

# STICKS & STONES

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June 2008

## LACROSSE NEW BRUNSWICK HOSTED THE 2008 CLA SAGM

Lacrosse New Brunswick played host and welcomed over 60 individuals from across Canada to Saint John, NB where, over 5 days the Canadian Lacrosse Association (CLA) held its Semi-Annual General Meeting (SAGM).

The week kicked off with the annual CLA Golf tournament. On a cool, sunny and thankfully a slightly breezy day, to drive away any potential for black flies, 26 golfers took to the links. In a tie-breaker, the team of Joey Harris, Mike Mitchell, Kevan Mills and Bill McBain won the event with a score of 6 under par.



Mike Mitchell, Bill McBain, Joey Harris and Kevan Mills with CLA Golf Trophy

The Hilton Saint John served as the host hotel. Individual sector meeting took place on Thursday and Friday with the



Cliff Pascas, Doug Luey, Greg Toll and Bill McBain in Thursday night hospitality suite

Board of Directors meeting held on Saturday.

The Lester B. Pearson Award, the CLA's highest honour that recognizes outstanding contributions of sportsmanship and leadership in the game of lacrosse and the physical and mental development of young Canadians through unselfish dedication as a volunteer was awarded to Stewart Begg.

Stew has over 40 years of involvement in the game of lacrosse from playing as a child to officiating at various levels to his current position as CLA Chair of Officials.

Congratulations Stew!

The Saturday evening included a choice of a lobster or prime rib dinner at the Royal Kennebecasis Yatch Club that most of the delegates took advantage of; a fine conclusion to the CLA SAGM meetings.

On behalf of the CLA, I would like to thank all the volunteers of Lacrosse New Brunswick for hosting the meetings with some special thanks to Bruce and Jane Logan, David and Penny Higdon, Mary-Jane Logan-Hill, Al Rogers and Janice Shepherd.

The 2008 CLA AGM will be held in Quebec City at the Chateau Laurier Hotel November 13th to 16th. A revamped structure to the CLA SAGM will be something to look forward to in 2009 in Calgary, AB.



Joey Harris presents Lester B Pearson Award to Stew Begg

Details to follow.

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### Quote

When things go wrong, as they sometimes will, when the road you're trudging seems all uphill; when the funds are low and the debts are high, and you want to smile but you have to sigh; when life is pressing you down a bit – rest if you must, but don't you quit.

Anonymous

### PLEASE NOTE THE FOLLOWING CORRECTION

In the April Issue of Sticks & Stones, the location for the Midget Nationals was incorrectly stated as Whitby, ON - they will actually be held in Calgary, AB.

## CANADIAN OLYMPIC COMMITTEE PLANS AMATEUR SPORT TELEVISION NETWORKS

This past winter, the Canadian Olympic Committee (COC) unveiled details of its application for groundbreaking English and French amateur sport television networks, which would be a first in Canada if approved. The proposed Canadian Amateur Sports Network (CASN) and le Réseau du sport amateur canadien (RSAC) would provide much-needed exposure and funding for both Olympic and non-Olympic sports.

"The opportunity here is to provide a service that fills a programming niche that exists today," says CASN/RSAC chair and International Olympic Committee member Richard Pound. "Between Olympic Games it is as if there are no Canadian athletes. Our networks will bring more sports and more young Canadians to the attention of Canadians."

"The Canadian Olympic Committee has long recognized the need for dramatically increased television coverage of Canadian amateur sport on a consistent and regular basis," said COC Chief Executive Officer Chris Rudge. "These networks would finally bring our athletes into the spotlight and also



motivate young people everywhere in Canada to get up out of their seats and engage in sport and a healthy lifestyle."

*"Between Olympic Games it is as if there are no Canadian athletes. Our networks will bring more sports and more young Canadians to the attention of Canadians"*

The applications were formally submitted by the COC and its partners to the Canadian Radio-television and Telecommunications Commission (CRTC) in early December. The proposed national digital television networks would each focus solely on

Canadian amateur sport 24 hours a day, seven days a week, allowing Canadians to watch amateur athletes compete in regional, national and international events in both Olympic and non-Olympic sports.

The applications ask for mandated distribution of the networks on the basic digital service of all Cable and DTH Satellite carriers, and a mandated wholesale subscription rate of 60 cents per household per month (in geographic areas that are consistent with its broadcast language).

The proposed networks would contribute more than \$100 million to amateur sport over the first seven years of operation and would continue to contribute sustainable funding to the sport community after that period.

