



April 1, 2020

These are unprecedented times for our sport, our community, and for our Province and Country as a whole. On March 13th, it was announced that the Manitoba Lacrosse Association would be postponing all MLA-sanctioned events until further notice due to the ongoing COVID-19 pandemic that has affected us all. On April 1st, [the Canadian Lacrosse Association issued a recommendation](#) to its member associations to suspend all lacrosse activities through the end of April. The MLA will continue to monitor the situation surrounding COVID-19 and will follow the advice of our provincial and national health and safety officials.

All MLA-sanctioned events and activities will be postponed through April 30th, when the situation will be re-evaluated. The health and safety of our great Manitoba Lacrosse community is our top priority. It is with this in mind that the MLA Board of Directors has decided to follow the advice of the CLA and take the necessary measures in order to do our part in keeping our community safe.

To all of our health-care workers on the front lines of this pandemic and to anyone working to deliver essential services to our community, we would like to applaud and thank you immensely. To everyone else who is staying home and practicing social distancing in order to slow the spread of the virus, we would like to thank you as well.

To our athletes itching to get back at it, use this opportunity to work on your craft individually. Don't let this stop you from improving your skills. Find a wall to play wall ball, work on your footspeed, play pass with a sibling from home in the back yard, or even watch old lacrosse games or clips on YouTube. Pay attention to the MLA's athlete development Instagram account (@mblaxdp) for ways you can hone your skills and give your mind a rest from any added stress. Findley Wilson, the CLA First Nations Director said it best in an address to the provinces:

"...Remember, this is not just a sport and a game – it is a medicine. The wooden sticks are made from one of the strongest things on mother earth. Grab a stick, play with it for a bit, let it help you clear your mind of all the worries and stress. It may not cure but it will give your mind relief for a period of time. This is the power of lacrosse."

Lacrosse will be back when it is deemed safe to resume. Until then, stay safe and do your part in slowing the spread of COVID-19. We will return stronger than ever.

Yours in lacrosse,

Dustin From
President
Manitoba Lacrosse Association