



## BC LACROSSE COACHES TECHNICAL SUPPORT GROUP 2019 SPECIAL SESSION MINUTES

Saturday, September 7, 2019 – 9:30 AM  
Executive – Burnaby (4201 Lougheed Hwy)

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### IN ATTENDANCE:

Russ Sheppard, Chair	Andy King, Kelowna Minor
Rob Arden, Vice Chair – Minor Box	Michael Lonsbrough, Semiahmoo Minor
Scott Jensen, Vice Chair – Senior Box	Jeff MacAulay, Mission Minor
Naomi Walser – Women’s Field	Sandra Margetson, Langley Minor
Dennis Quigley, BCLA Vice President – Technical Programs	Blair Mitchell, Adanac Field
Trevor Anyon, Richmond Minor	Mike Newton, Pt. Coquitlam Minor
Bryan Baxter, BCLA Indigenous Program	John Olson, Ridge Meadows Minor
Provincial Coach	Ryan Paddon, Surrey Minor
James Bayley, Surrey Minor	Ken Passfield, Saanich Minor
Darren Buchan, Langley Minor	Steve Porter, New Westminster Minor
Rey Comeault, Team BC - Field/Women's Field	Darcy Rhodes, BCLA Regional Coach - Kelowna
Cody Cook, Victoria Field	Brad Romano, Burnaby Field
Stuart Doyle, Pt. Moody Minor	Kelly Scott, Ridge Meadows Minor
Jason Goller, Langley Minor	Alex Vanichuk, Langley Minor
David Goulet, Valley Field	Scott Vigar, Kelowna Minor
Michael Hagel, Vancouver Minor	Josh Wahl, Pt. Coquitlam Minor
Tom Kellett, Burnaby Minor	George Westwood, Victoria Field
	Rochelle Winterton, BCLA Executive Director

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- 1. Introduction.** The meeting was called to order at 10:45 AM, with Chair Russ Sheppard presiding. Bryan Baxter acknowledged the traditional territories. Everyone introduced everyone.
- 2. Minutes of the Sept 8, 2018 Special Session.** *It was moved by Kelly Scott, seconded by Darcy Rhodes that the minutes of the Sept 8/18 minutes be approved as amended.* **ACTION: Amend the minutes – Scott Jensen, Vice Chair – Senior Box (not Field). CARRIED.**
- 3. Reports – Rob Arden/Blair Mitchell**
  - a) Chair** (Russ Sheppard) – as circulated. Proactive approach by associations for referee abuse. The CLA and MAs need to provide more coaching resources.
  - b) Vice Chair – Minor Box** (Rob Arden) - as circulated.
  - c) Vice Chair – Senior Box** (Scott Jensen) - as circulated.
  - d) Vice Chair – Men’s Field** (Shawn Donahue) - as circulated.
  - e) Vice Chair – Women’s Field** (Naomi Walser) - as circulated.
  - f) BCLA Team BC Technical Co-ordinator** – Box Lacrosse (Jeff Gombar) - as circulated.
  - g) BCLA Team BC Technical Co-ordinator** – Field Lacrosse (Rey Comeault) - as circulated. Congratulations to Kelowna for hosting a great Field Lacrosse Nationals (U18/U15). U18 and U15 both won Silver.
  - h) BCLA Provincial Coach – Indigenous Program** (Bryan Baxter) - as circulated.

- i) **BCLA Regional Coach – Okanagan** (Darcy Rhodes) - as circulated.
- j) **BCLA Master Learning Facilitator – Box, Field** (Terry Mosdell) - as circulated.
- k) **BCLA Technical Director** (Dave Showers) - as circulated. We may charge the associations when coaches don't show up. 40 box and 45 field coaches registered and did not attend. And perhaps fine as well. **ACTION: Look at doing a new system for Form 100s to make it easier.**
- l) **BCLA Vice President – Technical Programs** (Dennis Quigley) - as circulated.

#### 4. Discipline Hearings.

**Scott Jensen**– Didn't need to do any discipline committees. Commissioners were proactive; messages from these meetings has filtered down to the Senior Box Leagues. Biggest issue is that officials are not writing up coaches for abuse of officials.

**Rob Arden** – There were disciplinary issues every week (swearing, hand gestures, etc.). Novice coaches were the worst offenders.

**Russ Sheppard** - Would like to see stats on Novice place and push.

- Misconception that the referee is out there and ensure that everyone is safe. Protective parents vs. competitive coaches. We are looking at a philosophy as we are dealing with new coaches, new referees, new parents...we have to try to explain expectations and reality.

**Russ** - Emphasis on coaching clinics on proper ways to address the physicality of the game.

- Officials send out memos (beyond clinics), so the **ACTION:** BC Coaches Group should be sending out "Technical Bulletins" re: rules emphasis, this is what we're going to focus on this year, etc.

- Need an Introduction to Contact. Teaching appropriate defence.

- Referees – **ACTION:** Should communicate that Unnecessary Roughness Checks should be called at Novice (illegal checks, etc.).

- Tiering – athlete abilities are unbalanced.

- Possibly having no off-ball hits.

- There has been a culture change/emphasis in training that referees need to officiate and control the flow/impact of the game. See a lack of consistency in the younger, less-experienced referees.

- **Naomi Walsler** – Girls have an option to play full contact or non contact. Could have a coed non contact league.

- **Russ Sheppard** - How many would support a rule of off-ball contact in Novice and under? Many hands went up. Should a recommendation go to the Minor Directorate?

**ACTION:** Rob Arden will bring forward the recommendation coming out of the Coaches Special Session to the Minor Directorate have the rule of off-ball contact in Novice and below.

- Having ongoing discussions at the LMMLC about what the lower division development should look like. One of the proposals is to take the "A1" "A2" divisions be contact, and the "B" and "C" divisions be more developmental non-contact.

- True LTAD says that there should not be tiering in the lower age group divisions.

- Numbers are down; we need to increase registration in the younger age groups.

- 3 on 3 (Josh Wahl) at the younger age groups has been very successful.

- If you don't touch the ball, you're going to quit the game.

