



LACROSSE FOR LIFE: COMPETITION REVIEW

December 2011



‘Competition is a good servant but a poor master’¹

The player’s journey in lacrosse is dictated by competition! Getting competition right is critically important as it drives coaching action and parental responses, as well as athlete training and enjoyment.

The following includes a:

- Proposed national championship calendar
- Recommendation regarding practice-to-game ratios
- Statement regarding personal practice time
- Recommendation regarding provincial championships
- Recommendation regarding tiering
- Recommendation regarding effective facility usage

All of the above have been drafted by the CLA’s LTAD Technical Committee with the optimal player development pathway for lacrosse in mind.

¹Colin Wilson, Former Consultant for High Performance Coaching, sportscoach UK, 2004.

NATIONAL CHAMPIONSHIP CALENDAR

Championship	AUGUST				SEPTEMBER		OCTOBER
	1st Week	2nd Week	3rd Week	Final Week	Labour Day W/E	2nd-3rd Week	Thanksgiving W/E
Pee Wee (Box)	■						
Bantam (Box)	■						
Bantam Girls (Box)	■						
Midget (Box)	■						
Midget Girls (Box)	■						
Canada Games (Box and/or Field)*	■	■	■	■			
Founders - Jr. B (Box)			■				
Minto - Jr. A (Box)				■			
President's - Sr. B (Box)					■		
Mann - Sr. A (Box)						■	
Alumni - U16 (MF)					■		
First Nations - U19 (MF)					■		
Ross - Sr. A (MF)							■
Victory - Sr. B (MF)							■
Jenny Kyle - Jr. (WF)			■				
Robertson - Sr. (WF)			■				

*The Canada Summer Games occurs for three weeks in August every four years. The precise dates change every quadrennial. In addition, the lacrosse event will take place for about 10 days in that three week window.

**The first week of a month is understood to be the first week containing a Friday.

MINOR LACROSSE NATIONAL CHAMPIONSHIP FORMAT

# of Teams	Format	Playoffs	Max. # of Games
6	Full round-robin	Semi-Final: 2 v. 3 "A" Gold (1 v. Winner of 2 v. 3) "A" Bronze (4 v. Loser of 2 v. 3) "B" Gold (5 v. 6)	7
7	Full round-robin	Semi-Finals: 2 v. 3; 6 v. 7 "A" Gold (1 v. Winner of 2 v. 3) "A" Bronze (4 v. Loser of 2 v. 3) "B" Gold (5 v. Winner of 6 v. 7)	8
8	Full round-robin	Semi-Finals: 2 v. 3; 6 v. 7 "A" Gold (1 v. Winner of 2 v. 3) "A" Bronze (4 v. Loser of 2 v. 3) "B" Gold (5 v. Winner of 6 v. 7) "B" Bronze (8 v. Loser of 6 v. 7)	9
9	Full round-robin	Semi-Finals: 2 v. 3; 6 v. 7 "A" Gold (1 v. Winner of 2 v. 3) "A" Bronze (4 v. Loser of 2 v. 3) "B" Gold (5 v. Winner of 6 v. 7) "B" Bronze (8 v. Loser of 6 v. 7)	10
10	Full round-robin	Semi-Finals: 2 v. 3; 6 v. 7 "A" Gold (1 v. Winner of 2 v. 3) "A" Bronze (4 v. Loser of 2 v. 3) "B" Gold (5 v. Winner of 6 v. 7) "B" Bronze (8 v. Loser of 6 v. 7) 9 v. 10	11

MAJOR LACROSSE NATIONAL CHAMPIONSHIP FORMAT

# of Teams	Format	Playoffs	Max. # of Games
2	Best of 7 series	Best of 7 series	7
3	Double round-robin	Championship game (1 v. 2)	5
4	Full round-robin	Semi-Final (2 v. 3) Final (1 v. Winner of 2 v. 3)	7
5-7	Full round-robin	Medal games (1 v.2; 3 v. 4)	7
8	Two pools (full round robin within)	Cross-over semi-finals (A1 v. B2; B1 v. A2) Medal games	5 (8 teams)
9-10	Two pools (full round robin within)	Cross-over semi-finals (A1 v. B2; B1 v. A2) Medal games	6 (9-10 teams)

