



St Albert Rams Lacrosse Club

2019

Information Sheet

St Albert Rams Lacrosse Club and Local Lacrosse

St Albert Rams Lacrosse Club is a minor lacrosse association that is part of the Greater Edmonton Lacrosse Council (GELC) and operates from March to July each year. Other minor box lacrosse clubs within the GELC include: South Edmonton Warriors, West Edmonton Blues, North Edmonton Wizards, Sherwood Park Titans, Fort Saskatchewan Rebels, Leduc Crush, Westlock Rock, Parkland Posse, and Beaumont Raiders. The Rams have teams in all Divisions, Mini-Tyke (3 to 5 yrs old) through Midget (15/16 yrs old).

St Albert also has six major lacrosse teams. the Junior A, Senior B and Senior C Miners; the Junior B Tier I and Junior B Tier II Crude; and the Junior Ladies Drillers. They all play in the Rocky Mountain Lacrosse League (RMLL).

The Club is always looking for new people. There are opportunities to participate as an Official, Coach, Manger, Trainer or as one of the many other valuable volunteers required to make our Club and sport a great success. There are series of coach and referee clinics conducted each year within the Edmonton area.

Equipment Requirements

The GELC is a member of the Alberta Lacrosse Association (ALA) which is governed by the Canadian Lacrosse Association (CLA). The ALA has recently introduced contact at younger levels which now includes equal pressure to be used at Mini-Tyke, place-and-push at Tyke and unmodified contact at Novice. Therefore, **full equipment is required for all Divisions which consists of the following: helmet (NOCSAE or CSA approved), cage/mask (CLA approved), protective gloves, shoulder and arm (elbow) pads, back/kidney pad, mouth guard, and a jock or jill strap.** Running shoes and a stick are also required and kneepads are optional. Hockey equipment can be used except for the kidney protector which is unique to lacrosse. However, lacrosse specific equipment provides better fit, protection, and flexibility. This is particularly true of items such gloves and arm guards. There are also lacrosse specific cages (masks). There are youth lacrosse sticks that have a thinner handle and slightly smaller head and at Mini-Tyke and Tyke the sticks can be as short as 26 inches (66.0 cm). At Novice and PeeWee sticks cannot be any shorter than 34 inches (86.4 cm) and at Bantam and above sticks cannot be shorter than 40 inches (101.6 cm) nor longer than 46 inches (116.8 cm).

Here is a list of some of the local retailers who carry various selections of lacrosse equipment and sticks.

Source for Sports St Albert. <http://www.stalbertsourceforsports.ca/generalsports/lacrosse.aspx> Both the store on St Albert Trail and the one at the Servus Place carry lacrosse equipment; the one on St Albert Trail carries a larger selection and variety of equipment and sticks. This store is located at 580 St Albert Trail, phone number is 780 458 0000.

Sportchek St Albert. <http://www.sportchek.ca/> A small lacrosse section with a selection of sticks and some equipment. The store is located at 375 St. Albert Trail #160, St. Albert, AB T8N 3K8, phone number is 780 460-0220.

United Cycle. <http://www.unitedcycle.com/vpl/LACROSSE/54/products.do> They have a large selection and variety of lacrosse equipment and carry everything required to completely outfit a player. In most cases if not in stock they are willing to order it. They are located at 7620 Gateway Blvd, Edmonton, phone number 780 433 1181.

Canadian Tire. <http://www.canadiantire.ca/en/sports-rec/lacrosse.html> Basic gear and typical Canadian Tire level of equipment; limited selection and variety. The St Albert store is located at 40 Bellerose Drive, St Albert, phone numbers is 780 459 5545.



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Totem Outfitters. <http://www.totemoutfitters.ca/totem-sports-exchange/> Carry both new and used sports gear and have a good selection of lacrosse equipment and sticks. If unsure about spending money on new gear this is a great option to purchase used equipment; availability varies. They are located at 7430 99 St, Edmonton, phone number is 780 432 1223.

Slash Lacrosse: https://www.facebook.com/pg/SlashLacrosse/about/?ref=page_internal. Is the closest lacrosse specialty store and carry a wide range of both player and goalie equipment. They are fully stocked on site year around. They are located at 6200 67A St # 11, Red Deer, phone number is 403 347-5274.

Season Schedule

The Rams' practices and home games take place at Servus Credit Union Place and Akinsdale/Kinex Arenas in St Albert and Ray McDonald Sports Centre in Morinville. Away games depend on the division; lower Divisions generally travel less than the higher divisions. Evaluations occur during the first two weeks of March, the preseason runs from mid-March to mid-April and the GELC season is from mid-April to mid/end June. Playoffs begin the end of June. Below are the days of the week and times that practices, and games are scheduled by division. These times are subject to change based on floor availability, however whenever possible, every effort will be made to schedule according to these days/times:

Division	Night of Week	Regular Home Game and Practice Times (away games may vary)
Min Tyke	Mon / Wed Potentially some weekend games	6:00 to 7:00 PM
Tyke	Tue / Thu Potentially some weekend games	6:00 to 7:00 PM
Novice	Tue / Thu Mon / Wed (practices) Potentially some weekend games	7:00 to 8:00 PM
PeeWee	A - Mon/Wed/Fri/Sa/Sun B - Tue/Thu/Fri/Sat/Sun C - Mon/Wed/Fri/Sa/Sun	7:00 to 8:30 PM or 7:30 to 9:00 PM
Bantam	A - Tue/Thu/Fri/Sat/Sun B - Mon/Wed/Fri/Sa/Sun C - Tue/Thu/Fri/Sat/Sun	8:00 to 9:30 PM or 8:30 to 10:00 PM
Midget	Any	8:30 to 9:00 PM or 9:00 to 10:30 PM
Novice	Tue / Thu Mon / Wed (practices) Potentially some weekend games	7:00 to 8:00 PM
PeeWee Girls	Mon/Wed/Fri/Sat/Sun	7:00 to 8:30 PM or 7:30 to 9:00 PM
Bantam Girls	Tue/Thu/Fri/Sat/Sun	8:00 to 9:30 PM or 8:30 to 10:00 PM
Midget Girls	Any	8:30 to 9:00 PM or 9:00 to 10:30 PM



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Fundraising

Our key fundraiser for the St. Albert Rams is the annual Baggataway Tournament. The other critical aspect to the Rams' program is the volunteer shifts which occur throughout the year and could include bingos, casinos, representing the Rams at Canada Day or Sports Day as well as Rams' events such as evaluations and the Baggataway Tournament.

Important Dates for 2019

4 to 16 March	Rams Evaluations
18 March to 14 April	Rams Preseason
5/6 April	Changing the Game
15 April	GELC Season Starts
7 to 9 June	St Albert Rams 2019 Jeremy Richardson Memorial Baggataway Tournament
15 to 16 June	Timbits Wrap up Tournament at the East Edmonton Soccer Centre
20 June	Playoffs Start
10 to 14 July	Minor Box Lacrosse Provincials, Calgary
20 to 24 August	Minor Box Lacrosse Nationals, Coquitlam, BC

Lacrosse Links

St Albert Rams - <http://www.ramslacrosse.ca>
Greater Edmonton Lacrosse Council - <http://gelc.ab.ca>
Alberta Lacrosse Association - <http://www.albertalacrosse.com/>
Canadian Lacrosse Association - <http://cla.pointstreaksites.com/view/cla>
Federation of International Lacrosse - <http://www.filacrosse.com/>
Rocky Mountain Lacrosse League - <http://www.rockymountainlax.com>
National Lacrosse League - <http://www.nll.com/view/nll>