



July 10th - 13th, 2025

2025 BCLA Minor Provincials Female Box Lacrosse Championships

To: Coaches and Managers

From: BCLA Female Provincial Host Director - Cathy Coulson

The Nanaimo District Lacrosse Association is proud to be hosting the 2025 Female Lacrosse Provincial Championships from July 10th to July 13th in Nanaimo and neighbouring Fuller Lake. In anticipation of your team earning their right to participate in this year's provincials, there is some information you will require.

Please do not hesitate to contact the following people if you have any questions:

- Cathy Coulson, 250-619-2570, ndlamanager@gmail.com
- Danika Palmer, 250-619-7591, danikajeffery@gmail.com

Attached to this e-mail, please find the following (also available on the BCLA Website):

www.bclacrosse.com/provincials.php

- 2025 Minor Provincial Champion Directive
- 2025 Minor Directorate Disciplinary Rules and Lacrosse Canada Rules
- BC Lacrosse Association Code of Conduct
- BC Lacrosse Association Social Media Guidelines
- Regulation 23 Social Media
- Warrior Fair Play Award Form (please complete and email to debheard@bclacrosse.com by Friday July 4th)
- Game Schedule link to the RAMP Provincials Page

MANDATORY Coaches Meeting – via Zoom Tuesday July 8th at 7pm

The Coaches Meeting is mandatory for all coaches participating in the Provincials.

TEAM ROSTER VERIFICATION

This year Game Sheets (RAMP) will be used so there is no need for a roster submission to the host.

Call up players: If your team has added call up players (AP) you need to submit an updated roster verification form to debheard@bclacrosse.com with those players added and noted as such. The **DEADLINE** for such is **this Friday, July 4th by noon** so the office can review/approve such additions to rosters.

Roster & Team Photo: We will be providing a website and digital program. Please send a team photo to be included on the site. As you qualify, please e-mail this information as soon as possible to:

Sydni Romine

sydniromine@gmail.com

The deadline to be included in the digital program is July 4th, 2025

Schedule: Updates of the complete Provincial Schedule can be found on the BCLA website.

Host directors have nothing to do with scheduling so please do not direct questions to them

Time/Score Keepers: For each of your round robin games, the team slotted as the Home Team will be responsible for providing a timekeeper and teams slotted as Away Team will be responsible for providing a scorekeeper.

The Team Officials (Managers or Coaches) are asked to have the names of their applicable volunteer ready at each game check-in.

Please make sure your volunteers are familiar with both RAMP and the nevco clock system.

please instruct time keepers to not fiddle with the clocks or try to change any of the settings

Venues: We have three venues for this year's event. Note: pets are not allowed inside the facilities and the use of air (or electric) horns is absolutely prohibited inside the facilities.

Nanaimo Ice Center rink 1 located at 750 Third Street, Nanaimo
Frank Crane Arena (Beban Park) located at 23 Bowen Rd, Nanaimo
Fuller Lake Arena located at 2876 Fuller Lake Road, Chemanius

****For driving purposes, Nanaimo arenas are approximately 9 minutes apart.
Fuller lake is 35 minutes from Frank Crane and 29 minutes from Nanaimo Ice Center****

Dressing Rooms: Rooms will be assigned and posted inside each arena. Dressing rooms should be vacated within 30 minutes of the end of each game to allow time for the following team to prepare for their game. Your room will be available for you 50 minutes prior to your game - please do not check in prior to that time. It is the responsibility of each team to monitor their players while in the dressing room and at the Provincials. Rooms are to be left clean - garbage/tape in the cans, water dumped in the drain and not the trash, all personal items removed.

- Any damage incurred to rooms will be charged back to the Team's Home Association who was deemed to have damaged the facility. This is NON NEGOTIABLE.

2025 Provincial Box Lacrosse Championship Merchandise

Provincial Box Lacrosse merchandise vendor tables will only be located at the Nanaimo Ice Centre inside the main entrance.

