



U19 ELITE

REP SEASON OUTLINE - 2026

2026 U19 ELITE

(GIRLS BORN IN 2008, 2009, 2010, 2011)

PROGRAM INCLUDES

EARLY BIRD TOURNAMENT ◦ LEAGUE PLAY ◦ LEAGUE FEES
WEEKLY SPEED TRAINING ◦ PRACTICE FIELDS 3 X WEEKLY
TEAM BUILDING ◦ ALUMNI GAME ◦ USA TOURNAMENT ◦ PHOTO PACKAGE
KNIGHTS CUP TOURNAMENT ◦ PRACTICE SHIRT ◦ LBK BANQUET
JERSEY & KILT ◦ OLA FEES & INSURANCE COVERAGE
ONTARIO LACROSSE MAGAZINE
U19 PROVINCIALS AUGUST 7-9

PRACTICE NIGHTS

MONDAY, TUESDAY, AND THURSDAY

GAME DAYS

SATURDAY AM
SOME MIDWEEK GAMES

TOURNAMENTS

EARLY BIRD TOURNAMENT - MAY 16, 2026
APEX: THE GRIND - WEST CHESTER PA - JULY 10-12, 2026
KNIGHTS CUP TOURNAMENT - JULY 2026 (EXACT DATE TBD)
LEGENDS VS ROOKIES ALUMNI GAME - JULY 2026 (EXACT DATE TBD)
U19 PROVINCIAL CHAMPIONSHIPS - OAKVILLE, ON - AUGUST 7-9, 2026

SEASON KICK OFF

PLAYER PARENT MEETING - APRIL 2026 (DATE TBD)
EARLY BIRD TOURNAMENT - MAY 16, 2026
TEAM TRAINING BEGINS APRIL 2026

2026 U19 ELITE COST \$1000 - \$1150

TRYOUT FEE \$75

LBK REGISTRATION IS SEPARATE AND PAID BEFORE TRYOUTS