



Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE

2:00PM ONLINE VIA ZOOM

**2023 ST. ALBERT
RAMS**

AGM

SAT OCT 28 2023

ANNUAL GENERAL MEETING



FOLLOW THE RAMS



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INSTAGRAM



YOUTUBE



WEBSITE

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!

2023 Annual General Meeting Around the Corner

Have ideas you'd like to share, or are you interested in being a bigger part of the club? Now's your chance.

As we enter the heart of the Minor Box Lacrosse offseason, we get our chance to fill the void Lacrosse leaves with our Annual AGM. You'll get the chance to reconnect with friends and teammates from the season, get some insight to how the previous season went, and have input into how the next season can go.

The Rams executive board is a small group of passionate Lacrosse fans, players and figures looking to create the best opportunities for not just the players in our club, but for the sport locally and as a whole. It's not uncommon for our board members to participate in Lacrosse BOD's locally and provincially, and fill multiple rolls when volunteer commitment is low. But there is always room for more. Spots often remain open and are filled in the interim by current board members. Some who often end up maxing out their available free time, filling multiple roles, or taking on extra projects due to the vacancies left on our board.

Read further into the newsletter to see the list of positions becoming open for the 2024 season and see if there is a role you can see yourself fitting into. The BOD meets once month, and the meetings are an upbeat and positive atmosphere. Each role differs in the amount of time required, and at different times throughout the season that role will be prominent.

Stay tuned to the social media pages and check your email regularly for the link to join the meeting online. We'd love to have as much input and as many ideas from our members to help grow our club and our sport. If you have any questions leading up to the meeting, reach out to admin@ramslacrosse.ca any time.

LAX FACTS

The original lacrosse balls were made from wood and egg-shaped, but they would eventually develop to become more round. They were later made from buckskins filled with fur. These were made naturally and was meant to keep the game connected with nature. In Seneca folklore it is said that human heads were once used as lacrosse balls.

Rams and North Zone Players Representing their Clubs, Provincially, Nationally and Internationally

The first event of the summer that our players saw was the 2023 Alberta Summer Games, held in Okotoks AB from July 20-23. Different Zones from around the province team up to compete in individual and team events. The Rams/North had players representing Zone 5, Zone 6 and Zone 7 in multiple disciplines.

The Zone 5 Lacrosse team saw 60+ players try out during the heart of the regular season. Of the 18 players selected,



North Zone Players from Left to Right: Charlie, Bryder, Sam, Miller, Lucas, Liam

6 of which were Rams/North players. Charlie Graham was awarded the spot as the starting goalie and fellow Rams, Sam Hilkewich, Liam James and Bryder Ibsen were significant contributors to the team, while Lucas Evans saw the majority of the face off responsibility. All representing the North Zone in U15A division for 2023, they were joined in the team by fellow North teammate Miller Beck from the Ft. Saskatchewan Rebels.

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Sam Hilkewich, Liam James and Bryder Ibsen were significant contributors to the team, while Lucas Evans saw the majority

of the face off responsibility.



Sam loads up a big outside shot



Eyes on the ball as Miller receives a pass

Miller was not the only North/Rebel to make it to ASG 2023, as Eric Rudneski would lead Zone 6 on to the floor for the tournament as well. The teammates never got to square off during the tournament, but

instead they received the experience of playing with different teammates and against different opponents.



Bryder flirts with the crease as he bares down on a breakaway

Zone 5 started the tournament strong, out scoring their opponents 29-8 in the first two games before tying Zone 3 with a score of 6-6 in the 3rd and final game of the round robin. But with a goal differential one point lower than Zone 3, our players would have to settle for a bronze medal match.



Lucas with a face off win



Liam steps down through traffic

The Bronze medal game was a tightly contested match that found Zone 5 the victor with a final score of 8-5.

Eric's Zone 6 team would finish the tournament in 6th place with a record of 1-3.

Zone 2 (Big Country) would go on to defeat Zone 3 (Calgary) 5-4 to claim the gold medal.

