

Birmingham Lacrosse Club

2023/2024 Season

We hope you all had a great summer and are refreshed ready to for the season ahead. We had decided to enter a team into both the Senior League Tournament and the Invitational Cup this year- so hoping for lots of opportunities for games! We are also looking to organise a few friendlies with teams across the midlands.

Training Info

We will have 15 sessions per half of the season. Training restarts **31st August** every Thursday until the 7th December. Rozy is back as our coach this year with your captains Janika and Bryony.

Training at: **Lordswood Girls School, B17 8QB** Times: **7-8.30 pm on Thursdays** Ages: **14 upwards**

Invitational Cup Matches

Full length 60 minute matches played home and away

- 15th October vs Cheltenham AWAY
- 12th November vs Cirencester HOME
- 10th December vs Oxford HOME
- 4th February- No game/potential friendly
- 3rd March VS Cardiff AWAY
- 21st April- Play Offs- TBC

Senior League Tournament

4 x 10 minutes quarters mini matches played at Westonbirt School GL8 8QG

- 1st October
- 29th October
- 26th November
- 18th February
- 24th March

ELA Membership

Affiliation with England Lacrosse is **required** if you are wanting to play in any of the league and cup fixtures (not friendlies). The fees are £39.50 / year for Seniors and £19.75 / year for Juniors/Students. Please send our Secretary Nathalie Cramp your ELA number when received.

Subs

Even though we are experiencing increased costs of pitch hire, entry fees and ELA membership we have decided to keep the fees the same as last year. Subs will need to be paid by 28th September at the latest. They can either be paid in full or half by **28th Sept** and 2nd half by 1st Feb.

Bank details: Birmingham Lacrosse- Business account

Sort Code: 52-30-02

Account Number: 29989914

Seniors: £190 / year. £95 / per half year

Juniors & Students: £152 / year. £76 / per half year

We want to ensure as many people as possible have the opportunity to train and play with us therefore if you envisaged any problems with paying subs please contact our Treasurer Jo McVicar to discuss other available options.

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Socials

Our social secretaries Molly and Liv are working hard behind the scenes to plan this year's socials! We are aiming for socials to be a mix of activities, dinners and more chilled events. Keep the **14th December** free for our **Christmas dinner**. We are always open to suggestions so let the Social secs know if you have a good idea for a social.

Safeguarding

Birmingham City Lacrosse Club (BLC) recognises its moral and legal obligation to ensure that the officials, coaches, and other volunteers who have a responsibility for young people within the club provide them with the highest possible standard of care. Through the implementation of a policy for the welfare of young people and the support of its members. BLC will endeavour to maintain the professionalism and safeguard of good practice which are associated with the game of lacrosse. Our Welfare Officer Bob Sharples brings with him a wealth of experience and knowledge to support BLC to promote good practice, to be a named point of contact for young people, parents/carers, coaches and volunteers and to understand English Lacrosse Association's reporting procedures in case a concern is raised.

Our club constitution is available on request and will be made available on the website (currently under construction).

Chair Close off

We had a great season last year finishing 3rd in the league behind Bristol and Cheltenham. Can we do one better this year and give these two teams a run for their money? My main aims this year is to grow the team, encourage more consistency and turnout at training sessions and ensure we are able to get a team together for every game- so on the note please block out the above dates and keep them free!

I think that's it for now. Any question don't hesitate to ask and I look forward to seeing you all this season!

Cesca



Just hearing about us? Contact us via email @ birminghamlacrosseclub@gmail.com, message us on [facebook.com/brumlax](https://www.facebook.com/brumlax) or DM us on insta if interested in playing for us (no experience necessary)!
www.birminghamlacrosse.co.uk





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