



2013 Programs Report

Gloucester Minor Lacrosse Association

October 23, 2013

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2013 Programs Report

Gloucester Minor Lacrosse Association

Dear GLA Members,

Please find enclosed the 2013 Programs Report for the Gloucester Minor Lacrosse Association (GLA). As Vice-President of Programs for the GLA, I organized and oversaw the GLA's on-the-floor programs with the help of the following GLA board members: Angela Lamoureux (Initiation Program Coordinator), Ann Maurice (Director of Girls Lacrosse), Aaron McCaffrey (Director of Competitive Lacrosse), Jill Gagnier (Director of Winter Lacrosse), Leasa Kay (Director of Tournaments), Dominique Hartley (Referee-in-Chief) and Jeff Hartley (Player & Coach Development Chair).

The 2013 season saw our registration numbers increase to 580 players across all of our programs (House League & Competitive), and our Initiation program experienced a significant increase as enrollment increased to 60 players. There were a significant number of coaching positions to fill this year and the GLA was fortunate to have several parents and past-players step forward to support our paperweight, house league and competitive programs. The GLA House League program offered recreational lacrosse to more than 450 young people and saw a number of parents and past players step up as first time coaches. At the same time a number of our traditional facilities (Navan, Armstrong) were temporarily shut down by the city for structural improvements at various points during the season. As a result of the facility closures a greater percentage of house league practices were shifted to the weekends and number of our teams used Metcalfe Arena for games/practices. Our competitive teams competed with other Zone 5 clubs and had a strong showing in the tournaments they attended. Combined, our boys & girls competitive teams won 7 tournaments and placed second in 4 others.

To run an association with ~600 players, we need volunteers. Each and every season we strive to put together the best suite of programs for the membership. Looking forward to the 2014 season the membership needs to do a better job getting involved and engaged in operating the association. The 2013 season saw a number of volunteers filling multiple roles – a problem that will ultimately lead to diluted programs or volunteer burnout (or both). Some jobs require certain experience/expertise but the majority of the positions just call for a good person who wants to do a good job for the kids. So please, consider getting involved in 2014 – every little bit helps.