NATIONAL CHAMPIONSHIP TOURNAMENT DETAILS

Championship	Age	Site Selection	Duration	Team Eligibility	Teams /MA	Notice of Attendance	Entry Fee Deadline
Pee Wee (Box)	11-12 yrs.	Bid	7 days	Prov. All-Stars	1	Jan. 31	Apr. 30
Bantam (Box)	13-14 yrs.	Bid	7 days	Prov. All-Stars	1	Jan. 31	Apr. 30
Bantam Girls (Box)	13-14 yrs.	Bid	4 days	Prov. All-Stars	1	Jan. 31	Apr. 30
Midget (Box)	15-16 yrs.	Bid	7 days	Prov. All-Stars	1	Jan. 31	Apr. 30
Midget Girls (Box)	15-16 yrs.	Bid	4 days	Prov. All-Stars	1	Jan. 31	Apr. 30
Canada Games (Box and/or Field)	U19	Determined by CGC	10 days	Prov. All-Stars	1	???	???
Founders - Jr. B (Box)	17-21 yrs.	Rotation	9 days	Clubs	1 + host	Jun. 1	Jun. 1
Minto - Jr. A (Box)	17-21 yrs.	Rotation	9 days	Clubs	1 + host	n/a	n/a
President's - Sr. B (Box)	22+ yrs.	Rotation	9 days	Clubs	1 + host	Jun. 1	Jun. 1
Mann - Sr. A (Box)	22+ yrs.	Rotation	11 days	Clubs	1	n/a	n/a
Alumni - U16 (MF)	15-16 yrs.	Rotation	3 days	Prov. All-Stars	1	Jul. 5	Jul. 5
First Nations - U19 (MF)	17-19 yrs.	Rotation	3 days	Prov. All-Stars	1	Jul. 5	Jul. 5
Ross - Sr. A (MF)	20+ yrs.	Rotation	3 days	Clubs	1 + host	Aug. 9	Aug. 9
Victory - Sr. B (MF)	20+ yrs.	Rotation	3 days	Clubs	1 + host	Aug. 9	Aug. 9
Jenny Kyle - Jr. (WF)	17-19 yrs.	Bid	3 days	Prov. All-Stars	1	Jun. 1	Jun. 1
Robertson - Sr. (WF)	20+ yrs.	Bid	3 days	Prov. All-Stars	1	Jun. 1	Jun. 1

Major changes:

- Midget (Box) has been moved up to run at the same time as the other Minor Nationals

Rationale:

- Moving Midget Box removes conflict with Midget Field
- Provides longer window of competition for Midget Field
- Opens up opportunities for bigger player pool in Midget Field
- Encourages the development of more players to participate in nationals
- Allows for early planning for nationals (i.e. facilities, etc) and seasonal planning

CANADA GAMES

It is recommended that the Canadian Lacrosse Association apply to the Canada Games Council for inclusion of the following four sports:

- Men's Box Lacrosse
- Women's Box Lacrosse
- Men's Field Lacrosse
- Women's Field Lacrosse

Recommended team size is 25 (20 players, 3 coaches, 1 trainer and 1 manager).

Traditionally, sports admitted into the Canada Games have been played only by provincially representative teams. It is important that in the CLA's application to be included in the Canada Games that a request be made to include a Team Iroquois. The Iroquois Lacrosse Association is a key member of the CLA given the significance that lacrosse represents in Aboriginal culture and history. The CLA treats the ILA as a separate member, allowing Iroquois teams to participate in national championships and play against provincial teams (Team Ontario, Team BC, etc). The Iroquois nation is also recognized as a separate nation within the Federation of International Lacrosse and Team Iroquois plays as a separate nation at World Championships.

