

Frequently Asked Questions



1. What is the cost?
 - a. Tryout fee - TBD
 - b. Fee for rostered player - \$350.00
 - c. Red Shirt fee - \$150.00

2. What does the registration fee cover?

Fees cover floor rental costs, tournament entries, exhibition game costs, player apparel, and any other costs associated.

3. What is the commitment?

Each team will participate in two tournaments, one May Long weekend and the Calgary Canada Day tournament. Teams will practice weekly and may participate in exhibition games.

4. When and Where are practices?

Practices will be determined by the team once selected. Locations will vary based on availability of floor and roster. Practices will not interfere with SALA league play or club practices.

5. Who can come to training camp?

All registered SALA players in U13, U15, and U17 divisions.

6. How are player selections made?

Assessments will be completed by third party evaluators, no parents or potential coaches will be included in the assessment process to ensure transparency and fairness.

7. How are Coaches and Managers selected?

Coaches are selected as per the SALA Sting Guidelines, parent Coaches or Managers will not be selected until after the rosters have been selected.

8. What is a Red Shirt?

A Red Shirt is a player that comes to practice and learns alongside the team. They may be added to the roster in the event of injury or illness. The Red Shirt fee includes player apparel and covers a portion of floor rental fees.

9. Who do I contact with questions?

Questions regarding SALA Sting can be directed to Scott McColl, Sting Committee Chair at: salastinglax@gmail.com