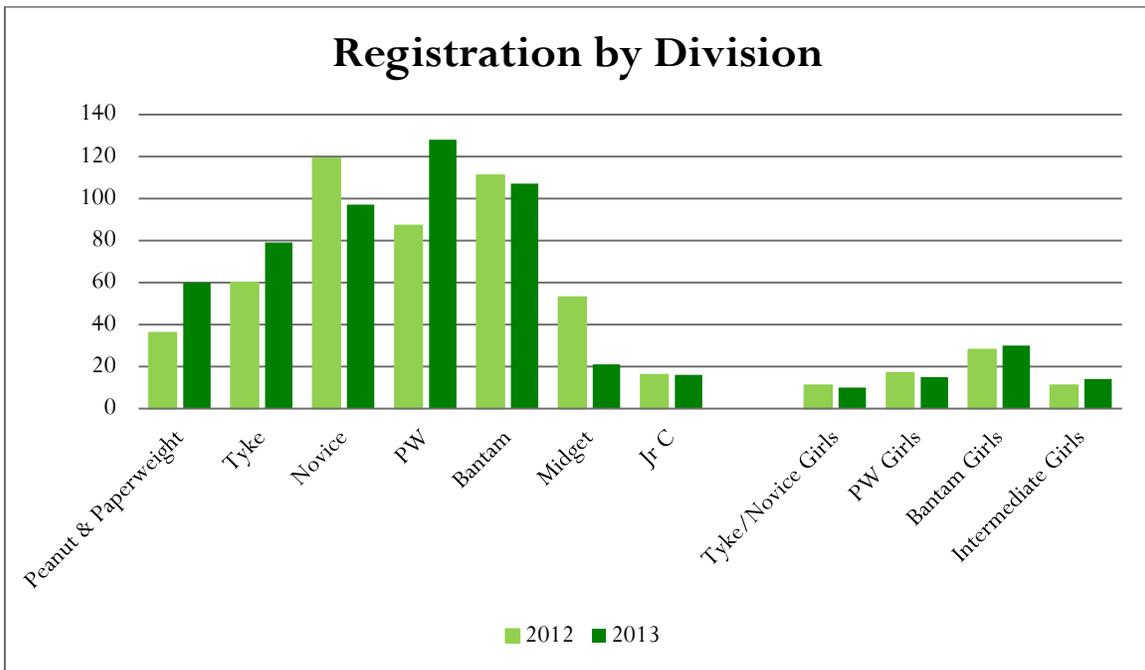
Sincerely,

Greg Rampley

GLA VP Programs

2013 Season Highlights

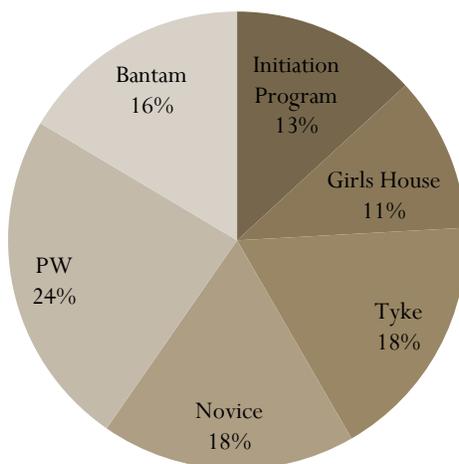
- Our registration numbers increased from 533 players in the 2012 season to 580 players this season.
- The GLA Initiation program experienced a significant increase as enrollment reached 60 players in 2013 (from 35 in 2012).
- There were 456 players involved in the 2013 GLA house league with 22 boys teams across the Tyke (5 Teams), Novice (5 teams), PW (7 teams) and Bantam (5 teams) divisions; and 3 girls teams.
- There were 130 players were involved in the GLA competitive program which consisted of 10 minor teams (7 Boys teams, 3 Girls teams) and the Jr C team.
- The following tournaments were won by our teams: Kingston Limestone City Invitational (Tyke, Midget), Gloucester Ray Broadworth Memorial (Novice 1, PW and Midget), and Ottawa Girls Lacrosse Shootout (PW, Bantam).
- Three of our competitive girls (Katie Jenkins - Intermediate, Courtney McCrea - Bantam and Kristen McKay - Bantam) were selected as members of Team Ontario for the National Championships in Halifax.
- Our Winter Lacrosse program drew approximately 100 players looking to keep their sticks active throughout the long Ottawa winter.
- The GLA membership selected John Balsevicius as the House league Coach of the year and Jeff Hartley as the Competitive coach of the year.



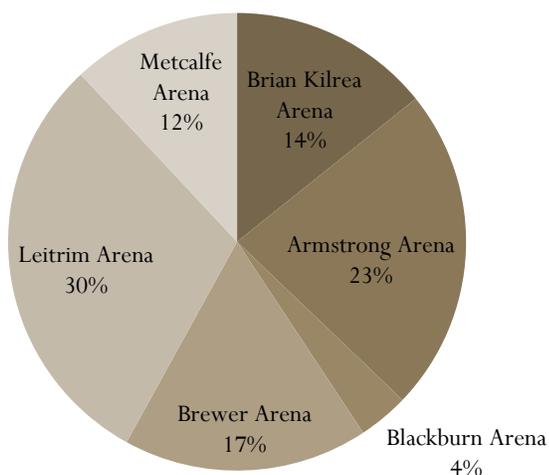
House League

The house league program is the cornerstone of the GLA. Each and every year our goal is to operate a fun and organized program that is enjoyable for everyone involved (emphasis on FUN). Our focus is on fair play and improving the lacrosse skills of all players involved. **There were 456 players involved in the 2013 GLA house league.** The 2013 house league season ran from mid-April until the end of June. It was operated on Monday, Wednesday and Saturday. There were two events (games/practices) per week, with games always during the week and the majority of practices on Saturdays.

Players by House League Division



2013 GLA House League Facility Usage



Initiation Program

- The GLA Initiation program is designed for the Peanut (birth year 2009 or 2010) and Paperweight (2007 or 2008) age groups. The program encourages children to be active and have fun while being taught basic lacrosse skills through a variety of drills and games.
- The program experienced a significant increase as enrollment increased to 60 players in 2013 (was 35 in 2012).
- We changed the nights of operation this season and operated two separate sessions to accommodate the numbers: a Monday/Wednesday evening session and a 2 hour Saturday morning session.
- A special thanks to Angela Lamoureux (Initiation Program co-ordinator) and all of the volunteers who worked very hard this year to make sure the initiation program ran smoothly. Your efforts are greatly appreciated!

Boys

- The 2013 GLA House League program consisted of 22 teams across the Tyke (5 Teams), Novice (5 teams), PW (7 teams) and Bantam (5 teams) divisions.
- Sort-outs began in mid-April and regular season play started in May and ran until the last week in June. Teams had 1 practice and 1 game per week on average.
- The following coaches worked very hard this year to make sure their teams ran smoothly. Their efforts are greatly appreciated!

