



ROCKYVIEW LACROSSE ASSOCIATION

RVLA Presidents report 2022

Well, I'm happy to say we got back to a normal Lacrosse season this year and we finally got to show case our new Jerseys and shorts to our opponents this season. Coming into the season our target as a board was to have 300 registered players and we were a bit short on that number when evaluations started but by the time the teams played their first games, we had 302 registered players. RVLA had the most 6u teams in all of Albert this year and we were one of only 2 club who had 4 8u teams, this is great news because we need to regain our registration numbers at the lowest age categories to build the club back up. We also had 4 10u team and 3 teams in each 12u and 14u and finally we had 2 teams in the 16u age grouping.

We started the season off with a bit different evaluation process as we just didn't have the overall numbers to hold separate A evaluations prior to the B/C evaluations, in the end the cascading evaluation process worked out quite well. We again used the Digital evaluation soft wear form Team Genius and had the local Sr Knights players perform the evaluation. After evaluation we had some parents questioning their children's placements as in year's past, they had been placed on a higher ranked team than this year. One of the differences this year than years past is all out team sizes were a bit smaller than years past, for example our A team would have 18-20 players this year most had 16 this mean 2-4 players who normally would be placed in A where placed on the B team, in turn our B team where smaller and with a few spots gone to normal A player this left normal B players 4-8 placed on our C teams. Once the number aspect was explained to the parents who questioned the evaluations most understood the reality of the team sizes. After reviewing the names on the teams this year, we found our biggest loss of membership has come from player who had typically been play C level lacrosse and with talking to other Club presidents in the CDLA they had seen the same drop off in their own clubs.

Our 16U A team won Gold at cities this year but lost the WRLL league final to the Sherwood Park Titans. All our 14U team's A/B & C won bronze medals in the playoff this year and our 12U B & C teams both came home with silver medals this season.

Our club hosted the 2022 CDLA Canada tournament this year along with the Calgary Knights club. Overall, the tournament was a huge success we had around 80 team this year which matches the drop of about 30% in participation as the tournament usually has 110 teams attend each year. The financials for the tournament have not been finalized but the Club can expect approximately \$15,000 as our share from hosting the tournament this year. I would like to thank our RVLA board and all our clubs parent volunteers who helped to make the tournament a success.

In closing it has been a pleasure to work with our RVLA Board as the club President for the last few seasons, I feel our club is stable financially we have a fresh new club logo and jerseys that should last for several seasons. With our registration numbers from last season up about 15% from the return to play year of 2021, I think RVLA is on the rise again after the last few years of dealing with Covid. My term is coming to an end at this year's AGM and my last son has aged out of the RVLA minor program. I wish the new president good luck. (I will always be around for support and guidance as I do wish to take a lesser position with the Club at this year's AGM)

RVLA President

Keith Berg

RVLA Vice President Report - November 2022 AGM

Over the last year it has been my honour to serve as the Vice President for the RVLA. The 2022 season marked the full return of play, and it was wonderful to be involved in. From the evaluations in March to see some of our teams compete at city finals in June, the association saw good engagement and play at all levels. A big thanks to the players for their efforts and parents for supporting it. While registration was down slightly from our pre-pandemic play, we are working hard to bring back our numbers and grow the game of lacrosse. The calibre of play within the association is high and the opportunities to grow are great.

My fellow board members will provide updates about evaluation, age divisions, and budget as part of this AGM package. For mine, I would like to focus on the opportunity to grow the game as a parent and a board volunteer. We have dedicated coaches, managers, and volunteers that have been fundamental in supporting our players. As a board member I have had the ability to actively participate and contribute to the organization's culture, strategic focus, effectiveness, and financial sustainability, as well as serving as an ambassador and advocate for an awesome sport. I would share this experience has been very positive for me.

I am moving into my last year of a two-year term as VP, I'm also a parent who will see my son transition into juniors. I would challenge those in our lacrosse community who are passionate about the game or looking to be involved in the association growth to consider being on this board. This association has been fortunate to have great volunteers serving on this board. I am glad I took the opportunity 4 years ago to be involved. The commitment is reasonable, and the impact can be great. It does take a community to grow the game and the future with this association look bright. If you have more questions about being involved at a governance level, I'm more than happy to answer questions as well as share my thoughts and experiences.

Nicholas Thain
vicepresident@rockyviewlacrosse.com

Executive Director Report 2022 – Shannon Stiefel

This has been an enjoyable first year in the role of Executive Director, even with coming into it after the registration set up process was complete, and registration had already opened up. I missed out on the crucial first steps of the season, but it still seemed to be a smooth transition while working with Melanie. She has also offered to help me set everything up for next year's registration since I did not get to be part of it for 2022.

After the struggles through covid the past couple of years, things are starting to turn around for the better. Registration numbers were up this year, still less than pre-covid but hopeful that next year will be even higher.

6U – 42
8U – 59
10U – 58
12U – 52
14U – 52
16 U – 39

We had quite a few late registrants this year, making it a bit more challenging to get teams in order. We could possibly look at opening registration earlier next season and enhance advertising to create awareness sooner as to avoid all the late entries. Maybe start charging a late fee to encourage registering as early as possible?

I have booked 2 try it days for next year. One in Airdrie and one in Cochrane. All the evaluation floor time is booked and I'm working on securing our regular season floor times. I have sent out emails to the facilities with the dates we need and am waiting for confirmation.

We will need to order new (larger) pinnies for the mini tykes, but all other jerseys are still good. Looking at getting a few more goalie sticks and neck guards. I have ordered our first aid kits already. We will need more balls, but ALA is potentially going to order them for all clubs and distribute accordingly.

All the goalie gear has been cleaned and is ready for next season.

