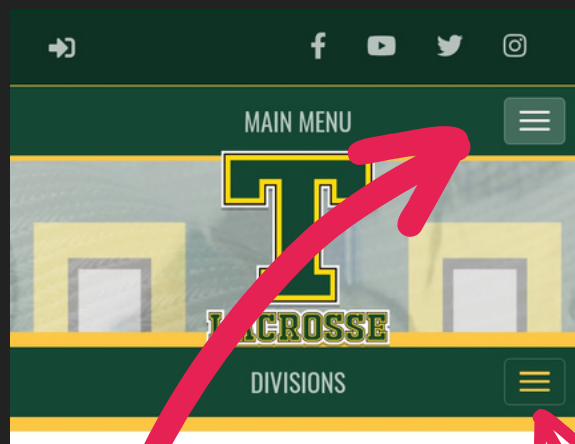
FAQs

Have you got questions about lacrosse or our club? Please check out our [FAQs](#) or the [Season Info](#), which are both updated on our website.



In addition to that, we work really hard to update our website on a frequent basis and encourage you to check out information under each tab like: News, Parents, Coaches, Managers, and more! Our website should have the information to answer almost any other question you might have, and should be your first stop for info.

Not finding the answer you need? Under the Administration/Contact Info Tab there is a link to [Executives](#) where you will find contact info so you can direct your question to the appropriate member of our board.



**CLICK TO SEE
ALL TABS**

**FIND YOUR
DIVISION
HOMEPAGE HERE**

Shorts & Apparel

Don't forget that it is **mandatory** for all players to wear Titans shorts for games. Shorts are **ONLY** available for purchase through Sin Bin, Sherwood Park.

It is best to purchase online, however they do have some stock available in store.

***Sizes** - These shorts typically fit big. Before ordering you can stop in to Sin Bin to try on to determine the best size for your player.

Sin Bin is carrying more of our Titans apparel this season as well, so check it out and support local!



SHOP NOW

Alberta Tournaments

Disappointed your team isn't able to play in the annual Titans Classic this year? Check out the 2024 Box Lacrosse Tournament Schedule on the ALA website for all the other tournaments in Alberta this season!

Important Dates

Feb. 11: Registration deadline for 'A' level intent to play

Feb. 17 'A' team try-outs begin. Check your division homepage for specific dates and times for your division

Feb. 19: FREE Come Try Event for any NEW players to give lacrosse a try! Sticks will be available to borrow, so let your friends know and come out to have some fun!

March 15: Titans Classic Tournament Registration Opens (U15-A & B; U17-B)

Apr. 13: Regular season games begin

May 17-19: Rock the North Women's Tournament (U11-W, U13-W, U15-W, U17-W)

May 31-June 2: Titans Classic Tournament (U15-A, U15-B, U17-B)

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

June 17-24: City Playoffs (U11-U17)

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

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<http://sherwoodparktitans.ca/>

