



2024 U19 JEWL
OWFL JUNIOR ELITE WOMEN'S LEAGUE
(GIRLS BORN IN 2006, 2007, 2008, 2009)
7 MINUTE MILE TESTING IN ORDER TO PLAY

PROGRAM INCLUDES

EARLY BIRD TOURNEY ◦ JEWL LEAGUE PLAY ◦ JEWL LEAGUE FEES
ETS (ELITE TRAINING SYSTEMS) - STRENGTH & CONDITIONING 1 X WK
PRACTICE FIELDS 3 X WEEK ◦ PAID ELITE HEAD COACH
MENTORSHIP PROGRAM ◦ TEAM BUILDING EVENTS
2 USA TOURNAMENTS ◦ LBK DAY OF CARING
ALUMNI GAME ◦ TEAM TRAINERS SUPPLIES
EXCLUSIVE JEWL SHIRT ◦ PRACTICE SHIRT ◦ NIKE JERSEY
◦ JEWL SHOWCASE TOURNAMENT
PROVINCIALS - JULY 26-27, 2024 ◦ ATHLETIC BANQUET
OLA FEES & INSURANCE COVERAGE
ONTARIO LACROSSE MAGAZINE

PRACTICE NIGHTS

MONDAY, TUESDAY AND THURSDAY

GAME DAYS

MIDWEEK GAMES WITH FRIDAY NIGHTS
LBK ALUMNI GAME JULY 18, 2024

TOURNAMENTS AND CAMPS

JEWL EARLY BIRD - AURORA - MAY 11, 2024
IWLCA CHAMPIONS CUP - BOYDS, MD - JUNE 14-16, 2024
PIPE CITY TOURNAMENT - VERNON HILLS, IL - JULY 12-14, 2024
INAUGURAL KNIGHTS CUP JEWL SHOWCASE - JULY 8, 2024

SEASON KICK OFF

PLAYER PARENT MEETING TBD
EARLY BIRD TOURNAMENT MAY 11, 2024
TEAM TRAINING BEGINS APRIL 15, 2024
JEWL TEAM FUNDRAISER GOLF TOURNAMENT JUNE 20, 2024

U19 JEWL COST \$1450 - \$1650

TRYOUT FEE \$65

LBK REGISTRATION IS SEPARATE AND PAID BEFORE TRYOUTS