

DELTA FOOTMEN FIELD LACROSSE

SEASON OF PLAY

U8	September – December
U10	September - February
U12	September – February
U14	September – February
U16	September – February
U19	September – February

Games are played on Sundays and home games are played at Mackie Park Turf or Holly Park Turf and sometimes at Delta Manor Elementary. Away games are played throughout the Lower Mainland.

U8 & U10 division play a non-competitive league. U12, U14, U16 and U19 are tiered into three calibres and each calibre competes for League Championships and Tier I and Tier II complete for Provincial Championships.

Practices will begin early August.

EQUIPMENT REQUIRED

Same as Box Lacrosse Equipment, with the addition of Cleats (no exposed metal). This includes a CSA Approved helmet and face mask, Mouth guard, Gloves, Slash guards, Shoulder pads, jock/jill.

2010 REGISTRATION FEES

Div	Birth Yr	Ages	Rate prior to Sept 30
U8	2002-2003	7 & 8 yr	\$100
U10	2000-2001	9 & 10 yr	\$100

Registration fees for U8 and U10 will increase to \$220 after September 30.

Div	Birth Yr	Ages	Rate prior to Aug 16
U12	1998-1999	11 & 12 yr	\$185
U14	1996-1997	13 & 14 yr	\$185
U16	1994-1995	15 & 16 yr	\$185
U19	1992-1993	17 - 19 yr	\$185

Registration fees for U12 and above will increase to \$220 after August 16.

Family Rate – First two are registered at regular rate and additional younger children are half price.

Jerseys - All players purchase their own Delta Footmen jersey. New jerseys cost \$75 and are ordered through the club at time of registration. Jerseys are non-returnable and non-refundable.

Please make cheques payable to Delta Field Lacrosse. Cheques can be post dated to July 15, 2010. Refund information can be found at our website.

New registrants must provide proof of residency, a copy of their birth certificate and care card number.

League Player Participation Rule:

All players must play a minimum of 50% of scheduled league games to be considered eligible for the teams Provincial Championship Tournament.

TO REGISTER CONTACT

Scott Liebich or Darcy Phillips at

deltafootmen@gmail.com

Please visit our website

www.deltafootmen.ca

for information regarding our association or the upcoming season

Delta Field Lacrosse
PO Box 13
Delta BC V4K 3N5

Field Lacrosse

This winter sport is a fast paced, exciting team game that develops teamwork, conditioning, coordination and confidence. Originally played by First Nations, FIELD LACROSSE is today enjoyed by thousands of girls and boys world wide.

Many players from British Columbia have earned Scholarships to US colleges or play for our own Simon Fraser University.

The sport is played with nine runners and a goalie from each team on a grass or synthetic turf, with four 15 minute quarters of play. The same equipment is worn in field lacrosse as in box lacrosse.

Delta Field Lacrosse has a rich history of producing very strong field lacrosse teams and many have won league or provincial championships.



Delta Field Lacrosse is a member of the BC Lacrosse Association and Pacific Coast Field Lacrosse League.



PRACTICE SCHEDULE

Delta Field Lacrosse has practice time* and game time* as follows:

McKloskie El. weekdays 5:00 to dark
weekends 10:00 – 4:00
Delta Manor weekdays 5:00 to dark
weekends 10:00 – 4:00
Holly Turf Tuesday 7:00 – 9:00 pm
Sunday 8:00 – 10:00 am
Sunday 6:00 – 10:00 pm
Mackie Turf Friday 7:00 – 9:00 pm
Sunday 6:00 – 9:00

*subject to Corporation availability ~ to be confirmed

Regular team practice times will be determined by the availability of the individual teams coaches.

There will be considerable drop-in time in August at various locations; please check our website for times and locations.

Team selections will begin in August as team declarations to the PCFL are due in August.

INTERESTED IN COACHING?

Contact Larry Larsen at 604.940.8575

REFEREES NEEDED

Please contact Tim Winter 604-946-8921 or Matt Clarke 604-589-9178

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www.deltafootmen.ca