It would be of the utmost importance that the ILA be permitted to send a team to the Canada Games. The CLA's application to the Canada Games Council should emphasize the importance, origin, cultural significance and symbolism lacrosse has for the Aboriginal peoples of Canada, thus qualifying lacrosse as a sport with 'cultural significance and nation-building potential.

SAMPLE SCHEDULES: MINOR LACROSSE

6 Team Schedule

Full Round Robin (6-7 games/team)

Round	Game #1	Game #2	Game #3
A	Team 1	Team 2	Team 5
	Team 3	Team 4	Team 6
B	Team 3	Team 2	Team 1
	Team 5	Team 6	Team 4
C	Team 4	Team 3	Team 1
	Team 6	Team 2	Team 5
D	Team 6	Team 5	Team 4
	Team 1	Team 2	Team 3
E	Team 1	Team 6	Team 5
	Team 2	Team 3	Team 4
Semi-finals	1	2nd Place 3rd Place	
Finals	"B" Gold 5th Place 6th Place	"A" Bronze Loser #1 4th Place	"A" Gold 1st Place Winner #1

7 Team Schedule

Full Round Robin (7-8 games/team)

Round	Game #1	Game #2	Game #3
A	Team 1	Team 7	Team 6
	Team 2	Team 4	Team 5

B	Team 1	Team 2	Team 7
	Team 3	Team 4	Team 6

C	Team 3	Team 2	Team 1
	Team 5	Team 6	Team 7

D	Team 4	Team 3	Team 1
	Team 6	Team 7	Team 5

E	Team 5	Team 4	Team 3
	Team 7	Team 1	Team 2

F	Team 6	Team 5	Team 4
	Team 1	Team 2	Team 3

G	Team 7	Team 6	Team 5
	Team 2	Team 3	Team 4

Semi-finals	1	6th Place 7th Place	2	2nd Place 3rd Place
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Finals	"B" Gold	"A" Bronze	"A" Gold
	5th Place Winner #1	Loser #2 4th Place	1st Place Winner #2

8 Team Schedule

Full Round Robin (8-9 games/team)

Round	Game #1	Game #2	Game #3	Game #4
A	Team 1	Team 8	Team 7	Team 6
	Team 2	Team 3	Team 4	Team 5

B	Team 1	Team 2	Team 8	Team 7
	Team 3	Team 4	Team 5	Team 6

C	Team 3	Team 2	Team 1	Team 4
	Team 5	Team 6	Team 7	Team 8

D	Team 4	Team 3	Team 2	Team 1
	Team 6	Team 7	Team 8	Team 5

E	Team 6	Team 5	Team 4	Team 3
	Team 8	Team 7	Team 1	Team 2

F	Team 7	Team 6	Team 5	Team 4
	Team 8	Team 1	Team 2	Team 3

G	Team 8	Team 7	Team 6	Team 5
	Team 1	Team 2	Team 3	Team 4

Semi-finals	1	6th Place 7th Place	2	2nd Place 3rd Place
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	"B" Bronze	"B" Gold	"A" Bronze	"A" Gold
Finals	Loser #1 8th Place	5th Place Winner #1	Loser #2 4th Place	1st Place Winner #2

9 Team Schedule

Full Round Robin (8-10 games/team)

Round	Game #1	Game #2	Game #3	Game #4
A	Team 9	Team 8	Team 7	Team 6
	Team 2	Team 3	Team 4	Team 5
B	Team 1	Team 9	Team 8	Team 7
	Team 3	Team 4	Team 5	Team 6
C	Team 2	Team 1	Team 9	Team 8
	Team 4	Team 5	Team 6	Team 7
D	Team 3	Team 2	Team 1	Team 9
	Team 5	Team 6	Team 7	Team 8
E	Team 4	Team 3	Team 2	Team 1
	Team 6	Team 7	Team 8	Team 9
F	Team 5	Team 4	Team 3	Team 2
	Team 7	Team 8	Team 9	Team 1
G	Team 6	Team 5	Team 4	Team 3
	Team 8	Team 9	Team 1	Team 2
H	Team 7	Team 6	Team 5	Team 4
	Team 9	Team 1	Team 2	Team 3
I	Team 8	Team 7	Team 6	Team 5
	Team 1	Team 2	Team 3	Team 4
Semi-finals	1 6th Place 7th Place	2 2nd Place 3rd Place		
Finals	"B" Bronze Loser #1 8th Place	"B" Gold 5th Place Winner #1	"A" Bronze Loser #2 4th Place	"A" Gold 1st Place Winner #2

