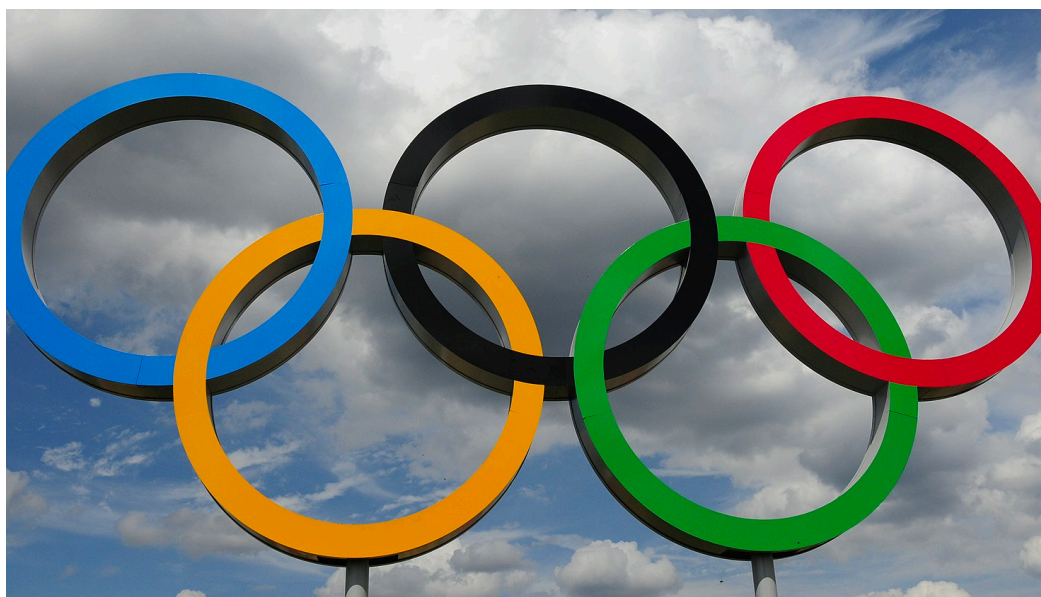




# Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE



## Lacrosse Returns the the Worlds Biggest Sporting Stage

2028 Olympic Games, Here We Come!!!

Not since 1948 has the world had the privilege of viewing Lacrosse at the [Olympic](#) level. And after years of canvassing, petitioning, bargaining, and screaming from the top of the High Dive, the world will once again have the privilege of watching our game played at the highest level, on the biggest stage.

I'm not sure that when players finished their final game of the 1908 Summer Olympics, that it would be 120 years before medals would be handed out again for the sport of Lacrosse. 1948 would be the last time the sport was ever played in the Olympic Games, but as it was in 1928 and 1932, it was only considered a demonstration during those years. Not this time. It's back!! And hopefully it will be back for good.

[World Lacrosse](#) has worked tirelessly to get Lacrosse into a position where it could be considered for an Olympic birth. Growing the [nations](#) involved in the sport. Supporting [Men's](#) and [Women's](#) programming. Even creating a [new version](#) of the game that would ultimately be the version accepted into the games.

And now our young players have a new goal to strive for. A goal, that in athletics, would be considered the ultimate goal. A goal that if achieved, means you are truly the greatest in the entire world. Assuming all of the best nations are involved...

*cont. on pg 5*

### FOLLOW THE RAMS



FACEBOOK



INSTAGRAM



YOUTUBE



WEBSITE

### SHARE WITH US

Have a team, player, coach or event you would like recognized? Email it to [marketing@ramslacrosse.ca](mailto: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

In 2022 the Iroquois National Lacrosse program would rename themselves to the [Haudenosaunee Nationals](#). "Iroquois" is what the french referred to indigenous people as, which was a derogatory term translating to snakes.

Haudenosaunee translates to "People of the long house" in reference to the Six Nations of the Grand River, the Federation in which the Nationals reside.

## 2023 Wraps up the the Rams Annual General Meeting

Another year in the books, and we still kind of look at things as a recovery period from the time we'd all like to forget about, the COVID 19 era. It's no secret that many aspects of life changed drastically over that period of time, and one of the biggest was youth sports.

When youth sports were put on hiatus in an attempt to minimize the impact of the virus, the landscape of development changed. Kids found other interests, parents had a shift in income, and in some cases, could not provide their children the opportunity to partake in youth sports any longer.