- Need to look at tiering not for competition but for development.

- At what point does the BCLCG look at coaches in terms of how they are coaching the game (i.e., high penalty minutes, etc.). Russ suggested that this would be an

association's responsibilities. Russ would like to put forward a policy that would allow the coaches to fine coaches.

- Pt. Coquitlam's 3 on 3 – better kids play the better kids. Balanced teams works well to give less-developed athletes a chance to get better.
- 3 on 3 brings more excitement for the parents as well.
- League forces the teams to tier up.
- **ACTION**: Russ, Rob to go to the Minor Directorate to say that we want to change the landscape of Tyke Lacrosse. Let Russ know if anyone is interested to serve on a sub-committee.
- There is an appetite to fix tiering at the LMMLC.

## **5. Provincial Championships, National Championships.**

PeeWee Provincials – A coach wanted to pull his team off the floor. The coach was informed that he would be suspended for minor and senior. It seemed to matter once the coach understood that he would be suspended in all disciplines of lacrosse.

Discussion took place about the changes that the CLA National Championship committee is discussing. 2021 Canada Summer Games will see Midget and Female Midgets compete.

Discussion took place about “for-profit” and US Box Lacrosse play.

Discussion took place regarding the loss of 17-18 year olds (no Junior B T3 – old IntB – teams in 2019).

**Recess at 12:15 for lunch.**

## **6. Operating Policy – Proposed Motions.**

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*It was moved by Rob Arden, seconded Tom Kellett that:*

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**To amend REGULATION 7: BENCH RULES, 7.02 that would read:**

- 7.02 The names of all bench personnel must appear clearly on the official game sheet (including trainers). The game sheet will be duly signed by the manager, or head coach, certifying that the noted bench personnel are qualified to occupy the bench. No persons shall occupy the bench unless their name ***and Lacrosse NCCP # (for coaches) and Trainer Certification # (for trainers)*** appears on the score sheet.

It shall be considered an offence to falsely certify a game sheet

**Motion to further amend the motion, it was moved by Jason Goller, seconded by Kelly Scott to read:**

- 7.02 The names of all bench personnel must appear clearly on the official game sheet (including trainers). The game sheet will be duly signed by the manager, or head coach, certifying that the noted bench personnel are qualified to occupy the bench. No persons shall occupy the bench unless their name ***and Lacrosse NCCP # (for coaches) and Trainer Qualification (for trainers)*** appears on the score sheet.

It shall be considered an offence to falsely certify a game sheet

**AMENDMENT CARRIED. ORIGINAL MOTION WITH AMENDMENT CARRIED.**

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*It was moved by Jeff MacAulay, seconded Rob Arden:*

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**To amend REGULATION 7: BENCH RULES, 7.03 (a) that would read:**

- 7.03 (a) All bench personnel must meet the following requirements to participate in any BCLA sanctioned games in the Novice (Box) and U9 (Field) divisions and below. *No untrained person will be permitted on the bench at any time.*

**DEFEATED.**

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*Rob Arden WITHDREW the following motion..*

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**To amend REGULATION 7: BENCH RULES, 7.03 (b) that would read:**

- 7.03 (b) All bench personnel must meet the following requirements to participate in any BCLA sanction games in PeeWee and above (Box) and U12 and above (Field). *No untrained person will be permitted on the bench at any time.*

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*It was moved by Rob Arden, seconded by Jeff MacAulay:*

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**To add New APPENDICES to the BCLCG Operating Policy that would read:**

- APPENDIX A: Form 100B – Minor*  
*APPENDIX B: Form 100B – Senior*  
*APPENDIX C: Form 100M – Field*  
*APPENDIX D: Form 100W – Women’s Field*

**CARRIED.**

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*It was moved by Rob Arden, Jeff MacAulay:*

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**To remove second point under Coaching Certification on APPENDIX A: Form 100B – Minor that would read:**

- Head Coaches and Assistant Coaches will be held to the same standard at ALL levels.
- ~~• Gate Personnel must be Community Development Trained.~~
- Level 1 Certified is equivalent to Community Development Trained.
- Level 2 Certified is equivalent to Competitive Introduction Trained.
- A first year coach must be ‘In-Training’ (‘In-Training’ is attending the clinic and working on completion of the workbook).
- A second year coach must be ‘Trained’ (‘Trained’ is the completion of the workbook).
- A third year coach must be ‘Certified’ (if required above) (‘Certified’ is once a Coach is ‘Trained’ they complete the online ethics test and evaluation)
- Competitive Development: the requirement for Comp-Intro/Comp-Dev Learning Facilitators will be Comp Intro Certified.

**CARRIED.**

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**7. Election of Officers**

- a) Secretary (2-year term) – the position remains vacant.

**PLEASE NOTE:** Mike Newton volunteered to be the Secretary after the meeting, so this will be addressed by the BCLCG.

b) Vice Chair – Senior Box (2-year term)  
Scott Jensen was elected.

c) Vice Chair – Men’s Field (2-year term)  
Shawn Donahue was elected.

**8. New Business**

a) Rob Arden, seconded by Jeff MacAulay *that the BCLCG Chair will draft a letter recommending that the Minor Directorate to alter the Novice rules to ban off-ball contact for the next box season. The letter will endorse the BCLOG’s recommendations for three referees on the floor at Novice. CARRIED.* It was recommended to tie in retention.

