

# U-13 2025

## **WELCOME TO U13 2025!**

### General Information

2013 & 2014 birth years

We are projecting 60-80 registrants for u13 in 2024. We plan to have 3 Competitive teams which will play a traditional lacrosse schedule,

### Selection

Your child will be placed based on preseason evaluations using skilled evaluators. The goal is to have athletes in the position that is going to best support their development and enjoyment of the sport. A young lacrosse player still working on their stick skills shouldn't be placed in a position where they won't ever get to touch the ball!

### **Warm-Ups**

Free Skills & Game Sessions - LLC Covered Box

Sundays Jan 5th - Feb 23rd 1:00pm - 2:00pm

Tuesdays Goalie Training 6:30 - 7:30pm

### **Evaluation dates**

March 2nd xx:00am & xx:00pm - LLC Covered Box

March 8th xx:00am & xx:00am - LLC Covered Box

March 9th xx:00am & xx:00am - LLC Covered Box

*Exact times to be finalized ASAP*

*\*Team Placement - Prior to Spring Break\**

### Season Schedule:

Tuesdays - Practice

Thursdays - Practice

Saturday - Home Games Team 1 & 2

Sunday - Home Game Team 3

### Season Phases

March - Pre-Season

April - Tiering

May - June Regular Season

June - Playdowns

*July 3-6 - Provincials (Port Coquitlam)*

### **Optional tournaments**

To be determined based on coaches decision and availability

### Teamsnap

Division Managers will add you to your selected teams prior to the season starting. Please update your attendance to practices or games a few days prior to the event. No need to comment availability in the group.

### Equipment

Jersey/Pinnie Provided by DLA

Lacrosse Stick provided by DLA for first time registrants

Helmet

Gloves

Elbow pads

Shoulder Pads

Jock/Jill

Shorts

Knee pads (optional for Tsawwassen outdoor box)

Mouth Guards