



Nepean Knights Minor Lacrosse Association
Executive Meeting
Thursday, Jan 29, 2026
8:00pm
Virtual



1. Attendance

Call to Order & Opening Remarks - Marty

Meeting called to order and started at 8:04

In attendance: Martine McFarlane, Derek Herfst, Jeff Zywicki, Jennifer MacDonald, Jess White, Ryan Hughes, Kyle McDonald, Craig Baxter, Tanya Mewhinney, Brad MacDonald, Rob Smith, Ashley Brambles, Russell Ulyatt

2. Call to Order

Meeting called to order at **8:04 PM**.

Marty reiterated the intent for 2026 to:

- Follow formal board procedures
- Keep board meetings focused on votes and new business
- Move operational deep-dives to smaller working groups

3. Zone 5 Report

Brad and Marty attended the Zone 5 meeting.

Registration Status

- All clubs open except Gloucester (expected soon).
- Gloucester President resigned; **Zabrina acting as interim President.**

Girls Programming

- Cornwall, Akwesasne intend to run **U11 Girls** programs.

House League Interlocking

- Zone will coordinate scheduling centrally.
- Scheduling meeting will include club schedulers and House League Directors.
- Debbie and Kyle notified.

Tournaments

- **Nepean Tournament Approved**
 - Dates: **June 12–14, 2026**
 - Divisions:
 - BC U9–U17 (Coed) – 8 teams per level
 - BC U13–U22 (Girls) – 4 teams per level
- Rinks under discussion: Bell, Jenny, LaRue, Maryville, Richmond
- Junior C has a Saturday night home game that weekend (to confirm time)

Facility Note:

- Richmond rink not ideal due to bench layout.
- Manotick preferred; Richmond may be backup.

Zone Hosting

- Kingston and Gloucester offered to host Zones.
 - Kingston floor time noted as expensive.
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4. OLA in Schools

- Colby (school board rep) may assist with implementation.
 - OLA requires a **Come Try Lacrosse** event if participating.
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5. Competitive Tryouts – 2026

Start Date Confirmed

Easter Monday: April 6, 2026

Proposed Structure

- Week of April 6–10
- Rotating evenings (e.g., U9/U11/U13 one night; U15/U17 next)
- Goal: Minimum **two sessions per age group**
- Following weekend to be used as:
 - **Exhibition Controlled Scrimmage Weekend**

Debbie to confirm rink allocation (2 or 3 floors if possible).

6. Come Try Lacrosse

- OLA strongly encouraging participation.
- Tanya advocating for dedicated Girls session(s).
- Preference for weekday sessions.
- Options discussed:
 - Sensplex
 - Domes (Ben Franklin ~ \$160/hr noted)
 - School gyms

Kyle, Tanya, Marty, and Debbie to coordinate booking.

7. OLA AGM

- February (registration closes February 7)
 - Registrar and Tournament Director strongly encouraged to attend.
 - Lunch optional.
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8. Terry Burgess Award

Vote held (7 members voted).

Result: **Marty elected winner (5–2 vote).**

9. Tournament Planning (Ashley)

- Approved for boys BC tournament; including small girls BC divisions.
 - Sportshead setup required.
 - John Zwicky assisting with scheduling.
 - Vendor restrictions:
 - Vendors must be OLA-approved.
 - Current list GTA-heavy.
 - Clarification required on approval process.
 - Discussion:
 - Parent volunteer expectations.
 - Possible volunteer opt-out fee model (discussion only; no vote).
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10. Registration Update (Jen)

- Opened January 12.
- Just under 200 registrations at meeting date.
- Price increases March 4.

Discussion:

- No early-bird tier this year.
- Concern that absence of deadline may delay signups.
- Competitive tryout fee confirmed embedded in registration.
- U22 / Junior:
 - Early registration price honored with proof.
 - Full refund if player makes junior (2.5% fee lost to processing).

Decision: Status quo for 2026 registration process.

11. U7–U9 Transition

- Info session being developed for families moving from U7 to U9.
 - Interest in reviving **Zone 5 U7 Fun Day**.
 - Marty to follow up with OLA re provincial initiative.
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12. House League Volunteers

- Two additional volunteers needed.

- Final recruitment message to be sent.
 - Possible outreach to older players (U22) to assist.
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13. Girls Program

- U11 “Vanilla Cross” pending OLA approval.
 - Coach identified.
 - Exploring uniform consistency model (reversible pinnies + shorts).
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14. Coaching & Goalie Recruitment

- U9 goalie identified.
 - U11 goalie identified.
 - Need additional goalies at older levels.
 - Association supplies goalie gear (cleaning fee only).
 - Jeff to develop coach mentor supports.
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15. Risk & Safety (Ryan)

- SOPs posted for review.
 - Proposal:
 - **One first aid kit per arena** (5 total).
 - First aid training for trainers (~\$60–\$100 per person).
 - Quotes to be sent to Rob for budget discussion.
 - QR code initiative for rules being explored.
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16. Equipment & Jerseys

- Proposal to implement **jersey deposit policy** for competitive teams.
- Proposed deadline: **September 1**
- Fine discussed: \$350–\$500 if not returned.
- Outstanding U22 jerseys noted.
- Old jerseys to be sold at tryouts (\$5).
- Bell storage reorganization planned.

- 3v3 nets stored at Bell bunker; access via day staff.
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17. Junior C Update

- 2026 schedule nearly finalized.
 - Majority Eastern Conference games.
 - Tryouts: **April 25–27**
 - Social media lead: Ryan Swanson.
 - Promotion opportunity at Winterlude booth (QR code postcards prepared).
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Action Items Summary

Scheduling

- Marty to meet with Debbie re rink allocation.
- Confirm Junior C game time conflict.

Tryouts

- Debbie confirm rink availability April 6–10.
- Craig finalize schedule once confirmed.
- Post publicly once finalized.

Come Try Lacrosse

- Kyle/Tanya/Marty/Debbie to secure floor time.
- Brad to promote.

Tournament

- Ashley follow up re vendor approval process.
- Continue planning committee structure.

Registration

- Brad run countdown campaign.
- Jen manage U22/junior pricing adjustments.

U7

- Marty follow up with OLA on Fun Day program.

Volunteers

- Kyle send final volunteer call.

Risk & Safety

- Ryan send first aid quotes to Rob.
- Board review SOPs.

Equipment

- Derek send outstanding jersey list.
 - Draft jersey deposit policy for future vote.
 - Organize Bell storage.
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Next Meeting

Thursday, February 26, 2026

8:00–9:00 PM sharp