



Rams Newsletter

HIGHLIGHTING ALL THINGS



Where did Summer Go??

After a whirlwind of a season, the summer flew by and we are already seeing NLL training camps on the horizon.

By the time the buzzer went off for the final playoff game, some Dads were already in the parking lot waiting with the door open, boat in tow and ready to hammer down the highway to the nearest dock. Pacing through the lobby, anxiously waiting for her child to come out of the dressing room, a Mom grabs her child's hand as they rush off to their campsite in the mountains. Others eagerly waited for that moment to kick their feet up on the deck having a fully stocked cooler within arms reach. There were the ones that waited for that last fist bump as the captain left the dressing room for the last time, then stared off at the empty floor after all the players had left. Breathing in the peace that only a silent arena can provide. And let's not forget the ones who got a brief moment to breathe before their summer Lacrosse kicked in to full swing. The practices never stopped, team meetings and travel plans became the base of all conversations and permanent finger prints stained the screen where the calendar app lies.

Whatever the end of the Box Lacrosse season brought you, we hope you enjoyed every minute of it. Enjoyed the new adventures as much as the memories you created. Connected with new found friends, and re-connected with those who, for a 3 month period, heard nothing but your excitement and stories of the season now past.

While the smiles, exercise, confidence and enjoyment that come from playing our great game is important, it's the memories that we cherish. What ever you do beyond the game will never replace those memories, but will offer moments to reflect, remember and create excitement for when your next opportunity to play arises.

FOLLOW THE RAMS



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!

LAX FACTS

The Haudenosaunee Nationals reside in the Six Nations Confederacy. Six Nations spans from south eastern Canada to the north eastern United States and are recognized as a sovereign nation with their own passports. World Lacrosse recognizes this and allows them to play under their own flag. Efforts to have the International Olympic Committee offer the same respect are underway to provide them the opportunity to take part in the Olympic Games.

Another Successful Baggattaway to Honour Jeremy Richardson Concludes After a Frantic 3 days

To say that often volunteer work goes unrecognized and under appreciated would not surprise the general population. But for those involved in planning a youth sports tournament, it would be more of an understatement than telling someone that [Lyle Thompson](#) is an okay Lacrosse player.

The hours that accumulate behind the scenes of tournament preparation climb faster than the credit card bills at the beginning of the season after outfitting a child following a winter growth spurt. And like the overwhelming feeling you get when that credit card statement arrives, the volunteers may at moments, regret their commitments while deciding on whether to review that latest proof of tournament T-shirts, or go to bed for the night.

From organizing raffle baskets, to welcoming patrons at the door prior to the opening game, it truly takes a club effort and help from every family to make it all seem like a smooth operation.

Seem like... That's a phrase that when an organizer hears, they feel flattery soaked in frustration with a side anxious excitement. Proud of their patrons experience, but with a hint of "if you only knew..." But rest assured, we know. And if someone doesn't, we have no problem sharing your sentiment with them.

The 2023 JRMB saw 75 teams playing across 7 floors. 1330 athletes completed 130 games played in 5 different venues over the 3 day span. Teams from all over Alberta and as far as Northern BC travelled to take part.



A look inside a busy Servus Place during the JRMB

During the tournament alone, 93 volunteer hours were donated by families, many at the last minute as complications would arise. Many graciously changed venues or time slots to help better accommodate families challenged with schedule complications. With families from all clubs in the North Zone chipping in, a real feeling of camaraderie was apparent when all was said and done.

While only the winning teams go home with some shiny hardware, a giant banner and pictures with some killer trophies, every player leaves with amazing memories, huge smiles and an eagerness to do it all over again!

2023 JRMB Winners

U11



U11 Gold Medalists
Calgary Sabrecats



U11 Silver Medalists
Calgary Axemen




U11 Bronze Medalists
Olds Stingers




U13 B-1




U13B-1 Gold Medalists
Sherwood Park Titans B1



U13B-1 Silver Medalists
Beaumont Raiders U13-2



U13B-1 Bronze Medalists
Red Deer Chiefs



U13 B-2



U13B-2 Gold Medalists
Lakeland Cold Lake Heat



U13B-2 Silver Medalists
Edmonton Warriors



U13B-2 Bronze Medalists
Leduc Crush



2023 JRMB Winners

U13 A



U13A Gold Medalists
Leduc Crush



U13A Silver Medalists
Calgary Axemen



U13A Bronze Medalists
Parkland Posse



U15 B



U15B Gold Medalists
Sylvan Lake Buccaneers



U15B Silver Medalists
Lloydminster Brutes



U15B Bronze Medalists
Red Deer Chiefs



U15 A



U15A Gold Medalists
Parkland Posse



U15A Silver Medalists
Leduc Crush



U15A Bronze Medalists
Red Deer Chiefs



2023 JRMB Winners

U17 B



U17 B Gold Medalists
Grande Prairie Thrashers



U17B Silver Medalists
Lakeland Bonnyville



U17B Bronze Medalists
Lakeland Cold Lake Heat



JEREMY RICHARDSON MEMORIAL AWARD WINNER

Zach Kuhn - Sherwood Park Titans U15-B1



Getting Social with Lacrosse



The [Edmonton Warriors Jr. B Tier 1](#) team won the [Founders Cup National Championship](#) in Port Coquitlam BC. The Warriors beat the [Akwasasne Thunder](#) 9-7 in the gold medal game to claim their stake as national champions.



