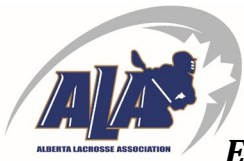


TEAM ALBERTA GUIDE



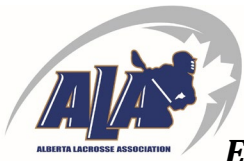


Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

TABLE OF CONTENTS

| | |
|--|---|
| How to Use This Guide | 2 |
| Program Outline | 3 |
| Calendar | |
| Fees | |
| What's Included? | |
| Roles and Responsibilities | 5 |
| Players | |
| Coaches | |
| Managers | |
| Trainers | |
| ALA | |
| Optional Components | 7 |
| Fundraising | |
| Resources | 8 |
| Regulation 12, Teams Attending Nationals | |
| Appendix A | 9 |
| Fair Play Codes | |
| Manager's Checklist | |
| Team Alberta Evaluation | |



Alberta Lacrosse Association

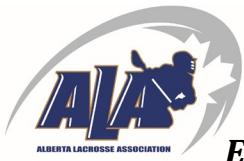
Enhance character, community, and culture through lacrosse.

HOW TO USE THIS GUIDE

This guide was created to help make the Team Alberta experience as clear as possible for all participants. Many roles contribute to making Alberta's provincial teams what they are, and this guide is meant to help them navigate the program as seamlessly as possible.

We have recently made some changes to our Team Alberta program, aimed at improving the experience for all. Some of the changes include, year-round programming, Assistant Coaches that have undergone an ALA selection process, increased program capacities, and the use of selection committees.

We hope this guide will help you better understand the Team Alberta program and know what to expect when you participate. If there's something you think we forgot to include, please let us know by emailing info@albertalacrosse.com.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

PROGRAM OUTLINE

The ALA recently made some changes to its Team Alberta program, aimed at trying to improve the process and experience for all participants. Here is an outline of the new program.

Calendar

November-December 2022

- Hire Head Coaches for each team.
- Post Assistant Coach positions.

January 2023

- Hire Assistant Coaches for each team.
- Determine program dates.

February-March 2023

- Identification Camps.

April-May 2023

- Tryouts and Team Selections.
- Hire team Managers.

June-July 2023

- Training Camps
- Exhibition Games

August-September 2023

- Nationals

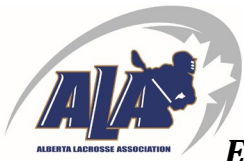
Fees

| | |
|---------------------------------|-------|
| Team Alberta Try-Out Fee | \$150 |
| Team Alberta (Roster) Player | TBC |
| Team Alberta (Alternate) Player | TBC |

What's Included?

Each player that attends a Team Alberta identification camp will receive:

- Reversible pinnie



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

- Pair of socks

Each Team Alberta player will receive:

- Warm-up top
- Top layer
- A minimum of 24 training hours
- At least one exhibition game
- Fitness testing
- Sport conditioning program
- Nutrition program

Each Team Alberta player selected to compete at Nationals will receive:

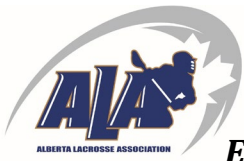
- Game jersey
- Equipment bag
- Trade item (to trade with other teams at Nationals)
- Travel to and from, accommodation at, and meals throughout Nationals

Each Team Alberta coach will receive:

- Practice shirt
- Practice shorts
- Hat
- Golf shirt
- Top layer
- Coaching board
- Mileage, accommodations, and meals for training weekends
- Travel to and from, accommodation at, and meals throughout Nationals
- An honorarium at the end of the program

Each Team Alberta manager will receive:

- Hat
- Golf shirt
- Top layer
- Travel to and from, accommodation at, and meals throughout Nationals



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

ROLES AND RESPONSIBILITIES

There are several people that come together to make the Team Alberta experience what it is. Below we've outlined the roles and responsibilities of each participant.

Players

Athletes involved in the Team Alberta program are selected through a selection process that includes the coaches as well as a selection committee. To be part of the Team Alberta program it is expected players will:

- Be a Member in Good Standing of the ALA.
- Consistently demonstrate the Fair Play Codes* for an athlete.
- Register with an ALA Club (of the same sector as the Team Alberta program) for the current season.

