

STICKS & STONES

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EXCITING NEWS FOR CLA TO START NEW YEAR

Welcome to 2009 and Happy New Year! This year has started off well with the CLA receiving some exciting news from Sport Canada. Starting this past spring and continuing throughout the summer and into fall, I was busy providing statistical information to Sport Canada for its assessment of our organization. This information was to be in their Sport Funding and Accountability Framework (SFAF IV) which provides them with a funding score and an overall rank. Based on our progression as a sport over the last 8 years (2000-2008), I am pleased to inform you that our funding score was 19.0 with our overall ranking of 16 out of 41 sports in the Sport Participation and Development category. This is an increase from our previous SFAF score and ranking of 16.9 and 22nd respectively.

This improvement can be attributed to the CLA successfully completing identified priorities and objectives within our Strategic Plan over the course of that 8 year period as well as the work of our members in

growing the game in their respective jurisdictions. What is also exciting about our score is that if we continue with growing and expanding the game, I can see us easily moving up in the rankings.

Canoeing currently sits in 12th with 20 points, followed by Rugby (19.7), Cycling (19.2) and Bowling (19.1). Based on our overall assessment, there are areas that we can improve in. Two of the key - areas are national championships and coaching certification. In terms of national championships, increasing the number of female teams competing will go a long way to increasing our score in this area (1.5 out of a possible 5). This is currently being addressed with the introduction of the Bantam girls National Championships. Hopefully by the time we begin the process for our next assessment, we will have championships in multiple age groups. In terms of coaching, we need a two-pronged approach. Although we scored 2.7 out of a possible 5, our score was impacted by the lack of female coaches as well as the overall certification level of all our coaches. Introducing the Online Coaching program

will be a key component in addressing that certification issue. As for the number of female coaches, hopefully those numbers will increase as our Women's Box and Field programs start to take off.

The statistical results of the overall assessment are available for those of you who are interested in seeing how the CLA has done. Please contact me at david@lacrosse.ca and then can be provided to you.

We cannot stop here however. Currently, we are only able to access a pool of money set aside for Sport Participation and Development. There is another pool of money set aside in the Excellence category. It is imperative that we quickly design and implement a national team strategy and have our national teams continue their performance at international competitions in order for us to possibly qualify for that pool of money. Not only will our international performance effect our ability to apply for these funds, it will also effect our ability to be considered for the Canada Games – one of our a long term strategic objectives.

Here's to exciting times in 2009.

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Quote

"Coming together is a beginning; keeping together is progress; working together is success."

Henry Ford

CLA ONLINE COACHING PROGRAM KICKS OFF

The online caching program is now officially up and running! BCLA became the first MA to use the program on January 5, 2009 and have already begun to upload clinic dates and sign up their coaches and facilitators. BCLA Technical Director, Darcy Rhodes, is very excited about the potential of the online program. "I applaud the CLA and BCLA in moving forward with online coaching certification in Canada. I think the online component to coaching certification will become the norm in future years for all sports and it is nice to see lacrosse be a front runner in this technology."

While BCLA is currently the only MA using the program so far, individual coaches are still able to register for the online program by proceeding to <http://nccp.lacrosse.ca>. Coaches from Alberta, Manitoba, Ontario, New Brunswick and New York have already signed up on their own and now have access to all of the coaching tools, including the newest addition: physical testing for players. Coaches can sign on to use the program in two ways: to access the NCCP coaching materials and complete their coaching certifications or simply to use the tools section.

The online program is multi-dimensional, allowing not only coaches to access the pre-clinic material, sign up for clinics and complete their workbooks, but also per-

mitting learning facilitators to log-on and access the clinics they have facilitated and check off the coaches that have passed. Because of the role that the learning facilitators play in the delivery of our coaching programs, they can access the online program for a reduced one-time fee of \$10. Member associations are asked to contact the CLA office to request the log-in information for any learning facilitator who wishes to gain access to the website. Master learning facilitators will be permitted free access to the site and have been sent their log-in information.

A new and helpful addition has been made to the site. The help tab on the site now contains user guides outlining how to navigate through the system. There are four such guides for coaches undergoing NCCP training, coaches simply using the tools, learning facilitators/evaluators and member associations. These user guides are also available online on the CLA site, <http://www.lacrosse.ca/default.aspx?cid=442&lang=1>. These guides have been sent to translation and will soon be available in French as well.

CLA Coaching Sector Chair, Bill McBain, is confident that the online coaching program will be a huge success. "The on-line

coaching program provides coaches & administrators with a tool that not only creates a paper trail for coaches requiring training but a tool for all other coaches to have at their fingertips a source of professional development with things like: coaching DVDs, seasonal planners, practice plans and a complete multi-discipline drill manual. Coaches can now obtain a pass word, complete a pre-training assignment, select a clinic, attend the face-to-face session, complete their workbook and

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be automatically entered into the NCCP database. Afterwards, their password still grants coaches all the benefits of the Tools menu."

