



*LACROSSE*

**Lacrosse New Brunswick 2021 Canada**

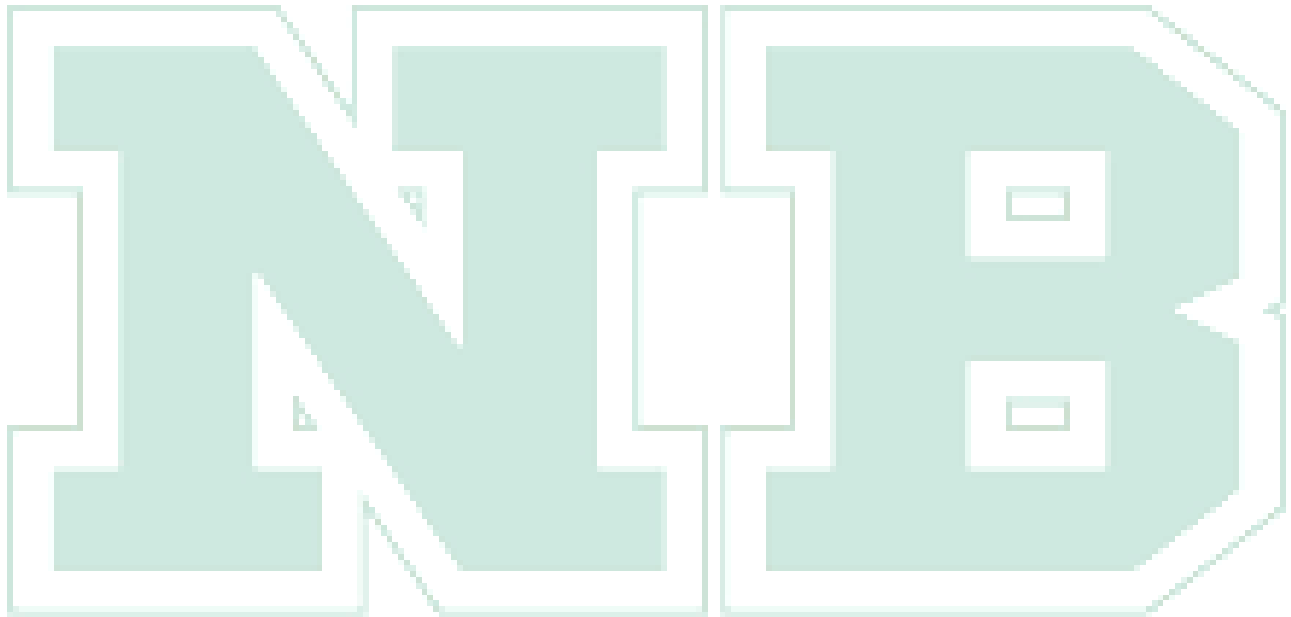
**Games**

# **Athlete Selection Criteria**

**&**

## **Team Operating Policy**

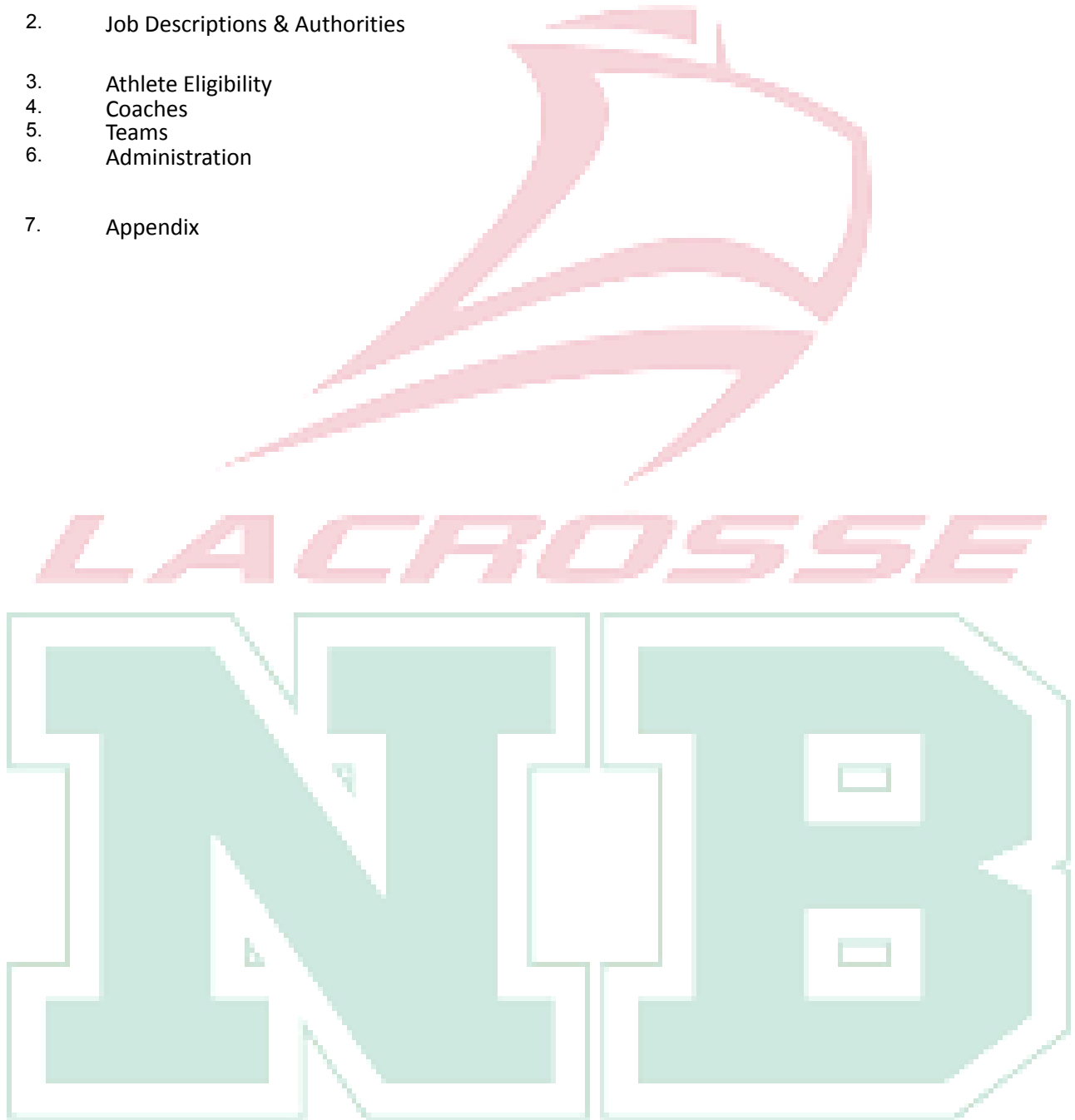
*LACROSSE*



**Lacrosse New Brunswick Canada Games  
TEAM OPERATING POLICY**

## GENERAL

1. Mission Statement & Objective
2. Job Descriptions & Authorities
3. Athlete Eligibility
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## LACROSSE NEW BRUNSWICK CANADA GAMES TEAM OPERATING POLICY

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### MISSION STATEMENT

*To provide players of Lacrosse New Brunswick an opportunity to play lacrosse in the Canada Games.*

### Objective

*To Ensure that Lacrosse New Brunswick has everything in place to ensure that the province of New Brunswick can send a competitive lacrosse team to compete in the Canada Games. This is the first time since 1985 that lacrosse is back in Canada Games.*

### Conflict of Interest

*A Director, Officer, Committee or Task Team member who has an interest or who may be perceived as having an interest, in a proposed contract or transaction with Lacrosse New Brunswick or whose personal interest in a matter may conflict with the interest, missions or goals of Lacrosse New Brunswick, will comply with the Act and Lacrosse New Brunswick's Conflict of Interest Policy and will disclose fully and promptly the nature and extent of such interest to the Board, Committee or Task Team as the case may be, will refrain from voting or speaking in debate on such contract or transaction; will refrain from voting or speaking in debate on such contract or transaction; will refrain from influencing the decision on such contract or transaction; and will otherwise comply with the requirements of the Act regarding conflict of interest.*

