

Queen City Minor Box Lacrosse Newsletter

February 2005

P.O. Box 27052, 240 Albert Street, Regina, SK, S4R 8R8

Welcome,

A new lacrosse season is fast approaching. As the president I am looking forward to this season. We are looking at continuing to grow the sport in Regina. This growth is all contingent with us getting coaches and referees in place. Without these people we will not be able to accomplish our goal. If you are interested in coaching or refereeing please fill out the attached forms and send them in.

Myself and the entire QCMBL executive are hard at work planning the year. We all are working to the same goal, to provide a place for our children to play the "Fastest Game on Two Feet." Anyone interested in helping out please do not be shy. The QCMBL is only as strong as the people involved.

Yours in Lacrosse,

Blair Watson
President QCMBL

REGISTRATION

Please find enclosed a registration form for the 2005 season, which is being sent to all players registered with Queen City Minor Box Lacrosse last year. Returning players will have the opportunity to reserve a spot prior to registration opening to the general public.

Please return your registration form with a \$40.00 non-refundable deposit no later than **February 15, 2005** and a post-dated cheque for April 1, 2005 for the remaining amount (balance of registration and \$35.00 fundraising if choosing not to sell chocolates). **Both cheques must be included with your application form to confirm your registration.** The address is indicated on the bottom of the form. The fees for the 2005 season have been set as follows:

| DIVISION | TOTAL REGISTRATION FEES | DEPOSIT DATED FEB. 15, 2005 | POST DATED APRIL 1, 2005 (Includes team photo) | AMOUNT IN LIEU OF CHOCOLATE SALES |
|----------------------------------|-------------------------------|--------------------------------|--|---|
| TYKE (1997 & under) | \$ 85.00 | \$ 40.00 | \$ 45.00 | \$ 35.00 |
| NOVICE (1995 & 1996) | \$150.00 | \$ 40.00 | \$110.00 | \$ 35.00 |
| PEE WEE (1993 & 1994) | \$155.00 | \$ 40.00 | \$115.00 | \$ 35.00 |
| BANTAM (1991 & 1992) | \$165.00 | \$ 40.00 | \$125.00 | \$ 35.00 |
| MIDGET (1989 & 1990) | \$165.00 | \$ 40.00 | \$125.00 | \$ 35.00 |
| JUNIOR (1988 – 1984) | \$200.00 | \$ 40.00 | \$160.00 | |

These fees include 2 practices, 14-16 games and team photos. Not included are extra team fees for practices, tournaments, etc. Registration will be accepted on a first come basis to the general public or previous players not meeting the February 15th deadline, subject to QCMBL's availability to provide coaching and referees. In person registration will take place on February 22, from 7:30 – 8:30 p.m. at the Cathedral Neighbourhood Center. Pamphlets and registration forms will be available in most hockey rink or registration forms can also be printed off of our web site (www.accesscomm.ca/nonprofits/qcdbl) and mailed in with your payment. Registration deadline is March 5. Registrations received after March 5 will be subject to a \$20.00 late fee and are not guaranteed of being placed on a team.

JUNIOR PROGRAM

Junior players, age 17 – 21, will have the opportunity to tryout for a Tier 1 or Tier II Regina traveling team (weekend games). If the player numbers are there, QCMBL will also offer a non-traveling rec team to play games during the week.

FEMALE PROGRAM

In the QCMBL females have the opportunity to play down an age division by one year. Example: a female born in 1992 will be able to play Pee Wee if she so chooses. Also a Midget age female born in 1989 will be eligible to play down in Bantam. 2004 was the first year we had an all female team in the Novice Division. We are looking to expand this program to other divisions provided there is enough interest and coaches available to support the program.

FUNDRAISING

We are again offering the opportunity for all players to choose whether they would like to sell chocolates or pay an additional fee of \$35.00. We will be using a 100% Canadian company, Aunt Sarah's, this year for our fundraising. They make bars that are exclusively for fundraising. **Please indicate your preference when completing the registration form and include the appropriate amount with your 2nd post-dated cheque for registration.** Once you have indicated that you wish to sell chocolates, they will be ordered for you and may not be returned. The \$35.00 option is only available at the time of registration.

COACHES

The number of coaches and referees that come forward to assist will determine the size the league will be able to expand. QCMBL is committed to providing these volunteers with the necessary training courses. These are lacrosse specific clinics that will help coaches become knowledgeable and confident to coach even though you may not have any playing experience. QCMBL will provide funding for coaches to become certified. Enclosed is a Coach's Application Form to be mailed in or returned with the pre-registration form if you are interested in coaching this year.

Lacrosse is one of the first sports in Canada to proceed with a changeover in the coaching program. The NCCP program previously used for all sports will be replaced with the new Competency Based Education & Training (CBET) coaching program. However, if you have been fully certified (Technical + Practical + Theory) in the NCCP course and meet the requirements for the specific age division, then you have a 5-year grace period before you will be required to become certified in the CBET program. These minimum standards will be enforced at out-of-province and all Provincial tournaments.

