



St. Albert Rams Lacrosse Club

2022

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: Beaumont Raiders; Fort Saskatchewan Rebels; Leduc Crush; North Edmonton Wizards; Parkland Posse; Sherwood Park Titans; South Edmonton Warriors; West Edmonton Blues; and Westlock Rock. The Rams have teams in all age divisions, 6U through 16U.

St. Albert also has three major lacrosse teams: 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 a Board Member, Official, Coach, Manger, Trainer or as one of the many other valuable volunteers required to make our teams, Club and sport operate successfully. There are a series of coach and referee clinics conducted each year within the Edmonton area.

The GELC will be operating a different program for the 2022 season in comparison to that in 2019, the last full season prior to the impacts of COVID. The GELC is in the process of returning to a Parity Plus system. For the 2022 season there will be A teams at the 12U, 14U, and 16U. All other teams at each of these age divisions will be formed based on parity, i.e. there will be no B and C levels. The team selection process for these teams will be essentially the same as the one used in previous years to form the 8U and 10U teams, through a snake draft.

Season Details

The Rams operate out of Servus Credit Union Place and Jerome Iginla/Kinex Arenas in St. Albert. There are occasions where the Rams may use facilities in Morinville. The Rams are one of three Clubs in Zone North which includes the North Edmonton Wizards and Fort Saskatchewan Rebels. All A level teams, 12U, 14U, and 16U, will be formed with players from all three Clubs. If there are not enough or too many players to form subsequent teams at each of these age divisions, the parity teams may also be formed with players from two or more of the Zone Clubs. The Zone teams could be hosted out of any of the three locations. The 6U, 8U, and 10U divisions will be based out of St. Albert facilities for practices and home games.

Evaluations occur during the first two weeks of March; the preseason runs from mid-March to mid-April and the GELC regular 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 in St. Albert. These times are subject to change based on floor availability and the GELC game schedule, however whenever possible, every effort will be made to schedule according to these days and times:



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Division	Day/Night of the Week	Practice Times and Home Games (Away games may vary)
6U	Mon/Wed Potentially some weekend games in late season	6:00 to 7:00 PM
8U	Tue/Thu Potentially some weekend games	6:00 to 7:00 PM
10U	Tue/Thu Potentially some weekend games	7:00 to 8:00 PM
10U Female	Tue/Thu Potentially some weekend games	7:00 to 8:00 PM
12U	A Teams - Mon/Wed/Fri/Sat/Sun Parity Teams - Tue/Thu/Fri/Sat/Sun	7:00 to 8:30 PM or 8:00 to 9:30 PM
12U Female	Mon/Wed/Fri/Sat/Sun	7:00 to 8:30 PM or 8:00 to 9:30 PM
14U	A Teams - Tue/Thu/Fri/Sat/Sun Parity Teams - Mon/Wed/Fri/Sat/Sun	Start between 7:00 and 8:30 PM end between 8:30 and 10:00 PM
14U Female	Tue/Thu/Fri/Sat/Sun	Start between 7:00 and 8:30 PM end between 8:30 and 10:00 PM
16U	Any day of the week and weekends	Start between 7:00 and 9:00 PM end between 8:30 and 10:30 PM
16U Female	Any day of the week and weekends	Start between 7:00 and 9:00 PM end between 8:30 and 10:30 PM

Equipment Requirements

The GELC is a member of the Alberta Lacrosse Association (ALA) which is governed by Lacrosse Canada (formerly the Canadian Lacrosse Association (CLA)). The ALA has recently introduced contact at younger levels which now includes “equal pressure” to be used at 6U, “place-and-push” at 8U and unmodified contact at 10U. 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 protector, 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 6U and 8U the sticks can be as short as 26 inches (66.0 cm). At 10U and 12U sticks cannot be any shorter than 34 inches (86.4 cm) and at 14U and above sticks cannot be shorter than 40 inches (101.6 cm) nor longer than 46 inches (116.8 cm).



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The following 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>
Have a selection of lacrosse equipment and carry everything required to completely outfit a player
This store is located at 580 St. Albert Trail, St. Albert; phone number is 780 458 0000.

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

United Cycle. <https://unitedsport.ca/pages/shop-best-lacrosse-equipment-sticks-balls-edmonton-canada> 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. https://www.canadiantire.ca/en/sports-rec/team-sports/lacrosse.html?adlocation=LIT_TeamSports_Lacrosse_en 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.

Totem Outfitters. <https://totemoutfitters.ca/summer-gear> 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.slashlacrosse.ca>. Is the closest lacrosse specialty store to St. Albert 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., Red Deer; phone number is 403 347-5274.

Fundraising

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 2022

7 to 16 March	Evaluations
17 March to 17 April	Rams Preseason
17 April	GELC Season Starts
10 to 12 June	St. Albert Rams Jeremy Richardson Memorial Baggataway Tournament
18 to 19 June	GELC Timbits Wrap up Tournament
20 June	GELC Playoffs Start
7 to 10 July	Minor Box Lacrosse Provincials, Cold Lake



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15 to 20 August

Minor Box Lacrosse Nationals, Langley, 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>

Lacrosse Canada - <https://www.lacrosse.ca>

World Lacrosse - <https://worldlacrosse.sport>

Rocky Mountain Lacrosse League - <http://www.rockymountainlax.com>

National Lacrosse League - <http://www.nll.com>