

## Red Deer Chiefs Minor Lacrosse Club- Winter Lacrosse Mandate

Within the Red Deer Minor Lacrosse Club, we value the sport of lacrosse, and we adhere to the philosophy of the game; strong mind, strong body, strong spirit.

As part of our commitment to furthering the sport of lacrosse, and in service to our players, we offer a winter lacrosse program for all those who desire to remain active in efforts to further their personal development during the off season. The RDLA is committed to providing a positive and purposeful lacrosse experience through our winter lacrosse program and to that end commit to the following guidelines:

### **Principles:**

1. Winter lacrosse is open to all developmental levels, including and between Mini Tyke and Midget when the number of registrants at each requisite level warrants a separate floor time. When registration numbers at a requisite level don't warrant a separate floor time, players will be accommodated at another level whenever possible.
2. Winter lacrosse strictly follows the philosophical framework of the sport of lacrosse; strong mind, strong body, strong spirit. The RDLA will provide a positive lacrosse experience for participants focusing on these elements and in particular, the individual skill development of each participant.
3. Winter lacrosse shall be non-competitive and committed to skill development at the requisite level.

### **Coaching:**

4. Coaches shall be certified at the requisite level they are working within, and well-versed on the principles of Long Term Athlete Development.
5. Coaches will provide feedback to participants regarding their personal improvement and areas that need attention. Evaluation processes will be individualized to match the participant's realistic developmental targets.
6. Coaches will concentrate on critical elements of athlete development and design practice plans targeting growth at each requisite level:
  - i) **Physical:** Speed, endurance, strength, flexibility, power, agility
  - ii) **Mental:** Self esteem visualization, competitiveness, attitude, work ethic, etc.
  - iii) **Technical:** Correct terminology and sport specific strategy, (6 player offense and defense, positional play, motion offence, etc.)
  - iv) **Sport specific skills:** passing, catching, throwing, cradling, footwork, vision, etc.

7. Coaches will concentrate the majority of their floor time to instructional activities leading to active participants; opportunities to improve through repetitive practice of targeted skills.

**Participants:**

8. Participants will pay a set fee at each level.
9. Participants will adhere to all standard rules regarding personal safety equipment.
10. Participants will be responsible about attending as many sessions as possible.
11. Participants will conduct themselves appropriately with regard to the philosophy of strong mind, strong body, and strong spirit.

**Parents:**

12. Parents of participants will be supportive of their sons'/daughters' efforts to improve their lacrosse skills.
13. Parents will support the winter lacrosse program by learning as much as possible along with their child about the nuances of the game; the opportunities it provides to develop character, strength and competence.