

CALGARY DISTRICT LACROSSE NEWSLETTER

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CONGRATULATIONS!

The CDLA was well represented at the Alberta Lacrosse's Annual Awards Banquet.

The 2016 James McFall Award, the highest honor in Alberta Lacrosse was presented to Axemen Lacrosse's John Kilbride.

The inaugural Ekke Lou Memorial Award was presented to Calgary Hornet's Gord Marsden.

CDLA CLUBS REGISTRATION IS NOW OPEN

We're excited to kick off our 2017 season! All CDLA clubs have opened registration. Please note the deadline to register is February 28, 2017. To help your clubs plan accordingly please register early!

Should you need assistance during the registration process, please contact your club registrars or Executive Directors to assist in the process.

- Calgary Axemen – Ashley Bamford-Dobbyn – executivedirector@axemenlacrosse.com
- Calgary Hornets – Debbie Goodfellow – Debbie@hornetslacrosse.com
- Calgary Knights – Sheila Norris – registrar@calgaryknightslacrosse.com
- Calgary Sabercats – Kelly L. Mantei – execdirector@sabercatslax.com
- High River Heat – Donna Gallup – registrar@highriverlacrosse.com
- Okotoks Raiders – Sapphire Husky – registrar@okotokslacrosse.com
- Rockyview Rage – Melanie Burnsed – registrar@rockyviewrage.com
- Strathmore Venom – Christine Shaw – registrar@strathmorelacrosse.com

FINANCIAL ASSISTANCE

For those families requiring financial assistance, we are pleased to partner with the KidSport and the Roughnecks EvenStrength grant program.

The goal behind the Roughnecks EvenStrength program in partnership with Kidsport is to provide subsidies to low income families whose children are participating in lacrosse within the Calgary District Lacrosse boundaries.

Gently used equipment is also available for qualified families through the Comrie's Sports Equipment Bank.

For more information please refer to the grant application form – [Roughnecks EvenStrength Grant](#)

Your club registrar must fill out a portion of the grant form on behalf of your home club.



Roughnecks EvenStrength Program
2017 Grant Application
Calgary@KidSport.ab.ca



WINTER CAMPS

Several CDLA clubs are hosting winter camps to sharpen your lacrosse skills and prepare for the upcoming season, including:

- Calgary Axemen
- Calgary Hornets
- Calgary Knights
- High River Heat
- Okotoks Raiders
- Rockyview Rage

To register for these camps please contact your club registrar for more information. If your club is not hosting a Winter Camp, please contact your nearest club and inquire if there is room.

NOTE: Winter camp participation is not subject to CDLA boundaries. Spring-Box season is subject to CDLA Boundaries for regular and playoff play. Players are required to follow club boundaries as set by the CDLA.



GIRLS HYBRID BOX AND FIELD WINTER TRAINING

ELEV8 Lacrosse will take a unique and pioneering approach to girl's lacrosse development. As the sport of women's field lacrosse grows, it is important to include the box lacrosse discipline within development. 2017 Girls Winter Training participants will be coached in a box lacrosse environment, with box lacrosse systems, theory, and strategy while using field lacrosse equipment and modified rules for competitive settings. We are excited about this new direction, giving female players the opportunity to develop in an environment unique to their discipline while using their field lacrosse equipment and preserving the box lacrosse characteristics which make Canadians the best lacrosse players in the world.



ELEV8 WINTER TRAINING

ELEV8 Lacrosse Winter Training is thrilled to expand on an incredibly successful 2016 season and provide a focused, three-month program, providing the highest level of indoor lacrosse instruction and dry-land training in North America for 2017. The goal of the program is to maximize skill development, character development, and establish goal setting practices to best prepare male lacrosse players to make the jump to the next level; ultimately becoming better athletes, competitors, and citizens.

ALL COACHING STAFF ARE CURRENT AND FORMER NLL PLAYERS.

On-floor sessions are divided by gender and into Elite and Developmental groups to best provide student-athletes with the environment to succeed as an individual. The Elite group is designated for student-athletes who have previously played "A" level lacrosse. The Developmental Group is designated for student-athletes who have yet to play "A" level lacrosse. Each on-floor group will train two sessions per week, additionally each Dry-land group will train two sessions per week. This very focused program is for committed lacrosse players and student-athletes whom are motivated to continue their development in pursuit of their lacrosse, academic, and personal goals.

Optional dryland programming is administered by WinSport strength coaches utilizing program direction from the Canadian Sport Institute and Olympic Strength Coaches and program directors. Student-athletes are challenged to learn, develop, and grow under the most diverse strength coaching model in the best training facility in Canada. Each dryland group will train two days per week in a very focused and intense training environment. This environment will focus on developing elite level training habits, a commitment to athletic development, mechanical development, and athletic training accountability. All sessions will take place in the most technologically advanced training environment in Canada with Olympic level guidance, instruction, and leadership.

To register for this camp please contact info@elev8lacrosse.com or call 403.479.4307.

NOVICE DIVISION UPDATE

Following the response from CDLA members regarding the structure of the Novice division, the CDLA presented to the ALA a new proposed format. The proposal was accepted on a one year trial basis for CDLA teams only.

Purpose: To enhance and improve the experience of our novice players, families and coaches by grouping players into three separate skill groupings (similar but different to tiered) in order to retain players longer.

