



TITANS LACROSSE

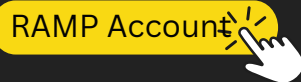
Sherwood Park Titans Minor Box Lacrosse Newsletter

December 2023

Registration for 2024

Registration for the 2024 season will open **January 7, 2024** at 12:00 pm (noon). All registration information can be found on our [website](#).

Registration this season will only be online again through RAMP. To register your player, please login to your RAMP account from last year.



If you do not have a RAMP account, you can follow the registration link to also 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 player's first and last name and the level they play. You can send the money to sptitanstreasurer@gmail.com and use the password: Titans2024

2024 Fees

Level	Birth Years	Fee
U7 Co-Ed	2018, 2019	\$145
U9 Co-Ed	2016, 2017	\$185
U11 Men & Women	2014, 2015	\$395
U13 Men & Women	2012, 2013	\$435
U15 Men & Women	2010, 2011	\$455
U17 Men & Women	2008, 2009	\$465

Fee Breakdown

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

Women's Registration

Last season we found much success in the registration process for all women's divisions, where we waitlisted players after 18 runners + goalie. As such, we will follow the same registration process in all Women's Divisions again for the 2024 season.

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. If any players are still on the waitlist and we do not have enough to create a second team, then those players will have the option to be transferred to another women's team in the GELC. The Women's Division Director will provide updates about the wait-lists on a regular basis and can be contacted directly with any questions about this process: Female@sherwoodparktitans.ca

High Intensity Drop-Ins

We have a few drop-in sessions scheduled for our U13, U15 and U17 players that will be **full contact, full equipment, high intensity.**

LOCATION: Millennium Place, Trail
Appliances Field

TIME: 7:45 PM - 8:45 PM

U13 Co-Ed: Jan. 10 & 31

U15 Co-Ed: Jan. 17 & Feb. 7

U17 Co-Ed: Jan. 24 & Feb. 14

FEE: \$7 Drop-in Fee

*Players must be in full equipment and can expect full contact. Sessions will be run much like a regular team practice.

Coaching Applications

The Sherwood Park Titans are currently seeking coaches for all 'A' or Tier 1 teams in U13, U15 and U17 divisions for 2024.

If you are interested, please fill out the coaching application form or go to our website and do the same.

APPLY NOW 

In addition to completing this application you will also be asked to submit your Coaching Resume including a copy of a seasonal/development plan. Those individuals applying for coaching an 'A' or Tier 1 team, your application also needs to include 3 detailed practice plans that demonstrate a coaching plan to go from: 1) skill; 2) to tactic; 3) to strategy; that you would use (age appropriate) to the level you are applying.

The deadline for 'A' level applications will be **January 7, 2024**. Applications not meeting the minimum standards will not be reviewed. We will be reaching out to coaches for interviews in January 2024.

Thank you to those coaches who volunteer for our sport and players!

If you still have interest in coaching other levels or divisions, please contact your division director whom are always looking for volunteers to support.

If you have any questions, concerns or require additional information, please contact our Coaching Committee directly: sptitanscoachdevelopment@gmail.com

Meet the U13 Director

Please join us in welcoming Andy Tachuk to the board as our new U13 Director.

Andy was first introduced to lacrosse when his colleague, Blair Manning, invited his youngest son out to a Titans drop-in back in 2017. Both Andy and his son fell in love with the sport and the whole family has been hooked ever since!

Andy is a native to Sherwood Park and grew up playing hockey, rugby and volleyball. Although he never had the opportunity to play lacrosse, he knows he would've loved it and is so glad both his boys get to play.

Andy has been involved coaching and training both of his sons' teams over the years and is looking forward to his new role on the board. He plans to support his division's coaches and staff so they have a positive season and is excited to watch all the players' growth!

Shorts & Apparel at Sin Bin

Sin Bin in Sherwood Park will be selling all of the available Titans apparel this season. You can shop in store or online.



Titans Shorts:

It is mandatory that all players wear Titans shorts for games. Shorts can ONLY be bought DIRECTLY through Sin Bin.

