



2016 U19 Australian Men's Team

INTRODUCTION - updated Sat 4 Jan

Welcome to the U19 Men Squad Member On-Line Application.

The introduction page will provide you with an overview of the program and what to expect.

The U19 Australian Men's Team, will compete at the;

FIL 2016 U19 Men's World Championship,
Thursday 7 – Saturday 17 July 2016,
to be held in Coquitlam, British Columbia, Canada.

APPLICATIONS

Squad Member Applications should be submitted by the,
Due Date; Thursday 10th January 2014.

DOCUMENTS

Required ID documents, photos or scans, should also be submitted via email by
the Due Date; Thursday 10th January 2014.

U19 PIN NUMBER

Following receipt of your on-line Application, the 'ALA U19 Men' bank account
details and a PIN number will be emailed to each applicant; Friday 11th January
Your Squad Member PIN number is to be used for identification of all payments.

APPLICATION FEE (non refundable)

Payment of the Application Fee of \$150 is required by the,
Due Date; Friday 17th January 2014.

Include your Squad Member PIN number with your payment.

Note: Applications will not be official, until payment and required documents are
received.

SQUAD ANNOUNCEMENT

The Squad List will be posted on the ALA web site; www.lacrosse.com.au
on; Saturday 18th January 2014.

LATE APPLICATIONS

Late applications will be considered and to be completed on-line, with an email
to ALA paul.mollison@lacrosse.com.au with the reason the application is late.

SQUAD MEMBER COSTS

A cost will apply for Squad Apparel and State Based Training sessions of \$350.
This includes; Squad reversible
Squad undershirt
Squad shorts

And State Based Training Sessions, February – November 2014

Payment for your squad member costs of \$350, is required by the
Due Date; Friday 24th January 2014

Include your Squad Member PIN number with your payment.

Note: Squad Members will not be invited to attend squad sessions until payment is received.

If you require further information, please email to;
paul.mollison@lacrosse.com.au

Paul Mollison
Director of High Performance

PROGRAM OUTLINE

The 2016 U19 Australian Men's Team Program is aimed to provide all squad members with the best possible experience of lacrosse learning and athlete education, in a cost effective format.

As per the ALA High Performance Program Policy HPPP,

http://www.sportingpulse.com/get_file.cgi?id=2819690

the U19 program is conducted under the principles of;

- User Pays
- Self Funded
- Cost Equalisation
- Billeting

COMMUNICATION PROTOCOLS

Squad Members must have and maintain a current email address. Changes must be notified to ALA and Team Personnel (HC, Manager etc).

Parent/s will be copied on all emails to Squad Members, from ALA and Team Personnel (HC, Manager etc).

U19 MEN PREPARATION PRINCIPLES

Preparation will consist of a schedule of State Based Training (SBT) sessions during 2014 with the addition of Squad Camps scheduled during 2015.

Squad Camps will be located for cost effectiveness and aligned to competition opportunities.

Squad Camps will include billeting accommodation for visiting Squad Members with locally based Squad Members.

STATE BASED TRAINING

State Based Training; with squad members in each city of Perth, Adelaide and Melbourne. State based training will commence in February 2014.

Saturday 4 January 2014

The U19 program will operate in three phases.

Phase 1:

January 2014 – January 2015

Athlete Education

Athlete Development

Skill Development

All Squad Members will continue for the first full 12 month duration, with the first squad selection in early 2015.

Phase 2:

February 2015 – February 2016

Team Work Development

Competition Opportunities

Squad selection points will occur periodically during 2015 and early in 2016, until the selection of the final team of 23 players and 3 travelling alternates.

Phase 3:

March 2016 – July 2016

Team Development and Refinement

ELIGIBILITY CRITERIA

To be eligible for U19 Australian Men's Team you must satisfy the following requirements.

1. U19 as at 31 August 2015
2. Australian Passport Holder; or
3. Permanent Residency Visa Holder.
4. Must be 16 years of age as at 6 July 2016
(FIL U19 men, minimum age eligibility)
5. Must be a registered Financial Member of ALA or an affiliated association
(LWA, LSA, LVic, QLA, NSWL, LTas)
6. As will be provided in the ALA Squad/Team Member Contract/Agreement, you must agree to comply with the ALA High Performance Program Policy HPPP, ALA Code of Conduct, ALA Member Protection Policy MPP and ALA Anti-Doping Policy ADP (as covered under ASADA and WADA policy/s).
7. And must complete the On-line Application with payment of the Application Fee.

8. Overseas Residents, please refer to the following;

ALA Eligibility – Squad/Team

A player may be a National –

- a) Hold or be eligible for an Australian passport;
- b) Be a permanent resident of Australia; OR

A player may be a Non-National –

A 'Non National' is defined as a player who meets at least one (1) of the conditions below:

- a) Parents: One or both birth parents, adoptive parents or step-parents born in the country;
- b) Grandparents: One or more birth or adoptive grandparents born in the country; Step-Grand Parents are not acceptable.
- c) Marriage: Partner/spouse being a passport holder of the country, with the qualification that the couple must be resident in the country being represented, adhering to the timeframe set by FIL.

