



CRANBROOK LACROSSE ASSOCIATION

**PLAYER AND PARENT**

**HANDBOOK**

**2024**

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# WELCOME TO THE 2024 LACROSSE SEASON

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Dear Lacrosse Players and Parents,

On behalf of the Cranbrook Lacrosse Association, we would like to welcome you to another season of celebrating the Medicine Game and Canada's National Summer Sport.

We are excited to start our season and look forward to a positive and fun experience for everyone involved this year! We are grateful that repairs are currently in progress at the Memorial Arena, and we anticipate a regular practice schedule once repairs are complete.

If you have any questions or concerns regarding the upcoming season, please feel free to contact us at:  
[cranbrooklacrosse@gmail.com](mailto:cranbrooklacrosse@gmail.com)

We are always looking for volunteers, it takes many hands to help make a successful season, so if you are curious about volunteer opportunities that might be a good fit for you, please say Hello! or send us a message when you have a chance.

Sincerely,

The Cranbrook Lacrosse Association Executive



The following codes of conduct and media release were agreed upon with the registration of your player. If you have any concerns, please contact us at [cranbrooklacrosse@gmail.com](mailto:cranbrooklacrosse@gmail.com)

# PARENT AND GUARDIAN CODE OF CONDUCT

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All individuals affiliated with the Cranbrook Lacrosse Association shall:

- i. Refrain from using foul or negative language.
- ii. Shall not verbally or physically abuse a game official, participant, or spectator regardless of association or circumstance
- iii. Demonstrate courtesy, respect and sportsmanship for all players, spectators, officials, and coaches regardless of the situation or circumstance.
- iv. Demonstrate good sportsmanship towards the opposing team and its' spectators regardless of circumstances.
- v. Take all necessary steps to report in writing any incidents, which may shed a bad light on the great game, or breach of this code of conduct, to the Executive as soon as possible after any such incident to ensure that such incident does not occur again.
- vi. Treat the game of lacrosse with the respect it deserves.
- vii. Attempt at all times to work toward the goals and objectives of the CLA and the game of Lacrosse, and towards the betterment of its members.
- viii. Strive to heighten the image and dignity of the Association and the sport of Lacrosse as a whole, and to refrain from behavior which may discredit or embarrass the Association or the game.
- ix. Always be courteous and objective in dealings with other members.
- x. Except when made through proper channels, refrain from unfavourable criticism of other members or representatives of the CLA.
- xi. Strive to achieve excellence in the sport while supporting the concepts of Fair Play and Drug-free sport.
- xii. Show respect for the cultural, social, and political values of all participants in the sport.
- xiii. As a guest in another province or foreign country, abide by the laws of the host jurisdiction and adhere to any social customs concerning conduct.

# SOCIAL MEDIA CODE OF CONDUCT

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The CBKLA recognizes the vital importance of participating in online conversations and are committed to ensuring that we participate in online social media in an appropriate, positive, respectful manner.

i. The CBKLA expects that all members are aware of and respect these Social Media Guidelines.

ii. If anyone is found to be in violation of the guidelines to the extent that it is damaging to the CBKLA, it will be handled using the provisions of the CBKLA Code of Conduct. iii. Non-compliance with this policy may be considered as misconduct, harassment, discrimination, or in certain circumstances contravention of the law. Those who fail to comply with these guidelines may be disciplined.

NOTE: We are bound by BCLA Code of Conduct. As a member of CBKLA, you must abide by this code in full. To access the BCLA Code of Conduct in full, please refer to the BCLA website.

## **PARENT OR GUARDIAN**

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

# MEDIA CONSENT FORM AND RELEASE FOR MINOR CHILDREN

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I am the parent/guardian of \_\_\_\_\_ (print full name of child) ("My Child").

I hereby grant Cranbrook Lacrosse Association the absolute right and permission to use photographic portraits, pictures, digital images or videotapes of My Child, or in which My Child may be included in whole or part, or reproductions thereof in color or otherwise for any lawful purpose whatsoever, including but not limited to use in any publication or on websites, without payment or any other consideration. I hereby waive any right that I may have to inspect and/or approve the finished product or the copy that may be used in connection therewith, wherein My Child's likeness appears, or the use to which it may be applied. I hereby release, discharge, and agree to indemnify and hold harmless and Cranbrook Lacrosse Association from all claims, demands, and causes of action that I or My Child have or may have by reason of this authorization or use of My Child's photographic portraits, pictures, digital images or videotapes, including any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may occur or be produced in the taking of said images or videotapes, or in processing tending towards the completion of the finished product, including publication on the internet, in brochures, or any other advertisements or promotional materials.

