



## Annual Report - Director of High Performance (Interim)

Heidi Bates  
September 2024

Alberta Lacrosse's high-performance portfolio supports athletes at the LTAD Pathway Training to Compete and Training to Win stages. It includes the sum of the resources and support personnel in place to support athletes culminate in performances at provincial, regional and national games and championships.

### **TEAM ALBERTA**

#### **1. Team Alberta Steering Committee**

In November 2023, the Team Alberta Steering Committee was struck to oversee the development of the Team Alberta program structure and offer advice/guidance of the program's operations. The Committee's membership includes:

- Director of High Performance (Chair – Heidi Bates)
- Director of Development (Keith Berg)
- Director of Administration (Brent Robinson)
- Large LGB Representative (GELC – Tim Stewart)
- Small LGB Representative (CALL – Kim Smyth)
- Field Lacrosse LGB Representative (AFLA – Lesley Hawke)
- Major Lacrosse Representative (RMILL – Duane Bratt)
- Ex-Officio:
  - ALA Technical Director (Jason Crook)
  - Team Alberta Coordinator (Tammy Machado)
  - ALA Program Manager (Jessica Fredrickson)

In 2023-2024, the Team Alberta Steering Committee:

- Created a program framework, including plans for coach recruitment and training, tryouts, team travel, player apparel, accommodations, and practices (per team).
- Considered the budgets for each team to be approved by the ALA Board of Directors. Team Alberta is a parent/player funded program at all levels. All of the elements of Team Alberta's programming are supported by player fees.

The work of the Team Alberta Steering Committee will continue in 2024-2025 and will include:

- A review of parent/player/coach/manager evaluation data (consolidated),
- Review and revisions to the program framework,
- Determination of which teams to field and at which events.

#### **2. Team Alberta Performance**

2024 saw strong performances by all Team Alberta teams, both in box and field lacrosse.

The ALA supported the following teams at the Lacrosse Canada National Championships in 2024:

- U17 Girls Box Lacrosse (2<sup>nd</sup> place finish)
- U17 Boys Box Lacrosse (3<sup>rd</sup> place finish)
- U17 Boys Field Lacrosse (3<sup>rd</sup> place finish)
- U19 Ladies Field Lacrosse (2<sup>nd</sup> place finish)
- U22 Ladies Box Lacrosse (1<sup>st</sup> place finish and national champions)

A number of major lacrosse teams also represented Alberta at their respective national champions:

- Minto Cup – Raiders Jr A (4<sup>th</sup> place finish)
- Founder’s Cup – Mountainview Mavericks (Tier 2 Champions)
- President’s Cup - Edmonton Miners (2<sup>nd</sup> place finish)

Congratulations to all of the players and coaches who represented the ALA this year!

### **MINOR BOX LACROSSE PROVINCIAL CHAMPIONSHIPS**

The 2024 Minor box lacrosse provincial championships were hosted by the Central Alberta Lacrosse League (CALL). The event was very well executed. Congratulations to the Board, staff and volunteers from CALL. Thank you for your hard work!

### **MAJOR BOX LACROSSE CHAMPIONSHIPS**

The following RMLL teams were named division champions in 2024:

- Junior A Division – Raiders Jr A
- Alberta Series Lacrosse – Edmonton Miners
- Junior B Tier I Division - Mountain View Mavericks
- Larry Bishop Memorial Cup Champions - Winnipeg Blizzard
- Junior B Tier II Division - Lakeland Heat
- Senior C Division - Airdrie Mohawks
- Alberta Major Female Division – Calgary Cardinals

Congratulations to all of our major lacrosse athletes!

### **PRAIRIE CUP**

2024 saw the initial offering of the Prairie Cup, a western Canada regional box lacrosse tournament, in Regina, SK. Alberta Lacrosse sent 9 teams to the Prairie Cup

- U13 Boys North (1<sup>st</sup> place finish)
- U13 Boys South (3<sup>rd</sup> place finish)
- U13 Girls North (1<sup>st</sup> place finish)
- U13 Girls South (2<sup>nd</sup> place finish)
- U15 Boys North (3<sup>rd</sup> place finish)
- U15 Boys South (1<sup>st</sup> place finish)
- U15 Girls North (1<sup>st</sup> place finish)
- U15 Girls South (2<sup>nd</sup> place finish)
- U17 Boys Team Alberta (2<sup>nd</sup> place finish)

Interest in the Prairie Cup by players and parents was significant and greater than anticipated. 248 players participated in the try-out process and feedback to date has generally been very positive. This

tournament offers a bridge between house-league play and the ALAs high-performance pathway that aligns with the LTAD.

The Prairie Cup will be held in Brandon, MB in 2025. Alberta Lacrosse is scheduled to host the Prairie Cup in 2025.

### **CANADA SUMMER GAMES 2025**

The ALA's technical team is leading preparations for the 2025 Canada Summer Games to be held in St. John, Newfoundland. The Canada Summer Games offers box lacrosse play in two divisions: U17 girls and U17 boys. The coach recruiting process is currently underway (September 2024). To be on the bench, Head Coaches must be Competitive Development certified to be on the bench. To support coach certification, Lacrosse Canada will offer a Competitive Development coaching clinics across the country, including a clinic to be held in Calgary in October 2024.

### **MEN'S FIELD LACROSSE NATIONAL CHAMPIONSHIPS (ALUMNI CUP AND FIRST NATIONS CUP)**

The ALA hosted the 2024 Lacrosse Canada U17 (Alumni Cup) and U19 (First Nations Cup) Men's Field Lacrosse National Championships in Calgary from August 29-September 1<sup>st</sup>. Thirteen teams, from Lacrosse Canada member associations across the country, participated in the two tournaments. The event team barbecue, Welcome Ceremony and Closing Ceremony. The Opening Ceremony paid tribute to the Indigenous roots of lacrosse through blessings brought by a local Elder, and Indigenous singers and dance. Onsite services included video-streaming, vendors, and foodservices for competitors and guests.

The event was very well executed. The major issue that was encountered during the roll-out was a lack of volunteers to support key tasks such as score/time-keeping, results tabulation, social media and tournament operations. As a result, several individuals had to be brought on board at cost to fill these roles.

### **SUMMARY**

2024 was a busy year for the ALAs high-performance teams and programs. Alberta enjoyed many strong performances by our coaches, athletes, and officials during this reporting period. The implementation of the Team Alberta Steering Committee provided a valuable support for the growth and refinement of the ALAs high-performance programming that will continue to enrich our activities in the future.

Yours in Sport,

A handwritten signature in blue ink that reads "Heidi Bates". The signature is fluid and cursive, with the first name "Heidi" written in a larger, more prominent script than the last name "Bates".

Heidi Bates, MSc  
Director of High Performance (Interim)