Eric's Zone 6 team saw mixed success and



Eric's eyes already on the next move as the ball enters his stick



Prior to the beginning of the tournament, Charlie was one of 2 chosen to carry the banner to introduce Zone 5 during the opening ceremonies.



Rams Succeed Outside of Lacrosse at ASG 2023



Rams representation exceeded the Lacrosse floor during the 2023 Alberta Summer Games. U15A player/goalie, Daileas Cuming would suit up for the Zone 7 Rugby team during ASG 2023. Zone 7 would finish round robin play A record of 1-2, but would still advance to the semi final. A loss in the semi final offered them a chance at the Bronze medal in which they ended up falling to Zone 3, finishing in fourth place.

The Power of the North

U17A North Lacrosse Players Join Forces with North Strong Lacrosse South of the Border.

From July 28-30, the San Diego Seals hosted the 3rd annual Seals Summer Shootout Box Lacrosse Tournament. Growing every year, the shootout draws teams from all around the USA from Novice to College age players.



This year not only teams from the USA were in attendance, but local Lacrosse figurehead, Paul Rai assembled a team of Edmonton area players and made the trip south. The North Strong U17 team would effectively roll over the competition on path to the Gold metal. North Zone U17A players Ashton Johnson (Rams), Fernando Runco, Lochlan Muir & Rylan Connors would help carry the team to an undefeated record.



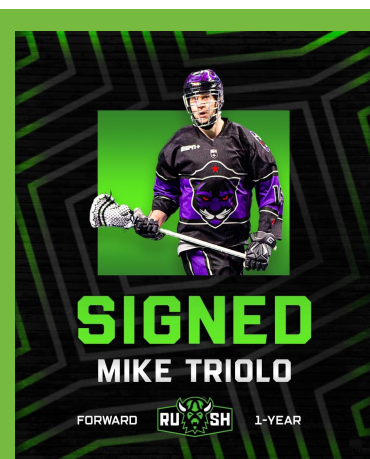
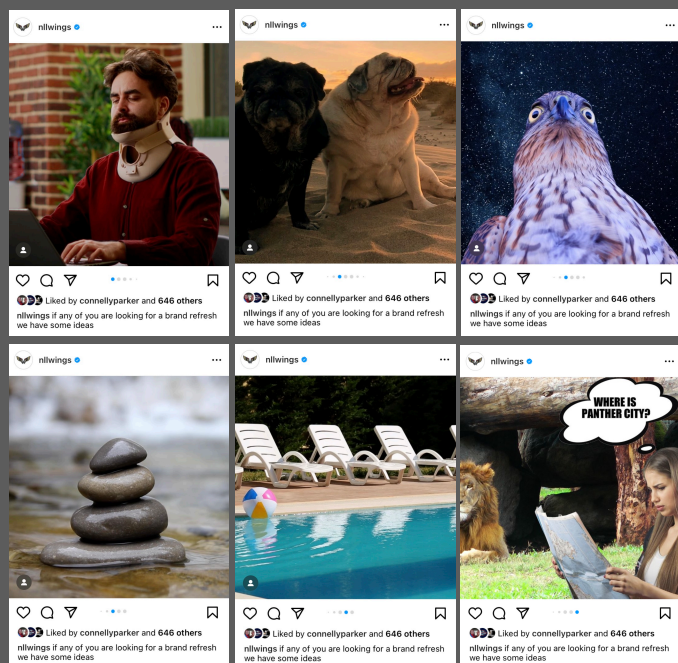
Normally standing on opposite sides of center, U15A Coach Don Lewis of the Posse joined forces with U15A North Asst. Coach Trevor Graham to assemble a team of local players who travelled to Burnaby for the BC Sixes tournament Sept 11-13. Rams/North players Eric, Bryder and Rylan would lead the team to a thrilling last minute victory to claim the Gold Medal. Backstopping the team was Rams goalie, Charlie Graham who earned MVP honours for the tournament as well.



