



2009 California Lacrosse Convention
Check-in 8:00am to 8:30am, Continental Breakfast
Everyone!

Vendor Village
8:00am to 5:30pm
Everyone!

Welcome / Awards / Bill Tierney
8:30am to 9:30am
Everyone!

Session 1
Begins: 9:45am

US Lacrosse: "Level II Coaching Education Program"

This is a US Lacrosse certified coaching educational program that is only being offered in five major cities across the country in 2009 and the only one of its kind in the Western area of the United States. Specially trained coaches will bring the very best in "hands-on" tactical drills and information for offense, defense and mid-field transition. Attendees must first complete the Level I program to attend.

What: Classroom & Field Training, 9:45am to 4:30pm (7 hours)

Who: Men & Women: Coaches

Where: TBD

Matt Striebel: "Offensive Schemes to Win Games: The 2-2-2 Formula"

One of the most versatile strategies, offering numerous ways to take advantage of match-ups and challenge an opponent from both the attack and the midfield positions. We will examine the ways this flexible set morphs from a 2-2-2 into various other sets, including the "invert". We will also discuss how and why offenses should be fit to players, rather than players fit to offenses. The 2-2-2 has great advantages. Come find out why!

What: Field Training, 9:45am to 10:45am (1 hour)

Who: Men: Coaches, Players, Officials & Fans

Where: Field

Crista Samaras: "Progression Drills: Build a Better Practice"

PLANNING, ACCESSORIZING, BUILDING: Enjoy a riveting presentation about 1) the different elements that make up a complete practice, 2) the simple tricks to intensify any drill and 3) the best "crescendo" drills in the history of the land.

What: Field Training, 9:45am to 10:45am (1 hour)

Who: Women: Coaches, Players, Officials & Fans

Where: Field

Mike Avenali: "US Lacrosse Certified Training to Become a New Men's Official"

What: Classroom Training, 9:45am to 4:00pm (6 hours)

Who: Men: Officials

Where: TBD

Session 1 (continues)

Begins: 9:45am

Johnny Walker: "Key Attributes of a Successful Lacrosse Official"

Beyond strong rule knowledge and proper mechanics a solid official must strive to enhance his game in several key areas to improve, enhance and take your officiating to a higher level. We will highlight, discuss and impress upon several attributes and skills that will make you a better official. Take your game to the next level.

What: Classroom Training, 9:45am to 10:45am (1 hour)

Who: Men: Officials

Where: TBD

Stephanie Svetlik-Haley: "Transitioning from Local to District"

For those women's lacrosse umpires who have been around a few years and are looking to develop their game. Understand the nuances of making the right call and assessing the penalty accordingly while reminding yourself of the many aspects of game management.

What: Classroom Training, 9:45am to noon (2 hours)

Who: Women: USL Umpires Currently Holding a Local Rating

Where: TBD

Susana McDermott: "Transitioning from Apprentice to Local"

You have been officiating women's lacrosse for at least a year and would like to brush up on your basics and improve your game.

What: Classroom Training, 9:45am to noon (2 hours)

Who: Women: USL Umpires Currently Holding an Apprentice Rating

Where: TBD

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: Documentary Film

Who: Everyone

Where: Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm

Session 2

Begins 10:55am

Michele Uhlfelder: "Developing the Skills of Youth Players"

Progression of warm up drills and stick work drills to build in athleticism and eye hand coordination for all level players. Take new lacrosse players and teach them the most successful stick work from the start; take more experienced players and break their bad habits, while challenging them to have successful stick work that maximized their athleticism. Put some FUN in fundamentals.

What: Field Training, 10:55am to 11:55am (1 hour)

Who: Women: Coaches, Players, Umpires & Fans

Where: Field

Glen Miles: "Team Captain Leadership Training: Bringing out the best!"

This discussion from Coach Miles will help your team captains answer the question...

"Given my role/responsibility as a team captain and the dynamics of the team, how do I proactively manage challenges and build upon our strengths to achieve team goals." We will also discuss some common leadership challenges and how to lead in the moment.

