

## St. Albert Rams Lacrosse Association

### M Here is a list of NHL hockey players who benefited from playing lacrosse:

Brendan Shanahan (Mimico)	Gordie Howe	Dave Andreychuk	Adam Oates
David Bolland (Mimico)	Bobby Orr	Kyle Quincey	Jonathan Toews
Brendan Smith (Mimico)	Jason York	Kyle Turris	Matt Moulson
Reilly Smith (Mimico)	Joe Nieuwendyk	Mike Ridley	Jordan Eberle
Max Domi (Mimico)	Joe Sakic	Doug Evans	Cody Hodgson
Connor Brown (Mimico)	Doug Gilmour	Sam Gagne	Jason Ward
Wayne Gretzky ★	Paul Coffey	Brian Bellows	Gerry Cheevers
John Tavares	Gary Roberts	John Maclean	Doug Favell
Steven Stamkos	Paul Kariya	Bob Probert	Lionel Conacher
Ryan Getzlaf	Rick Dudley	Adrian Aucoin	John Ferguson Dan Ellis
Sean Monahan	Darren Pang	Devin Shore	Riley Nash
Darnell Nurse ★	Shawn Simpson	Dustin Brown	Codi Ceci
Ben Eager	Mark Stone	John Barrett	
Ryan Strome	Cliff Ronning	Marc Savard	
Brett Ritchie	Gary Roberts	Matt Barnaby	
Nick Ritchie	Paul Coffey	Ron Meighen	
Connor McDavid ★	Jack Bionda	Seth Griffith	

"All the good hockey players seemed to play lacrosse in those days and every one of them learned something from the game to carry over to the other – things athletes can only learn by mixing up games they play when they are young." - **Wayne Gretzky**

"It's lacrosse that helped teach me to spin off checks, take shots and protect the puck under pressure. My stick skills, the way to read the play quickly comes from lacrosse. The hand-eye coordination is just one of the little things that helps you in hockey." - **John Tavares**



For more information, email one of the executive members

The list of executive members can be found at this link:

<http://www.ramslacrosse.ca/executive>

For more information about the Winter Drop-in's, please email our Winter Camp Director, Adam Connelly at: [wintercampdirector@ramslacrosse.ca](mailto:wintercampdirector@ramslacrosse.ca)

### Winter Camps are run by **Todd Lorenz**

- 3 time member of the Salmonbellies Senior A Mann Cup Champions with 857 points in 434 games (1986, 1989, 1991)
- Canadian Lacrosse Hall of Fame inductee
- Former National Lacrosse League referee (NLL)
- Offensive coach with the Edmonton Rush
- Current head coach of the St. Albert Junior A Miners
- Current head coach of the Senior B Miners (three time President's Cup Champions (2016, 2017, 2018) who are the only Alberta Senior team to do so).
- Coached Team Alberta Midget Boys to a National Championship in 2017 (first time for Alberta)



ST. ALBERT RAMS LACROSSE ASSOCIATION



# LACROSSE

## Canada's Official Summer Sport!

Visit our website:  
[www.ramslacrosse.ca](http://www.ramslacrosse.ca)



Come try Lacrosse...

Winter Drop-in's

Monday's at Servus Place,  
St. Albert,  
Tudor Glen Floor  
Oct 22/18 to Feb 25/19

- Mini-Tyke, Tyke, New Players  
(3 years old to 17)  
18:00 to 19:00
  - Novice & Peewee  
(9 to 12 years old)  
19:00 to 20:00
  - Bantam & Midget  
(13 to 17 year old)  
20:00 to 21:00

\* Cost is 10.00 per player per session  
\*Winter session is full equipment (Jan & Feb '19)



Why Play Lacrosse?

Here are a few reasons:

- Lacrosse is the fastest game on two feet! However, you do not have to be fast on your feet to play it... ANYONE can play lacrosse!
- It's a safe sport! And has been ranked 54th on the list of sports that can cause an injury. In other words there are 53 other sports that you will be more likely to get injured playing. Can you name 50 sports?!
- It's a great physical conditioner. Running speed and stamina are well rewarded in the game of lacrosse!
- It develops agility and good hand/eye coordination.
- Develops discipline over emotion.
- Hockey scholarships are tough to get with so many players, but box lacrosse players from Canada are at a premium in the U.S. (380 Colleges and Universities in the U.S. offer a men's lacrosse program and 195 offer a women's program.)

If you want to be a better hockey, ringette, or basketball player, then lacrosse should be your summer sport!



"Box lacrosse, also known as indoor lacrosse and sometimes shortened to box, is an indoor version of lacrosse played mostly in North America. The game originated in Canada, where it is the most popular version of the game played in contrast to the traditional field lacrosse game. It is played between two teams of five players and one goalie each, and is traditionally played on an ice hockey rink once the ice has been removed or covered. The playing area is called a box, in contrast to the open playing field of field lacrosse. The object of the game is to use a long handled racket, known as a lacrosse stick, to catch, carry, and pass the ball in an effort to score by ultimately hurling a solid rubber lacrosse ball into an opponent's goal.

At the highest level, box lacrosse is represented by the *Senior A* divisions of the Canadian Lacrosse Association (Western Lacrosse Association of the British Columbia Lacrosse Association and Major Series Lacrosse of the Ontario Lacrosse Association), and the National Lacrosse League (NLL)."

Link to Canadian Lacrosse  
<http://www.lacrosse.ca/>

Link to Alberta Lacrosse Association  
<http://cla-alberta.pointstreaksites.com/view/cla-alberta/>

Link to Greater Edmonton Lacrosse Council  
<http://gelc.ab.ca/>



Visit our website for more info:  
[www.ramslacrosse.ca](http://www.ramslacrosse.ca)