



## 2017 Winter Canadian Box League (Mentor)

**Description:** To further area players' development (shooting, dodging in tight confines, cutting / catching in traffic, picking, etc.) we are offering a 9 week "Canadian box lacrosse" league for area players this winter (Nov to Feb). We note that the league is Canadian Box because we are using the smaller (4x4) cages, fully padded goalies, a 30 second shot clock and full substitution. The league is not outdoor lacrosse indoors but true BOX lacrosse.

**Divisions / Times:** We offer the following divisions:

- **High School** – games btw 4:00 and 6:00 PM

**Dates:** Wednesdays

- November 29
- December 7, 14, 21
- January 3, 10, 17, 24, 31
- February 7

**Note:** Things happen and we reserve the right to change the dates or times if needed.

**Game/Practice Format:** Each week players will get 15-20 minutes of instruction and 40 minutes of league play.

**Coaches:** All our coaches are USBOXLA certified and / or have experience playing Canadian Box Lacrosse.

**Facilities / Directions:** The league will be held at the Heisley Soccer Complex located at 6000 Heisley Rd. Mentor, OH 44060 (in the back).

**Equipment:** Players need 1) rib guards, and 2) bicep pads. You also need to wear all your regular equipment including (helmet, shoulder pads, arm pads, gloves, athletic cup, mouth piece, and stick). You can purchase the rib guards / biceps pads online at several companies or from BR. These are **not optional** in Canadian Box Lacrosse and you will be happy that you got them.

**Pinnies:** You cannot wear a competitor's pinnie / jersey

**Equipment (Goalies)** - We provide the gear. Goalies need to wear full box goalie gear (looks like hockey gear). Since the gear runs \$1,500+ we will provide all the goalies with the gear. Goalies do however, need to bring their helmet, gloves and stick.

**Individual Cost:**

- Field Players - **\$125**
- Goalies - **Free**

**Registration:** To register click on the link below

- <http://brlax.leagueapps.com/events/473610-winter-canadian-box-league-heisley-soccer-in-mentor-location>

**Add ons:** All players can also order the following if registered before November 1:

- A Burning River Box Jersey - **\$45**
- Rib guards - **\$45**
- Bicep pads - **\$35**

**Early Bird Registration:** All field player registrations (non-goalie) completed before **November 1st** will be entered in a drawing for a:

- \$50 Dicks Sporting Goods gift certificate

**USBOXLA Membership:** We are USBOXLA sanctioned. Therefore all participants must have a US BOX lacrosse number in order to participate. **NO EXCEPTIONS !** If you do not have a USBOXLA membership you need to go to

- <http://membership.usboxla.com>

**Registration Deadline:** **Sunday, November 19, 2017.**

Late registrations are on a case by case basis and will be assessed a \$20 surcharge.

**Refunds – After Sunday, November 19, 2017**

**Refunds will only be granted on the basis of medical emergencies / conditions. All refund requests must be in writing with a letter / documentation from the doctor / hospital of record verifying the emergency / condition. Refund requests will be charged a \$25 paperwork fee and be prorated based on when they are received.**

**Need More Information?** See our website at

[www.BRLAX.net](http://www.BRLAX.net) and look under Winter or Click on this link

[http://www.brlax.net/template\\_2017WinterCanadianBox.cfm](http://www.brlax.net/template_2017WinterCanadianBox.cfm)



## 2017 Winter Canadian Box League

**What is Canadian box lacrosse?** Canadian box is:

1. 5 Field Players + Goalie
2. 4' x 4' Cages
3. 30 Second Shot Clock
4. Goalies Wear Hockey Style Pads + Add'l Protection For Field Players
5. Substitutions Must Be Made Every 1-2 Possessions
6. Offense Focus Is On Pick / Rolls (On Ball and Off Ball)

**Why Should I Play Box?**

- **IMPROVED STICK SKILLS** – because of the tight spacing you must have great stick fundamentals (can not hang your stick) and passes must be sharp and on target (no floating passes). Canadian Box fundamentally forces you to change how you hold your stick, carry the ball and make passes.
- **FASTER PACE OF PLAYING** – because of the shot clock and constant subbing (up, down, off) players learn to play at a faster pace. This teaches them to process what is happening on the field faster and provides a great benefit when they transition to the slower paced field game.
- **IMPROVED DODGING** – Because of the tight spacing and boards dodging space is limited. Players have to learn to dodge vertically or suffer the consequences of being doubled teamed. This teaches players to dodge hard (run through stick checks) and head immediately to the cage (no drifting).
- **SHOT SELECTION** – Because of the tight spacing and fully padded goalie shooting space is at a premium. This teaches players how to get their hands free quickly, use defenders as screens, and the difference between an okay shot (immediate turnover) and a high percentage shot. “Best shot not first shot” as we say.
- **OFF-BALL MOVEMENT** – Because of the limited room to dodge, off ball movement is at a premium (key to box lacrosse). This means that players must learn to set on ball picks, set off ball picks and learn when to cut. All skills that will help them in the field game (BR Offensive Rule #1).
- **IMPROVED POSITIONING** – Because long poles are not allowed and all players have to play defense players learn to improve their footwork and positioning (“use your hips”) rather than just throw takeaway checks on the defense.

**What do the experts say?**

- "Being a part of the finesse and physicality of box lacrosse has been a great experience for me. I feel that I have learned and improved as an overall lacrosse player. Learning to adapt in tight space while reading defenders and offensive players has been the biggest improvement in my game."- *Paul Rabil, NLL & MLL All-Star, NCAA All-American*
- "I believe that box lacrosse gives young people many more opportunities to excel in our game. If I had my choice, I would have every player under the age of twelve play box lacrosse exclusively or at least a majority of the time. The number of touches of the ball and the ability to develop better stick skills in a game of box lacrosse, far surpasses what happens to young people on a 110 x 60 yard field. Learning how to pass and catch in traffic, understanding how to shoot, and developing a sense of physicality are all positive traits developed by the box game." *Bill Tierney, US Lacrosse Hall of Fame, Denver University Head Coach, Princeton 6x National Champion, Team USA 1998*