## REGULATION 1: JOB DESCRIPTIONS & AUTHORITIES

### **Lacrosse New Brunswick**

- Governing Body of Lacrosse in New Brunswick (LNB)
- Will assist with providing financial support to teams participating in Canada Games
- Must provide approval for all things related to lacrosse in the Canada Games
- The Canada Games team is a program of LNB. LNB is responsible for program guidance, support and oversight.
- LNB will provide delegation of authority from LNB to Canada Games Committee for all things related to Canada Games.

### **LNB Canada Games Committee Chair**

- A Member of the LNB Board will be appointed as Canada Games Committee Chair.
- Facilitate meetings of the LNB Canada Games Committee
- Set LNB Canada Games Committee agenda and provide minutes of the meetings to the Committee and the LNB Board
- Ensure policies set by the LNB Board are followed by everyone involved with the LNB Canada Games program

Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Board approval.

### ***LNB Canada Games Committee***

- Canada Games Committee may include, but not limited to members from each Member Association (MA)
- Canada Games Committee must be approved by LNB Executive.
- Set minimum number of tryout sessions before final selection made.
- Establish the design of the team competition uniforms.
- Determine the source of clothing
- Ensure tryout fees are refunded to eligible players within the specified cutoff date which is within 7 days of the request.
- Set refund rate based on child participation. Special circumstances will be reviewed.

Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Board approval.

