

SALA STING 2024



<h2>STING COMMITTEE</h2>	<h2>Season at a Glance</h2>	
<p>This season SALA has established a STING committee to organize and plan the season as well as establish coaches and pick all 3 teams. This group is composed of Scott McColl(Brooks), Cody Firth(Lethbridge), Logan Sundhom(Medicine Hat), and Ethan Redpath(Brooks), Garrett Harris(Brooks)</p>	<p>March -April - Training Camp (Med Hat, Taber, Brooks) May - Exhibition Games vs CDLA Clubs - Saskatoon Tournament May 17-19,2024</p> <p>June/July - Canada Day tournament June 29- July 1</p> <p>For more info visit SALA website for our Season Breakdown</p>	
<h2>Training Camp</h2>		
<p>This season the committee is going to establish a preseason training camp taking place over three weekends that will allow players to learn from experienced coach and give evaluators multiple opportunities to watch our players grow and learn. March 30th in Medicine Hat and April 14th in Brooks will give the players two 1.5 hr long floor times and a 1 hour classroom session.</p>		
	<h2>How to register for Training Camp</h2>	
<p>Registration and payment for training camp is being done through the RAMP which is available to access through SALA website or through the QR provided here. The cost for camp is \$100 which will provide each player with all of the floor time and training mentioned above as well as a reversible Sting pinnie.</p>		
<h2>SALA Sting is open to ALL SALA PLAYERS</h2>		<p>Follow all SALA social Media for updates</p>
<p>For any questions related to the SALA Sting Program you can contact: salastinglax@gmail.com</p>		<p>Facebook - SALA - Southern Alberta Lacrosse Association</p> <p>Instagram @s_a_l_a_lacrosse</p>