

APRIL 2023



Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE



A New Club Relinquishes the Rams

The St. Albert Rams, in partnership with a pro sports franchise, has announced its expansion to an NLL team in 2024.

After celebrating their 40th anniversary, the Rams have been working behind the scenes to acquire a local pro sports franchise, negotiating the right to use the Ram's name and logo. We are now proud to announce that we have come to an agreement and you should only be excited to see the announcement of a new NLL team to Edmonton, but it will be inspired by the deep history of the Rams!!

LAX FACTS




The first **Women's Lacrosse game** was played May 17th 1890 at St. Leonards School in Perth, Scotland

SHARE WITH US

Have a team, player, coach or event you would like recognized? Email it to marketing@ramslacrosse.ca and you could see it in the next newsletter!

We want to highlight our members, on and off the floor!

FOLLOW THE RAMS

-  FACEBOOK
-  INSTAGRAM
-  YOUTUBE
-  WEBSITE



2023 ALA Tournament Schedule Released

Click to find out what tournaments are being hosted in Alberta this season.



Get your Gear for 2023

The Rams Apparel Shop is open 24/7 to get you geared up for the 2023 season!



Registration is open for the 2023 season

Follow the link to get registered for the 2023 season!

2023 North Zone "A" Teams Announced

Congratulations to all the players that have been selected to represent the North Zone at the "A" Level.

After a furious four sessions, players left everything they had on the floor by the time the final whistle went on the "A" division Tryouts! The Rams are extremely proud of every player that stepped on the floor with aspirations of playing for the North. Representing the North in 2023 will be:

U13 - Head Coach - Buck Mar

Griffin Janvier
Auley Hilkewich
Baron Bruinsma
Bennet Sedo
Calder Sonnichsen
Hunter Classen
Jack Champagne
Kadum Boutin
Lincoln Boucher
Logan Hooper-Wright

Wyatt Dockerill
Van McKenzie
Tristan Cameron
Teo Chabot
Smith MacIntyre
Rylen Hnatiw
Rowan Germain
Odin Grochmal
Mason Tymkow

U15 - Head Coach - Carter McKinley

Charlie Graham
Braiden Carter
Bryder Ibsen
Daileas Cuming
Keegan Grannery
Liam James
Lucas Evans
Nicholas Oulette
Riley Carter

Teague Cardinal
Kieran Dockerill
Westin Woods
Miller Beck
Kai Levesque
Eric Rudneski
David LaRose
Sam Hilkewich

U17 - Head Coach - AJ Jomha

Parker Connelly
Ashton Johnson
Jaxon Yaceyko
Joel Yaceyko
Kael Owen
Kyyus Chorney
Sean McDonnell
Trennen Redlick
Aydan Greenwood
James Muir
Kalob Babiuk
Ameer Jomha
Blake Cameron



Ryder Morgan
Ronan Cardinal
Tucker Darby
Rylan Connors
Noah Keller
Fernando Runco



LACROSSE 101 FOR RAMS PARENTS

Every year the Rams host on-floor info sessions with parents of U7 and U9 players to introduce rules and regulations, while answering questions that parents have to better understand the game. Information on equipment basics, rules, processes, playing styles and commitments were covered. We put sticks in the hands of the parents to give them an idea of what the kids will be learning, and there was even an official out to talk to parents to give them an idea of what the kids will be getting in trouble for!!!!!!!



A Team Effort Expands Beyond the Floor.

Evaluation success is only the first step in a strong start to the season. What role will you play as the season starts?

With Over 300 players, 20 coaches and volunteers as well as countless hours for the Rams Executive, there was no shortage of hands in the dirt, planting the seeds of the 2023 Minor Box Lacrosse Season. Now the dust settles after a frantic two weeks consisting of countless schedule changes and long volunteer shifts and we're left with nothing but smell of well used pinnies and the excited grins of young Lacrosse Players.

The anticipation now begins to grow for the players. A new season, new teammates and new coaches. The sound of balls smashing off the glass and shoes screeching on the concrete. The echos of a referee's whistle and the parents cheering from the stands as players bear down for the first face-off of the season.

