



NOVEMBER 2024

RAMS NEWSLETTER

HIGHLIGHTING ALL THINGS RAMS LACROSSE



THE NEW LOOK RAMS!!

Celebrating the Rams 40th season with a new look and bright future.

Due to the overwhelming amount of new registrations over the previous couple seasons, the Rams were in need of jerseys to accommodate all of the players. The board thought that, having never even so much as revising the Rams logo in the last 39 years, that there would be no better time then now to update the face of the Rams organization.

In the spring of 2024 a committee consisting of board members and current coaches was formed and trusted with the task of presenting the lacrosse world with a whole new look.

After design proposals from over 50 different artists, the board unanimously voted in the new logo in the August board meeting.

LAX FACTS

The 2025 NLL season starts Friday Nov 29 with five games on the opening weekend.



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



Winter Camp Returns

The 2025 Rams Winter Drop In Camp starts Jan 6, 2025



Brand New Gear for 2025

The Rams Apparel Shop is open 24/7 to get you geared up for the 2025 season!



Registration Opens Dec 2024

Stay tuned for 2025 Box Lacrosse Registration!

A Changing of the Guard at the 2024 AGM

After a decade of service to the Rams Executive Board, standing in various roles during his time, Adam Connelly has stepped down as the Club President.

Since taking over as President in 2019, Adam has lead the club through arguably its most turbulent time. He boldly lead the Rams through the COVID pandemic, finding ways to continue to get the players on the floor given all of the hurtles that were put in the way.

And even though our membership took a serious decline after the pandemic had passed, his hard work and dedication carried on even after his child graduated from minor lacrosse, as he continued to help the club rebuild.

Adam has become a prominent and respected figure during his involvement in local minor lacrosse. The Rams have been extremely fortunate to have had him involved as part of the club, and will be forever in debt with gratitude.

We wish Adam all the best and hope he enjoys some time away from the politics of the game, and just gets to enjoy watching it!!

Building From The Ground Up.

As Adam stepped down from his role as President, he nominated Marc Cardinal to replace him. Marc has been integral in fostering our youngest age groups and has created an environment that the players love to be a part of. His passion and excitement for the game expels a contagious enthusiasm that has been caught by every payer and coach that he interacts with. It's those qualities that have helped the Rams find the recent increase in new registrations and the retention of the young players that we have started to see over the last couple seasons. And that's what makes Marc the perfect person to take the reigns and lead the Rams into the foreseeable future.

- Marc Cardinal voted in as President
- Heather Rouse stands as Vice President
- Niki McLeod voted in as Secretary
- Karlie Carter stands as Coaching Director
- Amanda Roetteger voted in as Volunteer Director
- Tracie Korsh voted in as Tournament Director
- Carter McKinley voted in as Player Development Director
- Brooke Ducharme voted in as Women's Director
- Tarena Martin voted in as U7/U9 Director
- Adam Gallagher voted in as U11/U13 Director
- Josh Maeda voted in as Discipline Director
- Greg Ouellet/Ryan McLeod voted in as Equipt Manager
- Trina Laka voted in as Head Check coordinator

THE 2025 ST. ALBERT RAMS EXECUTIVE BOARD

President - Marc Cardinal
 Vice President - Heather Rouse
 Past President - Adam Connelly
 Secretary - Niki McLeod
 Treasurer - Glen Cuming
 Registrar - Heather Rouse
 Facilities and Scheduling - Glen Cuming

Gaming and Volunteer Dir. - Amanda Roetteger
 Tournament Director - Tracie Korsh
 Coaching Director - Karlie Carter
 Player Development Director - Carter McKinley
 Equipment Manager - Greg Ouellet/Ryan McLeod
 Discipline Director - Josh Maeda
 Women's Division Director - Brooke Ducharme

U7 & U9 Division Director - Tarena Martin
 U11 & U13 Division Director - Adam Gallagher
 U15 & U17 Division Director - Dennis Fields
 Head Check Coordinator - Trina Laka
 Marketing and Multimedia - Kris Evans



A New Position on the Board Prioritizing Player Safety

Rolling out the Head Check App for 2025

It's been a couple years in the making, but with the addition of Trina Laka to the executive board in charge of player safety, we are now in a position to place player safety at the top of the priority list.

