



DECEMBER 2024

RAMS NEWSLETTER

HIGHLIGHTING ALL THINGS RAMS LACROSSE



WE'RE BACK

Well Kinda...

Well, you may not be hearing the sound of shoes screeching on the concrete, or getting startled as a hard shot smacks against the glass right beside your head. You don't have to worry about a smelly bag in the back seat yet, or rushing back home when you find out your player forgot a single glove "somewhere" in the basement. You don't even have to decide yet, as to whether or not you want to try out for "A" ball this season. But you can at least take the first step and get **registered for the 2025 season!!** Act before Dec 31 to take advantage of the early bird special rates!!

LAX FACTS

The GELC announced a new President as Ray Shelton replaced Tim Stewart on Wednesday Dec 18. We thank Tim greatly for his time as President.

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



Winter Camp Returns

The 2025 Rams Winter Drop In Camp starts Jan 6, 2025



Brand New Gear for 2025

The Rams Apparel Shop is open 24/7 to get you geared up for the 2025 season!



Registration Is Open!!

Get all of the information to register for 2025!

What to know about the 2025 season

As registration opens and anticipation builds toward an exciting new season, behind the scenes the Rams executive board has been feverishly trying to find solutions to some of the problems that are almost impossible to avoid when running a youth sports organization.

Registration fees, fundraising efforts, floor availability, coaching resources, player development strategies and volunteer incentives are always at the top of the list. And the hardest part might be navigating topics that are outside the club, like tournament challenges and reffing shortages. And as much as we, as a club, try to mitigate the impact of some of these challenges to our members, some are just unavoidable.

Changes to the volunteer program

The biggest change you'll notice this season is the mandatory volunteer fee added to your registration. This topic was deliberated over at great length trying to find a solution to troubles we have had securing volunteers to fill a variety of positions over the course of the calendar year. The volunteer fee is refunded upon completion of your volunteer commitment.

St. Albert Rams Raffle Program

Returning for 2025 is the raffle program. With your 2025 registration, you'll receive a pack of raffle tickets that you'll be able to sell to re-coupe the costs. You can sell or disperse the raffle tickets at your discretion.

Uniforms and Shorts

When you fill out your registration this season, you'll be asked for a shorts size, because they are included in this year's registration fee for U9 and up players. As we unveil the new uniform for 2025, we want all of our players to look complete, fresh and fierce while on the floor.

The Dreaded Fee Increases

Every year we hold high hopes that operating costs, like floor time, officials, sanctioning fees ect... will remain stagnant from the previous year. But if we have learned anything from the post pandemic era, is that last year's expenses, heck, last weeks, even yesterday's expenses are something we simply dream of having the luxury of enjoying. So with the rising costs of floor time, fee's for officials, and governing body sanctioning fees, registration increases are an unavoidable obstacle.

Required for 2025



Before stepping on the floor

Another note for your 2025 season registration, is the requirement to complete the [Respect in Sport for Parents program](#). You will be required to submit your certificate upon registration. If you have done the program for another sport, you can link it to your Lacrosse Registration. Linking your certificate, will give you a new certification number for Lacrosse.



THE NLL SEASON HAS BEGUN!

Nov 29 saw the start of the [NLL season](#), showcasing the newest team in the league, The [Ottawa Black Bears](#), who shocked everyone with a surprising 11-5 upset win over the [Toronto Rock](#).

The Black Bears, though a new team are not a new franchise, having relocated from New York. And though a great story to start the season, they still may not be the biggest story entering the 2025 season. The biggest story would be Panther City closing down operations.

The loss of Panther City in the NLL most notably eliminated 25 roster spots, creating an even harder path to find a spot on a team, and created even more parity within the league.

While our greatly highlighted Rams Alumni, who all started training camps with high aspirations, competed with the best but were not all able to find permanent spots on their prospective rosters.

MAKING THE CUT

In professional sports, there are infinitely more players bidding for their chance, then those that make it all the way. The Rams are proud to have two alumni who cracked NLL Rosters this season. The “GOAT” [Mathieu Gautier](#) will suit up for the [Calgary Roughnecks](#), and Goalie [Tyden Redlick](#) has cracked the practice roster for the [San Diego Seals](#). Mathieu will get the experience of sharing the floor with future hall of famer’s Dane Dobbie and Curtis Dickson. While Tyden will get the honour of working under the tutelage of long time veteran goalie and future hall of famer Mike Poulin.