Division	Coaches/Managers
Tyke	Sean Malloy, Trevor Thibault , Dan Francoeur, Terry Hamburg, Mark Smith, Louis Clément , Gary Campbell, Scott Morrison, Ben Albert
Novice	Greg Campbell, Lesley Ireton, Jordan Burgess, Brent Tower, Rob Meekin, Rod Rafter, Brian Tobin, Serge Scrivener, Tryston Charlton, Caleb Grant, Sean Malloy, Shawn Goudie, Dave Turpin, Pam Laurin
PW	Adam McClelland, Ben Sacchetti , Jim Risk, John Balsevicius, Peter Kenny, Jacob Paquette, Sacha Gagnon, Glenn Moss, Jim Armstrong, Lyne Chatelain , Mike Mulligan, Terry Seeney Jacques Menard, Doug Nahirney, Chad Lawrence, David Hammell, Judy Waldron
Bantam	Blake Cayer, Adam Haga, Mike Hubert, Chris Oldford, Mike Vajdik, Guy Laurin, Dave Albert, Jackie Nadia, Matthew Albert, Christopher Lawrence, Barb Lefebvre, Michael Rippon

- At the end of the 2013 season, **the GLA membership selected John Balsevicius as the House league Coach of the year!** Congratulations John and thanks again for all of you efforts!

Girls

- The GLA operated a Girls house league consisting of 3 teams (mixed PW-Bantam).
- Regular season play started in May and ran until the last week in June. Teams had 1 practice and 1 game per week on average.
- The following coaches worked very hard this year to make sure their teams ran smoothly. Their efforts are greatly appreciated!

Division	Coaches/Managers
Girls	Troy Smith, Mike McKay, Jeff Skinkle, Ann Maurice

Suggestions on How to Improve the House League Program

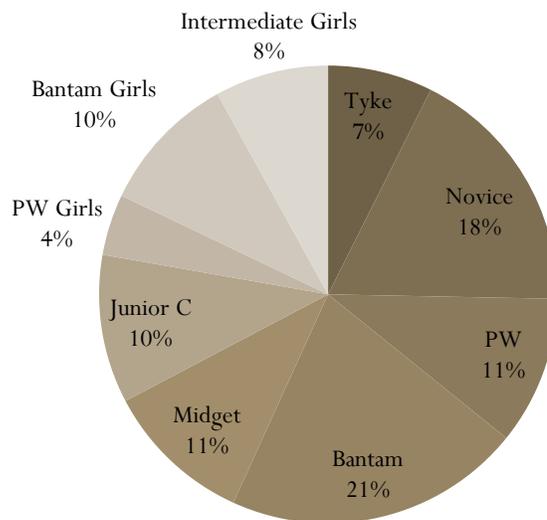
The two most common concerns voiced by GLA members involved in the 2013 house league program were: a) **team balancing**, and b) **lack of attendance at practices**. In addition, a number of coaches expressed an interest in additional training opportunities and/or coaching clinics.

- Balancing is difficult and the lacrosse season is short. In an effort to address concerns about balancing **the association should consider operating the house league using a ladder scheduling format (in conjunction with sort-outs) where each team's opponent is determined based on the previous weeks results**. This would require games times by division to be fixed week-to-week with only the venue changing and would also benefit from having an even number of teams per division.
- The reduction in facility availability necessitated that a greater number of house league practices be operated on weekends. A number of house league coaches reported that weekend practices were poorly attended which made teaching team strategies difficult. **The association should consider two courses of action. First, attempt to minimize scheduling house league practices on weekends. Secondly, take advantage of outdoor rinks in the GLA zone to increase available practice time at decreased costs.**
- Player development continues to be a primary goal of this Association. In order to improve our players, we need to ensure that our coaches have the tools and support to succeed in their volunteer positions.
 - **The association should invest in professional skills training for coaches in all divisions funded through the registration fees paid by our members and/or fundraising activities. This training needs to commence in the off-season and be monitored throughout the regular season.**
- A significant portion of the house league jerseys are at (or near) their end of life. **When considering replacing the jerseys the association should consider having all players (house and competitive) purchase a sleeveless reversible pinnie**. Once a player has purchased a pinnie, they only need to purchase a new pinnie when they grow out of their old one. The pinnies would be used as game jerseys for house league (reversible allows for home/away) and as practice jersey's for competitive teams. The estimate price for a pinnie would be \$15-\$25 per player. **This would reduce the storage requirements and maintenance costs associated with house league jerseys.**

