**CONTACT US**

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**ABOUT US**

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**2013 REGISTRATION**

- Number of Members

- History of Association

- Goals of Association

- Mission Statement & Vision

- Focus on hometown pride

- Future of Association

Association Name:

Executive Contact:

Board Position:

Street Address:

City, Province, Postal Code:

Phone:

Email:



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| **WHERE TO REGISTER?** | | |
| **DATE** | **TIME** | **LOCATION** |
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| **GIRLS FIELD REGISTRATION FEES** | | | |
| **DIVISION** | **COST** | **AGE** | **YEAR** |
| U11 |  | 9-10 | 2003-2004 |
| U13 |  | 11-12 | 2001-2002 |
| U15 |  | 13-14 | 1999-2000 |
| U19 |  | 15-18 | 1995-1998 |



**INSERT MARKETING**

**SLOGAN HERE**

**EXAMPLES:**

“So You Want to Play Lacrosse”

“Play, Coach, Referee, Volunteer…”

“Canada’s National Summer Sport”

“The Fastest Game on Two Feet”

“Catch the Fun, Play Lacrosse”

|  |
| --- |
| **Insert Picture or Graphic here** |

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**GROW THE GAME!**

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**GIRLS HOCKEY PLAYERS PLAY GIRLS FIELD LACROSSE**

**WHY PLAY LACROSSE?**

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**GIRLS FIELD LACROSSE**

**BECOME A VOLUNTEER!**

Volunteers are critical to the success of our association. We welcome you to volunteer and help grow our lacrosse programs!

**To Volunteer Contact:**

Executive Contact:

Board Position:

Phone:

Email:

**BECOME AN OFFICIAL!**

Are you looking to remain active, contribute to the game of lacrosse and make some extra money?

**To Start Officiating Contact:**

Executive Contact:

Board Position:

Phone:

Email:

**BECOME A COACH!**

Are you interested in developing the lacrosse players of the future? Regardless of your lacrosse experience, anyone can become a lacrosse coach!

**To Start Coaching Contact:**

Executive Contact:

Board Position:

Phone:

Email:

* Builds self-esteem, sportsmanship and leadership skills.
* Promotes a healthy and active lifestyle.
* It is Canada’s National Summer Sport.
* Can provide opportunities to compete at provincial, national and international levels.
* The fastest growing team sport in North America.
* Lacrosse is FUN!
* Effective tool that increases physical fitness during hockey off-season.
* Prevents sport burn out by playing a new, fast paced sport.
* Increases hand-eye coordination
* Reinforces quickness and agility around the net.
* It is inexpensive to equip lacrosse players as most hockey equipment can be used in lacrosse.

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**REPRESENTATIVE FIELD LACROSSE**

**Registration:** January - March

**Tryouts:** Mid April

**Season:** Mid May - Mid July

* Field lacrosse combines the openness of playing on a field with the high intensity and contact of box lacrosse.
* Our association competes in Ontario Women’s Field Lacrosse (OWFL). Participants represent our association while playing at a more competitive level than our house league program.
* Players compete at the U11, U13, U15 and U19 levels. Games are played tournament style on weekends. Tryouts for the representative teams start in mid April.

**HOUSE LEAGUE FALL FIELD LACROSSE**

**Registration:** January - March

**Grading & Workout Sessions:** May

**Season:** Late May - Late July

* Focuses on creating a fun and safe environment while providing participants the opportunity to learn and apply the key skills of the game of lacrosse.
* Girls’/Women’s Field Lacrosse is a non-contact sport so minimal equipment is required. Equitable playing time is emphasized over winning.

For information on open positions or to submit your resume, please visit our Web site at: www.lucernepublishing.com