Getting Social with Lacrosse

THE PHILADELPHIA WINGS WIN THE NLL OFFSEASON

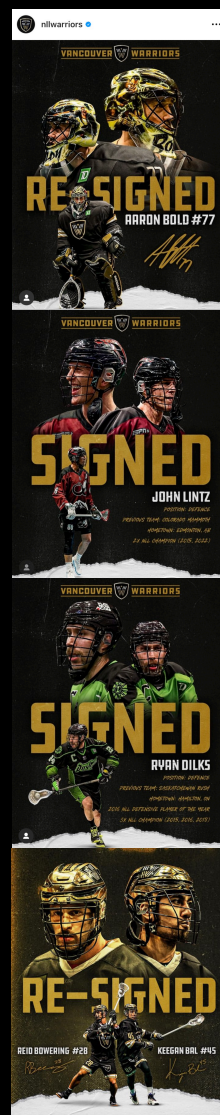
Following the Brand Refresh of the Saskatchewan Rush, The Philadelphia Wings thought it fair to help out some of the other teams in the league with some brand refresh ideas. Check out the Wings Instagram page for the post and see if you can name the teams that the Wings feel could use a new look.



After a stand out performance during the 2023 Presidents Cup, local 6'8" giant Mike Triolo finds himself back in the NLL, inking a one year deal with the Saskatchewan Rush.

KNOW THE PROS!

Warriors Scooping up Local Talent for the 2023 Season



After years of mediocridous attempts to be part of the playoff race conversation in a way other then a young fans deepest wish, the Vancouver Warriors made a huge splash this offseason in an attempt to change their underwhelmingly mundane results of years gone by.

Earlier in the offseason the Warriors made Lacrosse headlines when they signed long time Calgary Roughnecks Head Coach, Kurt Malawsky as Coach and General Manager.

Fresh off his 2023 Coach of the Year award, Malawsky quickly went to work reshaping the roster for the upcoming season. That reshaping included a lot of local Edmonton area talent.

Veteran goalie and local figure Aaron Bold was re-signed after joining the team part way through last season, and helping carry them to an improved second half.

He continued with the veteran support by signing local defenders John Lintz and Ryan Dilks. John is a born and bred Alberta Lax hero and the current head coach of perennial Minto Cup hopefuls, Edmonton Miners.

Originally an Ontario native, Ryan Dilks now calls Edmonton home. He won a championship here with the Rush, and was part of multiple Presidents Cup winning Miners Sr. B teams.

Though he is a BC guy, Keegan Bal spent many summers here with the Miners organization, dominating the RMLL Sr. B stats and leading them through their Presidents Cup supremacy years.

Will this be the boost the Warriors need to get over the hump and become a consistent playoff contender? I guess we'll find out in the coming months what the new look Warriors can bring.

St. Albert Rams Board of Directors

PRESIDENT

- CALL, PREPARE AGENDAS AND CHAIR ALL MEETINGS OF THE MEMBERS, BOARD, AND EXECUTIVE
- REPRESENT THE RAMS AT ALL GELC AND ALA MEETINGS
- BE AN EX-OFFICIO MEMBER OF ALL COMMITTEES
- MAINTAIN CONTACT WITH THE CITY OF ST. ALBERT AND THE LOCAL SPORTS COMMUNITY
- BE A SIGNING AUTHORITY FOR THE CLUB

VICE PRESIDENT

- ASSIST THE PRESIDENT IN THE OVERALL MANAGEMENT AND SUPERVISION OF THE BOARD AND BE PREPARED TO ASSUME THE DUTIES OF THE PRESIDENT IN THEIR ABSENCE
- BE A SIGNING AUTHORITY FOR THE CLUB

5-20 HRS PER MONTH

PAST PRESIDENT

THE PAST PRESIDENT SHALL ACT IN ADVISORY CAPACITY TO THE BOARD, EXERCISING ALL THE PRIVILEGES OF A BOARD MEMBER BUT SHALL NOT BE ELIGIBLE TO VOTE ON ANY ISSUE.

