



MARCH 2025

RAMS NEWSLETTER

HIGHLIGHTING ALL THINGS RAMS LACROSSE



WE'RE BACK!

For real this time....

By the time you have gotten to lay eyes on this, we will have already seen our young excited lacrosse players hit the floor. U13 and U15 "A" level tryouts have come and gone, the U17A central tryout could be happening as you read this. And if the parity evaluations haven't started yet, they most certainly will be in the very near future. In fact you may be reading this while your child changes and gets ready to hit the floor! So in a matter of weeks, players will be getting to know their new teammates and coaches. Managers will be strategizing fun and effective ways to keep the players excited off the floor, and coaches are already hard at work making that happen on the floor!

LAX FACTS

Dane Smith of the Buffalo Bandits, is the only player to have broken the season assist record 3 times. Most recently in 2024 with 101 assists, in just 18 games.



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



The Darian Mar Memorial

Join us for the inaugural DMMT June 6-8 for U9/U11/U13



Brand New Gear for 2025

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



Registration Is Open!!

Get all of the information to register for 2025!

Lacrosse Sticks 101

Are Lacrosse Sticks the most customizable piece of sports equipment on the market today?

Given the **extremely long history** of our sport, we are not that far removed from the days when a lacrosse stick was purely a master craftsman's creation. An artisan's vision of pride, of culture and of individualism. Created as a weapon, not for harm, but for competition. Though the competition was created out of battle, it became sport. It became culture, it became leisure, it became passion, and as most things do, has come full circle and is now again competition, and being performed at the highest levels.

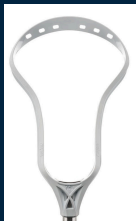
This past fall, that recency really set in for me, when visiting with my cousin Todd. Todd grew up playing Lacrosse on the west coast in the 70's and 80's so we brought some sticks for my Bantam age son to throw a ball around with him. This would turn out to be the first time Todd would pick up a modern stick consisting of a composite shaft, a plastic head and synthetic mesh. Having to leave the game following a **Minto Cup victory in 1988**, playing along side Paul and Gary Gait (*who shortly thereafter, began to innovate stick construction into what we know today*), he only knew Lacrosse as played with a traditional wooden stick. That's when it struck me. That I'm actually becoming old (though Todd is quite a few years older than me), or that we are still young in this version of Lacrosse as we now know it.

Much as it was during the course of Lacrosse history, the stick is not just a piece of equipment used to play the game, but it has become a source of self expression. A tool designed to create personal advantage, and a symbol of identity and inclusivity. A modern stick can be created with endless possibilities, not all of which would ever be captured in a single article, but maybe we can shed some light on the basics so you have a small idea of what to look for and what to ask when shopping for a stick for your young lacrosse player.

Without getting into the personalization, ascetics, modification, and the expression a stick can possess, here are the basics when looking for a stick for your young Lacrosse player.

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HEAD TYPES



ATTACK - Tightly pitched longer up the throat with an exaggerated flare at the scoop. Designed to create a tight channel for more accurate shooting and better ball retention. Generally lighter weight.



DEFENSE - Wider at the throat with a short pinch before flaring for the scoop. Made out of stiffer, heavier plastic. Designed to knock down passes and withstand delivering stick checks and slashes.

SIDE WALLS



Sidewalls vary from stick to stick. The main items to focus on with the sidewall is the offset and the sidewall holes. The offset will change the moment to ball is released from the pocket. The most common offset is down below the centerline of the shaft.

The sidewall holes are what you use to create the pocket. The more holes available, the more customizable the pocket can be. Certain sidewalls are designed to create a specific pocket.

POCKETS



LOW POCKET The ball naturally sits lower in the head. Creates more feel of the ball in the stick and a smoother, slower release but has less ball retention. Generally low whip and good for new and defensive players.



MID POCKET The Ball Naturally sits in the middle of the head. Reduces the feel of the ball in the stick, but quickens the release point of the swing. Creates stronger ball retention and provides the opportunity to adjust the whip level. Works well for offense and defense



HIGH POCKET The Ball sits naturally in top of the head. Creates the least amount of feel of the ball, but has a high amount of whip and hold, resulting in a very fast release. Ideal for players shooting from in tight.

Equipment Basics

Helmet



A Standard hockey helmet with a cage is necessary for Box Lacrosse. Lacrosse specific cages are available for a little better vision. A mouth guard will also be required.

Gloves



Although hockey will work for very young and new players. You'll want your player to get a set of lacrosse specific gloves that allow far greater hand movement, as well as the needed protection.