'A' Team Tryouts

We will be hosting evaluations for those players interested in trying out for "A" level teams in the men's U11, U13, U15 and U17 divisions.

'A' team player registration deadline is **Feb. 4, 2024**, and tryouts are **tentatively scheduled** to begin **February 10**. Check your Division Homepage for updates on specific times for your player.

There will be an important 'A' teams parent and player information session held on **Thursday, January 25, 2024 at 7:00 pm** at **Council Chambers**, Strathcona County Hall, 2001 Sherwood Drive.

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 read and sign the 'A' Division Expectation Agreement.

**Click here to read
the
'A' Division
Expectation
Agreement**

Pre-Season 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.

There is a small fee of \$7 per drop-in or \$25 for a 5 pass punch card.

*Drop-ins are open to players from other clubs, to a maximum of 3 sessions

Upcoming Drop-In Dates:

All drop-ins are at: Millennium Place, Soccer Turf, Sherwood Park

Wed, Jan. 10: 4:45 PM - 5:45 PM (U9, U11 co-ed)

Thurs, Jan. 11: 7:30 PM - 8:30 PM (U13, U15, U17 co-ed)

Wed, Jan. 17: 4:45 PM - 5:45 PM (U7, U9, U11 co-ed)

Thurs, Jan. 18: 7:30 PM - 8:30 PM (U13, U15, U17 co-ed)

Wed, Jan. 24: 4:45 PM - 5:45 PM (U9, U11 co-ed)

Thurs, Jan. 25: 7:30 PM - 8:30 PM (U13, U15, U17 co-ed)

Wed, Jan. 31: 4:45 PM - 5:45 PM (U7, U9, U11 co-ed)

Stay posted for more times in February and March, along with our **FREE Come Try Event** for **NEW** players on February 19, 2024!

Important Dates

Jan. 7: Coaching application deadline for 'A' teams

Jan. 7: Registration opens for 2024 season

Jan 10: Drop-Ins begin

Jan. 25: 'A' teams parent/player information session (Council Chambers)

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

Feb. 4: Registration deadline for 'A' level intent to play

Feb. 10 'A' team try-outs begin. Check your division homepage for specific dates and times for your age division and groups.

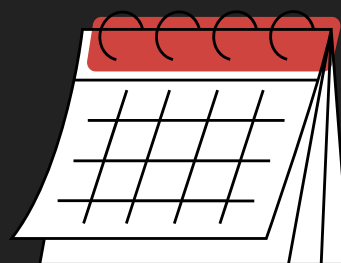
Feb. 20: FREE Come Try Event for any NEW players to give lacrosse a try! Sticks will be available to borrow, so let your friends know and come out to have some fun!

Apr. 16: Regular season games begin

June 15/16: U7/U9 Wrap-Up Jamboree

June 17-24: City Playoffs (U11-U17)

July 12-14: Provincials for U13-U17 (Sylvan Lake/Red Deer)



Congratulations!

Even in the off-season there is still lots happening in box lacrosse!

In the Parkland Posse 4 on 4 Fall Classic in November we had a U13 team put together that won silver after a tough loss in their final game.



U15 players Rory Travis and Liam Cappella also played in the Posse Fall Classic with the Flamingo Flamingos and Carter Mitchell with the Blueberry Bulldogs. Congratulations to Carter and the Blueberry Bulldogs on their gold medal win!



The Edmonton Junior B Warriors were the national champions at the Founders Cup this past season! Congratulations to our Titans Alumni who received their championship rings this past weekend!



Questions

Do you have a question and you're not sure where to find the answer? Our website is updated on a regular basis and is a great place to find all of the information you need.

- [FAQ section](#) on the website answers some commonly asked questions
- Directors will be updating Division homepages for division specific information
- Parents Resource menu on the website has a variety of information
- Coaches' Corner and Managers Tab have all the details needed for bench staff

Your board members are also available to answer your questions. All of their direct contact information can be found under the Administration Menu and the [Executive tab](#).

MERRY
CHRISTMAS
HAPPY &
NEW YEAR

<http://sherwoodparktitans.ca/>