**9. Adjournment.** *It was moved by Kelly Scott that the meeting be adjourned. The meeting was adjourned at 1:15 PM.*



**BC LACROSSE OFFICIALS AND COACHES  
TECHNICAL SUPPORT GROUPS  
JOINT SESSION NOTES  
Saturday, September 7, 2019 – 9:30 AM-10:30 AM  
Executive – Burnaby (4201 Lougheed Hwy)**

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1. Abuse of officials
  - a. General feeling is that the number of incidents is down
  - b. However, severity of incidents is more egregious
  - c. From Coaches side - Russ
    - i. Coaching organization (BCLA) is reactive to situations
    - ii. Encouraging associations to have a solid code of conduct
      1. Establish consequences
      2. Follow through
    - iii. We still have situations where the association is advocating for the coach – even some who have admitted they did what was of concern
      1. Question – should associations be fined if coach repeats behaviour
        - a. May be a viable consequence – but a last resort
      2. Need to step up in enforcement by associations
    - iv. Do we have actual numbers for individual associations?
      1. Overall over 50 suspensions for abuse
    - v. Can bench minors be reported and tracked by associations?
      1. What role do commissioners have in monitoring coaches?
    - vi. When a coach is suspended, by a commissioner does the coaching association get informed?
      1. Right now, it is if suspension is 5 games, why aren't all suspensions referred?
    - vii. Is there a demographic for levels where suspensions are happening?
      1. PeeWee and down was much more frequent
        - a. Novice was especially bad
      2. Bantam/Midget – better than lower levels
        - a. Mostly door people rather than head coaches
    - viii. Clinic proactivity for coaches around areas that have caused conflict
      1. What can be done in advance to predict these situations?
    - ix. Would coaches benefit from being instructed on the rules?
      1. Are there some specific areas that coaches would benefit from having a greater understanding?
      2. Both referees and coaches are learning on the floor
    - x. Identify why adult is being drawn into a situation at such an emotional level?
      1. Personal ego connected to wins?
        - a. Potential loose cannon
        - b. Not results based but process based
          - i. What skills are children learning rather than the score!
  - d. How is association proactively helping coaches understand their coaches  
Referee evaluation forms completed by coaches

- i. Used improperly 30-40 % of time
          - 1. More a complaint vehicle rather than identifying a weakness
          - 2. If there is a complaint about referee conduct it should go through an association process
            - a. letter to Assoc. President
        - ii. Officials group trying to use as learning tools
          - 1. Areas of focus
        - iii. Awareness of time in making a complaint – suggested 24-hour rule so that the emotion of the situation has dissipated
        - iv. Also enable evaluators to use information to identify trends
      - e. Referee report writing
        - i. Ensure that all game misconducts are written on game sheet and then followed up with a write-up to commissioner
      - f. Referee report on coaches – not game reports but identifying potential issues
        - i. Surrey had referees and coaches do an exit survey at the end of the season
        - ii. Can use these to identify trends in coach behaviour
      - g. Volunteer usage
        - i. Does anyone go to supervise coaches early in the season to see what is happening
      - h. Forms used by various organizations
        - i. Email to Rochelle to look at a BCLA form
        - ii. Could use back of first page of score sheet for evaluation of both coaches and officials??
2. How can we use video to guide coaches in what their behaviour looks like – develop best practice!
  - a. Modules that are online
    - i. Ethical decision making
    - ii. Respect in Sport
  - b. What about videos of positive and negative coach interactions?
  - c. Brian – if coach is in suspension situation
    - i. How can we educate coaches so that they understand why things may happen on the floor/field?
  - d. The ride home video raised awareness of how children feel after the game
    - i. Parent actions actually make child feel worse
3. 3 man system in the box game
  - a. There are not currently enough referees to sustain this right now
  - b. Perhaps start this in Novice – get more involved earlier
    - i. Able to put a more experienced official with newer referees
    - ii. Move program up every two years
  - c. Will need to go through associations for vote
    - i. Additional costs
    - ii. Still lots of discussion to happen
4. Parent piece
  - a. Becoming larger problem
  - b. Need to monitor and utilize code of conduct to manage parents
  - c. Perhaps note on game sheet any parent issues
    - i. Home coach is responsible
  - d. Game commissioners at as many games as possible???
  - e. Associations need to make some hard calls on not bringing back coaches who are repeat offenders.

August 28, 2019

**BC Lacrosse Association --BC Lacrosse Coaches Technical Group**

Hello all:

**Re: B.C. Lacrosse Coaching Chair Report**

Another lacrosse season has come and gone in British Columbia and I would first like to thank the many coaches and volunteers for allowing us to showcase our great game. This has been a very busy year for me personally with the launch of the motion picture "The Grizzlies" as well as my regular work and lacrosse commitments. That schedule has most definitely hindered my ability to pursue new avenues for developing coaching resources and as such this must be a priority in 2020 for myself and our technical group.

2019 saw a major focus on working with coaches to eliminate the incidents of referee abuse within our province. Although I feel that unofficially we had some success, we still have some major problems that we cannot turn a blind eye to. First and foremost, is the culture developed by some of our local associations? We are seeing a continuing trend within certain organizations of abuse of official and win at all costs attitudes. It is important that we continue to push the message contained within the long term athlete development model of process based learning versus results based coaching. Further it may be time for us to put the onus on local clubs to police their coaches in a more active fashion. I do believe we should bring forward an opportunity for the BCLA executive and our coaches technical group to levy financial penalties on clubs that have coaches that continue to get abuse of official penalties or infractions. There is no way the local club is being active when a coach is a continued offender and is then again selected for the upcoming season. I understand that these clubs are filled with volunteers but that does not give them any less onus to develop and grow their local association the proper way.

Although some of you may be reading this and think this is a radical approach, I would encourage you to really think through a way to make this work and that the ultimate goal is that local associations police their coaches, educate their coaches, and pick their coaches appropriately.

Further I think that the 2020 calendar year requires us to work with neighboring large provinces such as Alberta and Ontario to develop a coaching resource package similar to Alberta Lacrosse TV. I think that we are all working in silos right now and waiting for the Canadian Lacrosse Association to spearhead this project. My experience with the national board is that this will not happen or take any priority and that we must develop resources for our youth coaches. Our coaches are in a position where they are feeling uneducated and thrown into the fire because they take a one day clinic and then have limited resources to develop practice plans and run a program that is progressing the kids' skills forward. If you look at our numbers in the minor youth system under PeeWee age, we have too much turn over and not enough retention. I think unofficially this is probably the case across Canada. This is the age group where coaches have a significant impact on retention and it is my belief that giving our coaches better tools to succeed in practice will create a higher retention rate.

It is time to stop doing what we have always done and to break down some barriers to move forward.

