

CALGARY SABRECATS LACROSSE



2026 PLAYER EVALUATION & TEAM SELECTION PROCESS

ALL AGE DIVISIONS – GENERAL INFORMATION

OBJECTIVES OF PLAYER EVALUATIONS

- To provide a fair and impartial assessment of a player's total lacrosse skills during the evaluation process.
- To ensure that players have a reasonable opportunity of being selected to a team appropriate to their skill level as determined during the evaluations of the current year.
- To provide consistency in the evaluation process, such that, both player and parent experiences are consistent from year to year as players move through the various levels of the association's programs.
- To form teams focused on maintaining balanced and competitive play where the athletes can develop their skills, participate equitably, and have fun during the season.

A TEAM TRY OUTS

There are many factors to consider when a player and their family choose to try out for an A Team. A Team coaches have a higher expectation, such as an increase of playing intensity on and off the floor as well as an increase in time commitment. Families can expect increased financial contributions (extra floor time/dryland), tournament travel expenses etc.

Previous A Team playing experience does not guarantee placement on this season's A Team.

A Team Tryouts are a combination of drills and scrimmage play. The on-floor evaluation process will be led by the Junior players, coaches and select Sabrecats coaches.

Players registered in A Try-outs have up to 6 separate floor times in which they will be evaluated. There are no guarantees that any player will be granted more than one floor time as cuts will occur throughout the process.

During these floor times, each player will be evaluated on core lacrosse fundamentals appropriate for their age level including but not limited to: Passing/Catching, Shooting, Physical Endurance, Stick Skills, Athleticism, Defensive Ability, Overall Game Sense, Attitude/Effort, Coachability and Lacrosse IQ.

Evaluators will be a mixture of Junior Players, Coaches, as well as experienced Sabrecats members. Team placement will be decided by the player's total combined performance.

A Team Tryouts Missed Evaluations

Players are expected to show up for all evaluation sessions. Players who miss two sessions will not be included in the Lock group but will still be eligible to compete for the Pick group.

When a player is absent from a session, they are assigned an average score of the two players ranked above them and the two players ranked below them from the previous evaluation. This is referred to as TAGGING. The success of an absent player's placement is in the hands of those they are tagged to. It is important for players and their families to be mindful of this.

If a player misses an evaluation floor time due to injury, illness, or if there is a legitimate personal, family, or medical emergency they must contact the Age Group Coordinator as soon as possible. Each case will be reviewed by the applicable VP, President, and Director of Evaluations to determine the best course of action.

A Team Formation - Lock and Pick

Sabrecats A Teams are formed using a "Lock and Pick" formula.

For example:

Team Total 16 Runners: Top 10 Lock, 6 Coaches pick from players ranked 11-22.

Team Total 17 Runners: Top 11 Lock, 6 Coaches pick from players ranked 12-23

Team Total 18 Runners: Top 12 Lock, 6 Coaches pick from players ranked 13-24.

Team Formation

Involved in the process of team formation will be the President, appropriate VP, Director of Evaluations, Director of Coaching and A Team Head Coach (with at least three of those being independent – no child involved in the process). If any of these individuals have a child involved in team formation, they will excuse themselves from the process. The ultimate team placement must be approved by the applicable VP, President, and Director of Evaluations.

Team Announcement

Sabrecats A Teams will be announced at the same time as their age group B and C teams. After registration closes (March 15) and all evaluation data have been analyzed.

B AND C TEAM EVALUATIONS

Various methods will be used including Drills, Scrimmage, and the Grouping System.

Junior Lacrosse Coaches and Players Club will lead the on-floor evaluation process.

Grouping System

The Grouping system is useful for the initial sorting of athletes. Understanding the grouping system model prior to implementation is very important.

The grouping system is based on the understanding of working towards getting “like ability” players together in the same group by the end of the overall evaluation. The size of the groups is not as important as the “like ability”. It is perfectly fine if the same player gets moved up and down throughout the process. That means that this player falls in the range between two groups and is being compared in both.

Data Entry for Ranking

For transparency and fairness there will be two people scrutinizing all the data received. At the end of each session, evaluation data will be entered on-site. All evaluation data to be retained by the Executive Director and audited throughout the process.

Injured Players and Absent from Evaluation Guidelines:

Players are expected to show up for all evaluations.

When a player is absent from a session, they are assigned an average score of the two players ranked above them and the two players ranked below them from the previous evaluation. This is referred to as TAGGING. The success of an absent players placement is in the hands of those they are tagged to. It is important for players and their families to be mindful of this. The ultimate placement must be approved by the Age Group VP, President, and Director of Evaluations.

If a player misses an evaluation floor time due to injury, illness, or there is a legitimate personal, family, or medical emergency they must contact the Age Group Coordinator as soon as possible. Each case will be reviewed by the applicable Age Group VP, President, and Director of Evaluations to determine the best course of action.

