

SOUTHERN ALBERTA LACROSSE ASSOCIATION STING GUIDELINES

VERSION 1.0

LAST MODIFIED: October 25, 2023

1. PURPOSE

The SALA Sting provides accessible and fair opportunities for SALA Minor lacrosse players wishing to play at the highest level afforded to them.

Through thoughtful exchanges, partnerships, and collaborations the SALA Sting will work on meaningful competition and player development. The SALA Sting will engage with and follow ALA and CL guidelines so that there is always alignment and that they are in adherence to the strategic goals to elevate the culture and conscience of lacrosse in our region.

2. AUTHORITY

2.1. FINANCE GUIDELINES

The SALA Sting operates a breakeven budget, the fees collected are payable to SALA. The SALA Treasurer will manage the payment of expenses as submitted by each team manager.

2.2. FUNDRAISING/SPONSORSHIP

SALA Sting teams may request sponsorship dollars, those payments will be made to SALA and allocated to the appropriate team. Any fundraising must be in compliance with the AGLC. All sponsorship and fundraising requests/efforts must not supersede or interfere with what each local club does.

2.3. TEAM MANAGERS

Team managers will be selected once each team is formed. They are required to provide a team budget that is to be shared with the Treasurer. Team managers will work closely with the SALA Treasurer and must keep proper records.

3. FEE STRUCTURE

SALA Sting fees will be set at the start of each season for each division. Base fee structure is budgeted based on a roster of 18 runners and 2 goalies. A separate fee structure is budgeted for Red Shirt players based on the cost of Sting apparel.

Fees include and are not limited to two tournament entries, practice floor rental, and player apparel. Each team may set additional fees to be collected by team managers that support additional costs such as coach honorarium, travel expenses, and other additional costs.

4. AGE DIVISIONS

SALA Sting is a competitive player development program for U13, U15, and U17 age divisions. They will play in "A" level tournaments including but not limited to the Canada

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Day Tournament and Saskatoon. Tournaments are selected to ensure no interference with SALA league play and/or tournaments.

Exhibition games can be organized at each team's discretion. As well, teams wishing to pursue playing in the US National Box lacrosse tournament can do so but will be responsible for ensuring parent support and that all guidelines and insurance requirements are met.

5. COACHING

5.1. POLICY

- 5.1.1. All prospective Coaches, shall in each year they wish to coach, complete the "Intent To Coach Form" found on the SALA website.
- 5.1.2. Coach applications for Head Coach positions must be submitted in order to be considered for a coaching position. Applications for Head Coach must be submitted by January 15 for the upcoming playing season.
- 5.1.3. All Coaches, Assistant Coaches, Trainers, and Managers must obtain a Background Information Check and Vulnerable Sector Check every year, these are mandatory. Coaches, Trainers, and Managers must have this completed before April 1 of the current season. Checks are to be submitted to the Chair of SALA Sting Committee and must be uploaded into RAMP Coaching profiles.
- 5.1.4. Assistant Coach applicants may be considered for Head Coach if no suitable Head Coach application is received for a team. These individuals will be contacted to see if they are interested in being a Head Coach.

5.2. ELIGIBILITY CRITERIA

- 5.2.1. In order to be eligible for selection as a coach, trainer, or manager, or to continue to be a member of team staff past the deadlines noted below, individuals must:
- 5.2.2. Meet all requirements set forth by Lacrosse Canada, including completing all mandatory training.
- 5.2.3. Provide Background Information Check and Vulnerable Sector Check by April 15.
- 5.2.4. Provide a signed "Code of Conduct" form by April 15.
- 5.2.5. If requirements are not met then the individuals(s) will be notified in writing that they may not continue as a member of the team staff.

5.3. SELECTION CRITERIA

- 5.3.1. SALA may use a wide range of criteria it deems appropriate in order to select its Head Coaches, Assistant Coaches, and Trainers. The selection criteria includes, but is not limited to or constrained by the following:
 - 5.3.1.1. A level of experience commensurate with the level of lacrosse being coached.

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- 5.3.1.2. Demonstrated conformance to the Bylaws, Policies, and Regulations of the SALA, ALA, and LC.
- 5.3.1.3. Strong interest and commitment to child/athlete development, short and long term.
- 5.3.1.4. Ability to maintain a positive team environment.

5.4. SELECTION PROCESS

The SALA Sting Committee may canvas applications for all coaching positions, review all applications by prospective candidates, and other relevant parties and make its determination of the appropriate candidates for each Team.

