

LACROSSE

CANADA'S
OFFICIAL
SUMMER SPORT

“The fastest game on two feet”



Players getting ready for the Stampede Parade.

The Williams Lake Lacrosse Association was established in 2005 to provide opportunities for boys and girls of our area to learn and play box lacrosse.

Lacrosse is an excellent cross training sport for Hockey

Famous hockey players that played lacrosse are: Wayne Gretzky, Brendan Shanahan, Doug Gilmour, Cliff Ronning, Joe Sakic, Steve Larmer, Collin Patterson, Tim Hunter, Paul Kariya, Don Cherry, Gary Roberts, Adam Oates, Paul Coffey, Joe Nieuwendyk. ...and many more!

williams lake bighorns lacrosse



Important Dates for 2011

Early Registration: Feb 12,19,26, 2011

- Cariboo Memorial Complex 10am-2pm
- Lacrosse sticks for sale at registration.
- **Other Registration dates TBA**

Lacrosse Mania: Apr 2, 2011
Cariboo Memorial Complex 12-2pm

Final Registration: Apr 2, 2011
Cariboo Memorial Complex 12-2pm

Practices Start: week of Mar 28, 2011

Practices Start:

Lacrosse Made Easy

The rules of lacrosse and tactics utilized are much the same as basketball. Unlike hockey, there is no off side and the goaltender may advance to any portion of the floor. In novice and above, a thirty second clock is in effect. The team with possession of the ball must take a shot on net within the 30 seconds or give up possession. When a team is in possession of the ball, all players are on the attack. When a team is not in possession of the ball, all players are on the defense.

What Equipment will be needed? Hockey helmets with facemask, mouth guard, shoulder pads, kidney pads, gloves, athletic support and cup, elbow pads, a lacrosse stick and running shoes are also required. Knee pads are recommended.

Where is the game played? Box lacrosse is played in hockey arenas once the ice is removed.

What type of insurance is carried? Your registration fee includes the costs of insurance provided by BCLA. This insurance is Extended Medical Insurance, not basic health care insurance.

What are the requirements for coaches and officials? All coaches and referees are certified. All coaching and referee/umpire programs will follow the Canadian Lacrosse Association standards.

Is lacrosse really the fastest game on two feet? The sport is characterized by intense action, strategy, finesse and power. To make long looping passes at one end of the floor or field and short bullet like shots at the other end; to catch a pass over the shoulder while running at full stride; to hit the top corner at the net while in full flight; or to stop a shot aimed low through a maze of players requires a range of skills unsurpassed in any other sport. The promotion of speed, stamina, sportsmanship and team play in lacrosse provides excellent cross training for other sports like hockey, basketball and soccer. The wide-open nature of the game makes it a very good spectator sport.



Players resting in between periods.

Come and try lacrosse at
Lacrosse Mania, April 2nd
 at the Cariboo Memorial Complex
 Rink 2, noon to 2pm

This is a free drop in session to
 experience the fabulous game of
 Lacrosse.

Sticks will be available for you to use and
 Certified lacrosse coaches will be there to
 assist you. Please bring hockey helmet &
 gloves.



EARLY REGISTRATION FEES

Prior to March 1, 2011

Early Registration: Feb 12,19,26, 2011
Cariboo Memorial Complex 10am-2pm

Tykes**	2003-2004	\$ 65
Novice	2001-2002	\$115
Peewee	1999-2000	\$125
Bantam	1997-1998	\$135
Midget	1995-1996	\$145

Fees after March 1, 2011

Tykes **	2003-2004	\$ 90
Novice	2001-2002	\$140
Peewee	1999-2000	\$150
Bantam	1997-1998	\$160
Midget	1995-1996	\$170

**** New players registering for Tyke division
 will receive a free lacrosse stick.**

Fundraising deposit of \$60 for each player,
 recovered after fundraising has been completed.

\$25 Provincial team tryout fee
 - **non-refundable, payable before tryout.**

Lacrosse season runs from the end of March
 to the end of June.

Our practices are held during the week, on
 Tuesdays and Thursdays and start the end of
 March. Games start in May and are played
 on the weekends. (subject to change) Zone
 play downs are held the end of June and
 Provincials are in July.

Some travel is required as we play Quesnel,
 Prince George & Mackenzie. These teams
 also travel here to play us.



Running for the ball.

For more information:

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