STANDINGS		WK4		
POS	CLUB	W	L	STREAK
1	Buffalo Bandits	2	0	+2
2	Georgia Swarm	2	0	+2
3	Calgary Roughnecks	2	0	+2
4	Saskatchewan Rush	2	0	+2
5	San Diego Seals	2	1	+1
6	Colorado Mammoth	2	1	-1
7	Vancouver Warriors	1	1	+1
8	Ottawa Black Bears	1	1	-1
9	Philadelphia Wings	1	1	+1
10	Albany FireWolves	1	2	-1
11	Rochester Knighthawks	1	2	-2
12	Halifax Thunderbirds	0	2	-2
13	Toronto Rock	0	3	-3
14	Las Vegas Desert Dogs	0	3	-3

THE RAMS CONNECTION

#20
Mathieu Gautier

2025 NLL SEASON STATS

Season	GP	Goals	Assists	Points	Shots	LB	CTO	Bik Sh	PIM
Week 3	1	1	1	2	4	3	0	0	0
Season	2	1	4	5	8	6	0	0	0

POWER RANKINGS		WK4
1	BUFFALO BANDITS	→
2	GEORGIA SWARM	→
3	SAN DIEGO SEALS	→
4	SASKATCHEWAN RUSH	→
5	CALGARY ROUGHNECKS	→
6	ALBANY FIREWOLVES	→
7	COLORADO MAMMOTH	→
8	VANCOUVER WARRIORS	→

Women Will Be Our Strength!

THE MISSION:

To help young women realize their strength through sport. To teach and encourage self confidence through trial, through error and through success. To share the creators game and create a lifetime passion for the sport of Lacrosse.



THE PATH:

Developing a passion starts with excitement at a young age. Excitement leads to motivation, motivation leads to success, and success is exciting! Thus creating a cycle of continuous excitement and success.



WOMEN'S LACROSSE LEAGUE



THE CEILING:

There has never been a more opportunistic time to be a female lacrosse player. Outside of the small Major Junior Circuit, young women would look forward to the NCAA options and the ability to play field lacrosse while obtaining a post secondary education. And if you happened to be the best of the best, you'd have to opportunity to play for your home country on the national field team.

Now playing for your country is still seen as the pinnacle, but the options around the international play have grown substantially.

Local minor and Jr. Age players have the opportunity to play for the Team Alberta Box lacrosse team at the Canada Summer games. Major Jr. has a female division that young women can play across the province during their high school years into their 20's, and the National program now provides opportunities at various age levels in the Box and Field Games.

Recently, local products have been recruited and are having great success at the NCAA levels all around the US while earning valuable post secondary education at the same time.



If you are as excited about seeing the Rams hit the floor in some fierce and fresh new threads this season as we are,

considering partnering with us to help see this vision come to life. We have a number of sponsorship options, offering what we hope to be an opportunity to work together! Reach out to marketing@ramslacrosse.ca to find out more.



THE FORCE IS FEMALE

PROFESSIONAL PLAY FOR WOMEN:

With the exponential growth in the women's game, not just across North America, but across the world has created a capacity for professional play in the box and field games.



In 2022, *The Arena Lacrosse League* (ALL) which is a semi pro box lacrosse with divisions based out of both western and eastern

Canada, introduced a Woman's league to run in tandem with the Men. Comprised of 6 teams in the west and 5 teams in the east, opportunities to play have never been greater.

The most recent opportunity for women to play at a professional level has been the announcement of the WLL which will operate under the PLL umbrella providing women to play at the highest level of field lacrosse with national TV broadcasts. The WLL will debut 4 teams playing the "Sixes" format at the 2025 PLL Championship Series Feb 11-17.



Important Upcoming Dates

Dec 31 - Final Day of Early Bird Pricing

Jan 6 - Rams Drop-In Camp Opens

Jan 9 - Rams Executive Meeting

Jan 13 - Rams Drop-in Camp

Jan 20 - Rams Drop-In Camp

Jan 27 - Rams Drop-In Camp

History Was Made

The Week 3 match up between the Calgary Roughnecks and Albany Firewolves, had fans leaving disappointed after watching Dane Dobbie re-write the record books on route to an overtime win in the most dramatic fashion.

At the end of the third quarter the Firewolves had an 8-5 lead and had been able to silence Dobbie to an uncharacteristic 0 points. However, that would end in the fourth quarter when Dobbie would set an NLL record by scoring 7 goals in a single quarter, and tied the game late in the fourth to send it to overtime. Dobbie would cap off the night with the overtime winner, in true Dobbie form. A burst of speed off the bench and a long pass from the goalie. Dobbie scored the last 8 goals for the 'Necks in a dramatic come from behind overtime victory.

