

MARCH 2023



Rams Newsletter

HIGHLIGHTING ALL THINGS RAMS LACROSSE



Lacrosse is Finally Here!!!

"A" Team Tryouts are officially underway and Evaluations are about to start.

We've made it though another offseason, and are officially back on the floor for the 2023 season! All "A" divisions hit the floor Feb 26 with the U13's being the first group to get their 2023 reps in with aspirations of making the North Zone team. The first two sessions for each of the "A" groups provided a high tempo, fun and exciting atmosphere. Good luck to all of the 2023 candidates!



2023 ALA Tournament Schedule Released

Click to find out what tournaments are being hosted in



Alberta this season.

Get your Rams gear for 2023

The Rams Apparel Shop is open 24/7 to



Registration is open for the 2023 season

Follow the link to get registered for the 2023 season!

LAX FACTS

THE LAST TIME LACROSSE WAS PLAYED IN THE OLYMPICS WAS IN 1948.

SHARE WITH US

Have a team, player, coach or event you would like recognized? Email it to 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

2023 Box Lacrosse Provincials to be hosted by The GELC

Changes to the provincial format are in effect for this season, while also being hosted in the Edmonton Area.

You read that right!! The [2023 ALA Minor Box Lacrosse Provincials](#) will be hosted by the [GELC](#). Games and festivities will be shared amongst different arenas and floors within the GELC and it's member clubs.

The biggest difference to the Provincial festivities this year as compared to the recent past, is the change back to earning your way in. The last handful of years, the provincial tournament was open to any team that wanted to enter, and any team could win the Provincial Championship regardless of where they finished the season in their respective league. This year, only the division winners will be eligible to take part in provincials. "A" Divisions will be a "best of" series between the GELC and CDLA champions, and the "B" Divisions will be a round robin format between the [GELC](#), [CDLA](#)

and the hosting team if applicable. More information can be found on the [GELC Provincials Page](#), and more detailed information can be found in Regulation 28 of the [ALA Regulations](#).

This will change the way some teams plan their [tournament schedule](#) for the season compared to years past. Teams this year may want to budget for the provincial tournament being a possibility or pre plan fundraising efforts, should your team earn a spot in the 2023 ALA Provincials.

The 2023 Alberta Minor Box Provincials will be held July 14 - 16.

Tournament Dates: July 14-16, 2023



U17-A	Top two teams from the WRLL
U15-A	League Champion from GELC & CDLA
U13-A	League Champion from GELC & CDLA
U17-B	League Champion representing each LGB + host (if requested)
U15-B	League Champion representing each LGB + host (if requested)
U13-B	League Champion representing each LGB + host (if requested)
U17-female	Top two from GELC & CDLA
U15-female	Top two from GELC & CDLA
U13-female	Top two from GELC & CDLA

RAMS AND DRILLERS TEAM UP FOR A WOMEN'S ONLY CAMP

Brooke Huber and her Junior Women's Drillers are hosting a Women's Only Lacrosse Camp for all U13 - U17 female players across the GELC.

Brooke has been the head coach of the Drillers since 2016 and has coached box and field lacrosse since 2010. Brooke and her Drillers are looking to provide all female players a safe and comfortable opportunity to learn skills and game play tactics with high level instructors. [Click here to sign up.](#)



Monday Night Drop-In Lacrosse Camp A big Success

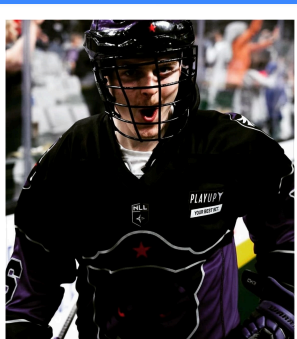
More feet on the floor than a Fred Flintstone driven school bus

The 2023 Rams winter Drop-In Camp brought Lacrosse players of all ages and skill levels back to the floor in droves. Averaging 90-100 players per night with over 330 players hitting the floor in total, and over 170 of them stepping on the floor for the first time ever!

