



Innisfil Minor Lacrosse Association
Information Package For
2023

innisfilminorlacrosse.ca

Our vision is to continue to grow the game one stick at a time!

Our Mission to promote, sustain and govern the sport of lacrosse in our Community of Innisfil and within the province of Ontario.

- To promote confidence, self-esteem, provide lacrosse playing opportunities to individuals at all abilities and ages, to enhance the sporting experience.
- The Club will foster the growth and development of lacrosse players in Innisfil, providing learning opportunities in a safe equitable and friendly environment.
- Innisfil Minor Lacrosse is committed to the improvement of lacrosse players, coaches and referees in the Innisfil area. It is the goal for all participants to learn a love for the sport of lacrosse, to develop as players who are fundamentally and technically sound, to be able to play against the best competition both locally and regionally.

Registration
Registration will open February 20, 2022

➤ On line at <https://admin.sportzsoft.com>

- ❖ Returning players all documents will be on file, log in the link above found on the website www.innisfilminorlacrosse.ca and complete your registration.
- ❖ New players you will need a copy of proof of age, e.g. birth certificate or health card. Be prepared to upload a copy of your documents. Using the link above found on the web site www.innisfilminorlacrosse.ca, create a user name and password and complete your registration.
- ❖ Don't forget parents/guardian's need to register as volunteers. We do require each team to have volunteers (managers, time keepers). If you volunteer you will need a criminal check please see Tracy Sanford or email her at tracy-sanford@hotmail.com

2023 REP Box Registration FEE'S

CO-ED REP COMPETITIVE

BOX REGISTRATION

- Payment for Box can be made in three equal payments , final payment to collected by May 15th or late fees will apply.
- Rep Tournament Fees: will be determined and advised by your coach/manager no later than May 15th and payment will be due by June 15th **approximate** cost is \$150.00 per player (sponsorship can be put towards the team's rep fees see coach/manager for details)
- Watch the web site for preseason clinics & tryouts.
- A \$50 nonrefundable deposit is also required upon registration.

❖ **Registration Closes TBD**

❖ **Tournaments dates to follow**

❖ **Provincials start TBD**

❖ **Remember to sync your phone to the web site for calendar updates**

DIVISION	BIRTH YEAR(S)	FEE	REP FEES Due June
U9	2015-2016		
U11	2013-2014		
U13	2011-2012		
U15	2010-2009	\$325	Approximate \$150
U17	2008-2007		



Box Lacrosse

For the summer box season, the **Ontario Lacrosse Association**

PLAYER



Helmet: All helmets must be CSA approved for ice hockey or NOCSAE approved. The helmet must have a chin strap which must be properly secured on both sides and cannot be altered from the manufactured form.

Facemask: Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

Mouth Guard: Mandatory.

Shoulder Pads: One piece pad made of flexible, high density impact foam pad with poly-plastic shoulder caps. When properly fitted offers protection for upper body and shoulders.

Arm & Elbow Guards: Light weight hard plastic or high density impact foam that offers protection for the whole arm, while allowing full range of motion of the arm at the elbow.

Lacrosse Gloves: High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility. Gloves cannot be altered from the original manufacturer's design (ie palms cannot be cut out).

Lacrosse Stick: Plastic head with aluminum, carbon graphite or titanium enhanced alloy shafts of various shapes and textures. The stick cannot be strung to with-hold the ball from play. Only one stop allowed.

Lacrosse Stick Width:

Standard stick width specifications are 4.5" to 8" inside measurement at the widest point.

Lacrosse Stick Length:

- Pee Wee and under (12 years and under) — 34" to 46"
- Bantam and up (13 years +) — 40" to 46"
- Federation of International Lacrosse (FIL) — 40" to 46"

Rib & Back Pads: A one piece light weight plastic and high density impact foam pad which offers protection for the rib and back area.

Lacrosse Shoes: Suitable indoor shoes. Durable synthetic leather upper that won't wear out. Responsive flat rubber outside that is built for play on flat surfaces such as astro turf, concrete & other hard surfaces. This outsole was created specifically for the Box Game.

Athletic Support & Cup.



Equipment Guidelines

looks at the gear you need, to bring your game...

GOALTENDER

CLA Goalie Sizing Chart

CLA Patch Age Division

- | | |
|---|---------------|
| 1 | Tyke & Novice |
| 2 | Pee Wee |
| 3 | Bantam & up |



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Facemask: Cannot allow the head of the stick or ball to make contact with the face. The mask must be CSA approved for ice hockey or NOCSAE approved and must be approved for helmet model that is mounted on.

Goaltender Throat Guard: Mandatory. High-grade plastic construction, attaches to goalie face shield, protects throat and neck.

Mouth Guard: Mandatory.

Arm & Chest Protector: A mandatory one piece upper body protector constructed from high density/low density closed cell foam and high-density polyethylene plastic provides superior protection. Fully moulded plastics with offset ridging used in key areas for maximum safety. Articulating belly and arms designed to keep protective padding in place and maximize flexibility. Full back and kidney padding offer the goalie greater protection.

Goaltender Gloves: High density impact foam and leather or nylon offer protection and flexibility. New contour cuff systems allow full range of motion at the wrist for maximum protection and mobility.

Goaltender Pants: Exclusively for lacrosse goalies. Extensive frontal protection combined with inner thigh inserts provide safety in crucial key areas. Moulded components maximize safety using lightweight, breathable materials. Anatomically designed for protection and mobility.

Goaltender Leg Guards: Moulded from high-density polyethylene (HDPE 5100) providing superior protection. Inner cradle stabilizes leg pad, side extensions offer complete calf coverage. Full ankle drop with moulded inserts provide maximum foot protection, multi strapping anchors pad in place.

Lacrosse Stick: Standard goalkeeper stick width specifications are up to 15" inside measurement at the widest point and no restriction on overall length.

Lacrosse Shoes: Suitable indoor shoes.

Athletic Support & Cup



Board of Directors

- President - Vacant
- Vice President - [Tracy Sanford](#)
- Registrar- Vacant
- Coaching Director - [Pat Whalen](#)
- Director of Box Lacrosse - Vacant
- Director of Field Lacrosse - [Keith MacKinnon](#)
- Internal Control Officer - [Chris Lee](#)
- Scheduler - Vacant
- Sponsorship/Fundraising - Vacant
- Secretary/Comunications - Vacant
- Apparel - Vacant
- Treasurer - [Tracy Whalen](#)
- Equipment Manager - Vacant
- Privacy Officer - Chris Lee