



Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE



Welcome to the new Rams Interactive Newsletter

Welcome to the first edition of the new St. Albert Rams Interactive Newsletter. We are excited to share news, important information, exciting things from around the lacrosse community and the great things our members are doing on and off the floor. Here you will find handy links and fun articles highlighting players, coaches, teams and alumni, both local and abroad. As well as other key information that you'll want to know about Lacrosse and the people who are helping it grow.

LAX FACTS

It is believed that original rules of Lacrosse can be traced back to the year 1794.

That means in 2024 we will celebrate the 230th anniversary of The Creator's Game.

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**

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Jeremy Richardson
Memorial Baggataway

Click the link to find out the most up to date info on our 2023 tournament



Get your Rams 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!

North Zone “A” Tryouts Starting in February.

Information you should be aware of as we gear up for “A” team try-outs and player evaluations.

It’s that time of year again!! Lacrosse tryouts are starting around the GELC, including for the North Zone teams, which Rams are a part of. A few years ago the GELC decided to combine the club teams into zones for the “A” level teams, in order to create higher level of play in the “A” Divisions.

The Rams combine with the Edmonton Wizards and the Ft. Saskatchewan Rebels to create the North Zone and operate as North Lacrosse. The South Zone is compiled of the Leduc Crush, and Edmonton Warriors and alternate ownership of the team from year to year. The Sherwood Park Titans and Beaumont Raiders form the East Zone and operate under the Titans. The Edmonton Blues, Parkland Posse and Westlock Rock create the West Zone and generally operate under the club with the most amount of players playing for the zone team.



The North Zone “A” tryouts consist of 4 on floor sessions in which the players are evaluated anonymously by independent evaluators chosen by the clubs involved. The top 2/3 of the players selected are then selected based solely on the average score of the players as scored by the evaluators. The bottom 1/3 will be chosen directly by the coaching staff, with consideration given to scores, shooting position, attitude and player potential at the coaches discretion.

The \$75 charge for the “A” tryout, is in place to cover the added floor time costs as well as to help compensate the evaluators for their time.

The “A” tryout schedule can be found on the next page, or [follow this link](#).

COACHING APPLICATIONS ARE NOW OPEN

We have made some changes to the coaching application process for 2023 to help streamline and better organize pertinent information on our end, in order to better help our coaches get the proper information and training needed to help them succeed. If you are interested in coaching or assistant coaching a team this year, [check out this link](#) to find all the information and requirements to get you on the floor, motivating players to be their best. We are continually working on compiling critical information to help better understand the coaching requirements and obligations, so keep checking back for more information. If you have any direct questions, you can reach **Karlie** our Coaching Director. We cannot thank our coaches, managers and trainers enough for all the work they put in throughout the season!!



2023 Evaluation Schedule and information.

The 2023 Evaluation schedule has been drafted and [can be referenced here](#) as changes are made, and players are placed into time slots closer to the start of evaluations. All floor times posted will be at Servus Place in St. Albert.

In addition to the players being on the floor, we will need volunteers to help run the sign-in table during evaluation nights. [Follow this link](#) to the volunteer sign up page if you are interested in helping out and taking care of your volunteer commitment early. You will be responsible for checking players in as they arrive, handing out pinnies, and collecting them after the floor times. Rams executives will be on site to aid as well.

We will also be looking for coaches to help run the on floors for the evaluation sessions as well. The lesson plan will be provided, and the on-floor coaches will be responsible for explaining and running the drills. More information about this will be laid out in the [Pre-Evaluation Meeting Feb 16](#).

New Evaluation Platform for 2023

The Rams have made a step into the modern age and are moving the evaluation process to a digital platform for 2023. After years of late nights and manually entering scores from stacks of paper work, we have graduated to the TeamGenius platform to perform our evaluations.

This allows our player development, scheduling, and registration team to seamlessly share and enter information, greatly reducing to amount of manual entry and cross-platform sharing that has been done in the past. It also allows our evaluators to enter their scores on a mobile device, which is updated to Player Development, who can monitor the scores in real time. This ensures every player is getting a proper and fair score, while eliminating the potential for human error while manually entering scores into spreadsheets from the evaluation sheets handed in by the evaluators. The players will then be ranked, grouped and ready for the snake draft, within minutes of the final evaluation.

Floor time for all Levels during Evaluations

We make our best effort to get all age groups on the floor during the evaluation period. The U7 and U9 age groups don't get evaluated, but will be allowed floor time to get out, have fun and get excited for the season.

