

# **Team PEI Box Lacrosse 2025 Canada Games Team Selection Policy (Male and Female)**

## **Table of Contents**

### **Items Page Number**

Safe Sport – 2	
True Sport - 2	
Key Definitions -2	
Canada Games Council Technical Package Guidelines – 3	
Criteria for Team Selection – 3, 4	
Selection Process and Cost - 5	
Feedback and Follow-up – 6	
Overagers - 6	
Appeals - 6	

### **Safe Sport Statement**

All members in good standing with Lacrosse PEI and who meet the Canada Games technical package requirements (explained below) are eligible to try out for this team. Any member trying out is entitled to a positive sport experience that celebrates diversity, inclusion and equity. No participant, at any point in time, should be made to feel like they are not welcomed or unsafe as part of the selection process. This includes all members of the coaching staff, selection staff, athletes and their families. All participants must abide by a safe sport approach and if there is a time where anyone feels unsafe or unwelcomed, it should be immediately brought to the attention of the coaching staff or Lacrosse PEI at [executivedirector.lacrossepei@gmail.com](mailto:executivedirector.lacrossepei@gmail.com)

### **True Sport Statement**

The coaching and selection staff have built this policy on the principles of True Sport and believe in the seven key messages of True Sport. Those principle can be found at [www.truesport.ca](http://www.truesport.ca) All participants and their families are encouraged to read these principles and make sure they are following them throughout the entire selection process.

### **Definitions**

Canada Games Council (CGC) - The keeper of the Canada Games property and the group who is responsible for creating the technical packages (sport rules and guidelines) in partnership with the National Sport Organization.

Lacrosse Canada - National Sport Organization (NSO) responsible for the overall administration of Lacrosse in Canada and who works with the CGC in the development guidelines for the Lacrosse competition at the Canada Games.

Lacrosse PEI - Provincial Sport Organization (PSO) whose role it is to select the coaching staff to lead PEI's participation in the Canada Games. Lacrosse PEI also provides information and support to the PEI Box Lacrosse Canada Games team.

2025 NL Host Society - The organization tasked with staging and executing the 2025 Canada Games.

Team PEI - The formal name is the PEI Provincial Canada Games Committee (PCGC) and they are the organization that oversees PEI's participation in the Canada Games. Selected team members become part of Team PEI once they arrive at the Games in 2025 and then must follow the policies and procedures as shared by the PCGC.

Coaching Staff - The coaches who Lacrosse PEI selected to guide Lacrosse PEI's participation at the 2025 Canada Games. The coaching staff must observe all certification and requirements as laid out in the technical package.

Team Selection Committee - The group Lacrosse PEI has given the authority to develop the selection policy, process and will eventually make the decision on who will be selected as Lacrosse PEI representatives at the 2025 Canada Games. This committee will be made up from the members of the coaching staff and up to three (3) independent assessors.

## 1.0 Canada Games Council Technical Package Guidelines

Technical Package - <https://drive.google.com/file/d/1V6R5vIGhd1wZU2kC4VMe4Qd4-1oFwvJ2/view>

The following items listed in the Box Lacrosse technical package must be observed as part of the selection and eligibility process:

- The total team size for the PEI Box Lacrosse team will be a maximum of 18 players. (16 Runners and 2 Goaltenders)
- The Canada Games is a U17 event meaning that eligible athletes were born in 2009 or 2010.
- Lacrosse PEI is permitted to take up to five (5) overage players born in 2008.
- LPEI may select underage players who were born in 2011. However, a letter of support is required for this approval and must be signed by Lacrosse PEI, the head coach, and the players parent/guardian.
- All selected athletes must intend to dress in at least one game. A selected athlete who is injured and will not be able to participate at the games (ie...broken leg in cast) will not be permitted to attend the games as part of the team's roster or Team PEI. It will be at the coaching staff's discretion if that roster position is filled by another athlete.
- Any athlete representing PEI at the Canada Games must meet the following residency requirements:
  - a) ***Living in the province for at least 6 months prior to the Canada Games***
  - b) ***Is attending school or working in another Province but has a long term and ongoing affiliation with a Lacrosse PEI Program***
- Any person not able to meet any of the above criteria is not eligible to be considered for the PEI Canada Games Box Lacrosse Team.

