The 2023 season will look different for Female Box Lacrosse players from VELA, PenLax, JDF, and SLA. All Female divisions will be hosted at Victoria-Esquimalt. The four local associations came together to form this agreement in a united effort to increase player numbers, organize fundraising, and create consistency. The goal is to establish a unique identity for our girls by establishing a solid foundation for growth and development.

*How will this all work?*

• Each player will register at their catchment association. However, there will not be the same release process as there has been in previous seasons. Players will simply show up ready to practice once they've been contacted with details. All players under one roof means less movement with clear communication.

• VELA has space for practices and games at Topaz, Bullen, and Archie Browning, as well as pre-season female only drop-in sessions at Oak Bay Rec starting January 14th.

• Teams will have consistent practice times and locations. Peninsula, Saanich, and JDF are offering a standing weekly floor time for the teams to practice in addition to VELA floor space. These timeslots will be used at the discretion of the coaches and families.

• Games will be held at the respective floor locations of the four associations.

• Reputable coaches such as Doug Quested and John Hamilton will still be leading their teams at VELA. VELA will vet all coach applicants to ensure the teams have full support.

• Lisa Seel-Thompson will serve on the VELA Executive as the Vice President of Female Lacrosse to help implement these changes. Lisa is a familiar face to many families as an advocate for the development of Female lacrosse.

• Volunteers will be working to assist the teams with fundraising opportunities. VELA looks to host specific events to help raise the profile of Female lacrosse on the island.

• Goalie gear will move to VELA with the goalie per the catchment association's gear policy.

• Players will wear VELA jerseys and be provided shorts. The plan is to potentially create a new logo to give Female box lacrosse in Greater Victoria a brand of it's own. This would eventually include new jerseys for the teams.

In addition to these exciting changes, there is a significant policy change being implemented this season. This change guarantees scheduled games for the Female teams.

*The Lower Mainland Minor Lacrosse Commission (LMMLC) and Vancouver Island Minor Lacrosse Commission (VIMLC) have agreed that for the 2023 season Female VIMLC teams will play in a combined league with Female LMMLC teams.  This new model has been brought forward to assist in the development of female lacrosse on Vancouver Island and give female players on the Island more gameplay opportunities. Female Island teams will still be scheduled regular league games against each other but the VIMLC & LMMLC will also be establishing an interlocking league schedule. These games will be sanctioned league games meaning Lower Mainland teams will be scheduled to travel to the island to play or face forfeiture. Each Island Female team will travel to the mainland no more than twice per season and Lower Mainland Female teams will travel to the Island based on the number of Island teams.  This combined league will include U11 (Novice) to Junior divisions.*

A townhall meeting will be held in February. The topic is Greater Victoria Female Box Lacrosse. This is an opportunity to hear more about these changes, meet the volunteers, and discuss the 2023 season. Keep an eye out for time and location information on Facebook: vicesqlacrosse.

We strongly encourage you to volunteer. Female lacrosse needs your help. We'd love to have player volunteers on board as we work to grow the league. Your insight and experience is invaluable.

Send an email to victoriawomensboxlacrosse@gmail.com if you have questions about volunteer opportunities.

Coaches can apply directly to VELA at: https://victoriaesquimaltlacrosseassociation.teamsnapsites.com/

If you need to attend a coaching clinic for the level you wish to coach, please email velacrossepresident@gmail.com ASAP to attend a preseason clinic.

**We look forward to an exciting season and this opportunity to grow female box lacrosse in Greater Victoria.**