10 Team Schedule

Full Round Robin (9-11 games/team)

Round	Game #1	Game #2	Game #3	Game #4	Game #5
A	Team 10	Team 9	Team 8	Team 7	Team 6
	Team 1	Team 2	Team 3	Team 4	Team 5

B	Team 2	Team 1	Team 9	Team 8	Team 7
	Team 10	Team 3	Team 4	Team 5	Team 6

C	Team 10	Team 2	Team 1	Team 9	Team 8
	Team 3	Team 4	Team 5	Team 6	Team 7

D	Team 4	Team 3	Team 2	Team 1	Team 9
	Team 10	Team 5	Team 6	Team 7	Team 8

E	Team 10	Team 4	Team 3	Team 2	Team 1
	Team 5	Team 6	Team 7	Team 8	Team 9

F	Team 6	Team 5	Team 4	Team 3	Team 2
	Team 10	Team 7	Team 8	Team 9	Team 1

G	Team 10	Team 6	Team 5	Team 4	Team 3
	Team 7	Team 8	Team 9	Team 1	Team 2

H	Team 8	Team 7	Team 6	Team 5	Team 4
	Team 10	Team 9	Team 1	Team 2	Team 3

I	Team 10	Team 8	Team 7	Team 6	Team 5
	Team 9	Team 1	Team 2	Team 3	Team 4

Semi-finals	1	6th Place	2	2nd Place
		7th Place		3rd Place

	9th Place	"B" Bronze	"B" Gold	"A" Bronze	"A" Gold
Finals	9th Place	Loser #1	5th Place	Loser #2	1st Place
	10th Place	8th Place	Winner #1	4th Place	Winner #2

SAMPLE SCHEDULES: MAJOR LACROSSE

6 Team Schedule

Full Round Robin: 6 games/team

Team 1	Team 4
Team 2	Team 5 (Host)
Team 3	Team 6

Day	1:00 PM	4:30 PM	8:00 PM
Tues	Team 1	Team 3	Team 5
	Team 2	Team 4	Team 6

Wed	Team 4	Team 3	Team 2
	Team 6	Team 1	Team 5

Thurs	Team 2	Team 4	Team 5
	Team 6	Team 1	Team 3

Fri	Team 4	Team 3	Team 1
	Team 2	Team 6	Team 5

Sat	Team 6	Team 3	Team 5
	Team 1	Team 2	Team 4

	11:00 AM Tier 2 Gold	2:00 PM Bronze Medal	5:00 PM Gold Medal
Sun	5th Place 6th Place	3rd Place 4th Place	1st Place 2nd Place

7 Team Schedule

Full Round Robin: 6-7 games/team

Team 1 (Host) Team 5
 Team 2 Team 6
 Team 3 Team 7
 Team 4

Day	9:00 AM	11:45 AM	2:30 PM	5:15 PM	8:00 PM
Tues		Team 1	Team 3	Team 5	Team 7
		Team 2	Team 4	Team 6	Team 1

Wed		Team 2	Team 4	Team 6	Team 3
		Team 3	Team 5	Team 7	Team 1

Thurs	Team 7	Team 3	Team 4	Team 5	Team 1
	Team 5	Team 6	Team 2	Team 3	Team 6

Fri		Team 2	Team 6	Team 2	Team 5
		Team 5	Team 4	Team 7	Team 1

Sat		Team 4	Team 6	Team 7	Team 1
		Team 7	Team 2	Team 3	Team 4

	11:00 AM Tier 2 Gold	2:00 PM Bronze	5:00 PM Gold
Sun	5th Place 6th Place	3rd Place 4th Place	1st Place 2nd Place