The COC is hopeful that public hearings on the applications will take place in the near future and a CRTC decision will be rendered as soon as possible after the hearings.

Full details surrounding the CASN/RSAC applications can be found at the newly-launched website [www.casn-rsac.ca](http://www.casn-rsac.ca).

## REQUEST FOR BIDS FOR THE 2010 CANADIAN WORLD MEN'S FIELD LACROSSE CHAMPIONSHIP TEAM

The Canadian Lacrosse Association is seeking bids from interested parties to manage the 2010 Canadian World Men's Field Lacrosse Championship team. The event will take place July 10 to 24 in Manchester, England.

Bids should include details on organizing/management staff, coaching staff, how the team will be selected, dates and locations of try-out camps, budget, fundraising plans, how shortfall in fundraising will be covered, timelines for operation of team and any other pertinent information.

All bids must be submitted to:

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

**Deadline for Submission:**  
**4:00PM – September 15th, 2008**

Should you require any further information, clarification or have any questions, please do not hesitate to contact David Miriguay, CLA General Manager at your earliest convenience at

613-260-2028 ext: 302 or via e-mail at [david@lacrosse.ca](mailto:david@lacrosse.ca)



## CLA'S ABORIGINAL DEVELOPMENT COMMITTEE DELIVERS TO NEW COMMUNITIES

The CLA's Aboriginal Development Committee has recently wrapped up the first year of targeted development in new regions across the country. Members of the committee have worked hard to deliver new programming and to expose Aboriginal youth to the origin and benefits of lacrosse. The following is a summary of the great work this committee has carried out for the greater good of lacrosse and communities in need.

The BC Lacrosse Association, in partnership with KidSport BC and the CLA, delivered a player development clinic in Hazelton, a remote northern BC community where a high teenage suicide rate emphasizes the need for recreational programming. Over a three day period, more than 200 male and female children from kindergarten to grade 7 and more than 125 male and female children from grades 8 to 12 participated in player development clinics exposing them to the game of lacrosse. The BCLA, with continued support from KidSport and the CLA, has plans to return to Hazelton to deliver additional player development clinics, as well as coach and officiating clinics in hopes of sustainable development and continued lacrosse participation.

The Alberta Lacrosse Association, in partnership with the CLA, delivered a player development clinic in Hobbema, a community located outside Edmonton where awareness and participation in recreational and sport programming may curb gang violence within the community. More than 40 children participated in a player development clinic and benefited from lacrosse equipment which will be shared within the community. The ALA has future plans to return to Hobbema to deliver additional player development clinics, as well as to carry out an exhibition game within the community.

The Saskatchewan Lacrosse Association, in partnership with the CLA, delivered a good majority of equipment to Mistawasis First Nation allowing the community to start the beginnings of a developmental program. The SLA has set aside additional equipment to create a kit that can be loaned out to First Nation communities who want the entire package to try out of a short time.

The Manitoba Lacrosse Association, in partnership with the CLA, delivered a player development clinic and coach clinic in Lake St. Martin, located in the interlake region of Manitoba. More than 20 players participated in a player

development clinic and five coaches received Community-Initiation training.

The Iroquois Lacrosse Association, in partnership with the CLA, delivered a coach clinic in Tyendinaga, a Mohawk reservation outside of Belleville, Ontario. The clinic included nine new coaches who are now trained as Community-Development lacrosse coaches ensuring children within that community will have access to a qualified lacrosse coach. The ILA also provided some key communities with lacrosse sticks and balls allowing for continued participation of Aboriginal youth. The ILA continues to receive requests from First Nation communities within Ontario and Quebec for lacrosse to be re-introduced and for player development, coach and referee clinics to be delivered. Many of those areas will be targeted and development will be supported by the CLA under the Aboriginal Development Program.

The Aboriginal Development Committee looks forward to building on the above success during this new development year. Along with the delivery of additional clinics, the committee is developing a national event celebrating Indigenous lacrosse and the participation of Aboriginal youth in the game.

## LONG TERM ATHLETE DEVELOPMENT FOR LACROSSE

The Canadian Lacrosse Association has produced a draft framework for Long-Term Athlete Development (LTAD) after several months of concerted work by the LTAD Technical Committee at CLA, including discussion with key members of the Canadian lacrosse community across Canada. The draft framework was presented, for comment and feedback, to the various sectors and Board of Directors at the recent CLA Semi Annual General Meeting. The aim of the Lacrosse LTAD is to promote the development and continued success of our sport in Canada by creating an optimal player development pathway for our lacrosse

athletes for years to come. In this light, LTAD supports the Vision and Mission of the CLA as outlined in the CLA Strategic Plan 2008-2012.

