



Lady Blue Knights Lacrosse Club
Frequently Asked Questions

We are pleased to share with you some information on the Lady Blue Knights Lacrosse Program as well as a Q&A. For more information visit: ladyblueknights.ca.

Q: Why should you join Lady Blue Knights (BBK) Lacrosse Club?

A: As girls field lacrosse continues to grow around the Province - the Oshawa Lady Blue Knights are leading the way.

"Because it's Good To Be a Lady Blue Knight!"

Q: My daughter has never played before? Is it difficult to learn? She is older, is it too late to start the game?

A: Not really and it depends. At the younger ages, a willingness to learn and to run is important. The most important thing to ensure an enjoyable field lacrosse experience for your child is for you, as the parent to get a stick as well and play catch with your daughter for 10-15 minutes a day.

After 2-3 weeks you will be amazed at how much more fun the practices and games will be for her. It is never too late to start to play. As long as the player is willing to run (and make an effort), no age is too old. Given some effort playing catch with a parent or friend or even tossing the ball against a convenient building wall, you can pick up enough passing/catching/shooting techniques to get by. And you're never too old, many adult players (of all skill levels) join the open house league or women's recreation league each season.

Q: Can I try it out?

A: Yes Yes Yes

1) 'Learn To Play or Bring a Friend – Open Practices' are offered throughout the year – if you are interested please email lbkregistrar@hotmail.com

2) 'Preseason Prep' - Lady Blue Knight's pre-season clinic for both House League & REP players is a great way to get ready for the season.

Location: Oshawa Civic Indoor Field House

The clinic will focus on specific lacrosse skill development and game play. Each athlete will work at and improve the skill level they are presently at with the GOAL to be ready for their first day on the field this spring.

All registrations must be submitted online at www.ladyblueknights.ca

Q: What Age Group will my daughter play in this year?

A:

LBK House League Program:

Ages (as of the calendar year)	Division
4, 5 and 6 year olds	<i>Baby Blue Knights(BBK)</i>
7, 8 year olds	<i>Mini Blue Knights (MBK)</i>
9, 10 year olds	Junior Blue Knights (JBK)
11, 12 year olds	U13
13, 14 year olds	U15
15 years and up	<i>Open house league</i>
25 years and up	<i>Womens Recreational League</i>

LBK Rep Program:

Ages (as of the calendar year)	Division
8, 9 and 10 year olds	<i>U11</i>
11, 12 year olds	U13
13, 14 year olds	U15
15, 16, 17, and 18 years old	<i>U19</i>
19 years and up	<i>Senior</i>

Q: When/where will my daughter play this year?

A: Field locations

- Baby Blue Knights – Ritson Fields, Oshawa
Thursday evenings from 6:00-7:45 PM and 2 additional days for tournaments
- Mini Blue Knights – Ritson Fields, Oshawa
Thursday evenings from 6:00-8:00 PM and 2 additional days for tournaments
- Junior Blue Knights – Ritson Fields, Oshawa
Thursday evenings from 6:00-8:00 PM and 2 additional days for tournaments
- U13 house league – Gordon Street fields, Whitby and Chopin Park, Oshawa
Wednesday evenings and Sunday afternoons
- U15 house league – Gordon Street fields, Whitby and Chopin Park, Oshawa
Wednesday evenings and Sunday afternoons
- Open house league - Conlin Meadow fields, Oshawa and Chopin Park, Oshawa
Monday and Wednesday evenings
- Womens Recreational league - Gordon Street fields, Whitby
Monday evenings

Q: When is Registration Open?

A: Early Bird Registration – opens in January - *Save \$50 if you register before March 1st

Online Registration is available via www.ladyblueknights.ca

Q: What equipment do I need?

A:

- Approved [Girls Field Lacrosse Stick](#)
- Protective Eyewear is mandatory for U13 house league and above. Highly recommended for Baby Blue Knights and Junior Blue Knights. If you have glasses – ‘Iris goggles’ usually fit over prescription eyewear quite comfortably.
- Shorts
- Running shoes/cleats
- Moulded mouth guard
- Ball (provided for House League Players)
- U11 Soft Lacrosse Balls - As our youngest girls learn to play the sport of women's field lacrosse, the OWFL has agreed to continue the use of the soft pink lacrosse ball.
- U13 and older Lacrosse Balls
- Note: As the girls mature and learn in the sport of women's field lacrosse, they graduate to a regular size and weight lacrosse ball so they can learn to "feel" the ball in their stick.

