



PACIFIC COAST FIELD LACROSSE LEAGUE

September 5th, 2018 Declaration Meeting Minutes

Girls

Attendees:

Trish Keizer – Chair	Delta – Greg Leong
Jason Kump – 1 st Vice Chair	Langley – Gerald Wartak
Kellie Ohlmann – 2 nd Vice Chair	Mission – Shona Wallace & Shelley Bell
Angie Wolfe – Secretary	New West – Julie Edgar
Lynda Callard – Treasurer/Registrar	Port Coquitlam – Karen Hertslet
Adanacs – Randy Radonich	Ridge Meadows – Stacey Paterson & Michelle Cooper
Burnaby – Brad Romano	Surrey – Jason Carr

Absent:

Chris Comeault – Past Chair
Courtney Lund-Murray – Head Umpire
Sydney Hara – Head Umpire

Call to Order: 6:04pm

Acceptance of the August 22nd minutes:

- Motion to accept: Karen Hertslet
- Seconded by: Jason Carr

Reports:

Chair:

- Line of communication
 - parents are to go through their association presidents regarding issues
 - those concerns get relayed to the PCFL
- Registration
 - error regarding the U7 age group
 - has been corrected
- U5 Division
 - what are the numbers
 - combine with Youth group
 - is this going to be a viable group?
 - fields?
 - coaches?
 - 7 week co-ed program for development and fun
 - will play in a different city each week, likely on Sundays
 - play mini games 3v3, no goalies, soft ball, use pop up soccer nets
 - will use games heets but no score, roster only
 - would like to run without registration costs but will have to get approval from field directorate
 - not sure how insurance works without registration costs. Development?
 - players will need to register using paper forms as no U5 option on website
 - scan and email completed registration forms to Trish
 - anyone interested in coaching needs to email Trish directly

- New game sheets
 - new sheets have arrived
 - different sheets for girls and for youth
 - each club is to take 19 sheets for every team they have declared
- U13/U15 Regional Team
 - Program is going to run again
 - Email was sent out this week
 - Tournaments will be selected by Sept 15
 - Deadline for registration Sept 30

1st Vice chair

- Very frustrated that releases have not been submitted on time after the reminder last meeting
- Cannot properly form teams at the U19 level without knowing accurate number of players
- Not enough communication to parents to fill out release forms

2nd Vice chair:

- FIL approved sticks
 - must be used by every player in every division, no exceptions
 - PCFLL has 30 FIL approved sticks that can be loaned to players with deposit
 - Umpires will be checking every stick
- Umpire Clinic
 - on right now hence absence of Sydney and Courtney
 - large increase of new umps taking course, 12 brand new umps
 - new umps cannot work a game but themselves
 - on field portion of ump clinic will be Sept 8, 2018 in Burnaby
 - 11:00-12:30pm U15. Still need a second team to play exhibition game
 - 12:30-2:00pm U12. Still need a second team to play exhibition game
- Max roster is 20 players. Teams may send a request for oversized roster to Trish
- Video on how to fill out game sheets will be up on website shortly
- Coquitlam hosting a 7v7 jamboree for U12, U15, U19
 - Sept 28-29, 2018
 - Cunnings Field Friday 5-10pm, Saturday 8-10am
 - Cost: \$25 per player
 - Max 13 players per team, teams can be formed from extras but no "super" teams
 - Will also have U5, U8 email Shona for more info

Secretary

- Contact sheet coming around for last time before it's finalized

Treasurer/Registrar

- Nothing to report

Head Umpire:

- Absent

Declarations:

- See attached

New Business:

- Jason Carr would like to know if we will be having at U12 like last year
 - Was done for provincials only but could tiering for the whole season work?
 - With the limited number of teams in each tier you would be playing the same teams over and over
 - Does help less experienced teams achieve success
 - Will revisit topic at tiering break in October

Adjournment @ 7:05pm

- Motion to adjourn: Jason Kump
- Seconded by: Karen Hertslet

Next meeting scheduled for: Tuesday, October 2nd @ 6:00 p.m.

