



# QCMBL March 2010 Newsletter

## Queen City Minor Box Lacrosse

March 2010

Volume 1, Issue 1

### Newsletter Highlights:

- 2010 President's Message
- Storm Tryouts—DATES
- New Rinks for QCMBL
- Lacrosse Equipment Guidelines

## President's Message 2010

On behalf of the Queen City Minor Box Lacrosse executive, I would like to take this opportunity to welcome everyone back for what will surely be another exciting season of lacrosse. Our 2009 lacrosse season was an exceptional year with QCMBL winning Provincial titles in Peewee, Bantam and Midget. Our Junior Riot program finished with a silver medal in the PGLL championship.

I am glad to be back as President of the association and I would like to congratulate all the returning board members and the new board members who have taken positions for this upcoming season. We have a great bunch of dedicated people looking forward to bringing you the best lacrosse in the Province.

Last year we took a very proactive approach and introduced new ideas to help improve lacrosse in Regina and surrounding area. We will continue to make change in 2010 to help improve Queen City Minor Box Lacrosse. One big change that will be very noticeable in 2010 will be the use of more Regina based arena floors. The Co-Operators Center and the Doug Wickenheiser arenas will surely provide parents, players and coaches easier and more convenient access to lacrosse in our city.

One thing we are always trying to develop is our volunteer base. I would like to thank those who have already stepped forward to volunteer their personal time for this upcoming season. Volunteers make all of the memorable days of lacrosse happen. They play a critical role in the programs the association provides. The coaches, assistants, managers, referees and the parents are all important pieces of our organization. We appreciate having you all involved with us.

With your support, QCMBL will do our best to meet the challenges and responsibilities to give lacrosse here in Regina a positive identity. We will no doubt need the support of the entire association. From the Executives, Coaches, managers, parents & players. I encourage any suggestions, inputs, and organizational tips from any of our age groups.

Good luck and have a safe and fun lacrosse season!

### Honouring The Game,

Bob Frei, President

Queen City Minor Box Lacrosse

## Important Dates 2010



**Registration  
Deadline:  
March 31th**

<b>QCMBL AGM:</b>	<b>March 23rd</b>
Player Evaluations:	March 28th
Coaches Meeting:	March 29th
Teams are drafted:	March 30th-April 1st
<b>New Players Night:</b>	<b>April 6th</b>
Team Practices Begin:	April 7th
Lacrosse Games Start:	April 19th

### Regina Storm DATES:

Tryouts:	April 17th
FINAL Tryouts:	April 24th
Regina Storm Practices & Planning:	April 25th

## HELP—COACHES NEEDED!!!

QCMBL is looking for positive coaches to fill coaching vacancies in our Box Lacrosse Association. We know there are plenty of experienced hockey coaches in all divisions who's kids play lacrosse. Hockey coaches make good Lacrosse coaches! Please consider stepping up to help fill one of our open coaching positions. Contact Ray Maher today!

email: [raymaher@myaccess.ca](mailto:raymaher@myaccess.ca)

Phone: [525-0054](tel:525-0054)



## Positive Coaching Alliance

Positive Coaching Alliance (PCA) is transforming youth sports so sports can transform youth. Through partnership with more than 1,100 youth sports organizations, leagues, schools and cities nationwide, PCA has conducted 5,000-plus workshops for youth sports coaches, parents, organizational leaders and athletes.

Since Executive Director Jim Thompson founded PCA as a non-profit within the Stanford University Athletic Department in 1998, they have helped create a positive, character-building youth sports environment for more than 3 million youth athletes.

For more information go to:

[www.positivecoach.org](http://www.positivecoach.org)

## Referee Opportunities!

QCMBL wants to expand the number of referees this year. Anyone with basketball or hockey officiating experience and lacrosse players could learn how to officiate lacrosse rather quickly. Please promote the opportunity amongst your friends and family.

For more information please contact Lisa Duncan at 789-3378 or go to [www.qcmbl.ca](http://www.qcmbl.ca)

## Coaches Wanted!!!

Do you know how to play lacrosse? Here's your chance to learn how! There are lacrosse specific clinics that will help coaches become knowledgeable and confident to coach.