Under the new system, every division of play now has a specific level of training and evaluation that needs to be met. They are as follows:

- The "Community Coach-Development" replaces Level 1 Technical and is for head coaches in the PeeWee and below age division and assistant coaches in any age divisions. (Location/Dates TBD)
- The "Competitive Coach-Introduction" replaces the old level 2. It is for head coaches operating in the Bantam and higher age divisions. (Location/Dates TBD)



REFEREES

QCMBL is also looking to expand the number of referees this year. First priority will be given to those with lacrosse experience and adults. All referees (including returning referees) will be required to attend a Referees Clinic held in Regina (date to be confirmed). The charge for the clinic is \$50.00 for new referees and \$25.00 for 2004 returning referees, which QCMBL will refund to the referee after he/she has worked five or more games. The reason for this is to assure QCMBL of the referee's commitment to work when called upon. Referees will be responsible to purchase an official SLA referee jersey at a cost of \$25.00. Enclosed is a Referee Application Form to be mailed in or returned with the pre-registration form if you are interested in officiating this year.

VOLUNTEERS

Every successful organization relies on parent involvement to ensure a successful season. In order to expand, it is necessary for new people to step forward and take an active roll in the organization and administration of the league affairs. Please give this some serious thought. If you have any questions regarding any of these positions, you can access the QCMBL web page for a full description of the responsibilities involved.

President – Blair Watson

Past President – Bruce Peberdy

Secretary – Dawn Whitehouse

Scheduler – Shelley Cozman

Facilities – Kathy Bell

Marketing – Noreen Brucker

Statistics – Vacant

Division Directors: **Novice/Tyke** –Lou Schwindt

PeeWee – vacant

Bantam – vacant

Midget – vacant

Vice President – Brian Gingras

Treasurer – Pat Hain

Registrar – Wendy Goebel

Equipment – Cam Dixon

Web Site Operator – Rosalie Synk

Fundraising – Tracy Watson

Discipline – Steve Lindsmeyer

Scheduler of Officials – Judy Larson

SLA Box Representative – Don Larson

Chief Official – Vacant

Member at Large – Kim Maher

PROVINCIALS

This is an exciting year for box lacrosse in Regina. Queen City Minor Box Lacrosse has been awarded the Provincial Bantam Division tournament being held on July 8 – 10, 2005. In order to ensure a quality event, many volunteers will be required at the Bantam Tournament to help sell raffle tickets, 50/50 tickets, programs, or work as scorekeepers and security.

The Saskatchewan Lacrosse Association format for Provincials allows each zone (8) to send one team per division. A Novice Festival will be held in Saskatoon, June 24-26. This year Provincial tournaments will be held in the following centers:

| | | |
|---------|--------------|-----------|
| Pee Wee | July 15 - 17 | Yorkton |
| Bantam | July 8 – 10 | Regina |
| Midget | July 15 – 17 | Moose Jaw |

PEE WEE & BANTAM NATIONALS

The box sector will once again be forming a PeeWee (12 & under) Provincial Team that will be attending a PeeWee Box Lacrosse National Championship Tournament in Whitby, Ontario from August 1-5, 2005. The sector will also be adding a Bantam (14 & under) Provincial Team that will be attending the newly formed Bantam Box Lacrosse National Championship Tournament in Burnaby, British Columbia from August 3-7, 2005. Tryout camps will be scheduled for the first two weekends in May. Exact dates and location to follow.

SPONSORSHIP

Queen City Minor Box Lacrosse is a non-profit organization providing boys and girls an opportunity to play Canada's National Game. The league is committed to keeping lacrosse affordable for all to play. League expansion requires new jerseys and goalie equipment as well as provides funding for the training of our coaches and referees. Queen City Minor Box Lacrosse is looking for Corporate sponsorship to help offset these costs. A donation of \$500.00 will purchase one set of team jerseys, with your company's name printed across the shoulders.

WEB SITE

Feel free to view our web site at:

<http://www.accesscomm.ca/nonprofits/qcubl>

Here, you will find the schedules posted once complete, game scores, upcoming events, corporate sponsors and various other information.

CONCLUSION

We look forward to a great season of lacrosse for all players, parents and officials. Enjoy the **FASTEST GAME ON TWO FEET** and have fun.

QCMBL Executive



2005 COACHING APPLICATION

Name: _____

Address: _____

Phone #: _____

Division: _____ Position: Head coach _____ Assistant _____

Coaching certification: _____

Other: _____

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2005 Referee Application

Name: _____

Address: _____

Phone #: _____

Age: _____ # years refereeing: _____ # years playing: _____

Level of certification: _____

Other: _____