MEN'S FIELD LACROSSE - Active Start Mini-Tyke: 6 and under

LTAD OBJECTIVES

FUN

- Introduce skills
- Basic rules & fair play
- Physical activity
- Play agility games (i.e. tag)

SKILLS INTRODUCED AT THIS LEVEL

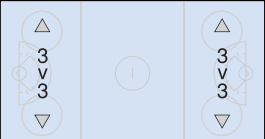
TECHNICAL
 Offence: cradling, scooping, catching, overhand pass & shot
 Defence: defensive body position, lifts

TACTICAL
 Offence: cutting, give-and-go, changing pace, running to space

GOALIES
 No goalies at this stage


CLA RULES

FIELD SIZE
1/3 length of regulation field




PLAYERS PER TEAM
3 on 3, no goalie
6-8 players per team

NET



Modified nets
Field net with drop board or 4x4 net
Regulation crease

CONTACT




Contact on bottom hand only

SCOREBOARD

HOME	VISITORS
X	X


No scores displayed.
Roster sheet kept for legal purposes

EQUIPMENT



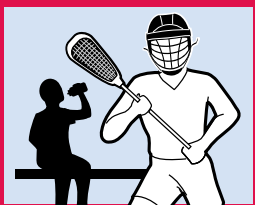
Helmet, mask, mouth-guard, jock strap, soft ball. Stick max. 36 inch. Knee, elbow & shoulder pads optional

OFFICIATING




Coaches remain on field.
Referees may be introduced.
Modified CLA rules.

SUBS




Equal participation
3 minute shifts

SESSIONS



2 x 15 min. skill training
2 x 15 min. games
No face-offs

SUSTENANCE



Water bottle, healthy snacks. No pop, chips or sugar



PCFLL Declaration Meeting
Wednesday, September 5, 2018

Association (Girls)	U8		U12		U15		U19		Field and Times
	# of Players	# of Teams	# of Players	# of Teams	# of Players	# of Teams	# of Players	# of Teams	
Adanacs	2	0	42	2	30	2	4	0	8:30 a.m. – 12:00 p.m. Cunnings
Burnaby	0	0	10	1	14	1	6	0	11:00 a.m. – 2:00 p.m. Burnaby West - #3
Langley	10	1	18	1	13	1	8	0	11:00 a.m. – 2:00 p.m. Willoughby - Field N3
Mission	0	0	13	1	19	1	3	0	2:00 – 6:00 p.m. Mission Sports Park - turf
New West	5	1	27	2	22 Oversize	1	6	0	12:00 – 4:30 p.m. Queen's Park - east
Poco	0	0	16	1	21 Oversize	1	14	1	8:00 – 11:00 a.m. Gates - #1 & #2
Ridge Meadows	0	0	18	1	29	2	3	1 age down 1 release	9:30 a.m. – 12:00 p.m. Westview 9:00 a.m. – 4:00 p.m. Pitt Meadows Athletic Park # 1 U15 9:00 a.m. – 4 p.m. Thomas Haney #4 Girls U12 (Maximum of 4.5 hours per day)
Surrey	0	0	27	2	16	1	11	1	8:00 – 10:00 a.m. South Surrey Athletic Park
Delta	0	0	4	0	5	0	7	0	