Objectives:

1. Create a safe and fun environment for ALL players to thrive and develop regardless of their lacrosse experience. This format will ensure we have focused and appropriate groups to make the Novice division a better experience for players, coaches and families and ultimately giving players the confidence to perform at their best with their peers.
2. With a smaller range in skill and talent, coaches will be able to prepare focused and appropriate practice plans for the skill level of their players. This will allow for a more focused season-long development goals for coaches, players and teams. *(For new coaches, we are developing additional presentations and tools to help for your development too).*
3. Make scheduling easier for the Novice Division, especially during CDLA City Playoffs.

Structure: Roughly a third of players will be placed in each skill group, thus we will be running three groupings. We anticipate the groupings to look something like Most Experienced, Mid-Level Experienced, New to the Sport. It will be up to each CDLA club to determine their evaluation policies to ensure players are placed in the appropriate skill group. The final skill grouping formula will be released soon.

To reiterate, the LIKE-SKILL GROUPINGS are meant to borrow from the best aspects of tiered and parity to provide the best possible environment for skill development and to increase retention by making it more fun for all players.

Tournaments: This was the one drawback to the new CDLA model. For the ALA to approve this change for us to run in 2017, we committed that none of our most experienced players would attend novice parity tournaments in Alberta as their

rosters would be too strong. With the help of your clubs there will be a compiled an out-of-province list of tournaments that teams may want to attend at a comparable level.

The mid-level experience Group teams can enter teams in Province wide tournaments and will compete against parity teams.

The new player Group teams would not be competitive in Province wide tournaments but they are welcome to participate. There will however be several tournaments hosted by CDLA clubs that will run divisions for all three skill groupings.

NOVICE PROVINCIALS

The ALA has replaced novice provincials with a Tyke/Novice festival in mid-July and that tournament all ALA Teams will be placed in team pools based on the rankings from general season.

RMLL INFORMATION NIGHT

The Graduating Midget Info Session is on Tuesday January 24, 2017 7:00 PM - 10:00 PM and will take place in the Rose Hall at the Acadia Recreation Centre 240 90 AVE SE Calgary, Alberta. Representatives from the RMLL will be on-hand to discuss your options.



There is also the South Combine, the Combine will take place at the Saddledome on February 4, 2017. More info on this will be posted on the RMLL webpage www.rockymountainlax.com.

Excluding the Jr. Ladies Division, the RMLL has 4 tiers of Junior Lacrosse: Jr. B Tier III, Jr. B Tier II, Jr. B Tier I and Jr. A. The main difference between each tier is the increased level of play. For example: as players become more skilled, the game becomes faster, more hard hitting and with each level game strategy becomes even more of an integral part of a team's success.

A player's time commitment also increases with each level as a Jr. B Tier III/Tier II player is most likely on the floor 2 to 3 times a week whereas a Jr. A player is on the floor 3 to 4 times a week. The Jr. B Tier III and Tier II teams are the entry level teams for most first-year Juniors. During the five-year span of Junior Lacrosse, players are encouraged to move up through the Junior Tiers as their skill level develops. The three Tiers of Jr. B are responsible for player development and provide players with the tools to further their playing skills.

Players Ages: 17 to 21. Most of the players are 18, 19, 20, and 21 years old.

Registration: All first-year Juniors must register with the club which has their first playing rights regardless if the Club only offers a Tier II or a Tier III team. This includes drafted and non-drafted players who may be trying out for Tier I and/or Jr. A.

All Junior players attending higher level team tryouts, must keep the team/club they initially registered with appraised of their progress and must also try to attend floor times of that club/team. Players successful in making a higher-level team roster will have their full registration fee refunded.

Boundaries: For the initial registration of a first-year Junior is with your Minor Club if your Club offers both a Tier II and Tier III team. If your Minor Club does not offer either a Tier II or Tier III team, then you are a Tier II and Tier III Free

Agent and may register with any Club offering a Tier II or Tier III team. If your Minor Club only offers Tier III and you want to play Tier II, then you are a Tier II Free Agent and may register with any Club offering Tier II. If your Minor Club only offers Tier II, then you are a Tier III Free Agent and may register with any Club who offers Tier III.

Rosters: In Major, each team can have a maximum roster of 25 players. The exception to this is Tier III, Sr. C and Sr. and Jr. Ladies. Tier III, Jr. Ladies and Sr. Ladies may have a maximum roster of 30 and Sr. C 40 players. However, for all teams in all Divisions, you can only dress 20 players for each game. i.e. max 18 runners and 2 goalies. Travel All teams in Major lacrosse, regardless of the Division they are in, must travel. It's up to the policies of the individual teams whether buses are used for travel games.

Schedules: All Division schedules posted on the RMLL website by mid-March. This gives players a six week notice period in case they must arrange/re-arrange work schedules, etc.

Visit the RMLL website for all a listing of all Junior Team's open floor time.

ROUGHNECK TICKET OFFERS

Roughnecks have some exciting theme nights for our upcoming season, which starts January 6, 2017. Book early for the best available seats. **ALA members a \$20 ticket** (includes all fees and taxes) for all regular season games. Roughnecks appreciate your love for lacrosse and we want your passion in our building.



Please contact Jodie Schreiner at 403.777.5340 or scan and email your form ([Found Here](#)) to jschreiner@calgaryflames.com