Now, a couple years out from finally being allowed back on the floor, we are starting to see the uptick in participation and development. The Rams executive board has been hard at work over the last couple years to provide the best opportunity for our players to enter, continue and develop in the sport of Lacrosse and that hard work has paid off. We wish some board members well as they move on with graduating players, and we welcome the new board members who graciously decided to donate their time for the betterment of our club and our sport.

## AGM Highlights

- 2023 saw 236 players register with the Rams up from 181 players post COVID. These 236 players formed 16 teams across all age groups.
- Digital concussion protocol implementation being explored for 2024
- 825 hours of floor time used, with \$1600 spent in unused floor time for a variety of reasons.
- Increased operating costs lead to an operational deficit in 2023. Solutions have been found to rectify for 2024.
- Complete update and re-write of clubs by-laws for the first time since 1983. Expanding policy's within the bylaws for the ability to streamline changes.
- *Adam Connelly stands as President*
- *Glen Cuming voted in as Treasurer*
- *Heather Rouse stands as Registrar*
- *Glen Cuming stands as Facilities and Scheduling Director*
- *Becky Hobbs stands as interim Volunteer Director*
- *Becky Hobbs stands Tournament Director*
- *Kris Evans stands as Marketing and Multimedia Director*
- *Bobby Harris voted in as interim Women's Director*
- *DJ Fields voted in as U15/U17 Director*

### THE 2024 ST. ALBERT RAMS EXECUTIVE BOARD

President - Adam Connelly

Vice President - Heather Rouse

Past President - Glen Cuming

Secretary - Tania Way

Treasurer - Glen Cuming

Registrar - Heather Rouse

Facilities and Scheduling - Glen Cuming

Gaming and Volunteer Director - Becky Hobbs

Tournament Director - Becky Hobbs

Coaching Director - Karlie Carter

Player Development Director - Trevor Graham

Equipment Director - Adam Connelly

Discipline Director - Bobby Harris

Women's Division Director - Bobby Harris

U7 & U9 Division Director - Marc Cardinal

U11 & U13 Division Director - Marc Cardinal

U15 & U17 Division Director - Dennis Fields

Marketing and Multimedia - Kris Evans



# When Does Cheering Against a Rival Become Donning that Jersey and Living out Your Dream?

Being born and raised an Edmonton area kid, the most important lesson I was taught is why all the trees in Edmonton lean toward the south. It's because Calgary Sucks!!!!

And the area the Calgary sucks the most in, is sports. I don't care what sport you watch, play, or love. If Calgary has a team playing it, THEY SUCK! I could list off every sport in which they suck, but for the sake of this article, of course we're talking Lacrosse. Specifically the [Calgary Roughnecks](#).

Now there are figures involved in Calgary based teams that you have to respect and admire regardless of the colors they wear. NHL Hall of Famer [Jerome Iginla](#), a local born and bred St. Albert Native, comes to mind. BC Born and raised [Curt Malawsky](#), long time head coach of the Roughnecks falls into the category as well.

But they're easy to cheer for as they are NOT from Calgary. Well, that list has become a few players longer now thanks to some incredible Rams players who took the chance and headed to our southern most lesser neighbor and fought for the chance to don a Roughnecks Jersey. Not only did they earn that honour, but excelled in representing it.

For the second year in a row, Rams U15A players Charlie Graham and Bryder Ibsen made the Jr. Roughnecks. And for the 2023 Jr. NLL tournament, they were joined by U15A Teammates Liam James and Eric Rudneski. They were also joined this year by a couple other [GELC](#) players, creating a strong contingent of players from cow town's far superior northern neighbors.

And with these players now donning the Monochrome Roughneck Jerseys (which suck, hence the traditional Roughnecks red/black background) we found ourselves now cheering for players on an rival team.

**AND BOY, DID THEY GIVE US SOMETHING TO CHEER ABOUT!**

The [Jr. NLL Tournament](#), is put on by the [NLL](#), and hosted by the [Toronto Rock](#), comprised of teams from the U13-U17 age groups. NLL Teams assemble their own minor teams and they all come together at the [Toronto Rock Athletic Center](#) to battle it out in a NLL style game format. Some teams offer open tryouts, while others scout and invite players from all across Canada the the US.