We can't thank Coach Todd and his crew enough for the time, care, and effort they put into this program year after year. A special thanks (and not limited to): Todd Lorenz, Reece Runko, Vay Diep, Spencer Lorenz, Garyn Schmermund, Bryce Schmermund, Jimmy Maxwell, Craig Montgomery, and the many coaches and volunteers that found the time to help create an amazing experience for the players on the floor.

Another Former Ram Makes His NLL Debut

Week 11 in the [NLL](#) brought The [Panther City Lacrosse Club](#) a big win over the [Vancouver Warriors](#), and the Debut of Rams Alumni, [Ronin Pusch](#). Ronin's 3 loose balls and 1 blocked shot will hopefully cement him a spot on the roster with former Rams teammate, [Mathieu Gautier](#) and Alumni, [Dean Fairall](#). Congratulations Ronin and good luck!



Rams on the Road

U15 Rams and North Zone Goalie, Charlie Graham, escaped our cold Alberta Winter to take part in the [USBOXLA Winter Nationals Tournament](#) in Phoenix Arizona, suiting up for the Washington Whalers. The Whalers, who are based out of Tacoma Washington, went 1-3 over the tournament, with Charlie stopping 227 of 250 shots.

The USBOXLA Winter Nationals was held Feb 4-5 2023 and hosted 70 teams from across the US and Canada. A handful of local [GELC](#) players took part across various teams.



Charlie then joined fellow Rams Liam and Bryder, and with Coach Trevor helping on the beach, won the U15 division at the [Jail Break Lacrosse Tournament](#) in Saskatoon over Family Day weekend.

The [E-Lemon-Ators](#) went 5-0 over the course of the event, winning games in dominating fashion. They joined a handful of players from across the GELC that took part in the 4 on 4 style tournament.



The Path to the Pro's is the Fairall-Tail Rarely Told.

Dean Fairall's path to the NLL, though common, is not your typical fairy tale.

The most commonly told story about a star athlete's road to success is one of a young player tearing up every league at every age, making waves on social media, and hyped by all the major sports outlets. It's an ESPN docu-series and intermission vignettes during prime time games. It's pre-draft endorsement deals, and rookie max contracts, followed by a career of scrutiny and micro managing fandom.

Rarely is it a story of player going undrafted, slugging it out in amateur leagues, and being cut from multiple pro training camps year after year after year, while trying to make the dream of becoming professional a reality. And even more rarely, is the story of a player making a transition from being a goaltender to prolific goal-scoring, impact player that stands out every time he is on the floor.

But that's the situation former St. Albert Ram, [Dean Fairall](#) finds himself in. Years of hard work, determination, and getting back on his feet every time his path knocked him down have prepared him to take full advantage of his

eventual opportunity, solidifying his spot as a professional Lacrosse player.

[Read about Dean's Story in full here](#), where he was interviewed by *Adam Levi* for the NLLPA. Want to know what it takes to be cut from training camp before the season, to then earn rookie of the week honors and become a major part of a play off push to finish that same season? [Check out Dean's inspiring story.](#)



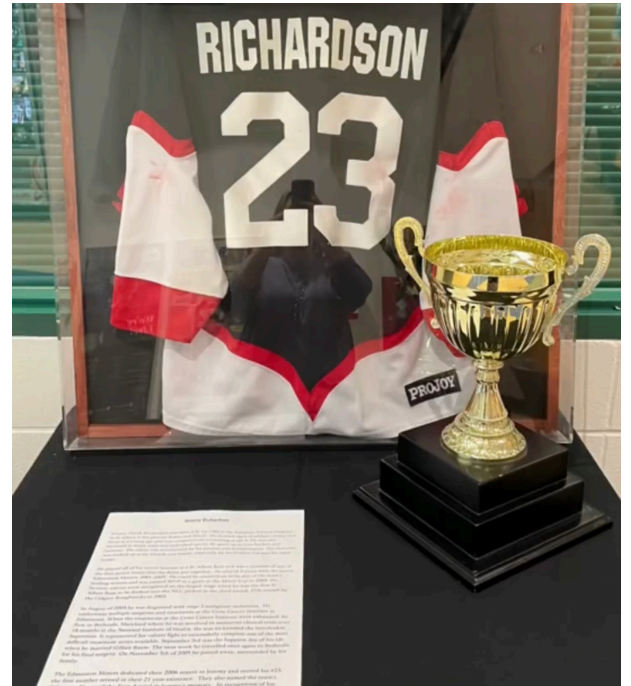
DEAN MADE HIS NLL DEBUT IN WEEK 12 OF THE 2022 SEASON AGAINST THE [CALGARY ROUGHNECKS](#). HE FINISHED THE SEASON WITH 14 GOALS AND 17 ASSISTS FOR 31 POINTS IN 10 GAMES, WINNING ROOKIE OF THE WEEK HONORS IN WEEK 16.