For more information about the online coaching program and how to get involved, please contact CLA Program Coordinator, Ross Ste-Croix, 613-260-2028 x301, ross@lacrosse.ca.

CLA 2009 SEMI-ANNUAL GENERAL CONFERENCE UPDATE

The CLA is preparing to deliver its 2009 Semi-Annual General Conference in Calgary Alberta. For the first time, the Semi-Annual General Conference will include a number of professional development workshops covering a wide variety of topics for the greater lacrosse community. The usual CLA semi-annual general meetings will also be held for identified delegates in conjunction with the conference.

The professional development workshops will be open to CLA meeting delegates and the general lacrosse community, including coaches, officials and club ad-

ministrators.

Calgary, Alberta is the host location for the 2009 Semi Annual General Conference with CLA delegate meetings taking place from May 28 to May 31. Conference workshops will be held on May 30 and will cover a number of topics, primarily intended for lacrosse coaches and officials at all levels.

More information, including registration and scheduling details, on the CLA Semi Annual General Conference will be available at www.lacrosse.ca in the coming

weeks.

CALL FOR SPEAKERS!

If you would be interested in running a workshop on Coaching or Officiating please contact the CLA Office. Contact

The CLF will be holding it's first Annual Charity Golf Tournament on Friday May 29, 2009

Ross Ste-Croix via email ross@lacrosse.ca or by phone 613-260-2028 x301.

THE MATRIX: AN UPDATE ON THE LTAD

On February 7th, the Holiday Inn Select at the Toronto Int'l Airport played host to a meeting of representatives of both the LTAD Committee and the CLA's Member Associations. Pursuant to discussions surrounding the LTAD Stages and Overview documents at the 2008 AGM, it was decided that a meeting was necessary to resolve a handful of controversial topics.

One of the major concerns surrounding the LTAD heading into the meeting was the amount of change that implementation would involve. The reality in Canada is that our expansive borders are home to a very wide range of talent, level of development and access to resources. Not only is this disparity seen between some member associations, but it is also evident when looking within many provinces.

The structure of the LTAD that was presented in November proposed a single pathway through the stages. A number of member associations shared their con-

cerns that some of their clubs would not be able to accommodate all of the suggested changes because of size, time and financial constraints. The solution of the LTAD Committee was to put forth a three-part matrix. Each column of the matrix lays out a different set of recommendations for the mini-tyke, tyke and novice levels. In addition, each member association was classified as Type 1, Type 2 or Type 3. Type 1 MAs can operate their clubs according to Option A, B or C of the matrix. Clubs in Type 2 MAs have the option of employing either Option B or C. Type 3 MAs will operate their clubs following the recommendations of Option C. The details of the three options were discussed at length and agreed upon by all present. The MAs were also given the opportunity to classify themselves as either Type 1, 2 or 3 to ensure that every MA's needs were met.

Some of the other changes discussed at the meeting involved nets sizes, the Ac-

tive for Life stage and the application of the LTAD matrix across disciplines. It was agreed upon that nets should measure three feet by three feet at the mini-tyke and tyke levels. It was also decided that net sizes should be increased to four foot by four foot six nets at the Junior B level and above. The LTAD Committee shared their plan to split the current Active for life stage into two parts, a competitive side and a recreational side. Finally, it was agreed upon that the matrix that was originally developed for box lacrosse only will be adapted and applied to both men's and women's field as well.

At this point, the LTAD Committee plans to make the proposed changes to the Stages and Overview documents and arrive at the SAGM in Calgary in May with final copies of both, at which time they will be asking the Board of Directors for final approval of these documents.

For more information on the progress of the CLA's LTAD plan, please contact Program Coordinator, Ross Ste-Croix, 613-260-2028 x301, ross@lacrosse.ca.

MEET THE EXECUTIVE

As a follow up to our December Issue where we met the CLA President, Joey Harris, Bruce Logan (VP-Organisational Development) and Stew Begg (VP-International Competition) we will finish off this segment by introducing our incoming VP Administration, Tom Engel.

How long have you been involved in lacrosse and in what capacity previous to serving on the Executive (i.e player, coach, administrator, official)?

TE: My involvement started when my oldest son, Rob, took up the sport at age 14 or 15 (1990 or 1991) with the South Edmonton Warriors. Since I had a pulse, I soon became involved. I coached, managed and served on the Executive. Eventually, all four of my kids played and one still does, at Senior. My last coaching experience was at Junior Ladies in 2007. I have my Level 2, trained by the master, Bill McBain (and I can confirm that I have never ran a zone defence!).

