

Dear Friends of Field Lacrosse,

The Ottawa Nemesis are very excited to announce the inaugural season of the Eastern Ontario Minor Field Lacrosse League (EOMFLL). This is a single amalgamated house league fully supported by the OLA and the local box lacrosse associations. The format for the league is to provide players with access to two practices per week, one in the east and one in the west with games on Saturdays. Teams will be formed based on player availability and balancing and not by geography. Players are being drawn from Kingston through to Cornwall and of course the National Capital Region. The season runs from the end of August until the end of October with optional player participation in the Turkey Shoot in early November. Practices for the house league will follow a prescriptive schedule and plan ensuring continuity between players and coaches and lowering the time commitment requirement for volunteers.

In addition, the Ottawa Nemesis are also entering teams into the competitive U-16 and U-19 leagues. These are both very competitive leagues attracting the very best lacrosse players from across the province. Practices will be held at Carleton University, coordinated with the Ravens team practices. Games are held Sunday's in the Toronto area. There will be financial support for travel for any non-parent coaches. Tryouts will be held at the end of August with games running mid-September until the end of October.

The Ottawa Nemesis is seeking coaches to support both the house league and competitive programs. House league coaches have more flexibility in terms of attendance and time commitment but competitive team coaches will have ownership over their teams which will require a season long commitment. You are being sent this email because you are a member of the field lacrosse community in Ottawa that may be interested in providing your leadership and lacrosse expertise to the youth of Ottawa. This is a very exciting time for the game in Ottawa and quality coaching support will play an integral part in the success of the game in this region. That's where your love of the game and experience comes in.

Attached you will find coaching applications for both the house league and competitive programs. Any competitive team coach will of course be more than welcome to assist with the house league program as well. For coaches that do not have the required OLA certifications, the Ottawa Nemesis is holding a coaching certification clinic on August 20th at Carleton University. Please reply to this email if you are interested in attending this clinic.

We hope that you will consider volunteering with the Ottawa Nemesis for the 2011 season. If you have any questions please feel free to reply to this email.

Please submit your coaching application by August 5th via email.

Yours in lacrosse

Ottawa Nemesis