So parents, forgive your child when they are too excited to sleep at bedtime, when they bounce a lacrosse ball off the kitchen counter learning to cradle, and when they accidentally hit a younger sibling with a stick while trying to execute a BTB fake in the living room. For these are the moments that will continue to grow our great sport.

Forgive your spouse for stirring over early season practice plans instead of sitting down to watch the latest episode of The Last of Us. For attending coaches meetings instead of coming to bed... And for fielding frantic text messages and emails from eager parents instead returning Uncle Lou's phone call from earlier in the week. For these are the actions that give our players the opportunity to learn, love and shine in the game.

Take a moment to realize that there is no minor roll in providing a child the chance at an amazing season. There will be times when it seems like to much, but when your child finds you in the stands, and from the floor, beams at you through the glass with a smile that no mouth guard can contain, you'll realize that your effort is valid and is certainly worth it. It's always worth it, and you're just as big a part of the team as any!

Rams Team Photo Day

Plan for your team photos to happen April 22 at Jerome Iginla Arena



Future Ref's in the Making

A number of Rams and North players took part in the first Referee Clinic of the season.

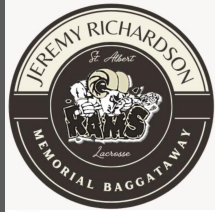


Drillers Inspire Young Laxers

The Junior Women's Drillers host 25 Female Lacrosse Players in a pre-season weekend camp.



Getting Social with Lacrosse

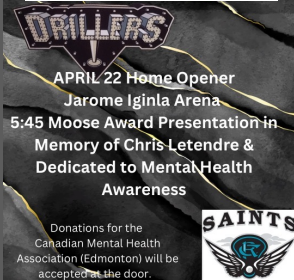


@st.albertslacrosse

60 spots are full.

The hype is real around the 2023 Jeremy Richardson Memorial Bagattaway hosted by the Rams. By the time registration opened on March 15, there were 14 teams on a list waiting for the clock to strike. Within the first 24 hours, there were already 36 of 96 spots already filled and as of the release of this newsletter,

@drillerslacrosse



The Junior Women's Drillers season opener happens April 22. They will be presenting for the first time, The Moose Award. This Award exemplifies the epitome of a compassionate and dedicated teammate, planting roots in the game to help grow it stronger.

The ceremony starts at 5:45 at the Jerome Iginla Arena. Donations will be taken at the door for the CMHA.



@minerslacrosse

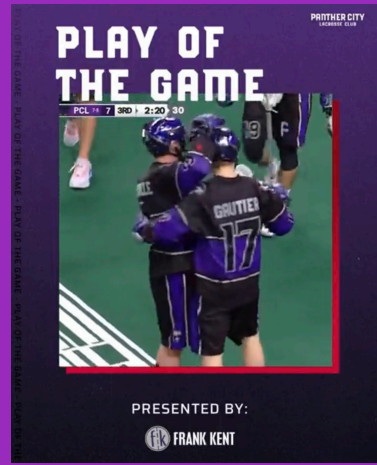
The Jr. A Miners look to carry the momentum from last season's history making performance, as they chase the Minto Cup for 2023 which will be hosted in Edmonton this year. They're first pre-season game goes April 2 at the George Hughes Arena in Edmonton.

KNOW THE PROS!

The Goat keeps getting it done!

Mathieu Gautier scoops a quick rebound and stings the far corner for the PCLC Play of the game in a big win against The Desert Dogs March 18.

*photo credit PCLC Social Media



PRESENTED BY:
FRANK KENT

On The Move

Dean Fairall signed by the Vancouver Warriors

*photo credit Vancouver Warriors social media



THE SHERWOOD PARK TITANS AND BEAUMONT RAIDERS ARE HOLDING THE AREA'S FIRST ALL WOMEN'S BOX LACROSSE TOURNAMENT. THE ROCK THE NORTH TOURNAMENT RUNS MAY 5-7 2023 IN BEAUMONT AB.