- 5.4.1. The SALA Sting Committee will advise all candidates of their status in the timeliest possible manner.
- 5.4.2. In the event that the Head Coach Selection is unable to reach a unanimous decision, the decision will be determined by a vote by a special resolution meeting.
- 5.4.3. All decisions of the SALA Sting Committee are final. Grievance of coaching selection shall follow SALA Bylaws complaint process.
- 5.4.4. Preference will be given to non-parent Head Coaches who meet eligibility criteria.

5.5. COACH REMUNERATION

- 5.5.1. Head Coaches, Assistant Coaches, Trainers, and Managers shall serve without remuneration.
- 5.5.2. Non-parent Head Coaches, Assistant Coaches, Trainers, and Managers may receive an honorarium that is paid at the discretion of the team.
- 5.5.3. Teams may include in their budget travel expenses for non-parent Head Coaches, Assistant Coaches, Trainers, and Managers. Each team is responsible for the allocation and management of budget expenses.

6. EVALUATIONS

6.1. POLICY

Players will be invited to evaluation floor times as early as February and no later than March 31, with the schedule communicated beforehand. All players participating in the evaluation process must be registered with their home clubs prior to evaluations, this is an insurance requirement and no exceptions will be made.

Players and goaltenders will be evaluated by an ad-hoc committee appointed by the SALA Sting Committee. The evaluations will be made by the Head Coaches for that division and may include volunteer third party evaluator(s), or paid third party evaluator(s) at the discretion of the committee.

Tryout fee shall apply to each player participating. Fees will be set prior and communicated with the try out information, the fee covers cost of floor rental. Fees are collected prior to the player entering first evaluation.

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- 6.1.1. Evaluation floor times may include: Drills and skills and/or exhibition games vs other association A teams,
- 6.1.2. Attendance is mandatory for all sessions, unless prior permission is given by the SALA Sting Committee.
- 6.1.3. Once Player Selection is complete, players will be notified of the decision.

6.2. CRITERIA

Players will be evaluated on their on-floor and off-floor performance, based on:

- Shooting
- Passing
- Stick handling
- Positional Play
- Checking
- Fitness (Strength, Endurance, Agility)
- Attitude
- Teamwork
- Work Ethic
- Commitment (must disclose any date/time conflicts up front)
- Desire
- Discipline
- Coachability
- Conduct (includes Parents & Player past/present conduct)

In an effort to develop the A program, the committee when forming teams shall endeavor to have a balance of players from each region within SALA.

6.3. PROCESS

'A' level head coaches will all be ratified before the process begins

- Evaluations will be conducted by independent evaluators in parallel with the ratified head coach.
- The accepted team roster will be posted to the SALA website
- Not all players are guaranteed a spot on a rep team even if the total allowable roster number has not been met.

7. PLAYER DEVELOPMENT

The first concept is "Development over Winning." Winning is never the primary focus for clubs with a player development philosophy. Development oriented youth lacrosse programs start with the understanding that winning is the end result of good training, teamwork, and intensity. All too often, a misdirected focus on winning results, especially at the younger ages results in really ugly "playing at lacrosse" – a style of play that exploits the raw physical abilities of early bloomers and leaves weaker, late bloomers behind. This style of play may result in more wins at younger ages, but at the

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older ages when late bloomers catch up, the early bloomers of past seasons have never developed the skills necessary to play well at higher levels of competition. A development oriented coach focuses on the controllables - training, teamwork, intensity. In the end, you can't control the outcome of a game.

Lacrosse is a team sport, and at the highest levels of the game, team chemistry is a big part of the success of these teams. However, every player at the highest levels of the game got there because they have the requisite technical skills. The drive to win at the younger ages encourages early specialization, locking players into roles on a team that could delay their development as a complete player.

By playing on the lacrosse team, players learn many valuable aspects of teamwork such as cooperation and trust. At the youth level, the needs of the player need to come before the team. At this stage of development, the team and Sting program exist to serve the needs of the player. Simply put, the developmental needs of the player come first. Asking youth athletes to "sacrifice for the team" is not appropriate.

The SALA Sting adheres to the Canada Lacrosse Long Term Athlete Development model. For more information visit: [Lacrosse for Life LTAD Stages](#)

8. CODE OF CONDUCT

The SALA Sting is to adhere to the ALA Code of Conduct and Ethics Policy. You can reference it in the Appendix.

9. PRACTICES

To be determined by teams at the start of each season. Recommended that consideration be given to travel, SALA league schedule, and accessibility,

10. EQUIPMENT

Each player will be provided with a pair of shorts and dryland shirt. Additional Sting teamwear will be available for purchase at each player's discretion.

Jerseys are the property of SALA, loss or damage of a players jersey will result in a fee.

Goalies are to provide their own equipment, goalies who do not own their own equipment must request from their home club use of club gear for SALA Sting play.

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