

# Fall FIELD LACROSSE Registration

## FALL FIELD LACROSSE

### House league:

Focussed on players of all skills and ages.

Limited travel possible.

Grade	Age	Year
1 - 4	5 - 9	2002-06
5 - 6	10 - 11	2000-01
7 - 8	12 - 13	1998-99
9 - 10	14 - 15	1996-97
11 - 12	16 - 17	1994-95

First field session: August 20<sup>th</sup>, 2011

### Competitive U16:

(Under 16 years of age)

Tryouts for players with birth year 1996-1998

### Competitive U19:

(19 years and under)

Tryouts for players with birth year 1992-1995



## REGISTRATION Sessions

### Wednesday, July 20<sup>th</sup>, 2011

Merivale Arena

6:00 – 8:00 PM followed by Jr C playoff game

### Friday, July 22<sup>nd</sup>, 2011

Armstrong Arena

6:00 – 8:00 PM followed by Jr C playoff game

### Saturday, August 13<sup>th</sup>, 2011

Minto Turf Field, Nepean Sportsplex

9:00 – 11:00 AM – **BRING YOUR EQUIPMENT**

**Free session to come out and try field lacrosse**

## Eastern Ontario Minor Field Lacrosse League

The purpose of the Nemesis Eastern Ontario Minor Field Lacrosse House League is to develop and realize a combined house league format for all players from Kingston, Ottawa/Gatineau through to the Montreal area. This will be a collaborative effort between current field and box associations who offer field lacrosse in the fall.

- **Access to two standardized practices per week**
- **Games on Saturdays**
- **Season runs until the end of October**
- **Cost: \$85.00/Player – copy of birth certificate required**

## Ottawa Nemesis U-16 Team

Participating in the OMFLL. Tryouts are open to players born 1996 – 1998.

- **Two practices per week,**
- **Games are Sundays in the Toronto area**
- **Season runs until the end of October**
- **Cost: \$200.00/ Player – copy of birth certificate required**

## Ottawa Nemesis U-19 Team

Participating in the OJMFL. Tryouts are open to players born 1992 – 1995.

- **Two practices per week,**
- **Games are Sundays in the Toronto area**
- **Season runs until the end of October**
- **Cost: \$200.00/ Player – copy of birth certificate required**