



TITANS LACROSSE

Sherwood Park Titans Minor Box Lacrosse Newsletter

March 2024

Registration Reminder

Thank you to everyone that has already registered for the 2024 season! We are already wait-listing in some divisions, so remind your friends to register before March 30, 2024 to secure a spot on a team!

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

Women's Goalie Clinic

Don't miss this exciting opportunity!

The GELC is hosting a FREE Women's Goalie Clinic on April 4th at the Leduc Rec Centre.

Goalies must register [here](#) to attend.

WOMEN'S GOALIE CLINIC

APRIL 6, 2024

10AM-2PM
LEDUC REC CENTRE

Free Registration for all registered GELC Goalies All Ages

Women's Division Update

U11 Women - We are thrilled to have a full team in this division and are aiming to run two full teams now! Please help us recruit a few more friends to join you for some fun this season!

U13 Women - We were able to open the waitlist and are creating two teams at this level! We'd love to have a few more players join at this level to help strengthen the teams - let your friends know!

U15 Women - We were able to open the waitlist and are creating two teams at this level! We are still looking for another goalie in this division - spread the word!

U17 Women - We were able to open the waitlist and are creating two teams at this level! We are still looking for another goalie in this division - spread the word!

Please continue to check your inbox for updates from your Division Director and visit your Division Homepage for details on final teams.



Coach Chalk Talk

We are pleased to present our annual Titans Coaching Chalk Talk for all Titans Coaches!

We are excited to partner with **Vay Diep**, Head Coach of the Junior B Tier 1 Edmonton Warriors, 2023 Founders Cup Champions (National Champion), to present this session.

All Titans coaching staff that are interested are invited to attend, although the session will be geared more towards U11 and up.

Chalk Talk Overview:

- Offensive strategies and tactics to support
- Defensive strategies and tactics to support
- Transition strategies- pros and cons
- Special Teams- PP, Pk, 6-5, special situations
- Building a Winning Culture
- Personal Reflections and Learning from the 2023 Champion season

When: Sunday, March 24 @ 10:00 AM - 12:00 PM

Where: County Chambers, Strathcona County Hall, 2001 Sherwood Drive, Sherwood Park

Who: Titans Coaches (head coaches or assistant coaches)

Cost: Free

Coaches MUST register to attend this event

REGISTER NOW >



Call for Coaches

We are still looking for head coaches and assistant coaches in some divisions. If you are interested in coaching or learning more about the opportunity please reach out to your Division Director.

Bench Staff Checklist:

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

- **Register** as staff through our **RAMP Registrations site**
- **Upload** a current **Criminal Record Check** (valid up to 2 years) to your RAMP staff registration
- Coaches, you will also need your **NCCP** number to add to your staff registration
- Coaches, ensure you have appropriate coach level training for your division and role
- Check out the **GELC Coaching Pathway** or **Lacrosse Canada's Coaching Pathway** document.



Edmonton Area Coaching Clinics:

March 16/17: Competition Intro

April 6/7: Competition Intro

April 21: Community Development

If you have any questions about coaching, please reach out directly to our Coach Development Director.

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 or 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 or 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 or 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 or 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 or 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 (WRLI) Provincial League Games will be played on weekends. Regional games will be scheduled any day of the week.</p>

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jax.baker@icloud.com

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.

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



Important Dates

March 16/17: Parity Evaluations

March 20: Titans Classic Tournament
Registration Opens (U15-A & B; U17-B)

March 25: GELC Releases Schedule to the Public

March 29: Rock the North Tournament
Registration Opens (all women's teams)

April 6: GELC Women's Goalie Clinic

April 6/7: Parity Evaluations Continue

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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