8 Team Schedule

Two Groups of 4 with cross-over semi-finals (5-6 games team)

Group A

Team 1
Team 2
Team 3
Team 4

Group B

Team 5
Team 6
Team 7
Team 8 (Host)

Day		11:00 AM		2:00 PM		5:00 PM		8:00 PM
Wed	1	Team 1 Team 2	2	Team 3 Team 4	3	Team 5 Team 6	4	Team 7 Team 8
Thurs	5	Team 6 Team 7	6	Team 2 Team 3	7	Team 4 Team 1	8	Team 8 Team 5
Fri	9	Team 4 Team 2	10	Team 3 Team 1	11	Team 7 Team 5	12	Team 6 Team 8
Sat	13	3rd Place A 4th Place B	14	4th Place A 3rd Place B	15	1st Place A 2nd Place B	16	2nd Place A 1st Place B
		11:00 AM Tier 2 Bronze		2:00 PM Tier 2 Gold		5:00 PM Bronze		8:00 PM Gold
Sun		Loser #13 Loser #14		Winner #13 Winner #14		Loser #15 Loser #16		Winner #15 Winner #16

9 Team Schedule

Two Groups: One of 4 & one of 5 with cross-over semi-finals (4-6 games team)

Group A

Team 1
Team 2
Team 3
Team 4

Group B

Team 5
Team 6
Team 7
Team 8
Team 9 (Host)

Day	9:00 AM	11:45 AM	2:30 PM	5:15 PM	8:00 PM
Tues	1 Team 1 Team 2	2 Team 5 Team 6	3 Team 3 Team 4	4 Team 7 Team 8	5 Team 9 Team 5

Wed	6 Team 5 Team 7	7 Team 4 Team 1	8 Team 6 Team 7	9 Team 2 Team 3	10 Team 8 Team 9
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Thurs	11 Team 6 Team 8	12 Team 3 Team 1	13 Team 4 Team 2	14 Team 5 Team 8	15 Team 7 Team 9
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Fri		16 1st Place A 4th Place A	17 2nd Place A 3rd Place A		18 Team 6 Team 9
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Sat		19 3rd Place A 4th Place B	20 4th Place A 3rd Place B	21 1st Place A 2nd Place B	22 2nd Place A 1st Place B
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	9:00 AM Tier 2 Bronze	11:00 AM Tier 2 Gold	2:00 PM Bronze	5:00 PM Gold
Sun	Loser #19 Loser #20	Winner #19 Winner #20	Loser #21 Loser #22	Winner #21 Winner #22

10 Team Schedule

Two Groups of 5 with cross-over semi-finals (5-6 games team)

Group A

Team 1
Team 2
Team 3
Team 4
Team 5

Group B

Team 6
Team 7
Team 8
Team 9
Team 10 (Host)

Day	9:00 AM	11:45 AM	2:30 PM	5:15 PM	8:00 PM
Tues	1 Team 1 Team 2	2 Team 6 Team 7	3 Team 3 Team 4	4 Team 8 Team 9	5 Team 10 Team 7

Wed	6 Team 5 Team 4	7 Team 2 Team 3	8 Team 8 Team 6	9 Team 1 Team 5	10 Team 9 Team 10
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Thurs	11 Team 6 Team 9	12 Team 1 Team 4	13 Team 2 Team 5	14 Team 7 Team 9	15 Team 10 Team 6
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Fri	16 Team 3 Team 1	17 Team 7 Team 8	18 Team 2 Team 4	19 Team 5 Team 3	20 Team 8 Team 10
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Sat	21 5th Place A 5th Place B	22 3rd Place A 4th Place B	23 4th Place A 3rd Place B	24 1st Place A 2nd Place B	25 2nd Place A 1st Place B
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	9:00 AM Tier 2 Bronze	11:00 AM Tier 2 Gold	2:00 PM Bronze	5:00 PM Gold
Sun	Loser #22 Loser #23	Winner #22 Winner #23	Loser #24 Loser #25	Winner #24 Winner #25