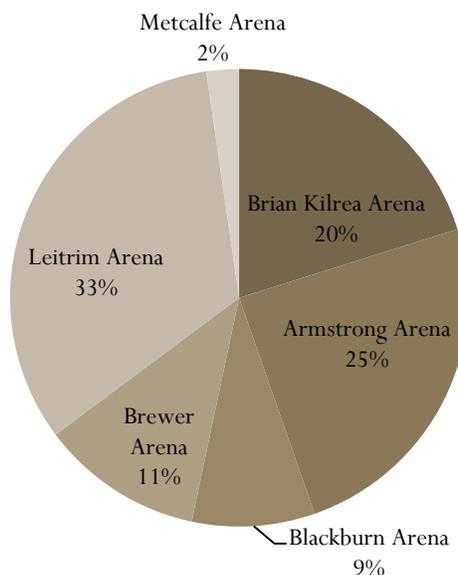
Competitive

The GLA holds competitive team tryouts each year in early April. As a member of Zone 5, the GLA competitive teams play a zone game schedule against other Zone 5 clubs including Akwesasne, Cornwall, Kahnawake, Kingston, and Nepean. Most of the competitive teams competed in four tournaments and the Ontario Provincial Lacrosse Championships (www.ontariolacrossefestival.com). In the 2013 season, 130 players were involved in the GLA competitive program which consisted of 10 minor teams (7 Boys teams, 3 Girls teams) and the Jr C team. The association also hosted an OLA coaching clinic on May 3rd & 4th for both level 1 and level 2 coaches across the zone.

Competitive Players by Division



2013 GLA Competitive Usage By Facility



Boys

- The Gloucester Griffins 2013 Tyke Boys competitive team was coached by Chris Geekie & Trevor Dubien and managed by Erin Paczek. The team competed in and won the Limestone City Invitational (Kingston) tournament. The team also competed in the Ray Broadworth Memorial (Gloucester), Knights (Nepean) and Provincial tournaments. The team finished the season with a 14-10-2 record and a rating of C.
- The Gloucester Griffins 2013 Novice 1 Boys competitive team was coached by Greg Rampley, Chris Lamoureux, Shaun Derraugh, Sean Griffin and managed by Leasa Kay. The team competed in and won the Ray Broadworth Memorial (Gloucester) tournament, and finished second in the finals of both the Cornwall and John "JR" Robinson Memorial (Mimico) tournaments. The team also competed in the Thunderhawks Invitational (NOTL) and Provincial tournaments. The team finished the season with an 18-14-1 record and a rating of C.
- The Gloucester Griffins 2013 Novice 2 Boys competitive team was coached by Pierre Gagnon, Josee Crete, Steve McClean and Doug Taylor. The team competed in Limestone City Invitational (Kingston), Ray Broadworth Memorial (Gloucester), Dan Greer Invitational (Clarington) and Provincial tournaments. The team had a strong showing at Provincials making it to the semi-finals. The team finished the season with a 6-18-1 record and a rating of E.
- The Gloucester Griffins 2013 PW Boys competitive team was coached by Ben Albert, Chris Byrne, Aaron McCaffrey and managed by Sandra O'Connell. The team competed in and won the Ray Broadworth Memorial (Gloucester) tournament. The team also competed in the Limestone City Invitational (Kingston), John "JR" Robinson Memorial (Mimico), Bob Patching Memorial (Caledon), Cornwall and Provincial tournaments. The team finished the season with a 15-18-0 record and a rating of D.
- The Gloucester Griffins 2013 Bantam 1 Boys competitive team was coached by Steve Nolan, Jay Fox, Jamie Leveille and managed by Karen Ainsworth. The team competed in the Innisfil Wolfpack Shootout, Boyd Balkwill Memorial (Orillia), Ray Broadworth Memorial (Gloucester), Cornwall and Provincial tournaments. The team was a finalist in both the Innisfil Wolfpack Shootout and Boyd Balkwill Memorial tournaments. The team finished the season with a 10-15-1 record and a rating of C.
- The Gloucester Griffins 2013 Bantam 2 Boys competitive team was coached by Nick Aitken and managed by Serina Charlton. The team competed in the Limestone City Invitational (Kingston), Ray Broadworth Memorial (Gloucester), Nickel City Shootout (Sudbury), John "JR" Robinson Memorial (Mimico) and Provincial tournaments. The team finished the season with a 6-18-1 record and a rating of E.
- The Gloucester Griffins 2013 Midget Boys competitive team was coached by Laurent Gagnier, Ben Gagnier, Stephane Brunet, John Staff and managed by Kelly Lafranchise. The team competed in and won the Limestone City Invitational (Kingston) and Ray Broadworth Memorial (Gloucester) tournaments. The team also competed in Innisfil Wolfpack Shootout, John "JR" Robinson Memorial (Mimico) and Provincial tournaments. The team finished the season with a 14-15-1 record and a rating of B.

