

LACROSSE FOR LIFE

LTAD IMPLEMENTATION PLAN

November 2011 (Revised on January 7, 2011)

Introduction

Lacrosse began its LTAD process (entitled *Lacrosse for Life*) at the CLA AGM in November 2006. Since that time, a number of important milestones were reached: the ratification of the overview and stages documents (May 2009) and the competition review (May 2010). However, there is much more work to be done, especially the critical implementation process of going from paper to the floor/field. A program, no matter how well it is designed, is destined to fail in the absence of an effective implementation process. This LTAD implementation plan is designed to identify what has been accomplished and what still needs to be done. It is divided into six sections: the Overview document, Box, Men's Field, and Women's Field Stages documents, Competition Review, Skill/Drill Cards, School Curriculum, and future LTAD initiatives. It includes specific tasks, responsibilities, costs and timelines. It includes two appendices. Appendix A provides a recommended communication strategy for coaches/parents at the mini-tyke, tyke, and novice divisions. This is where the major rule changes occurred. Appendix B offers provincial funding guidelines for LTAD implementation. This is to be used by MAs/AMAs to help subsidize the costs that will accompany implementation of *Lacrosse for Life*.

OVERVIEW DOCUMENT

TASK	RESPONSIBILITY	COST	TIMEFRAME
Write Overview Document	LTAD Committee	\$7,500	Completed March 2009
Ratify Overview Document	CLA BOD	n/a	Completed May 2009
Distribute Electronically	CLA and MAs/AMAs	n/a	Currently Available
Distribute printed versions of Overview document (8000 English/100 French)	CLA and MAs/AMAs	\$5,000	Summer 2009
Inform the lacrosse community (coaches, parents, club administrators, and board members) of the LTAD, its mandate, purpose and goals	CLA and MAs/AMAs	n/a	Ongoing

BOX STAGES DOCUMENT

TASK	RESPONSIBILITY	COST	TIMEFRAME
Write Box Stages Document	LTAD Committee	\$7,500	Completed March 2009
Ratify Box Stages Document	CLA BOD	n/a	Completed May 2009
Distribute Electronically	CLA and MAs/AMAs	n/a	Currently Available
Distribute printed versions of Box Stages document (8000 English/100 French)	CLA and MAs/AMAs	\$5,000	Summer 2009
Ratify rule changes	CLA BOD	n/a	Completed May 2010
Communicate Rule Changes	MAs/AMAs Appendix A contains a suggested communication strategy	n/a	Prior to 2011 season
Revise Community-Initiation Coaching Manual & Materials	National Resource Person	\$500	Completed July 2010
Learning Facilitator LTAD Training Session	NRP	\$18,000 (combined with Men's and Women's Field)	Calgary (Oct. 2010) Toronto (Jan. 2011)
Revise Community-Development Coaching Manual & Materials	NRP	\$500	Due by March 2011
Revise Competitive-Introduction Coaching Manual & Materials	NRP	\$500	Due by March 2011

MEN'S FIELD STAGES DOCUMENT

TASK	RESPONSIBILITY	COST	TIMEFRAME
Write Men's Field Stages Document	LTAD Committee	\$7,500	Completed March 2009
Ratify Men's Field Stages Document	CLA BOD	n/a	Completed May 2009
Distribute Electronically	CLA and MAs/AMAs	n/a	Currently Available
Distribute printed versions of Men's Field Stages document	CLA and MAs/AMAs	\$5,000	Summer 2009

(8000 English/100 French)			
Ratify rule changes	CLA BOD	n/a	Completed May 2010
Communicate Rule Changes	MAs/AMAs Appendix A contains a suggested communication strategy	n/a	Prior to 2011 season
Write Community-Initiation Coaching Manual & Materials	NRP	\$500	Due by March 2012
Learning Facilitator LTAD Training Session	NRP	\$18,000 (combined with Box and Women's Field)	Calgary (Oct. 2010) Toronto (Jan. 2011)
Revise Community-Development Coaching Manual & Materials	NRP	\$500	Due by March 2012
Revise Competitive-Introduction Coaching Manual & Materials	NRP	\$500	Due by March 2012
Acquire New Nets (mini-tyke, tyke)	Municipalities, MAs/AMAs, local associations, clubs	\$550 a set (5x5) There is access to provincial funding. See Appendix B.	2011 season

