

Dear Coaches, Managers, and Hockey Club Directors,

On behalf of the Wheatland Lacrosse Association, we would like to extend a special invitation to your female hockey players—U11, U13, U15, and U17—to join us for the upcoming lacrosse season.

This year, our association is focused on growing the female game in our region, with an exciting goal of sending a U15 team to compete at the Alberta Summer Games representing our zone. We are building something special and would love for your athletes to be part of it.

Lacrosse is widely recognized as the best spring and summer crossover sport for hockey players. It naturally develops:

- Hand-eye coordination
- Physical fitness and conditioning
- Agility and quickness
- Spatial awareness
- Game sense and reaction speed

Both sports share essential skills, including:

- Stickhandling
- Agility
- Speed
- Teamwork
- Strategy

Many elite hockey players credit lacrosse for elevating their game. As John Tavares of the Toronto Maple Leafs said:

"It's lacrosse that helped teach me to spin off checks, take shots and protect the puck under pressure. My stick skills, the way to read the play quickly comes from lacrosse. The hand-eye coordination is just one of the little things that helps you in hockey."

Lacrosse keeps athletes competitive in the off-season while sharpening the very skills that make them stronger hockey players. It is fast-paced, physical, strategic, and incredibly fun.

We would greatly appreciate the opportunity to share this invitation with your teams and families. Whether players are new to lacrosse or returning athletes, we welcome all skill levels and are committed to providing a positive, developmental environment.

If you would like more information about registration, season details, or how we can collaborate, please don't hesitate to reach out. Contact information is provided below. Let's work together to empower female athletes in our community and give them every tool to excel.

Let's work together to grow female sport in our community and provide our athletes with every opportunity to excel.

Sincerely,

Wheatland Lacrosse Association
Growing the Female Game in Our Region

Vermillion Roar President, Greg Betz: ghbetzy@gmail.com

Lacrosse Border Brutes President, Mark Wallis: president@lloydminsterlacrosse.com

Wainright Wolfpack President, Matt Franklin: franklin_matt@outlook.com

Wood Buffalo President, Bob Nevin: woodbuffalobisonlacrosse@gmail.com

Lakeland Heat President, Janelle Fox: janelle.fox@lakelandlacrosse.ca

Wheatland Female Development Director, Jamie Wilkinson:
jamiwilkinson72@gmail.com