



TITANS LACROSSE

Sherwood Park Titans Minor Box Lacrosse Newsletter

November 2023

AGM

We held our AGM on November 2, 2023 in Chambers at Strathcona County Hall. Thank you to all that attended. You can read the [President's Report here](#).

There was a vote held at the AGM for the position of Female Director, which was won by Jody Travis. The position of Vice President was vacant at the time of the AGM and there were no nominations from the floor. We are excited to let you know that at the November Board Meeting, Joel Brooks was voted into the position as Vice President. We are pleased to introduce you to the Sherwood Park Titans Board for the 2024 Season:

President: Rene Couturier

Past-President: Karen Wellner

Vice President: Joel Brooks

Treasurer: Pam Briton

Registrar: Kim Couturier

Secretary: Jen Harrison

Communications: Colleen Tachuk

U7 Director: McKinley Saunders

U9 Director: Jesse Draper

U11 Director: Vacant

U13 Director: Andy Tachuk

U15 Director: Dean Briton

U17 Director: Corey Holts

Female Director: Jody Travis

Coach Director: Andrew McCormick

Apparel Coordinator: Dianna Brooks

Tournament Coordinator: Kelly Walton

Equipment Coordinator: Nick Cappella

Bingo Chairperson: Lisa Mitchell

Registration 2024

Registration for the 2024 box lacrosse season will open **January 7, 2024**. All registrations will be through our website using RAMP.

U7 - born 2018/2019

U9 - born 2016/2017

U11 - born 2014/2015

U13 - born 2012/2013

U15 - born 2010/2011

U17 - born 2008/2009

The U7 and U9 divisions will continue to be co-ed, and separate **women's divisions** will still be offered for U11, U13, U15 and U17.

- Registration will continue to be based on your child's year of birth.
- If you have questions about your **volunteer credit** or **free registration** that you won at our AGM or bingo/casino please contact the registrar for instructions BEFORE you register!!
- Please contact the Registrar for any questions or help needed with registration:
registrar@sherwoodparktitans.ca

REGISTRATION



ALA Regulation Updates

The ALA held its annual Planning Meeting in Calgary in September. All of the updates are available on the [ALA website](#). Some important changes to note, include, but are not limited to the following:

- **Team Alberta and Nationals:** In continuing to support the recommendations of the LC LTAD, Alberta will be sending the following teams to Minor Nationals in 2024:
 - U17 male and female box
 - U22 female box
 - U19 women's field
 - U17 men's field
 - U19 men's field

As one of the founding provinces, and further supporting the LC LTAD, we will also send the following teams to the Prairie Cup, a new regional championship starting in 2024:

- Two of each U13 male and female box
- Two of each U15 male and female box
- As well as two U15 women's field teams to the U15 Festival held in conjunction with the Jenny Kyle Cup.

It is Alberta's turn in the rotation to host the Alumni and First Nations Cups (men's U17 and U19 field) in 2024. The Board has voted in favor and will be submitting a bid.

- **Tournaments:** Each LGB will be approved one large tournament in 2024. Other tournaments must be only two consecutive divisions to be approved. For example, U11 and U13 or U15 and U17. Only one tournament per weekend, per division pairings, outside of the large tournaments, will be approved. As in previous years, the Canada Day tournament will be only tournament to offer a U17-A division.
- **Affiliations:** In Minor teams may now affiliate to a maximum of 18 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders, on the bench, and will only be eligible to participate as a goaltender during Provincials. Teams may carry a maximum of two (2) goalies. All affiliates must be drawn from the same club and in a lower division or lower tiered team in the applicable division competing. U9 teams are permitted to affiliate first year aged U9 players.
- **Minor Box Provincials:** All three female divisions will now be the league champions from the CDLA and GELC. This keeps the females consistent with how the other divisions are configured, while slightly increasing the athlete pool for the winning teams to affiliate from.

ALA Regulation Updates Continued

- **Minor Box Floor Times:** Minor box floor times will now reflect those recommended in the LC LTAD.