A special thanks to all of the Coaches Technical Group for stepping forward and assisting and of course to Robbie for stepping forward with the large job of dealing with the minor director issues.

Sincerely,

Russ Sheppard, J.D.





I first off would like to thank all the people involved in the Coaches Technical support group and the BCLA office for all the work they do throughout the year. I would like to thank Jeff MacAulay, Kelly Fines, Michael O'Connor, Dom Sia, Dan Chetner, and Russ Sheppard for all their help as coaches' zone reps this season... These guys spent many nights on conference calls dealing with coaching suspensions and spent many hours watching games during the season.

We had another very busy box season including all the provincials and Team BC. I would like to thank all the people that acted on behalf of the Coaches group that attended those events

Once again, the big topic this season was Abuse! We still have players, coaches, and spectators abusing officials. We have also had complaints of officials abusing coaches. This year we once again had over 60 suspensions of coaches for Abuse of an official. The abuse seemed to increase this season with the vulgarity of the language that was used towards the officials, threatening officials and even throwing objects at official's. It is time that associations need to be accountable for the coaches they chose. They need to remove these people and not allow them back. For the most part the coaches doing the higher divisions were not this issue as they seem to be getting the message. It's the newer coaches in Pee Wee and below that were the issue this year. Swearing and threatening officials, pulling their teams from the floor. It is time to get rid of all these coaches, players, officials, spectators that think they are more important then the game itself. Things will not change till these people either leave or decide to finally change their ways. The Coaches group will be addressing how we can make the Associations more accountable. It may come down to implementing a fining system to deal with these acts. I also feel the association head coaches need to get more involved with their coaches especially the new coaches that have no idea on policies and procedures We probably had over a dozen coaches suspended for playing ineligible players or having uncertified coaches on their benches. Associations allow these people to coach and it seems they just assume they will figure everything out. Trust me they do not until it is too late

Finally, I would like to thanks all the volunteers around the Province for all you do to make the box season work for all the kids playing this great sport of ours!

Yours in Lacrosse

Rob Arden  
Vice Chair – Minor  
BCLCG

## **COMMITTEE REPORT VICE CHAIR – SENIOR**

August 20, 2019

This was and still is another amazing lacrosse season. Congratulations to all the coaches, volunteers and associations that continue to work hard and grow our game. And, we wish all those teams currently competing for a National Championship all the best. Good luck to all of you!

Over the course of this season, the BCLA facilitated numerous coaching clinics across the province introducing more talented coaches to lacrosse. We continue to focus upon safety and respect to ensure all participants can fully enjoy all facets of this great game. A special thank you to all the talented coaches who facilitated these clinics.

All associations should note the deadline for submitting their coaches' form 100s. This season, over twenty teams required additional reminders from the BCLA's Technical Director to submit the forms of all bench officials.

This season saw a sharp decline in the number of referee reports submitted due to abuse of official. The proactive approaches taken by the BCLA and league commissioners are showing a positive trend. We will continue to strive for a safe and respectful environment for all our players, coaches and officials.

Over the summer, the BCLA executive met to discuss Strategic Plan for 2019 – 2025. As it pertains to coaching, we discussed:

- Developing a comprehensive mentorship program that would include the training of coach facilitators to facilitate instruction throughout the province.
- Supporting current coaches and to sustain on-going coaching development through hands-on, community-based mentorship.
- Identifying, recruiting, training and deploying coach candidates from athlete pools in each association.
- Continuing the instructional development of coaches to ensure coaches can achieve the highest level of certification.

Overall, this has been a very successful season. I thank all the coaches and bench staff through the province that dedicated their time and efforts into growing our game.

Thank you for your continued dedication to lacrosse.

Sincerely,

Scott Jensen

## Vice Chair - Coaching Men's Field

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### Coaches/Officials Special Sessions 2019

In my first season in this role taking over mid term, there was much to learn. Thank you to everyone for their support throughout the past year.

I think we can all agree that there is always room for improvement in removing abuse from our game. While the number of incidents reported to me last season was low, even one incident is too many. We need to keep working together to ensure everyone in our game is treated with respect at all times both on and off the field.

There were many coaches who ended the season without attending clinics or finishing their workbook. There were also special clinics set up later in the season to ensure coaches got certified but were very poorly attended. Clubs should ensure the coaches they register attend the course and complete the certification process. I would like to ask associations to work with their coaches early in the season to identify who needs further certification and get them trained early.

It has been an enjoyable first year in this role, and I look forward to the upcoming field season.

Shawn Donahue

## BCLA Field Directorate Special Session

### Women's Field Coaching -Vice Chair Report Fall 2019

I am excited to be back in the Vice Chair Role for Women's Field Coaches after a few seasons away. We continued to certify several coaches across BC each year and have NCCP Level 1 coaching clinics lined up for the fall on both the Lower Mainland and Vancouver Island in September. A new NCCP Level 2 clinic has been created by the CLA and we are working toward setting up a clinic for Coaches in BC this season.

Congratulations to U19 Team Canada women's for bringing home the silver this August at the World Cup in Peterborough ON.

## **2019 Special Session Report – Team BC Box Lacrosse Program**

By: Jeff Gombar, BCLA Marketing Director & Team BC Director

I want to thank all coaches, managers and team personnel for their time and dedication put towards the 2019 Team BC Box Lacrosse program. These passionate individuals were instrumental in professionally managing our teams to offer a positive Team BC experience!

Other key people that need to be recognized are the BCLA staff members Rochelle Winterton, Dave Showers and Deb Heard for their work in making the program run from registration, camp coordination, to working with the teams in preparation for Nationals. Thank you to the Team BC Committee, with direction from Tyson Leies VP of Performance Programs, Russ Shepard Chair (BCLCTSG) and Gord McIntosh (Minor Directorate Chair). Your tireless work and effort was appreciated throughout the process.