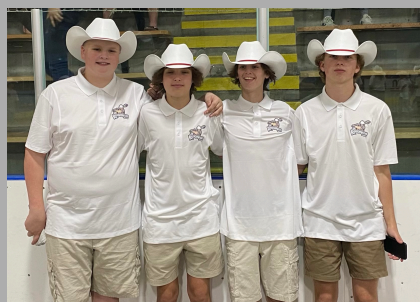


The grind just to make the Roughnecks team far exceeds the players effort, having parents make red eye trips to Calgary for weeknight try-outs and sacrificing weekend mornings to make the return trip. But it all paid off as each of the local players that attended the tryout made the team.

Grand fundraising efforts, and summer jobs help the players afford the opportunity, while parents continue to drive hundreds of km's daily so they can attend two-a-day practices, with the last drive being the one to the airport to see the players off.

## As the Stadium Lights Flood the Floor, Rams Embrace the Spotlight

Entering the TRAC in the Roughnecks signature white Cowboy Hats, this group of players had one goal in mind. Fresh off a hard fought [Alberta Summer Games](#) tournament, where a lot of these now teammates played against each other, it was time to work in unison toward a common goal.



The team would begin a hard 3 game schedule on the opening Friday. They would face the [Seals](#), [Rush](#) and [Mammoth](#), convincingly winning each game 12-1, 17-1 and 18-4 respectively.

Saturday's two game schedule awarded them an 8-2 Victory over [Panther City](#) and 10-3 over the [Swarm](#) setting them up for a strong spot in the semi finals.

The [Nighthawks](#) could not contain the Roughnecks, falling 11-4 in the Semi's, which set up a championship match between the [Rock](#) and the [Roughnecks](#).

With the final game being broadcast live on the [NLL YouTube](#) channel, with commentary provided by NLL Hall of Fame Broadcasters, this was truly prime time for these young players.

Charlie Graham got the start in the Championship game leading all [Goalies](#) with a 0.846 SV%, while teammate and GELC rival, Kieran Lewis lead the team and [tournament](#) in points.

The Roughnecks would fall behind early in the final game, before Bryder Ibsen started to take over. He would go on to Score 5 goals, while fellow Ram, Liam James would pocket 2 himself. With Eric Rudneski netting himself a single assist during a strong defensive effort, they would propel the roughnecks to an 11-6 victory to claim the Jr. NLL U15 Championship.



Ibsen's performance in the championship game would earn him the Tucker Williams Award as the MVP in the U15 division, proving that once again Calgary would have to rely on their prestigious northern neighbor to bring the city success ;)

### Rams and North Lacrosse Players in Every Division for the Jr. NLL.

The Rams had more than just the champion Roughnecks on the floor during the Jr. NLL tournament. The U13 Jr. [Desert Dogs](#), coached by Rams Alumni [Erik Turner](#), dressed a ton of local GELC talent. Representing the Rams were three players from the U13A North team, Auley Hilkewich, Hunter Classen and Bennet Sedo.

U17A North player Rylan Connors also dressed for the U17 [Firewolves](#).

This year's Jr. NLL Tournament hosted a large contingent of GELC players, highlighting much fast Edmonton area Lacrosse has grown.



# With the game of Lacrosse now included in the Olympics, will the Spirit of Lacrosse accompany it?

Make no mistake, the excitement even a fringe Lacrosse fan has to see the sport in the Olympics would ring the bell of the biggest carnival strength test. But that pales in comparison to the feelings of the indigenous cultures that brought us the game in the first place. But are those elated feelings as genuine as they could be?

As a Lacrosse fan, you should be quite familiar with the Haudenosaunee Nationals and their importance to the game. A national program that is considered one of the top 3 in the world. A national program that is recognized by World Lacrosse, even though this nations territory crosses international borders. A nation that is not recognized by the IOC, and at this time will not be considered as part of the Olympic program.

So what does this mean for a nation that houses some of the best players in the world? And not only some of the best players, but the best ambassadors and educators of Lacrosse.

Well, the answer to that question is up in the air. The IOC has a list of requirements to meet in order for a nation to be accepted into the

Olympic Games. Some are strait forward and lie in the hands of the applying nations, while others are pretty vague, and not bound by any judicial enforcement.