We co-hosted Canada Day again this year and I believe it went well. Most of our board was able to help throughout the weekend and we had some great baskets donated for the raffle tables. The sign-up genius was an easy way for parent volunteers to sign up for their time slots, however; some teams needed a few reminders.

In all, I think this year has been successful and I cannot wait to see what next year has in store!

Shannon Stiefel

2022 RVLA COACH DIRECTOR REPORT

Summary

We successfully placed head coaches on all 2022 RVLA teams. Not all teams had a head coach initially so we had to reach out to the team parents.

There was some confusion around the coaching clinic dates and times. Ultimately the clinic on March 26/27 was cancelled which inconvenienced a few coaches. The timing on this clinic was tight to begin with, and there were not many others scheduled. We should look at possibly bringing a clinic in house for future years.

There was some feedback from the coaches not knowing how to check their coaching credentials.

Here is a synopsis for future reference:

To check your accreditation level go to:

- <https://thelocker.coach.ca/> and navigate to the "attended" section to check on which courses you have taken.

To determine what credentials coaches need, I have taken this directly from the calgarylacrosse.com website (If you have moved up from 8U to 10U or 12U to 14U you will likely need a course.

If you completed a course last year at the Competitive Introduction level, THEN YOU MUST COMPLETE YOUR COACH WORKBOOK THROUGH YOUR ONLINE COACHING ACCOUNT BY MARCH 31, OR YOU WILL HAVE TO TAKE THE COURSE AGAIN. Due to the volume of workbooks that are submitted each year, it is advisable to complete and submit your online workbook by September 1st of the year you took the clinic to allow enough time for marking before the next season.

- There are three levels of Certification for all courses:

- **In Training** - means you have completed preclinic and/ or clinic and awaiting attendance to be marked

- **Trained** - means you have completed the workbook online (if applicable) following the clinic and it has been reviewed and approved; for Community Initiation and effective 2015 for Community Development, you will receive trained status after completion of the appropriate clinic and attendance is marked.

- **Certified** - means that in addition to completing the workbook, you have had an 'in person' assessment by a Master Facilitator, and have completed the 'Making Ethical Decisions' online test through the Coaching Association of Canada.(Competitive Introduction level only)

- A first year coach may be 'In Training' (this means you have **taken the clinic** and are awaiting attendance to be marked).

- if you are a first year coach at the **6U/8U** levels, you need to complete the Community Development.

- if you are a first year coach at the **10U / 12U** levels, you need to complete the Community Development clinic

- if you are a new coach at the **14U / 16U levels** you **must** complete the Community Development clinic/level first before you take the Competitive Introduction level; however, you cannot take both these levels in the same year, so you would have to start by taking the Community Development clinic;

- A second year (and beyond) coach must be 'Trained' status (this means you took the clinic with attendance marked, and completed any applicable workbook online and it has been successfully corrected)

The season ran very smoothly and there were not coaching incidents that were brought to my attention.

We did not conduct any Coaching Clinics this year as we didn't know for certainty the season would not be cancelled due to COVID. I hope we can re-institute these sessions in future years, they are invaluable for the less experienced coaches or the experienced coaches with limited lacrosse knowledge.

Shane Viste
RVLA Coach Director

14U Division Director Report 2021-22 Season

Our 14U Division had xx players on 3 teams this year. There were several coaches for the A and B teams and 2 coaches for the C team. There were no major issues reported to me as Division Director during the season.

In CDLA standings, our teams placed:

Division 1: Tied for 2nd based on regular season wins. Overall, 2nd in points scored and 2nd lowest in goals against. Strong scoring and defense comparatively.

Division 2: 4th of 9 in regular season, won one playoff game.

Division 3: 4th of 4. Won one playoff game. 1 regular season win and 10 losses.

I was able to observe a few practices and a game during the season. It may have just been the days I was able to visit, or the location of early season practices, but attendance could have been better for

the 2nd and 3rd division teams. Perhaps two balanced B teams will help attendance and success on both teams. I also received comment from the A team coaching staff that practices weren't as well attended as they could have been, and the team faced challenges at the start of the year due to conflicts with hockey, previous injuries for several players, and affiliate player's teams practicing at the same time.

Most of the questions I fielded from parents were on new players joining lacrosse at this age or asking if we have co-ed or girls only teams.

Don Logan
14U Division Director, Rockyview Lacrosse.

10U Division Director Report 2021-22 Season

Our 10U (U11) Division had 58 players on 4 teams this year. There was no less than 3 coaches for each team. There were no major issues during the season.

In CDLA standings, our teams placed:

Division 1: 4th of 5

Division 2: 6&7th of 8

Division 3: 8th of 8

While I know that some of this is due to the lack of play during the COVID pandemic, this would have also affected other associations. I believe we need to put a stronger focus on skill development in the younger age groups (U6,U8,U10) in an effort to improve the overall skill levels of the association. Development definitely needs to be a focus for Rockyview in these lower age groups.

I was able to observe a few practices during the season. A couple of items I noted about these practices that I believe could be improved included:

- Number of drills happening at one time.
 - Children were spending a great deal of time standing in line
 - We need to increase the reps for these kids to keep them engaged
- Basics of lacrosse
 - Players were often shooting from wrong side of floor
 - Cradling and Scooping were weak for most players.

I believe we need to focus on coach development for the younger teams and potentially some standardized practices that focus on skill development. If we can work on this development at these younger ages, the children will learn the skills much easier than if we allow bad habits to continue through the development years.

I want to stress that it was great to see how many volunteer coaches we had on the floor with this age group. Their dedication to working with the young groups should be commended. What we need to do is find a way to provide more support to these coaches as they are teaching Rockyview kids at the most impressionable ages. Their success will show down the road in the older divisions.

Rene Reutlinger
10U Division Director, Rockyview Lacrosse.