



2022

U19 ELITE (TEAM 2)

(Girls born in 2004, 2005, 2006, 2007)

TRYOUTS

Late March/Early April - Dates and Fee TBD

Prior to Tryouts athletes must be registered as an LBK member

Please go to ladyblueknights.ca for 2022 Season Registration

Tryout Fees are Collected Separately

PROGRAM INCLUDES

NEW - ETS (Elite Training Systems) - Strength & Conditioning 2 x wk

Switches to 1 x wk in season

- Early Bird TBD
- OWFL Saturdays
- OWFL League Fees
- OLA Fee & Insurance
- Practice Fields
- Provincials July 15-17 2022
- Game Day Warm Up Tee
- Practice shirt
- Trainers Supplies
- Athletic Banquet
- Ontario Lacrosse Magazine
- Team Pictures
- Team Building Activities

PRACTICE NIGHTS

Monday, Tuesday and Thursday

SEASON KICK OFF

Player Parent Meeting Location and Date TBD

LBK DAY - Team Building Date TBD

UNIFORMS

NEW - 2022 Uniform - All players will be required to purchase
Uniform Fitting - Date Coming Soon!

Roys Enterprise will be onsite at fittings for taking orders for LBK Gear

All rep athletes need full uniform, cleats, goggles, mouthguard & reversible practice pinnie

LBK Registration Fee \$280 - (\$230 Early Bird)

Approximate Rep Cost: \$900-\$1100

Our goal is to include US tournament(s) travel, however the ongoing climate will dictate where & when we can travel. Tournament costs will be in addition to team fees.

Lady Blue Knights recognizes the forever changing landscape of the 2022 Season. Fees will be collected in installments. Program costs are subject to change based on corresponding changes to public health guidelines and/or OLA/OWFL guidelines. LBK will notify families of all changes.