

## 2026 ASG - LACROSSE- INFO PACKAGE

### SPORT AND VENUE

#### Ardrossan Recreation Complex

##### Directions

##### Venue Information

\*For sport venue information including spectator parking, onsite food for purchase and venue rules



#### WIFI Venue Access

Yes – Public Access

#### Participant Changerooms

Rink dressing rooms

#### Participant Bus Drop off/ Pickup Zone

Ardrossan Recreation Complex – back entrance to dining Hall

#### Medical Services Available

**Location:** Indoor – Cedar Room

**Service:** Athletic Therapist/Physiotherapist & First Aid

#### Hydration

**Water refill station – water fountains**

\*NOTE: Beverages are included at every meal time – participants are required to bring water bottles for competition hydration

#### Sport Equipment Storage

Lacrosse bags will be stored in the Sport Venues curling dry surface rink between games and after competition each day.

### ATHLETE VILLAGES

#### MALE VILLAGE

#### FEMALE VILLAGE

#### Salisbury Composite High

##### Directions

#### Davidson Creek Elementary

##### Directions

#### Distance to Food Center

2 min walk

#### Distance to Food Center

12 min drive

### PARTICIPANT LUNCH

#### Date

#### Time

#### Location

Friday July 17 & Sat July 18

11:00 a.m. – 2:00 p.m.

Boxed lunch provided at Sport Venue – dining hall



## SHOWER SCHEDULE

*Participants will shower directly at sport venue after last game played each day.*

*Refer to the Transportation Schedule for pickup times from venues.*

*Showers are first come first served at your location, be respectful of other participants sharing locations to ensure all can shower.*

**NOTE:**

***MALE participants have the option of showering at their Village prior to breakfast or after dinner service if time permits.***

***Bring shower items and change of clothes with you from the Village each morning.***

### MALE ATHLETES

**Shower Location:**

- Sport Venue – dressing room showers  
\*Refer to Sport Schedule for time allowance in showers after last game played

### FEMALE ATHLETES

**Shower Location:**

- Sport Venue – dressing room showers  
\*Refer to Sport Schedule for time allowance in showers after last game played

### MALE COACH/ CHAPERONES

**Shower Location:**

- Sport Venue – Rusty McLean (West) Arena Referee Room & Wellness Centre Male Changeroom second floor

### FEMALE COACH/ CHAPERONES

**Shower Location:**

- Sport Venue – MacMillan (East) Arena Referee Room & Wellness Centre Female Changeroom second floor