## Teams participating at the 2025 Canada Games.

### 2.0 Criteria for Team Selection

Lacrosse PEI will be registering two (2) teams for the 2025 Canada Games (Male and Female). The team selection policy applies to both teams equally however, the tryout sessions will run independent of each other. The selection committee for the PEI 2025 Canada Games Box Lacrosse Team will be responsible for carrying out the selection procedure as laid out in this document. The goal of the committee is to select the players to the team based on a fair, organized, and detailed process that will allow the committee to carefully evaluate the player's ability and how that ability fits into the style of play the team staff wishes to implement.

The philosophy of the selection committee is to create an environment that allows the players to showcase their technical skills, their tactical understanding, their physical abilities and their box lacrosse

intelligence through several different assessments. This will include a variety of objective measures along with subjective observations to provide an overall score based on position. This score will be used as a key indicator for team selection. Video may be used to review and reinforce the assessments.

The process will also include some technical, physical, mental and tactical training whereby the selection committee can observe growth and improvement over time.

#### **A. Stick Skills**

The ability to shoot, pass, receive a pass, stick check and maintain control of the ball are important skills

for playing box lacrosse. Athletes must demonstrate proficiency in these skills through a variety of objective assessments (shooting, passing and ground balls) and observation in a variety of drills and game situations (real and simulated). Goaltenders will be assessed on position specific fundamentals.

**Stick skills will represent 20% of the overall assessment score.**

#### **B. Box Lacrosse Intelligence**

Understanding and executing the tactics and strategies of box lacrosse is a required skill for overall quality team play. Box lacrosse is a team sport that requires the members of the team to understand general concepts and movements to be able to work efficiently as one unit. Players IQ will be assessed through a variety of objective assessments and observation in a variety of drill and game situations (real and simulated).

**Box Lacrosse Intelligence will represent 20% of the overall assessment score.**

#### **C. Game Play**

How an athlete performs in game situations is a critical piece in fielding a competitive team to attend the Canada Games. An athlete's level of compete and effort, their game awareness, their decision making, their ability to control their emotions, their understanding of their role and their overall game production are all important considerations in assessing a player's impact to a team. Assessors will have an assessment tool that will be used for finalizing a game play score.

**Game play will represent 20% of the overall assessment score.**

#### **D. Physical and Athletic Abilities**

A player's physical and athletic ability (size, speed, strength, endurance, agility, balance, coordination, etc.) directly impacts their ability to perform technical skills and carry out tactical approaches in practice

and game situations. A variety of assessments have been developed to replicate the athletic abilities

required to play box lacrosse at a high level. These objective assessments will test an athlete's acceleration, speed, strength, power and speed endurance. Athletes will be graded based on their results from the fitness testing administered during the assessment phase of tryouts.

**Physical and Athletic Ability will represent 20% of the overall assessment score.**

#### **E. Coachability, Effort, Attitude, Commitment and Team Dynamics**

How an athlete approaches their participation in this process matters. For PEI to be competitive in the 2025 Canada Games, a cohesive and hard-working group of athletes is necessary. Team dynamics: how an athlete responds to coaching and an athlete's ability to get along with their teammates are important aspects of the team selection process. Commitment: has the athlete taken advantage of the many opportunities that were offered by LPEI this year to improve their performance. These attributes will be scored based on observation, coach-player interactions and conversations with other coaches who may have a better understanding of the athlete's intangibles.

**Coach ability, effort, attitude, commitment, and team dynamics will represent 20% of the overall assessment score.**

The scores from these five areas will provide an overall score based on 100 available points which will be used as the key indicators for ranking players by position.

