



# Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE

**REGISTRATION OPEN FOR 2024**

**REGISTER BEFORE JAN 31 TO RECIEVE THE EARLY BIRD RATE**



**NORTH LACROSSE**




The 2024 NLL Season Opens Dec 1  
 Training camp is over and the rosters are set to take the floor for the 2024 season.



Get your Rams gear for 2024  
 The Rams apparel shop is open 24/7 to get you geared up for the 2024 season

**We're Back!** Dec 1 marks the opening of registration for the 2024 Box Lacrosse season. Plan to register early and save yourself a few bucks with the early bird rates which are new for the 2024 season. Details are still being finalized for "A" Level tryouts, which could include hosting them earlier in the year then in the past, so stay

| Early Bird Registration Fees |                                      | Feb 1 Registration Fees |                                      |
|------------------------------|--------------------------------------|-------------------------|--------------------------------------|
| U7                           | \$149 (\$125 for first time players) | U7                      | \$199 (\$125 for first time players) |
| U9                           | \$229 (\$175 for first time players) | U9                      | \$279 (\$175 for first time players) |
| U11                          | \$329                                | U11                     | \$379                                |
| U13                          | \$389                                | U13                     | \$439                                |
| U15                          | \$419                                | U15                     | \$469                                |
| U17                          | \$439                                | U17                     | \$489                                |

tuned to our socials and website for more information. Click on the [Registration](#) tab of our website to sign up up today!

**LAX FACTS**

In 1994, zealous hockey fan, Nelson Riis a B.C. MP with the NDP introduced a private member's bill that declared hockey the national sport of Canada. After much debate, the bill was amended to make hockey the official winter sport and lacrosse the official summer sport.

**SHARE WITH US**

Have a team, player, coach or event you would like recognized? Email it to [marketing@ramslacrosse.ca](mailto:marketing@ramslacrosse.ca) and you could see it in the next newsletter!

We want to highlight our members, on and off the floor!

**FOLLOW THE RAMS**

 **FACEBOOK**

 **INSTAGRAM**

 **YOUTUBE**

 **WEBSITE**



Registration is open for the 2024 season  
 Follow the link to get registered for the 2024 season!

## St. Albert Sports Day

Rams board members spread the gospel of Lacrosse



On Nov 4, the city of St. Albert hosted “Celebrate Sports Day”. With sports clubs ranging from Kayaking, to Kendo to Pickle Ball, all local clubs set up information tables to help inform interested people in their respective sports. Becky, Marc, DJ, and Kris spent the afternoon talking to people, some new to the sport, some who played Rams growing up, and some who had never even heard of the game. They got sticks and balls in the hands of kids, showed them highlights and handed out swag.



## Former Rams Coaching Current Rams Abroad

Prior to coaching a number of young Rams players on the U13 [Desert Dogs](#) for the [Jr. NLL Tournament](#) in Oakville ON, [Erik Turner](#) lead a team of players assembled from across the North Western States and Canada, to a Bronze medal finish in the [US BOXLA Summer Nationals](#) in San Jose, CA

Erik and local Lacrosse figure Reece Runco compiled the team to compete in the U17A division. Rams U15A goalie Charlie Graham would help backstop them the 3rd place finish.

## RAMS TAKE PART IN THE SANTA CLAUS PARADE

Around this area, its hard to imagine Christmas without snow, but that didn't scare away the town of Morinville from hosting their annual [Santa Claus Parade](#) on Nov 25.

A small group of Rams got to partake the Christmas festivities, handing out balls and candy to those eagerly watching the Parade. The Rams were waved to and cheered on by thousands of spectators as they followed the parade route.

The event was capped off with the lighting of the town lights and trees followed by an amazing firework display.



## A Note from the Past President Glen Cuming

Dear Members

I am writing as the Past President regarding concerns about the Annual General Meeting (AGM) which occurred on 28 October. As for some background, there were 237 Rams' registrants for the 2023 season resulting in, after player transactions, 253 players on Rams' hosted teams.

As required, notices for the Rams' AGM were issued 30 days out from the meeting through various media outlets and multimedia platforms with many reminders right up until the day of the meeting. The meeting was held completely virtually this year in order to provide more flexibility to all Members to be able to attend. However, there were only 11 attendees of which one was from the City of St. Albert and six of the remaining 10 represented only three players as they attended as couples. All 10 attendees were also 2023 Members of the Board. Point being, there were no other Member attendees and only 7 out of 253 players and families were represented.