Coaches

Both Head and Assistant coaches for each team are selected through the ALA selection process. Coaches play an integral role in creating a positive team environment where everyone feels accepted and valued. As such we expect the coaches to:

- Be a Member in Good Standing of the ALA.
- Consistently demonstrate the Fair Play Codes* for a coach.
- Keep documentation of expenses incurred with supporting receipts.

Managers

Managers are selected through a selection process with the team's coaching staff and ALA office. Managers are a key part of a team's success, ensuring off-field operations run smoothly and team communications are received. Team Alberta managers should:

- Be a Member in Good Standing of the ALA.
- Consistently demonstrate the Fair Play Codes* for a spectator.
- Pass team communications on in a timely manner.
- Provide the ALA office with content for social media (team pictures and updates). Teams should not be creating their own social media accounts.
- Keep a current list of program athletes, including name, contact email, clothing sizes, and preferred jersey number.
- Keep documentation of expenses incurred with supporting receipts.

Trainers

A full-time Trainer at training camps is optional. Each team must, however, have a Trainer with them at Nationals. For either practices or competition, Trainers should:

- Ensure their certification is current for the duration of the program and plan re-certification if not.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

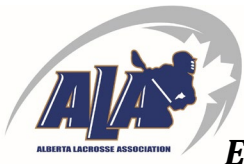
- Consistently demonstrate the Fair Play Codes* for a spectator.
- Arrive early to practice and games to help athletes with taping.
- Keep track of personal supplies used and report them to team manager for reimbursement.

ALA

The ALA works with the manager of each team to ensure all off-field items are taken care of. The ALA will:

- Work with the coaches of each team to finalize program schedules.
- Book all facilities for Team Alberta programming.
- Coordinate all required accommodations and travel for each team.
- Order team apparel included with program.
- Oversee digital platforms (website, social media) for all teams, providing equal updates and representation.
- Ensure all Lacrosse Canada paperwork is filed for Nationals.
- Provide timely support and communication to each team.
- Consistently demonstrate the Fair Play Codes* for an administrator.

**Fair Play Codes can be found in Appendix A*



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

OPTIONAL COMPONENTS

The ALA strives to deliver the highest quality programming for its Team Alberta athletes and overall experience for all participants. To help us provide an even better experience there are several optional components program participants can coordinate and take part in at their own cost.

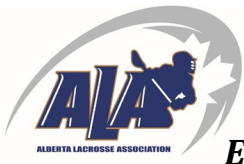
Full-Time Trainer

Having a Trainer for your team at training camps is recommended, but optional. Having one with the team for Nationals is mandatory. Trainers are helpful to have on-site to help with pre-practice taping and to assist if an athlete gets injured. Trainers must have one of the following certifications:

- Any St. John Ambulance Emergency First Aid course of 8 hours (or more)
- Canadian Red Cross Standard First Aid & Basic Rescuer CPR course
- Canadian Red Cross Sport First Aid course
- Any CAHA Hockey Trainer's Certification Program
- A professional designation (examples: MD; RN; Physiotherapist, Policeman; Fireman; Chiropractor; Registered Massage Therapist).

Fundraising

Fundraising provides teams the flexibility to pursue additional opportunities without participants having to come out-of-pocket. Some of these opportunities include, out-of-province exhibition games, additional apparel or giveaways, and off-field team building activities.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

REGULATION 12, TEAMS ATTENDING NATIONALS

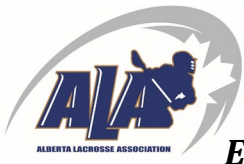
12.01 Any teams wishing to attend a National Competition must have their Lacrosse Canada Team Registration Form signed off by the Executive Director one week prior to the applicable National Competition. No application will be approved where:

- any player or other personnel on the roster is not in good standing.
- the team has not complied with Lacrosse Canada Policy on coaching certification applicable to the Competition.
- the team has not complied with the Lacrosse Canada Policy on CCES (Canadian Centre for Ethics in Sport) training.
- Fines resulting from late filing of the Team Registration form are the responsibility of the offending team.

12.02 Teams attending Minor Nationals Competition must be managed, organized, and approved by the ALA.

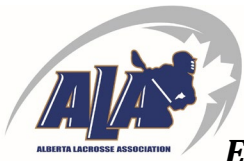
12.03 Teams attending Founders Cup, Presidents Cup and the Minto Cup must be the ALA Provincial Champion other than as per the hosting agreement.