The [Head Check Health App](#) is designed to create a health baseline of players to better help the coaches, trainers, players and parents better recognize the symptoms of concussions and other health related issues. Parents and coaches will have the ability to track recovery and ensure players are able to return to action in a safe and responsible way.



This will be a useful tool in diagnosing concussions and walking coaches through the proper protocols in the case of a concussion event. Trina is a registered Physical Therapist and will be able to help walk families and teams through the proper steps in the event of an injury. Stay tuned for more information as the season approaches.

Drillers Inspire Young Laxers

The Jr. Ladies [Drillers](#) Female [Winter Camp](#) is in full swing. Brooke and her Drillers have been running aspiring players through a gambit of drills and skills programming with nothing but exceptional feedback from all parties.



The NLL Returns to TSN with games being broadcast every weekend.



On Oct 16th, the NLL released the [TSN Game of the Week](#) schedule. You'll be able to catch all of the Canadian teams in action this season on your cable TV package. What better way to start a winter weekend, then sitting down and enjoying some Friday night lacrosse? Or better yet, a double header!!

NLL ON TSN BROADCAST SCHEDULE

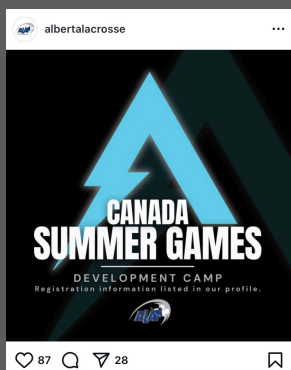
WEEK 1	WEEK 2	WEEK 3	WEEK 5
NOVEMBER 29, 2024 - 7PM	DECEMBER 7, 2024 - 8PM	DECEMBER 13, 2024 - 7PM	DECEMBER 28, 2024 - 7PM
WEEK 7	WEEK 8	WEEK 9	WEEK 10
JANUARY 10, 2025 - 7:30PM	JANUARY 17, 2025 - 7PM	JANUARY 24, 2025 - 9PM	JANUARY 31, 2025 - 8:30PM
WEEK 11	WEEK 12 - DOUBLEHEADER		WEEK 14
FEBRUARY 7, 2025 - 9PM	FEBRUARY 14, 2025 - 7PM	FEBRUARY 14, 2025 - 9:30PM	FEBRUARY 21, 2025 - 7PM
WEEK 13 - DOUBLEHEADER		WEEK 16	
FEBRUARY 21, 2025 - 7:30PM	FEBRUARY 21, 2025 - 10PM	FEBRUARY 28, 2025 - 7PM	FEBRUARY 28, 2025 - 7PM
WEEK 15		WEEK 18	
MARCH 7, 2025 - 8:30PM	MARCH 8, 2025 - 8:30PM	MARCH 14, 2025 - 10PM	MARCH 14, 2025 - 10PM
WEEK 19	WEEK 20	WEEK 21	
APRIL 4, 2025 - 9PM	APRIL 11, 2025 - 8PM	APRIL 18, 2025 - 7PM	

THE NATIONAL LACROSSE LEAGUE IS ON CANADA'S SPORTS LEADER
*ALL GAMES EASTERN TIME

With a healthy focus on all Canadian match ups, it would appear that TSN is all in on the growth of the [NLL](#) and the rise of professional Box Lacrosse.

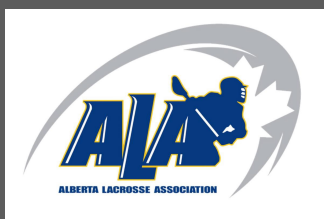
In addition to the Game of the Week, you can catch every game of the 2025 NLL season on the TSN and ESPN apps with a subscription.