What: Classroom Training, 10:55am to 11:55am (1 hour)

Who: Everyone

Where: TBD

Session 2 (continues)

Begins 10:55am

Frank Lansner: "Game Management and Dead Ball Officiating"

Sure you can study the rules and field mechanics and get a passing grade on the Officials' test but that only goes so far when you have 20 young men on the field with sticks in their hands ready to do combat. The experienced official knows how to manage the game, including coaches, players, and sometimes fans, to keep it fun, fair, and safe for everyone. This presentation draws upon the experience of a number of seasoned Division I officials to provide tips and guidance on Game Management and, importantly, the art and mechanics of dead ball officiating to keep the game moving.

What: Classroom Training, 10:55am to 11:55am (1 hour)

Who: Men: Officials

Where: TBD

Mitch Fenton & Hank Nunez: "Boys Youth Development: Where We Are, Where We're Going & How to Get There"

A meeting of Los Angeles and Orange County boys youth coaches and administrators to discuss growth, as well as rules and scheduling for the upcoming 2010 season.

What: Boys Youth Forum, 10:55am to 11:55am (1 hour)

Who: Everyone associated Boy's Youth Development

Where: TBD

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: Documentary Film

Who: Everyone

Where: Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm

Lunch Break

Everyone!

12:00pm to 12:30pm (1/2 hour)

Session 3

Begins: 12:30pm

Ginger Miles: "Defense: A Scheme for Any Attack"

How to work as a unit defensively in several different schemes to shut down an opposing attack.

What: Classroom Training, 12:30pm to 1:30pm (1 hour)

Who: Women: Coaches, Umpires, Players, Fans

Where: TBD

Matt Striebel: "How to Plan a Practice to Get the Most Out of Your Players"

If games are where good teams prove greatness, then practice is where the good teams *learn* greatness. For two, maybe three hours a week, a lacrosse team comes together to prepare and improve itself. More than any other factor, these two-hour segments determine a team's success. The "practice plan" is every lacrosse coach's responsibility to his team. The best practice plans maximize tempo and pacing, while providing sufficient time for instruction and adequate game-planning. So what exactly makes a good "practice plan"? How do we get the most bang from our stick work? From our warm-ups? What are the best drills for building team offense and team defense? In this clinic we will examine three different practice plans and discuss the various ways they capitalize on time, effort-output, drill-distribution and intensity to create competitive learning environments for their teams.

What: Classroom Training, 12:30pm to 1:30pm (1 hour)

Who: Men: Coaches, Players, Officials & Fans

Where: TBD

Steve Najera: "New to the Game?: Come for an Initiation into Women's Lacrosse"

You have been officiating women's lacrosse for at least a year and would like to brush up on your basics and improve your game.

What: Classroom Training, 12:30pm to 1:30pm (1 hour)

Who: Women: Future Coaches, Umpires, Players & Fans

Where: TBD

Session 3 (continues)

Begins: 12:30pm

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: **Documentary Film**

Who: **Everyone**

Where: **Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm**

Session 4

Begins: 1:40pm

Crista Samaras: "Essential Teamwork Building: Creating Winning Concepts"

SKILLS + SMILES: 10 creative ways to rock it out at practice.

What: **Classroom Training, 1:40pm to 2:40pm (1 hour)**

Who: **Women: Coaches, Players, Umpires & Fans**

Where: **TBD**

John Amneus: "The Art of Coaching"

This unique and powerful workshop serves as the basis for the LA84 Foundation Coaching Education Curriculum which has been presented to over 10,000 Southern California coaches in all sports. Presented by the author, this program takes the principles of Applied Sports Psychology and gives coaches of all experience levels a framework of coaching strategies that leads to better effort and better performance for his/her athletes. Topics include: Establishing a Coaching Philosophy, Getting 100% Effort from Athletes, Effective Communication, and 4 Types of Coaches.

What: **Classroom Training, 1:40pm to 2:40pm (1 hour)**

Who: **Everyone**

Where: **TBD**

Woody Josselyn: "The Pregame Conference and Two Man Mechanics"

There is less than a minute left in the game and the clearing team is down by 1 goal...are you and your partner on the same page? You and your partner are officiating a "rivalry" game between two hot-tempered teams; are you prepared? We never know what exactly will happen on the field during a contest, but we can prepare for almost every type of scenario by communicating effectively in a pre-game conference. This presentation will re-create a typical pre-game conference in the classroom and will be a valuable session for both new and experienced officials alike.

What: **Classroom Training, 1:40pm to 2:40pm (1 hour)**

Who: **Men: Officials**

Where: **TBD**

Dana Crompton-Hime: "Understanding the Rules: A Guide for Coaches & Players"

For coaches and players who wonder how the rules of women's lacrosse affects them. You'll learn about the rules of the game in a way that will help you improve both your coaching and playing strategies.