RECOMMENDATION REGARDING PRACTICE-TO-GAME RATIOS

Stage	Off floor (min per week)	On floor skill (min per week)	Competition specific training (min per week)	Game (min per week)	Number of lacrosse sessions/week
Active Start	0	60 min	0	60 min	2
Fund 1	0	60 min	0	60 min	2
Fund 2	0	100-108 min	12-20 min	60 min	3 (1 game; 2 training sessions)
L2T	0	105-120 min	30-45 min	75 min	3 (1 game; 2 training sessions)
T2T	45-60 min	105-120 min	30-45 min	90 min	4 (1 game; 3 training sessions)
L2C	20-30 min	75-100 min	50-75 min	240 min	4 (2 games; 2 training sessions)
T2C	20-30 min	100 - 120 min	60-80 min	300 min	4 (2 games; 2 training sessions)
L2W	20-30 min	100-120 min	60-80 min	300 min	4 (2 games; 2 training sessions)
T2W	20-30 min	100-120 min	60-80 min	300 min	4 (2 games; 2 training sessions)
Active for Life: Competition	20-30 min	30 min	30 min	60 min	2 (1 game; 1 training session)
Active for Life: Recreation	0	0	0	60 min	1 (1 game)

- Active Start and Fundamental Session is defined as 60 minutes
- L2T session is defined as 75 minutes
- L2C session is defined as 120 minute training session; 120 minute game

Off floor training is defined as an ‘organized session focusing on physical and/or mental preparation’

On floor skill training is defined as ‘individual technical lacrosse skills such as passing, catching, loose balls’

Competition specific training is defined as ‘team tactics such as transition systems, picks and screens, breakouts’

Game is defined as ‘organized, structured competition’

Notes:

- These are averages that are spread out over the season. For example, during the pre-season phase the practice ratio will be higher due to evaluations and tryouts, but during the play-downs phase the practice ratio will be lower. In addition, the ratio of “on-floor skill” versus “competition-specific” training will fluctuate depending on the time in the seasonal plan. See the sample seasonal plans for more information.
- Personal practice time statement should supplement the practice-to-game ratios

STATEMENT REGARDING PERSONAL PRACTICE TIME

Lacrosse is one of the very few team sports where players can practice sport-specific skills independently on their own or in small groups. All players, regardless of age or skill level, should be encouraged to work on their lacrosse-specific skills outside of the structured team environment. All that is required is a stick, a ball, and a wall. The wall could be in an outdoor box with regulation nets, or it could be as basic as a school wall. Repetitions of throwing and catching the ball against a wall will dramatically improve stick skills. Over time, players can start to increase the accuracy of their passing and shooting by focusing on a specific spot on a wall and increase their stick quickness by standing closer to the wall. Other variations include: switching hands, switching the type of pass/shot (overhand, sidearm, underhand, over-the-shoulder, etc), and trying “tricks with sticks” to improve cradling and hand-eye coordination. When in small groups, players can work on other skills like loose balls, dodging, and defence. To keep the fun going, players can play games like pig in the middle, posts, or HORSE.

Skill Development Program

The CLA’s Long-Term Athlete Development Committee is working on a set of skill development cards that young athletes will be able to refer to when practicing on their own. These cards will feature a clear photo of the skill being performed correctly on the front. On the backside, there will be tips for the athlete to focus on while practicing. These cards will be made to string onto a lanyard so that they become portable and young athletes can take them anywhere.

RECOMMENDATION REGARDING PROVINCIAL CHAMPIONSHIPS AND TIERING

Implementation Option	Age group to begin holding Provincial Championships	Age group to begin Tiering
Option L	Tyke	Tyke
Option A	Novice	Novice
Option X	Novice	Novice

Based on the LTAD Stages document, Type 1 MAs (BCLA, ALA, OLA) may hold provincial championships at Tyke if they utilize Option L and recognize a need to do so. For those MAs not using Tyke Option L, it is recommended that provincial championships commence at Novice.

