



- FOR IMMEDIATE RELEASE -

ONTARIO LACROSSE ANNOUNCES INAUGURAL U7 GAME DAY!

TORONTO, ON – February 26, 2026 – The Ontario Lacrosse Association (OLA) is proud to introduce U7 Game Day!, a new province-wide event designed to officially launch the U7 (Paperweight) box lacrosse season.

The inaugural U7 Game Day! will take place May 30–31, 2026, and will be hosted in two locations: Whitby (McKinney Arena) and Lincoln (Major Refrigeration Peach King Centre, Grimsby). Teams may register to participate on one or both event dates.

Registration for U7 Game Day! opens Monday, March 2 at u7gameday.com.

U7 Game Day! combines structured competition with education and development opportunities for players, parents, coaches, and officials. The event reinforces Long-Term Athlete Development (LTAD) principles at the U7 level by prioritizing skill development, safety, enjoyment, and age-appropriate competition.

At the U7 (Paperweight) stage, the emphasis remains on building confidence through fundamental skill acquisition, including running, scooping, cradling, passing, catching, and shooting. By supporting consistent implementation of U7 Modified Rules, the event strengthens the foundation for a positive, development-focused season.

In addition to game play, the event will provide:

- Parent education on LTAD U7 Modified Rules
- Coaching instruction on rule implementation
- On-floor training for officials
- Equipment and stick guidance for families
- Season scheduling opportunities for team managers

By reinforcing consistent application of modified playing rules and clearly defining stakeholder roles, U7 Game Day! aims to enhance the player experience and support improved retention within Ontario's youngest age division.

As part of the Ontario Lacrosse University programming at the OLA Semi-Annual General Meeting (SAGM) this weekend, attendees are invited to a dedicated session introducing "U7 Game Day!", presented by OLA Programs Director Ron MacSpadyen. The session will provide club executives, coaches, and team managers with an overview of the event's purpose, structure, and alignment within the broader U7 development pathway.

The OLA looks forward to welcoming teams, families, and officials to the inaugural U7 Game Day! as Ontario's youngest athletes begin their 2026 box lacrosse season.

About the Ontario Lacrosse Association

The Ontario Lacrosse Association (OLA) exists to grow, lead, promote and govern the sport of lacrosse within the province of Ontario. We bring together players, coaches, officials, volunteers, and fans in a shared commitment to uphold the values of respect, fair play, and community, ensuring a vibrant future for Canada's national summer sport. For more information or to become involved, visit ontariolacrosse.com.