

2009/2010 Field Lacrosse Season

Congratulations to all players, coaches, managers and volunteers for a great box season.

We have been receiving a lot of requests about field lacrosse, so thought it would be best to send this note to all players to outline the registration process and the game for you.

The Game

Field lacrosse is played on a soccer field with 10 players on the field for each team at the same time. It is a fast paced game that runs 4 quarters. Defensive players use 6 foot long sticks and the goals are 6 feet by 6 feet.

The Season

We start field lacrosse the first week of September. All games are played on Sundays. Practices are held every Wednesday night from Sept 2 until November 4 at 6:00pm - 7:30pm at the outdoor field behind the Capital News center. Registration for field lacrosse also makes you eligible to participate in the Wednesday Night Lacrosse nights at the CNC indoor turf from November to March. This is a great way to maintain and improve your stick skills through the winter.

The Equipment

Everything you use for box lacrosse can be used for field lacrosse...but you do need a pair of soccer/cleated shoes.

The Divisions

	Birth years	Age
U19 (Junior)	1990-1992	17-19
U16 (Midget)	1993-1994	15-16
U14 (Bantam)	1995-1996	13-14
U12 (PeeWee)	1997-1998	11-12
U10 (Novice)	1999-2000	9-10
U8 (Tyke)	2001-2002	7-8

The Opportunity

Kelowna has won the silver medal at provincials in the past, and a number of players have gone on to play at the Provincial, National and University Level. Erik Sage, Deryk Macphail, Kurt Deschner, Jake Brown, Cam Needham and Max Deschner have recently played for Team BC. Kurt Deschner is playing NCAA lacrosse at Elizabethtown College in Pennsylvania and Max Deschner is playing at McGill University in Montreal. Field Lacrosse provides a great opportunity to combine playing a sport and attending university; a number of BC players have secured scholarships to the US to play field lacrosse.

The Registration process

Box lacrosse coaches will be providing you with a registration form. Please fill this out and send along with a cheque made out to KMLA for \$100 to:

Kelowna Minor Lacrosse Association
Box 21172 Orchard Park Postal Outlet
Kelowna BC V1Y 9N8

If you do not get a form, you can print a registration form available on the Kelowna Lacrosse web-site: www.kelownalacrosse.ca.

Deadline is **August 14, 2009** to guarantee you a spot in the field lacrosse program

As well, we are looking for volunteers to Coach and Referee...NO experience necessary, as we will pay for you to take the coaching and/or refereeing course in early September.

Please note your interest on the registration...this is for Parents and Kids!

For more information, please call Clint Alexander at 250.860.3814.