



2nd Annual California Lacrosse Convention

California State University, Fullerton

"Inspiring greatness through the leaders among us"

Saturday, November 13, 2010

Pre-Registration \$20 (includes parking)

8:30am to 9:00am

Check-in, Vendor Village, Morning Refreshments and Starbucks Coffee
Gourmet Boxed Lunches by Panera Bread will be available for order: \$10 each

9:00am to 10:00am Everyone!

US Lacrosse President, Steve Stenersen &
Keynote Speaker: Tom Abbott "One of the Top Officials in the World!"

"Tom Abbott has a different view of lacrosse than most "average" fans of the game. In 50+ years, his experiences have taken him through the entire spectrum of our sport. From his early years of being the "ballboy" at games his father was officiating, to being an All-America player in both high school and college, to youth coach, to highly respected referee, and finally, to parent of two sons, with multiple NCAA Championship rings. He has certainly seen most of what this sport has to offer!"

10:15am to 4:30pm

"Convention Highlights: Exciting Live Demos and Exceptional Clinics!"

- **Matt Striebel "This is How We Do It: The Ins and Outs of a College Practice"**
Ever wonder what does a collegiate practice looks like? What's the intensity level? How much running do they do? What sorts of drills are they running? In this field demonstration, coaches will be invited to watch an hour-long lacrosse practice, from warm-up to cool down. Emphasis will be placed on speed and tempo of practice, as well as the implementation and drilling of a 6v6 motion offense and defense.
- **Positive Coaches Alliance Double-Goal Coach™ "Coaching for Winning and Life Lessons"**
Don't miss this workshop, especially scheduled at the convention so coaches have the opportunity to satisfy an important requirement towards "US Lacrosse Certification!" The workshop begins by defining the Double-Goal Coach™ as one who strives to win and works to prepare his/her team to play at its highest level, *and*, at the same time, teaches life lessons (teamwork, dedication, bouncing back from mistakes, etc.) to his/her players. Come learn why these are not mutually exclusive goals.
- **Michele Uhlfelder "Don't Let 'Um Know if You're a Righty or a Lefty"**
Drills that encourage playing with both hands. Learn how to incorporate warm up, shooting and exposure drills that can be used in practice or tryouts. We'll review teaching points that will emphasize the need for both hands in game situations, and the habits of successful stick work that should be emphasized.

- **John Bistowski “How Lacrosse Should be Coached, Played and Supported”**
Lacrosse is “The Fastest Sport on Two Feet”; a game of skill, athleticism, and intelligent play. Don’t miss this insightful presentation on “Boys Lacrosse:” Contact Sport vs. Collision Sport.”
- **Johnny Walker and Tom Abbott “Game Control and Advanced Mechanics”**
Advanced field mechanics that will make you a better partner, more affective official and provide you tips and advice for advancing your game and status. We will explore and discuss tools and methods for managing coaches, players and fans.
- **Ginger Miles “Goalkeeping: From the Ground Up”**
Learn the basic fundamentals of goalkeeping technique for players at any level. Drills and ideas on how to improve hand speed, positioning and shot stopping.
- **Coaches Panel “A Roadmap for the Recruiting Process from HS to College”**
The level of talent in the west is growing and gaining recognition across the country! Come get important advice on how to best navigate the recruiting process and make it a positive experience for both the player and their family.
- **Dana Crompton & Susana McDermott “Women's Lacrosse: Our Game, Our Strength...Yes, I play like a girl! Jealous?”** For all women's lacrosse coaches, officials, players, parents, and fans to prepare us for the season to come. A discussion on how we play, coach, and support women's lacrosse. We're "Fierce and Fair"...Let's work it out. Bring a wish list!
- **Frank Lansner “Verbal and Non-Verbal Officiating”**
Good officials know the rules and mechanics. So what separates the good officials from the great officials? Great officials have mastered the verbal and nonverbal skills required to manage the game from the moment they step on the field to the post game with their partner/crew. This presentation will examine the key verbal and nonverbal skills that can help you take your game to the next level.
- **Lorne Smith “Half Field Motion Offense”**
Learn how to create a fluid half field offensive strategy using off-ball movement and passing.
- **Liz Connelly “Best Drill Ever”**
The title says it all... a clearing drill, a 7v7, a full-field scrimmage, work on any and all aspects of the game in one fabulous build-up drill. The “Best Drill Ever” can be as little or as big as you want it to be!
- **Suzette Soboti & Liz Wells “Stats: How to Take Them and Build Team Skills”**
This class will give you a better understanding of the statistics taken during a girl’s lacrosse match and present creative ways to implement the use of statistics for practice planning and goal setting. (A separate class on stats for the boy’s game will also be presented!)
- **US Lacrosse Panel “Come Learn About Countless Useful Programs, Services and Grants”**
Knowledgeable US Lacrosse Staff will guide you through a wonderful selection of services such as “USLaxTeams.com” a full-service website and online registration tool and “USL Mobile Coach” which helps organizations create drills and videos that can then be sent to coaches via their cell phone as a resource on the field at practice. Also come learn about many other useful resources like the Fast Break Initiative, Equipment Grants, Camp Scholarships, New Start Program, etc.
- **Matt Striebel “Making The Easy Goals Count: Extra Man Offense”**
Extra Man, Man Up, the Power Play, whatever you want to call it, the ability to score goals in penalty situations is essential to the success of any team. In this classroom talk we will talk generally about the difference between “sets” and “plays”, we will examine how you want to use the two, then we will diagram two unique Extra Man Offense plays that have been used at the high school, collegiate, professional and international level.

