

Why Play Lacrosse?

Lacrosse gives your child the opportunity to build self-esteem, participate in a physical activity, nurtures physical skills, team play, sportsmanship and leadership.

It provides girls and boys with the opportunity to play Canada's national summer sport; and for some, the chance to pursue their passion at the provincial, national or university level (Canada and the U.S.).

Most importantly, it provides opportunity for youth, parents, citizens and corporate partners to contribute to the common goal of building a healthy and caring community.

The Hockey Connection

You only have to look at players such as **Gretzky, Sakic, Shanahan, Ronning, Kariya, Nieuwendyk and Oates** as these great hockey players have one thing in common... they have all played Lacrosse and have used the experience to enhance their hockey skills.

Here are a few more reasons hockey players should consider lacrosse in the off-season:

- ✓ Lacrosse and hockey are very **similar**.
- ✓ Hockey players **excel** in Lacrosse.
- ✓ It **increases physical fitness**.
- ✓ It helps prevent hockey burn-out by playing a **new, fast-paced sport**.
- ✓ Players of **all fitness levels and abilities** can compete.
- ✓ It reinforces the importance of **quickness and agility** around the net.
- ✓ It **increases hand-eye co-ordination**.
- ✓ Players learn to **play with their head up** and to be more aware of their surroundings.
- ✓ Lacrosse teaches the **creativity of fakes, back passes and shots**.
- ✓ Lacrosse is run in **5-player units** and helps the hockey player practice a team concept.
- ✓ It is inexpensive as **most hockey equipment can be used in Lacrosse**.

2012 Lacrosse Registration Dates

FREE STICK FOR FIRST 40 NEW PLAYERS!

Early Registration

Flower City Community Campus
8850 McLaughlin Rd, Bldg D, Rm 2
Monday January 16, 6 pm – 9 pm
Tuesday January 31, 6 pm – 9 pm

City Registration:

Century Gardens (340 Vodden St. East)
Friday Feb 24 (6 pm to 9 pm)
Saturday Feb 25 (9 am to 12 noon)
Friday March 9 (6 pm to 9 pm)
Saturday March 10 (9 am to 12 noon).

Commencing February 6, you may also register at **The Box Lacrosse Store** (55 Rutherford Rd. S. Unit 205) during store hours.

Please visit www.bramptonlacrosse.ca for more information on teams, fees and payment methods, proof of birth documentation, non-resident players and tryout/workout eligibility.

Lax Links

Ontario Lacrosse Association (OLA)
www.ontariolacrosse.ca

Ontario Minor Field Lacrosse League (OMFLL)
www.ontariominorfieldlacrosse.com

Ontario Women's Lacrosse (OWFL)
www.ontariowomenslacrosse.com

Ontario Lacrosse Zone 10
www.zone10lacrosse.ca

Canadian Lacrosse Association
www.lacrosse.ca

National Lacrosse League
www.nll.com

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Brampton Minor Lacrosse Association

About the BMLA

Each year, the Brampton Minor Lacrosse Association (BMLA) proudly offers recreational and representative programs in Box Lacrosse, Field Lacrosse and Girl's Field Lacrosse to over 800 children, aged 4 to 21.

The sport of lacrosse is a major thread in Brampton's (and Canada's) heritage and has been played in our community for over 150 years. The BMLA supports that vital history and has grown over the years to become one of the largest and most respected lacrosse associations in Canada.

One of its goals is to promote and sustain youth lacrosse in the City of Brampton, providing opportunities for citizens and corporate partners to contribute to building a healthy and caring community through lacrosse.

The BMLA is a volunteer organization that, in partnership with the Brampton Excelsior Lacrosse Club, forms the Brampton Lacrosse Alliance.



So You Want to Play Lacrosse!



BMLA A PART OF IT!

Play, Coach, Referee, Volunteer...



Brampton Minor Lacrosse Association
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8930 McLaughlin Road South, Building "E"
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www.bramptonlacrosse.ca

The Fastest Game on Two Feet!

Lacrosse is a team sport originated by several aboriginal tribes of North America. There are three versions of the modern game: field lacrosse, women's lacrosse, and box (or indoor) lacrosse.



All are played using a solid rubber ball and a long-handled instrument called a crosse or lacrosse stick. The head of the lacrosse stick has a net strung into it that holds the lacrosse ball. In the men's version of the game, the net is loose and forms a pocket, while the lacrosse stick in the women's version has a taut net.