The District Tryout Camps and Provincial Tryout Camps ran smoothly with assistance from local volunteers. I would like to thank those volunteers and their teams that made these camps successful:

**Fraser Valley** – Alex Vanichuk - Langley Minor Lacrosse Association

**Vancouver** – Michael Hagel – Vancouver Minor Lacrosse Association

**Vancouver Island** – Shane Mellish – Vancouver Island (Chemainus)

**Interior/North** – Darcy Rhodes – Kelowna

**Provincial Tryout Camps** – Dave Showers, Bryan Baxter and the Langley Events Centre staff.

**Over 525 athletes applied and tried out for one of the five Team BC Box teams. This is the highest number of athletes to tryout for Team BC in a single season.**

All coaching staffs were certified at the Competitive Introduction level for coaching at Box Nationals.

All Box Nationals took place August 20-24, 2019 in Coquitlam and New West.

Team BC Female Bantam (Manager-Cathy Clark & HC-Brad Downey)

The Female Bantams improved as they trained hard for a nationals repeat title. They succeeded in a repeat victory over Ontario by a score of 3 to 2 for the gold medal.

Team BC Female Midget (Manager-Carrie Dunnett & HC-Matthew Black)

This team had much to prepare for and prove after losing a heartbreaking gold medal loss to Ontario in 2018. The Midgets succeeded by beating Ontario 8 to 0 for the gold medal.

Team BC Pee Wee (Manager-Alex Vanichuk & HC-Bruce Alexander)

The Pee Wee team was defeated in the gold medal game by Ontario by a score of 10 to 3.

Team BC Bantam (Manager-Shylo Kennett & HC Gerry Van Beek)

Our boys competed at a high level and played some exceptional lacrosse throughout the tournament. The Bantam team was defeated in the gold medal game by Ontario by a score of 8 to 3.

Team BC Midget (Manager-Dean Favaro & HC-Daren Fridge)

The Midget team was defeated in the gold medal game by Ontario by a score of 12 to 7.

All players, coaches and team personnel prepared their teams well and should be proud of the way they worked towards their Nationals finish. A special thanks goes out to all the parents who volunteered on the road to assist with laundry, driving, cooking, and gear duty. Their efforts do not go unnoticed! It is always nice to get such positive feedback on how well Team BC represents themselves as a Province at Nationals.

**2019 Minor Box Lacrosse National Championship Results:**

Female Bantam – Gold

Female Midget – Gold

Pee Wee – Silver

Bantam – Silver

Midget – Silver



### **Team B.C. Field Lacrosse – Report**

The later part of 2018 and the beginning of 2019 was once again busy year for the Team BC Field lacrosse Program. Team BC Women's Recruits, Middle School, Freshman, Sophomore, Junior and Senior Teams have been selected and are gearing up for the beginning of training September 7<sup>th</sup>, 2019.

Our U 19 Women's Team competed in the Field Nationals this past month and finished with a Silver in the National Championships and won the Championship Cup in the first Nationals Invitational which included a First Nations Team that was comprised of female Athletes from Ontario and New York.

Both our U15 and U18 Teams are in training at the time of this report for Nationals that are being hosted in Kelowna over the Labour Day Long Weekend. 2020 Nationals will be hosted by Quebec in Laval. District Camps will take place in late September – early October with the Main Camp once again taking place on the Thanksgiving Long Weekend in Langley.

We are sending our U15 Team to Delaware this Fall to better serve the needs of our Athletes.

Respectfully submitted,

Rey Comeault

## **Annual Report 2019**

**Bryan Baxter**

### **Indigenous Provincial Coach**

#### Mainstream Programming

During the course of the 2018 and 2019 lacrosse year I conducted 5 CMD Box coaching clinics ( 34 coaches trained including 4 Indigenous coaches), 2 CPI Box coaching clinic (18 coaches trained) 2 CMD Field Clinics (18 coaches trained including 3 Indigenous coaches), and 2 CPI Field clinics (18 coaches trained). These clinics took place at various cities in BC.

I attended most of the VIMLC and the VIFLL meetings during the course of the year. During my attendance at these meetings I relay any pertinent information coming from the BCLA and CLA offices pertaining mainly to coaching, Team BC and Indigenous Development.

Congratulations to all athletes who evaluated for the various Team BC squads both male and female and for representing BC at the upcoming Nationals.

On the development side, I attended 17 schools throughout the province to deliver the Intercrosse sessions both for the BCSP and the ISPARC programs. With the help of Naomi Walser, Terry Mosdell, Nick Kojima and Russ Shepherd we were able to cover off most of the province. It should be noted that with each visit to an area of the province, we are generally able to leave behind a set of sticks and balls to perpetuate the program in the school (district) after we leave.

In another development area, I attended a summer camp with PacificSport in Nanaimo with athletes 9 – 13. At this camp, I give a brief history of our great game and then conduct a lesson that teaches the four basic skills and allows the athletes to test their ability with these skills. At the conclusion of the camp, I converse about the opportunities that are available through sport with emphasis on the ability to obtain scholarships.

I participated in the 4 year planning session held at Fortius on April 13, 2019.

#### Indigenous Development

In conjunction with the Indigenous Sport, Physical Activity and Recreation Council (I SPARC) we continued on a mandate to create an All Aboriginal Lacrosse Tournament along the same idea as the All-Native Basketball Tournament held in Prince Rupert each year. To that end we decided to get more Indigenous youth involved in lacrosse by developing a program called Spirit Lacrosse. It is modeled after the Lacrosse Fits Program that was developed by Kylo Harris and Dave Little out of Winnipeg. The program uses lacrosse skills and Fundamental Movement Skills as the backbone of the program.

This year's program built on the success of the fifth evolution of Spirit Lacrosse. To that end we committed to continue with Module Five of the FITS Program in the original three areas (Chilliwack, Cowichan and Merritt) and to develop Module 4 Spirit programs in Prince George, Songhees, and



Kamloops, and Module 3 programs Port Alberni, Nisga'a Territory, Fort St. John and Nanaimo. A second year program was conducted in Quesnel. And finally, we added new programs in Lillooet, Burns Lake and Kitimat. Due to a death in the Lillooet community, the program was not completed. We continue to build capacity with 7 more Indigenous coaches trained across the province.

