



*Edmonton*  
**MASTERS**  
L A C R O S S E

**OLDER. FATTER. SLOWER.**

**[www.emll.ca](http://www.emll.ca)**

**30 years of age and over**

**(Or over 21 if haven't played before or haven't played in 5 years)**

**Beginners Welcome!**

**This is fun, recreational, non-contact lacrosse  
with a refereed game each week.**

**Equipment required: CSA approved helmet with full cage, lacrosse or  
hockey gloves, lacrosse stick, slash/elbow guards optional & protective cup.**