

# TEAM SASK COACHES MANUAL



Saskatchewan Lacrosse Association INC



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## **PROGRAM GOALS**

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1. To make the player's involvement on the Saskatchewan Lacrosse team an enjoyable, positive, and memorable experience.
  - To facilitate life-long positive memories.
  - To create an atmosphere to develop friendships between teammates, coaches, and parents.
2. To further develop the skills and knowledge of the game of Lacrosse in the players, coaches and parents.
  - To create a positive learning environment for the athletes
  - To create future ambassadors for lacrosse in Saskatchewan.
3. To develop competitive Saskatchewan Lacrosse teams that will compete for medals at all National championships.
  - To represent Saskatchewan to the best of our ability.
  - To instill a sense of pride in representing the province of Saskatchewan.
  - To allow the coaches their discretion in allocating playing time to provide Team Sask with an opportunity to achieve success.
4. To help develop these young athletes into better youth and future leaders in the province of Saskatchewan.
5. To instill a life-long passion for the sport of Lacrosse.

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## **DESCRIPTION**

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The Team Head Coach is responsible to ensure the players are ready for Nationals, mentally, physically, and skill wise. They are to mentor the players to ensure all the players learn something new and have a positive experience.

The Team Assistant Coaches are responsible to assist the Head Coach in their duties and be a liaison between players and the Head Coach.

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## **REPORTS TO**

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Team Sask Coaches report directly to the Executive Director. Coaches may also need to work with the SLA Program Coordinator and VP of Operations and appropriate Sector Chair when needed.



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## DUTIES

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### Tactical/Team

- Work together to select Team Roster.
- If Team Roster has majority of players from one center, a report explaining why will need to be submitted to the SLA Office.
- Work with Team Managers as a team.
- Attend scheduling meeting with other Team Sask Coaches, Executive Director, VP of Operations, Field Sector and Box Sector Chair to schedule team practices and events to ensure not conflicts for players on more than one team.
- Create practice plans and pass out technical information to players. The Head Coach oversees all training/practice sessions.
- Coaches work together to create to team strategies on the floor.
- Create fitness/skill improvement training plans the players can work on at home.
- Submit code of conduct forms, LC Waivers, and Medical forms to Team Manager
- Work with Team Manager to plan team activities.
- Respect that the Team Manager has final decision with items regarding the team when they are off the floor and work with the Manager to have good communication.

### Certification

- Ensure all required Coaching Certification is complete. Competitive Introduction certification is required at Nationals.

### Nationals/Competition

- Work with Team Manager to schedule practices while at Nationals.
- Head Coach will need to attend the LC meeting at Nationals with Team Manager. Assistant Coaches will be responsible for watching players during this time.
- Help assist Team Trainer/Team Manager with any medical issues at Nationals.
- Along with the Team Manager, Chaperone players on and off the floor. The Team Manager will assist with chaperoning off the floor, but this is ultimately the Coaches responsibility as the Team Manager will be working with Snack Parents and ensuring everything the team needs is organized.
- Work with Team Manager to set and enforce all curfews and team rules. Handle all curfew and team rule infractions.
- Work with Team Manager to create a Team Itinerary.



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## DATE OF EVENTS

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- **ALL TEAM SASK BOX TEAMS (FEMALE & COED) – Lacrosse Canada Minor Box National Championships**
  - August 14<sup>th</sup> to August 20<sup>th</sup>, 2023, in Regina, Saskatchewan. Be prepared to take off work from August 13<sup>th</sup> to 21<sup>st</sup>.
- **ALL JR. RUSH BOX TEAMS – Jr. NLL Tournament**
  - August 25<sup>th</sup> to August 27<sup>th</sup>, 2023, in Oakville, Ontario. Be prepared to take off work from August 24<sup>th</sup> to August 29<sup>th</sup>.
- **BOTH TEAM SASK MEN'S FIELD TEAMS – Lacrosse Canada Field National Championships**
  - September 1<sup>st</sup> to September 3<sup>rd</sup>, 2023, in Charlottetown, PEI. Travel Days will be August 30<sup>th</sup> and September 4<sup>th</sup>.
- **TEAM SASK WOMEN'S FIELD – Lacrosse Canada Women's Field National Championships**
  - End of July, beginning of August, location TBD

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## TIMELINE (This is a general, tentative timeline and subject to change depending on teams)

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### JANUARY/FEBRUARY/MARCH

- Attend Team Sask Coaches Meeting
- Attend Team Sask Scheduling Meeting
- Attend Team Sask Development Series when possible
- Attend Open Talent ID Camps. Coaches will be evaluating at these events; arrangements will be made to have individuals run the floor so Coaches can evaluate. Coaches will need to communicate what they would like to see the players doing on the floor though.
- Attend any A League Evaluations (Box)

### APRIL/MAY/JUNE

- Attend any A League Evaluations (Box)
- Attend Team Sask Invitational Camp.
- Finalize Team Roster – Box Rosters due the beginning of June and Field Rosters due the Monday after the Field Provincial Championships. These deadline dates may change.
- Submit any reports regarding rosters necessary.
- Work with Executive Director to have a parents meeting (this is dependant on when Teams are selected)
- Prepare for practices.
- Attend Practices/Exhibition games
- Complete any Coaching Certification that is required.



#### JULY

- Attend Development Camps
- Attend Team Practices/Exhibition games and keep working on Team Strategies
- Work with Team Manager to create Team Itinerary for Nationals.

#### AUGUST/SEPTEMBER

- Attend Events

On top of competing the required Coaching Certification, all Coaches must submit a criminal record check. The Team Sask program is a alcohol and substance free program. Coaches are not permitted to drink or take any substances (legal or illegal) while at Team Sask events.