IMPORTANT: For Baby Blue Knights and Junior Blue Knights who are trying lacrosse for the first time, we do have a stick ‘lending’ program. Email lady_blueknights@yahoo.ca to inquire.

Q: Is there any LBK Clothing or Merchandise?

A: Yes. Be sure to check out our [LBK GEAR](#). A variety of hoodies, sweats, long and short sleeve t-shirts, hats and much more can be purchased year round.

Q: When will I find out what house league team I am on?

A: About 1-2 weeks before your season starts, expect a phone call or email from your coach. If you have not heard within 1 week before your seasons start date, send us an email to lady_blueknights@yahoo.ca and we will investigate.

Q: What about inclement weather?

A: Rule of thumb is that play continues unless there is thunder or lightening. Very rarely, fields will be closed from excessive rain. Your team manager or coach will communicate with your team directly in the case of cancellation. For house league, if you do not feel that is safe to be at the field, that is your discretion. For rep, attendance expectations (including weather related) are outlined by coaches and at the rep-parent meeting.

Q: I think I want to play rep, but what if I am not successful in making a team?

A: We aim to field two teams in every age division (elite and competitive) which allows for more players to play on a rep league team. If you are not selected for one of the rep teams, you will be placed on a house league team. [Tryout information](#) will be posted on our website and usually runs in March, will practices for our rep teams starting as early as April.

Q: Is there a cost to try out for a rep team and when are tryouts?

A: Please refer to www.ladyblueknights.ca for additional tryout details

Q: What is the commitment for rep players?

A: The rep season starts mid to end of April and finishes off with 'provincials weekend' usually in late July.

Practices are Tuesday and Thursday evenings for all levels. Plus, there is an additional practice on Mondays if you are placed on the U15 Elite, U19 Elite or U19JEWL teams.

Game Days:

U11 – Sunday morning

U13 – Sunday afternoon

U15 – Saturday afternoon

U19 – Saturday morning

OWFL Schedule can be found at www.owfl.ca

Q: I am really enjoying lacrosse, are there any other LBK opportunities?

A: We aim to offer development and training opportunities including Fall Ball, Preseason Prep, as well as camps and clinics during our off-season. We will also share information about unique tournaments and clinics that may be of interest to our players on our [website](#) and in our newsletter.

Q: I missed registration and the season has started, can I still join?

A: LBK Registration is only offered online through the Sportzsoft Portal, however if you miss registration or want to register late and there is availability in your requested league we will do our best to accommodate. Please reach out to lbkregistrar@hotmail.com for assistance.

Q: What proof of age is required?

A parent or legal guardian (over age 18) MUST register their child. Players 18 years or older can register themselves. A Birth Certificate, passport, Certificate of Live Birth, Status Card are all suitable as proof of age. A new Health Card that has the child's birth date on it is acceptable if you, as the parent, offer it as a proof of identity/age.

Q: Can I volunteer/time keep/referee/ help LBK or OWFL this year?

A: Yes, yes and maybe! We are always looking for additional help - convening, organizing, COACHING (!)

With the LBK growth and Women's Field Lacrosse becoming the fastest growing team summer sport for girls across North America, our small volunteer base will need to grow and our organization is built upon volunteers. Available volunteer positions include the following :

- House League Parent Coaches & Managers
- Time Keepers for House League Games
- Score Keepers for House League Games
- Umpires for House League Games
- Conveners for House League
- Convener for Rep Hosting Days
- Coaching clinics are available for interested coaches (16 or older). Older players can also volunteer to help with the younger teams - a good way to get High School community service volunteer hours. For older players (+14), timekeeping is another option - timekeepers are paid but are required to be conscientious and reliable.
- Contact our Referee-in-Chief or lbkregistrar@hotmail.com if you can assist in anyway and for more information.

If you would like to help at the 'organization level' instead of the 'team level', please send an email to lady_blueknights@yahoo.ca and we will contact you to discuss. Thank you for your anticipated support!

Q: I would like to assist or help coach but I know nothing about lacrosse?

A: Not a problem - see the volunteer note above. There are always people to turn to for help. There are training sessions available for new coaches. The game is fast paced and fun, the basics of the game are easy to pick up and you'll learn the rest as you go along. Without coaches we can't have a program and it only takes a couple of hours a week. If you're still unsure contact our Technical Director, House League Director or anyone else on the executive.

FOR FURTHER DETAILS:

Please visit www.ladyblueknights.ca or contact one of our volunteers (names and email on our websites volunteer page)