



OWFL LEAGUE
(GIRLS BORN IN 2006, 2007, 2008, 2009)

PROGRAM INCLUDES

EARLY BIRD TOURNEY ◦ LEAGUE PLAY ◦ LEAGUE FEES
ETS (ELITE TRAINING SYSTEMS) - STRENGTH & CONDITIONING 1 X WK
MENTORSHIP PROGRAM ◦ PRACTICE FIELDS
TEAM BUILDING EVENT ◦ KNIGHTS CUP TOURNAMENT
US TOURNAMENT - PIPE CITY LACROSSE FESTIVAL
PRACTICE SHIRT ◦ TEAM TRAINERS SUPPLIES
PROVINCIALS - JULY 19-21 2024 ◦ ATHLETIC BANQUET
OLA FEES & INSURANCE COVERAGE
ONTARIO LACROSSE MAGAZINE

PRACTICE NIGHTS

MONDAY, TUESDAY AND THURSDAY

GAME DAYS

SATURDAY AM GAMES
POSSIBLE MIDWEEK GAMES

TOURNAMENTS AND CAMPS

PIPE CITY LACROSSE FESTIVAL VERNON HILLS IL JULY 12-14, 2024
INAUGURAL KNIGHTS CUP JEWEL SHOWCASE JULY 8, 2024

SEASON KICK OFF

PLAYER PARENT MEETING TBD
EARLY BIRD TOURNAMENT MAY 18-19, 2024
TRAINING BEGINS APRIL 15, 2024

U19 ELITE REP COST \$900-\$1100

TRYOUT FEE \$65 FOR JEWEL / \$40 FOR U19E ONLY

LBK REGISTRATION IS SEPARATE AND PAID BEFORE TRYOUTS