Division	Allotted Time	Warm-Up/Training	Period/Game 1	Period/Game 2	Period 3/Game	Period Break
U7	1 hour	5	15	15	15	3
U9	1 hour	5	12	12	12	3
U11	1 hour	5	12	12	12	3
U13	1 ¼ hours	10	15	15	15	3
U15	1 ½ hours	10	15	15	15	5
U17	1 ¾ hours	10	20	20	20	5

U7 will follow LTAD Option X with the following modifications:

- Shift on the fly
- Soft ball is used.
- Three fifteen-minute, run-time periods with three-minute breaks

U9 will follow the LTAD Option L with the following modifications:

- Fallback
- Shift on the fly
- Regulation ball used.
- No coaches on the floor

If you have any questions about any of the updates and changes, please don't hesitate to reach out to your LGB President or the ALA office.

IMPORTANT

U11 Director Needed

The U11 Director position is vacant and we need your help filling it for the 2024 season!

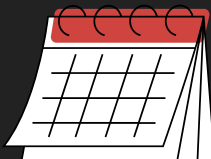
As a division director you would be involved in assisting with evaluations at the beginning of the season, forming teams and setting up head coaches for each team. You will work closely with our Evaluation Coordinator and Coaching Development Director along with various other board members.

Join our team to get more involved with the sport and learn more of what happens behind the scenes. Contact: president@sherwoodparktitans.ca if you are interested or would like to learn more.



Important Dates

Nov. 30: GELC AGM @ 6:30 PM
Jan/Feb: Drop-Ins for Registered Players
Jan.: RMLL Jr. Player Info Sessions
Jan. 7: Registration Opens
Feb.: 'A' Level Try-outs Begin
Feb. 19: FREE Come Try Lacrosse Event
March: Evaluations for U9-U17 Parity Teams
March 25: GELC Schedule to members
Apr. 16: GELC Season Start
June 15 & 16: U7 & U9 Jamboree
June 17: GELC Playoffs start (U11-U17)
June 27: GELC Regular Season Ends
July 12-14: Minor Box Provincials
(Sylvan Lake/Red Deer)



Tournament Updates

Since each LGB will now only be approved one large tournament in 2024 by the ALA, our Titans Classic Tournament will unfortunately be affected. Once we have confirmation from the ALA about the Titans Classic we will provide an update to our members.

These are the ALA Large Sanctioned Tournaments approved for 2024:

1. SALA - Lax to the Max TBC
2. WLA - Ice Melter TBC
3. CALL - Tradition Lives; May 17,18,19.
4. GELC - Baggataway; June 7,8,9.
5. CDLA - Canada Day Tournament; June 30,31-July 1
6. Women's Tournament - South; Girls Rock TBC
7. Women's Tournament - North; Rock the North TBC

Come Try Lacrosse

Let your friends know that we will be hosting another FREE Come Try Lacrosse Event on **Feb. 19, 2024**. This is a FREE event and NO REGISTRATION is required! Times and details will be coming soon.

This is for any new player who is interested in trying out lacrosse before registration for the season closes. It is a great way to come see what lacrosse is all about!

Equipment required: Helmet with a cage and indoor running shoes. Sticks will be available to use.

If you have any questions, please email: u7@sherwoodparktitans.ca

Drop-Ins

Drop-ins will be starting in **January**! These are pre-season floor times for players to come out and shake the dust off, and flex your throwing arm and just get back into the lacrosse groove! They are an excellent opportunity for players to prepare for tryouts and evaluations.

Stay tuned for dates, times and all the details. We can't wait to see our lacrosse players on the floor!

We will need coaches to help with the upcoming drop-ins. If you are interested in helping or would like more details, please contact: u7@sherwoodparktitans.ca

Evaluations

All players in U9, U11, U13, U15 and U17 will attend evaluations in **March**, before the beginning of the regular season. This includes all of the Women's Divisions as well.

Evaluations give the opportunity for players to demonstrate their lacrosse skills so that directors and coaches can make teams that are parity. More details will come as we get floor-times secured.