### ***LNB Canada Games Coaches***

- Design and run their team tryout sessions
- Has the authority to replace a player from the alternate list based on a player(s) not adhering to code of conduct or a drop in performance.
- Communicate to the LNB Canada Games Committee their practice schedule & locations
- Oversee the distribution and end of season collection of team jerseys, and within 2 weeks of the teams' final game return the jerseys to the LNB in a clean condition with name bars removed
- Establish a cadence of High-Performance camps rotating between the three major cities in NB: Saint John, Moncton, and Fredericton.
- Responsible for a participants' preparation, performance and conduct prior to, during and after the Games.
- Ensuring all team members are fully registered for the Games including submitting waiver forms and participant agreements.
- Coaching/managing in a fair and sportsmanlike manner.
- Familiarizing themselves with and adhering to Team NB's Code of Conduct and rules.
- Ensuring that the athletes have read and understand all Code of Conduct matters.
- Taking care of all administrative requirements and adhering to deadlines for information.
- Residing in the Athletes' Village throughout the Games;
- Attending all Team NB official functions and ceremonies as required;
- Be the conduit of information between Team NB and their respective team;
- Supervising athletes always and ensuring the Code of Conduct is followed
- Set tryout schedule
- Determine what competitions the teams will attend subject to approval of LNB Board
- For budget purposes, coaching staff will work with the team manager and will set minimum number of practices
- Establish base budget for team. Any increase to a team's budget is subject to committee approval.
- Administrate player try-out registration including setting player pre-registration requirements and registration fees
- Promote program to LNB members
- Roles of the coaches could include:
  - Offensive Coach & Mental Performance Coach
  - High Performance Coach
  - Defensive Coach

- Video Coach
- Statistician

Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Committee approval.

#### ***LNB Canada Games Team Managers***

- Has the authority to open a team bank account
- Submit a financial statement to LNB Canada Games Committee within 60 days of the team's last game.
- Ensure any invoice received from the LNB is paid within 30 days of receiving the invoice
- Ensure any monies left in the team bank account is turned into LNB (no roll over to the following season Canada Games Team)
- Work with LNB Canada Games Committee to order team clothing and to issue the clothing to the players and team staff
- The use of the Team/Equipe NB and Jeux Canada Games logos on clothing require approval from Sport and Rec Branch
- Monitor a participants' preparation, performance and conduct prior to, during and after the Games.
- Ensuring all team members are fully registered for the Games including submitting waiver forms and participant agreements.
- Managing in a fair and sportsmanlike manner.
- Familiarizing themselves with and adhering to Team NB's Code of Conduct and rules.
- Ensuring that the athletes have read and understand all Code of Conduct matters.
- Taking care of all administrative requirements and adhering to deadlines for information.
- Residing in the Athletes' Village throughout the Games.
- Attending all Team NB official functions and ceremonies as required.
- Be the conduit of information between Team NB and their respective club team.
- Supervising athletes at all times and ensuring the Code of Conduct is followed.
- For budget purposes, coaching staff will work with the team manager and will set minimum number of practices
- Determine what competitions the teams will attend subject to approval of LNB Board
- Establish base budget for team. Any increase to a team's budget is subject to committee approval.
- Administrate player try-out registration including setting player pre-registration requirements and registration fees.
- Promote program to LNB members

Delegated Authority - Take action as required to discharge their responsibilities subject to LNB Board approval.

#### ***LNB Canada Games Appeals Committee***

- Will review and decide on all appeals related to the Canada Games Team selection process.
- Committee will be made up of members of the LNB Executive Members.
  - If a member of the Team Staff is a Member of LNB Executive, then the LNB Executive can appoint someone in their place for purposes of the appeal.
- Will consult with and get input from Team Selection Committee to allow them to make an educated decision.
- Will communicate final decision to individual(s) submitting the appeal.

## REGULATION 2: Athlete Eligibility

- 2.1 Athlete eligibility is defined by the 2022 Canada Summer Games Box Lacrosse Technical Package ([https://drive.google.com/file/d/114WWaWjvN5Lsbwx\\_pU-V12wU7spie3gR/view](https://drive.google.com/file/d/114WWaWjvN5Lsbwx_pU-V12wU7spie3gR/view))  
The age category for lacrosse is 17U (athletes born January 1, 2005 or later).  
New Brunswick is allowed (two) 2 overage players (athletes born January 1, 2004 and later.)

## REGULATION 3: Coaches

**Team NB will be requiring that all coaches and managers be fully vaccinated or medically exempted prior to Games.**

### 3.1 Coach Qualifications

Head Coaches and Assistant coaches must be certified at the Competitive Development level 4. All coaches must also complete the Aboriginal Coaching Module  
Coaches must be so certified no later than 180 days prior to the Opening Ceremony (February 7, 2021).

### 3.2 Coach and Manager Selection

The LNB Canada Games Committee shall be responsible for the selection of the coaching staff & Team Manager subject to final LNB Board approval.