WOMEN'S FIELD STAGES DOCUMENT

TASK	RESPONSIBILITY	COST	TIMEFRAME
Write Women's Field Stages Document	LTAD Committee	\$7,500	Completed March 2009
Ratify Women's Field Stages Document	CLA BOD	n/a	Completed May 2009
Distribute Electronically	CLA and MA/AMA	n/a	Currently Available
Distribute printed versions of Women's Field Stages document (8000 English/100 French)	CLA and MA/AMA	\$5,000	Summer 2009
Ratify rule changes	CLA BOD	n/a	Completed May 2010
Communicate Rule Changes	MA/AMA Appendix A contains a	n/a	Prior to 2011 season

	suggested communication strategy		
Write Community-Initiation Coaching Manual & Materials	Joanne Stanga	\$500	Due by March 2011
Learning Facilitator LTAD Training Session	NRP	\$18,000 (combined with Box and Men's Field)	Calgary (Oct. 2010) Toronto (Jan. 2011)
Revise Community-Development Coaching Manual & Materials	Joanne Stanga	\$500	Due by March 2012
Revise Competitive-Introduction Coaching Manual & Materials	Joanne Stanga	\$500	Due by March 2012
Acquire New Nets (mini-tyke, tyke)	Municipalities, MAs/AMAs, local associations, clubs	\$550 a set (5v5) There is access to provincial funding. See Appendix B.	2011 season

COMPETITION REVIEW DOCUMENT

TASK	RESPONSIBILITY	COST	TIMEFRAME
Write Competition Review (national championship calendar, recommendation regarding practice-to-game ratios, statement regarding personal practice time, recommendation regarding provincial championships, recommendation regarding tiering and recommendation regarding effective facility usage).	LTAD Committee	\$5,000	Completed April 2010
Ratify Competition Review	CLA BOD	n/a	Completed May 2010
Draft Generic Schedules	LTAD Committee	n/a	Due by March 2011

SKILL/DRILL CARDS

TASK	RESPONSIBILITY	COST	TIMEFRAME
Complete Skill/Drill Cards	LTAD Committee	\$5,000	Completed March 2010
Distribute Skill/Drill Cards (2000 English/100 French)	CLA and MA/AMAs	\$15,000	May 2010

SCHOOL CURRICULUM

TASK	RESPONSIBILITY	COST	TIMEFRAME
Complete School Curriculum	LTAD Committee	\$4,000	Completed April 2010
Distribute School Curriculum (3000 English/250 French)	CLA and MA/AMAs	\$8,000	May 2010

FUTURE LTAD INITIATIVES

TASK	RESPONSIBILITY	COST	TIMEFRAME
Develop a CLA building proposal to distribute to the MAs and local associations that will include a blueprint and a financial analysis for constructing an outdoor box facility that can be taken to municipal governments and contractors to develop more facilities.	LTAD Committee	n/a	Due by May 2011
Partner with other sport organizations and institutions to develop new facilities	MAs/AMAs and Clubs	TBD	January 2012
Develop strategies of how to raise funds to build and/or renovate local facilities (i.e., raising fees, securing grants, etc.)	MAs/AMAs or Clubs	TBD	January 2012
Write Girls Box Document	LTAD Committee	\$20,000	Due by May 2011
Ratify Girls Box Document	CLA BOD	n/a	Due by November 2011
Develop a program for athletes with disabilities	LTAD Committee	\$20,000	Due by May 2012
Ratify program for athletes with disabilities	LTAD Committee	n/a	November 2012
Long-Term Officials Development	LTAD Committee and Officials Sector	\$20,000	Due by May 2012
Ratify Long-Term Officials Development	CLA BOD	n/a	November 2012
Develop a Talent Identification Guide based on LTAD	LTAD Committee	\$10,000	Due by November 2012
Ratify Talent Identification Guide	CLA BOD	n/a	November 2012
Create Strategies to allow for participation by 'late entry' athletes	LTAD Committee	\$1,000	Due by May 2013
Ratify 'late entry' athletes strategy	CLA BOD	n/a	May 2013
Develop a strategy to increase technical expertise at the club, provincial, and national levels	LTAD Committee	\$1,000	Due by May 2013
Ratify technical expertise strategy	CLA BOD	n/a	May 2013
Develop a long-term strategy for	LTAD Committee	\$1,000	Due by May

development of lacrosse-specific practitioners			2013
Ratify lacrosse-specific practitioners strategy	CLA BOD	n/a	May 2013
Audit of LTAD program and incorporation of recommendations	LTAD Committee	\$1,000	Due by May 2014

Appendix A

Rule Changes Communication Strategy

Lacrosse for Life has a number of significant rule changes at the mini-tyke, tyke, and novice divisions. These include: the number of players, size of playing surface, net size, length of games and practices, the role of officials and coaches, use of goalies, degree of contact, and fall-back, etc. To ensure that coaches, officials, administrators, parents, and players all understand the new rules and philosophy of *Lacrosse for Life*, the following communication strategy should be used.

