

House League Review for the 2024 Season

During the 2024 season, Hamilton Lacrosse offered house league programs across several age groups and some of the best turnout since prior to the pandemic. Paperweight U5 and U7 were offered on Monday and Wednesday nights. This allows parents an option that would best fit their families schedule. In the U9 division, we had an impressive turnout, successfully filling six teams. The U11 division operated with four teams, while the U13 and U15 age groups merged and also drew players from the Bengals 2 Rep team, allowing us to field four teams. This setup provided Bengals 2 players with more opportunities for floor time beyond their regular Rep team commitments.

The season began with games split between multiple arenas. However, once we settled into the Chedoke Twin Pad, the flow of the season smoothed out significantly.

Our year-end tournament and celebration were met with great enthusiasm. Highlights included entrance music, smoke effects, and lights, creating an exciting atmosphere. Special thanks to our hardworking volunteers who set up the smoke machine, coordinating the PA system, and synchronized the lights across both floors—no small feat!

Across all divisions, we were fortunate to have a group of dedicated coaches who elevated the experience for both players and parents. Their commitment to coaching lacrosse played a huge role in ensuring a positive season for everyone involved, and we are incredibly grateful for the time they invested.

Looking ahead to the 2025 season, we plan to continue offering two nights of programming for our Paperweight division, and we aim to separate the Novice and Senior Paperweight players to better tailor their experience. During registration we can collect information from parents who express an interest in coaching. During the 2024 program we put on a coaching clinic, we hope to offer another before or shortly after the season has started to help any parents new to the sport learn the ropes if they wish to contribute on the bench.