QCMBL is committed to providing coaches with the necessary training courses and will provide funding for coaches to become certified.

Please note that every team will require a certified head coach at out-of-province and all Provincial tournaments. A Coach's Application Form may be mailed in or returned with the registration form if you are interested in coaching this year.

As part of the development and advancement of QCMBL Lacrosse skills the coaches for Atom / Pee Wee etc. will be part of the evaluation of Players for skills assessment and team drafting.

We encourage and support our coaches to achieve success through the positive development of our athletes.



## Calendar of Events

For Province Wide Lacrosse Events please refer to the Saskatchewan Lacrosse Association (SLA) website at:

<http://www.sasklacrosse.net/leagues/9788/documents/2010CalendarVersion2.pdf>

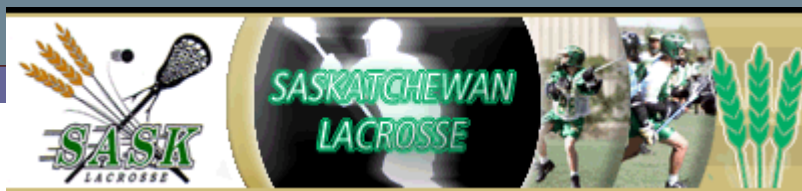
We are on the Web!  
[www.qcmbl.ca](http://www.qcmbl.ca)



## Sask Storm Tryout Applications:

Please visit Saskatchewan Lacrosse Association (SLA) website for Information and Application Forms for the Pee wee, Bantam & Midget Saskatchewan Box Lacrosse Teams that travel to the National Championships. Everyone is welcome to tryout. Please contact the office if you have any questions in regards to the process.

<http://www.sasklacrosse.net>



# Useful Lacrosse Links:

Saskatchewan Lacrosse Association (SLA)

<http://www.sasklacrosse.net/>

E-Lacrosse

<http://www.e-lacrosse.com/>

Lacrosse Tips

<http://www.laxtips.com/>

National Lacrosse League

<http://www.nll.com/>



**Lacrosse Tips**  
Improve Your Game at  
*LaxTips.com*



# Volunteers Needed

Coaches, Committee Members and Board Positions are available. Committee volunteers would be appreciated in the areas of equipment management, communications, recognition and rewards, division directors, and other tasks as the need arises.

For more information contact Bob Frei at 545-8753 or [bobfrei@sasktel.net](mailto:bobfrei@sasktel.net) or visit our website [www.qcdbl.ca](http://www.qcdbl.ca)

## FREE REGISTRATION DRAW WINNERS:

Tyke—Zachary Koroluk

Novice—Zachary Prystai

## Next Newsletter Issue ..... April 2010



Submit any suggestions for Newsletter Articles and Information to [sgarsenault@accesscomm.ca](mailto:sgarsenault@accesscomm.ca)

Association  
canadienne  
de crosse



Canadian  
Lacrosse  
Association



### Lacrosse Stick

Stick length:  
PeeWee and down: 34" - 46"  
Bantam and up: 42" - 46"



**Mouth Guard**  
Mandatory



**Arm Pads - 2 types**  
Light weight, hard plastic that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.



### Face Mask

The mask must be CSA approved for ice hockey or a NOCSAE approved Calcoat mask Model #411Sr or #414 Jr. All masks **MUST** be approved for helmet model that it is mounted on.

### Gloves

Field Box lacrosse gloves offer excellent protection and flexibility. Short cuff hockey gloves can be used, but they don't offer the same grip or flexibility.

### Back & Kidney Pads

A one piece light weight plastic pad which offers protection for the back and kidney area.

### Helmet

All helmets **MUST** be CSA approved for ice hockey. The helmet must have a chin strap and cannot be altered from the manufactured form.

### Shoulder Pads

One piece pad made of flexible, durable material when fit properly offers protection for upper body and shoulders.

**Athletic Support & Cup**  
(Jock or Jill)

**Box Lacrosse Equipment Guidelines:**

For more information go to <http://nonprofits.accesscomm.ca/lacrosse/boxequip.htm>