After winning the [RMLL Jr.A Championship](#), the [Edmonton Miners](#) hosted the [Minto Cup Championship](#) at Bill Hunter Arena. The Miners were defeated in the semi final by the [Coquitlam Adanacs](#), who eventually fell to the [Burlington Blaze](#) in the best of 3 final series.

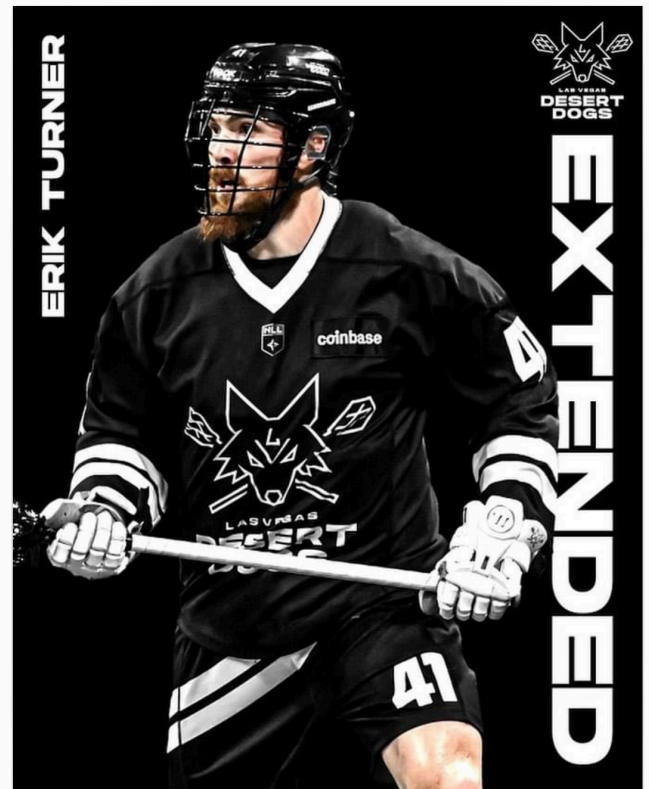


The [Senior B Miners](#) attended the [Presidents Cup National Championship](#) for the 6th consecutive year. Held in [Oakville Ontario](#) for 2023, the Miners would fall 12-8 to the [Langley Thunder](#) and settle for a second place finish.

KNOW THE PROS!

Las Vegas Desert Dogs
Aug 23 · 🌐

The People's Champ 🏆
We have signed Erik Turner, the 2023 Joe Tsai Community Award winner, to a 1 year deal. Welcome back!



👍❤️ 56 2 comments 2 shares

👍 Like 💬 Comment ➦ Share



A new look for the Saskatchewan Rush!
What Say You??



CHIEFS WIN MANN CUP IN CONVINCING FASHION

After the [Six Nations Chiefs](#) easily swept the [Peterborough Lakers](#) to punch their ticket to the [2023 Mann Cup](#), they continued to express their supremacy, getting by the [New Westminster Salmonbellies](#) 4 - 1 in the best of seven series. Hosted by New West on the iconic green wooden floor of [Queens Park Arena](#), this star studded series gave us 5 amazingly close games and an example of our sport played at the highest level by some of the worlds best players.

Parents Challenge!!

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

Rule 39 - Crease Play

(a) The offensive team, on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team.

(b) If a player/goalkeeper touches a loose ball or interferes with an opposing player's/goalkeeper's stick in his/her opposing team's crease, possession shall be awarded to the non-offending team.

NOTE: *In all divisions above Minor Lacrosse a player may reach into an opponents' crease to receive a pass.*

NOTE: *If a player/goalkeeper intentionally checks a player's/goalkeeper's stick within the crease, a two-minute penalty shall be assessed to the offending player. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.*

(c) If a player/goalkeeper interferes with an opposing player/goalkeeper who is in his/her crease (other than stick on stick), he/she shall be assessed a minor or major penalty for checking in the crease. If the ball was in the crease at the time of the infraction, the penalty shall not be delayed and play shall restart with possession to the non-offending team. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.

(d) When shooting on goal, a player/goalkeeper may not step into the goal crease. The crease area is considered to be an imaginary vertical cylinder including the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the act of shooting or faking, but may not

make contact with the floor or a defending player/goalkeeper. Any goals scored by a player/goalkeeper, while in his/her opponent's crease, shall be disallowed and possession awarded to the opposing team in their crease.

(e) No goal shall be allowed if a player/goalkeeper of the attacking team is in the crease. However, if a player/goalkeeper entered the crease as a result of a check the goal shall be allowed, provided the player/goalkeeper has made no attempt to interfere with the goalkeeper and has endeavored to withdraw from the crease area.

(f) A minor penalty shall be assessed to a player/goalkeeper who cuts through his/her opponent's crease to check the ball-carrier. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction. If a player/goalkeeper cuts through his/her opponent's crease and gains a distinct advantage to recover a loose ball, possession shall be awarded to the non-offending team.

(g) The ball entering the goal crease from a teammate to a teammate intentionally shall be awarded to the non-offending team in the nearest corner of that end zone.

(h) A goalkeeper may leave his/her crease to receive a pass, provided both feet are outside of the crease, and he/she may not carry the ball back into the crease. If any player/goalkeeper shall enter the crease with the ball, possession shall be awarded to the opposing team. Provided he/she has at least one foot in the crease, a goalkeeper may reach out with his/her stick to retrieve a loose ball or intercept an opponent's pass and return it to the crease.