An Olympic “country” must be recognized by the “international community” to be eligible to form a National Olympic Committee. The reference used to determine sovereignty are the U.N member states. And though at one point the Haudenosaunee Confederacy was a recognized nation, it’s independence is now only recognized by individual treaties with other nations, but not multilaterally through sporting leagues and international bodies.

*- There is opportunity here. The U.N. Is comprised of 193 member states but there are 206 NOCs registered with the IOC. That means there have been over a dozen exceptions to this point. Palestine, Hong Kong, Puerto Rico, the U.S. and British Virgin Islands just to name a few. Participants such as Hong Kong and Palau are contracted to countries under the Compact of Free Association or otherwise delineated “special relationship.”*



They must also participate in Men's and Women's programs of at least 5 different sports. This would require the Haudenosaunee Lacrosse Federation to either transform into a National Olympic Committee (NOC), or the federation to start an NOC. This would also require dedicated Women's programs in each of the disciplines, which historically, they have not had. It was not until 2007 that the

Haudenosaunee (then Iroquois) Nationals would start a formal Women's Lacrosse program.

### Creative options to honour the Creator

There are still options that will allow the players to participate in the Olympic Games. The first would be to suit up for the Canada or the USA, depending on what side of the boarder a player resides on. Another option would be to play under the IOC's "refugee team". A group of athletes assembled by the IOC to participate in the games under the Olympic flag, along side athletes from Congo, Ethiopia and Syria to name a few participating states. But the Haudenosaunee Nationals have made it quite clear that the only way they will accept inclusion is under their own confederacy.

It would seem from the outside, that creating a pathway for the inventors and spiritual leaders of the game to be included, could be easily achieved. It didn't take long to find a way to have Russian athletes participate in the

2020 and 2022 games, after the IOC banned Russia due to a state led doping program. And is there another sport that is as important to a culture as Lacrosse is to the indigenous? After all, a team of indigenous players have already been awarded an Olympic medal as the "Mohawk Indians," who where sponsored by Canada's NOC, were part of the [1904 games](#).

### What drives the hesitation to include the Haudenosaunee?

This is the question that most people are scared to answer. The roots of the exclusion can be found as far back as 1880 when Canada's Lacrosse Federation banned Native athletes from playing the game all together. Some 21 years after Canada named Lacrosse it's national sport. The Haudenosaunee were on hand in San Francisco in 1945 for the creation of the U.N. And were the center of attention at the U.N. Headquarters Groundbreaking in New York City in 1949. But were quickly ushered aside by the member states. By 1961, when Colonialism had receded in places like India and the Democratic Republic of Congo, these states were quickly welcomed by the U.N. and offered National Olympic

Committees. However it was written into the "[U.N. Procedure and Statehood](#)" that "*Should an attempt at participation, either limited or comprehensive, be made by the 'Nations of the Iroquois, it could not be entertained.'*"



It wouldn't be until 1980 when the Iroquois Nationals would get their chance to participate in international competition. They would finish 2nd place at "[The Nations](#)" tournament held in Vancouver B.C., Playing Canada West, Canada East, Australia's and the USA's National teams.



The success of this tournament was the first stepping stone to applying for the International Lacrosse Federation, now [World Lacrosse](#). After much scrutiny from the the member nations including Canada and the USA, the "Iroquois Nationals" would be accepted into the ILF in 1987.

Troubles continued for the Nationals after they would not have their passports recognized by the UK, barring them from the 2010 World Championships in Manchester England. This would again happen in 2015 to the National's Women's team.

Then, in 2015 when the Nationals hosted the Indoor Lacrosse Championships in [Onondaga](#), Canada refused to have their passports stamped by Haudenosaunee officials.

In fact, in 2007, when a U.N. non-binding, [Declaration on the Rights of Indigenous Peoples](#) passed overwhelmingly, Australia, Canada, New Zealand, and the United States—all settler colonial states with major Indigenous groups—did not vote for it.