I conducted introductory lacrosse sessions with camps in both Snuneymucw (Nanaimo) and Nuuchahnulth (Port Alberni) territories as well as a session with the Mid Island Metis Association.

I attended Regional Engagement Meetings for ISPARC in both Abbotsford and Campbell River. In conjunction with these meetings, I also attended the Premiers Award dinners for each of these meetings.

I attended the Gathering Our Voices Indigenous Youth Conference in Port Alberni March 19 – 22. During the conference, I facilitated two lacrosse sessions for the youth at the conference. I also attended the Premiers Awards ceremony during the conference.

I attended the debriefing session for BC Summer Games, ISPARC and the BCLA with regards to the participation of all Indigenous teams in 4 sports (including lacrosse) at the BC Summer Games in 2018. The trial of these sports was quite successful.

I attended the NAIG 2020 athlete identification camp and conducted the physical testing for the athletes. Due to inclement weather and the slippery track conditions the testing had to be suspended for the safety of the athletes. Had the opportunity to create new indigenous contacts who are willing to assist with the continued development of Spirit Lacrosse in various communities across the province.

And lastly, I attended the annual meeting for the IDC (Indigenous Development Committee) in Ottawa in February. We discussed our progress on our plan and brought new members up to speed with what the IDC is working toward; participation, growth and development of our game with the Indigenous youth. Discussion was also held on Canada Summer Games and the inclusion of Indigenous athletes and coaches at the 2021 Games.

### Personal Development

I attended the Sport Leadership Sportif Conference in Ottawa from Nov 8-10.

During the conference, I participated in various workshops including:

- CAAWS workshop "Influencing Change" where we discussed female promotion in sport
- Welcoming Plenary entitled "Applying the Neuroscience of Happiness to All Levels of Sport" where Jim Moss (ex lacrosse athlete) told a compelling story of his resiliency after a debilitating diagnosis and his subsequent recovery. How gratitude saved his life.
- "Bold Moves" a panel discussion about instilling a coaching mindset within your sport organization. Some of the highlights included things like, "Bringing the best version of yourself to everything you do, and the NOVA Profile (look up on google) about knowing yourself as a coach.

- “Effective Performance Partnerships” Anne Merklinger spoke about developing partnerships outside of sport to enhance your sport
- “Transparency, Trust and No Surprises” a panel discussion about creating culture and knocking down silos within your organization. What do you measure in your sport? Employee engagement surveys, exit surveys, upholding values and athlete alignment.
- “Time and Energy Management” and “Optimizing your LinkedIn Presence” were two lightning round presentations
- “Workplace Wellness” Nova Browning Rutherford presented on maintaining your health and wellness at your workplace. 87% of people are not engaged at work. Some of the things you can do to become more engaged are:
  - Change your mind
  - Turn ringer off
  - Cancel a commitment/ delegate
  - Take time to respond to calls/emails
  - Create a space for yourself
  - Find another outlet of expression
- “Indigenous and Cultural Awareness” Greg Henhawk led a group through an experiential lesson on cultural awareness.
- Attended the Awards Gala

Attended Master Coach Developer training with Duane Bratt on May 26, 2019.

Attended an update session with NCCP regarding delivery of the new “Making Ethical Decisions Module”

Was involved in numerous conference calls pertaining to many lacrosse related endeavors over the course of the year.

I attended the BCLCTSG Special Session in September 2018 and the BCLA AGM in October 2018.

## **2019 Special Session Report – Regional Coach Okanagan**

**By: Darcy Rhodes**

I would like to thank the KMLA and the BCLA for the opportunity to work with the Coaches, athletes and volunteers in the Okanagan area. A personal thank you to KLMA President Wuilbert Jamamillo and KLMA Head Coach Andy King for their work in helping with securing facilities and providing resources when needed. Below I have highlighted the successes we had this year in Coaching and Athlete development.

### **Athlete Development:**

I would like to thank Kelowna Minor Coach Cory Seigner who was able to help me deliver the majority of the sessions and is now trained to deliver the program.

### **Schools:**

Glenmore Elementary – 300 participants  
Spring valley Elementary – 300 participants  
Quigley Elementary – 300 participants  
North Glenmore Elementary – 300 participants  
Total- 1200

### **Pacific Sport Camps:**

Spring Break Camp – 22 participants  
Summer Camp – 16 participants

### **Coaching Certification:**

#### **Field Lacrosse:**

Field CMD – 16 participants  
Field CPI – 13 participants

#### **Box Lacrosse:**

2 Box CMD – 22 participants  
Box PCI – 12 participants

### **Team BC:**

I was able to help with the organizing of the Team BC Box Regional tryout for PeeWee, Bantam and Midget with Kelowna Minor and the BCLA. We had a great group of evaluators who did an amazing job on the floor with the running of the sessions and in the stands evaluating the talent. I also attended the Female Box Lacrosse Provincial main camp and helped Jeff with the organizing and running of the Female Midget division.

### **Participation numbers for each division at Regional camp:**

**PeeWee 31 – Bantam 26 – Midget 23**

A special thanks to the BCLA office Rochelle, Jeff, Dave and Deb for all the work that doesn't get recognized.

Terry Mosdell

Master Clinician Report

Attended the CLA coaching meeting in May 2019. At this meeting they discussed a few things that specifically ascertain to the Clinician programs through Canada and the perspective MA's.

1) National Championships Coaching Certifications

Clarification on what is required will be forwarded out to the MA's by James along with a full description of what is required to coach in the upcoming Canada Games. At this time there are only 3 coaches in Canada (that they are aware of) who have fully completed all the necessary requirements to coach in the Canada Games. There will be training courses presented across the country to allow coaches, who are interested in participating in the Canada Games, during this year. The date that has been considered for BC is Nov 8 ~ Nov 10. All certifications must be completed by Feb. 8, 2021 in order to be considered.

2) Coach Developer Training. It was understood that the CLA needed to train more Evaluators, Facilitators, etc. The next available CDPD weekend will be Oct 4,5,6 At this time BC has only 2 recognized Evaluators and neither has the certification to train additional evaluators, therefore we will need to have one of these 2 Evaluators to attend the course so that they in turn will have the ability to train Coaching Evaluators in their Associations.