I represent that I am at least eighteen (18) years of age and am fully competent to sign this Release.

THIS IS A RELEASE OF LEGAL RIGHTS. READ IT CAREFULLY AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING (Both parents, if possible) PLEASE CHECK ONE OF THE BOXES BELOW THEN SIGN YOUR NAME(S)

CONSENT: We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the abovenamed child and do hereby give our/my consent without reservation to the foregoing on behalf of My Child.

**PARENT OR GUARDIAN**

NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

# REGISTRATION AND FEES

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To register, visit [www.cranbrooklacrosse.com](http://www.cranbrooklacrosse.com) and follow the registration link. For more information, please email us at [cranbrooklacrosse@gmail.com](mailto:cranbrooklacrosse@gmail.com) Registration fees include all tournament costs.

**Early bird discount of \$25 applies if players are registered by Feb 29<sup>th</sup>, 2024.**

**U7 (Mini Tyke) (2018/2019)**

Early bird registration \$150.  
After February 29<sup>th</sup> \$175

**U9 (Tyke) (2016/2017)**

Early bird registration \$300.  
After February 29<sup>th</sup> \$325

**U11 (Novice) (2014/2015)**

Early bird registration \$375.  
After February 29<sup>th</sup> \$400  
(Tournament fees included)

**U13 (Pee Wee) (2012/2013)**

Early bird registration \$425  
After February 29<sup>th</sup> \$450  
(Tournament fees included)

**U15 (Bantam) (2010/2011)**

Early bird registration \$450  
After February 29<sup>th</sup> \$475  
(Tournament fees included)

**U17 (Midget) (2008/2009)**

Early bird registration \$465  
After February 29<sup>th</sup> \$490  
(Tournament fees included)



# 2024 REQUIRED EQUIPMENT

All players are required to have and use the following equipment:

- Helmet with Cage (Hockey or Lacrosse)
- Shoulder Pads (Lacrosse)
- Gloves (Lacrosse)
- Back/Kidney pads
- Elbow Pads (Lacrosse)
- Athletic supporter
- Lacrosse Stick
- Basketball shoes / runners
- Mouthguard

All equipment must be approved for lacrosse as specified in the CLA Safety and Equipment Policy.



Stick – A player's stick shall measure not more than 46", nor less than 40" in overall length, and not more than 8", nor less than 4 1/2" in width. The measurement for width is to be inside frame measurement. Note: In

U13 and all lower divisions, the minimum length of the stick shall be 34". The goalkeeper's stick may be of any desired length, but shall not be over 15" in width

Goalkeepers are required to wear CLA approved helmet and facemask and throat guard, chest, shoulder and arm pads, gloves, pants, leg guards and shoes.

\*If you have further questions, please contact your coach regarding specific equipment needs\*

# 2024 CRANBROOK LACROSSE CLUB BUILDER

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## ANNUAL BOTTLE DRIVE

**TBD – April 2024**

Each age division will be given an area to canvas for bottles, cans, and juice/milk jugs. This is a club/team builder and is a mandatory event.

We will require drivers to take our players out for bottle collection, so if you have a truck or trailer and able to take an assigned route, please let us know! We will also require parents that are not driving to stay behind to help sort. This is a family friendly event so bring the family out. We will supply a pizza lunch for all our volunteers!

Any questions, email Cranbrook Lacrosse Association at [cranbrooklacrosse@gmail.com](mailto:cranbrooklacrosse@gmail.com)



# 2024 SEASON SCHEDULE

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This year's schedule will be released once we have more information from the City of Cranbrook.

# 2024 TOURNAMENT HOTELS

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Details will be emailed to families once tournaments and hotels are finalized.



# 2024 TEAM PHOTOS

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With the generous support of our community, we have received sponsorship for our team pictures this year and so they will be no cost to you. Team and individual photographs will be taken at some point during the season. Please watch out for further information from your team manager when exact dates and times are available.



# COACHING AND REFEREE CLINICS

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## **Coaching Clinic:**

Russ Sheppard is a Master Learning Facilitator with Canada Lacrosse and was one of the writers of the lacrosse coaching manuals that are used in Canada. He is going to host a hybrid (on floor and in classroom) clinic for all our coaches.

- Mandatory Cranbrook Coaches Theory Meeting TBD
- Coaching Clinic (classroom session) for new coaches or coaches needing Level 2 TBD.

Please watch for further information regarding these sessions.

Both sessions will be held at Ground Floor Coworking Space, 131 – 7 Avenue South. For more information email Jim Melenka at [westslopeservices@gmail.com](mailto:westslopeservices@gmail.com)

## **Referee Clinic:**

Details will be released when plans are finalized.