There are two main issues, the first being the lack of attendance at the Rams' AGMs and the Board would appreciate feedback as to what would generate more interest and participation in the AGM. Would an awards banquet be more enticing for players and families to attend where there would be specific awards for each team and/or acknowledgement of Members who went above and beyond during the season? Would free swag handed out to each of the players be more encouraging? Perhaps a meal? Please let us know your thoughts.

The second issue is the current size of the Board of Directors. Without going into a lot of details the positions on the Rams' Board have been increased and decreased several times over the years; most recently reducing from 23 positions to 17 through a rewrite of the Rams' Bylaws and polices. The Board has also reduced from 12 actual people covering off those positions in 2023 to 11 for the 2024 season. This is not sustainable and negatively

impacts the ability of the Club to provide programming.

There are two considerations regarding the current size of the Board. First, from an internal perspective, is the future of the Club. Of the current Board, 10 of the 11 Members have players graduating the minor lacrosse system in the next two years. This includes the entire Executive Committee. The Rams have been very fortunate over the past few years to have had parents stay on the Board despite no longer having any children still playing minor lacrosse. But again, this is unsustainable.

The second consideration is that the GELC must collectively find solutions for Club level Boards that are struggling or simply are not large enough to operate their applicable Clubs. One option that has been discussed is the amalgamation of Clubs in order to combine Boards and sustain operations. The disappointing aspect if such a consideration had to be made for the Rams is that the Rams had the second largest registration numbers in 2023 within the GELC. Often Clubs with struggling Boards also struggle with registrations.

Therefore, the last comment is literally a plea to all Members of the St. Albert Rams Lacrosse Club to consider stepping up to take on a Board of Director position. Appreciate that the majority of the Board also coach or manage teams. As many of the current Board of Directors cover off two or more positions any of them would be happy to handover positions completely, in a manner permissible by the Bylaws, or simply conduct a year long handover to slowly transition someone into stepping up for the 2025 season.

If you are interested, please let the Board know. If you have any further comments or feedback, please respond to this email. Registration is scheduled to open 1 December and Winter Drop-in commences 8 January; and so, the 2024 season begins! Please considering volunteering to assist with the administration and operation of your Club.

Thanks for reading this, your time is greatly appreciated.

Glen

# Getting Social with Lacrosse



As training camp fired up for the start of the [NLL](#) season, A Rams signing slipped through the cracks. Rams Alumni Jace Lesenko made the training camp roster for the [San Diego Seals](#). The perennial championship contenting Seals, are running with an extremely deep roster,

especially in goal, and to be invited to camp after going un-drafted is an amazing accomplishment! Good Luck Jace!



The first event related to the [NLL UnBOXed](#) campaign will be a neutral site game between the [Toronto Rock](#) and [New York Riptide](#) in LaVallee Quebec. The game will be broadcast live on TSN as well as a full independent broadcast on [RDS](#), [TSN's](#) french broadcasting channel.



The [San Diego Seals](#) have produced a document-series which followed the team through the 2023 season in their pursuit

for the NLL Championship. The series premiered for American viewers Nov 28 on the [Amazon Prime App](#) across all devices.

# KNOW THE PROS!

## Jon Marrese 1984 - 2023

It is with deep sorrow and much love that we mourn the passing of Jon Anthony Marrese of St. Albert, AB on Thursday, November 16, 2023, at the age of 39 years old. After a lengthy and courageous battle with cancer, Jon is now at peace.

He will be lovingly remembered by his wife of 12 years, Jamey (nee Olson); his children: Marek and Afton; his parents, Ron and Barb; brother, Dave (Julie); in-laws: Don and Shirley Olson; and brother-in-law Ben (Vicki) Olson. He will also be severely missed by many, many friends.

Jon was born in Winnipeg, MB and moved to St. Albert, AB at the age of 12. A love of lacrosse was born, and he pursued that all the way to being drafted to the national lacrosse league, the Rush, in 2006. After retiring from lacrosse, Jon found passion in many other athletic endeavors; CrossFit, Powerlifting, and Brazilian Jiu Jitsu just to name a few. What brought him the most joy was spending time with his wife, Jamey and children, Marek and Afton. His heart shattered knowing he would miss seeing his beautiful children grow up. He was an amazing man, who will forever be missed.

Cremation has taken place, and a Celebration of Life will be held on Friday, November 24th at 4:30 P.M., in the Grandin Room at St. Albert Inn, 156 St. Albert Trail.

Jon asked in lieu of flowers, monetary donations may be made towards Marek and Afton's future education. E-transfers can be sent to: [marekaftonmarrese@gmail.com](mailto:marekaftonmarrese@gmail.com)

The family wishes to send a special thank you to the staff at Foyer Lacombe for their care and compassion in Jon's final days.