12.04 In the event the Provincial Champion cannot attend the ALA Executive will select the ALA Representative to attend.



Alberta Lacrosse Association
Enhance character, community, and culture through lacrosse.

APPENDIX A



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

FAIR PLAY Philosophy- © Fair Play Canada

Fair play is an attitude, a way of thinking. It can be taught, and it can be learned. Once it's learned, it can apply to every aspect of a person's life. That's why fair play is so important and that's why all of us are responsible. At Fair Play Canada, they believe that the fair play philosophy becomes reality through the creation of a more ethical sport system, one that is democratic, open to all Canadians, and grounded in the principles of integrity, fairness, and respect. Through sport, athletes learn about setting goals, working hard, and having fun. They learn to respect their own abilities, and those of their competitors, and to value the effort of all participants, regardless of ability. When guided appropriately, athletes begin to realize that the joy of sport is as much in the effort as in the result.

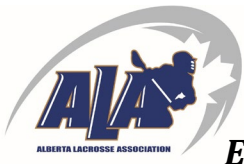
Developing a more ethical sport system means addressing tough issues like violence and equity. In turn, both of those issues include difficult areas such as sexual harassment, the principles of team selection and participant involvement. Through fair play resources, advocacy, communications, and training, we're working with partners at the national, provincial, and municipal levels to create an atmosphere in which coaches, athletes, administrators, and educators can make every athlete's sport experience a positive experience. They believe in an alternative and positive sport model, one that closes the gap between fair play as a vision and fair play as a reality. We welcome your involvement.

FAIR PLAY Issues

To ensure a fair playing field, everyone involved in sport must support the principles of fair play – fairness, integrity and respect. When consistently applied, they not only provide a clear ethical framework for competition, but greater opportunities for getting the most out of the game. That's because they help participants focus on achievement rather than the desire to conquer an opponent.

Violence. Any physical aggression outside the rules of a sport is violence. Violence in sport reflects violence in our society; on television or the evening news, so too may we come to accept it as a fact of life in sport. It shouldn't be. The sport system must look at minimizing sources of frustration and at using the appropriate tools to control inappropriate behaviour. Officials must be empowered to enforce the rules.

Doping and Other Methods of Cheating. Winning is a reward for effort, will, discipline and talent. Violating the rules by taking performance enhancing drugs or gaining any other unfair advantage over a competitor has nothing to do with winning; it's a form of cheating. It means that the participants are no longer all playing the same game; it demeans the efforts of every other participant, the integrity of the game and the essence of sport.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

Respect. Unhealthy attitudes are just as harmful to the value and purpose of sport as unhealthy play. When opponents are viewed as enemies, officials are treated with contempt, and rules are seen only as obstacles to be overcome, nobody wins. Respect for the rules and for everyone involved is fundamental to the quality of sport and the integrity of the game.

Equal Opportunities and Fair Access. Sport is for everyone, regardless of age, sex, race or ability. Sport can have numerous benefits for everyone. All Canadians should have a range of choices and opportunities to be involved in sport.

FAIR PLAY: An Athlete's Role

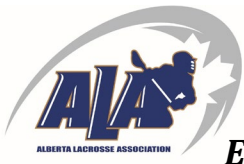
Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.

As an athlete you have an opportunity to get the best out of sport. You can:

- Participate because you want to, not just because your parent or coach wants you to.
- Co-operate and respect your coach, teammates, and opponents, because without them, there would be no game.
- Always try to control your temper. Competition is stressful and can provoke powerful emotions but fighting and mouthing off spoil the game for everyone.
- Remember that winning isn't everything. While it's great to win, it should always be fun to play.

FAIR PLAY CODES FOR ATHLETES

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper – fighting and mouthing off can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good players/performances – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

FAIR PLAY: A Coach's Role

Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.

As a coach you are a role model and leader and have significant impact on your athletes' attitudes. You can:

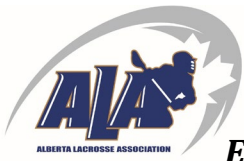
- Encourage your team to respect the opposing team and the rules of the game, to accept the judgements of officials and opposing coaches without argument.
- Teach your players how to manage conflict and stress and use good judgement in tough situations.
- Avoid overplaying talented players and allow average players equal playing time.
- Remember that children need a coach they can respect. Be generous with praise and set a good example.

