



2022

U19 JUNIOR ELITE

NEW - OWFL Junior Elite Women's League (JEWL)

(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

Note: U19 Junior Elite Athletes must complete a timed 7 min mile run prior to any game play.

PROGRAM INCLUDES

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

- Early Bird Tourney ◦JEWL League Play ◦JEWL League Fees
- OLA Fee & Insurance ◦Practice Fields
- Provincials TBD ◦Practice shirt ◦Trainers Supplies ◦Athletic Banquet ◦Ontario Lacrosse Magazine
- Team Pictures ◦Team Building Event

PRACTICE NIGHTS

Monday, Tuesday and Thursday

JEWL GAME NIGHTS

Friday Nights Lights

Possible Midweek Games

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: \$1000-\$1200

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.