SECRETARY

- ENSURE THAT THE MINUTES OF ALL MEETINGS OF THE BOARD OF DIRECTORS, THE EXECUTIVE AND THE AGM ARE RECORDED, CIRCULATED AND POSTED TO THE RAMS WEBSITE AS APPLICABLE
- COLLECT MAIL FROM THE RAMS POSTAL BOX AND ENSURE ALL CORRESPONDENCE IS PROPERLY KEPT AND EXPONDED TO AS REQUIRED
- BE RESPONSIBLE FOR ENSURING THAT A NOTICE FOR ALL MEETINGS OF THE RAMS ARE PUBLISHED IN ACCORDANCE WITH BY-LAWS AND POLICIES AND AGENDAS DISTRIBUTED
- KEEP AN RECORD OF ALL THE BOARD MEMBERS AND THEIR ADDRESSES

2-8 HRS PER MONTH

TREASURER

- MAINTAIN CONTACT WITH THE BOOKKEEPER AND ENSURE THAT THE BOOKS OF ACCOUNT OF RAMS ARE PROPERLY KEPT
- BE RESPONSIBLE FOR ENSURING THAT THE FINANCIAL SUMMARY IS PRESENTED REGULARLY TO THE BOARD AND AT THE AGM
- BE A SIGNING AUTHORITY FOR THE CLUB

2-8 HRS PER MONTH

REGISTRAR

- BE RESPONSIBLE FOR THE PROPER REGISTRATION OF ALL PLAYERS, COACHES AND EXECUTIVE IN ACCORDANCE WITH ALA REQUIREMENTS
- ADDRESS ANY REGISTRATION ISSUES THAT MAY ARISE WITH MEMBERS
- GENERATE REGISTRATION REPORTS AS REQUIRED
- ASSIST WITH THE SENDING OF AFFILIABLE EMAILS TO THE MEMBERSHIP THROUGH THE REGISTRATION SOFTWARE

FACILITIES AND SCHEDULING DIRECTOR

- COORDINATE WITH THE CITY OF ST. ALBERT AND ANY OTHER MUNICIPALITY OR AGENCY TO OBTAIN APPLICABLE FLOOR TIMES FOR ALL PRACTICES AND GAMES REQUIRED BY THE CLUB
- COORDINATE WITH THE GELC FOR THE REVIEW AND FINALIZATION OF THE ANNUAL GAME SCHEDULE, SEASON AND POST SEASON
- VERIFY INVOLVING BY SUPPLIERS OF FLOOR TIME TO ENSURE BILLING IS CORRECT AND INFORM THE TREASURER FOR PROCESS OF PAYMENTS

GAMING AND VOLUNTEER

- COORDINATE WITH RAMS MEMBERS REGARDING CASINO, ALA AND APPLICABLE CASINO ADVISOR FOR THE DETERMINATION OF DATES AND VOLUNTEER REQUIREMENTS
- ADMINISTER SIGNUP SOFTWARE GENERATING EMAILS TO MEMBERSHIP VIA LISTS PROVIDED BY REGISTRAR
- CREATE, TROUBLESHOOT, UPDATE POSITIONS FOR VOLUNTEER COMMITTEES ON THE RAMS WEBSITE
- COORDINATE OTHER VOLUNTEER POSITIONS FOR EVENTS SUCH AS REGISTRATION, RULES, DISCIPLINE, EQUIPMENT ISSUES AND RETURNS, ETC.
- TRACK AND RECORD TEAM STAFF WITH REFERENCE TO VOLUNTEER COMMITTEES
- INVESTIGATE, ADVISE THE BOARD AND JUDGE OTHER FUNDRAISING OPPORTUNITIES

BAGGAWAY DIRECTOR

- SECURE FACILITIES FOR TOURNAMENTS
- COMPLETE AND SUBMIT TOURNAMENT APPLICATION TO THE GELC AND ALA PRIOR TO APPLICABLE DEADLINES
- PLAN TOURNAMENT TO INCLUDE THE OBTAINING OF TOURNAMENT SUPPLIES, SWAG, GAME SHEETS AND MEDALS AND COORDINATING ARTISTS, PRIZES AND FUNDRAISING VENDORS AND VOLUNTEERS
- COMMUNICATE WITH ASSIGNED ALA REPRESENTATIVE
- COMMUNICATE WITH TEAMS FOR REGISTRATION, RULES, DISCIPLINE RESULTS AND STANDINGS AND RICHARDSON FAMILY
- SUBMIT TOURNAMENT SCHEDULE TWO (2) WEEKS PRIOR TO DATE TO ALA AND ALA
- COMPLETE REPORTS AND DISCIPLINE LOG, GAME SHEETS FOLLOWING TOURNAMENT AND SUBMIT