@rockthenorthlax

You're Invited! May 5-7, 2023 Beaumont, AB

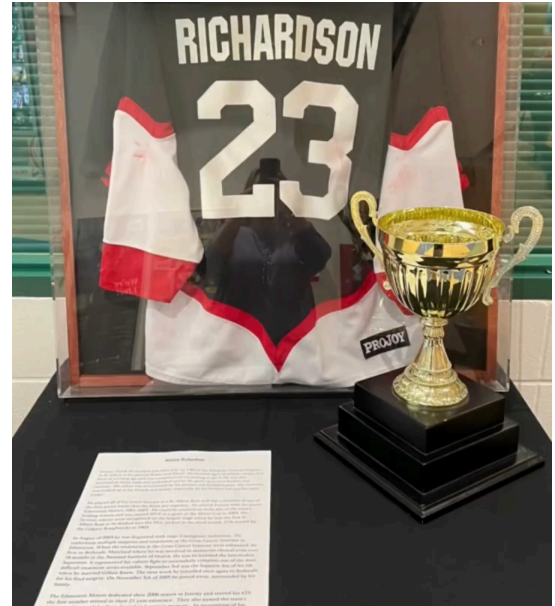
Women's Divisions & Fees	
U11	\$850
U13	\$900
U15	\$950
U17	\$950

REGISTRATION OPENS: MARCH 15

www.tournaments.sherwoodparktitans.ca
sptitansrockthenorth@gmail.com

Registration Opens 15 March

Closing 1 May



The Jeremy Richardson Memorial Baggataway has returned for another great year. With divisions ranging through U7 to U17 in parity and mens divisions. This ALA sanctioned event promises to provide a great environment for team bonding, fun games, and parent experiences. We are offering a chance at medals in Gold, Silver and Bronze in the U11 to U17 divisions. We will have equipment vendors, stick stringing, photographers and local vendors at locations. Arenas include Servus Credit Union Place, Morinville Leisure Centre, CFB Garrison Twin Arenas, Jerome Iginla Arena and Kinex arenas.

Arenas and times vary depending on divisions.

- Guaranteed three games
- Swag bags for players
- 50/50 and Raffle Baskets
- Vendors on site

When: 9-11 June 2023

Where: St. Albert and surrounding areas

Time: 12-10pm, 8am-10pm and 8am-4pm

Other: Divisions U7-U17

Visit: [Jeremy Richardson Memorial Baggataway](#)

Contact: tournamentdirector@ramslacrosse.ca

Lacrosse Sticks 101

Are Lacrosse Sticks the most customizable piece of sports equipment on the market today?

Given the **extremely long history** of our sport, we are not that far removed from the days when a lacrosse stick was purely a master craftsman's creation. An artisan's vision of pride, of culture and of individualism. Created as a weapon, not for harm, but for competition. Though the competition was created out of battle, it became sport. It became culture, it became leisure, it became passion, and as most things do, has come full circle and is now again competition, but being performed at the highest levels.

This past fall, that recency really set in for me, when visiting with my cousin Todd. Todd grew up playing Lacrosse on the west coast in the 70's and 80's so we brought some sticks for my Bantam age Son to throw a ball around with him. This would turn out to be the first time Todd would pick up a modern stick consisting of a composite shaft, a plastic head and synthetic mesh. Having to leave the game following a **Minto Cup victory in 1988**, playing along side Paul and Gary Gait (*who shortly thereafter, began to innovate stick construction into what we know today*), he only knew Lacrosse as played with a traditional wooden stick. That's when it struck me. That I'm actually becoming old (though Todd is quite a few years older than me), or that we are still young in this version of Lacrosse as we now know it.

Much as it was during the course of Lacrosse history, the stick is not just a piece of equipment used to play the game, but it has become a source of self expression. A tool designed to create personal advantage, and a symbol of identity and inclusivity. A modern stick can be created with endless possibilities, not all of which would ever be captured in a single article, but maybe we can shed some light on the basics so you have a small idea of what to look for and what to ask when shopping for a stick for your young lacrosse player.

Without getting into the personalization, ascetics, modification, and the expression a stick can possess, here are the basics when looking for a stick for your young Lacrosse player.

HEAD TYPES



ATTACK - Tightly pitched longer up the throat with an exaggerated flare at the scoop. Designed to create a tight channel for more accurate shooting and better ball retention. Generally lighter weight.



