



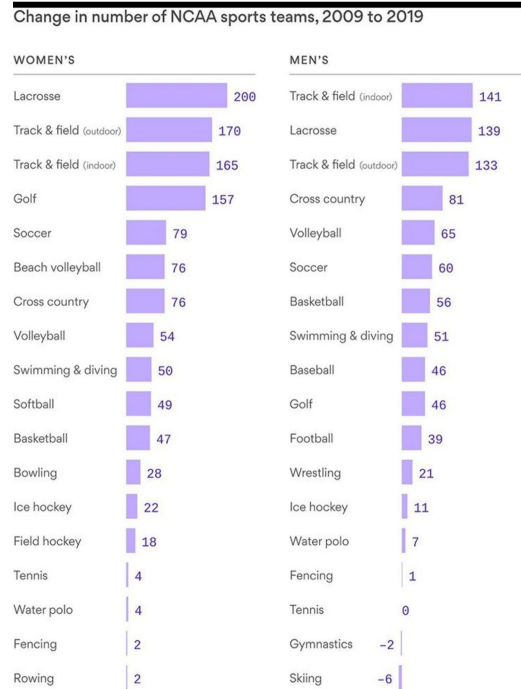
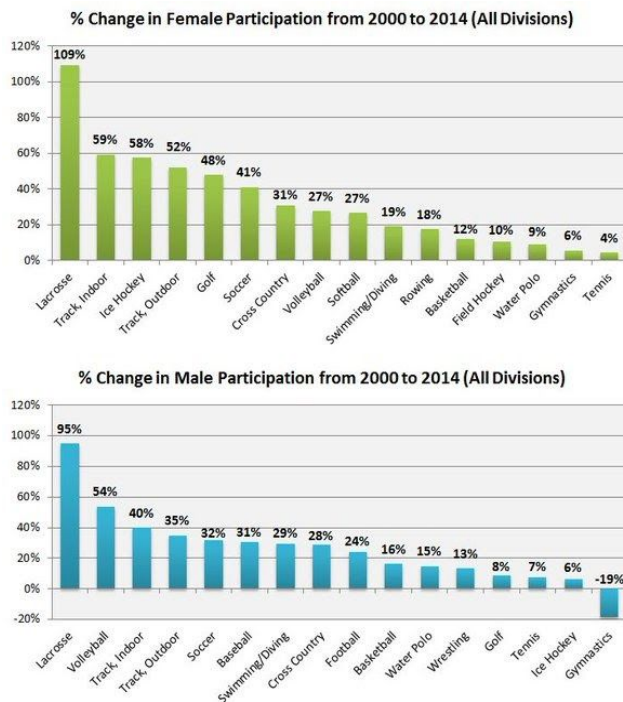
***ACE Female High Performance
Lacrosse Program***



This Athlete-Centred Enrichment (ACE) program is designed for female athletes looking to take their athletic talents to the next level. This program is designed to utilize a complimentary multi sport, in lacrosse, to help female hockey, ringette, basketball and soccer players, take their athletic talents to higher heights. Beginning with nutritional counselling, movement screening, fitness testing, and later gym safety, etiquette and familiarity, the off-season strength and conditioning component of this program aims to progress 14 - 16 year olds to exercise independence, and later peak performance. It is a fantastic alternative to traditional dryland training, keeping training fun and also building camaraderie amongst the girls.

Based on current evidence-based research, the NCCP (National Coaching Certification Program) and LTAD (Long Term Athletic Development) models, the athletes we are targeting are entering or are already in the Train to Train & Train to Compete stage of development.

By entering this program you will be eligible to play for Team New Brunswick at the 2022 Women’s Field Lacrosse Nationals, as well Canada Games in August of 2022. Further, opportunity for NCAA scholarships is another tremendous benefit.



Women’s field lacrosse is a non-contact game played truest to the way the First Nations in North America have played since time immemorial: a game of ball control and passing skills. In recent decades it has gotten very popular in North America, due largely in response to legislation in the USA referred to as Title 9, which “prohibits discrimination based on sex in any federally funded education program or entity.” This change to the education act happened in 1972 when women only represented 7% of participants in NCAA sports. Since the institution of this legislation, that number is currently sitting at around 44%.

Lacrosse has been a great tool, as of late, in helping to even out the imbalance in athletic scholarships available to women. With more traditional women’s sports (track, basketball, volleyball, soccer, hockey, etc.) already being fairly saturated, women’s lacrosse programs are filling the void and translating into lots of opportunities for scholarships for young women who are academically inclined and able to wield a lacrosse stick. Box (indoor) lacrosse players are especially sought after!

Our goal is to establish a high performing, inclusive training/learning environment that reflects a climate of acceptance and social connection, which is the cornerstone for a rewarding and lasting female sporting experience. By age 14, girls are dropping out of sports at approximately twice the rate of boys. Our goal is to give them a complimentary skill set, with more outlets and opportunities along their developmental pathway; hopefully helping them land a free education in the process.

Who is this for?

- 2006 Birth Year Females
- 2005/2004 Birth Year Females

*What our program includes

- **25 hours of Off-Floor Gym Sessions (January 5 to April 17)**
 - Saint John - For Fitness & Athletics (Rothesay)
 - Fredericton – Canadian Sport Centre Atlantic - High Performance Centre (UNB)
 - Moncton - Crossfit Moncton
- **Monthly Skill Development/Team Builders (January to April 17)**
 - Lacrosse Fundamentals (January - Location TBD)
 - Athlete Driven Team Builder (February - Location TBD)
 - Box Lacrosse Tournament (March - Location TBD)
 - Women's Field Lacrosse Clinic (April - Location TBD)

Program Pricing**

- 1) Gym Program Only: \$200/Registrant
- 2) Skill Development/Team Builders Only: \$50/Registrant
- 3) **Full Program: \$200/Registrant**

****Includes ACE Lacrosse T-Shirt**

****Subsidized Pricing**

Facilities

Saint John

For Fitness & Athletics

2 Hampton Rd, Rothesay, NB E2E 5K9

Schedule

Saint John (capped at 8 per time slot)

Tuesday's - 8:00pm to 9:00pm
- 8:30pm to 9:30pm

Thursday's - 8:00pm to 9:00pm
- 8:30pm to 9:30pm

Registration

To register for the Female ACE Program click the following link:

<https://laxnb.ca/ace-female-high-performance-lacrosse-program-registration/>

Questions

For more information email LNB Technical Director - Chet Koneczny at cheddab21@gmail.com