



## NOMINATION FORM

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### TED FRIDGE FAMILY SPIRIT AWARD

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This award is presented annually to a family (consisting of two people or more) who is deemed to have contributed to the development and promotion of lacrosse, locally and/or provincially.

CANDIDATE'S NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

NOMINATED BY \_\_\_\_\_

#### **ACHIEVEMENTS**

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*Please use more sheets of paper if necessary.*

**Please return this form directly to:**

#### **Merit Awards**

BC Lacrosse Association

#101 – 7382 Winston Street

Burnaby, B.C. V5A 2G9

Phone: 604-421-9755 Fax: 604-421-9775

E-mail: [deb@bclacrosse.com](mailto:deb@bclacrosse.com)

**NO LATER THAN WEDNESDAY, SEPTEMBER 4, 2019 – 4:00 PM.**