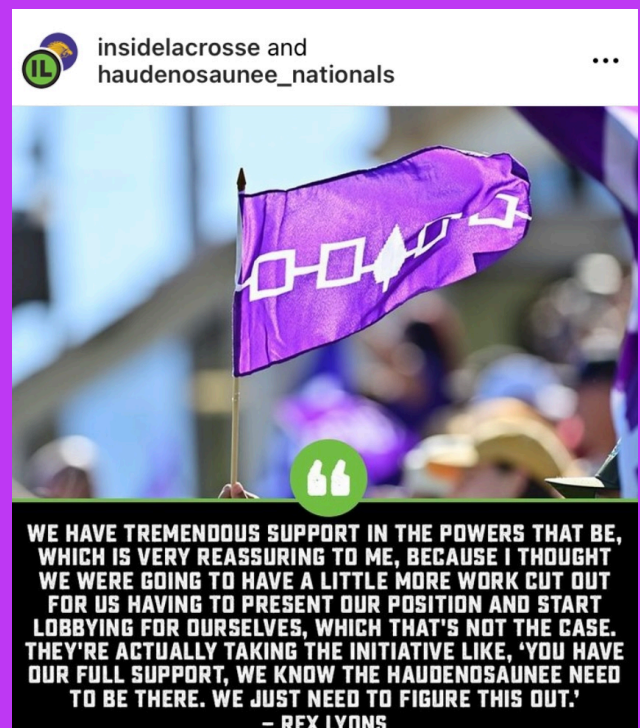
The Nations have battled adversity as recently as 2022 when the Haudenosaunee Nationals were excluded from the [World Games](#), an Olympic showcase event. It took an [online petition](#), and [Ireland's](#) national Lacrosse team to withdraw from the event to create a spot in the 16

team bracket, forcing the hand of the IOC to include the games creators. Proving that the Haudenosaunee Nationals competitors understand and support the importance of their place in the game.

So in a time where "[recognition and reconciliation](#)" are buzz words. Where inclusivity is the title of the Chapter 1 in your marketing text book. And when documented suppression is being excavated from the deep dark pits of an ugly North American history; can this be the opportunity for action?

Sadly, carefully curated speeches, buzz words and financial restitutions will not afford the Haudenosaunee the opportunity to fly their flag during the opening ceremonies. And it would appear that physical performance alone, will not provide them the chance to compete along side the best in the world.

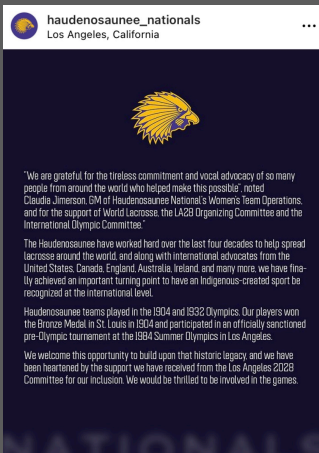
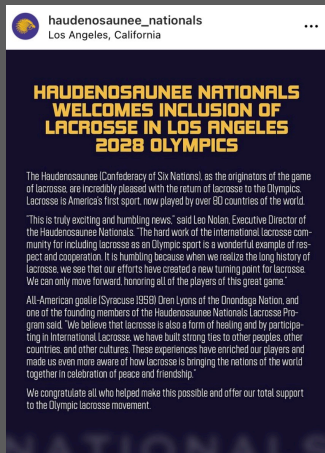
So as someone who prides himself with a high level of common sense, it seems like a solution can be found quite easily. But that's assuming that the IOC and it's member nations want the best available participants to be involved. And not that outside political figures are scared of losing grasp on a faction of people that they claim to support.



# Getting Social with Lacrosse



On Oct 13 it was announced that Lacrosse would be presented as one of five sports to be voted on the by the LA28 committee for inclusion to the 2028 Summer Olympics. A few Days later it was made official by LA28 that Lacrosse had in fact been approved for competition in the 2028 Summer Olympics to be held in Los Angeles, California.



# KNOW THE PROS!

## 2023-24 Game of the Week Schedule

WEEK	DATE	AWAY TEAM	HOME TEAM	TIME (ET)	
1	Fri. Dec. 1			7:00pm	
1	Fri. Dec. 1			10:00pm	
2	Sat. Dec. 9			7:00pm	
3	Sat. Dec. 16			10:00pm	
5	Sat. Dec. 30			4:00pm	
7	Fri. Jan. 12			6:30pm	
9	Fri. Jan. 26			10:00pm	
10	Sat. Feb. 3			9:00pm	
11	Fri. Feb. 9			6:30pm	
12	Sun. Feb. 18			7:00pm	
14	Fri. Mar. 1			7:00pm	
14	Fri. Mar. 1			10:00pm	
15	Sat. Mar. 9			5:00pm	
16	Sat. Mar. 16			7:00pm	
16	Sat. Mar. 16			9:30pm	
19	*Fri. Apr. 5			9:00pm	OR
				10:00pm	
20	Sat. Apr. 13			7:30pm	
20	*Sat. Apr. 13			10:00pm	OR
				9:00pm	
				6:00pm	OR
	*Sat. Apr. 20			9:00pm	OR
				9:00pm	

All times are Eastern, dates and times are subject to change  
 \*Designated "flex" games during the last three weeks of the NLL regular season allow the League and TSN to adjust broadcast schedules to air the most compelling games during the "NLL March to May" race to the postseason.