Rationale:

- Provincial championships should only begin at the age where 5-on-5, full-floor play begins
- Tiering should only begin at the age at which an MA begins holding provincial championships
- Provincial championships and tiering should begin the year before national championships commence.

Philosophy

Tiering should group together children of similar ability in order to provide the best lacrosse experience possible for every athlete. Teams should be tiered based on their performance and should be allowed to 'play up' if they so desire. Athletes should be tiered through an open and transparent evaluation process and should not be permanently type-cast to a particular tier.

Factors that affect Tiering Decision

- Date of birth
- Year of entry (lacrosse age)
- Growth spurt
- Number of players in age category
- Coaching quality
- Mobility between teams
- Season length
- Travel

Strengths of Tiering:

- Equity in competition
- Better experience for athletes
- Safer
- More opportunities to succeed
- Increased retention
- More competitive atmosphere
- Increased recruitment
- Creates a pathway to excellence
- Provides an opportunity for lower-tiered players to see the most talented players at their age (motivational)

Weaknesses of Tiering:

- Athletes get labeled and feel like they can't move up
- Less experienced coaches at lower tiers
- Fewer resources at lower tiers
- Biased player evaluations
- Players get 'cut' too often
- Tough on psyche to 'drop' levels
- Not enough participants at lowest level
- Not enough competition/events at lower levels
- Children get separated from their friends
- Lower-tiered players never get a chance to play more talented players

Tiering Models

There are plenty of different tiering models. Here is a brief sample:

- Pure tiering. Every club in an association is placed in a different tier. The naming of the tiers could be A, B, C, D, or AAA, AA, A, B, or A1, A2, B, C, or Tier I, Tier II, Tier III.
- Combined House League and Rep system. All players compete in a parity house league system, and then play in tiered teams for tournaments and provincials.
- Separate House League and Rep system. Players on rep teams do not participate in the house league.
- House League Only. All players compete in a parity house league system. There may or may not be tournaments and provincials.

It is up to each MA to determine the appropriate tiering model, but in all cases the key principles of successful tiering should be implemented.

Key Principles of Successful Tiering:

- Demand same certification of coaches in all tiers
- Equitable resource allocation
- Open and transparent evaluation process
- Mobility between tiers (in both directions) for players and teams
- Process in place to move jurisdiction to play at a higher/lower level
- Equitable competition
- Quality experience
- Maximize opportunities for all athletes to succeed
- Create pathways for all levels of athletes

RECOMMENDATION REGARDING EFFECTIVE FACILITY USAGE

The backdrop for every playing experience is the playing surface itself. The current status of lacrosse facilities in Canada needs to be improved.

- The availability of facilities affects the access to programs at all ages and in all disciplines
- Lacrosse competes, often unsuccessfully, for facility space with other sports (ie. box lacrosse with hockey, field lacrosse with soccer)
- Facility scheduling does not share time adequately between sports, age groups and tiers
- Best facilities are often offered to elite teams and older age group teams
- Poor facilities are offered to child and youth programs and house league teams
- There is a shortage of high-level training facilities (ie., indoor field facilities)
- Poor maintenance of existing facilities
- Long-term strategy for infrastructure development does not exist

Proposed strategy:

- 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
- Partner with other Sport Organizations and institutions to develop new facilities
- Equitable scheduling of facility use between age groups and tiers
- Increase player registration fees to include a building fee that will be used to fund facility construction and/or renovation
- Better utilization of current facilities: games
 - This is incorporated in the LTAD plan through modified box and field requirements for Mini-Tyke and Tyke. This will allow more games to be played using the same facilities
- Better utilization of current facilities: practices
 - Running different stations on the floor or field with multiple teams from the same age category.
 - For box, using outdoor boxes. Often these boxes, which are available in many communities, go unused.