Division / Group	Day	Date	Start Time	End Time
U13 A	Sun	26-Feb	3:00 PM	4:00 PM
U15 A	Sun	26-Feb	4:00 PM	5:00 PM
U17 A	Sun	26-Feb	5:00 PM	6:00 PM
U13 A	Tue	28-Feb	5:00 PM	6:00 PM
U15 A	Tue	28-Feb	6:00 PM	7:00 PM
U17 A	Tue	28-Feb	7:00 PM	8:00 PM
U13 A	Wed	01-Mar	5:00 PM	6:00 PM
U15 A	Wed	01-Mar	6:00 PM	7:00 PM
U17 A	Wed	01-Mar	7:00 PM	8:00 PM
U13 A	Sun	05-Mar	6:00 PM	7:00 PM
U15 A	Sun	05-Mar	7:00 PM	8:00 PM
U17 A	Sun	05-Mar	8:00 PM	9:00 PM
U11/U13 Women	Mon	06-Mar	7:00 PM	8:00 PM
U15/U17 Women	Mon	06-Mar	8:00 PM	9:00 PM
U11 Parity Group 1	Tue	07-Mar	5:00 PM	6:00 PM
U11 Parity Group 2	Tue	07-Mar	6:00 PM	7:00 PM
U13 Parity	Tue	07-Mar	5:00 PM	6:00 PM
U15 Parity Group 1	Tue	07-Mar	6:00 PM	7:00 PM
U15 Parity Group 2	Tue	07-Mar	7:00 PM	8:00 PM
U17 Parity Group 1	Tue	07-Mar	8:00 PM	9:00 PM
U17 Parity Group 2	Tue	07-Mar	9:00 PM	10:00 PM
U11/U13 Women	Wed	08-Mar	5:00 PM	6:00 PM
U15/U17 Women	Wed	08-Mar	6:00 PM	7:00 PM
U11 Parity Group 1	Thu	09-Mar	5:00 PM	6:00 PM
U11 Parity Group 2	Thu	09-Mar	6:00 PM	7:00 PM
U13 Parity	Thu	09-Mar	7:00 PM	8:00 PM
U15 Parity Group 1	Thu	09-Mar	5:00 PM	6:00 PM
U15 Parity Group 2	Thu	09-Mar	6:00 PM	7:00 PM
U17 Parity Group 1	Thu	09-Mar	7:00 PM	8:00 PM
U17 Parity Group 2	Thu	09-Mar	8:00 PM	9:00 PM
U7 Rams Parents	Sat	11-Mar	9:00 AM	10:00 AM
U9 Rams Parents	Sat	11-Mar	10:00 AM	11:00 AM
U7 Wizards Parents	Sat	11-Mar	11:00 AM	12:00 PM
U9 Wizards Parents	Sat	11-Mar	12:00 PM	1:00 PM
U11/U13 Women	Sat	11-Mar	1:00 PM	2:00 PM
U15/U17 Women	Sat	11-Mar	2:00 PM	3:00 PM
U7 Rams Parity	Sat	11-Mar	9:00 AM	10:00 AM
U9 Rams Parity	Sat	11-Mar	10:00 AM	11:00 AM
U7 Wizards Parity	Sat	11-Mar	11:00 AM	12:00 PM
U9 Wizards Parity	Sat	11-Mar	12:00 PM	1:00 PM
U11 Parity Group 1	Sat	11-Mar	1:00 PM	2:00 PM
U11 Parity Group 2	Sat	11-Mar	2:00 PM	3:00 PM
U13 Parity	Sat	11-Mar	3:00 PM	4:00 PM
U15 Parity Group 1	Sat	11-Mar	4:00 PM	5:00 PM
U15 Parity Group 2	Sat	11-Mar	5:00 PM	6:00 PM
U17 Parity Group 1	Sat	11-Mar	6:00 PM	7:00 PM
U17 Parity Group 2	Sat	11-Mar	7:00 PM	8:00 PM
U7 Rams Parents	Sun	12-Mar	11:00 AM	12:00 PM
U9 Rams Parents	Sun	12-Mar	12:00 PM	1:00 PM
U7 Wizards Parents	Sun	12-Mar	3:30 PM	4:30 PM
U9 Wizards Parents	Sun	12-Mar	4:30 PM	5:30 PM
U7 Rams Parity	Sun	12-Mar	11:00 AM	12:00 PM
U9 Rams Parity	Sun	12-Mar	12:00 PM	1:00 PM
U7 Wizards Parity	Sun	12-Mar	3:30 PM	4:30 PM
U9 Wizards Parity	Sun	12-Mar	4:30 PM	5:30 PM

Monday Night Drop-In Lacrosse Camps

Players have great success on the floor Mondays with the Rams Drop-In Camp

The 2023 Rams Drop-In camp has been one of the busiest to date. Starting at the beginning of January, we have seen swarms of young lacrosse players out on the floor with Coach Todd, learning and loving the game of Lacrosse.

