



## 2<sup>nd</sup> Annual California Lacrosse Convention

California State University, Fullerton

Saturday, November 13, 2010

*"Inspiring greatness through the leaders among us"*

### Check-in & Registration

**8:30am to 9:00am**

Morning Refreshments & Starbucks Coffee

Gourmet Boxed Lunches by Panera Bread will be available for order up until 10:00am, \$10 each

**Vendor Village Open All Day 8:30am to 5:30pm, Pavilion BC**

### Session 1

**Begins 9:00am Everyone!**

Pavilion A

**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 "ball boy" 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!"

**Steve Stenersen "US Lacrosse President and CEO"** Steve Stenersen has been a significant force behind the development of lacrosse for more than two decades and has guided the sport through unprecedented growth, not only in the United States but throughout the world. His efforts have earned him a multitude of awards, including recognition by *Sports Events* magazine as one of the top 25 innovators and influencers in the sports industry.

**Vendor Village Break, Pavilion BC**

**10:00am to 10:15pm**

### Session 2

**Begins 10:15am**

**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."

**What: Classroom Training 10:15am to 11:15am (1 hour)**

**Who: Everyone associated with the Men's Game of Lacrosse: Coaches, Officials, Players, Parents & Fans**

**Where: Pavilion A**

## Session 2

**Begins 10:15am-continued**

**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!

**What: Classroom Training, 10:15am to 11:15am (1 hour)**

**Who: Everyone associated with the Women's Game of Lacrosse: Coaches, Officials, Players, Parents & Fans**

**Where: Titan Theater**

## Vendor Village Break

**11:15am to 11:30pm**

## Session: 3

**Begins 11:30am**

**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.

**What: Field Training 11:30am to 1:00pm (1.5 hours-lunch and learn session)**

**Who: Men's Game: Coaches, Officials, Players, Parents & Fans**

**Where: Field**

**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.

**What: Field Training 11:30am to 12:30pm (1 hour)**

**Who: Women's Game: Coaches, Officials, Players, Parents & Fans**

**Where: Field**

**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.

**What: Classroom Training, 11:30am to 12:30am (1 hour)**

**Who: Men's Game: Officials**

**Where: Gabrielino**

**Susana McDermott: "Transitioning from Apprentice to Local"**

Let's review and build on what we've learned as we prepare for the coming season. This course will enable the women's lacrosse umpire to develop her Local Umpire skill set focusing on the Five Core Areas:

1. Professionalism; Requirements; Expectations; Responsibilities; Ethics; Integrity
2. Knowledge and Judgment
3. Game Management; Mechanics and Penalty Administration
4. Positioning and Fitness
5. Communication, Teamwork, Comportment, Field Presence

**What: Classroom Training 11:30am to 1:00pm (1.5 hours-lunch and learn session)**

**Who: Women's Game: USL Apprentice and First Year Local Umpires**

**Where: Alvarado AB**

## Session: 3

**Begins 11:30am-continued**

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

This course is for the multi-year Local Rated Umpire who wants to raise her officiating level and may, of many not, be interested in pursuing a District Rating in the future. Further development of the Women's Lacrosse Umpire with an emphasis on the Skill Set required of a District Rated Umpire focusing on the Five Core Areas:

1. Professionalism; Requirements; Expectations; Responsibilities; Ethics; Integrity
2. Knowledge and Judgment
3. Game Management; Mechanics and Penalty Administration
4. Positioning and Fitness
5. Communication, Teamwork, Comportment, Field Presence

What: **Classroom Training, 11:30am to 1:00pm (1.5 hours-lunch and learn session)**

Who: **Women's Game: USL Umpires Currently Holding a Multi-Year Local Rating**

Where: **Ontiveros AB**

## Lunch & Vendor Village Break

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

## Session 4

**Begins 1:10pm**

### Lorne Smith "Half Field Motion Offense"

Learn how to create a fluid half field offensive strategy using off-ball movement and passing.

What: **Field Training, 1:10pm to 2:10pm (1 hour)**

Who: **Men's Game: Coaches, Players, Parents & Fans**

Where: **Field**

### 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!

What: **Field Training, 1:10pm to 2:10pm (1 hour)**

Who: **Women's Game: Coaches, Players, Parents & Fans**

Where: **Field**

### Marty Lattman "Getting Your Players to Communicate: Why It's So Difficult & What You Can Do About It" and "Choosing the Best Offense and Defense Based On the Athletes You Have"

Don't miss this special presentation of two topics presented in one clinic! Topic 1: Most coaches at the youth level complain that lack of on-field communication among players is one of their biggest problems. Younger athletes simply don't seem to understand the importance of talking to their teammates during games, and the result is that many mistakes are made which could have been avoided with proper communication. We'll examine this phenomenon and offer a number of tips and guidelines to help coaches make their youth players appreciate the value of communicating. Topic 2: Many coaches are familiar with "the athlete theory" in the context of football and basketball. Sometimes referred to as the "athlete-based model", this means designing your team's offense and defense around the particular type of athletes that you have on any given squad. This same basic philosophy of designing and adjusting your offensive and defensive schemes to accommodate the specific athletes on your team can also be applied to lacrosse. Attendees will learn the key considerations when evaluating their athletic talent, and will be given specific recommendations on the optimal strategies accordingly.