## REGULATION 4: Teams

**Team NB will be requiring that all athletes be fully vaccinated or medically exempted prior to Games.**

### 4.1 Player selection

Players interested in playing for Team New Brunswick must attend two of the three tryouts being hosted at the following venues across New Brunswick:

#### **Saint John:**

SUNDAY, JULY 26, 2020

10:00am TO 12:00pm

2:00pm TO 4:00pm

PETER MURRAY ARENA, SAINT JOHN

TUESDAY, JULY 28, 2020  
7:00pm TO 9:00pm  
PETER MURRAY ARENA, SAINT JOHN

**Moncton :**

FRIDAY, JULY 31, 2020 (to be confirmed)  
7:00pm TO 9:00pm  
BYRON DOBSON MEMORIAL ARENA, RIVERVIEW, NB

**Fredericton:**

NOT AVAILABLE due to being unable to access local facilities in Fredericton.

**1st cut roster (approx. 33-35 athletes) tryouts:**

Fri, August 7th, 7-9pm, Peter Murray Arena, Saint John  
Sun, August 9th, 3-5pm, Peter Murray Arena, Saint John  
Fri, Aug 14th, 7-9pm, Byron Dobson Arena, Riverview

**Training roster (approx. 25 athletes) floor times:**

Sunday August 16th, 3-5pm, Peter Murray Arena, Saint John  
Friday August 21st, 7-9pm, Byron Dobson Arena, Riverview  
Sunday August 30th, 3-5pm (tbc), Peter Murray Arena, Saint John\*

\*likely date of player & parents meeting

Tryouts will be advertised on the LNB Website, Social Media. The Canada Games committee will also engage each Minor Association (MA) and ask that a communication be sent to their members as well as posting on their website and other social media platforms.

Preparation: The 3 official tryouts will be held from (insert range of dates). All players are expected to register/pay at <https://laxnb.ca/> > Canada Games

The Canada Games coaching & scouting staff will review all player applications. Players will be formally evaluated during the three tryout times listed below on this document. Local athletes are expected to attend at least two of the three try-outs to be considered for the team.

Players must notify the Head Coach "in writing" of their absences from try-outs. Only valid absences such as illness, injury, major family emergencies or other extraordinary circumstances will be excused. The Head Coach will then notify the LNB Canada Games Committee.

Eligible players living or playing lacrosse outside of the province must attend at least one try-out. Special considerations may also be made for players who move to New Brunswick after the try-out process (at least 180 prior to the Opening Ceremony), suffer an illness or injury during the try-out process, alongside other exceptional circumstances.

Any disciplinary issues resulting from player misconduct, a lack of commitment to the team, or a failure to demonstrate the necessary progress in terms of performance, could result in dismissal from the team. Any significant decrements in fitness between the summer of 2020, 2021 & 2022 may also result in deselection and replacement by an alternate.

An appeal process for any aspect of this application may be found on page 15 of this document and any appeals to the selection of the team made be made within 48 hours of receipt of the official letter from the coaching staff.

Lacrosse New Brunswick will publish or make known the athletes selected to move forward with the “Training Roster” by no later than August 31<sup>st</sup>, 2021.

Open athlete identification sessions may be held at any time to identify additional training roster candidates who may or may not have been released through a prior selection process. Interested candidates must complete the application process which are subject to the approval of the Canada Games Committee.

Identification camp locations and dates will be communicated through LNB’s Social Media platforms and websites once they have been identified & finalized.

Successful candidates will be identified by the coaching staff and be selected to move forward.

**All players & Team staff must be double vaccinated and are required to show proof to participate in the 2022 Canada Games.**

Core beliefs that guide our action, policies, decision making, and program objectives include:

- Commitment - 100% in
- Sacrifice - For the team
- Hard Work - Improve on your weaknesses
- Discipline - Take care of your mind, body & spirit
- Mental Toughness - Be adaptable & resilient
- Teamwork - Stay together & be positive

The desired performance standard expected of a successful candidate would be that they are required to play on a regular basis in the inaugural Lacrosse New Brunswick Bantam/Midget Rep League & Inter-Province Exhibition Game Series (May to July). Successful candidates should demonstrate an availability and commitment to the ACE High Performance program, otherwise be an equivalent in another sport.

The Head Coach will follow up with all applicants once final roster decisions for this year have been made (within 1 week of the final try out). The training roster will be no more than 30 athletes, with the final roster of 16 runners & 2 goalies being announced no later than June 15<sup>th</sup>, 2022. One alternate goalie and up to 3 alternate players will be offered a spot to continue running with the team after the final team selection, leading up to departure for the tournament (in case of injury). Players on the Training Roster will be further evaluated based on performance in games (exhibition) and/or practices scheduled the following fall, winter & summer.

