| Ser | **TIME** | **TOPIC** | **SPEAKER** |
| --- | --- | --- | --- |
|  | 7:00 PM | Introductions | Co-president / All |
|  | 7:05 PM | The Directions of the Program   * Long Term Athlete Development (LTAD)   + <http://cla.pointstreaksites.com/files/uploaded_documents/2253/Box_Stages-EN_2.pdf> * FUNdamentals * CLA 6U / 8U / 10U rules and ALA exceptions and additions   + 6U – Option L with ALA modifications   + 8U – Option L with ALA modifications   + 10U Option L with ALA modifications   + <http://cloud.rampinteractive.com/ablax/files/LTAD/2018%20LTAD%20PDF-1.pdf>   ***NO CONTACT FOR 10U EVALUATIONS*** | Co-president / Coaching Director / Player Development |
|  | 7:15 PM | On-floor Requirements - Team Staff   * Head Coach, Assistant Coach, Manager, Trainer, Treasure, Parent Liaison, Other * Vulnerable Sector (VS) Check   + Within last 2 yrs, no matter the organization * Helmets for Assistants under 18 | Co-president |
|  | 7:20 PM | Coaching Clinics and Resources   * GELC List for Edmonton   + <http://gelc.ab.ca/content/2022-gelc-coaches-clinics> * ALA 2022 Coaching Resources / Clinics   + <https://www.albertalacrosse.com/content/coach-resources>   + <https://www.albertalacrosse.com/content/coaching-clinics> * Lacrosse Canada Resources   + <https://www.lacrosse.ca/content/coaching>   + <https://thelocker.coach.ca/event/public/5480025>   + <https://nccp.lacrosse.ca/index.php> | Coaching Director |
|  | 7:25 PM | GELC Coaches & Manager Meetings   * Changing the Game Project or Similar – TBC * GELC – Location and Timing – TBC | Co-president |
|  | 7:30 PM | Preseason and Season   * Contacting your team   + Info sheet   + Letter of introduction   + Parent meeting   + Ramp App * Selecting your staff – Assistant Coaches, Manger, Trainer, Parent Liaison, Jersey Parent, Treasurer, etc * Preseason practices 17 Mar to 17 Apr * No floor time in St. Albert from 4 to 10 Apr   + Will use Morinville Leisure Centre * Intent is * 6U/8U/10U – 2 hours per week. * 12U/14U/16U – 3 hours per week * Season opens week of 18 Apr | Coaching Director / Scheduler |
|  | 7:35 PM | Tournaments   * ALA List – <http://www.albertalacrosse.com/content/tournaments> * St Albert Rams Baggataway   + 10 to 12 Jun, Servus, Iginla/Kinex, Morinville, CFB Edmonton   + 8U to 16U All divisions and levels except 16U A, coed and female | Tournament Director |
|  | 7:40 PM | Equipment   * Pickup arranged with Equipment Director, Adam Connolly   + Jerome Iginla Arena (66 Hebert Rd, St Albert)   + Deposit cheques are required to secure return of the equipment at the end of the season   + $200 for the team equipment which includes jerseys and team bucket (balls, first aid kit, and tutor shooter for peewee and under)   + $250 for goalie equipment which includes uppers, leg guards, pants, gloves, stick, and bag (only required if team does not have a full time goalie or for 10U and below) | Equipment Manager |
|  | 7:45 PM | Volunteerism and Fundraising   * Bingos / Casinos * Evaluations   + Check-in table   + On-floor instructors * Baggataway * Team Staff   + Head Coach   + Manager   + First year Assistant Coaches * Fundraising | Volunteer Director |
|  | 7:50 PM | Medical and Emergency Plans   * First Aid Kits * Emergency Action Plans * Concussion assessment, monitoring, and tracking | Co-president |
|  | 7:55 PM | Evaluations   * On-floor Instructors * Evaluators * Coaches * Volunteers * Evaluation Manual   + Drills * Scoring Sheet * Selection Processes   + A Evals   + Parity   + 8U/10U   ***NO CONTACT FOR 10U EVALUATIONS*** | Co-president / Evaluation Director |
|  | 8:25 PM | Questions / Adjournment   * Next Meeting – 2 March, 7:00 PM, location TBC | All |

**Contacts**

Evaluations Director Cory Albrecht [evaluations@ramslacrosse.ca](mailto:evaluations@ramslacrosse.ca)

6U / 8U Director Sheldon Hendriks [6u8udirector@ramslacrosse.ca](mailto:6U8UDirector@ramslacrosse.ca)

10U / 12U Director Sheldon Hendricks [10u12udirector@ramslacrosse.ca](mailto:10U12UDirector@ramslacrosse.ca)

14U / 16U Director Craig Lemiski [14u16udirector@ramslacrosse.ca](mailto:14U16UDirector@ramslacrosse.ca)

Female Director Craig Lemiski [femaledirector@ramslacrosse.ca](mailto:femaledirector@ramslacrosse.ca)

Coaching Director Dean Casey [coachdirector@ramslacrosse.ca](mailto:coachdirector@ramslacrosse.ca)

Registrar Heather Rouse [registrar@ramslacrosse.ca](mailto:registrar@ramslacrosse.ca)

Promotions and Advertising Kris Evans [promotionadvertisingdirector@ramslacrosse.ca](mailto:promotionadvertisingdirector@ramslacrosse.ca)

Webmaster Kris Evans [webmaster@ramslacrosse.ca](mailto:clreich01@gmail.com)

Fundraising Director Laurea Fuoco [fundraisingdirector@ramslacrosse.ca](mailto:fundraisingdirector@ramslacrosse.ca)

Facility / Scheduling Director Glen Cuming [facilitiesschedulingdirector@ramslacrosse.ca](mailto:FacilitiesSchedulingDirector@ramslacrosse.ca)

Equipment Manager Adam Connelly [equipmentdirector@ramslacrosse.ca](mailto:equipmentdirector@ramslacrosse.ca)

Volunteer Director Laura Fuoco [volunteerdirector@ramslacrosse.ca](mailto:volunteerdirector@ramslacrosse.ca)

**Links**

St Albert Rams - <http://www.ramslacrosse.ca>

Greater Alberta Lacrosse Council - <http://gelc.ab.ca>

Alberta Lacrosse Association - <http://www.albertalacrosse.com/>

Lacrosse Canada - <https://www.lacrosse.ca/>

Rocky Mountain Lacrosse League - <http://www.rockymountainlax.com>

Lacrosse NCCP - <http://nccp.lacrosse.ca>

The Locer - <https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

Coach Canada – <http://www.coach.ca>

Lacrosse FITS - <http://www.lacrossefits.ca>