The Lacrosse LTAD is our sport-specific adaptation of the generic LTAD model developed by Sport Canada and presented in the document Canadian Sport for Life (Canadian Sport Centres, 2005). LTAD is significant because it applies the most current international research in athlete development to the long-term task of developing athletes for championship performance. As an additional benefit, it also promotes greater participation for athletes of all abilities and

wellness for a larger segment of Canadian society, regardless of whether or not an athlete chooses to pursue an elite or professional career.

The draft lacrosse LTAD framework outlines the basic science behind LTAD, and then applies that science to clearly define the stages of player development for lacrosse. From our understanding of player development, the training content and competition requirements can be defined for each stage. Using the LTAD pathway, our aim is to ensure that Canada continues to develop

*continued on page 4*



## A REVIEW OF THE CLA SAGM FOR COACHES

The recent CLA SAGM had some good news for coaches, athletes & parents. All sectors had an opportunity to listen to members of the Long Term Athlete Development (LTAD) Technical Committee in regards to the LTAD program for lacrosse. And members of the LTAD Technical Committee had an opportunity to listen to our members and sector representatives. Member comments and feedback have been reviewed and changes will be made to the existing LTAD documents based on the input received. Although more work is to be done, the light at the end of the tunnel is certainly visible.

For those coaches who are just beginning to learn about the new direction in Long Term Athlete Development the following is a summary of the what, how and why.

What?

LTAD is a system for systematically training and developing physical, mental and emotional capacities in athletes according to scientifically recognized principles and stages of human development. As a training, competition and recovery model, it respects the natural stages of physical, mental and emotional development in athletes.

How?

Based on clearly defined developmental stages, LTAD provides recommendations for rations of training-to-competition hours, points of emphasis in skills training, formats for competition, and more. When adapted to a specific sport such as lacrosse, it provides coaches and administrators with clear guidelines for designing training and competition programs at every developmental stage to optimize long-term skills acquisition and performance.

Why?

Importantly, LTAD allows athletes the flexibility to move between competitive and recreational arenas of their sport at almost any time in life. Following early athlete development in the first stages of training, and depending on talent, athletes may choose to pursue elite competition or join a recreational stream for fun and wellness. In this way, LTAD supports lifelong wellness for the greatest number of participants even while promoting medal-winning performances.

The end result of the SAGM LTAD sessions was positive as all sectors and the CLA Board of Directors accepted the

LTAD in principle and gave the LTAD Technical Committee the direction to continue working on this worthwhile project. Specifically the LTAD Technical Committee will be working heavily in the coming months to address the areas of tiering and competition scheduling.

From a coaching stand point, the other point of interest from the SAGM was the net size and also the construction. There was an excellent presentation from Ron MacSpadyen which pointed out a need to put the net into the books complete with measurements and construction, which takes into account all risk management concerns. The net at some of the senior categories was changed to correspond with the net size used by the major series.

### *LTAD - continued from page 3*

world class lacrosse players and teams for years to come, and thereby maintain our place as leaders in the sport while promoting ever-growing participation and wellness for Canadians.

For more information on the Canadian Sport for Life document visit [www.ltad.ca](http://www.ltad.ca) and for more information on the CLA LTAD contact the CLA office.

## IMPORTANT DATES/DEADLINES TO REMEMBER



June 13 – Deadline for National Championship trophies to be returned to the CLA office.

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

July 15 - First Nations Trophy and Alumni Cup entry fee are due.

July 18 - Coach Registration fees are due.

**PeeWee/Bantam Nationals** - Aug. 4-9, Whitby, Ontario

**Minto Cup** - Aug.22 -30, Calgary Alberta

**Midget Nationals** - Aug.22 - 27, Calgary, Alberta

**Founders Cup** - Aug.20 - 24, Guelph, Ontario

**Presidents' Cup** - Aug. 18 - 24, Sherwood Park, Alberta

**First Nations Trophy/Alumni Cup** - Aug.29-31, Edmonton, Alberta

**Mann Cup** - September, Ontario

**Ross/Victory Cup** - Oct.10-12, Calgary, Alberta

**International Championships**

U19 World Championships: July 3 - 10 , 2008 Coquitlam, BC