

Fall Ball Pause-Com – 1st Edition

(Monday, November 23, 2020)



While we are in this pause situation, we want to keep you updated on what is happening with our program and to keep those players engaged!

As it stands now, other than our programming being on pause, we are still waiting for clarification from the city with regards to how long we'll be in the Red Zone. We want to make sure that the information we communicate to you is accurate and timely.

When we looked at the restrictions placed on our development program, we didn't see a clear way to continue with the numbers we have, hence the pause. However, once the restrictions are removed, we will pick up where we left off.

Read on for some tips on how to keep your player engaged:

Be sure to check our
[Website](#), [Facebook](#), and
[Twitter](#) feeds!

Scooping! Cradling! Throwing!

This year's emphasis on fundamentals is paying off with some impressive show of skills so far. While we go into this pause it is important for players to keep their sticks in their hands as much as possible. While we do not recommend using a standard lacrosse ball in the house, a soft sponge

Message from the City regarding our program:

As of 12:01 A.M on Monday November 23, Durham Region will be entering the Red – Control zone in the COVID-19 Response Framework: Keeping Ontario Safe and Open. This will impact rentals in the following ways:

- All sports and recreational programs are limited to 10 people in a facility, including players, instructors, coaches, parents/guardians and executive members (anyone associated with a rental);
- Team sports must not be practiced or played except for training;
- No games or scrimmages;
- No contact permitted for team or individual sports;

We understand this revision will have significant impact on the programming you have been providing to the community.

We understand if you require a pause in your programming.

[City of Oshawa Covid-19 Updates](#)

The City has been very good to us during these weird and crazy pandemic times!



One of the best ways for new players to practice on their own is..

WALL BALL!

We cannot emphasize this enough. Using a brick wall to practice is ideal for lacrosse players,

ball (like a 'Pepsi' ball) or tennis ball would be OK. So this week, continuing to get comfortable with the stick is a good start. If your player has gloves, using them while carrying the stick helps that comfort factor. If they are still a bit intimidated by the helmet, they can practice wearing that too!

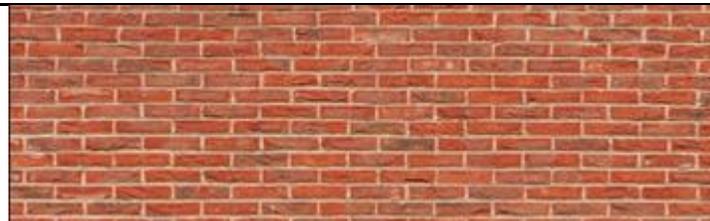
We also highly recommend they wear their jersey when practicing.

especially newer players. (we DO NOT recommend using the garage door for wall ball!)

Find a brick wall somewhere and throw the ball against it. The wall always gives the ball back!

You can throw, toss, shoot, roll the ball; you can learn to switch hands using a wall. Start slowly and work up to speed.

[Wall Ball Workouts](#) for some ideas of how to use a wall for newer and younger players.



You can purchase specially made 'walls' for lacrosse players called [rebounders](#). However a good option for newer and younger players is a [pitchback](#) used for baseball.

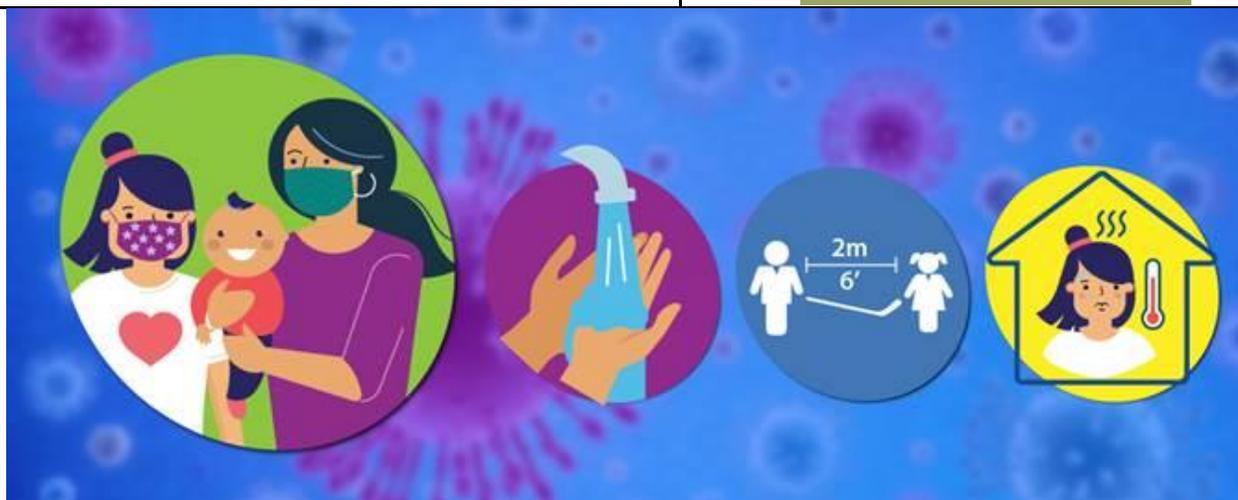
Some lacrosse links you may be interested in:

[Lacrosse History](#) from the Canadian Lacrosse Association

[Box Lacrosse Equipment Guidelines](#) – Ontario Lacrosse

[Oshawa's Game Since 1872](#) – George Campbell article – did you know Oshawa had a World Champion lacrosse team?

[5 cool facts about the Indigenous origins of lacrosse](#) - CBC



For more information about the Recreational Development program or your club's Covid-19 response, please contact Tabitha Mercer: omladevelopment@gmail.com