

CLA Lacrosse Video Contest



Send in a video of yourself and show us what you've got for a chance to win one of a dozen great prizes from the CLA!!!

Project Objective & Description:

Request for video projects planned and produced by Canadian athletes that demonstrate their favourite lacrosse moments. Creativity is encouraged!!

Categories:

- A. Box Lacrosse (12 and under) – BEST VIDEO
- B. Box Lacrosse (21 and under) – BEST VIDEO
- C. Women's Field Lacrosse – BEST VIDEO
- D. Men's Field Lacrosse – BEST VIDEO

Awards for first, second and third place will be provided in each category.

*More than one video may be submitted by any one person or group.

Videos can include:

- original footage of game or practice situations
- technical concepts (i.e. a favourite practice drill or tricks with sticks)
- interviews with lacrosse coaches or with other players
- historical, technical or comical elements
- musical vignettes of digital photos (i.e. mashing)

Send submissions to:

Ross Ste-Croix, Program Coordinator
Canadian Lacrosse Association
2211 Riverside Drive, Suite B4
Ottawa, ON K1H 7X5
613-260-2028 x301
ross@lacrosse.ca

Make sure to include the following contact information:

Name/Age/Home Address/E-mail/Phone Number

DEADLINE to submit: August 31, 2010

Videos can be viewed at:

<http://www.youtube.com/canlacrosse>

Note: All videos will be screened to ensure appropriateness before being uploaded.

Winners will be contacted and announced on the CLA web-site (www.lacrosse.ca) in early October.