

Why should I play?

Benefits of playing girl's lacrosse:

- Excellent cross-training for other sports
- Healthy lifestyle/exercise
- Great way to make new friends
- Self-esteem booster

Opportunities:

- Provincial/National Teams
- NCAA/OUA sanctioned sport—scholarships available

EXCELSIOR HALL OF FAME

NCAA

Bryanne Gilkinson—Stanford (2007)

Jen Morse and Gena McPherson—Notre Dame University

Natasha Blackburn—Ohio State

OUA

Jen Held—Most Sportsmanlike Player 2008, 2009, Most Valuable Player 2003

Ruth McArthur—Most Valuable Defensive Player 2005, 2006, 2008, Most

Sportsmanlike Player 2007

Yoko Murphy— Most Sportsmanlike Player 2006, Most Valuable Offensive Player 2009

Emmi Morris—Rookie of the Year 2009



BRAMPTON EXCELSIORS

Mena Briscoe

Girl's Field Coordinator

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VISIT OUR WEBSITE

www.bramptonlacrosse.ca

**Brampton
Girl's Field
Lacrosse**



**Experience Canada's
OTHER National Sport**

Development

Director of Technical Development—*Kaillie Briscoe*

- *2 time All-American, 2008 NCAA National Champion*
- *All-Time Program Record Holder for Points, Goals, and Assists*

- Responsible for overseeing the overall development of all girl's field players
- Mentor coaches
- Work cohesively with graduating players to bring them back into the program as minor coaches at the houseleague, U-11 and U-15 levels
- Run skills sessions for players
- Implement strategic offensive and defensive systems



Programs

REP- U-11 U-15(A and B) U-19 (A and B) Over 19

all games are played on Saturday or Sunday and all teams compete in the Provincial Championships

HOUSELEAGUE - U-15 U-19 (to be determined)



Registration Dates

Jan 20th 6 to 8 pm	@	Flowertown Sports Admin*
Feb 2nd 6 to 8 pm	@	Flowertown Sports Admin*
Feb 13th 9am to 12	@	Century Gardens Arena
Feb 26th 6pm to 9pm	@	Century Gardens Arena
Feb 27th 9am to 12	@	Century Gardens Arena
Mar 7th 9 am to 12	@	Flowertown Sports Admin*

*8930 McLaughlin Road South, Building D

What is Girl's Field Lacrosse all about?

- Eleven runners and a goalie per team on the field
- Specialized positions
 - Attack**— similar to forwards.
Responsible for generating the offense
 - Midfield**— primarily responsible for the transitions between the offensive and defensive zones. Also take part in settled play in both ends of the field
 - Defense**—similar to defensemen.
Responsible for defending the goal.
- Non-contact sport
- Minimal equipment required for play ; a women's field lacrosse stick (which has no pocket), and a mouth guard
- Eye protection (goggles) optional
- Fouls are penalized through an advantage in yardage, and severe penalties are assessed cards (similar to soccer)