



2026 U19 JEWL

OWFL JUNIOR ELITE WOMEN'S LEAGUE
(GIRLS BORN IN 2008, 2009, 2010, 2011)

PROGRAM INCLUDES

EARLY BIRD TOURNAMENT ◦ JEWL LEAGUE PLAY
JEWL LEAGUE FEES ◦ WEEKLY SPEED TRAINING ◦ PHOTO PACKAGE
PRACTICE FIELDS 3 X WEEKLY ◦ PAID ELITE HEAD COACHES
TEAM BUILDING ◦ ALUMNI GAME ◦ USA TOURNAMENT
KNIGHTS CUP TOURNAMENT ◦ EXCLUSIVE JEWL SHIRT
PRACTICE SHIRT ◦ JEWL SHOWCASE TOURNAMENT ◦ LBK BANQUET
OLA FEES & INSURANCE COVERAGE
ONTARIO LACROSSE MAGAZINE
JEWL PLAYDOWNS JULY 4, 9, & 14, 2026
JEWL PROVINCIALS JULY 18/19, 2026

PRACTICE NIGHTS

MONDAY, TUESDAY, AND THURSDAY

GAME DAYS

MIDWEEK GAMES WITH SOME FRIDAY NIGHTS

TOURNAMENTS

JEWL EARLY BIRD - MAY 10, 2026
JEWL SHOWCASE TOURNAMENT - JUNE 6, 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)
JEWL PROVINCIAL CHAMPIONSHIPS - KITCHENER-WATERLOO, ON - JULY 18/19 2026

SEASON KICK OFF

PLAYER PARENT MEETING APRIL 2026 (DATE TBD)
TEAM TRAINING BEGINS APRIL 2026
JEWL TEAM FUNDRAISER TBD

2026 U19 JEWL COST \$1200 - \$1350

\$75 TRYOUT FEE ◦ LBK REGISTRATION IS SEPARATE AND PAID
BEFORE TRYOUTS ◦ JEWL UNIFORM IS PURCHASED SEPARATELY