



#### TSC LACROSSE STANDINGS

Undefeated at 2017 Rhino  
Lacrosse College Fall Shootout

2015-16 BC Tier 2 Men's  
Provincial Champions

TSC Team of the Year 2015-16



# UBC THUNDERBIRDS LACROSSE SPORT CLUB



## Interested?



Contact the UBC Thunderbirds  
Lacrosse Sport Club Executive  
[Lacrosse.sc@ubc.ca](mailto:Lacrosse.sc@ubc.ca)



[RECREATION.CA/SPORT-CLUBS](https://recreation.ca/sport-clubs)

 [facebook.com/ThunderbirdsLacrosse SC/](https://facebook.com/ThunderbirdsLacrosseSC/)

 [@ubclax](https://www.instagram.com/ubclax)

 [@ubclax](https://twitter.com/ubclax)



THE UNIVERSITY OF BRITISH COLUMBIA

**UBC THUNDERBIRDS SPORT CLUBS**

 [RECREATION.UBC.CA/SPORT-CLUBS](https://recreation.ubc.ca/sport-clubs)







# UBC TSC: Your Community on Campus

UBC Thunderbirds Sport Clubs are opportunities for highly competitive students to officially represent the university in sports at the non-varsity level, to build community, and to gain leadership and sport management skills. If you trained in one of the available sports in high school, or are looking to diversify your athletic skillset find out more about how to join at [sportclubs.ubc.ca](https://sportclubs.ubc.ca).



### TRAVEL FOR COMPETITION

Teams travel locally, across Canada and internationally to compete against other universities and clubs.



### STUDENT LED TEAMS

Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.



### TRAIN AND COMPETE WITH FRIENDS

Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC also hosts socials and events to mingle with 300+ student athletes.



## THE SPORT CLUBS EXPERIENCE

*“Joining UBC Lacrosse SC allows you to compete at a high level of competition while attending one of the best academic institutions in the world. You will get a chance to compete and play Canada’s national sport on a weekly basis against the best competition the Pacific Northwest has to offer. Also, the program’s training is designed to allow students to handle any course load in an undergraduate or graduate level program. Joining the team also offers a unique opportunity because the team is 100% student run so it allows the players to take on a leadership role and learn and develop sports management skills.”*

— Chris Pomeroy

# UBC Thunderbirds Lacrosse Sport Club

## ACADEMICS

Open to undergraduate Students, exchange Students, graduate Students, PhD Students. The team enforces the TSC academic minimums of 9 credits per semester (3 courses)with a minimum total average of 60%.

### Practices/Competitions and Academics

Thunderbirds Sport Club athletes are students first, and athletes second. Athletes are expected to balance their sport and their academics in a responsible and organized manner. Since competition schedules may require the team to be away for competitions on weekends, athletes should look ahead to coordinate competitions alongside their academic commitments. It is ultimately up to the individual athlete to choose how to manage their time. It is important that the student works with their professors to make up for any missed assignments or exams in advance.

## COMPETITION AND TRAINING

The Lacrosse Sport Club roster consists of 20-25 players, and all athletes are given the opportunity to compete in every game. However, amount of playing time is determined by skill level and commitment to training. Practices and training sessions are typically held on fields at UBC Vancouver, two evenings per week, at approximately 90 minutes in duration.

UBC TSC Lacrosse primarily competes in the Canada West Field Lacrosse League (CWFL) against club teams across British Columbia. Club competition includes, but is not limited to: New Westminster Warlocks, Coquitlam Adanacs, and Ladner Pioneers. At the collegiate level, the team competes in exhibition games against schools from Western Canada and the Northwest Pacific Region of the United States. Intercollegiate competition typically includes: Simon Fraser University, University of Victoria, University of Alberta, as well as Oregon State University, Western Washington University, and Portland University just to name a few. The Lacrosse Sport Club team aspires to compete in the United States based Men’s Collegiate Lacrosse Association (MCLA) in the near future.

### Yearly Calendar

<b>Practices:</b>	<b>Competitions:</b>
September – April	Mid September – Early April

### Time Commitment

<b>Team Activities:</b>	<b>Individual Activities:</b>
2 to 6 hours per week	2 to 6 hours per week

### Try-outs and Requirements

All students are welcome to participate in the Lacrosse try-outs. While previous experience in the sport of lacrosse is not necessary, it is preferred (either box or field lacrosse). There are two formal tryout sessions at the beginning of September with roster selections completed by the coach no later than early October. Prospective athletes are required to have their own basic equipment.

## OUTSIDE OF THE SPORT

### Fundraisers

Team fundraisers are a priority to ensure team fees remain manageable for full-time students. All raised proceeds are used to subsidize league fees, team apparel, travel expenses, and accommodation at tournaments. In the past, a variety of fundraisers have been held at local bars and public houses, in addition to merchandise sales, and various fundraising opportunities on campus through Athletics and Recreation.

### Philanthropic Work

As part of the UBC Thunderbirds Sport Clubs Community, the Lacrosse Sport Club are avid participants in philanthropic events. This includes the annual UBC TSC Spin-a-Thon in partnership with Right to Play, which raises awareness and funds for Aboriginal Youth in their pursuit for sports. Furthermore, the team participates in UBC Recreation’s Lace Up for Kids in support of the BC Children’s Hospital and Rare Disease Foundation.