**Criteria Considered to Make Roster Decisions (not in order):**

- Number of players on the team (i.e. 16 runners & 2 goalies)
- Number of players per position on the team (i.e. positional requirements)
- A balance of left handed and right-handed players
- A balance of offensive and defensive players
- Physical skills: size, speed, strength, fitness level
- Mental skills: emotional control, ability to learn
- Technical skills: sticks skills, defensive skills, transition skills
- Tactical skills: games sense, fitting in with the team
- Previous experience & current performance (drills & scrimmages)
- Present and projected development and/or improvement
- Leadership/contribution to team chemistry
- Availability for training and competition

**Standardized Testing & Profiling Used to Reinforce Roster Decisions (weighted at 15-20% each):**

- Provincial Player Profile (Appendix A)
- Lacrosse-Specific Mental Readiness Questionnaire - (Appendix B)
- Provincial Player Goal Setting Sheet - (Appendix C)
- Provincial player Skills Tracking Sheet (completed at try outs) - (Appendix D)
- Lacrosse-Specific Fitness Test (partially completed at try outs) – (Appendix E)
- Lacrosse IQ Quiz (completed at try outs)

The try-out process and details related to the Team New Brunswick Canada Games Team will continue to be posted on the Laxnb.ca website moving forward.

## 4.2 Team Size

The Canada Games Official Team Size will consist of 16 runners, 2 goalies, 3 coaches and 1 manager, per the 2021 Canada Summer Games Box Lacrosse Technical Package ([https://drive.google.com/file/d/114WWaWjvN5Lsbwx\\_pU-V12wU7spie3gR/view](https://drive.google.com/file/d/114WWaWjvN5Lsbwx_pU-V12wU7spie3gR/view))

## 4.3 Canada Games Committee Final Roster Player Appeal Policy

### 4.3.1 Grounds for Appeal

Athletes who have not been selected and who wish to appeal the decision of the Coaching Staff can do so by filing an appeal in writing with the Lacrosse [cglacrossenb@gmail.com](mailto:cglacrossenb@gmail.com)

Lacrosse New Brunswick Board of Directors will engage the Canada Games Appeal Committee and advise them of the appeal request

Grounds for appeal will be strictly limited to:

1. Whether or not the Lacrosse New Brunswick Coaching Staff completed the selection process in accordance with their own published selection criteria and related procedures; and

2. Whether or not the published criteria were applied in a fair, objective manner, free from discrimination or conflict of interest. After hearing an appeal, the Appeals Committee will have the authority to:
  - a. Direct the Coaching Staff to repeat the selection process using the correct criteria and/or process and submit a new list of selected athletes; or
  - b. Deny the appeal.

The deadline for appeals to Lacrosse New Brunswick will be 7 days after the announcement of the team

Appeals should be sent by registered mail to:

Lacrosse New Brunswick [cglacrossenb@gmail.com](mailto:cglacrossenb@gmail.com)

An appeal shall be heard only on the grounds that the selection process and final decision were flawed, not because the athlete did not like the decision. In other words:

- 1) The Coaching Staff made a decision for which it lacked authority;
- 2) The Coaching Staff failed to follow procedures in the approved Selection Criteria;
- 3) The Coaching Staff made a decision which was influenced by bias;
- 4) The Coaching Staff failed to consider relevant information or took into account irrelevant information in making the decision;
- 5) The Coaching Staff exercised its discretion for an improper purpose; and/or
- 6) The Coaching Staff made a decision that was unreasonable.

#### **4.3.2 Timelines and Procedures**

The athlete must present his/her request in writing to the chair of the Appeals Committee.

The Appeal form can be found in Appendix F

The Appeals Committee shall review the request and decide whether there are grounds for a hearing. The Appeals Committee shall also review all selection procedure documentation from the Coaching Staff. Minutes of the Appeals Committee meeting will be recorded for future reference.

- 1) If there are no legitimate grounds, the chair of the Appeals Committee shall call the athlete advising her/him of the decision. This will be followed up with a formal letter to the athlete.
- 2) If the Appeals Committee finds that there are grounds for an appeal hearing, the following procedures will take place
  - a) The chair of the Appeals Committee shall select a designated place, date and time to hear the appeal. This will be done no later than 48 hrs. after receipt of the appeal request.
  - b) The Appeals Committee shall hear the athlete's complaint. The athlete may be accompanied by an athlete advocate (parent or guardian or legal advisor etc.)
  - c) The Appeals Committee shall hear from the Coaching Staff.
  - d) The Appeals Committee may provide the opportunity to hear from an effected party (i.e. the athlete who may be de-selected following the appeal) if it may change the outcome of the decision.
  - e) The Appeals Committee will make a final decision at the appeal hearing and the decision shall be final and binding.
  - f) The chair of the Appeals Committee will contact the athlete no later than 24 hours after the hearing by telephone to advise her/him of its outcome and this will be followed up by a formal letter and copy of the appeal findings and recommendation.

- g) The chair of the Appeals Committee will contact the head coach by phone to advise her/him of the outcome. This will be followed up by a copy of the formal letter to the athlete and copy of the appeal findings and recommendation.

#### 4.3.3 Costs

- a) To start the appeal process, a payment of \$250 must be paid to Lacrosse New Brunswick.
- b) If the appeal is successful, the \$250 will be refunded.
- c) An athlete who submits an appeal request must be prepared to cover his/her own expenses during the process (i.e. travel to the hearing). Lacrosse New Brunswick will make every effort to minimize such costs.