What: **Classroom Training, 1:40pm to 2:40pm (1 hour)**

Who: **Women: Coaches & Players already familiar with the basic rules of women's lacrosse.**

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: **Documentary Film**

Who: **Everyone**

Where: **Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm**

Session 5

Begins: 2:50pm

Ginger Miles: "Goaltending: All Great Shots Must Come to an End!"

Breaking down the fundamentals of good goaltending. Common technical mistakes and how to overcome them.

What: **Field Training, 2:50pm to 3:50pm (1 hour)**

Who: **Women: Coaches, Umpires, Players, Fans**

Where: **Field**

Session 5 (continues)

Begins: 2:50pm

Michele UHfelder: "Drills, Drills, Drills...Better Skills & Game Prep"

A variety of drills will be chosen for their teaching elements and/or competitive elements. We will teach set up, X's and O's, and goals for each drill, including skill development, fun, preparation for competition.

What: Classroom Training, 2:50pm to 3:50pm (1 hour)

Who: Women: Coaches, Players, Umpires & Fans

Where: TBD

Glen Miles: "How Officials and Coaches Should Communicate!"

How do we do it? When our games are so important to the coach and it hurts so badly when we perceive that an official's call may take the outcome of the game away from our kids. How we react to this very real and challenging situation says more about us than it does about the official. This discussion is focused on how coaches can communicate with Officials more effectively.

What: Classroom Training, 2:50pm to 3:50pm (1 hour)

Who: Everyone

Where: TBD

Dana Crompton-Hime: "Fierce and Fair: Sportsmanship in Women's Lacrosse"

Be Fierce and Fair. Understand how to effectively integrate your passion for the sport with the rules of women's lacrosse, while honoring the game. Participate in a discussion of honoring the game (on the field, on the sidelines, in the stands, and off the field) and how it affects all aspects of the game and players' development.

What: Classroom Training, 2:50pm to 3:50pm (1 hour)

Who: Women: Classroom Forum for Coaches, Umpires and Players

Where: TBD

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: Documentary Film

Who: Everyone

Where: Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm

Session 6

Begins: 4:00pm

Susana McDermott: "Determining Shooting Space"

Join a women's lacrosse official "at the net" to learn the answers to the who, what, when, where, how, and why shooting space is called.

What: Field Training, 4:00pm to 5:00pm (1 hour)

Who: Women: Coaches, Umpires, Players and Fans

Where: Field

Crista Samaras: "Offensive Concepts and Drills to Improve Your Game"

CAN YOU BAKE A CAKE? If you have the right ingredients, it's easy. This clinic will outline basic elements of a strategic + organized offense and show you how to combine them to create movement and ultimately, plays.

What: Field Training, 4:00pm to 5:00pm (1 hour)

Who: Women: Coaches, Umpires, Players & Fans

Where: Field

John Amneus: "Establishing a Peak Performance Mindset"

Establishing a Peak Performance Mindset - Presented by an elite Track and Field coach who has developed numerous world class athletes, this program is a simple primer that teaches coaches how to set athletes up for success in crunch time. The difference between an athlete "rising to the occasion" or "choking" is often a matter of preparing athletes to cope with pressure. This program is an opportunity for coaches to increase their athletes' chances for success in the clutch. Attendees will leave with a clear understanding of how to implement proven strategies in developing clutch performers.

What: Classroom Training, 4:00pm to 5:00pm (1 hour)

Who: Everyone

Where: TBD

Session 6 (continues)

Begins: 4:00pm

Mitch Fenton & Michele Uhlfelder: "Starting a Youth Lacrosse Program from Scratch"

A step-by-step outline of how to start a lacrosse team, including identification of resources to help you make your dream become reality.

What: Classroom Forum, 4:00pm to 5:00pm (1 hour)

Who: Everyone

Where: TBD

Jordan Kligerman: "Sacred Sport"

View the film and meet the producer/director to learn more about why he was so motivated to make this important documentary on the origins of lacrosse.

What: Documentary Film

Who: Everyone

Where: Theater: Show Times: 9:45am, 10:55am, 12:30pm, 1:40pm, 2:50pm and 4pm

Vendor Village

5:00pm to 5:30pm (Close)