

	<p style="text-align: center;">Nepean Knights Minor Lacrosse Association Executive Meeting Thursday, December 15th, 2023 @ 7:00 pm, Johnny Leroux Arena, 10 Warner-Colpitts Lane, Ottawa, ON meet.google.com</p>	
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Welcome and Call to Order - Al Brown, seconded by Nicole Zywicki
Land Acknowledgement - Al Brown

Present at AGM: Jen A, Al Brown, Jill Balcom, Jason Bosomworth, Greg Colden, Hunter Green, Jo-Anne Green, Chris Hipwell, Derek Herfst, Phil Kiazzyk, Mark Lange, Tricia McBride, Tyler McDonald, Paula McNaught, Cheryl Scott, Sheldon Spears, Erin Petruska, Jessica White, Jeff Zywicki, Jon Zywicki, Nicole Zywicki

1. Approval of Minutes from the 2022 AGM (Attachment 1b) – Al Brown

A reading of the 2022 AGM minutes was conducted (Attachment 1a). A majority vote was received on the 2022 Annual General Meeting Minutes, which was accepted and approved.

2. Approval of By-Laws (Attachment 2b) – Al Brown

The proposed, updated bylaws and Articles of Incorporation were shared as part of the 2023 Notice of AGM. A vote was conducted at the 2023 AGM where a majority vote was received on the following;

1. To amend the articles of the Corporation by special resolution to:
 - i. Change the name of the Corporation from The Nepean Minor Lacrosse Association to The Nepean Knights Minor Lacrosse Association;
 - ii. Provide for a minimum and maximum number of directors of the Corporation, having a minimum of Five (5) and a maximum of Fifteen (15);
 - iii. Provide for an amendment to the existing objects of the Corporation;
 - iv. Provide for an amendment to the special provisions contained in the articles of the Corporation; all as more specifically set out in Schedule “A” found in Attachment 2a) and;
2. To repeal the existing By-Law Number 1 of the Corporation and to confirm the new General Operating By-Law No. 1, as adopted by the Directors, as set out in Schedule “B” found in Attachment 2a).

3. Presentation of Annual Report of the Directors

3.1. Overall Review – Al Brown

- The **2023 season** was a very successful box lacrosse season! The NKMLA is the third largest Box Lacrosse Association in Ontario! On all fronts, our program was up and running with our winter development sessions, U5/U7 programming, the U9/U11 “Girls only” program, and a full schedule of house league and competitive play. We even managed to get our amazing Knight’s moms out for our annual lacrosse game.
- The **Winter Lacrosse program** continued to generate excitement and interest for the 2023 season in which the NKMLA ran a 12 week skill development program.

This program is in demand, and the registration numbers reflected this. Thanks to Mark Lange and his crew of coaches who put together a great skills experience for our membership.

- With thanks to Jon Zywicki, the Nepean Knights **Capital Showdown** was revived and was a resounding success.
- **U5/U7 program** - Under the direction of Mark Lange, alumni Jacob Gasperetti, Lauren White, parent volunteers, and our “Knights Give Back” program orchestrated by Jess White, our tiniest Knights enjoyed gaining experience and skills while having a blast with our older Knights. This growing program bodes well for our numbers moving into U9. We would like to send our gratitude to Mark, Jacob, Lauren and Jessica for making this program an incredible initiation into Knights lacrosse. Jacob and Lauren’s mentorship and coaching enthusiasm will have a lasting impact on our little Knights, and may be one of the reasons they continue to play lacrosse. To note, Jacob took a group of little Knights to the U7 Cornwall tournament and won Gold for the NKMLA! Thanks again to Jessica for implementing the give-back initiative. It was great to see our players give back in such meaningful ways in the 2023 season.