IN 5 GAMES SO FAR THIS SEASON, DEAN'S TALLIED 4 GOALS AND 4 ASSISTS FOR 8 POINTS FOR [PCLC](#).



@22DEAN011

Registration Opens 15 March Closing 1 May



The Jeremy Richardson Memorial Baggataway has returned for another great year. With divisions ranging through U7 to U17 in parity and mens divisions. This ALA sanctioned event promises to provide a great environment for team bonding, fun games, and parent experiences. We are offering a chance at medals in Gold, Silver and Bronze in the U11 to U17 divisions. We will have equipment vendors, stick stringing, photographers and local vendors at locations. Arenas include Servus Credit Union Place, Morinville Leisure Centre, CFB Garrison Twin Arenas, Jerome Iginla Arena and Kinex arenas.

Arenas and times vary depending on divisions.

- ▶ Guaranteed three games
- ▶ Swag bags for players
- ▶ 50/50 and Raffle Baskets
- ▶ Vendors on site

When: 9-11 June 2023

Where: St. Albert and surrounding areas

Time: 12-10pm, 8am-10pm and 8am-4pm

Other: Divisions U7-U17

Visit: [Jeremy Richardson Memorial Baggataway](https://www.ramslacrosse.ca)

Contact: tournamentdirector@ramslacrosse.ca

Graduating Rams Drafted into the RMLL.

On Feb 13, the Rocky Mountain Lacrosse League hosted the Jr. A and Jr. B entry drafts, for graduating U17 Minor Box Lacrosse Players. The Rams were strongly represented in both drafts and with great pride, we wish them the best of luck in their future Lacrosse endeavors.

Drafted to Jr. A

- Erik Tompkins
- Greyson Maloney
- Jacob Goudreau
- Nathan Hendricks



Drafted to Jr. B

- Logan Lessard
- Jacob Goudreau
- Dawson James
- Sebastian Smith
- Benn Anderson
- Noah Risling
- Carson Johnson
- Erik Thomkins
- Nathan Hendricks
- Greyson Maloney
- Cohen Sutherland

The following day, some players got an extra Valentine's Day gift, when they were drafted by the Local Sr. B teams with a chance to earn a spot in the RMLL Sr. B Division. Among the players drafted, former Rams, Jack Rainault, Bryce Schmermund and Kyver Van Inderstine made the cut and were picked up by local senior teams. Congratulations guys!!

The RMLL hosts post U17 Lacrosse across Alberta. With divisions spanning, Jr. A, Jr.B Tier I, II, III, Sr. B and C as well as the Women's Major Jr and Sr leagues, winners of the RMLL have the chance to contend for the Presidents Cup, Founder's Cup and Minto Cup among other National Championships.