Important Information for Coaches:

- Coaches have the responsibility to ensure the safety of their players. Please bring a team first aid kit.
- Please remember to bring water bottles for your games. Remember that due to safety, water bottles must not be shared.
- Please familiarize yourself with the 2025 Minor Box Provincial Directive.
- It is recommended that you hold your own Team Meeting after this Coaches Meeting and prior to your first game to advise your Team and Team Parents of the necessary and important information they will need to know.
- You are responsible for the behaviour of your fans. Should there be a problem in the stands, games will be halted until the offender(s) leave the arena. Please refer to the BCLA Operating Policy at www.bclacrosse.com for the BCLA Code of Conduct, Harassment Policy, Gender Equity Policy and the Fair Play Code for Coaches, Parents and Athletes as well as the BCLA Social Media Policy.

Medal Presentations: Medals will be presented after each of the final games on July 13th at the arenas played in. There will be no Closing Ceremony.

RAFFLE BASKETS & 50/50

Raffle Baskets and 50/50 Draws will be located at the Nanaimo Ice Center and will be available for purchase Thursday through Saturday from 10:00 - 6:00. Cash is preferred but we will also have a square on site for payment. There is NO ATM located at any of the three facilities.
Baskets will be drawn at 6:00 on Saturday,

FOOD/SNACK:

Both Nanaimo arenas have on site concessions. Menu samples are as follows:

Nanaimo Ice Center - coffee, tea, lattes, breakfast sandwiches, hot dogs, grill cheese, nachos, mini donuts, pretzels, popcorn.

Frank Crane Arena - coffee, tea, lattes, variety of fresh made sandwiches, loaded nachos, hot dogs, pizza, donuts, large variety of ice cream.

Fuller Lake – there are NO FOOD OPTIONS AVAILABLE AT THIS VENUE. They do not have a concession or cafeteria.

Food options located 2.1km/5 minute drive away:

Nanaimo Ice Center - University Village located at 530 5th Street offers Subway, Baby Salsa, Sushi, Edo, Local Pizza, Tim Hortons, Starbucks, Donair Dude, Lee's Chicken, Dominos, Rhythm Chinese Food and Meltwich Food Co.

Frank Crane Arena - Bowen Road Plaza located at 1925 Bowen Road offers Subway, Perogies

Westhills Center located at 1808 Bowen Road offers Time Hortons, Freshslice Pizza and Tomo Sushi

Country Club Centre located at 3200 North Island Highway offers Original Joes, Starbucks, DQ, Triple O's, Edo, Pita Pit and Freshi

Brooks Landing located at 2000 North Island Highway offers Tim Hortons, Booster Juice, Poke Page and Shanghai City.

Fuller Lake Arena - Closest food options would be as you drive through Ladysmith and include (in the Town of Ladysmith) Subway, Roberts Street Pizza, Tim Hortons, Old Town Bakery, Wild Poppy Bakery (certified Gluten Free) as well as (on the southside of Ladysmith) McDonalds, Starbucks, DQ and KFC.

In Chemanius there is Willow Street Café (sandwiches, wraps, soup), Bonnie Martin Eats and the Sawmill Pub

SPORT STORE:

KIRBY'S SOURCE FOR SPORT.

1925 Bowen Road

MEDICAL FACILITIES:

NANAIMO REGIONAL GENERAL HOSPITAL - 1200 Dufferin Crescent

LADYSMITH COMMUNITY CENTRE - 1111, 4th Avenue Ladysmith

RECREATION FACILITIES/BEACHES:

- NANAIMO AQUATIC CENTER - 741 Third Street, Nanaimo
- ROMPER ROOM - 4385B Boban Road
- AIRHOUSE - 4381 Boban Road
- BOWEN PARK (Beach Volleyball Courts, streams/waterfalls, picnic area) - 500 Bowen Road
- WESTWOOD LAKE (hiking, swimming, picnic area)
- BUTTERTUBS MARSH (bird sanctuary, short 2.5 km flat trail loop)
- TRANSFER BEACH (ocean beach, playground, food trucks) - Ladysmith
- NANAIMO WATERFRONT (playground, promenade, food trucks, wharf)

**Good luck to all teams and we look forward to hosting your team at the
2025 BCLA Female Lacrosse Provincial Championship**