Girls

- The Gloucester Griffins 2013 PW Girls competitive team played an abbreviated season (due to registration numbers). The team merged with girls from Nepean to form a Zone 5 tournament team. The team was coached and managed by Kelly Lafranchise. Assistant coaches were Mark McCrea, Chelsea Lafranchise, and Al Ayoub. The team competed in and won the Ottawa Girls Summer Shootout tournament. The team was not rated at the end of the year.
- The Gloucester Griffins 2013 Bantam Girls competitive team was coached by Jeff Skinkle. Assistant coaches were Mike McKay, Troy Vail, and Joanne Diotte. The team competed in and won the Ottawa Girls Summer Shootout tournament. The team also competed in the LAX Angels (Kitchener) and Provincial tournaments. The team finished the season with a record of 14-7-2 and was rated A.
- The Gloucester Griffins 2013 Intermediate Girls competitive team was coached by Reid Foster, Jeff Hartley and managed by Wendy Royer. The team was in the unfortunate situation of having no other zone teams to play and needed to travel in order to find games. The team competed in a Whitby funday, the Ottawa Girls Summer Shootout, the LAX Angels (Kitchener) and Provincial tournaments. The team finished the season with a record of 0-9-1 and was rated C.
- **Three of our girls (Katie Jenkins - Intermediate, Courtney McCrea - Bantam and Kristen McKay - Bantam) represented Ontario at the National Championships in Halifax on Team Ontario.**

Junior C

As a result of dwindling interest in Intermediate lacrosse in Zone 5, the GLA applied to join the Eastern Division of the Ontario Lacrosse Association Junior C Lacrosse League in 2011.

The team is operated as a post-midget developmental team with the mandate to prepare players for a higher level of lacrosse. This season the team was coached by Jeff Hartley (also acted as General Manager) and Dominic Hartley. The team saw 30 different players play for the team during the season. This year the team finished 0-16 in the regular season.

Tournaments

This year the association also hosted two successful competitive tournaments: Ottawa Girls Summer Shootout tournament (co-hosted with Nepean), and the 30th annual Ray Broadworth Memorial tournament.

Ottawa Girls Box Lacrosse Summer Shootout

The Gloucester and Nepean Lacrosse Associations co-hosted the 1st ever Ottawa Girls Box Lacrosse Summer Shootout on June 7-9, 2013, in Ottawa, ON. The tournament is a fundraiser for both associations that saw 23 Girls teams from across the province travel to Ottawa to compete. A special thanks for Ann Maurice and all of the tournament volunteers for putting together a fantastic event. Both our PW Girls (as members of the Zone 5 team) and Bantam girls won their respective divisions.

Ray Broadworth Memorial

The 30th Annual Ray Broadworth Memorial Tournament was hosted June 28-30th, 2013. The tournament is a fundraiser for the association that saw 29 teams from across the province travel to Ottawa to compete. Our tournament organizer (Leasa Kay) along with numerous volunteers put together a fantastic event! Three Gloucester teams (Novice 1, PW, and Midget) won their respective divisions.

Suggestions on How to Improve the Competitive Programs

There are a number of issues that the GLA competitive program struggles with and should strive to improve. These include: i) Player & Coach Development, ii) Player & Family commitment, iii) Player & Coach Oversight and iv) Program Continuity. The association is planning a “GLA Competitive Summit” to discuss and further the development of the GLA competitive lacrosse prior to the 2014 season. **None of the recommendations below are possible without a greater involvement from the GLA membership.** The following recommendations are offered for consideration as part of the competitive development summit:

Player & Coach Development

- Player development continues to be a primary goal of the GLA. In order to improve our players, we need to ensure that our coaches have the tools and support necessary to succeed.
 - **The association should consider investing in professional skills training for coaches at all divisions. Funding could be through registration fees paid by our members and/or through fundraising activities. This training needs to commence in the off-season and be monitored throughout the regular season.**
 - **The association should consider investing in professional skills training for players at all divisions. Funding could be through registration fees paid by our members and/or through fundraising activities. One option would be to organize periodic development camps throughout the season.**
 - **The association should consider offering a winter skills development program (specifically for players interested in the competitive program) as to complement the competitive program.**
 - **In 2013, GLA competitive players received ~ 2 hours of practice time per week. The association should consider increasing the available practice time to 3-5 hours per week depending on age group (i.e two or three 1.5 hr practices per week).**
 - **The appointed position of “Coach and Player Development Chair” is currently filled by a volunteer who is also filling the role of Junior C general manager and coach. While this dedication is admirable, it is not optimal. We need to do a better job of getting the GLA members involved and engaged so that volunteers can be more focused on specific roles.**

Player & Family Commitment

- As per the GLA policy, competitive players are expected to play on the competitive team they are assigned, and to be committed to practices, zone games and tournaments. For a variety of reasons, the enforcement of this policy has weakened in recent seasons leading to reduction in player commitment and an overall dilution of the GLA competitive program.
 - **The association needs to adequately enforce the GLA competitive player commitment policy.** Players who miss practice/games without valid excuse should be removed from the competitive program. Players who indicate that they cannot make the competitive team 1 commitment will not be allowed to play for the competitive 2 team. This needs to be clearly stated prior to sort-outs and judiciously enforced throughout the season.
- The GLA has hosted the Ray Broadworth Memorial tournament for more than 30 years. We ask that the families of competitive players to volunteer four hours in a variety of roles (timekeeper, score keeper, shot

clock, ambassador, concessions, etc.) in order to help the tournament run smoothly. Each year there seems to be push back and in some cases no-shows for volunteer positions. **The association should consider a variety of options to address this situation (building a volunteer fee into the player fees, actively seeking high school students needing volunteer hours).**

Player & Coach Oversight

- The association currently does not document player assessments year to year.
 - **The association should strive to evaluate its competitive players on an ongoing basis (year to year), documenting their strengths & weakness, and monitoring their progress using a variety of media (written, video).** This repository of documentation and assessments could help with player development and feedback, provide additional information into the sort-out process and act as a resource for new coaches/board members.
- A competitive coaches meeting is held prior to the start of the season to review the schedule for the sort outs, regular season and tournaments. In addition, the coaches' code of conduct and players' code of conduct are reviewed along with any other concerns the coach may have. However, once the regular season has started, there is little formal interaction between the GLA administration and its competitive coaches. Although coaches have access to the player & development chair, it does not seem to be used unless a formal meeting or process is put in place.
 - **The GLA board should seek to improve its oversight and training/feedback of competitive coaches and formalize the training/feedback strategy with its coaches.**

Program Continuity

- There are a number of great competitive lacrosse associations in the OLA that produce top-quality competitive team's year in and year out (Peterborough, Whitby, Orangeville, etc.). Each of these associations teach their players a specific style, one that focuses and builds on the same drills/plays across all of the age groups in their association.
 - **The association needs to commit to a style of play and teach it from Tyke through to Junior.** This will reinforce program continuity and player familiarity with what the coaching staff is trying to achieve.
- It is inevitable that members will leave or reduce their volunteer commitment to the association from year to year. When this happens, a great deal of institutional knowledge can leave with them.
 - In 2012, the OLA/CLA changed the policy surrounding goalie equipment sizing for competitive teams. Goalies are mandated to wear a certain size based on their age group. If the equipment appears to be "unsafe" then the association can request a special waiver to allow the player to legally wear the appropriate sized padding. In 2013, one of our Novice aged players ended up being suspended at provincials for 1 game due to having illegal equipment (through no fault of his own). We sized him for safety, but unfortunately we forgot to request a waiver. Our equipment manager volunteer changed twice in 2012 and twice in 2013. This is the type of institutional knowledge that needs to be properly documented ensure that it is addressed. **The association needs to commit to properly documenting and handing over the roles and responsibilities from year to year.**

Winter Lacrosse

The Winter Lacrosse recreational program is intended to allow participants to stay in shape and keep their stick skills active during the off season. The association operated eight 2-hr sessions on Sunday mornings (January 13th to March 17th 2013) at the Louis Riel Dome in Blackburn Hamlet. The first hour of each session was allocation to the PW and younger age groups, while the second hour was allocated to Bantam, Midget and Intermediate aged players. Close to 100 players took part in the Winter lacrosse program.