DEFENSE - Wider at the throat with a short pinch before flaring for the scoop. Made out of stiffer, heavier plastic. Designed to knock down passes and withstand delivering stick checks and slashes.

SIDE WALLS



Sidewalls vary from stick to stick. The main items to focus on with the sidewall is the offset and the sidewall holes. The offset will change the moment to ball is released from the pocket. The most common offset is down below the centerline of the shaft.

The sidewall holes are what you use to create the pocket. The more holes available, the more customizable the pocket can be. Certain sidewalls are designed to create a specific pocket.

POCKETS



LOW POCKET The ball naturally sits lower in the head. Creates more feel of the ball in the stick and a smoother, slower release but has less ball retention. Generally low whip and good for new and defensive players.



MID POCKET The Ball Naturally sits in the middle of the head. Reduces the feel of the ball in the stick, but quickens the release point of the swing. Creates stronger ball retention and provides the opportunity to adjust the whip level. Works well for offense and defense



HIGH POCKET The Ball sits naturally in top of the head. Creates the least amount of feel of the ball, but has a high amount of whip and hold, resulting in a very fast release. Ideal for players shooting from in tight.

LACROSSE STICKS 101 CONT...

Shafts are not quite as important as the pocket, especially for the younger age kids, but have benefits in certain situations. Shafts are built with various types of metal, carbon fiber, composites, and wood. At the younger ages, the most important aspect of the shaft is the length. Shaft length is proportionate to the size of the player, so long as it is within the rules of that age division. Much like a hockey stick, the size of the stick will grow with the player. Junior shafts, not to be confused with "mini sticks" or "fiddle sticks", have a smaller diameter shaft, and come with a sleeve to fit it into the Lacrosse Head. Offensive shafts are generally lighter, while defenders prefer a heavier, more robust shaft.

7U to 13U: 34" to 46"
15U & older: 40" to 46"



Mesh is what the pocket is made out of. There are many types of mesh and can vary in diamond size and count, hardness, weight and now various styles of construction. The most commonly used in Box Lacrosse is the 10 diamond mesh in some variation from soft to hard compound. Softer mesh allows the pocket to shift more, creating more feel with the ball in the stick, where hard mesh creates a more consistent channel but may not offer the same amount of ball control while in the stick.

Stringing Patterns, provide more detail in the stick construction than any other modification can have to any other piece of sports equipment available today. There is an endless combination of knots that can be used to completely customize how your pocket will perform. Stringers have spent decades personalizing stringing patterns that they feel separates their stringing style from others. It's pretty easy to fall down a social media rabbit hole learning about stringing patterns and techniques. [String King Ustring](#) offers great tutorials and stringing patterns for almost every stick in existence, and is a great resource for those interested in learning to string.

It should be noted, that most "off the shelf" pre strung sticks, are not necessarily properly strung, and may need some work to suit your young player. **A well strung stick will not make increase their ability to perform, but a poorly strung stick will hinder their ability to.**

Important Dates in April

Apr 13 - Rams Executive Meeting

Apr 15 - GELC Community Box Dev Clinic
Women Only

Apr 16 - GELC Community Box Dev Clinic

Apr 22 - Rams Picture Day
Jerome Iginla Arena

Apr 22 - Drillers Season Opener
5:45 pm @ Jerome Iginla Arena

Apr 22/23 - GELC Competitive Intro Clinic

Apr 31 - Final day to register for the JRMB

Parents Challenge!!

Common Lacrosse Canada rules and regulations that maybe you didn't know.

Rule 36 - Change of players/too many players

(a) Players may be changed during any stoppage in play for a face-off. Players may be changed at any other time from the players' bench, provided the player(s) leaving the playing surface have one foot in the exchange area before the substitute player makes contact with the floor. Violation by the offensive team shall result in possession being awarded to the non-offending team. Violation by the defensive team shall result in a delayed bench minor penalty to the offending team. Bench minor penalties require the removal of any player on the offending team (other than the designated goalkeepers) without substitute for two minutes unless terminated early by a goal.