PLAYERS TO BE RELEASED

TEAMS REQUESTING RELEASES

Association (Youth)	U7		U9		U11				U13			U15			U18		Field and Times
	# of Players	# of Teams	# of Players	# of Teams	# of Players	Blue Tier 1	Red Tier 2	White Tier 3	# of Players	Tier 1	Tier 2	# of Players	Tier 1	Tier 2	# of Players	# of Teams (Tier?)	
						# of Teams	# of Teams	# of Teams		# of Teams	# of Teams		# of Teams				
Adanacs	44	3	33	2	44	1	1		39	1	1	40	1	1	40	1 T1 1 T2	8:30 a.m. – 7:00 p.m. Fridge 4:00 – 6:00 p.m. loco
Burnaby	2	0	14	1	19		1		14		1	14		1	6		11:30 a.m. – 3:30 p.m. Burnaby West - #3
Chilliwack	19	1	10	1	16		1		13		1	14		1	0		Saturday 6:00 – 9:30 p.m. Chilliwack Senior Sunday 12:30-2:00pm Tzeachten
Delta	17	1	25	2	28	1	1		31	1	1	19		1	14	1	12:00 – 9:00 p.m. Holly
Langley	19	2	40	3	53	1	2		29	1	1	23	1		25	1 T2	9:00 a.m. - 5:00 p.m. Willoughby - Field N3
Mission	8	1	22	1	10	1 requested age down. Only 9 players left			23			6			12		2:00 – 6:00 p.m. Mission Sports Park – turf 9:00 a.m. – 6:00 p.m. - grass
New West	6		14	1	22	1			38	1	1	24		1	25	1 T2	Sundays 8:00 a.m. – 4:00 p.m. Queen's Park - east
N. Shore	8 Age up		9	1	2 Age Up				13		1	16		1	18	1 T2	Saturday 6:00 – 9:00 p.m. Sunday 8:30 – 10: a.m. Ambleside
Poco	17	1	15	1	29	1	1		25		1	16		1	21	1 T2	1:30 – 6:30 p.m. Gates 1
Richmond	2		11	1	11		1		23 20 Van	1		32 23 Van	1	1	21 11 Van	1 T2	Sundays 3:00 - 9:00 Minoru Park - Field 2
Ridge M.	32	3	29	2	59		1		53	1	2	46	1	1	34	2	Sunday 9:00 a.m. – 4:00 p.m. Thomas Haney 9:00 a.m. – 4:00 p.m. Pitt Meadows #1 2:00 – 8:00 p.m. Westview
Surrey	17	1	23	1	17		1		34	1	1	31	1	1	14	1	Sundays 4:00 – 10:00 p.m. Newton #4 Saturday & Sunday 10:00 a.m. – 4:00 p.m. Port Kells
Valley	6		6		11		1		23		1	11		1	12 2 aging down	1	Sundays 8:30 a.m. - 1:00 p.m. and 4:00 - 7:00 p.m. Abbotsford Senior Secondary
Vancouver	10	1	9		21		1		See Richmond			See Richmond			See Richmond		Saturday 6:00 – 9:00 p.m. Van Tech Sunday 3:00-4:30 Hillcrest U7

Blackouts and Notes:

Adanacs:

Cunnings

Saturdays - 8:30 a.m. - 12:00 p.m.

available 12:00 – 3:00 p.m. only Nov. 3rd

available 8:30 - 11 a.m. only Nov. 10th

not available at all; Sep. 29th, Dec. 22nd, 29th & Feb. 16th

Fridge

Sundays - 8:30 a.m. - 7:00 p.m.

not available at all; Dec. 23rd, 30th & Jan. 6th

loco

Sundays - 4:00 - 6:00 p.m.

not available at all; Dec. 23rd, 30th. Jan. 6th & Feb. 17th

Burnaby:

Sunday, September 29th field is unavailable due to girls scrimmages (7 vs 7 tournament)

Chilliwack:

U7 team can only play on Sundays

Tzeachten not available Nov 11th, Dec 23rd & 30th

Langley:

Saturday Oct 20, 27 & Sunday October 21, 28

Ridge Meadows:

Saturdays - 930 AM - 12PM Westview - Girls U12 & U15

Saturdays - 9AM-4PM Pitt Meadows Athletic Park # 1 (Maximum of 4.5 hours per day) Girls U15

Saturdays - 9AM-4PM Thomas Haney #4 Girls U12 (Maximum of 4.5 hours per day)

Sundays - 2PM-8PM Westview - Boys U13/U15/U18

Sundays - 9AM-4PM Pitt Meadows Athletic Park #1 (Maximum of 4.5 hours per day) Boys U11

Sundays - 9AM-4PM Thomas Haney #4 - Boys U9 / U7 (Maximum of 4.5 hours per day)

New field (TBA):

Saturdays - 930AM-12PM Arthur Peake - Girls U12 & U15

Sundays - 12PM-8PM - Westview Boys U13/U15/U18 & if you don't use a time slot U11 can be scheduled here as well