The BCLA Coaching Certification program is actively working with the CLA to develop additional Evaluators and Facilitators as per the CLA mandate. Planning to attend the workshop in early Oct. to become a certified level 3 instructor – more to follow on this.



2019 BC Lacrosse Coaches Technical Support Group Special Session

September 7, 2019

## **BCLA Technical Director Report: Dave Showers**

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In this report, I have highlighted the activities that the BC Lacrosse Coaches Association (BCLCTG) has had in the last year, along with some statistics. First of all, I would like to thank everyone involved with the BCLCTG, from Russ Sheppard (Chair), Scott Jensen (Vice Chair – Senior), Rob Arden (Vice-Chair – Minor), Shawn Donahue (Vice-Chair – Field), Naomi Walser (Vice-Chair – Women’s Field), Terry Mosdell (Master Learning Facilitator), BCLA Regional Coaches: Darcy Rhodes, Rey Comeault (Lower Mainland), Bryan Baxter (Vancouver Island) and to all our Learning Facilitators who stepped into a classroom or into an arena or onto a field to teach or evaluate our coaching programs. A final thank you to all the volunteers, whether it be behind the scenes or in the action; we wouldn’t be an association without you.

### **BCLCTG Activities and Successes**

**Online Coaching Program-** Going into the eleventh year of the program, we have seen the number of registered Coaches in the program grow to **5,957** participants, which is up 663 from last year. For certification purposes this program allows coaches to login and complete their pre-clinic assessment, search and register for nearby coaching clinics. If you are already a Coach, with training, you can still register for the online program and take advantage of the practice planners, videos, drill library etc... All information can be found on the BCLA website.

### **Coaching Training Statistics:**

#### **BOX**

The BCLCTG offered **45** box coaching clinics from March 2019 – June 2019. We ran **32** CMD Clinics (Community Development – Level 1), **13** CPI Clinics (Competitive Introduction – Level 2). The total number of participants was **771**, which is 28 more than last year:

- **CMD – 589** attended (5 less than last season).
- **CPI – 182** attended (33 more than last season)

**40 Coaches registered for a Box Clinic and did not attend. 46 withdrew from clinics.**

**This season we enforced the rule that coaches need to be trained before the start of the season, as we shouldn’t have any coaches on the benches with no training. This was effective and we didn’t have as many non-training issues as we have in the past.**

#### **FIELD**

The BCLCTG offered **15** field coaching clinics from September 2018 to January 2019. There were **8** FCMD clinics (Field Community Development – Level 1), **4** FCPI clinics (Field Competitive Introduction – Level 2) and **3** WFCMD clinics (Women’s Field Community Development – Level 1).

The total number of participants was **207** (down 13 from last season):

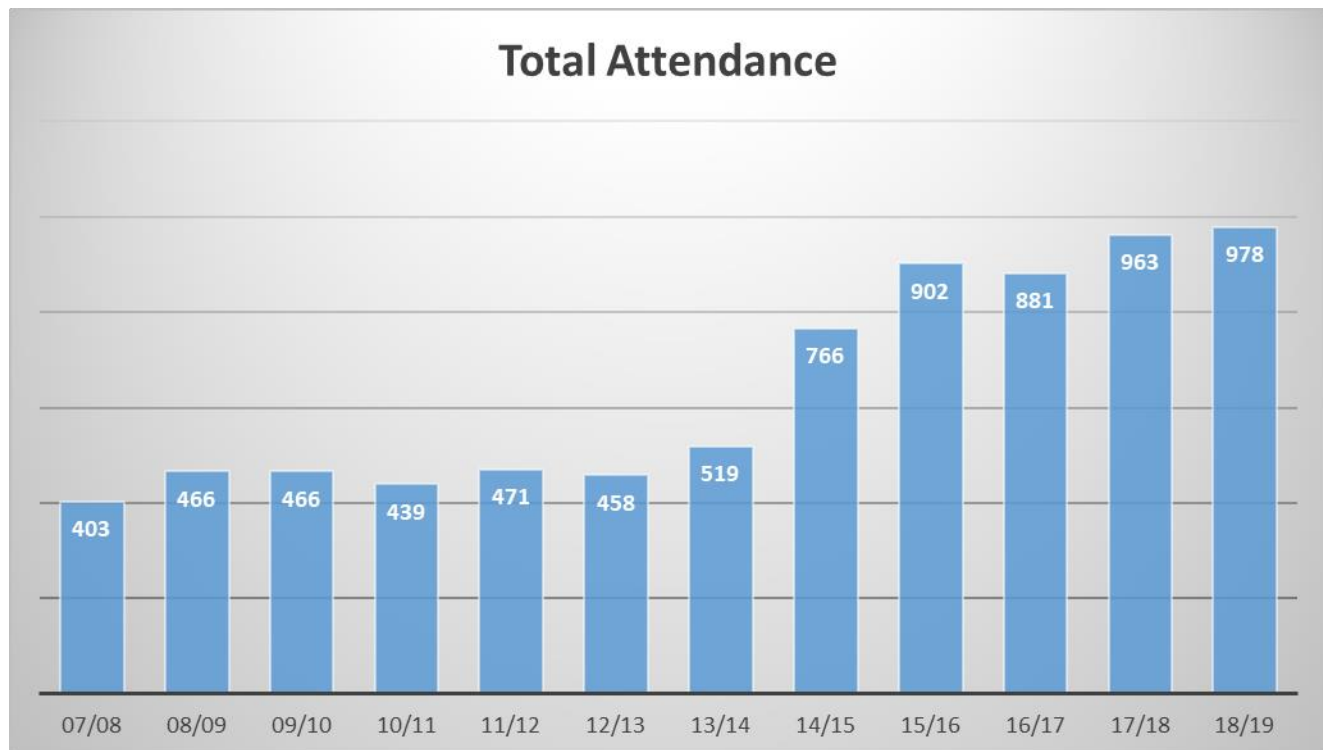
- **FCMD – 120** attended (14 less than last season).