FAIR PLAY CODES FOR COACHES

1. I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials, and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.

FAIR PLAY: An Official's Role

Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

As an official, you act as the conscience, reinforcing the Fair Play principals. You can:

- Be consistent and objective in calling infractions, regardless of your personal feelings toward a team or individual player.
- Prevent any players or team staff from intimidating other participants, either by word or action. Similarly, do not tolerate unacceptable conduct toward yourself, other officials, players, or spectators.
- Remain open to constructive criticism and try to consider different points of view.
- Respect the athletes, their coaches and parents, and everyone involved in your sport. Remember that you have many shared interests and common sport goals.

FAIR PLAY CODES FOR OFFICIALS

1. I will make sure that every athlete has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
2. I will avoid or put an end to any situation that threatens the safety of the athletes.
3. I will maintain a healthy atmosphere and environment for competition.
4. I will not permit the intimidation of any athlete either by word or by action. I will not tolerate unacceptable conduct toward myself, other officials, athletes, or spectators.
5. I will be consistent and objective in calling all infractions, regardless of my personal feelings toward a team or individual athlete.
6. I will handle all conflicts firmly but with dignity.
7. I accept my role as a teacher and role model for fair play, especially with young participants.
8. I will be open to discussion and contact with the athletes before and after the game.
9. I will remain open to constructive criticism and show respect and consideration for different points of view.
10. I will obtain proper training and continue to upgrade my officiating skills.

FAIR PLAY: A Parent's Role

Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

As a parent, you have significant impact on how your child feels about his or her achievements in sport, and in all aspects of life. You can:

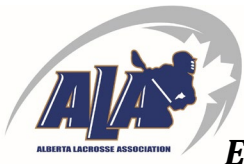
- Avoid forcing your child to participate in a sport and remember that your child is playing for his/her enjoyment, not yours.
- Discuss Fair Play issues openly with your child. Encourage him/her to play by the rules and resolve conflicts without resorting to violence. Help them understand that violence is unacceptable in professional sport.
- Teach your child that although it is fun to win, trying hard and doing one's best is really the name of the game. Never ridicule or get angry at your child for making a mistake or losing a competition. Offer constructive advice and assurance that continued effort will make for improved performance the next time out.
- Remember that children learn best by example. Be a supportive and fair spectator. Applaud good plays by members of both teams.

FAIR PLAY CODES FOR PARENTS

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his/her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good players/performances by both my child's team and their opponents.
8. I will never question the officials' judgement or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

FAIR PLAY: An Administrator's Role

Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.

As a sport administrator, league, or club official, you set the tone for fair and ethical competition. You can:

- Make sure that coaches and officials are capable of promoting fair play as well as the development of sound judgement and good technical skills. Encourage them to become certified.
- Do your best to ensure that all children are given the same chance to participate, regardless of age, gender, ability, ethnic background, or race.
- Work toward ensuring that recreation department staff, parents, coaches, and participants understand their role and their responsibility for promoting fair play in sports.
- Distribute Fair Play Codes to spectators, coaches, players, officials, parents, and news media.

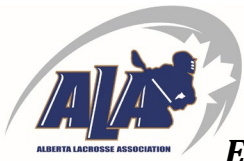
FAIR PLAY CODES FOR ADMINISTRATORS

1. I will do my best to see that all children are given the same chance to participate, regardless of gender, ability, ethnic background, or race.
2. I will absolutely discourage any sport program from becoming primarily an entertainment for the spectator.
3. I will make sure that all equipment and facilities are safe and match the athletes' ages and abilities.
4. I will make sure that the age and maturity level of the children are considered in program development, rule enforcement and scheduling.
5. I will remember that play is done for its own sake and make sure that winning is kept in proper perspective.
6. I will distribute the fair play codes to spectators, coaches, athletes, officials, parents, and media.
7. I will make sure that coaches and officials are capable of promoting fair play as well as the development of good technical skills, and I will encourage them to become certified.

FAIR PLAY: A Spectator's Role

Everyone involved in sport, from parents and spectators to athletes, officials, and coaches, can and should play a part in promoting fair play. And the easiest way to do this is to lead by example; to always respect the written and unwritten rules of the game. It is also essential to learn how to constructively manage stress so that fair play skills and instincts will not be lost in the heat of competition. Here are some examples of how you can incorporate fair play into your sport or recreation activity.

