

Our Bellies Family Holiday Newsletter

December 2022



New Westminister Salmonbellies
New Westminister Minor Lacrosse Association



Add caption here

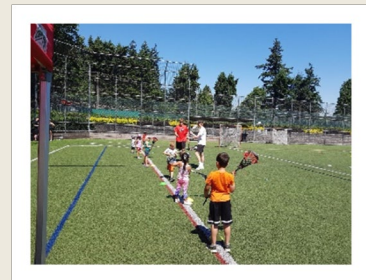
Happy holidays from our family to yours!

The NWMLA Board of Directors would like to wish you all Happy Holidays from our families to yours! We hope you are all enjoying your winter break and staying safe! All the best in 2023!

To bring you all some holiday cheer we've put together a video with photos from last year's 2021-2022 season. Please click on this [link](#) to view it!

Special events

- Box Lacrosse Early Bird Registration December 12-31, 2022. 25% off
- Box Lacrosse Early Bird Registration January 1-31, 2023. 15% off
- Box Lacrosse Regular Registration February 1, 2023, onwards



Field Lacrosse

PLAY LACROSSE
www.minorbellies.com



2021/2022 Annual NWMLA Awards

Again, this year, we had to change things up and do our annual awards in a different way. We hope you all had a chance to see the awards posted to our social media accounts! If you haven't had a chance please head over to our [Facebook](#) page or [Instagram](#) accounts and check out all the winners! Some recipient's photos are included below. We again want to wish all the recipients a big Congratulations!



Add caption here



Add caption here

Box Lacrosse is starting soon!

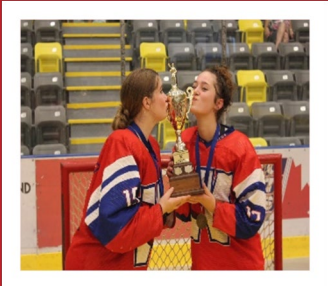
The lacrosse association provides box lacrosse during the months of April – July for boys and girls aged 5-21. The association organizes box lacrosse into different age groups with mixed gender as well as female only teams. Lacrosse provides an excellent opportunity for the youth of New Westminister to gain physical activity and acquire the benefits of team play. Box lacrosse is played in two arenas (Queen's Park and Moody Park arenas) and 2 outdoor lacrosse boxes (Hume and Moody box) in New Westminister. The program is also promoted in our local elementary schools which helps to keep the pride and long-standing tradition of lacrosse alive in New Westminister.



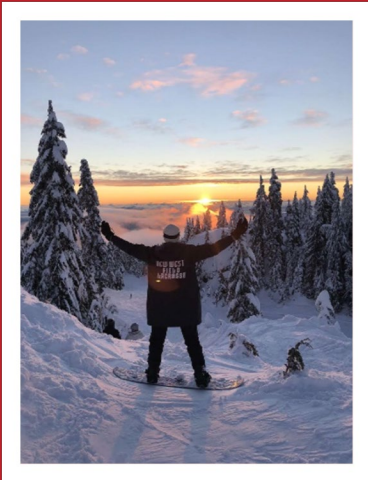
Congratulations Karen!



Big Bellie smiles!



Congratulations!



Fun on the field!



Ready to learn & have fun at the Doug Hazelwood Clinic!