We've also seen an influx of new and interested players, stepping on to the floor for the first time. They continue to come back week after week with huge smiles and enthusiastic attitudes.

We have had no shortage of coach support this season, which the Rams will likely never be able to truly express enough gratitude for. Spearheaded by Coach Todd Lorenz, he's had the support of local Lacrosse figures such as Reese Runco, Vay Diep, Bryce and Garyn Schmermund, Spencer Todd along with parent coaches and younger club players on a weekly basis.

The Winter Camp runs until Feb 27, if you haven't had a chance to get on the floor yet. Click on the pictures below to see more of the drop-in gallery.



A GOAT in the Making!

After helping lead the Jr. "A" Edmonton Miners to the first ever Minto Cup Finals appearance by an Albertan team, former St. Albert Ram [Mathieu Gautier](#) has now burst into the pro ranks, making his mark with the Panther City Lacrosse Club of the NLL.

Following his outstanding performance in the Minto, where he lead the tournament in scoring with 9 goals and 23 assists, for 32 points in 7 games, he was awarded the Jim Bishop Award for Qualities of Leadership, Sportsmanship and Outstanding Play. He was then drafted 9th overall in the 2022 NLL Entry Draft by PCLC in September.

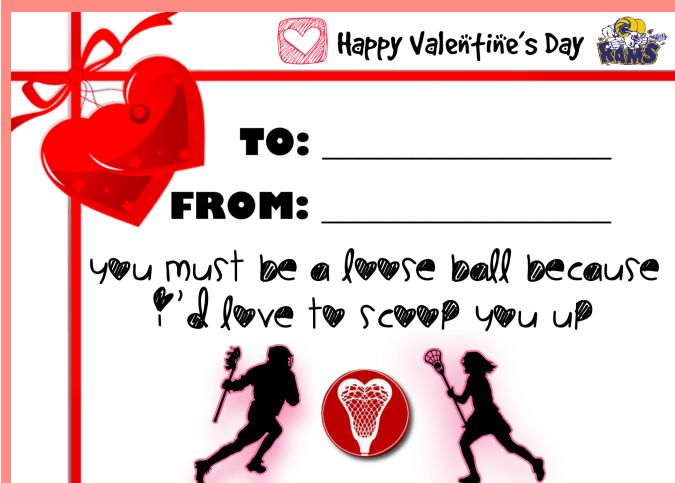


Week 5 NLL Rookie of the Week

Mathieu made his NLL Debut in week 4 against the Colorado Mammoth, where he faced off against his Edmonton Miners Head Coach, [John Lintz](#). He has since found a regular spot in the line up tallying 4 goals and 9 assists, for 13 points in 5 games so far this season. He captured Rookie of the Week honors in Week 5 playing against the Saskatchewan Rush, and joins fellow Rams Alumni, Dean Fairall and Erik Turner, all having great seasons in the NLL.

Show that Special Someone how you feel this Valentine's Day!

Looking to have some fun with your friends this Valentine's Day? Have someone special in mind, but haven't found the right way to share your feelings? The Rams have you covered! [Head here and download some printable Rams Valentine's.](#) Take them to school, to work, or even to a random stranger to brighten someone's day.



Important Dates in February

Feb 6 @ 6pm - Monday Drop-In

Feb 9 @ 7pm - Rams Monthly Board Meeting

Feb 13 @ 6pm - Monday Drop-In

Feb 16 @ 7pm - Pre Evaluation Meeting

Feb 20 @ 6pm - Monday Drop-In

Feb 26 @ 3pm - North Zone "A" Try Outs

Feb 27 @ 6pm - Final Monday Drop-In

Feb 28 @ 5pm - North Zone "A" Try Outs

Parents Challenge!!

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

Rule 43 - Face Off's

(c) Players taking the face-off shall place the frames of their sticks flat along the playing surface at right angles to the length of the box. The open face of each player's stick shall face his/her goal, and his/her feet shall not cross the parallel lines at the face-off circle until the ball has left the 60.96cm (2') face-off circle.

(h) When the ball is being faced-off, only the two players facing-off are allowed in the center zone. If another player enters the center zone before the ball leaves the 60.96cm (2') face-off circle, possession shall be awarded to the non-offending team.