

## ADMISSIONS

Junior High Power Program  
\$3300/year

Junior High Hockey/Lacrosse  
Combined Power Program  
\$3300/year

Senior High Power Program  
\$2500/year

Apply for Admissions online at [www.thelacrosseprogram.com](http://www.thelacrosseprogram.com)

## POWER ADVANTAGE

To develop as a top level student-athlete requires an environment and support organization that fosters good habits. TLP Power is focused on providing each student-athlete with the tools and guidance to excel as a student-athlete. This is the **POWER ADVANTAGE**.

*Participate in a Shadow Day and experience a day in the life of a TLP POWER student-athlete. Contact Paul Rai at (780) 465-5461 ext. 185 or [paul.rai@epsb.ca](mailto:paul.rai@epsb.ca) to arrange a Shadow Day.*



***Preparation and Promotion of  
Canada's Best Lacrosse Players  
- Vimy Ridge Academy -***



**Junior and Senior High  
Lacrosse Program**  
[www.thelacrosseprogram.com](http://www.thelacrosseprogram.com)

Member of



## OUR POWER

TLP POWER, now in its fifth year, is a sports alternative program for Grades 7 to 12, operating in partnership with the Edmonton Public School Board. TLP POWER has been created to provide a training ground to develop players into Canada's best and brightest lacrosse players. Student-athletes in the program combine their academic and lacrosse pursuits within the school environment. Student-athletes receive 200 hours of direct lacrosse instruction over the course of the school year.

TLP POWER provides Canadian youth lacrosse players with exposure to the traditional Canadian box lacrosse game as well as the field lacrosse game that is prevalent throughout the United States. Our goal is to create hybrid lacrosse players with the creativity of the box player combined with the discipline of the field player.

## POWER SUCCESS

- Kirby Zdrill — Freshmen at Yale University
- Matt Pick — Freshmen at Whittier College
- Eric Ransom—Freshmen at Simon Fraser University
- Eric Turner—Attending The Hill Academy and committed to Cornell University
- Tyler Fleury—Attending The Hill Academy

## POWER PLAN

- Late August to Late October - Field lacrosse skill development and introductory team tactics.
- December - Attend Space Needle Shootout Tournament in Seattle.
- November to April - Box lacrosse skill development, individual tactics, and team tactics.
- May to June - Field lacrosse team tactics and systems.

## STAFF

**Paul Rai** - Paul Rai is the Program Director and brings over twenty five years of lacrosse experience to the Program. He has coaching experience from minor to major lacrosse and has coached in national championships in both field and box lacrosse. His playing experience includes senior men's lacrosse with the Edmonton Outlaws winning two national championships in 2002 and 2007.

**Jimmy Quinlan** - Jimmy is in his second year with the TLP POWER as the lead teacher. He is currently playing with the Edmonton Rush and brings extensive playing experience to the program. Jimmy played his junior box lacrosse in both BC and Ontario and has been fortunate to play along side and against the best players in the world. Jimmy has won several Canadian Lacrosse National Championships and is excited to work with aspiring young student-athletes.

## POWER PARTNERS



HILL LACROSSE

TLP POWER has established a partnership with The Hill Academy in Kleinburg, Ontario. The Hill Academy is a private college preparatory school that offers a lacrosse program specifically designed for student-athletes in search of a post-secondary lacrosse scholarship. Brodie Merrill, a member of Team Canada's field lacrosse team, Captain of the Edmonton Rush and a graduate of Georgetown, is the Director of Hill Lacrosse. Our partnership with The Hill Academy provides student-athletes with another avenue to pursue their academic and athletic objectives. The Hill Academy is the strongest lacrosse preparatory school in Canada and competes against the best high schools in the United States.