- **FCPI – 44** attended (10 less than last season).
- **WFCMD – 43** attended (11 more than last season).

**45 Coaches signed up for a Field clinic, but did not show up.**

**Total coaches attending clinics: 978 (15 more than last year)**

**CLINIC ATTENDANCE** – Coaches attendance from 2007/2008 to current. The big jump between the 2013/14 season and the 2014/15 season is due to the ‘Door Person’ role being changed from the PeeWee division and up. Another change between the 2016/2017 and 2017/2018 season is due to the ‘Door Person’ role being removed from the Mini-Tyke, Tyke and Novice divisions.



**Training Requirements –  
BOX**

**Mini-Tyke – PeeWee** – Box Community Development – Level 1 (Head and Assistant Coaches)

**Bantam – Senior** – Box Competitive Introduction – Level 2 (Head and Assistant Coaches) – must already have Box CMD Level 1.

**FIELD**

**U7-U13** – Field Community Development – Level 1 (Head and Assistant Coaches)

**U15 - Senior** – Field Competitive Introduction – Level 2 (Head and Assistant Coaches) – must already have Field CMD Level 1.

**ANY COACH GOING TO A NATIONAL CHAMPIONSHIP (Box or Field), THIS INCLUDES ANYONE OPENING AND CLOSING THE GATE** (Team BC, Mann Cup, Minto Cup, Presidents Cup, Founders Cup, Victory/Ross Cup, and First Nations/Alumni Cup) - need to be **CERTIFIED**. This is a CLA Rule. This requires a coach to be TRAINED at the CPI Level + complete the Online Ethics Course + In-Person Evaluation.

**Outstanding Training Requirements** – any coach who had attended a Level 2 course in the past three years and have not yet completed the training, received an email from me to let them know what is required. If these coaches are unable to fulfill this requirement, they will lose this training and will need to retake the CPI – Level 2 course (coaches were given up to a year to complete everything after the course).

**Coaching Facilitator/Evaluator Training** – There is a process of becoming a Coach Learning Facilitator and Evaluator. The Coaches of Canada requires all our Clinicians/Evaluators to follow the Facilitator Pathway:



**Certified Coaches/PD Points** - This is a message for all of our Certified Box and Field Lacrosse Coaches. Many of you have probably heard of the Professional Development points that certified coaches need to get. This is help you understand what is required and how to get those points. In order for NCCP coaches to maintain their certified status, they will be required to obtain Professional Development (PD) points. PD points can be earned through a multitude of activities that coaches already participate in, including: national and provincial sport organization conferences and workshops, eLearning modules, NCCP workshops, coach mentorship programs, and active coaching. In most cases coaches are already earning their required PD points -- Maintenance of Certification Status is simply the introduction of tracking these points and recognizing coaches for their efforts.

Coaches can check his/her profile and points by logging into [nccp.coach.ca](http://nccp.coach.ca) and using his/her NCCP# to check his/her transcript. Remember that PD points will only appear on his/her transcript after the data has been entered in the Locker. Coaches only need to earn the required number of points to maintain certification; however, he/she can accumulate as many PD points as he/she wants. Once the five year cycle ends, PD points are re-set to 0.

### **Recommendations**

- Coaching Co-ordinators must register their Coaches via the Form 200 for coaching clinics. Make sure to include the individual coach's email address so that they can receive an online access code for the Online Coaching program (<http://nccp.lacrosse.ca>) **we can no longer accept applications from individuals without going through the Coaching Co-ordinators first.**
- Complete Form 100's by the deadline, make sure they are legible, and registration fees are accompanied. During the season, if a new coach starts working the bench, make sure that they are on a Form 100.

## BCLA VICE PRESIDENT-TECHNICAL PROGRAMS REPORT 2019 -- DENNIS QUIGLEY

This year has proven to be a very active time for lacrosse in BC with our province hosting a number of important lacrosse spectacles. To all lacrosse 'junkies' it couldn't have got much better! We are hosting the Minto Cup, Mann Cup, National Championships for Pee Wee, Bantam and Midget Girls and Boys! To make this year even more exciting the World Indoor Box Lacrosse Championships will be taking place at Langley Events Center (LEC) from September 19-28 featuring 20 countries competing for the World Champion title. WOW!!

Congratulations to the Coquitlam Minor Lacrosse Association and all volunteers connected with hosting the Nationals from August 20-24<sup>th</sup> as it was a great success. It was a fantastic event with many super lacrosse games that thrilled the many fans that attended. British Columbia was well represented and our two girls teams came away with Gold medals and our three boys teams won Silver medals.

The Vancouver Warriors became our National Lacrosse League representatives and lacrosse has moved downtown once again. We wish them well and we need to support professional lacrosse in BC. The BCLA has shown their support of the Warrior entry just as we supported the Vancouver Stealth program.

Welcome to Gerry Van Beek, our new President of the BCLA taking the reins from the 16 year reign of Sohen Gill. Thank you Sohen for all your hard work in the top position in the BCLA.

On Saturday April 13<sup>th</sup> thirty members from various positions in the BCLA membership attended the Strategic Planning Session in Burnaby to determine the next quadrennial of goals, objectives and plans for the BCLA. We are a top sporting association thanks to the wisdom and drive of our Executive Director, Rochelle Winterton.

Another keen member of our BCLA office is our Technical Director, Dave Showers. Besides his many duties he performs he has started a WheelChair Lacrosse Program. He has been running clinics all over the lower mainland to introduce this new sport to other sporting bodies that work with handicapped athletes. Our Officials members donated a wheelchair to assist Dave in growing this exciting new sport. Dave would be grateful if other lacrosse associations would help in this new venture.

The Officials Technical Support Group put forward a model for an on-line system of evaluation and mentorship of referees. We hope is that it proves to be an effective evaluation system that will streamline mentoring of new officials. The REEF system of evaluation should prove to provide good assessment of young referees.

Congratulations to Pat Coyle for being nominated as a candidate in the Sport BC Coach of the Year Award. He was one of the last 3 nominees but unfortunately didn't win! I know he was a winner for just being nominated!