

THE POSSE POST

Parkland Posse Minor Box Lacrosse Newsletter

January 2024



Hello Posse families!!

Happy New Year and welcome to the 2024 Parkland Posse Lacrosse Season. As we gear up for the upcoming season, please keep an eye on our website and social media for updates on drop in/come try it sessions, coaching information, registration details and much more.

Facebook: **Parkland Posse Lacrosse**

Instagram: **posselacrosse**

Please 'like' and share information far and wide to get the word out about our great sport and our organization.

Regarding our website, you may have noticed it has been 'stripped down' and only has the basic information on it right now. We have done that to re-build it with streamlined communications and locations to find critical information. Another function of this re-build was to clean up old, broken links and make the website overall, easier to navigate. Over the next few weeks, you will see it re-populated with information you will need as we move toward the start of the season.

Posse AGM

We held our Annual General Meeting in late October. Elections we held for several open board positions, and we are pleased to welcome some new volunteers to key roles which will provide for a positive experience for everyone come registration and time and lead up the 2024 season. We are very pleased to welcome to the board:

- Treasurer: Christanne Fodchuk
- Women's Director: James Huynh
- U7/U9 Director: Tyler Dye
- Webmaster/Social Media: Caiti Ray

We still have open positions to be filled including:

- U15 / U17 Director
- Director of Player Development
- Coaching Director

If you are interested in filling one of these roles, please contact our President, Ray Shelton, at president@parklandposse.com or any other board member for information on the role, our board and, or any other questions you may have.

2024 Season Registration

For the upcoming season we have set our registration fees as set out below. You will find that in the younger age divisions we have been able to lower the fees compared to last year.

2024 registration fees are set as follows:

Age Division	Fees	Birth Years for 2024 season
U7	\$150	2018 - 2020
U9	\$250	2016 - 2017
U11	\$350	2014 - 2015
U13	\$400	2012 - 2013
U15	\$450	2010 - 2011
U17	\$500	2008 - 2009
Junior	\$850	2003 - 2007

2024 Fees, Fundraising and Volunteer Commitment

In addition to the season registration fees above we will once again be charging a \$100 volunteer commitment fee upon registration. That \$100 fee will be refunded upon completion of the volunteer commitment. Please note that if you fulfill your commitment prior to the start of the 2023 registration you will be provided a promo code to eliminate that fee from your registration. This includes those who volunteered at our 4 on 4 tournament which was held in November.

*** Note *** This season there will be no additional fundraising (50/50) fee for a ticket booklet. Stayed tuned for details on alternative fundraising events this year!

Winter Programming

We will start our winter programming on February 4 and continuing every Sunday in February. Times for each age group are updated on our website. Cost for each session is \$10 but will be free if the player is registered for the season.

Respect in Sport

New for this year is the requirement for every parent and coach to complete a Respect in Sport course. Information is available on the GELC website here: <http://gelc.ab.ca/article/90653>. This is a new program for not just our club but for all clubs in the GELC as well. Please contact us if you have any problems with completing your course.

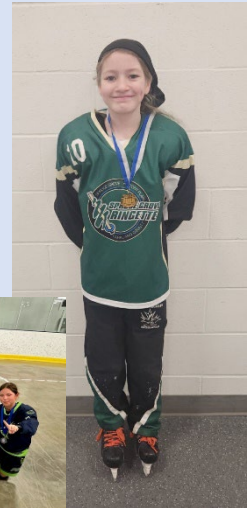
POSSE PLAYER SPOTLIGHTS

Harlem Turner

Harlem played on the 2023 U11 Women's team, coached by Rory, James, Kristen, Dan, and Dwight. She also plays ringette in the winter, but lacrosse is definitely her favorite. She started playing both sports at only 5 years old. She loves the athleticism of both



lacrosse and ringette and how many of the skills interchange between the two. Bonus – you get to hit in lacrosse. Harlem's favourite thing about lacrosse is the physical aspect of it and spending time with her friends and her dad – who is one of her coaches. She's super excited her little sister is joining the Posse this season because she wants to help her and her team at practices. In her free time, you can find Harlem reading, roller blading, doing crafts or practicing German!



Parker Willushaw



Parker moved to the Spruce Grove area in 2017 and joined the Parkland Posse the next year connecting with a great group of girls who have played together for the last seven years – one highlight of this time was winning the 2019 GELC Girls U11 Championship. While gaining a solid foundation in box lacrosse, Parker recently joined both Razorbacks and North Strong Field Lacrosse to expand her skills and learn a new version of the game. This endeavour has allowed her to travel tournaments in Tuscan, Arizona and Palm Springs, California playing against teams from across North America. Parker has attended Prescott Learning Centre in Spruce Grove since Grade 3, but her love of the game has continued to grow, and she will be attending Vimy Ridge Academy Lacrosse Program starting the in fall of 2024. Outside of lacrosse Parker runs cross country and plays basketball and volleyball for her school teams, spending time with her friends and creating digital art.

Visit us at:

parklandposse.com