Shoulder Pads



Hockey shoulder pads can also work for new players, but lacrosse chest protectors offer greater mobility and bicep protection from slashes.

Kidney Guards



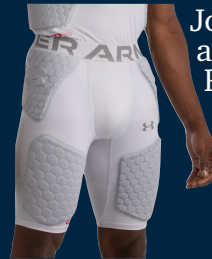
Kidney pads, or rib protectors are lacrosse specific and one of the most important pieces of equipment. They fit under the chest protector and protect from slashes, cross checks and being hit with the ball. Try on many different types to find the item that fits your player the best while providing the adequate protection.

Slash Guards



Slash guards are another Lacrosse specific piece of equipment. They differ from hockey elbow pads, as they cover more of the arm to protect from slashes, while allowing greater mobility of the entire arm.

Jock



Jocks are pretty self explanatory and come a variety of options. Recently, players have started moving toward a football style compression short with padding built in to the legs, hips and tail bone section.

Additional Gear

Bicep Pads



Bicep pads can be worn in addition to or separately from the chest protector. They can offer more coverage than pads included in the chest protector.

Wrist Guards



Wrist guards can help cover the area that can sometimes be exposed between the slash guard and the glove.

Required for 2025



Before stepping on the floor

For your 2025 season registration, Parents are required to complete the [Respect in Sport for Parents program](#). You will be required to submit your certificate upon registration. If you have done the program for another sport, you can link it to your Lacrosse Registration. Linking your certificate, will give you a new certification number for Lacrosse.



PUT ME IN COACH

Pre season coaching clinics are being posted at the [GELC](#). If you are looking to earn your required credentials or upgrade your current credentials, check out the local opportunities to get certified before the season starts.

March Coach Clinics

GELC COACH CLINICS REGISTRATION OPEN

Registration is now open for
Competition Introduction

WWW.GELC.AB.CA

SIGN UP → *Coaches Tab
Coaching Clinics*

We have all of the information on the [coaching application](#) page of our website, that you'll need to know in order to start or carry on your lacrosse coaching career.



Our Coaching Director [Karlie](#), will be able to guide you through all the steps and answer any questions you may have. *There is no more important role to our minor lacrosse players than a coach, and we are forever grateful for the amazing coaches we have in the Rams Lacrosse Club!!*

STANDINGS					WK4
POS	CLUB	W	L	STREAK	
1	Buffalo Bandits	2	0	+2	
2	Georgia Swarm	2	0	+2	
3	Calgary Roughnecks	2	0	+2	
4	Saskatchewan Rush	2	0	+2	
5	San Diego Seals	2	1	+1	
6	Colorado Mammoth	2	1	-1	
7	Vancouver Warriors	1	1	+1	
8	Ottawa Black Bears	1	1	-1	
9	Philadelphia Wings	1	1	+1	
10	Albany FireWolves	1	2	-1	
11	Rochester Knighthawks	1	2	-2	
12	Halifax Thunderbirds	0	2	-2	
13	Toronto Rock	0	3	-3	
14	Las Vegas Desert Dogs	0	3	-3	

THE RAMS CONNECTION

#20
Mathieu Gautier



2025 NLL SEASON STATS

Season	GP	Goals	Assists	Points	Shots	LB	CTO	Blk Sh	PIM
Week 12	1	0	2	2	5	4	0	0	0
Season	7	6	8	14	26	22	0	0	0



Getting Social with Lacrosse



As the 2025 season approaches, so do the changes to the tournament landscape. For the 2025 season we will be hosting the Darian Mar Memorial Tournament for ages U9/U11/U13. The [JRMB](#) will return for alternating years with the [Titans Classic](#), hosting all ages groups as you've come to know.



Rams and North U17 Goalie Charlie Graham backstopped the [PacBox Allstars High School Elite Team](#) to a silver medal at the [USBOXLA Western Regionals](#). Coached by Rams Alumni Erik Turner and Reece Runco, the

Western Regional Championships took place in Irvine California, Feb 15-17.



Rock City Unplugged

The Toronto Rock's in season [docu-series](#) returns for the 2025 season. Follow the team with this up-close and personal look into the team on and off the floor. It's a real in depth look into what has been a very hard start to the season for the [Toronto Rock](#).