The Local World of Lacrosse



The ALA has announced a winter development camp for male and female players who want to try out for the Team Alberta Box Lacrosse team in the 2025 Canada Summer Games held in St. John's Newfoundland.

Join the [ALRA](#) Nov 22, for their 2024 AGM. The event will be held at the GELC office, 303-69 ave NW Edmonton at 8pm.



The Alberta Lacrosse Association is holding their 2024 AGM in Edmonton Nov 22-24. If you'd like your chance to have input on the shape of lacrosse around our province, check out [this link](#) for all of the relevant information you'll want to know.

KNOW THE PROS!

Rams Alumni Gearing Up for A Tough(neck) Training Camp

Amongst disgruntled fans every time a star player has left the **Calgary Roughnecks**, cheap is the word most commonly use to describe the club. That was certainly the feeling the prior two seasons with the failure to sign veteran super stars, [Curtis Dickson](#) and [Dane Dobbie](#). Followed up this offseason, letting go of [Zack Currier](#) and [Shane Simpson](#). Departures that left Roughnecks fans in shambles at the announcement.

But has the philosophy of the Roughnecks management changed? With the return of Dobbie and Dickson, both high profile veterans that would command top dollar, fans are now wondering if the grip on the Cheque book has loosened up a bit.

Fans are hoping now with a season under his belt behind the bench, that maybe the strong voice of [Josh Sanderson](#) is getting through to upper management. Or has upper management simply found a different way to be frugal?

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Are you interested in watching some live lacrosse over the winter? The **Miners** are back with their [4v4 Winter League](#). Players from U17 all the way up to 15 year NLL vets hit the floor in a shortened, fast pace version of the box game. Used as a developmental, conditioning and scouting opportunity, you'll get to see some great skill and speed on display every Tuesday night. And for the first time, the Women's program is up and running this year!!

Hope You Have a Good Vehicle Maintenance Plan

Now, we've been hyping up all the local guys Calgary has been signing since free agency. Starting with the [Gautier](#) claim in the [PCLC dispersal draft](#). Followed by the signing of [Erik Turner](#) and acquiring [Jackson Ganton](#) via trade. The 'Necks didn't stop with the northern talent there, and signed veteran defender and multi time NLL champion, [John Lintz](#), a local lacrosse figure head and former coach the Roughnecks standing Edmontonian, [Bennet Smith](#). If you include the six Calgary natives on the roster and [Carter Cook](#) Hailing out of Lethbridge AB, you've got half the roster local to our great province.

So how does this relate to the ability to now pay the high profile players? We'll that's half a roster that you no longer need to pay travel fare on during home games. Less plane tickets, less per-diems, less accommodations. Savings that over the course of an 18 game season can really add up.

Now I don't know how these savings relate to the salary cap, so this entire article might have just been a cheeky way to highlight the amount of professional talent available in our fine province. And if that's the case, does that mean the Roughnecks want our northern muscle, not for the cost savings, but because they will make the team better? Well, who are we to question that?



The [GELC](#) has announced their 2024 AGM on Dec 2 2024 at the GELC office, 303-69 Ave NW Edmonton AB.

Important Upcoming Dates

Nov 4 - Drillers Female Camp

Nov 7 - Rams Board Meeting

Nov 18 - Drillers Female Camp

Nov 22 - ALRA AGM

Nov 22-24 - ALA AGM

Nov 25 - Drillers Female Camp

Dec 2 - GELC AGM

Parents Challenge!!

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

Rule 36 - Change of players/too many players

(a) Players may be changed during any stoppage in play for a face-off. Players may be changed at any other time from the players' bench, provided the player(s) leaving the playing surface have one foot in the exchange area before the substitute player makes contact with the floor. Violation by the offensive team shall result in possession being awarded to the non-offending team. Violation by the defensive team shall result in a delayed bench minor penalty to the offending team. Bench minor penalties require the removal of any player on the offending team (other than the designated goalkeepers) without substitute for two minutes unless terminated early by a goal.