

SALA Sting

✦ Southern Alberta "A" Lacrosse Program



2024 Sting Committee

The SALA Sting Committee is composed of individuals from within the SALA membership that hold experience in the various fields of knowledge that combined ensures proper stewardship of high performance lacrosse in Southern Alberta. These fields include lacrosse IQ, policy development, governance, physical wellness, and sport. The committee does not represent any one region or sector within SALA. Rather it is a collection of individuals who share the same goal of providing equitable, accessible, and fair opportunities for SALA Minor lacrosse players wishing to play at the highest level afforded to them.

Names	Role
Scott McColl (Brooks)	Sting Committee Chair
Cody Firth(Lethbridge),Ethan Redpath(Brooks), Logan Sundholm(Medicine Hat) , Garrett Harris(Brooks)	Sting Committee Member/ Coach
Mike Materi	Advisor

The Primary Objective

Objective	Success Metrics
The SALA Sting provides accessible and fair opportunities for SALA Minor lacrosse players wishing to play at the highest level afforded to them.	Players receive instruction/coaching to improvement in overall lacrosse knowledge and skill
	Teams will participate in "A" level competition including tournaments and exhibition games
	Players set lacrosse specific goals to meet as individuals and players

Timeline

	March	April	May	June/July
Training Camp Every SALA Player in U13, U15, and U17 will have the opportunity to attend 3 weekend long training camp	Information Meeting - March 15 Via Zoom 7pm			
	March 22 - Camp Registration Closes March 30th - Training Camp Day One Medicine Hat	April 14 - Training Camp Day 2 Brooks		
		April 20 - Training Camp Day 3 Taber		
Practice Time 18 runners and 2 Goalies will be selected for each team, they will meet on Friday evenings in various SALA communities to practice and participate in Exhibition Games	Team Meetings Coaches will meet with all team members on the team via zoom prior to practice one	Practices will start April 26 and run throughout the season typically Friday or Sunday depending on floor time until June 28th		
			A weeknight practice can be added at coach's request week of May 13-18th	
Competition Each team will participate in two tournaments and have opportunity to play in various exhibition games			Exhibition Game with CDLA Club Team TBA	
			Saskatoon Tournament May 17-19th	
				Canada Day Tournament June 28-July 1st

Training Camp Schedule

Each player will be charged a \$100 camp fee. For that fee each age group will get 10 hours of floor time/ instruction along with 2 hours of classroom time with our coaches/instructors and a reversible pinnie.

Date	Schedule
<p>March 30 - Big Marble Go Field House Medicine Hat, AB</p>	<p>10:00am - 11:30am U13 Floor time 1</p> <p>12:00pm - 1:00pm U13 Classroom</p> <p>2:30pm -4:00pm U13 Floor time 2</p> <p>11:30am - 1:00pm U15 Floor Time 1</p> <p>1:30-2:30pm U15 Classroom</p> <p>4:00pm-5:30pm U15 Floortime 2</p> <p>1:00pm - 2:30pm U17 Floortime 1</p> <p>3:00pm - 4:00pm U17 Classroom</p> <p>5:30pm - 7:00pm U17 Floor time 2</p>
<p>April 14 - JBS Canada Center Brooks, AB</p>	<p>10:00am - 11:30am U13 Floor time 1</p> <p>12:00pm - 1:00pm U13 Classroom</p> <p>2:30pm -4:00pm U13 Floor time 2</p> <p>11:30am - 1:00pm U15 Floor Time 1</p> <p>1:30-2:30pm U15 Classroom</p> <p>4:00pm-5:30pm U15 Floor time 2</p> <p>1:00pm - 2:30pm U17 Floor time 1</p> <p>3:00pm - 4:00pm U17 Classroom</p> <p>5:30pm - 7:00pm U17 Floor time 2</p>
<p>April 20th - Taber Arena *</p> <p>Tentative</p> <p>*schedule tentative and dependent on the Chaos schedule</p>	<p>10:00am-12:00pm U17 Floor time</p> <p>12:00pm -2:00pm U15 Floor time</p> <p>2:00pm - 4:00pm U13 Floor Time</p> <p>6:00pm - Jr B Chaos Game (all participants get Free Entry)</p>

FAQ

1. What is the cost ?
 - a. Each player will pay the \$100 camp fee and then registration fee of \$350 once the team is selected.
2. Who can come to training camp?
 - a. **All SALA players** in U13,U15, and U17
3. What does the registration fee cover?
 - a. The registration fee covers the expenses a team will have throughout the season including tournament fees, exhibition game costs,ALA registration fees, coach's expenses, team balls, and SALA sting swag for the player [Registration Link](#)
4. How many games will the teams play?
 - a. Each team will play in two tournaments, one in Saskatoon May Long weekend and one in Calgary Canada Day Weekend. Each tournament is a 4-5 game tournament depending on the success of the team so we are projecting 12 games for each age group,
5. When and Where will practices be held?
 - a. Practice will be held on Friday evenings or Sunday to avoid conflicts with SALA "B" events (weekdays when applicable)
 - b. Locations will vary depending on the availability of floor time and roster make up
6. How are player selections made?
 - a. The Sting Committee along with third part evaluators will be present at all training camp activities to assess all players. Once assessments are done coaching staffs and sting committee members will select the team.
7. How are coaches selected?
 - a. Coaches must submit an intent to coach form([Intent to Coach](#)) to SALA President prior to training camp starting. Sting Committee will go through all applications and select the head coach while advising on the rest of the coaching staff with input from the head coach.
8. What is a Red Shirt?
 - a. Red Shirt is a player that comes to practice and learns along side the team, could potentially get game action in cases of injury or suspension. These players will be charged a discounted rate(Practice fee \$80 and additional \$135 per tournament if selected). Red Shirt players will be taken on a case by case basis.
9. Who do I contact with questions?
 - a. Any questions or comments about Training Camp or SALA Sting in general please contact the following:
 - b. salastinglax@gmail.com