

# The Braves Offer Lacrosse For Youth Ages 5 to 21

## 2012 AGE CATEGORIES

Division	Ages	Birth Year
<b>Little Braves Paperweight Tyke</b>	<b>5 &amp; 6 7 &amp; 8</b>	<b>Up to 2006 2004 &amp; 2005</b>
<b>Novice</b>	<b>9 &amp; 10</b>	<b>2002 &amp; 2003</b>
<b>Peewee</b>	<b>11 &amp; 12</b>	<b>2000 &amp; 2001</b>
<b>Bantam</b>	<b>13 &amp; 14</b>	<b>1998 &amp; 1999</b>
<b>Midget</b>	<b>15 &amp; 16</b>	<b>1996 &amp; 1997</b>
<b>Intermediate</b>	<b>17 to 21</b>	<b>1991 to 1995</b>

### Equipment needed to play

**Little Braves Lacrosse is non-contact** so players only need a Lacrosse stick, running shoes, lacrosse (or hockey) gloves, hockey helmet w/face mask (CSA), athletic protector, mouth shock guard and navy (blue) shorts.

**Local League & Provincial players** also wear lacrosse shoulder pads and arm guards (hockey shoulder pads & elbow pads work), a kidney/belly pad. Navy shorts are required.

**Good used equipment & sticks** are often available from the club at a minimal cost.

### Give Us Your Old Stuff!

Donate your old sticks and lacrosse gear. Better to help our players than be left in the garage. Proceeds go to buying better goal equipment & more team supplies (like balls!).

Canadian Tire and Break-away Sports are good local sources for lacrosse equipment.

## Coaches, Trainers & Refs

Help is needed on player's benches and officiating. Get involved and you get to learn more about our national game. Please offer!

## Goaltending

Goalies are always the biggest factor in a winning lacrosse team. And it's amazing who actually is good at it! Give it a try...you may like it AND you may be great! Gear is provided.

## Improve Hockey Skills

Lacrosse is highly recommended as the best cross-training sport for hockey (our other national (& awesome) sport). Wayne Gretzky, Paul Coffey, Shane Corson, John Tavares and many other NHL stars played Lacrosse as their summer sport.

## Sponsorships

Please ask a business or organization you know to sponsor a team, pay for equipment or donate an item for our prize table at the Midland Civitan Canada Day Tournament. **Sponsorship info can be found on our web site or call Rob Megaw (705) 527-0796**

## Help Wanted!

We are only as strong as our volunteers. We don't ask for much so kick in what time you can. **Book in Student Service Hours with the registrar and help grow the sport you love! There are many (fun) ways you can get your hours in. And we can really use your help! You will be appreciated & recognized!**

**Please register early! And help us plan for a more successful season!** Go to [midlandbraveslacrosse.com](http://midlandbraveslacrosse.com) to learn more about The Braves and our game.

**LACROSSE...**

**the fastest game on two feet.**

*Catch The Fun...*



**PLAY  
LACROSSE**

**Canada's National  
Summer Sport!**



**And the fastest growing team  
sport in North America!**

**This game improves  
co-ordination, endurance &  
discipline!**

## 2012 Pre-season Programs

There are a few ways to play some spring lacrosse. NSSRC Gym times start in Feb.

**Saturday times vary week to week.**

Check our website calendar or club info board at the NSSRC arena for your time.

**PLEASE Indoor running shoes only for all gym times!**

**Parks & Rec Thursday Lacrosse \$20**  
**Intro To Lacrosse & Advanced Skills Camp**  
NSSRC, Full gym, 8 one hour sessions.  
Thursdays @4:15 Feb 9 - Apr 12(ex. Mar 8 & 15)

**Register with P&R at NSSRC service desk for this program only!** Call 705-526-9395

### Try Lacrosse Free

Any Saturday during our clubs spring lacrosse gym times starting Feb 11<sup>th</sup>.

**Lacrosse sticks are provided.** Some helmets & gloves are also available.

**Players start at all ages! Check out your national game!**

### Free Pickup Lacrosse

For registered players to get a little pre-season tune up! A few warm up drills then game on! Goes every week 'til end of March.



**Come out and have some fun!**

## Tim Bits Little Braves Lacrosse

Up to 8 yrs old in 2012 (paperweight, tyke).  
**Thursdays for 9 weeks from 6:00 - 6:45pm**  
**Play May 3<sup>rd</sup> to June 28<sup>th</sup> in NSSRC arena.**

**Registration \$90. You also get...** Tim Bits jersey, spring gym time, 4 issues of the OLA magazine, a team photo, OLA/ CLA member, insurance and more.

**Little Braves Lacrosse** develops the basics of lacrosse in a fun yet challenging way. Each night players receive instruction and play mini-games. Full floor games are organized during the last few nights of the season.

### Novice & Pee wee Local Teams

**We now have Local League Lacrosse in our area.** The Braves will compete with other HL teams from Orillia, Barrie and/or Stayner. Teams get 6 games, 6 practices and a playoff.  
**Play starts May 3<sup>rd</sup> & finishes by June 30<sup>th</sup>.**  
**Thursday is Home night for local teams.**  
**Novice@7 Pee wee@8 with 3 travel dates.**

**Local Team Registration \$120.** includes spring gym time, 4 issues of OLA magazine, team photo, OLA/CLA members & insurance.

### Provincial "Rep" Teams

Selection for provincial teams is made in April. All players are asked to come out for the experience. Games start in May & finish with the Ontario Championships (Ontario Lacrosse Festival) held in Whitby in early August.

**Tyke, Novice & Pee wee Provincial Team Fee (is in addition to Local Team reg.) \$120.** Includes..., practices, games, entry in 2 tournaments, individual and team photo and provincial team registration costs.

**Bantam, Midget, Intermediate: \$240** as above plus entry in add tournaments.

**NO additional fees are expected.** We only ask that you help with our tournament!

## How To Register

You can register at the club office during Feb/Mar gym times or at NSSRC Spring Registration held March 22, 23 & 24th.

**Before a player may participate** their registration form **MUST** be complete AND a minimum \$50 deposit paid. Cheques dated for March 20<sup>th</sup> and April 20<sup>th</sup> are accepted.

**2012 fees MUST BE paid in full by May 1<sup>st</sup>.**

***New players!!! We need a photocopy of your birth certificate at time of registration.***

A parent/ guardian must sign if player does not turn 18 in 2012.



**Families save \$50 for every child after registering the 2<sup>nd</sup>.**

*Financial assistance is available if you know kids that may benefit!*

**NSF cheques cost an extra \$30 for service fee. Refunds pro-rated (\$25 admin fee applies). No refunds after June 30<sup>th</sup>.**

### Registration Questions?

Contact Shannah at 705-333-0210 or e-mail [centismum@rogers.com](mailto:centismum@rogers.com)



### BRAVES LACROSSE

**Midland Minor Lacrosse**  
**527 Len Self Blvd Midland, On.**  
**L4R 5N6**

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