

KEMPTVILLE & DISTRICT LACROSSE ASSOCIATION



Attention: Community Member

The 2006 lacrosse season is just around the corner, and we, at the Kemptville District Lacrosse Association (KDLA), are working to ensure that this season is remembered by all involved as one of the best ever. But we can't do it without your support.

The KDLA has a serious mission that is the backbone of the entire program. Through participation we hope that our members not only increase their skills of the sport, but also gain in-depth insight into the importance of team sports, cooperation and most of all to have fun!

Established in 1989, the KDLA has run a successful minor indoor lacrosse program for boys and girls aged 4 to 21, with members from North Grenville, North Dundas, Wolford-Merrickville and Rideau townships. With our home arena at the North Grenville Municipal Centre, we participate in interlocking House League and Competitive programs with 13 of the other Ontario Lacrosse Association Zone 5 members. We are the only association in our zone that runs a unique Winter skills program from February to the start of our House League program in May. Last year we were fortunate enough to send four of our Competitive teams to the Lacrosse Provincials.

Lacrosse, for those who have no previous knowledge of the sport, is a very rigorous, high endurance and swift fast paced game. Our indoor lacrosse program has similarities to other sports, but is probably most like hockey and basketball. It has checking, shooting and goaltending like hockey, but has the 1-on-1 play, ball control, offensive and defensive strategies more like basketball. It is Canada's first National Sport.

Although many of our National League professional lacrosse players, like Gary Gait, Blaine Manning or Kaleb Toth are not household names, several of the best hockey players whose names have become common in all households, like Wayne Gretzky, Adam Oates, Brendan Shanahan and , Keith Primeau, played this game for years to keep in shape during their off season.

As we strive to keep our costs low to enable more families to become involved in this challenging and fulfilling experience, we rely heavily on our sponsors to help make this program a success. If you are interested in helping make this wonderful community based activity a success, please contact us at the KDLA. Every one of our sponsors is appreciated and we can work with you to help determine how your contribution would be most beneficial to the children involved.

We appreciate your consideration in assisting with our program. We look forward to hearing from you regarding how you can help make the KDLA a bigger, better and more rewarding experience for our members.

Please visit our website @ <http://kemptvillelacrosse.com>

Thank you
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COME PLAY THE FASTEST GAME ON TWO FEET...

LACROSSE