### REGULATION 5: Administration

**5.1 Competitions to attend** – LNB Canada Games Committee will determine what competitions the teams will attend, subject to approval of the LNB Board.

**5.2 Budget** – Committee will establish base budget for each team and set a player registration fee based on this budget. The cost taken into consideration will cover expenses such as floor time, game cost, and team clothing. If a team wishes to add to the budget it must be approved of the LNB Canada Games committee.

**5.3 Fundraising** – Teams will be permitted to run fundraising activities; however, parents may choose to write a cheque rather than fundraise. Sponsor names will not be permitted on team jerseys or team apparel. All fundraising is for team preparation prior to participation at the Canada Games.

**5.3.1** The cost to attend the Canada Summer Games such as travel, accommodations, meals and ceremonial uniforms are covered by the Federal and Provincial Government.

**5.4 No team money shall be turned over to parents** to pay their cost such as hotel or travel

**5.5 Leftover team money** - Goes back to LNB once the teams finish their season.

**5.6 Bank account** – Teams may have their own bank account; however, a copy of the monthly bank statement must be supplied to the LNB Treasurer. All bank expenses are the responsibility of the team.

- **Team clothing** LNB Canada Games Committee to establish what goes on any team clothing (logo, etc.). LNB Canada Games Committee, through the LNB Board, will determine the source of team clothing. The committee will determine the basic clothing issued to each player, however the team may order additional clothing, subject to approval of LNB Canada Games Committee. If a team is approved to add a team clothing item, then it is their responsibility to communicate this to all members of the team. The use of the Team/Equipe NB and Jeux Canada Games logos on clothing require approval from Sport and Rec Branch

5.7

**5.8 Team Jerseys** – LNB Canada Games Committee with input and consultation from LNB board and the coaching staff, jerseys will be designed and purchased. Team jersey design will require approval from the Sport and Recreation Branch.

**5.9 Team Shorts** – New shorts will be purchased each season. Players will keep them.

**5.10 Head Coaches and Assistant Coaches expenses** – A Head Coach, Assistant Coach, and Team Manager who has no children on the team shall have 100% of the cost of their team clothing, hotel and tournament gas expenses covered through the team budget. No other expenses will be covered, including meals. If a Head Coach, Assistant Coach and Team Manager has a child on the team, they shall have 100% of their team clothing expenses paid for and 50% of the tournament gas and hotel expenses paid for through the team budget. No more than two Assistant Coaches shall have their expenses paid for by the team.

#### Appendix A: Player Profile

Calendar Year: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Birth (Date & Year): \_\_\_\_\_

Training Age (# of years weight training): \_\_\_\_\_

Years Played: \_\_\_\_\_

Minor Association (Current Team): \_\_\_\_\_

Shoots (L or R): \_\_\_\_\_

6. Environmental conditions like weather and temperature affect my performance in competitions ( )

7. I drink a lot of water ( )
8. Emotional control is important to my mental preparation and execution in games ( )
9. I worry a lot about what others think about my performance ( )
10. I don't have to be pushed to practice or play hard ( )
11. When I lose a game it bothers me a lot ( )
12. A large crowd at a competition would negatively affect my performance ( )
13. I am happy with my role on the team ( )
14. When I make a mistake on the floor I get upset ( )
15. When I make mistakes I usually let it worry me for days after ( )
16. I can normally sustain high levels of mental effort for long periods of time ( )
17. I feel mentally relaxed ( )
18. My attention wanders while I am training ( )
19. I study my opponent often ( )
20. When a teammate makes a mistake on the floor I get mad ( )
21. I often feel intimidated in social gatherings ( )
22. Mental toughness is a big part of my game ( )
23. When I feel myself getting too tense, I can relax my body and calm myself ( )
24. I say things to myself to help my practice/game performance ( )
25. I have improved at lacrosse lately ( )
26. When the referee makes a "bad call" I get angry ( )
27. When working with other people I am usually influential ( )
28. Physical toughness is a big part of my game ( )
29. I feel calm during a game ( )
30. I am a kinesthetic learner ( )
31. I am a visual learner ( )
32. I am an auditory learner ( )
33. I think about and imagine what will happen if I fail or screw up ( )
34. My self-talk during competition is positive ( )
35. I feel confident on offense ( )
36. I feel confident on defense ( )
37. I feel confident in transition ( )
38. I feel capable of delivering what the coach is asking of me ( )
39. I am confident with the ball in my stick and the game on the line ( )
40. Unexpected change in my routine throws me off ( )
41. Routine is important to my mental preparation ( )
42. I respond to failure in an appropriate way ( )
43. I make excuses when I underperform ( )

#### Appendix B: Lacrosse Specific Mental Readiness & Self Awareness Questionnaire

Name:

Date:

- "Measure yourself against your former self"
- Periodic Check-Ins Throughout Season

What do you feel are your mental strengths after having completed this questionnaire?

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What do you feel are your mental weaknesses after having completed this questionnaire?