What: **Classroom Training 1:10pm to 2:10pm (1 hour)**

Who: **Men's Game: Coaches, Players, Parents & Fans**

Where: **Titan Theater**

## Session 4

### Begins 1:10pm-continued

#### 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.

What: Classroom Training, 1:10pm to 2:10pm (1 hour)

Who: Women's Game: Coaches, Players, Parents & Fans

Where: Gabrielino

#### Sydney Chai "Stats: How to Take Them and Build Team Skills"

This class will give you a better understanding of the statistics taken during a boy's lacrosse match and present creative ways to implement the use of statistics for practice planning and goal setting.

What: Classroom Training, 1:10pm to 2:10pm (1 hour)

Who: Men's Game: Coaches, Players, Parents & Fans

Where: Ontiveros AB

#### 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.

What: Classroom Training 1:10pm to 2:10pm (1 hour)

Who: Women's Game: Umpires

Where: Alvarado AB

## Break

2:10pm to 2:20pm

## Session 5

### Begins 2:20pm

#### 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.

What: Field Training 2:20pm to 3:20pm (1 hour)

Who: Women's Game: Coaches, Players, Parents & Fans

Where: Field

#### 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.

What: Field Training 2:20pm to 3:20pm (1 hour)

Who: Men's Game: Officials

Where: Field

#### Stephanie Svetlik-Hayley: "The Basics of Shooting Space and 3 Seconds...One Often Leads to the Other."

Join a women's lacrosse official "at the net" to learn the answers to determining shooting space and 3 seconds and how to avoid them.

What: Field Training, 2:20pm to 3:20pm (1 hour)

Who: Women's Game: Umpires, Coaches, Players, Parents & Fans

Where: Field Alternate-Rectangular grass area near the main field.

## Session 5

### Begins 2:20pm-continued

#### **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.

What: Classroom Training 2:20pm to 3:20pm (1 hour)

Who: Men's Game: Coaches, Players, Officials & Fans

Where: Gabrielino

**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.

What: Classroom Training, 2:20pm to 3:20pm (1 hour)

Who: Women's Game: Coaches, Players, Parents & Fans

Where: Ontiveros AB

#### **US Lacrosse Staff Panel "US Lacrosse Programs, Services and Granting Opportunities"**

Come get a comprehensive guide to an outstanding selection of services and programs 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. You'll have an opportunity to get great advice from a panel of four enthusiastic staff members from the US Lacrosse Baltimore Office here to help YOU and your league grow.

What: Classroom Forum 2:20pm to 3:20pm (1 hour)

Who: Men's & Women's Game: Coaches, Officials, Players, Parents & Fans

Where: Titan Theater

## Break

3:20pm to 3:30pm

## Session 6

### Begins 3:30pm

#### **Susana McDermott & Steve Najera: "Tangent, Transitioning, and Trail Patrol: Purposeful Movement for Effective Game Management and Communication Between Partners"**

Field mechanics class for all level umpires. Join us on the field to understand the reason for positioning and movement during active play and restarts, and how this "movement with purpose" will improve our game and communication as partners.

What: Field Training, 3:30pm to 4:30pm (1 hour)

Who: Women's Game: Umpires

Where: Field

#### **Recruiting Panel: "A Roadmap to 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.

What: Classroom Forum 3:30pm to 4:30pm (1 hour)

Who: Men's & Women's Game: Players & Parents

Where: Gabrielino

## Session 6

**Begins 3:30pm-continued**

**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 “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.

**What: Classroom Training, 3:30pm to 4:30pm (1 hour)**

**Who: Men's & Women's Game: Coaches**

**Where: Titan Theater**

**Vendor Village & Scheduled Meetings Saturday, November 13**

**4:30pm to 5:30pm (close)**

### Scheduled Meetings:

**US Lacrosse OC Chapter Board Meeting—Members of the lacrosse community are welcome to join us!**

**Where: Hedebrink AB**

**US Lacrosse Greater LA Chapter Board Meeting—Members of the lacrosse community are welcome to join us!**

**Where: Stearns**

**Los Angeles/Santa Barbara Umpire Board Meeting—Board Elections (Refreshments will be served.)**

**Where: Tuffree AB**

\*\*\*\*\*

**Sunday, November 14, 2010**

### Check-in & Registration

**8:30am to 9:00am**

Morning Refreshments & Starbucks Coffee

Gourmet Boxed Lunches by Panera Bread will be available for order up until 10:00am, \$10 each

### Schedule

**9:00am to 4:00pm**

Includes lunch break

**Level I Men's Coaches Education Training: Kevin Meany and Marty Lattman &**

**Level I Women's Coaches Education 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.”

**What: Classroom & Field Training**

**Who: Men's & Women's Game: New & Experienced Coaches**

**Where: Gabrielino**

**Tom Abbott & Mike Avenali “Beginning Men's Lacrosse Official Clinic”**

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.

**What: Classroom Training**

**Who: Men's Game: New Officials**

**Where: Ontiveros AB**

## Schedule

**9:00am to 4:00pm-continued**

Includes lunch break

### **Dana Crompton & Susana McDermott "Beginning Women's Lacrosse Umpire Clinic"**

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. Professionalism; Requirements; Expectations; Responsibilities; Ethics; Integrity
2. Knowledge and Judgement
3. Game Management; Mechanics and Penalty Administration
4. Positioning and Fitness
5. Communication; Teamwork; Comportment; Field Presence

What: **Classroom Training**

Who: **Women's Game: New Umpires**

Where: **Alvarado AB**