CALGARY SABRECATS LACROSSE

2025 PLAYER EVALUATION & TEAM SELECTION PROCESSES

ALL AGE DIVISIONS – GENERAL INFORMATION

Evaluation Manual - Guidelines and Processes
This manual was originally developed by the 2014 Sabrecats Board of Directors in conjunction with coaches and division coordinators from within the Sabrecats community. The purpose was to adopt a set of guidelines and rules that will help simplify and facilitate the yearly task of preparing and running evaluations. We recognize that dependent on registration numbers these processes may or may not fully encompass the necessities needed to organize each division. Therefore, it should be reviewed and updated by the sitting Executive each year prior to evaluations to ensure all points have been adopted and incorporated, including any changes to the divisional structure of lacrosse made by the CDLA, ALA or CLA.

Objectives of Player Evaluation
- To provide a fair and impartial assessment of a player's total lacrosse skills during the evaluation sessions.
- 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 Tryouts.
A Team Tryouts will be a combination of drills and scrimmage play. The on-floor evaluation process will be led by the Jr B Chill Lacrosse Club.

A Team Tryouts Evaluation Policy:
Each player registered in A Try-outs will be given up to 4 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 and Lacrosse IQ.

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

To be eligible to be considered for an A Team, a player must attend a minimum of 2 out of the 4 floor times.

A Team Tryouts Missed Evaluations:
Players are expected to show up for all evaluations unless they are informed otherwise. If a player is absent for one evaluation time, they will be assigned an average score of the two players ranked above them and the two players ranked below them from the previous evaluation. If a player misses the first evaluation, they will be assigned an average score of the two players ranked above them and two players ranked below them in the coach's end of season team rankings from the previous year.

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 Division Coordinator to explain the situation. Each case will be reviewed by the applicable VP, President, and Director of Evaluations to determine the best course of action.

Team Formation - Lock and Pick:
Sabrecat 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 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 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.

Final Cuts
Players who make it through all A evaluations but are not selected to the A team will be placed on a B level team without being required to participate in the B/C level evaluations.

All Other Evaluations
Various methods will be used including Drills, Scrimmage, and the Pod System. The Jr B Chill Lacrosse Club will lead the on-floor evaluation process.

Pod System:
Depending on the group and level, the Pod system is useful for the initial sorting of athletes. Understanding the pod system model prior to implementation is very important. The pod system is based on the understanding of working towards getting like ability players together in the same pod by the end of the overall evaluation. The size of the pods is not as important as the like ability. The most important factor in having an effective pod system is the frequency at which the players move between the pods. It is perfectly fine if the same player gets moved up and down multiple times throughout a floor time. That means that this player falls in the range between two pods and is being compared in both pods.

Key points to running the pods effectively:
- All pods should be doing the same drill at the same time. This will allow players to move frequently as players will be stronger in some drills than others.
- Use age specific, age and level appropriate drills.
- Evaluators are not grading players within their pod throughout the bulk of the floor time. They are simply looking for the top 1 or 2 (or more where necessary) to move up and the bottom 1 or 2 to move down. Middle of the range should remain in the pod.
- Very few players should have not moved at some point during floor time even if many players finish in the same pod they started.
- A floor "captain" should be moving about the floor – throughout the pods making sure players are constantly being moved up and down.
- In the last 5-10 minutes of the floor time, no further movement should occur so that the evaluator can provide a final rank for each player within their pod. This is imperative for the input to the ranking system spreadsheet and these rankings can be logged by the data input person in conjunction with the coordinator.
- If a scrimmage is done during the tail end or last 10 minutes of an evaluation time, players from 2 or 3 pods should be joined and split equally between the two teams. Pod evaluators would continue to rank players from their pod only.
- Initial pod setups should be done on the previous year's team level and/or experience. However, if the system is run properly, it shouldn't matter where each player starts, with enough pod movement of 2 or 3 floor times they will land with like ability players.

Data Entry for Ranking:
For transparency and fairness there will be two people entering all evaluation data. At the end of each evaluation, evaluation details are to be entered on-site. All evaluation sheets 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. If a player is absent for one evaluation time, they will be assigned an average score of the two players ranked above them and the two players ranked below them from the previous evaluation. If they miss the first evaluation, they will be assigned an average score of the two players ranked above them and two players ranked below them in the coach's end of season team rankings from the previous year. If a player is absent for two or more evaluation sessions, they will be ranked using a combination of their current year evaluation results and the previous year coach's assessments. The ultimate placement must be approved by the Age Group VP, President, and Director of Evaluations.

If a player will miss 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 to explain the situation. Each case will be reviewed by the applicable Age Group VP,

President, and Director of Evaluations to determine the best course of action. New players, with no experience, will be placed at the bottom; however, each player is subject to review by the Board on a case-by-case basis.

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, Division Coordinator, 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.

Player Exception Age Division Requests
Player exception requests, for age, will be considered only in U7 and U9.

Movement requests at other age levels 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. All goalies who either do not make an A team or elect not to try out for A teams will continue to evaluate within their age group. Unlike players, goalies who make it to the end of A Tryouts will not be automatically placed on a B team. 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?
As an association, we have 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.

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.

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