

Lacrosse Canada National Development Team Program

The National Development Team Program (NDTP) will collaborate with Lacrosse Canada (LC) High Performance Program Lead and Coordinator to assist in creating a training and competition environment, through proper administration, that will provide Canadian athletes and coaches with the greatest opportunity to develop and succeed on the international stage as we prepare for the 2028 Olympics in Los Angeles.

The NDTP will work to develop and implement both west and east programs for males and females at the U19, U17 and U15 age groups in field lacrosse. This NDTP will improve the growth, progress and advancement of the athletes, coaches and officials to prepare them to meet the challenges in a competitive world. This will provide experiences and opportunities on the international stage before reaching the U20 and Senior Team levels of competition at World Championships. Each team will consist of 22 athletes, 4 coaches, 1 manager and a trainer (all non-parent)

This cohesiveness of programming will bridge the gap from coast to coast and allow all access to technical items that will help enhance our high-performance programs moving forward, including high performance pathways, training plans, performance benchmarks. This early identification program will assist in working with athletes to monitor their progress along with building familiarity with coaches and other players.

Program Outline

The programs from the West and East and Men/Women will slightly differ in competition. The west will hold tryouts Dec 21/22 which includes players from British Columbia, Alberta, Saskatchewan and Manitoba. The East will be December 28th/29th and will consist of Ontario, Quebec, Nova Scotia, New Brunswick, PEI and Newfoundland.

The projected competition for 2024/25 is as follows:

Women's Field Program

- Bi-Monthly video sessions with NDTP coaches, National Team Coaches, NCAA coaches, recruiting, skills, mental health, nutrition, training, etc..
- Spring Break Camp, 2 days @ 3 hour practices
- Late August 2 days @ 3 hour practices X2 (adjustment to be made for athletes attending school)
- Mid September Attend Sparks, MD to player USA Development Teams (U15 will play high level club teams) Friday and Saturday will be Full Field and Sunday will be a Sixes Event

- First Week of October East Program will attend Syracuse University and West Program will attend Denver University (U19 playing 1st year and U17/U15 playing high level competition) Included in this will also be a separate event at the University, a tour, etc.
- Both the West and East Program will attend the IWLCA Presidents Cup and Debut in Florida in late November

Men's Field Program

- Bi-Monthly video sessions with NDTP coaches, National Team Coaches, NCAA coaches, recruiting, skills, mental health, nutrition, training, etc..
- Spring Break Camp, 2 days @ 3 hour practices
- Late August 2 days @ 3 hour practices X2 (adjustment to be made for athletes attending school)
- Mid September Attend Sparks, MD to play USA Development Teams (U15 will play high level club teams) Friday and Saturday will be Full Field and Sunday will be a Sixes Event
- First Week of October East Program will attend Syracuse University and West Program will attend Denver University (U19 playing 1st year and U17/U15 playing high level competition) Included in this will also be a separate event at the University, a tour, etc.
- Third Week of October West/East Program will attend Culver, Indiana and play vs Western Reserve and Culver Academy

Coaching

Creating a NDTP will allow Lacrosse Canada the opportunity to have former National Team players/coaches work with the next generation of coaches, transitioning those from athletes to coaches. The National Team coaching staff from both the U20 level and the Senior Level will collaborate and mentor coaches while working alongside them. This unique opportunity will expose coaches to both professional and NCAA coaching experiences and knowledge. National Team coaches, will provide individual skills and tactics, team tactics, exposure of elite level practices, game play and systems implemented under the NTDP. With quality programs, instruction and programs in place this will only help all levels and allow coaches to bring back their experiences to their home member association. This will provide coaches what they need, when they need it and the way they need it to show progress. By working together individuals and provinces will deliver quality experiences by aligning systems and not pulling participants in different

directions and distractions. This will be an athlete centered, coach driven, supported by administration, sport science and mental health support model of development.

This program was created due to the success of two National Development camps that were held in 2023 and 2024

These two test camps were held for U19/U17/U15 boys field lacrosse. These camps had over 250 athletes attend each year. The first year over 15 NCAA coaches attended alongside our 10 National Team coaches who coach in the NCAA. In the second year the number of NCAA coaches grew having top D1 schools like Denver, St.Joes, Maryland, John Hopkins, Vermont, Virginia, Canisius and Albany coming to check out Canadian talent resulting in many athletes getting scholarship offers from this vary event,

This opportunity provided the athletes the ability to show their skills and knowledge of the game in front of NCAA coaches in assisting with their aspirations of being recruited and/or playing for the world's best coaches in Canada and at NCAA Universities like.

The NDTP exists in many different organizations and sports and have shown great success in the development of elite athletes for the future on the International stage, ie. USA hockey and Rugby Canada. LC has been waiting for the opportunity to compete Internationally to have representation and a pathway for players and coaches to the National Teams.

This type of training teaches athletes the culture of Lacrosse Canada and will provide them training to push us into the lead Internationally. At the U20 level the Men's team has closed the gap with USA lacrosse and with creating a National Development model it will allow us to train and evaluate players sooner with aspirations of capturing gold in the years to come.

LC will also continue to have Development camps outside the NDTP which will be open to all, but will be included in the NDTP programming at no extra cost.