

2022 Zone North Pre-evaluation Coaches' Meeting



7:30 PM

20 March 2022

Active Living Room, Servus Place

INTRODUCTIONS



Outline

- Direction of the Program
- On-floor Requirements
- Coaching Clinics
- GELC Meetings
- Preseason and Season Details
- Tournaments
- Equipment
- Volunteerism / Fundraiser
- Medical and Emergency Plans
- Evaluations
- Questions



Direction of the Program

- 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



On-floor Requirements – Team Staff

- Head Coach, Assistant Coach, Manager, Trainer, Treasure, Parent Liaison, Other
- Vulnerable Sector (VS) Check
 - Within last 2 years, no matter the organization
- Helmets for Assistants under 18



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>



GELC Coaching and Managers Meetings

- Changing the Game Project or Similar – TBC
- GELC – Location and Timing – TBC



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



Tournaments

- ALA List – <http://www.albertalacrosse.com/content/tournaments>
- St Albert Rams Baggataway
 - 10 to 12 Jun, Servus Place (x 3 surfaces, Jerome Iginla/Kinex, Morinville Leisure Centre, CFB Edmonton)
 - 8U to 16U All divisions and levels except 16U A, coed and female



Equipment

- Pickup arranged with Equipment Director, Adam Connelly
 - At Jerome Iginla Arena (66 Hebert Rd, St Albert)
 - Deposit cheques are required to secure return of the equipment at the end of the season
 - \$250 for the team equipment which includes jerseys and team bucket (balls, first aid kit, and tutor shooter for 12U 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)
- Balls for evaluation sessions provided



Volunteerism and Fundraising

- Bingos / Casinos
- Evaluations
 - Check-in table
 - On-floor instructors
- Baggataway
- Team Staff
 - Head Coach
 - Manager
 - First year Assistant Coaches
- Fundraising



Medical and Emergency Plans

- First Aid Kits
- Emergency Plans
- Concussion assessment, monitoring and tracking
- Forms - <http://gelc.ab.ca/content/forms>



Evaluations

- On-floor Instructors
- Evaluators
- Coaches
- Volunteers
- Evaluation Manual
 - Drills
- Scoring Sheet
- Selection Processes
 - A Evals
 - Parity
 - 8U/10U

NO CONTACT FOR 10U EVALUATIONS



Schedule

S	Seasor	Division	Team	Da	Date	Start Tim	End Tim	Hou	Field	Evaluator 1	Evaluator 2	Evaluator 3	Evaluator 4	Volunteer 1	Volunteer 2		
21	2022 Box	10U		Mon	7-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House					4:00 PM to 9:30 PM	4:00 PM to 9:30 PM		
22	2022 Box	10U		Mon	7-Mar-22	5:30 PM	6:30 PM	1:00	Servus Credit Union Place - North Field House								
23	2022 Box	12U	A	Mon	7-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
24	2022 Box	14U/16U Female		Mon	7-Mar-22	6:30 PM	7:30 PM	1:00	Servus Credit Union Place - North Field House								
25	2022 Box	14U	A	Mon	7-Mar-22	7:00 PM	8:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House					4:00 PM to 10:00 PM	4:00 PM to 10:00 PM		
26	2022 Box	16U	A	Mon	7-Mar-22	8:00 PM	9:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
28	2022 Box	10U		Tue	8-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place - North Field House								
29	2022 Box	10U		Tue	8-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place - North Field House								
30	2022 Box	12U	A	Tue	8-Mar-22	6:30 PM	7:30 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House					4:00 PM to 9:30 PM	4:00 PM to 9:30 PM		
31	2022 Box	14U	A	Tue	8-Mar-22	7:30 PM	8:30 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
32	2022 Box	16U	A	Tue	8-Mar-22	8:30 PM	9:30 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
35	2022 Box	10U		Wed	9-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
36	2022 Box	10U		Wed	9-Mar-22	5:30 PM	6:30 PM	1:00	Servus Credit Union Place - North Field House					4:00 PM to 9:30 PM	4:00 PM to 9:30 PM		
37	2022 Box	12U	A	Wed	9-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
38	2022 Box	14U/16U Female		Wed	9-Mar-22	6:30 PM	7:30 PM	1:00	Servus Credit Union Place - North Field House								
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41	2022 Box	10U		Thu	10-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place - North Field House								
42	2022 Box	10U		Thu	10-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place - North Field House								
43	2022 Box	12U	A	Thu	10-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
44	2022 Box	14U	A	Thu	10-Mar-22	7:00 PM	8:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House					4:00 PM to 7:30 PM	4:00 PM to 7:30 PM		
45	2022 Box	16U	A	Thu	10-Mar-22	8:00 PM	9:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
47	2022 Box	12U	Parity	Mon	14-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
48	2022 Box	14U	Parity	Mon	14-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place - North Field House								
49	2022 Box	16U	Parity	Mon	14-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House					Not required. Not evaluating these Divisions.	Not required. Not evaluating these Divisions.		
50	2022 Box	6U		Tue	15-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place - North Field House								
51	2022 Box	6U		Tue	15-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
52	2022 Box	8U		Tue	15-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
53	2022 Box	8U		Tue	15-Mar-22	6:00 PM	7:00 PM	1:00	Servus Credit Union Place - North Field House					6:00 PM to 10:00 PM	6:00 PM to 10:00 PM		
54	2022 Box	12U	Parity	Tue	15-Mar-22	7:00 PM	8:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
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56	2022 Box	16U	Parity	Tue	15-Mar-22	8:30 PM	9:30 PM	1:00	Servus Credit Union Place - North Field House								
58	2022 Box	6U		Wed	16-Mar-22	4:30 PM	5:30 PM	1:00	Servus Credit Union Place - North Field House					Not required. Not evaluating these Divisions.	Not required. Not evaluating these Divisions.		
59	2022 Box	6U		Wed	16-Mar-22	5:00 PM	6:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
60	2022 Box	8U		Wed	16-Mar-22	5:30 PM	6:30 PM	1:00	Servus Credit Union Place - North Field House								
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63	2022 Box	14U	Parity	Wed	16-Mar-22	7:00 PM	8:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								
64	2022 Box	16U	Parity	Wed	16-Mar-22	8:00 PM	9:00 PM	1:00	Servus Credit Union Place-Tudor Vet Hospital Field House								