Offensively, the object of the game is to use the lacrosse stick to catch, carry (by cradling), and pass the ball in an effort to score by ultimately shooting the ball into an opponent's goal. The defensive object is to keep the opposing team from scoring and to dispossess them of the ball through the use of stick "checking" (and body checking in the men's version).

The sport is popular in North America and is the *official national summer sport of Canada*. It is played internationally with increasing popularity.

Box Lacrosse is played on an indoor rink facility with the ice removed. It has different rules than Field Lacrosse, has smaller goals, and players are subject to a "shot clock" - where players on the attacking team must attempt a shot on a goal within 30 seconds of taking possession of the ball.

FIELD LACROSSE

Representative Field Lacrosse

Registration: January – March

Tryouts: Mid March

Season: Late April – Late May

Brampton's Field Lacrosse teams play in the West Division of the Ontario Minor Field Lacrosse League (OMFLL). Two teams are usually fielded each year in Tyke, Novice, Peewee, Bantam and Midget age groups. The West Division includes the following centres: Brampton, Orangeville, Burlington, Oakville, London, St. Catharines, Hamilton, Wellington, Guelph, Kitchener and Six Nations.



The season is comprised of 3 weeks of round robin play followed by one week of Provincial Qualifiers. The season ends with the top 6 teams from each division playing in the Provincial Championships. Games are played on weekends, in a tournament style setting.

House League Fall Field Lacrosse

Registration: July - August

Season: Early Sept – late October

This unique recreational program provides youth from Brampton and neighbouring areas, the chance to hone their lacrosse skills in a fun and friendly environment well into the Autumn season!

U16 Fall Field Lacrosse League

Registration: July – August

Tryouts: Late August

Season: Sept – October

The BMLA usually enters a team in the U16 Fall Field Lacrosse League, a competitive Field Lacrosse program for young adults born in 1997, 1998 and 1999.

BOX LACROSSE

House League Box Lacrosse

Registration: January - March

Season: Early May – Mid July

The recreational house league program introduces players, parents, and coaches to the fastest game on two feet and provides ongoing participation opportunities.



Over 500 participants suit up in 8 divisions from the Peanut level (age 4) through to the Intermediate level (up to age 21). The league is conducted in the spirit of cooperative competition.

Tournament play includes the **Heritage Tournament** (June 15 – 17) where the BMLA will honour the heritage of the McCauley family, and the season finale, the **Tournament of Champions** (July 13 – 15). These events celebrate improvements and accomplishments at both a personal and team level.

Representative Box Lacrosse

Registration: January – March

Tryouts: April

Season: Early May – Mid August

The Representative Box Lacrosse teams compete in the Ontario Lacrosse Association's Zone 10 which includes teams from Caledon, Halton Hills, Mimico, Mississauga, Newmarket/East Gwillumbury, Oakville, and Orangeville.

Participants represent Brampton at neighbouring cities and towns while playing at a more competitive and advanced level than our House League program.

Two levels of competition (A through D) are usually offered in the Paperweight, Tyke, Novice, Peewee, Bantam, Midget and Intermediate divisions.

Tournament play includes the highly competitive John McCauley Memorial Tournament (June 8 – 10) that attracts more than 60 teams from across the province.

GIRLS' FIELD LACROSSE

Girls' House League Field Lacrosse

Registration: January – March

Grading and Workout Sessions - May

Season: Late May – Early August

The Girls' House League program focuses on creating a fun and safe environment while providing participants the opportunity to learn and apply the key skills of the game.



Four to six teams compete at the U14 level.

Girl's/Women's Field Lacrosse is a non-contact sport so minimal equipment is required. Equitable playing time is emphasized over winning. The girls are given the chance to play all positions.

Girls' Representative Field Lacrosse

Registration: January – March

Tryouts: Mid April

Season: Mid May – mid August

The Girls' Representative Field Lacrosse teams compete in the Ontario Women's Lacrosse (OWL) with teams from across Southern Ontario. Participants represent Brampton at neighbouring cities and towns while playing at a more competitive and advanced level than our House League program.

Players compete at the U11, U13, and U15 levels. Games are played tournament style on weekends. Hosting weekend is June 8 – 10, 2012, part of the 20th anniversary of the John McCauley Memorial Tournament.