3.2. House League Review – Jill Balcom

- The 2023 Boys House league was another great season. There were a total of 186 players in 2023, with a breakdown of:
 - 3 U9 Teams, with approximately 13-14 players per team (up 1 from 2022)
 - 3 U11 Teams, with approximately 13 players per team (down 1 from 2022)
 - 4 U13 Teams, with approximately 13-14 players per team (up 1 from 2022)
 - 4 U15 Teams, with approximately 14-15 players per team (same as 2022)
 - 0 U17 Team – not enough players registered
- Positives of the 2023 season;
 - The new Referee in Charge (RiC) and the new referees. Tyler was very easy to work with and he, along with the new referees handled all issues accordingly.
 - There were many returning coaches from prior years, along with new coaches and team managers all of which added to our successful season.
 - The mandatory Trainers for each team as per OLA was a positive and aided on the bench.
 - Mark Lange provided support to all coaches when requested. As a seasoned coach, he was always available and approachable to offer support and knowledge and was a great asset.
 - Sort outs were successful;
 - Turn out for sort outs was great.
 - Having loaner sticks available for players if needed was beneficial.
 - There were many volunteers present to help run drills, along with evaluators.
 - Thanks to Coach Mark Lange who enlisted some of his Carleton University lacrosse players to attend and give back to the sport by assisting with evaluations/drills.
 - Once new teams were formed, new player sticks were handed out to coaches for distribution.
 - Coach Kirk Richard maintained the role of being the head lead/point of contact on directing the evaluators and helping ensure that the volunteers knew how

to run each drill and therefore provide a fair evaluation on a scale of 1-10 (no half points).

- Teams were formed based on evaluation results of the players who turned out for sort outs, Jill then placed players on teams (to note, Jill was not an evaluator during sort outs).
 - We were able to run a hybrid U15-3 team, who played both house league and competitive.
 - Player of the Game discount cards from Kidspire for \$15 off at Lonestar were provided to each team, both in House League, and Competitive.
 - Scheduling of games and practices were consistent and posted in TeamSnap in a timely manner. There were very few changes to the schedule made and when there were changes, appropriate notice was provided.
 - Championship Day was very well scheduled and we had many fans in attendance.
 - Use of Momentos for photo day was successful. As we've experienced in the past, Momentos was friendly and easy to work with
- Challenges in the 2023 season;
 - Interlock with Gloucester at the U11-U15 levels, which resulted in some referees not showing up for scheduled games at the Gloucester arenas.
 - There were short benches at all levels due to other commitments (sports) which resulted having to bring players up or borrow from another team.
 - Some parents and coaches of hybrid players on U15 teams felt the competitive players were at a higher risk of injury. Note hybrid teams have been historically done when there are enough players to create a 3rd team.
 - There was a low turnout for picture day, which resulted in some teams not being able to receive team a picture which resulted in disappointment for those who did show up.
 - Suggestions for 2024;
 - Continue with a main point of contact for house league sort outs on the floor.
 - Implement mandatory coaching clinic for all coaches and assistants.
 - Provide a session with Ref in Charge for coaches and assistants to ask questions pre-season.
 - Ensure during the first few practices, coaches start with teaching players how to check properly as well as how to receive a check/hit so players are safely prepared from the start of the season.
 - Continue to keep all players involved with the Jr teams and Axemen.
 - Continue to find way to encourage kids to bring a friend to play lacrosse and get the word out about the sport and the Nepean Knights Minor Lacrosse Association.

3.3. Competitive Update – Mark Lange

- **U5/U7 Programming**

- There were 54 players who played the two hours each Saturday, for 12 weeks of the program.
- In the 2023 season, we offered free registration for the U5 players.
- We had volunteers from U13-U22, from both girls and boys competitive programs which worked well.
- U5/U7 Head Coaches this season were, Mark Lange, Jacob Gasparetti and Lauren White. Lauren was an important part of growing the game for the girls as they all loved working and learning from a female. Many bumped into her in the community and were proud to point out that she was their coach.
- We had U7 players compete in the Cornwall Small But Mighty Tournament, who as recurring champions won, coached by Jeff Zywicki alongside Jacob Gasparetti.