COACHING DIRECTOR

- PLAN AND CHAIR ALL COACHING MANAGER MEETINGS TO DISCUSS EVALUATIONS PRE SEASON AND POST SEASON
- TRACK AND RECORD ALL TEAM STAFF INCLUDING COACHES, MANAGERS, TRAINERS, TEAM TREASURER, PARENT LIAISON, ETC.
- COORDINATE WITH THE GELC AND ALA WITH RESPECT TO COACHING CLINICS AND ENSURE ALL STAFF DATA IS UP TO DATE
- VERIFY COACHING QUALIFICATIONS THROUGH THE LOCKER
- PROVIDE ASSISTANCE TO COACHES WITH RESPECT TO COACHING EQUIPMENTS AND AVAILABLE CLINICS
- PLAN AND COORDINATE INTERNAL CLUB MENTORSHIP PROGRAMS WHEN POSSIBLE

PLAYER DEVELOPMENT DIRECTOR

- BE RESPONSIBLE FOR THE PLANNING AND EXECUTION OF EVALUATIONS
- BE RESPONSIBLE FOR PLANNING AND EXECUTING THE RAMS WINTER PROGRAM
- SEEK OUT OPPORTUNITIES FOR ADDITIONAL PLAYER DEVELOPMENT THROUGH HIGH LEVEL LACROSSE AGENCIES AND/OR COACHES
- COORDINATE WITH GELC AND ALA WITH RESPECT TO SCHEDULE PLAYER DEVELOPMENT CAMPS, CLINICS AND OTHER ACTIVITIES

MARKETING AND MULTIMEDIA DIRECTOR

- MAINTAIN THE RAMS WEBSITE, GAME'S EVENTS, ACTIVITIES SPECIFIC TO THE RAMS AND OTHER ORGANIZATIONS
- MAINTAIN THE RAMS SOCIAL MEDIA PAGES TO INCLUDE BUT NOT LIMITED TO FACEBOOK AND INSTAGRAM
- PROMOTE OTHER LACROSSE ORGANIZATIONS CAMPS AND CLINICS PARTICIPATE IN THOSE OF THE GELC AND ALA
- PROMOTE MAJOR LACROSSE THROUGH THE ADVERTISEMENT OF GAME'S AND MAJOR EVENTS
- WORK WITH SCHOOLS AND OTHER SPORTS TO PROMOTE AND ADVERTISE THE SPORT OF LACROSSE

EQUIPMENT MANAGER

- MAINTAIN INVENTORY AND CONDITION OF ALL RAMS EQUIPMENT TO INCLUDE STICKS, SHORTS, GOALS, EQUIPMENT AND STICKS, AND FIRST AID KITS
- CLEAN AND ARRANGE FOR THE ISSUING AND RETURN OF EQUIPMENT TO TEAMS
- COMMUNICATE WITH TEAM STAFF WITH RESPECT TO THE DETAILS OF EQUIPMENT ISSUES AND RETURN
- ADVISE THE BOARD ON THE STATE OF EQUIPMENT AND WHEN REPLACEMENTS OR REPAIRS ARE NEEDED
- COMMUNICATE WITH APPLICABLE VENDORS ON INQUIRIES AND SUBMITTING ORDERS FOR THE ACQUISITION OF NEW EQUIPMENT

DISCIPLINE REPRESENTATIVE

- REPRESENT THE RAMS ON ALL GELC DISCIPLINE COMMITTEE MEETINGS, HEARINGS AND PROCEEDINGS
- ADVISE THE RAMS OF ANY DISCIPLINARY ISSUES INVOLVING ANY RAMS MEMBERS
- PROVIDE ADVICE TO COACHES AND MANAGERS WITH RESPECT TO DISCIPLINE PROCESSES AND OUTCOMES

The St. Albert Rams cannot succeed without its volunteer support. The Rams Executive meet once a month for roughly 1- 1.5 hours. If you are interested in joining our great team make sure to attend the 2023 AGM.

