



## **Welcome to NOTB Box Lacrosse Training!!**

### **GIRLS**

Please read this document all the way through for important information. Our staff is super excited to begin our 8th year of authentic Canadian Box Lacrosse training. Although field and box lacrosse have several similarities, there are skills and methodology specific to box lacrosse. We will be asking athletes to do some things that they may not be familiar with. We ask that athletes have an open mind to the trainings and assure you that all skills will directly make each player a better field lacrosse player.

Training sessions will be comprised of skills and some competition for the older age groups. We plan on dedicating time each session where we can apply the skills learned into game type situations. To be able to do this we are going to supply a jersey for each player. These jerseys will be given out at the beginning of each session and collected at the end of each session. This will happen as athletes enter the rink surface and leave the rinks surface. Since time is of the essence, we are asking that players arrive 15 minutes prior to their training time and be dressed in full gear, **SNEAKERS**, and a mouth piece. Water is not supplied so please bring. Please have athletes bring their drinks to with them to the bench they are assigned. Athletes are then able to get water without stopping the training sessions and taking away from training time.

### **IMPORTANT:**

***Please note that we need ALL players MUST complete their registration & waiver before they can play. If you have not done this yet please get link from your coach or email [info@notbboxlax.com](mailto:info@notbboxlax.com) and we'll send to you. Players not registered will not be able to participate. All players will be checked-in before entering rink.***

### **What to Bring for Box Lacrosse Training**

- 2021 – 2026 Girls... Full equipment including BOYS lacrosse helmet or hockey style helmet is required.
- 2027 – 2029 Girls... Full equipment including eye protection & mouthpiece. Helmet not required but recommended.
- Bicep pad and back protector recommended (2021 – 2026) but not mandatory
- **SNEAKERS ONLY** - cannot wear cleats on this surface!!!!
- A clearly marked large water bottle - **remember to bring on rink with you.**

### **Arrival Instructions**

- Please arrive 15 minutes prior to training.
- When you arrive please check in with administrator.
- Administrator will direct you to your dressing room.
- This is where athletes should dress and prepare for training
- All bags, coats, & excess equipment are to be left in locker room. NO BAGS ARE ALLOWED TO BE LEFT IN THE LOBBY AREA!
- Once dressed players should then line up at the entrance door where they will receive their team jersey. Remember this is to be returned at end of training.
- There will be one entrance to go on the rink and one entrance to leave the rink. This will allow the transition from one training to the next be as efficient as possible.
- Athletes will put their clearly marked waters on their team's bench.

We look forward to another great year of Canadian Box Lacrosse Training!!

Coach Taylor  
Director N.O.T.B Box Lacrosse