**Womens Box Lacrosse**  
 Tryouts for 2024 World Championship  
**REGISTRATION IS DUE BY NOVEMBER 3RD, 2023**  
 Must be 15 years or older by September 20th 2024  
 Canada East- Ontario  
 December 27th & 28th  
 Toronto Rock Athletic Centre  
 Canada West- BC  
 January 5th 6th 7th  
 Langley Events Centre  
 LACROSSE CANADA  
 CROSSE CANADA

Think you've got what it takes to Represent Canada at the 2024 Women's Box Championship? Head to Alberta Lacrosse to find out more.





**Monday Night Drop-In**

It's Coming!!

✓ All Age Groups  
✓ All GELC Clubs

**Returning this January**

**CELEBRATE SPORTS DAY**

Saturday, November 4  
11 a.m. to 2 p.m.  
Servus Credit Union Place

NO COST EVENT

## WINTER LACROSSE PROGRAMMING

northstronglacrosse

**NORTH STRONG WINTER BOX LACROSSE PROGRAM**

FOR INFO PLEASE VISIT  
WWW.NORTHSTRONGLACROSSE.CA

SATURDAYS  
OCT 28/29 TO FEB 17/24

HEAD COACH  
PAUL RAI

TTC 4 (NISKU)  
1030 - 34TH AVENUE, NISKU

FOR MALE/FEMALE PLAYERS

Paul Rai at North Strong Lacrosse is once again hosting his winter camp. The camp operates as a 1/2 drills and skills and 1/2 game format. It is a great opportunity to implement newly learned skill directly into game play.

**PARKLAND LACROSSE**

**FALL CLASSIC LIMITED SPOTS**

NOV 11/12  
4V4 CO-ED TOURNAMENT  
U13/15/17/JR  
\$750 PER TEAM  
PARKLANDPOSSE.COM TO REGISTER

QUESTIONS?  
M1MLAX67@GMAIL.COM

The Parkland Posse are hosting the Fall Classic 4v4 tournament Remembrance Day Weekend. Check out the Posse page for info and to register a team.

framounties

**Winter BLAST!**

Registration Now Open  
U11-U17 M&F  
Calgary Soccer Centre - Annex  
**Dec 16**  
\$800/team  
framountieswinterblast@gmail.com

The Jr. A Mounties Winter Blast returns to Calgary in December

Come check out the Rams Booth at **CELEBRATE SPORTS DAY** Saturday Nov 4 at Servus Place

## Parents Challenge!!

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

### Rule 66 - 10 Second Rule

(a) When a team is short-handed they shall advance the ball into their attacking zone within ten-seconds or possession shall be awarded to the non-offending team.

*NOTE:* Short-handed means the team is below numerical strength of its opponent on the playing floor due to penalty minutes being served.

(b) When the short-handed team is in possession of the ball in their attacking zone, and they cause the ball to go out of the attacking zone in any manner except from a shot on goal, it shall be immediately recovered by or possession awarded to the non-offending team. The ball-carrier may carry the ball outside the attacking zone provided neither the ball nor ball-carrier make contact with the floor in the center or defensive zones (including the line).

The Central Alberta Lacrosse League once again hosts the Frozen Fours Tournament in Red Deer early in 2024

**CALL** JAN 6&7  
**FROZEN FOURS TOURNAMENT**  
REGISTRATION IS OPEN!!  
U11-U17  
U15 FEMALE DIVISION  
\$750/TEAM  
centralabertalacrosse.com

ALBERTA LACROSSE ASSOCIATION

**Annual General Meeting**

SAVE THE DATE  
NOVEMBER 04 - NOVEMBER 05  
Information and registration link listed in our app

The Alberta Lacrosse Association Annual General Meeting will be held in Calgary during the weekend of Nov 4/5. [Click here](#) for more info.