

# TITANS LACROSSE NEWSLETTER



APRIL  
2026



## Hello Titans!

The rust has been shaken off, teams have been formed, and numbers have been selected. The start of the lacrosse season is officially here, as our Titans take the floor this month for the first time with their respective teams for practices, games, and tournaments!

As we look forward to another season of Titans lacrosse, we can't wait to see all that our players, coaches, and volunteers will achieve, as we soak in every moment of the short but sweet lacrosse season.

## Titans Game Day Shorts

A reminder that Titans game day shorts **must** be worn by each Titan during games. Titans game day shorts can be purchased **exclusively** from our partner at Sin Bin Sports in Sherwood Park.



[www.sherwoodparktitans.ca](http://www.sherwoodparktitans.ca)



## Titans Evaluation Survey

We want to hear from you! This evaluation process was our first with our new Evaluation Policy. We've opened a survey to hear your thoughts on the clarity, fairness, and transparency of the policy to ensure our Evaluation Policy and process is continually improving. Feedback is anonymous and will be reviewed. The survey can be accessed below:

[Titans Evaluation Survey](#)

## Lacrosse Canada Box Lacrosse Rule Modifications

To optimize alignment both with international box lacrosse rules as well as within the various levels of Canadian box lacrosse, Lacrosse Canada has announced a number of rule changes to be implemented for the 2026 box lacrosse season.



**LACROSSE CANADA**

Lacrosse Canada has provided a document summarizing significant rules within each box lacrosse age division as they exist following the implementation of the rule modifications. The document can be found here:

[Lacrosse Canada Age and Stage Modifications](#)



## RAMP Registration and CRC + VSC Deadline

All coaches, managers, and trainers **MUST** be registered with their respective team through RAMP as a Coach/Staff by **April 8<sup>th</sup>** to coach, manage, or train this season. In addition, coaches and trainers **MUST** have a Criminal Record Check and Vulnerable Sector Check completed by **April 8<sup>th</sup>** as part of their RAMP registration. The RAMP registration portal can be accessed below, as can letters for fee waivers for CRC and VSC checks:

[RAMP Registration Portal](#)

[VSC Waiver Letter](#)

[CRC Waiver Letter](#)



# Letter from the President

APRIL  
2026



April 1, 2026

**Subject:** Welcome to the 2026 Titans Lacrosse Season!

Dear Titans Members,

Welcome to the 2026 lacrosse season! We are excited to have you with us and ready for what promises to be another outstanding year for Titans Lacrosse.

This past off-season was one of the busiest and most productive we've had. Your board has been working hard to promote lacrosse throughout our community and grow the game at every level. One highlight we're especially proud of is Lacrosse Literacy, an initiative delivered in partnership with the ALA to introduce and teach lacrosse in local schools. We were able to successfully coordinate and deliver Lacrosse Literacy to 9 local schools over 15 days. This program, combined with our \$199 new player incentive, successful Come-Try sessions, and active marketing efforts, helped us **exceed last year's registration numbers**—a great accomplishment for our club.

We also implemented a new player evaluation policy this season. An incredible amount of work went into this process by a dedicated committee who invested significant time and energy to make evaluations as fair, consistent, and transparent as possible. Through this work, we have also identified some gaps, and we want it to be clear that we are taking ownership of those areas. Addressing them will be a priority as part of our commitment to reflection, learning, and continual improvement moving forward.

None of this progress would be possible without the dedication, collaboration, and leadership of our board. I am incredibly proud of the strength of this group and grateful for the commitment they continue to bring to our athletes, families, and the long-term health of the club.

As the season begins, we encourage all players to play hard, support one another, and represent the Titans with pride, respect, and sportsmanship—both on and off the floor. You are ambassadors of this club, and we know you will wear the Titans' name well.

Thank you for being part of our growing lacrosse family. We can't wait to see you on the floor and kick off an unforgettable 2026 season together. Go Titans!

Yours in Lacrosse,

Karen Wellner  
President  
Sherwood Park Titans





## Growing the Game

Leading the way in growing the female game, the Titans are thrilled to share that we will be fielding two female teams in the U7 division this season, the only club in the GELC to do so! The Titans are proud to provide opportunities for girls to play our national summer sport together, and we can't wait to see what our U7-Female teams achieve this season!

