
- FOR IMMEDIATE RELEASE -

FREE INSTRUCTIONAL CLINICS OFFERED TO HOUSE LEAGUE LACROSSE COACHES BY OLA

TORONTO, ON – April 5th, 2022 – The Ontario Lacrosse Association (OLA) is proud to announce its support for community-based lacrosse opportunities for clubs through three upcoming coaching clinics, which are offered free of charge to all participants. Prospective coaches, club technical directors and house league directors, zone technical directors and other representatives are invited to join us for any of these sessions by pre-registering at [this link](#).

These sessions, which will provide coaches with entry-level box lacrosse fundamentals, practice drill concepts and best practices for house league coaches that are focused on local lacrosse opportunities, are free for all pre-registered attendees. Coaches are encouraged to bring their lacrosse stick, a ball and a pen to their session; all other materials will be provided by the instructors.

These free sessions are scheduled to last approximately three hours, and attendees will be provided with resources that will assist them with their involvement in house league lacrosse. Participants will not receive coaching certification for these clinics, which means that they are provided for informational purposes only. Previous experience with lacrosse is not a pre-requisite; everyone is encouraged to attend and take part in these opportunities; regardless of their background in the game. In order to maintain safe spaces for all attendees, each clinic will be limited to the first 50 registered participants.

OLA House League Coaching Clinics (H/L, non-carded) – free to attend, must be pre-registered

The House League coaching qualification introduces prospective coaches to the fundamental elements of coaching box lacrosse. All coaching clinics are three hours in duration.

Community	Date	Time	Location
Whitby	Tues, April 12	6:00pm – 9:00pm	McKinney Arena (222 McKinney Dr., Whitby)
Peterborough	Thurs, April 21	7:00pm – 10:00pm	Kinsmen Civic Centre (1 Kinsmen Way, Peterborough)
London	Fri, May 6	7:00pm – 10:00pm	Nichols Arena (799 Homeview Rd., London)

We look forward to supporting your coaching career! For questions about these clinics or other coaching resources, reach out to Rick Phillips (vpcoaching@ontariolacrosse.com).

Are you a coach who is looking for entry level drills for your practices? [Click here](#) to download the Entry Coaching Drill Card practice PDF.