



2016 Canadian Box League

Description: To further area players' development (shooting, dodging in tight confines, cutting / catching in traffic, picking, etc.) we are offering a "Canadian box lacrosse" league for the top players in the area this winter (Nov to Feb). We note that the league is Canadian Box because we are using the smaller (4x4) cages, fully padded goalies, a 30 second shot clock and full substitution. The league is not outdoor lacrosse indoors but true BOX lacrosse.

Enrollment To ensure quality instruction and maximum participation, each session is limited to 36 players / 3 goalies. Registration is by invitation only. To participate athletes must:

Have played on our 2016 travel teams (alternates are welcome)

- Be playing our 2017 summer travel team or developmental teams (made the team at tryouts and accepted).
- Have their high school coach, middle school coach or team parent recommend them for the league.

This is done to ensure that all players can compete at the level needed.

Divisions / Times: We offer the following divisions:

- **5th / 6th grade** – 4 to 5 PM
- **7th / 8th grade** – 5 to 6 PM
- **High School** – 6 to 7 PM, 7 to 8 PM, or 8 PM to 9 PM

Dates: Sundays

- November 20, 27
- December 4, 11, 18
- January 8, 15, 22
- February 5

** plus 1 extra day to be scheduled in Dec / Jan or Feb.*

Note: Things happen and we may have to change the dates or times.

Game/Practice Format: Every player has practice / game each week. Each week players will get 20-25 minutes of practice followed immediately by 30-35 minutes of game time.

Coaches: All our coaches are USBOXLA certified and / or have experience playing Canadian Box Lacrosse at a high level.

Facilities / Directions: The league will be held at the Pinnacle Sports Complex located at 313 Medina Road, Medina, Ohio 44256.

Equipment: Players need 1) rib guards, and 2) bicep pads. You also need to wear all your regular equipment including (helmet, shoulder pads, arm pads, gloves, athletic cup, mouth piece, and stick). You can purchase the rib guards / biceps pads online at several companies or from BR. These are **not optional** in Canadian Box Lacrosse and you will be happy that you got them.

Pinnies: You cannot wear a competitor's pinnie / jersey

Equipment (Goalies) - We provide the gear. Goalies need to wear full box goalie gear (looks like hockey gear). Since the gear runs \$1,500+ we will provide all the goalies with the gear. Goalies do however, need to bring their helmet, gloves and stick.

USBOXLA Membership: We are USBOXLA sanctioned. Therefore all participants must have a US BOX lacrosse number in order to participate. NO EXCEPTIONS ! If you do not have a USBOXLA membership you need to go to

<http://membership.usboxla.com> and apply for one.

Individual Cost:

- Field Players - \$240
- Goalies - Free

Add Ons -All players can also order the following:

- A Burning River Box Jersey - \$45
- Rib guards - \$45
- Bicep pads - \$35

Registration/Payment: To register click on the link below

- High School (2017, 18, 19 & 20 Grad Year) – [Click Here](#)
- Middle School (2021/2022 or 2023/2024 Grad Year) - [Click Here](#)

Once there:

- Current BR Players - log in to your account
- New / Non Burning River players - register as a guest

Note each player must have an account (i.e. no family accounts).

Registration Deadline: Sunday, November 6, 2016.

Late registrations are on a case by case basis and will be assessed a \$20 surcharge.

Refunds – After November 6, 2016

Refunds will only be granted on the basis of medical emergencies / conditions. All refund requests must be in writing with a letter / documentation from the doctor / hospital of record verifying the emergency / condition. Refund requests will be charged a \$25 paperwork fee and be prorated based on when they are received.

Need More Information? See our website at http://www.brboxla.net/template_2016CanadianBoxOverview.cfm



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What is Canadian box lacrosse? Canadian box is:

1. 5 Field Players + Goalie
2. 4' x 4' Cages
3. 30 Second Shot Clock
4. Goalies Wear Hockey Style Pads + Add'l Protection For Field Players
5. Substitutions Must Be Made Every 1-2 Possessions
6. Offense Focus Is On Pick / Rolls (On Ball and Off Ball)

Why Box?

- **IMPROVED STICK SKILLS** – because of the tight spacing you must have great stick fundamentals (can not hang your stick) and passes must be sharp and on target (no floating passes). Canadian Box fundamentally forces you to change how you hold your stick, carry the ball and make passes.
- **FASTER PACE OF PLAYING** – because of the shot clock and constant subbing (up, down, off) players learn to play at a faster pace. This teaches them to process what is happening on the field faster and provides a great benefit when they transition to the slower paced field game.
- **IMPROVED DODGING** – Because of the tight spacing and boards dodging space is limited. Players have to learn to dodge vertically or suffer the consequences of being doubled teamed. This teaches players to dodge hard (run through stick checks) and head immediately to the cage (no drifting).
- **SHOT SELECTION** – Because of the tight spacing and fully padded goalie shooting space is at a premium. This teaches players how to get their hands free quickly, use defenders as screens, and the difference between an okay shot (immediate turnover) and a high percentage shot. “Best shot not first shot” as we say.
- **OFF-BALL MOVEMENT** – Because of the limited room to dodge, off ball movement is at a premium (key to box lacrosse). This means that players must learn to set on ball picks, set off ball picks and learn when to cut. All skills that will help them in the field game (BR Offensive Rule #1).
- **IMPROVED POSITIONING** – Because long poles are not allowed and all players have to play defense players learn to improve their footwork and positioning (“use your hips”) rather than just throw takeaway checks on the defense.