Any player who misses all evaluation sessions will automatically be placed on a C Team.

Team Formation

Where there is a parity requirement; use of the “snake system” off the final ranking will be used. For example; if there are 3 teams in the same division/level as follows;

	Team Red	Team Blue	Team Yellow
Player	1	2	3
	6	5	4
	7	8	9
	12	11	10

Involved in the process of team formation will be the President, Division VP, Director of Evaluations and Director of Coaching (with at least three of those being independent – no child involved in the process). If any of these individuals have a child involved in a team formation, they will excuse themselves from the process. ** Friend requests are not accepted for any age division. **

Player Exception Age Division Requests

Movement requests will be ONLY for player safety and preservation of program and will be reviewed on a case-by-case basis by the Division VP and President.

Each player exception will be presented to, and voted on, by the CDLA for approval.

Team Size based on Registration Numbers

CDLA/ALA team sizes have mandated maximums:

U7 is designed to be 10 kids per team. (Some exceptions may be allowed)

U9-U17 are maxed at 18 runners and 2 goalies.

Once our team numbers are set - we can continue to accept late registrations provided it does not take us over the maximum team size.

Although team numbers can be a fluid exercise, we use a few guiding principles.

- Team size maximums.
- Goalies available.
- Trying to maximize the number of kids playing.
- Number of teams submitted at CDLA meeting in mid-March based on registration at that point.

Confidentiality, Dispute Resolution and Appeals:

Confidentiality is paramount. Sharing ranking stats is unacceptable under any circumstances. Disputes primarily center on parental concern that their player has not been placed on the correct team. Parents are to be referred to the Sabrecats Evaluation Appeal Policy.

Goalie Evaluations

Declared goalies for all age groups will be given a minimum of one dedicated floor time as an initial skill assessment.

Goalies who declare for A tryouts will go through that process. Goalies who elect not to try out for A teams will evaluate within their age group; they will be notified of their floor times by the same process as runners.

For U11 Goalies:

U11 is considered a development league. It is an opportunity for those players who are interested in becoming a goalie to try it out.

Those players who only want to be a goalie will be given that opportunity and evaluated as a goalie. Once placed on a team, there may be other players who are interested in playing goal. Those players must be given that opportunity. The declared goalie will be given the option to participate as a player for those impacted games.

FAQ for Players & Parents

When are the player evaluation sessions?

Our Association has a set schedule to inform parents and players of their initial evaluation time and location as well as when further sessions may occur pending the results of the initial assessment. All efforts will be made to notify players and parents as early as possible of their next session time.

How many evaluation sessions will there be?

Every parent and player should be aware prior to evaluations of the number of opportunities that the player will have to be assessed. Most age groups will have a target of 3-4 evaluation floor times.

Can my son/daughter play on the same team as their friend?

No friend requests are accepted at any age division. Our B/C teams are created by using the evaluation data and the 'snake system' to ensure teams are evenly balanced with all skill levels.

What is being evaluated?

Dependent on age division, lacrosse IQ, athleticism, technical knowledge, overall skill, offensive ability, and defensive ability.

Who will do the evaluations?

There are 3 key groups involved in the evaluations:

- Off floor coordinators and volunteers who will be responsible for tracking evaluations, contacting parents, players and scheduling sessions.
- On floor coaches to take players through the session.
- On floor evaluators who will be responsible to evaluate players during drills and scrimmages.

What should my son/daughter wear to the evaluation?

Full equipment is always mandatory. This includes:

- Helmet and Cage - For players aged 16 and under, all helmets must be CSA-approved for ice hockey, facemasks CSA-approved for lacrosse or CSA-approved for hockey with exceptions, or helmet and facemask unit approved by NOCSAE for lacrosse. Players aged 17 years and over are not required to use a CSA approved facemask for lacrosse until January 1, 2013. Until then, helmet and facemask configurations that were legal as per CLA policy and used in the 2011 season may continue to be used in the 2012 season.
- Shoulder Pads - One-piece adjustable pad which offers protection for the shoulders and arms. Hockey pads with CSA approval are accepted.
- Elbow Pads/Slash Guards - When using hockey shoulder pads, elbow pads or slash guards provide additional protection. Ensure your player is protected between the shoulder pad and elbow pads and further down the arm.
- Back and Kidney Pads - Lightweight and wrap around to protect the lower back and kidney area.
- Gloves - Hockey gloves with CSA approval are accepted. Box lacrosse gloves offer excellent protection and agility.
- Athletic Support Cup
- Basketball or flat court shoes.
- Mouthguard

Players need to check in upon their arrival at the facility at which time they will be assigned a numbered pinny. The evaluators will only know the player's pinny number - not their name.

What happens after the evaluation sessions?

Upon the completion of evaluations players will be contacted by the coach of their team. The coach will outline:

- Practice schedule
- Game schedule
- Introduction of other coaches and managers
- Setting of first meeting with parents and players