- In the case of Ontario, BC, and Alberta, each MA and/or local association needs to determine well in advance of the 2011 season whether they will be adopting Option L, A, or X. Quebec needs to choose between Option A or X. All other MAs/AMAs will be using Option X.
- There are a number of sub-options within Options L, A, and X that will also need to be clarified well in advance of the 2011 season. Will the fall-back rule apply in Option L for mini-tyke and tyke? Will a goalie be used in Option X for tyke? Will referees be used in mini-tyke and Options A and X for tyke? If so, will it be 1 (recommended for cross-floor) or 2 (recommended for full floor)?
- Once the above decisions have been made, each MA/AMA and/or local association needs to revise its bylaws and/or regulations to ensure consistency. In addition, they should use their websites to communicate the new rules.
- When clubs have their parents and/or coaches meetings at the beginning of the year, the information provided by the MA/AMA and/or local association needs to be distributed.
- Websites should also include a sample practice plan for organizing the game/practice sessions. These are available in the community-initiation manuals or a special one could be designed.
- For the 2012 season, each MA/AMA and/or local association needs to ensure that the new net sizes for mini-tyke and tyke have been obtained. Some associations have decided to use the new nets for 2011. In this instance, a wood insert can be used to convert a 4x4 net to 3x3. In the long-term, approved nets that can either shift between 4x4 and 3x3 or permanent approved 3x3 nets must be used. Appendix B provides information for acquiring provincial funds for the new nets mandated by *Lacrosse for Life*.
- At the referee clinics, there needs to be an emphasis on the relevant rule changes. In particular, the different levels of contact and the fall-back rule for full-floor vs cross-floor. In addition, if referees are not being introduced at the mini-tyke and/or tyke levels, then there is no need to spend time explaining the new rules.
- All coaches should be encouraged to attend the community-initiation (mini-tyke and tyke) or community-development (novice) NCCP clinic. These clinics and coaches' manuals have been revised to incorporate *Lacrosse for Life*.

- For coaches who have previously attended the appropriate NCCP clinic, it is recommended that each local association and/or club should hold a special information night. This should take place on the floor, and should take about an hour. Obviously someone with a good knowledge of the LTAD overview and stages documents should lead these sessions. Topic areas should include:
 - rationale and philosophy of LTAD
 - net sizes (mini-tyke and tyke) – this comes in officially in 2012, but some MAs/AMAs may desire to start in 2011.
 - Role of coaches on the floor
 - Appropriate rules depending on whether it is Option L, A, or X. There are two rules that need to be emphasized and explained: contact (body position, equal pressure, place and push, or full contact) and fall-back.
 - For mini-tyke and tyke, options A and X, the combined game/practice sessions need to be explained. Why were they adopted? How can they be organized? For example, coaches can use their own teams and go through several activities in the practice session. Or all the coaches of the four teams using the same floor can establish stations and have the players rotate. The community-initiation manual shows how 15 minute practice sessions can be structured.

- During these information sessions, there may be some push-back from some coaches who do not like some of the new rules. They will suggest that changes be made. The person leading the session needs to explain that the purpose is to share information not debate *Lacrosse for Life*.

- At the first game/practice session, there should be an administrator from the local association or club to ensure that *Lacrosse for Life* is being followed and to answer any questions. Administrators should also periodically drop by the game/practice sessions over the course of the season.

- MAs/AMAs, local associations, and clubs should provide an opportunity for feedback. Using Survey Monkey can help go beyond anecdotal evidence. This level of feedback will allow for further refinement of *Lacrosse for Life*.

Appendix B

Provincial Funding for LTAD Implementation

Reflecting the federal nature of Canada, LTAD programs cross jurisdictions. Funding for the design of *Lacrosse for Life* was provided at the federal level (Sport Canada and the Coaching Association of Canada), but funding for the implementation of LTAD programs is at the provincial level. Each MA will receive the appropriate document from their provincial sport organization; the purpose of this appendix is to provide a brief overview.

Here are a couple of notes on the application process. First, no grant will be approved unless there is a ratified LTAD program and implementation plan.

Second, the maximum amount of the grant ranges province to province. For example, Alberta provides a maximum of \$7,500 per year, but in Nova Scotia it is only \$5,000 annually.

Third, funding requests must go through the provincial association, not through individual clubs or local associations.

Fourth, some provinces only allow funding at certain LTAD stages. For example, in Alberta, funding is restricted to “active start,” “fundamentals,” “learning to train,” and “training to train.” In Nova Scotia the emphasis is on “fundamentals” and “learning to train.”

There are two major types of costs associated with implementation. The first is communication to the grassroots in each province. The costs will be variable depending upon the communication strategy chosen by the MA (see Appendix A). All provinces grant applications for communicating LTAD.

The second is equipment, in particular, new nets at the Mini-Tyke, Tyke, and Junior B divisions. Junior B nets are required for 2011, but mini-tyke and tyke nets are not officially required until 2012. Nevertheless, it is wise to start planning early. Some provinces, like Saskatchewan, explicitly do not allow equipment purchases as part of funding for LTAD implementation. Others (Alberta, Manitoba, and Nova Scotia) do allow equipment purchases. Besides provincial government funding, there are other options for the purchase of nets. In many Junior B centres, the new larger nets have already been acquired by Senior A, Junior A, or Senior B teams. Another alternative is to convince the facility owner/operator to purchase the new nets. After all, hockey associations are not required to purchase their own nets. Finally, the individual clubs, local associations, or provincial body may be required to purchase the new nets. The decision on who is responsible for net acquisition is ultimately in the hands of the provincial association.