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What are your mental goals after having taken this questionnaire?

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#### **Appendix C: Player Goal Setting Sheet.**

Goals should be S.M.A.R.T (Specific, Measurable, Attainable, Relevant, Timely)

Dream Goal (Lifelong/Overarching Goal):

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Identify 3 Individual Process Goals (focuses on the day-to-day actions that you need to carry out in order to have a good performance):

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Identify 3 Individual Performance Goals (focuses on achieving a good individual performance – usually based on statistics):

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Identify 3 Individual Outcome Goals (focuses on results/ranking/achievement - targets to aim for):

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List your top 3 individual goals for the season (from all of the goals listed above):

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What are you willing to sacrifice to achieve your goals?

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## Appendix D: Provincial Player Skills Tracking Sheet



### Provincial Player Skills Tracking Sheet

Program Emphasis: Improvement/Consistency

Program Frequency: 2-3x per season (Try-Outs, Early Season, Late Season)

\*Give Brief Explanation To Players Prior To Drills

Player Name & Number: \_\_\_\_\_

Coach/Evaluator: \_\_\_\_\_

Skill/Drill	Prescribed		Successful # of Reps			Technical Info
	Sets	Reps	Week #	Week #	Week #	
Dynamic Loose Balls: "Loose Balls With Pressure"	1	5				- Have two lines of players facing the side boards, app. 5-7 metres back (4-6 per group). A coach rolls a ball off of the boards (from behind the players, who are looking forward) & the players at the front of the line battle for the loose ball. A successful rep (✓), is awarded to the player who wins the loose ball battle; a missed rep with an (X). Mix up who battles who; goalies battle each other behind the net.
Individual Transition: Goalie Mid-Range Pass & Player Breakaway	1	5				- Have players line up along the far side boards in opposite ends, on their wrong floor sides, with balls. The drill starts with a player from one of the lines running to the middle & rolling a ball into the goalie, then running to their proper floor side, cutting across the rag line & receiving a pass for a breakaway shot. Goalies switch ends halfway through. Track Misses (M), Saves (X) & Goals (✓), for players & goalies (+ passes).
Set Shooting: "Catch & Shoot"	1	5				- Arrange players in one/both ends of the floor at the point position, 10-12 metres back from the net. Other players set to go in this drill should be in a line behind the first player. Players receive a pass from the crease position (player or coach) take a shot and then step to the back of the line (or to the crease position), until all players have taken 5 shots. Track Misses (M), Dropped Balls (D), Shots-On-Goal (X) & Goals (✓), for players & goalies.
Shooting On-The-Run: "Snake Shooting"	1	5				- Players start with balls, 5-7 metres back from the shooter position on their proper floor sides, running one after another (2 seconds in between) until all players on one side of the floor have taken a shot. The other side of the floor then takes their turn and so on and so forth, with players helping coaches reload with balls each time through the drill. Track Misses (M), Shots-On-Goal (X) & Goals (✓), for players & goalies.
^Individual Offense: "5 Corner Checking"	1	5				- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the 5 standard offensive positions. Each player should get one turn on defense playing against all 5 positions. A successful rep is a high quality shot from the offender (✓). Shots from the wrong-side & reps longer than 5 seconds = (X). Use a separate evaluator for goalies.
Individual Defense: "5 Corner Checking"	1	5				- Arrange players in one or both ends of the floor depending on numbers. Have them stationed on their proper floor sides, in the 5 standard offensive positions. Each player should get five total reps on offense; an unsuccessful rep is a high quality shot from the offender (X). A successful rep (✓) is awarded when no quality shot is obtained by the offender within 5 seconds. Use a separate evaluator for goalies.
^Team Transition: "2-On-1s From Centre"	1	5				Start with 2 lines of offensive players, on their proper floor sides, at centre-floor. One defender should start in the middle, 5-10 metres back from the offensive lines. Either offensive line starts with a ball and attempt a 2-on-1 running full speed toward the net. The defender falls back with the play and splits the two offenders. The last of the 2 offensive players in the 2-on-1 to touch the ball stays in after the play for a turn on defense. Mix up who partners with who until all players have completed the allotted 5 reps. TRACK OFFENSIVE REPS ONLY. A successful rep is when the offenders get a quality shot on net (✓), missed reps are marked with an (X). Use a separate evaluator for goalies.
^Team Offense: "2 vs. 2 On-Ball"	1	5				- Start with an offensive player at the crease and shooter position, with 2 defenders in defensive position. Offensive players start with a ball, setting up picks & down-picks (re-picks) for each other trying to get a high quality shot. Offensive players do the drill and then go to defense; defensive players exit the drill. Alternate sides each rep through the drill. A successful rep for the offense (✓) is getting a quality shot on net, whereas the reverse is true for the defense. Shots from the wrong-side or reps lasting longer than 10 seconds are marked with an (X). Use a separate evaluator for goalies.
Team Defense: "2 vs. 2 On-Ball"	1	5				