Excel Version



Total Registration Numbers

2022

	6U	8U	10U	10U Female	12U A	12U	12U Female	14U A	14U	14U Female	16U A	16U	16U Female	Totals
Rams	21	24	21	0	6	23	3	12	20	4	16	27	5	148
Rebels	11	19	15	2	1	5	11	5	5	1	5	6	0	86
Wizards	11	6	3	0	4	14	7	4	6	5	9	18	5	92
Total	43	49	39	2	11	42	21	21	31	10	30	51	10	326

2019

	Mini Tyke	Tyke	Novice	Novice Girls	Peewee A	Peewee B/C	Peewee Girls	Bantam A	Bantam B/C	Bantam Girls	Midget A	Midget B	Midget Girls	Totals
Rams	44	28	35	11	14	40	0	9	25	4	7	22	8	247
Rebels	6	9	13	8	0	10	2	3	17	0	1	17	0	86
Wizards	13	22	27	3	3	37	7	6	39	5	7	9	1	179
Transfer											2			2
Total	63	59	75	22	17	87	9	18	81	9	17	48	9	514

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Total Registration Numbers

2022

	6U	8U	10U	10U Female	12U A	12U	12U Female	14U A	14U	14U Female	16U A	16U	16U Female	Totals
Rams	21	24	21	0	6	23	3	12	20	4	16	27	5	148
Rebels					1	5		5	5		5	6		
Wizards					4	14		4	6		9	18		
Total					11	42		21	31		30	51		

2019

	Mini Tyke	Tyke	Novice	Novice Girls	Peewee A	Peewee B/C	Peewee Girls	Bantam A	Bantam B/C	Bantam Girls	Midget A	Midget B	Midget Girls	Totals
Rams	44	28	35	11	14	40	0	9	25	4	7	22	8	247
Rebels	6	9	13	8	0	10	2	3	17	0	1	17	0	86
Wizards	13	22	27	3	3	37	7	6	39	5	7	9	1	179
Transfer											2			2
Total	63	59	75	22	17	87	9	18	81	9	17	48	9	514

104

98

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Next Meeting – 20 Mar 22

QUESTIONS



Miscellaneous

- Documents
 - ALA LTAD Changes
 - Tech Bulletins
 - [Warrior Cage](#)
 - ALA AGM Proxy
 - GELC Tournament Form – [Travel Permit](#)