As a spectator, you set the appropriate tone during competition. You can:



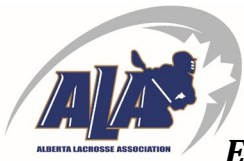
Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

- Avoid ridiculing an athlete for making a mistake during competition. Give positive feedback that motivates and encourages continued effort. Remember that children play sport for their own enjoyment, rather than to entertain others.
- Show respect for the coach and the officials, and their decisions.
- Condemn violence and verbal abuse and express your disapproval of such tactics to coaches and league officials.
- Encourage and applaud fair and skillful plays by all participants.

FAIR PLAY CODES FOR SPECTATORS

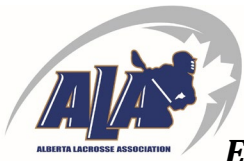
1. I will remember that children play sport for their enjoyment. They are not playing to entertain me.
2. I will not have unrealistic expectations. I will remember that child athletes are not miniature professionals and cannot be judged by professional standards.
3. I will respect the officials' decisions and I will encourage participants to do the same.
4. I will never ridicule an athlete for making a mistake during a competition. I will give positive comments that motivate and encourage continued effort.
5. I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
6. I will show respect for my team's opponents, because without them, there would be no game.
7. I will not use bad language, nor will I harass athletes, coaches, officials, or other spectators.



Alberta Lacrosse Association
Enhance character, community, and culture through lacrosse.

TEAM ALBERTA MANAGER'S CHECKLIST

Coming soon!



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

TEAM ALBERTA EVALUATION

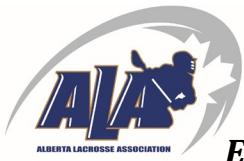
Team:

Please answer the following statements about the Team Alberta program:

| | | |
|---|-----|----|
| I understood what to expect going into the Team Alberta program. | YES | NO |
| I improved because of my participation in the Team Alberta program. | YES | NO |
| I would participate in the Team Alberta program again. | YES | NO |

Players, please answer the following statements about the Team Alberta program:

| | | |
|---|-----|----|
| The try-out process for Team Alberta was fair. | YES | NO |
| The try-out process for Team Alberta was accessible to players across the province. | YES | NO |
| The try-out fee for Team Alberta was reasonable for what was included. | YES | NO |
| The player fee for Team Alberta program was reasonable for what was included. | YES | NO |
| I was satisfied with the apparel included with the Team Alberta program. | YES | NO |
| I was satisfied with the number of practices for the Team Alberta program. | YES | NO |
| I used the conditioning and nutrition training provided as part of the program. | YES | NO |
| The coaches were prepared for practices and games. | YES | NO |
| I learned new skills from the coaches. | YES | NO |
| The manager was effective, making sure all off-field items were taken care of. | YES | NO |



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

The Team Alberta program could be improved by:

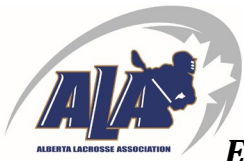
Coaches, please answer the following questions about the Team Alberta program:

| | | |
|---|-----|----|
| The coach selection process for Team Alberta was fair. | YES | NO |
| The ALA included me in Team Alberta program planning. | YES | NO |
| The try-out process for Team Alberta was fair. | YES | NO |
| The try-out process for Team Alberta was accessible to players across the province. | YES | NO |
| The fees associated with the Team Alberta program are reasonable. | YES | NO |
| I was satisfied with the apparel included with the Team Alberta program. | YES | NO |
| I was satisfied with the number of practices for the Team Alberta program. | YES | NO |
| I felt supported by the ALA throughout the Team Alberta program. | YES | NO |
| I received timely, clear communication from the ALA. | YES | NO |
| The manager was effective, making sure all off-field items were taken care of. | YES | NO |

The Team Alberta program could be improved by:

Managers, please answer the following statements about the Team Alberta program:

| | | |
|---|-----|----|
| The manager selection process for Team Alberta was fair. | YES | NO |
| I felt prepared going into my role with the Team Alberta program. | YES | NO |
| I utilized the Manager's Checklist provided by the ALA. | YES | NO |



Alberta Lacrosse Association

Enhance character, community, and culture through lacrosse.

I was satisfied with the apparel included with the Team Alberta program.

YES

NO

I received timely, effective communication and support from the ALA.

YES

NO

The Team Alberta program could be improved by:

Please email evaluation to info@albertalacrosse.com.