| 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

6U / 8U Director Sheldon Hendriks 6u8udirector@ramslacrosse.ca

10U / 12U Director Sheldon Hendricks 10u12udirector@ramslacrosse.ca

14U / 16U Director Craig Lemiski 14u16udirector@ramslacrosse.ca

Female Director Craig Lemiski femaledirector@ramslacrosse.ca

Coaching Director Dean Casey coachdirector@ramslacrosse.ca

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Promotions and Advertising Kris Evans promotionadvertisingdirector@ramslacrosse.ca

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Fundraising Director Laurea Fuoco fundraisingdirector@ramslacrosse.ca

Facility / Scheduling Director Glen Cuming facilitiesschedulingdirector@ramslacrosse.ca

Equipment Manager Adam Connelly equipmentdirector@ramslacrosse.ca

Volunteer Director Laura Fuoco 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>