

Team Nova Scotia 2008

January 2, 2008

TO: Club Presidents and All Nova Scotia Bantam Coaches and Players

RE: Team Nova Scotia (Bantam)

Lacrosse Nova Scotia, Darrell Sampson and Mark Pertus the coaching staff of the Bantam Provincial Team would like to announce the starting of ID Selection Camp for the Bantam Nationals for 2008. The OLA will be hosting the Bantam Nationals in Whitby, Ontario at Iroquois Park Arena in early August, the selection of Team Nova Scotia will commence in February and end in April.

Please find below information regarding the Nova Scotia Bantam Provincial team.

Team Nova Scotia will be selected from players across the province. Any Bantam aged player, (born 1994-1995) registered with the LNS is eligible to try-out for the team. The selection process will take place over a three month period and end with three to five I.D. Selection Camps. The first two months will be open workouts for skill development, in the last month we will set up actual I.D Camps / inter-squad games and advise you as to what camps / games you will attend. The last two will be by invitation only to players selected from the first two/three I.D. camps. All interested players must pre-register, we have included with this package, a copy of the registration form. We ask that you make this registration form available to all your Bantam aged players by making the registration form available on your associations' web-site, and talking to all your Bantam coaches.

We are also asking that your Association support players' trying-out for the team, as well as any player who makes the team. This support may be financial and/or ensuring the players' coaches are aware of the commitment necessary for players on Team Nova Scotia in order for them to represent their home association and their province at the National Tournament.

Our focus will be on team play, therefore, we intend to select the best team, not necessarily the best players.

If you have any questions please do not hesitate to contact me.

Thank you for supporting our Provincial Lacrosse Team.

Darrell Sampson and Mark Pertus
Nova Scotia National Bantam Team Coaches
HOME 1-902-443-8511,
CELL- 1-902-402-0766
EMAIL_ ds@minit.ca

TEAM NOVA SCOTIA

THE STAFF:

HEAD COACH: -Darrell Sampson
ASSISTANT COACHES: -Mark Pertus
-to be named later
GENERAL MANAGER: -to be named later
Fitness Instructor - to be named later
TRAINER: -Tom Martin
LNS Representative: - to be named later

THE TEAM:

2 Goalies
15 Runners
3 Spares
Total of 20 players

THE TOURNAMENT:

- To be played in Whitby, Ontario
- August (7 days including travel)
- Schedule is not confirmed
- Two games will be played daily, on the first 4 days
- Playoffs on Friday
- Championship games played on Saturday

THE COMMITMENT:

- Team play
- One practice per week until the end of June, plus dryland training twice a week
- Two/three practices a week in July
- Fundraising
- Each player responsible for raising (\$1500.)
- (Team's minimum budget \$35,000)
- Player and Parental Code of Conduct signed
- Player and Parent Commitment Letter signed
- Parental support of team and coaching staff

I.D. SELECTION CAMPS:

Please note:

-We have not confirmed a spot for the open weekly workouts yet, but plan to start these in February and end in March.

- Players may attend if they wish or not, keeping in mind the more they are seen, the easier for the coaching staff to assess their abilities.

-Workouts will consist of stick work development drills and physical fitness.

-The I.D. Selection camps have as yet, not been set, but will take place in early April.

- I.D. camps will consist of all aspects of lacrosse, we will also be having inter- squad games amongst the players.

-All PLAYERS WILL BE ASKED TO AND MUST ATTEND ONE OR MORE OF THE FIRST THREE I.D. CAMPS.

NOVA SCOTIA PROVINCIAL Bantam Team 2008

Application: DEADLINE IS FEBRUARY 1st, 2008

- **Name:**
 - **Date of birth:**
 - **Address:**
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- **Phone:**
- **Email address:**
- **2007 team played for:**
- **Coach:**
- **# of years experience:**
- **Height**
- **Weight**
- **Shoot Left Right Goalie**

COST: \$70.00 (Total try-out cost)

NON-REFUNDABLE

Cheques payable to – Team Nova Scotia Bantam

Please mail your application and cheque to:

**Team Nova Scotia Bantam
14 Ravine Park Crescent
Halifax, Nova Scotia
B3M 4N1**