- **Competitive Program – Boys**

- The NKMLA provided competitive programming for boys from the age groupings of U9-U17. In 2023, we had multiple teams at three different levels;
 - U13 had two teams
 - U15 had three teams
 - U17 had two teams
- Our U7 team went to the Cornwall Paperweight Tournament in which they finished in first place, with a record of 3-0.
- The NKMLA were fortunate to have a number of players represent the Knights on Team Ontario:
 - U13 Boys Field - CJ Lange
 - U17 Boys Box - Ryan Cornell
- Tournament / Provincial highlights:
 - **U9-Team 1:** Peterborough A/B Tournament Runner-Up, Gloucester B/C Tournament Champion, Zone 5 A/B Champions, A Provincials - Final Ranking 9th in Province.
 - **U11-Team 1:** Milton B/C Tournament Quarterfinalist, Nepean A/B Tournament, Provincial C Quarterfinalist - Final Ranking 31
 - **U13-Team 1:** Brampton A/B Tournament Quarterfinalist, Nepean A/B Tournament Semi-finalist, Zone 5 B Champions, Provincial B Quarterfinalist - Final Ranking 13th in Province
 - **U13-Team 2:** Six Nations C/D Tournament Runner-Up, Gloucester B/C Tournament Semi-finalist, Provincial D Representative - Final Ranking 56th in Province
 - **U15-Team 1:** Peterborough A/B Tournament Runner-Up, Nepean A/B Tournament Champions, A Qualifiers (1-6-2) - Final Ranking 8th in Province
 - **U15-Team 2:** Six Nations C/D Tournament Champion, Centre Wellington C/D Tournament Champions, Gloucester B/C Tournament Runner-Up, Provincial B Representative - Final Ranking 26th in Province (highest ranked U15-2 team in province)

- **U15-Team 3:** Stayner C/D Tournament Semi-finalist, Midland B/C Tournament Runner-Up, Zone 5 D Champions, Provincial D Representative - Final Ranking 49th in Province (highest ranked U15-3 team in province)
- **U17-Team 1:** Brampton A/B Tournament Quarterfinalist, Nepean A/B Tournament Semi-finalist, Zone 5 B Champions, Provincial B Quarterfinalist - Final Ranking 13th in Province
- **U17-Team 2:** Six Nations C/D Tournament Runner-Up, Gloucester B/C Tournament Semi-finalist, Provincial D Representative - Final Ranking 56th in Province
- Thank you to all the coaches who worked tirelessly this season to help achieve these successes in 2023!

3.4. Girls programming – Jo-Anne Green

- 2023 was another successful girls lacrosse season as we continued to grow the girls side of NKMLA.
- Ashantae ran a U9/U11 girls only program that consisted of 30 girls participating. This was a new and fantastic addition to our girls program and we're hoping this lays a foundation for the girls to continue playing the game.
- Our girls house league program had three U15 teams, who played intersquad games this season (we were not able to play versus Gloucester due to numbers).
- The girls program had three competitive teams in 2023: U15, U17, and U22.
- Competitive tournament results:
 - Kitchener Tournament - U15 came home with Silver medals
 - Whitby Chicks with Sticks - U15 and U17 both returned with gold medals
 - Gloucester Tournament - U15 and U22 won Gold medals, and U17 won Silver medals
 - 2023 Provincials - U15 won "A" Silver medals
- We are proud that 2023 resulted in several female Knights representing the NKMLA at the provincial level:
 - U13 Girls Box – McKayla Bell
 - U15 Girls Field Development Team - Kyleigh Payne
 - U15 Girls Box - Kyleigh Payne, Oceane Houlahan
 - U17 Girls Box - Charlize Danks
- For girls competitive one of the most frequent feedback received was to have more females on the benches. We're proud to say that during the 2023 season, there was at least one female on each bench for the girls program! This was not only well received by all, but was a great example for our girls and we hope to keep momentum going and continue to encourage female coaches to participate in the program.
- It was also great to see so many Nepean girls alumni giving back to the association on team benches! You are all such great role models for our girls!
- Many thanks to all the volunteers, managers, and coaches who so willingly offer up their time.

