



# PACIFIC COAST FIELD LACROSSE LEAGUE

## September 5, 2018 Declaration Meeting Minutes

### Youth

#### **Attendees:**

Trish Keizer – Chair	Langley – Alex Vanichuk
Jason Kump – 1 <sup>st</sup> Vice Chair	Mission – Shona Wallace
Kellie Ohlmann – 2 <sup>nd</sup> Vice Chair	New West – Karen Peterson
Angie Wolfe – Secretary	Port Coquitlam – Margot Gallant
Lynda Callard – Treasurer/Registrar	Richmond – Dee Bowley-Cowan
Jody Weatherby – R.I.C.	Ridge Meadows – Stacy Paterson
Adanacs – Randy Radonich	Surrey – Cal Davies
Burnaby – Brad Romano	Valley – David Goulet
Chilliwack – Simon Traskey & Valerie Leroux	Vancouver – Dee Bowley-Cowan for Shawn Donahue
Delta – Greg Leong	

#### **Absent:**

Chris Comeault – Past Chair  
North Shore

**Call to Order:** 7:11pm

#### **Acceptance of minutes from the August 22<sup>nd</sup> meeting:**

- Motion to accept: Cal Davies
- Seconded by: Greg Leong

#### **Reports**

Chair:

- Line of communication
  - parents are to go through their association presidents regarding issues
    - those concerns get relayed to the PCFLL
- Registration
  - error regarding the U7 age group
    - has been corrected
- U5 Division
  - what are the numbers for trial program
  - is this going to be a viable group?
    - fields?
    - coaches?
  - would like to run jamboree style 3v3
  - all registered players will meet at one field which will change week to week to spread around different areas
  - 1 hour sessions (30 mins development, 30 mins mini games)
  - pop up nets or two drop downs, soft balls, no contact 3 min shifts
  - players will have to register on paper forms as there is no option on BCLA website
  - need to know rough numbers as soon as possible and how many available coaches
  - will try to take field times from different association each week, likely Sundays
  - going to try to run without registration costs. Need approval from Field Directorate

- New game sheets
  - New game sheets are now available
  - Very similar to box forms
  - Can use roster stickers now
  - Each association is to take 10 game sheets for each team they have declared

1<sup>st</sup> Vice-chair:

- Surrey has requested some league creases. Are there any other clubs that need creases or drop downs?

2<sup>nd</sup> Vice-chair:

- Nothing to report

Secretary

- Contact list coming around for the last time. Please verify info

Treasurer/Registrar:

- Nothing to report (running registrar's meeting next door)

RIC:

- Officials clinic this Saturday
- Be advised that level 1 official does not automatically be bumped to level 2. Should be recommended to take the level 2 course after R.I.C. feels that official has enough experience to take level 2

### **Declarations**

- Frustration that clubs have not submitted release forms. Not having them for the meeting to take place tomorrow (Sept 6) delays everything and makes it very difficult to properly balance teams
- See attached for declarations

### **New Business**

- Randy suggests that each club bring a couple extra jerseys to each game for the younger players. If one team is short players, it gives opportunity to borrow players from the other team
- Confirmed that U7 teams must have a minimum of 8 players to form a team
- Tyler Pace's Pacific Coast Lacrosse has very similar name as PCFLL. Could we potentially have players registering with PCL in confusion? Maybe some sort of trademark infringement
- Alex mentions that Pace's program has taken 30% of field lacrosse field time away from Langley
- Concern that associations are losing players to "pay to play" clubs
- Suggestions that we just keep promoting field lacrosse at a grass roots level. Keep it affordable, work with pay to play clubs on encouraging their players to also register with local association
- PCFLL will not release players based on caliber. High level players still need to register with home association and cannot be moved to other teams with "better" coaches
- Richmond Romp Tournament
  - November 9-12, 2018
  - U11, U13, U15, U18
  - \$700.00 per team, 4 game minimum
  - Email [tournaments@richmondlacrosse.com](mailto:tournaments@richmondlacrosse.com) to register
- Turkey Shootout Tournament
  - October 6-8, 2018
  - U11, U13, U15 (T2)
  - \$650.00 per team
- Working on a U7 jamboree for Oct/Nov

**Adjournment: @ 8:39pm**

- Motion made by: Karen Peterson
- Seconded by: Dee Bowley-Cowan

Next meeting scheduled for: **Tuesday, October 2<sup>nd</sup> @ 7:00 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

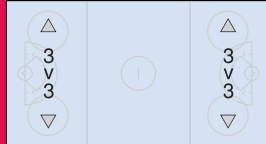
**GOALIES**

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**



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	26	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	2		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 29<sup>th</sup> field is unavailable due to girls scrimmages (7 vs 7 tournament)

### **Chilliwack:**

U7 team can only play on Sundays

Tzeachten not available Nov 11<sup>th</sup>, Dec 23<sup>rd</sup> & 30<sup>th</sup>

### **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