DRAFT DAY

CONGRATULATIONS TO OUR **RAMS** AND **NORTH ALUMNI** IN THE JR.A AND JR.B DRAFTS

JR. A

RYLAN CONNORS - 3RD ROUND - MINERS

JR. B

RYLAN CONNORS - 3RD ROUND - WARRIORS

NOAH KELLER - 4TH ROUND - OUTLAWS

NOLAN BIES - 5TH ROUND - OUTLAWS

LELAND HARRIS - 8TH ROUND - CRUDE

COOPER MOISEY - 9TH ROUND - CRUDE

CALUM CHOW - 12TH ROUND - CRUDE

RYLEY SIMPSON - 13TH ROUND - CRUDE

ASHTON BODSON - 15TH ROUND - CRUDE

RONAN BRADY - 16TH ROUND - CRUDE

MALIK JONES - 17TH ROUND - CRUDE

Check out the **RMLL's website** for the complete draft list.



If you are as excited about seeing the Rams hit the floor in some fierce and fresh new threads this season as we are,

considering partnering with us to help see this vision come to life. We have a number of sponsorship options, offering what we hope to be an opportunity to work together! Reach out to marketing@ramslacrosse.ca to find out more.



LACROSSE STICKS 101 CONT...

Shafts are not quite as important as the pocket, especially for the younger age kids, but have benefits in certain situations. Shafts are built with various types of metal, carbon fiber, composites, and wood. At the younger ages, the most important aspect of the shaft is the length. Shaft length is proportionate to the size of the player, so long as it is within the rules of that age division. Much like a hockey stick, the size of the stick will grow with the player. Junior shafts, not to be confused with “mini sticks” or “fiddle sticks”, have a smaller diameter shaft, and come with a sleeve to fit into the Lacrosse Head. Offensive shafts are generally lighter, while defenders prefer a heavier, more robust shaft.

7U to 13U: 34" to 46"
15U & older: 40" to 46"



Mesh is what the pocket is made out of. There are many types of mesh and can vary in diamond size and count, hardness, weight and now various styles of construction. The most commonly used in Box Lacrosse is the 10 diamond mesh in some variation from soft to hard compound. Softer mesh allows the pocket to shift more, creating more feel with the ball in the stick, where hard mesh creates a more consistent channel but may not offer the same amount of ball control while in the stick.

Stringing Patterns, provide more detail in the stick construction than any other modification can have to any other piece of sports equipment available today. There is an endless combination of knots that can be used to completely customize how your pocket will perform. Stringers have spent decades personalizing stringing patterns that they feel separates their stringing style from others. It's pretty easy to fall down a social media rabbit hole learning about stringing patterns and techniques. String King Ustring offers great tutorials and stringing patterns for almost every stick in existence, and is a great resource for those interested in learning to string.

It should be noted, that most “off the shelf” pre strung sticks, are not necessarily properly strung, and may need some work to suit your young player. **A well strung stick will not increase their ability to perform, but a poorly strung stick will hinder their ability to.**

Important Dates in March

Mar 1 - U17A Central Try-out
12pm - 2pm - Leduc Rec Center

Mar 2 - U17A Central Try-out
2pm - 4pm - Leduc Rec Center

Mar 2 - Rams Parity Evaluations
U11- A-L - 5pm - 6pm - Servus Place
U11 - M-Z - 6pm - 7pm - Servus Place
U13 - 7pm - 8pm - Servus Place

Mar 2 - Community Development Clinic

Mar 4 - Rams Parity Evaluations
U9 - 5pm - 6pm - Servus Place
U13 - 7pm - 8pm - Servus Place

Mar 5 - Rams Parity Evaluations
U11 - A-L - 6pm - 7pm - Servus Place
U11 - M-Z - 7pm - 8pm - Servus Place

Mar 6 - Rams Parity Evaluations
U9 - 6pm - 7pm - Servus Place
U13 - 7pm - 8pm - Servus Place

Mar 8 - Rams Parity Evaluations
U11 A-L - 2pm - 3pm - Servus Place
U11 M-Z - 3pm - 4pm - Servus place

Mar 8-9 - Competition Introduction Clinic

Mar 12 - Rams Parity Evaluations
U11 Group 1 - 6pm - 7pm - Servus Place
U11 Group 2 - 7pm - 8pm - Servus Place

Mar 15 - Rams Body Contact Clinics
U11 A-L - 11am - 12pm - Servus Place
U11 M-Z - 12pm - 1pm - Servus Place

Mar 15 - DMMT Registration opens

*** The Body Contact Clinics are also open to U13 players who wish to attend. For more information reach out to **Carter**, our Player Development Director ***