3.5. Registration Update – Jessica White

- 2023 overall registration was 636 in total. This included:
 - 220 youth registered for house league

- 284 youth registered for competitive
- 132 volunteers (house league and competitive)
- 54 youth at the U5/U7 level, along with 58 volunteers from our U15-U17 Boys and Girls competitive level.
- Compared to 2022 registration numbers where we were 3rd in the province with 798 registrations, we saw a decrease of 162 registrations in 2023 with 636 registrants. Nepean still had the 3rd largest registration numbers in 2023 with only Burlington (869) and Peterborough (809) ahead of us. The decrease in registration may be in part due to players aging out, moving out of our catchment and/or leaving lacrosse to play a different spring/summer sport. To note, Burlington and Peterborough are in a slightly better position than we are to expand registration, as they can pull from several different areas, whereas the Knights are limited geographically. Although our numbers decreased, this is our first real season post COVID-19 restrictions which is a consideration. The registrar did have parents reaching out mid-season for information on lacrosse (all were provided the required information and were encouraged to reach out to the KNMLA in the upcoming spring).
- “Give Back” volunteer initiative was well received, and there are plans to continue the program in the 2024 season. All the competitive youth who did participate did so with no reluctance, and fully enjoyed the experience. We look forward to expanding this program going forward.

3.6. Jr. C Update - Chris Hipwell

- 2023 Season Highlights
 - The Junior C team finished the regular season 12-4. This is an accomplishment as it is the furthest they have made it thus far.
 - Finished 2nd in the east, losing in game 5 of the conference final
 - 8-4 in Playoffs, Cornwall, Whitby, North Shore
 - Lowest PIMs in the league
 - 2nd lowest Goals Against in the league.
 - Both goalies were top 5 in the league

- 2023 Player breakdown

Age / Year	Rookie	Returning
2006	6	1
2005	1	6
2004	0	4
2003	1	4
2002	0	0

- In 2023, four players moved to the Junior B program.
- Zero players aged out after the 2023 season.
- Awards in 2023
 - East Rookie of the Year - Kyle Cameron
 - Bench Staff

- Most Valuable Goalie - Eastern Conference - Ethan Rogers,
 - OLA Marketing and Promotion Award - Ryan Swanson (Ryan is the youngest person to ever win the award!)
- New Logo Design in 2023
 - The new Junior C logo was designed by Ryan Swanson. Starting with the original Junior C logos, Ryan had up to 40 different iterations that evolved to the current, new logo.
 - Many compliments and much positive feedback has been received regarding the new logo.
- Coaching
 - We were lucky enough to have a team of extremely dedicated and talented people on the bench again in 2023. The coaches included;
 - Chris Armstrong
 - Kevin McKeown
 - Kevin Ritchie
 - Chris Murawsky
 - Jeff Sweet
 - Dan Swanson
- Social Media Growth
 - The Junior C program pushed to expand its social presence in 2023 resulting in; 798,000 impressions on Instagram (up 40%), 198,000 on X (up 6%), and 2.2 Million Giphys (new in 2023)
- Looking forward (2024):
 - Obtaining sponsors is challenging given the limited number of lacrosse sponsors in Ottawa splitting between ourselves, Jr. B and Axemen and the economic slowdown. Will start a sponsorship drive in the new year.
 - Akwesasne will join the league in 2024, with a new Junior C team. There will likely be changes to the divisions / season and playoff formats to support this new addition.
 - We have a strong volunteer base, but the Junior C team will be looking for the following positions:
 - Booster Club Chairperson
 - PA Announcer / DJ
 - Timekeeper
 - Scorekeeper
 - The Junior C program would like to thank their sponsors:
 - Rhodes and Williams Limited Insurance
 - Durelle Corporation
 - MegaCity Promotions
 - St Marks Lions Girls Lacrosse
 - B&T MacFarlane
 - Kanata Sports Club
 - Nepean Masters Lacrosse
 - Golie Mohr Ltd
 - Polson Home Renovations

