



NOMINATION FORM

TED FRIDGE FAMILY SPIRIT AWARD

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

Please use more sheets of paper if necessary.

Please return this form via Email to:

Merit Awards

E-mail: debheard@bclacrosse.com

#101 – 7382 Winston Street
Burnaby, B.C. V5A 2G9
Phone: 604-421-9755

NO LATER THAN FRIDAY September 26, 2025 – 4:00 PM.