- **Dana Crompton and Steve Najera "You Make the Call: An Interactive Discussion"**
Real time game situations; we'll watch the video and discuss foul or no foul.
- **Susana McDermott "Apprentice to Local"**
For apprentice and first year local umpires; let's review and build on what we've learned as we prepare for the coming season.
- **Jacqueline McDevitt "Left Hand Up! Breaking Down a Newer Style of High Pressure on Ball Defense"** Here we will breakdown positioning, habits and new styles to set up your players for successful team and 1v1 defense. Also included in this session is the footwork, checking and contact needed for building up to a high pressure on ball defense.

Open All Day! 8:30am to 5:30pm: Outstanding Vendor Village

Sunday, November 14, 2010

All FREE!

8:30am to 9:00am

Check-in, Morning Refreshments & Starbucks Coffee
Gourmet Boxed Lunches by Panera Bread will be available for order: \$10 each

9:00am to 4:00pm (Includes Break for Lunch)

- **Level I Men's Lacrosse Officials Training: Mike Avenali and Tom Abbott**
This informative training session for 1st year lacrosse officials will cover both rules of sport and mechanics of officiating. Combined with a future field training event, this will qualify you to begin a dynamic career as a lacrosse official.
- **Level I Women's Lacrosse Umpire Training: Susana McDermott and Dana Crompton**
Because the umpire is an integral part of the women's lacrosse game, this umpire clinic is designed to promote the development and certification of new umpires focusing on the Five Core Areas:
 1. Knowledge and Judgment
 2. Game Management; Mechanics and Penalty Administration
 3. Professionalism; Requirements; Expectations; Responsibilities; Ethics; Integrity
 4. Communication; Teamwork; Comportment; Field Presence
 5. Positioning and Fitness
- **Level I Men's Coaches Training: Kevin Meany and Marty Lattman**
- **Level I Women's Coaches Training: Alise Shuart and Jim Williamson**
Attend this nationally recognized "hands-on" program and learn the art of effective coaching with material designed by experts in the lacrosse coaching field. This comprehensive clinic features a combination of field and classroom training covering personalized instruction on coaching theory and development, individual skills and team tactics. The workbook you will receive is only available at US Lacrosse Coaching Education Clinics and includes information such as skill breakdown, error detection and correction, drills and other activities. Coaches who attend this clinic receives a "US Lacrosse Certificate of Completion."

Take the US Lacrosse "On-Line Course" www.uslacrosse.org prior to the Level I Clinic along with the Positive Coaching Alliance Course offered Saturday, November 13 and become a fully Certified US Lacrosse Coach all in 1 Weekend!

The California Lacrosse Convention is generously sponsored by the LA84 Foundation
<http://www.la84foundation.org/>