

# LIMITED TEAM SPORTS



As of February 8, 2021



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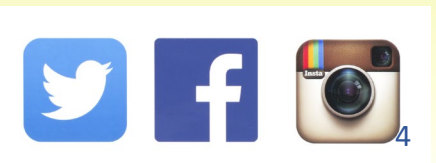
# GELC Information



# GELC ANNOUNCEMENT



- As you've probably heard as of Monday February 8th the regulations regarding COVID-19 restrictions have changed. The lessening of restrictions opens up the possibility of some sort of winter programs/training, albeit a little smaller than usual. Over the next few days/weeks under the guidance of Alberta Lacrosse we will be working to determine exactly what these restrictions mean in regards to returning to lacrosse.
- We are hoping to start up training as early as March 1.
- Please stay tuned to your e-mail and social media for registration information.





# TEAM SPORTS MANDATORY RESTRICTIONS



- Lessons , practices and conditioning activities are allowed indoor and outdoor, team based, minor sports/activities and school athletics.
- Games are not allowed.
- All participants must be 18 years old or younger, except coaches or trainers.
- Maximum of 10 total individuals, including all coaches, trainers, and participants.
- Participants must be masked at all times, except during training activity. Coaches, trainers/etc. must remain masked at all times.
- Access to change rooms must be limited, including accelerated arrival and departure, emergencies (for example) washroom use.
- Physical distancing must be maintained between participants at all times.
  - 3-meter physical distance for indoor activities
  - 2-meters physical distance for outdoor activities
  - Coaches or trainers may enter physical distance space for brief interactions with participants (for example, to correct form or technique)



# POTENTIAL OPTIONS MAY INCLUDE



- Registration Opens: Not before February 15
- Limited Training Start Date: Not before March 1
- 4on4 Game Play: Not before April 20
  - Based on AHS Benchmark to ease restrictions according to hospitalizations
- 4on4 Team Composition: 9 Players and 1 coach or 8 Players and 2 Coaches under current restrictions
- Playing Surface: Floors will be split into two – each side/group can have a total of 10 participants providing no co-mingling of groups takes place
- 4on4 Season End Date: July 11



# POTENTIAL OPTIONS MAY INCLUDE



- Coaches and Players from different teams will have the ability to play with different teams.
- Coaches will be allowed to lead multiple sessions.
- Players are not restricted to one cohort at this time.
- Parity Teams will be formed: 10U – 16U.
- We hope to have players on the floor as soon as possible, working with coaches on skills, drills and fitness, similar to a camp program, until we can form larger groups and play games.





# 5 on 5 FORMAT – IF POSSIBLE



**4on4 May be substituted with 5on5 pending Government of Alberta cohort restrictions**

- We hope to eventually offer a lacrosse program this season that is as close to the regular 5on5 game as possible. If required by Alberta Health Services Cohort Groups will be formed. At this point it may be similar to how things are organized in hockey – a 50 person cohort of players and coaches.
- All of this of course depends on how many registrations we get, what facilities we have access to and the AHS and ALA guidelines that will be in place. We will provide more details on this once we have a better handle on our forecasted registration numbers as well as guidance from AHS and ALA.





# PAY AS YOU PLAY (INSTALMENTS)



- All clubs will have a similar fee structure but the actual fees the clubs charge will vary from club to club.
- Some clubs may use “Pay As You Play” The format will be an initial deposit \$50.00 - \$75.00 “Hold My Spot” and then the following installments would be approximately 30% of total fees each. If lacrosse is shut down due to COVID payments will not continue. We hope that our members will appreciate this “Pay as You Play” Structure as opposed to having to make a full payment up front with the concerns of future COVID restrictions.

**Please check with your home club for payment options as these may differ from club to club.**



# COACHES & REFEREE'S



- Each club will be in desperate need of coaches. If you are interested in coaching a small group (and eventually assisting or head-coaching a full team) Please reach out to your home club with your interest.
- The Alberta Referee Association will also be in high demand for officials, if you are willing and able to Referee please contact: [admin@albertalacrosserefs.com](mailto:admin@albertalacrosserefs.com)
- We are excited to see the light at the end of the tunnel, that we can get our kids back to playing lacrosse.
- Thank you for your understanding and patience as we build the best lacrosse program while staying as safe as possible within the framework of the AHS conditions.



# Rams Specific Information



# Rams Specific Details – Key Dates



- 15 February – Registration Opens
- 1 March – Small group (10 person maximum) sessions start
  - Dependant on number of registrants
- 20 April – 4on4 Game Play Commence
  - If permissible based on AHS, GoA, and City of St Albert requirements
- 11 July – Season Ends



# Rams Specific Details - Fees



- Fee Schedule
  - There will be an initial non-refundable (ALA requirement) payment due at registration between \$25 and \$75 depending on division
  - There will be three further payments required monthly based on one third of the remaining balance of the fees and due on
    - 1 April
    - 1 May
    - 1 Jun
  - If the season is cancelled at any point, further fees will not be charged
  - Details of division specific fees on following slide



# Rams Specific Details - Fees



- 6U (Mini Tyke) – 2015-2017
  - Fee - \$99
  - \$25 non-refundable initial payment
  - 3 payments of \$24.67 due monthly
- 8U (Tyke) – 2013-2014
  - Fee - \$199
  - \$50 non-refundable initial payment
  - 3 payments of \$49.67 due monthly
- 10U (Novice) – 2011-2012
  - Fee - \$299
  - \$75 non-refundable initial payment
  - 3 payments of \$74.66 due monthly

- 12U (Peewee) – 2009-2010
  - Fee - \$309
  - \$75 non-refundable initial payment
  - 3 payments of \$78.00 due monthly
- 14U (Bantam) – 2007-2008
  - Fee - \$329
  - \$75 non-refundable initial payment
  - 3 payments of \$84.66 due monthly
- 16U (Midget) – 2005-2006
  - Fee - \$349
  - \$75 non-refundable
  - 3 payments of \$91.33 due monthly



# Rams Specific Details – Initial Program

(1/2)



- Intent is to form 10, or less, person groups by division depending on number of registrants
  - Depending on division this will be one or two coaches and nine or eight players respectively
  - Each group will have one goalie, where possible, except 6U
  - Groups will be formed, where possible and practical, based on friend requests submitted during registration
  - If total number of players for a given division does not divide evenly by eight or nine, groups will be divided equitably by total players in that division
  - If there are not enough registrants for a particular division to form a single group, then divisions may be combined
  - The Rams will be using Sarasota and Tudor Glen indoor fields, with two groups on each field for a given booking





# Rams Specific Details – Initial Program

(2/2)



- All City of St. Albert guidelines will be adhered to as detailed in the February update which can be found on the City and Rams site
- Key elements as applicable to our lacrosse programs worth highlighting are
  - Face coverings are required in all indoor public spaces in St. Albert
  - Access to the field houses is through the south doors and limited to participants only
  - No spectators are allowed
  - Arrive no earlier than 10 minutes prior to start time and depart within 10 minutes of completion
  - Change rooms will be restricted to participants and coaches and for shoe change only, players must arrive fully dressed