I served on the Board of the Greater Edmonton Lacrosse Council. I was President for 7 years.

I was the Chair of the Rocky Mountain Lacrosse League's Discipline and Appeals

Committee.

I was President of the ALA for 4 years.

What do you hope to achieve during your term in your current position on the Executive?

TE: I'm so new in this position that it's difficult to say what I want to accomplish in my term. However, I can say that I will concentrate on:

Reliable and accessible communications;
Procedural and substantive fairness in all areas of CLA operations;

A governance structure that is easy to understand and responsive to the needs of members;

Financial stability and resources to accomplish our goals

What do you envision for the future of lacrosse?

TE: The CLA's main goal, for me, is to have the most people playing lacrosse as possible, in all areas of Canada, from tyke to

masters, male and female, box and field.

It is a matter of concern for me that we have experienced, in many areas, a de-

"We must create an environment which is appealing to the broadcast spectrum of players and potential players as possible."

cline in numbers. Women's field is static or worse in many areas and "ordinary field" fails to progress as quickly as it might.

We have to identify why this is so and take measures to assist in reversing the trend.

We must create an environment which is appealing to the broadest spectrum of players and potential players as possible. If you don't take care of the roots, the top will wither; if you look after the lowest levels, the elite will naturally thrive. This is my personal philosophy.

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**CANADIAN LACROSSE ASSOCIATION
ASSOCIATION CANADIENNE DE CROSSE**

2211 Riverside Drive
Suite B-4
Ottawa, ON
K1H 7X5

Phone: 613-260-2028
Fax: 613-260-2029
E-mail:
sticks&stones@lacrosse.ca



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We, the CLA, must provide order and structure. In order to grow and thrive we need, in developed and developing areas:

- High quality coaching (and supply);
- High quality officiating (and supply);
- Uniform and consistent rules of play and enforcement;
- Abundant volunteers;
- Reliable and accessible communications;
- Procedural and substantive fairness in all areas of CLA operations;
- A governance structure that is easy to understand and responsive to the needs of members;
- Financial stability and resources to accomplish our goals.

What do you like to do in your spare time?

TE: As for what I do in my spare time, what

spare time? I'm involved on a volunteer basis in many criminal justice issues. I like to fish, garden, ski, play pick-up hockey, and watch hockey and CFL football. We have a place on the French River in Ontario that I like to get to as often as possible.

What is a favourite quote or saying that you follow in life?

TE:

I don't have a quote or saying that I follow in my life but there are two I've thought of recently, frequently. They are:

Einstein: "Insanity: doing the same thing over and over again and expecting different results";

Source unknown (to me): "those who do not learn from history are doomed to repeat it".

National Championships:

Pee Wee/Bantam Nationals August 2-8 - ON

Minto Cup - August 21st - 30th - ON

Midget Nationals - August - ON

Founders' Cup - August 17 -22 - Edmonton, AB

Presidents' Cup - August 24-29 - Six Nations, CANAM

First Nations Trophy/Alumni Cup - Sep.4th 6th - Winnipeg, MB

Mann Cup - September- Ontario

Ross Cup/Victory Trophy - Oct 9th to 11th - Mississauga, ON

Girls' Box Bantam Nationals - ON

International Events

Women's Sr. World Championships - June 17th - June 27th, 2009 - Prague, Czech Republic

IMPORTANT DATES/DEADLINES TO REMEMBER

DEADLINES:

February 27 - Negotiations lists for Inter-Member Transfers are due

March 1 - Rule change proposals due into office

March 4 - Transfers can begin

April 1 - Deadline for RIC (Box) appointment for Nationals

April 10 - Intercrosse fees are due

April 14 - Policy change proposal and reports for SAGM are due

April 30 - Deadline for entry fees to Minor Nationals

May 15 - Participant fees are due

June 1 - Deadline for entry fees Founders' and Presidents' Cups

June 12 - Deadline for National Championship trophies to be returned to the office



July 1 - Inter-Member Transfers (Box) must be completed

July 15 - Deadline for list of officials to work at National Championships

July 17 - Coach Registration fees are due

July 21 - First Nations Trophy and Alumni Cup entry fee are due

August 25 - Ross Cup and Victory Trophy entry fees are due

October 5 - Policy change proposal and reports for AGM are due

October 16 - Organization fees are due

November 15 - Claims for referee travel to National Championships are due

CLA Meetings:

CLF Golf Tournament - May 29th - Calgary, AB

Semi-Annual Meeting - May 28th to May 31st - Calgary, AB

Annual General Meeting - Nov. 19th to No.21st - Cornwall, ON