Registration for the Titans Classic is now open! Running from May 29<sup>th</sup> to May 31<sup>st</sup>, the 2026 edition of the Titans Classic will feature U15 A, B, and C divisions, as well as U17 A and B divisions. The application deadline for the tournament is April 15<sup>th</sup>. Register now by filling out the application package [here!](#)

## Sponsorship Opportunities

Multiple sponsorship opportunities are available as part of the 2026 Titans Classic! Sponsorship opportunities range from our tournament swag bags to our MVP awards. Reach out to [tournament@sherwoodparktitans.ca](mailto:tournament@sherwoodparktitans.ca) today to discuss sponsorship opportunities available with one of the largest lacrosse clubs in the province!

## Titans Classic



## Board Member Spotlight

Joining the Titans Board after six seasons in the coaching ranks, Colin brings a wealth of lacrosse experience into his new role as the Female Director. Colin's experience coaching female lacrosse, where he was recognized as Coach of the Year, give Colin an understanding of the female game that we are excited to have at the Board level, and that we know Colin will use to grow the female game.

Welcome to the Board Colin!





**Competitive Introduction Clinics**  
March 19<sup>th</sup>, 2026 - [REGISTER HERE](#)  
April 8<sup>th</sup>, 2026 - [REGISTER HERE](#)

## Coaching Clinics and Certification

All coaches intending to be on the bench this season from the U7 - U17 levels **must** have completed a community development clinic put on by the GELC, as well as the NCCP online modules outlined by the GELC. Those coaching at the U15 and U17 levels must complete a competitive introduction clinic, after previously completing a community development clinic, as well as two additional NCCP modules. All coaching requirements outlined by the GELC **must be completed by May 15<sup>th</sup>**, or coaches will be removed from the bench. The list of coaching clinics and certifications required by the GELC can be found [here](#), while the current schedule of coaching clinics being put on by the GELC can be found [here](#). Please note, each coaching clinic includes both a virtual classroom component, as well as an on-floor coaching component.

## Referee Clinics

Looking for a way to get involved or stay involved with lacrosse, work your own schedule, earn the opportunity to be a part of provincial, national, and international tournaments, all the while getting paid? The Alberta Lacrosse Referee Association has opened registration for referee clinics for the 2026 box lacrosse season! The referee clinic schedule can be viewed [here](#), while information for first time referees can be viewed [here](#).

Without referees, there is no lacrosse. Play a part in making the coming lacrosse season the best yet in Alberta, and sign up for a referee clinic today!



# Alberta Summer Games

APRIL  
2026



**STRATHCONA  
COUNTY**

**2026**

Alberta Summer Games

The 2026 Alberta Summer Games are coming right here to Strathcona County! Taking place from July 16<sup>th</sup> - July 19<sup>th</sup>, 2026, the Alberta Summer Games will feature sixteen **U15** female and co-ed teams from eight Zones across Alberta competing to be crowned champion. Athletes compete for the provincial Zone in which they reside. Tryouts for each Zone are scheduled individually by each Zone. All Titans athletes reside in **Zone 5**. Additional information regarding the Alberta Summer Games can be found [here](#).

Register for Zone 5 tryouts [here](#) to compete to represent Zone 5 in this once-in-a-lifetime lacrosse showcase!

## Prairie Cup

This year's edition of the Prairie Cup is coming to Alberta! Hosted in Red Deer from July 24<sup>th</sup> - July 26<sup>th</sup>, 2026, the Prairie Cup serves as a regional tournament development opportunity to prepare athletes from the Alberta, Saskatchewan, and Manitoba Lacrosse Associations for high-performance pathways. Stay tuned to the Alberta Lacrosse Association webpage [here](#), and the Prairie Cup webpage [here](#) for information regarding tryouts!



### Other Important Dates

U9/U11 Kickoff Weekend - April 11<sup>th</sup> - April 12<sup>th</sup>

GELC Regular Season Games Begin - April 13<sup>th</sup>

Coaching Clinic and Certification Deadline - May 15<sup>th</sup>

U7/U9 Wrap-up Jamboree Weekend - June 12<sup>th</sup> - June 14<sup>th</sup>

GELC Playoffs (U11 - U17) - June 15<sup>th</sup> - June 29<sup>th</sup>

ALA Male Provincials (U13 - U17) - July 10<sup>th</sup> - July 12<sup>th</sup> - Medicine Hat, AB

ALA Female Provincials - Date and Location TBD

Stay up to date on all things Titans!



[www.sherwoodparktitans.ca](http://www.sherwoodparktitans.ca)