3.7. Presentation of Financials – Nicole Zywicki

- With thanks to everyone, particularly Dan and Paula, we have successfully reviewed and refreshed all our bylaws.
- This season we had an external party (Kelly Huibers McNeeley) review of the NKMLA Statement of Financial Position to determine/confirm that we are compliant with the required corporation regulations in Canada. The process differed from last years.
- We were previously running in a deficit, however with a lot of hard work, we are now in the positive, with a bank account of \$72,000 (if we were to dissolve this is what we'd have in our account). This puts us in a better position then we were previously when in a deficit.
- Statement of operations – first budget at start of year and at year end the budget will be tallied up, to display the in/out revenues.
- Upcoming challenges (financial);
 - Due to the current economic situation, all costs are rising and our fees will have to reflect this. Our costs such as floor time, equipment, City of Ottawa taxes etc are all increasing and we need to adjust fees to accommodate the rising costs.
 - At the first board meeting in the upcoming season, this needs to be reviewed, identify where we can streamline so we can spread out increase in fees so the increases are done evenly, over a few years.
 - Nicole has included Notes to the Financial Statement (Attachment 3a, page 7) within the financials that include proposed plans based on known rates (equipment, storage etc plans for rise in fees and where we need to prioritise spending).
- Jeff Sweet – was the NKMLA Treasurer for many years and we want to take this opportunity to thank him for all his hard work, time and dedication to the association in this role. Thank you Jeff!
- Nicole has assumed this role, and has jumped in to it full heartedly. Thank you so much for taking on this enormous task Nicole! Nicole is reorganizing the financials and taking the time to share her knowledge and experience with the board.
- Two votes are presently required. 1) To approve the Special Resolution To Approve the 2023 Financial Statements (Attachment 3b) and, 2) To approve the Resolution to Approve the 2024 Financial Accountant for the upcoming year financial review (Attachment 3c):
 1. A majority vote was received on the 2023 Special Resolution To Approve the 2023 Financial Statements (Attachment 3b), which was accepted and approved.
 2. A majority vote was received on the Resolution to Approve the 2024 Financial Accountant for the upcoming year financial review (Attachment 3c), which was accepted and approved.

4. Presentation of the Terry Burgess Award for Volunteer of the Year – Jessica White

- Due to COVID-19, the recent, previous winners may not be well known and we feel its important to share that the previous three winners were Cathy, Jessica White and Krista Swanson.
- This years winner is Mark Lange!!! Congratulations Mark, your dedication to the NKMLA has not gone unnoticed and we can not thank you enough for what you bring to the association!
Mark is an important piece of our Knights Family and we are lucky to have him!

5. Announcement of Successful at-large board candidates – Al Brown

- The majority vote was received, that the following members, whom put forward their willingness to act Voting Directors of the Association for the 2024 Season and is hereby

appointed as directors-at-large (and will be appointed into specific board positions at the first Board of Directors Meeting to be held in January 2024):

President - Al Brown (Attachment 4a)

Vice-President - Jon Zywicki & Jessica White (Attachment 4b)

Treasurer - Nicole Zywicki (Attachment 4b)

Secretary - Cheryl Scott (Attachment 4b)

Registrar - Jess White (Attachment 4b)

Risk & Safety Director - Erin Petruska (Attachment 4b)

Referee in Charge (RIC) - Tyler McDonald (Attachment 4b)

Legal Advisor - Dan Leduc (Attachment 4b)

Competitive Director, Boys - Mark Lange (Attachment 4b)

Competitive Director, Girls - Jo-Anne Green (Attachment 4b)

House League Director - Jill Balcom (Attachment 4b)

Administrative Director - No Specific Interest

Logistics Director - No Specific Interest

Director-At Large - Sheldon Speers, Phil Kiazzyk, Derek Herfst, Jeff Zywicki (Attachment 4b)

6. Miscellaneous Business

No additional business was brought forward at this time.