Important Dates in March

Mar 1 - North Zone "A" Tryouts

U13 - 5pm - 6pm

U15 - 6pm - 7pm

U17 - 7pm - 8pm

Mar 5 - North Zone "A" Tryouts

U13 - 6pm - 7pm

U15 - 7pm - 8pm

U17 - 8pm - 9pm

Mar 9 - Rams Executive Meeting

Mar 11 - Rams U7 Parents info session

9am - 10 am @ Servus Place

Mar 11 - Rams U9 Parents info session

10am - 11am @ Servus Place

Mar 11 - ALRA Level 1 Ref Clinic

9am - 4pm @ Servus Place

Mar 11 - Drillers Women's Skills Camp

U13 - 3:30pm - 4:30pm

U15/U17 - 4:30pm - 6:00pm

Mar 12 - Drillers Women's Skills Camp

U13 - 1:30pm - 2:15pm

U15/U17 - 2:15pm - 3:30pm

Mar 12 - GELC Community Dev Clinic

Mar 16 - Rams Pre-Season Meeting

7pm - 8:30pm @ Servus Place

Mar 18 - GELC Women's Goalie Clinic

11am - 2pm @ Leduc Rec Centre

Mar 18-19 - GELC Comp Intro Clinic

Mar 19 @ 9am - ALRA Level 2/3 Ref Clinic

9am - 4pm @ GELC Head Office

Mar 26 @ 9am - ALRA Level 1 Ref Clinic

9am - 4pm @ Beaumont Rec Centre

ALA COACHING CLINICS POSTED

2023 Coaching Clinics have been posted. [Click here](#) and follow the link for more detailed information and to sign up. You can also click on the [Coaching Information](#) page on our website to see what requirements you will require to coach your desired division.

Community Development Box Lacrosse

March 12

April 15 (women only)

May 3-4

Competitive Intro Box Lacrosse

March 18-19

April 22-23

May 13-14

THE ALRA IS ALWAYS LOOKING FOR MORE REFEREES.

WHY REFEREE?



GIVE BACK TO THE SPORT

- GAMES NEED TO HAVE REFEREES
- SUPPORT PLAYERS DEVELOPMENT
- MAINTAIN SAFE, COMPETITIVE PLAY
- EXPERIENCE A NEW PERSPECTIVE

DEVELOPMENT

- PRE-SEASON CLINICS
- MENTORSHIP AND EVALUATIONS
- DEDICATED ASSIGNORS AND RICS
- TRAVEL OPPORTUNITIES

BUILD RELATIONSHIPS

- MEET PEOPLE PROVINCIALLY AND NATIONALLY AT EVENTS
- STRENGTHEN TIES TO COMMUNITY
- NEW FRIENDS AND MEMORIES

EXTRA INCOME

- COMPENSATION FOR GAMES
- DIRECT DEPOSITS MONTHLY
- MILEAGE AND PERDIEMS OFFERED
- GREAT EXPERIENCE FOR A RESUME



ADDITIONAL INFORMATION AT ALBERTALACROSSEREFS.CA

Anyone born on or before Dec 31 2009 can now become a Lacrosse Referee. [Click the image to learn more.](#)

Lacrosse Returns to the Canada Summer Games

On Saturday, February 18th, the Hon. Pascale St-Onge, Minister of Sport confirmed that Lacrosse, the National Summer Sport of Canada, would be added to the official Canada Games program, beginning with the 2025 Games hosted in Newfoundland and Labrador.

In 2022, Lacrosse returned to the [Canada Summer Games](#) for the first time since 1985. However, its return would be brief, as it was announced shortly after that Lacrosse would not be included in the 2025 event. But after a nationwide uprising, and [petitioning](#) from players, clubs, fans and governing bodies alike, the decision was overturned and Lacrosse was granted permanent inclusion in the summer games starting in 2025.

Parents Challenge!!

Common CLA Lacrosse rules and regulations that maybe you didn't know.

Rule 68 - Thirty Second Rule

(a) The offensive team shall be required to take a shot on goal within thirty-seconds of gaining possession. Failure to do so will result in the Offensive Timekeeper sounding a horn. The ball shall be immediately recovered by or possession awarded to the non-offending team.

NOTE: A shot on goal shall be defined as the ball making contact with the goalkeeper (while the goalkeeper is within the crease), goal posts or cross bar prior to crossing the goal line. A shot must originate from the front side of the goal.

(d) It shall be ruled that the referee's whistle sounded simultaneously with the timekeepers horn if a goal is scored (i.e. the goal shall be disallowed if the horn sounded before the ball was in the goal).