



TITANS LACROSSE

Sherwood Park Titans Minor Box Lacrosse Newsletter

January 2023

Registration Open

Registration for the 2023 box lacrosse season opened up on January 1st. If you haven't yet registered your player, please do so soon!

Registration this season will only be online again through RAMP. To register your player, please login to your RAMP account from last year by following this [link](#):

If you do not have a RAMP account, you can follow the [registration link](#) to create a new account.

The ALA insurance requirements must be met for any player to be allowed on the floor. Which means your player must be registered with our club to use our floor times.

For player registration you can pay online by credit card or by sending money through an EFT (NO cheques). The EFT must be received within 24 hours to complete your registration. Failure to do so may result in loss of registration.

* A 3% processing fee will be added to your credit card on all registrations.

If sending money through EFT please ensure you add a comment with your players first and last name and the level they play.

You can send the money to sptitanstreasurer@gmail.com and use the password: Titans2023

'A' team player registration deadline: Sunday, Jan. 29, 2023.

2023 Fees

Level	Birth Years	Fee
U7 Co-Ed	2017, 2018	\$130
U9 Co-Ed	2015, 2016	\$160
U11 Men & Women	2013, 2014	\$365
U13 Men & Women	2011, 2012	\$400
U15 Men & Women	2009, 2010	\$420
U17 Men & Women	2007, 2008	\$430

Fee Breakdown

The Sherwood Park Titans is often asked, "Where does our money go?" Please review the [Fee Breakdown 2023 document](#) to find out!

Female Registration

As per communication from the President on December 6, 2022 (full letter can be viewed [here](#)), this season, the female teams will be formed one at a time. To avoid having extremely small teams like in previous years, registration will be waitlisted after 18 runners + goalie. The waitlist will be monitored, and if the waitlist reaches 12 runners + goalie, we will notify those waitlisted and create a second team. The Female Division Director will provide updates about the wait-lists on January 15 and 30.

Communication

As the season begins, please be reminded of the communication pathway that must be taken with questions or concerns:

- Member to Home Association (Titans)
- Home Association to LGB (GELC)
- LGB to ALA

Members must bring concerns to an executive of the Titans first.

Volunteer Opportunity

We are still desperately looking for another volunteer to take over the Scheduler role for our club.

This is a vital position to our club and our players cannot have a season without a scheduler!

If you are interested or have questions about this role, please reach out directly to our President:

president@sherwoodparktitans.ca

'A' Team Tryout Info.

There will be an important 'A' teams parent and player information session held on **Tuesday, January 24 at 7:00 pm** in the **Millennium Place ArborCare Room 2.**

A' team player registration deadline: **Jan. 29, 2023**, and try-outs begin **Feb. 5, 2023**. Each age division will share specific dates and times for the groupings.

'A' DIVISION EXPECTATION AGREEMENT

Sherwood Park Titans Lacrosse Club wants participation in team sports to be fun for all and needs support from both parents and players to achieve this goal. We provide this lacrosse program so children can be given opportunities to fully achieve their lacrosse potential in an organized and competitive environment. One such initiative is to ensure the competitiveness of the "A" level teams. All players and parents participating in the "A" programs must adhere to our club's expectations. Should you and your child wish to participate at the "A" level, you will need to sign the agreement.

EXPECTATIONS:

- Attend all practices and be on time as practicable
- Attend all games and be on time as practicable.
- Attend at least 85% of additional practices and games
- Participate in all tournaments (as chosen by the team)
- Participate in Provincials

Failure to abide by these expectations, will permit the coach of the team to adjust playing time to reward those players who show commitment to the team's success.

Drop-Ins

These drop-in floor times are for players to come out and shake the dust off, and flex their throwing arm and just get back into the lacrosse groove!

If you will be trying out for an 'A' level team or attending evaluations for parity, these drop-ins are a great way to warm-up and prepare.

Drop-ins are also for brand new players to come learn more about the game and the skills needed to become a next level lacrosse player - bring a friend with you!

There is a small fee of \$5 per drop-in, to be paid upon arrival in CASH only.

*Please come in full equipment when possible. Minimum equipment required: helmet, runners, and stick and gloves.

Upcoming Drop-In Dates

Mon, Jan. 16: 4:30-5:30
(all ages)

Thurs, Jan. 19: 4:30-5:30
(U7, U9, U11, U13)

Mon, Jan. 23: 4:30-5:30
(U11, U13, U15, U17)

Thurs, Jan. 26: 4:30-5:30
(U7, U9, U11, U13)

Mon, Jan. 30: 4:30-5:30
(U11, U13, U15, U17)

Stay posted for more times in February and March, along with our FREE Come Try Event happening February 20, 2023!

New U9 Director

This month we are proud to introduce you to another new face on the board, our U9 Director, Jesse Draper.

Jesse started playing lacrosse when he was 9 years old and played every summer after that through minor and major lacrosse with the Sherwood Park Titans.

Jesse has also coached for the Titans for 10+ years through all levels. He also spent two years coaching with the Jr. Titans before moving onto Team Alberta and coaching for three years with that program. After a long hiatus from lacrosse, Jesse joined us again last season as a coach for his son's team in U7.

Jesse has so many fond memories of his time playing and coaching within the Titan's organization that he decided to join the board of directors this season. This is his chance to be part of the same organization now in a capacity to impact positive change and help grow the game within our community, which is a privilege he's happy to accept.

This season, Jesse says although it's cliché, he is most looking forward to seeing how our young athletes progress from the beginning to the end of the season and the confidence they gain from this transformation is incredible. He says "sports can be a foundation for success in all aspects of life and having a small part in that is what I'm looking forward to most."

A warm welcome to Jesse this season and a big thank you to your time and commitment to our players and club!

Coaching Clinics

Are you planning to coach this season? Whether you want to be a head coach or an assistant coach you will need to ensure you have the appropriate certification to be allowed on the bench.

The ALA has already started posting a variety of coaching clinics for the upcoming season. Please check out the "Coaching Clinics" tab on the ALA website for all the details and to register.

If you have any questions about coaching, please reach out directly to our Coach Development Director.

Other Important Dates

Jan. 24 - 'A' teams parent/player information session (Millennium Place)

Jan. 29 - Registration deadline for all players with intention to play 'A' level

Feb. 5 - 'A' teams try-outs begin. Check your division homepage for specific dates and times for your age division and groups.

Feb. 20 - FREE Come Try Event for any NEW players to give lacrosse a try! Sticks will be available to borrow, so let your friends know and come out to have some fun!



Shorts & Apparel

Don't forget that it is **mandatory** for all players to wear Titans shorts for games. Shorts are **ONLY** available for purchase through Sin Bin, Sherwood Park.

It is best to purchase online, however they do have some stock available in store.

***Sizes** - We found last season that these shorts typically fit big. Before ordering you can stop in to Sin Bin to try on to determine the best size for your player.

Sin Bin is carrying more of our Titans apparel this season, so check it out and support local!



Happy
New
Year

<http://sherwoodparktitans.ca/>