- Guidance:
- i) In the event of death of the partner /spouse this would not prevent the individual from qualifying by this criterion.
 - ii) Divorce from the partner /spouse would disqualify the individual from qualifying by this criterion.
 - iii) This criterion relates to a marriage or partnership which has been validated by a jurisdiction in that country.

- d) Residence: Minimum of a two-year residency period in the playing country within the last five (5) years is required.

Guidance: This does not necessarily have to be a continuous period but a cumulative total period of two (2) years over the previous five (5) years.

For FIL events, a player must also -

Be eligible for FIL events, (see FIL Eligibility Policy);

Men http://www.filacrosse.com/downloads/competitions_eligibility_men.pdf

Be eligible by age for aged events (see FIL Eligibility Policy);

Men http://www.filacrosse.com/downloads/competitions_eligibility_men.pdf

If living in Australia, a player must;

Be a registered financial member of an ALA Member Association.

If living/studying outside of Australia, a player must;

Be a registered financial member of ALA, either directly or through a Member Association.

Saturday 4 January 2014

U19 MEN PREPARATION CALENDAR

A State Based Training Camp in Melbourne, Adelaide and Perth is scheduled in February 2014. A full weekend of all day Saturday & Sunday.
(Squad Members residing in QLD, NSW or Tas will attend the closest session)

The State Based Training Camp will include;

- Program Introduction
- Physical Assessment
- Fitness Testing
- Strength & Conditioning program delivery
- Introduction to Core Strength & Lifting
- Nutrition & Hydration education
- Anti-Doping education
- Skills & Drills

February 2014

Sat 8 & Sun 9 Feb	Melbourne	State Based Training Camp
Sat 15 & Sun 16 Feb	Adelaide	State Based Training Camp
Sat 22 & Sun 23 Feb	Perth	State Based Training Camp

March 2014

Perth	Weekly	State Based Training
Adelaide	Weekly	State Based Training
Melbourne	Weekly	State Based Training

April – August 2014

Perth	Monthly	State Based Training
Adelaide	Monthly	State Based Training
Melbourne	Monthly	State Based Training

Sept 2014

Rest Month

Oct – Dec 2014

Perth	Weekly	State Based Training
Adelaide	Weekly	State Based Training
Melbourne	Weekly	State Based Training

SELECTION

The first squad selection (reduction) will occur early in 2015.

REQUIRED DOCUMENTS / to complete your Application

The following identification documents and information, must be in front of you, in order to complete your application. Eg. Passport, Medicare Card

You must have all of these with you to complete the information required, before you can progress to the next Page.

If you come to a question during the Application and you do not have the required information to enter, you will not be able to continue the application and will have to start all over again.

1. Parent / Legal Guardian
One of your Parents or your Legal Guardian, must be with you to complete the, Parent / Legal Guardian Consent, for your application.
2. Passport (if you have one)
If you do not have a Passport, you will require your Birth Certificate or Extract.
Take a close up photo, or scan, of this page and email to;
paul.mollison@lacrosse.com.au
OR
3. Birth Certificate (if you do not have a Passport)
Take a close up photo, or scan, of this page and email to;
paul.mollison@lacrosse.com.au
4. Drivers License OR Learners Permit (if you have one). Please take a close up photo, or scan, of your license and email to;
paul.mollison@lacrosse.com.au
If you do not have a Drivers License or Learners Permit, you will require a Student ID Card with photo.
OR
5. Student ID Card with photo (if you do not have a Drivers License). Please take a close up photo, or scan, of this card and email to;
paul.mollison@lacrosse.com.au
6. Medicare Card
7. Private Health Insurance Card

PARENT / LEGAL GUARDIAN CONSENT

All U19 squad member applications, must have the consent of a parent / legal guardian.

In addition, Parents / Legal Guardians must also agree to abide by the; Parent/Guardian - Code of Behaviour, with regard to conduct during any activity of the 2016 U19 Australian Men's Team program.

Parent/Guardian - Code of Behaviour

1. If your child shows interest to develop as a high performance athlete for selection in an Australian Team, encourage them to participate in this squad. However, if your child is not willing to participate in high performance training, do not force him. Remember, children are involved in organised activity for their enjoyment, not yours.
2. Focus upon your child's efforts and performance rather than the overall comparisons of other squad members.
This will help your child to establish realistic goals related to his ability, by reducing the emphasis of selection in the final U19 team.
3. Reinforce to your child, that an honest effort is as important as a victory, so the result of each squad selection point is accepted without undue disappointment.
4. Encourage your child to always play according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best from example. Applaud good play of all players.
7. If you disagree with a coach or referee, raise the issue through the appropriate channel, rather than question their judgement and honesty in public.
8. Support all efforts to remove verbal and physical abuse.
9. Recognise and respect the value and importance of volunteer administrators, coaches and referees. They give up their time and resources to provide high performance training opportunities for players and deserve your support.
10. Be a model of good sports behaviour for children to copy.
11. Be courteous in communication with administrators, coaches, players and referees. Teach children to do likewise.
12. Do not interfere with the progress and/or conduct of a game.
13. Refrain from gossip and rumour as this behaviour can be extremely damaging to squad/team harmony and morale.

MEDICAL INFORMATION

A full background of medical and injury history is required.