### **3.0 Selection Process & Cost**

#### **A. Registration**

The registration date to be considered for the PEI Canada Games team is the end of the day August 15th. Prior to this date information has been circulated to the Lacrosse PEI membership via email to Lacrosse PEI membership based and social media accounts with the purpose of making sure that anyone who is interested in being considered was aware of the opportunity. Any athlete wishing to register after the August 15th date will need to submit a formal request for review by the team selection committee. Each request will be approved or denied on a case-by-case basis.

An initial "Zoom" information session will be scheduled to provide interested players and families with information on the program. Day/Time TBD.

Men's and women's sessions will be conducted independently of each other.

Assessment Time period – Present to August 31<sup>st</sup>: ***Ongoing players assessments can and may occur at Canada Games identification sessions, during the LPEI Box Lacrosse regular season and during the Lacrosse Canada Minor Box Lacrosse National Championships (Regina in August 2024).***

Tryout Time period – Sept 1 – Sept 22.

The tryouts will consist of 2 steps:

Step 1 will be "Off Floor" Physical and Athletic Abilities testing.

Step 2 will be "On Floor" lacrosse skills and game play observation.

Step 1 – Two (2) separate "Off Floor" sessions will be offered to allow for scheduling conflicts (Players may only attend 1) –

Tentative Dates: Sept 1 – Sept 8

Step 2 – Four (4) separate "On Floor" sessions will be offered to allow for scheduling conflicts. Two (2) will be Lacrosse Skills/Practice assessments and Two (2) will be Game Play assessments (Players must attend a minimum of one (1) Lacrosse Skills/Practice assessment and a minimum of one (1) Game Play Assessment but are encouraged to attend all 4 if possible.

Tentative Dates: Lacrosse Skills/Practice Assessments & Game Play Assessments Sept 9th – 26th

#### B. Cost

Lacrosse PEI is proud to offer Box Lacrosse Team PEI Canada Games tryouts at no costs to registered participants.

#### C. Selecting 18 players

After the registered participants have completed the on floor and off floor assessments, the selection committee will meet to determine the successful 18 athletes (16 Runners and 2 Goaltenders) The athletes will be advised of the results of the final roster not later than October 1<sup>st</sup>, 2024. The final roster will not include any Affiliated Players (practice players).

#### D. Injuries

Any athlete dealing with an injury and who can't participate in the scheduled assessments must advise the coaching staff of their situation. No athlete should feel like they must push through an injury to participate in these assessments. If there is a case where an athlete is not able to participate due to injury, their past playing history will be taken into consideration. This could include information known by the selection committee or by reaching out to their previous coach(es) for some additional information.

### 4.0 Feedback and Follow up

Following the assessment process, each athlete will receive their score for all objective assessments. This will include how they scored on the stick skills and physical abilities testing. The overall average will be provided to allow for some individual comparison.

### 5.0 Overagers

As part of the small jurisdiction strategy, PEI is eligible to take up to five (5) players who are born in 2008. These athletes will be assessed in comparison to all the other athletes trying out, however their selection will be based on three main factors:

- A) Where they rank in relation to all the other athletes trying out
- B) How they rank in terms of their primary position and whether there is a need to be filled at that position
- C) How they rank among each other if there are more than five (5) trying out

### 6.0 Appeals

Any appeal of a decision against the selection committee in terms of player selection will be done in accordance with Lacrosse PEI Appeals Policy. **The appeal must be made based on a lack of adherence in following the selection policy** as described above for it to be heard.

The coaching staff and selection committee acknowledge that tryouts can be a stressful time for many athletes. Having to perform under pressure is a requirement to be able to compete at the regional, national level in box lacrosse and so we encourage all athletes to embrace this opportunity. We

have spent considerable time researching assessment tools and activities that will provide objective numbers to the process but everyone must appreciate there will always be some level of subjectivity to selection in team sports.

Our commitment is to use this process to select the best possible team to represent PEI at the 2025 Canada Games box lacrosse competition.

Thank you to everyone who has put their name forward for consideration.

2025 PEI Box Lacrosse Canada Games Team Selection Committee