\*Arrange Players In A Consistent Order During Drills For Simplicity When Tracking, Where Possible. ^Use A Circle (O) Around The (✓) To Indicate A Goal Scorer



## Appendix E: Lacrosse Specific Fitness Test



^Lacrosse-Specific Fitness Test  
Strength & Conditioning Coach: Chet Koneczny

Program Frequency: 2 - 3 Times A Season

Program Emphasis: Standardization & Improvement

Unit: Off-Season & In-Season

Reminder: Athletes should be properly warmed up, have not done any heavy exercises withing 24 hours of testing, should not eat within 2 hours of testing, should not drink 15 minutes leading up to testing & should stop testing if: dizzy, chest pain, nausea, mental confusion or any other painful/abnormal symptoms.

Player Name: \_\_\_\_\_

Exercise	L/R (Both)	Test #1		Test #2		Technique Cue
		Trial #1	Trial #2	Trial #1	Trial #2	
40 Yard Dash	(Both)					-Set up a premeasured distance of 40 yards (36.58m) using pylons as markers and a stop watch for timing. -Use an electronic timer is available (best practice) -The athlete gets 2 attempts & may start whenever they wish
Running Long Jump	L					-Set up a tape measure & use a stick for marking -With a 10m running start jump forward in a straight line off of one foot, trying for a 45° take off angle (no toe faults) -Jump explosively with opposite arm and leg action (coordinated)
	R					
MB Side Throw	L					-Sit straddling a bench or stand perpendicular to the direction you will be throwing the MB (R or L); feet parallel -Reach MB to lower hip opposite to the direction you are throwing, then explode arms on a 45° angle across body releasing the MB at the opposite shoulder
	R					
8 RM* Leg Press	(Both)					-Keep feet balanced (evenly spaced) in the middle of the platform (hip-width apart) push up then unlock handles, lower platform until you reach a 90° knee angle; push up through heels (lock after last rep); keep head back on head rest; lock at the end -Spotters should be in place on both sides
8 RM* Bench Press	(Both)					-With a neutral grip (equidistant), lay on a flat bench with a weight you can push for 8 reps -With a spotter, press the BB off the rack into the start position (arms straight); lower BB down to 3" above your chest; push up -Keep 5-point contact throughout the exercise (feet/shoulders/head) - 1 warning
8 RM* Ham Curl	(Both)					-Adjust the machine length to just above your ankles; lay or sit on machine keeping feet shoulder width apart; toes pointed towards shins -Curl legs back to an 80° shin angle from a 180° straight leg position -Deactivate lower back during the exercise
8 RM* Lat Pull Down	(Both)					-Sit with knees bent at 90° angle -Use either V-handle or straight-bar handle; keep a neutral spine (small curve in back) -A successful rep is counted only if the athlete is able to pull the bar down to their upper chest; no jerking action (1 warning)
L – Test (2 Trials)	(Both)					-Arrange cones into an "L" formation (5m apart at all lengths) -Start at one end of the L, run forward around the middle cone and do a figure-8 around the far cone, running back to the starting cone doing another figure (repeat 2x)
T – Test (2 Trials)	(Both)					-Arrange cones into a "upper case" T-formation (5m apart across the top - 3 cones, 10m along the middle - 2 cones) -Sprint forward from the bottom of the T around the top middle cone; side shuffle around one outside cone then all the way around the other; finish with a sprint from outside cone to outside cone
200m Shuttle Test <small>Goalies = 100m (4 x 25m sprint)</small>	(Both)					-Place 3 cones in a straight line at 12.5m apart (25m total), to mark the distance. Players do the drill twice, with a two minute break in between. -Side-shuffle halfway & back 50m, sprint 25m, back-pedal 12.5m, sprint 12.5m, back-pedal to sprint 25m, side-shuffle halfway & back 25m, sprint 25m, sprint 25m = 200m (See Diagram)
^Hand your tracking sheet into the coach/teacher at the end of each session						*See 1RM Conversion Chart

## Appendix F : Player Appeal Form

The player is required indicate the rationale behind their request for appeal.

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Player Name (Please Print)

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Player Signature

\_\_\_\_\_  
Parent or Guardian Name (Please Print)

\_\_\_\_\_  
Player or Guardian Signature (

Approval:

\_\_\_\_\_  
Canada Games Committee

\_\_\_\_\_  
LNB President Signature

\_\_\_\_\_  
Date (DD/MM/YYYY)

Comments: \_\_\_\_\_

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## Appendix G: Application Instructions

The steps required for you to complete this application:

- A. Submittal: THE APPLICATION DEADLINE is: May 1, 2020
- B. The tryouts will be held (insert dates)
- C. Other Comments: There is no charge for submitting this application and trying out for the Lacrosse New Brunswick Canada Games Team.
- D. If you are one of the players selected to play for Team New Brunswick there will be a significant financial and time commitment. Please inform coaches/managers of all major family events and/or any other foreseeable constraints prior to being selected for the team.