To send condolences, please visit [www.connelly-mckinley.com](http://www.connelly-mckinley.com)



## What is NLL UnBOXed™?

[NLL UnBOXed™](#) is an innovative approach to introducing and fostering the love of box lacrosse's unique style of play among young boys and girls across North America. The program offers greater opportunities for all players at any age and skill level to increase their competency at an accelerated rate in a fun and friendly environment. NLL UnBOXed aims to provide elementary and middle schools with lacrosse-specific physical education curriculum and equipment. UnBOXed will look to expand NLL's multi-national footprint starting with nine (9) new activation markets beginning in 2024, with dedicated programming planned for 60+ North American communities by 2027.



# NORTH LACROSSE

# MAKIN' THE SHOW



AFTER A FOUR WEEK PUSH THROUGH TRAINING CAMP, THE ROSTERS ARE SET FOR THE DEC 1 START OF THE NLL SEASON. THE RAMS ARE PROUD TO HAVE 3 PLAYERS RETURNING TO THE NLL. ERIK TURNER RETURNS TO THE DESERT DOGS FOR HIS SECOND YEAR WITH THE TEAM. MATHIEU GAUTIER AND RONIN PUSCH BOTH RETURN TO PANTHER CITY FOR THEIR SOPHOMORE SEASONS. AND NORTH LACROSSE ALUM BRILEY MAXWELL CRACKED THE PRACTICE ROSTER FOR THE THUNDERBIRDS.

## LOCAL TALENT POOL EXPANDING EVERY YEAR

In addition to our Rams Alumni playing in the NLL, the amount of home grown Edmonton area talent entering the league seems to grow every year. Not all of the players may have grown up in the area, but many also now call the Edmonton area home. Some full time, while others made practice rosters awaiting their chance to crack the line up. **Aaron Bold - Warriors** | **Jake Bowan - Rush** | **Ryan Dilks - Warriors** | **John Lintz - Warriors** | **Mike Triolo - Rush** |



## REFEREE SHORTAGE LEADS TO BIG CHANGES IN THE ALBERTA TOURNAMENT LAYOUT

In a previous newsletter we highlighted the dire situation that we find the state of our Referee participation in and why it continues to get worse. And though it may not have effected your lacrosse experience to this point, it surely will now. The [ALA](#) has made significant changes to the way they will approve tournaments for the 2024 season, with the sole reason being the availability of officials.

### What to Expect

There is potential that the ALA will only approve one tournament for each governing body for the 2024 season. That means one in the Calgary area, one in the Edmonton area and one in Central Alberta. This drastically reduces options for teams to travel to, and to take part in. But what could be more detrimental, is the fund raising opportunity it takes away from the clubs who will no longer be able to host a spring tournament.

This does however, mean the scale of the approved tournaments will increase greatly. Which on the surface, seems like a benefit to the clubs that are granted permission to host, but greatly complicates an already complicated process. This will require more volunteer help, more floors and more time to organize.

### What else might change

The likely hood of seeing off-season events may now increase as clubs try to supplement the income that they would rely on from hosting a tournament during the season. Events like the [Posse's](#) recent 4v4 tournament may become more common throughout the off season, but these are less lucrative and come with their own set of complications, being a hockey-centric environment during the winter months.

## Important Up Coming Dates

**Dec 1 - 2024 Registration Opens**

**Dec 13 - Rams Executive Meeting**

**Jan 8 - Winter Drop in Camp starts**

6pm-7pm - U7/U9

7pm-8pm - U11/U13

8pm-9pm - U15/U17

**Jan 31 - Early Bird Registration Ends**

## IN-SEASON ISSUES ARE HARDER TO OVERCOME DURING THE OFF-SEASON

As a father of a young Lacrosse Referee, I see the constant emails coming from the [ALRA](#) looking for participants to help officiate a Lacrosse Tournament during the heart of Hockey season. A quick Scroll through the Posse's socials, gives you an idea of the challenge they faced competing in for volunteers against winter sports, and how hard they have worked to host, what would be considered a small tournament. Floors are at a premium, players are preoccupied, sponsors are committed elsewhere and parents are spread thin.

So if you have the time, slide on back to the [June Newsletter](#) where we highlighted the problems the ALRA and its members face, and decide what you might be able to do to help. They have had a productive summer strategizing, and successfully increased compensation for the officials, as a last stitch effort to increase retention and participation. Because without officials, we have no game to enjoy.