

2013 Senior and Junior ladies season report.

Starting with the seniors, we still had the 3 teams, Cougars from Calgary, Rage from Red Deer and the Bandits from Edmonton. Numbers were up by 11 for 2013 with the Rage remaining the same. The Rage defaulted 1 game. No season games were cancelled but the playoffs had to be cancelled because of the flooding. It was voted on by the team to make the Cougars division champions as they were in first place.

In the junior division, we moved the Titans up to junior A for the 2013 season, with the winners of the junior B Provincials Cardinals moving up to junior A for the 2014 season. I took a roasting in the Sherwood Park paper for this but it is what it is, as a league and aiming at future growth and player development I still believe this was a good move. Numbers for the juniors were up due to the fact Strathmore joined the league this year. Take them out of the mix and numbers were down slightly. Numbers surprised me for 2013 as we did not have as many graduating midgets sign up as expected. In talking to some players and coaches the junior nationals have created some buzz and we hope to capitalize on that. Strathmore struggled this year and defaulted 4 games. I was very disappointed with the Strathmore lacrosse association and their lack of help for the ladies, something I hope we can fix.

The first ever junior female nationals were held in Halifax this year in conjunction with the Bantam and midget female nationals. Next year they are being held in Whitby Ontario. Team Alberta came home with a bronze. We are a step behind BC and Ontario but not too far behind. There was discussion regarding the senior ladies nationals, not sure we can pull it off for next year but think it is a good possibility for 2015. I think with the nationals on the table we will recruit more players for 2014. We as a division have our work cut out for us but we remain hopeful.

We implemented supplementary discipline for the juniors and seniors regarding hitting from behind. The hit from behind penalties were down 16% from 2012 and not one player was suspended under the new rule. We will be keeping this in place for 2014.

The flood in Calgary forced us to cancel 6 regular season games and the senior playoffs.

We, as a division have a lot of work to do to recruit players for the 2014 season and to hang onto the ones we have. We need to help the weaker teams and allow the better players to improve and in turn improve Team Alberta for the 2014 nationals. It will be a long breakout session at this years AGM.