DIVISION DIRECTORS

- FEMALE DIVISION

- U7/U9
- U11/U13
- U15/U17

- ASSIST COACHING DIRECTOR WITH THE SEEKING OUT OF NEW COACHES AND COMMUNICATING WITH RETURNING COACHES
- BE THE POINT OF CONTACT FOR THE MEMBER'S DURING EVALUATIONS WITH RESPECT TO FLOOR TIMES AND ANY INQUIRIES MEMBERS MAY HAVE
- ASSIST COACHES OF THE APPLICABLE DIVISION WITH COMMUNICATING WITH MEMBERS DURING THE TEAM SELECTION PROCESS
- BE A POINT OF CONTACT FOR TEAM PARENT LIAISON TO ADDRESS AND RESOLVE ISSUES AND CONCERNS ARISING THROUGHOUT THE SEASON
- ASSIST THE COACHING DIRECTOR WITH RESPECT TO COMMUNICATION, MENTORSHIP AND SUPPORT TO COACHES



Monday Night Drop-In

It's Coming!!



All Age Groups
 All GELC Clubs

Returning this January

Parents Challenge!!

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

Rule 46 - Free Hand

(a) A minor penalty shall be assessed to a defensive player/goalkeeper who uses a free hand to push or manipulate an opponent or an opponent's stick. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction.

(b) If a ball-carrier pushes off a defending player/goalkeeper or his/her stick with a free hand, possession shall be awarded to the non-offending team.

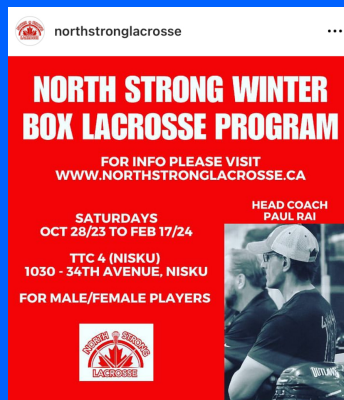
SITUATION 1 – Rule 46a

Q - Does it matter if a player pushes off with the front or back of his/her hand or arm?

A - If a player uses his/her free hand to ward off a defender, possession shall be awarded to the non-offending team.

The ball-carrier's hand, arm, or other part of his/her body may only be used to stop the stick check, and it must not be used to hold, push, or control the direction of the movement of the checker's stick or body.

WINTER LACROSSE PROGRAMMING



northstronglacrosse

NORTH STRONG WINTER BOX LACROSSE PROGRAM

FOR INFO PLEASE VISIT WWW.NORTHSTRONGLACROSSE.CA

SATURDAYS
OCT 28/23 TO FEB 17/24

TTC 4 (NISKU)
1030 - 34TH AVENUE, NISKU
FOR MALE/FEMALE PLAYERS

HEAD COACH
PAUL RAI

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.

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



PARKLAND LACROSSE

FALL CLASSIC LIMITED SPOTS

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

QUESTIONS?
MJMLAX67@GMAIL.COM



minerslacrosse

MINERS LACROSSE CLUB

WINTER 4V4

HARRISBURG, PA
NOV 7TH - JAN 30TH
TUESDAY NIGHTS
PLAYERS 16 AND UP

COST: \$320 - ETRANSFER AND REGISTRATION
INFO (POSITION/SHOOTS/AGE/LAST TEAM) TO
MINERSFUNDRAISING@GMAIL.COM

The Miners Lacrosse Club are once again hosting their 4V4 winter league open to graduating U17 players and up. Check out the Miners Socials for more info.



jramounties

Winter BLAST!

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

FROZEN FOURS 4 ON 4 TOURNAMENT

SAVE THE DATE

JANUARY 6-7th 2024

Frozen Fours returns to Red Deer for 2024 and the Jr. A Mounties Winter Blast returns to Calgary in December