The poster features the Edmonton logo at the top. Below it, the text reads: 'GELC ANNUAL GENERAL MEETING', 'NOVEMBER 30, 2023', '6:30PM - 7:30PM', 'GELC OFFICE', '#303 202 69 Avenue', and 'WWW.GELC.AB.CA'. At the bottom, there are navigation buttons for 'ABOUT US' and 'Annual General Meeting'.

'A' Teams Information

We are thrilled to announce that the GELC recently voted to keep the 'A' Divisions for U13, U15 and U17 for the upcoming 2024 season.

Week of Jan. 22-26: Titans 'A' teams Info. Session to be scheduled

Week of Feb. 12-16: 'A' team tryouts begin; will run for 2-3 weeks

March: Practices begin

*** Dates are tentative and subject to change. More details and final scheduling will be shared once floor times are secured.**

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 agreement.

EXPECTATIONS:

- Expect player to attend all practices and be on time as practicable
- Expect player to attend all games and be on time as practicable.
- Expect player to attend at least 85% of additional practices and games
- Expect players to participate in all tournaments (as chosen by the team)
- Expect players to participate in Provincials (July 12-14, 2024)

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.

Congrats U17 Graduates

We were thrilled to host a special graduation ceremony for all of our U17 graduating players on November 2, 2023.

Check out this [special slideshow](#) made to honour and celebrate all of these players.

U17 Graduates for 2023:

Austin Allen
McKenna Andree
Riley Baril
Aidan Carruthers
Easton Couturier
Maliah Desabrais
Jordyn Doucet
Calleigh Grismer
Ronan Hoover
Cali Kozak
Josh Little
Lincoln Lowes
Tyler Manning
Caden McCormack
Austin McMaster
William Nykipilo
Sarah Peever
Devon Peleskei
Tyler Pennock
Reid Regehr
Sarah Rishaug
Leah Schmidt
Carsyn Sims
Brooklyn Tavaroli
Grady Thompson
Jesse Watson
Keira Wellner-Bate
Taelor Whibbs
Blake Wick
Hudson Young



RMLL Junior Information

Annually, in early January, the RMLL holds Information Sessions for all first-year Junior players (Graduating U17 players). At these sessions the RMLL presents an overview of Major Lacrosse in Alberta and the various RMLL Divisions of Junior lacrosse. Representatives of each team in the Junior Divisions attend and provide information on their specific Programs.

Visit their [website](#) for updates.



Awards

We realize that our volunteers also deserve to be recognized - volunteers are the heart of the Titans organization. We asked our membership for nominations and we celebrated the excellence with the first ever Titans Volunteer and Coach of the Year awards.

Congratulations to Coach Ryan Harding on becoming the first recipient of the Titans Coach of the Year Award. Past-President, Karen Wellner said, "Ryan is one of my favourite coaches in our organization because he is so openly enthusiastic about lacrosse and the Titans overall. Another thing I admire about Ryan is that he never shies away from providing the board constructive feedback – which I appreciate. He is a true advocate for the sport of lacrosse, our community, and the Titans."

The recipient of the Titans Volunteer of the Year award went to Colleen Tachuk, who volunteers on the Board and in a variety of other ways to support her sons' teams. It was said that, "when we talk about Titans growth – much of the credit is directly tied to our social media presence. All because of the work of our Volunteer of the Year."

As well, this year we introduced the Pinnacle Award. This award was chosen by the President and Vice-President and is a recognition for exceptional commitment, dedication, and contribution to Titans lacrosse. Congratulations to Sarah Hanson on earning this prestigious award! Sarah has served on the Board in a variety of roles over the years and is never one to shy away from volunteering. Most recently, Sarah took over the demanding role as Titans Scheduler while also chairing the committee for the first ever Rock the North Tournament for our women lacrosse players. Sarah is passionate and dedicated to the Titans and we are so incredibly lucky to have her support!



<http://sherwoodparktitans.ca/>

