

Wednesday 13 August 2014



## **U23 Australian Men's Team 2015 U23 Australian Women's Team 2015**

### INTRODUCTION

The following information will provide you with an overview of the program and what to expect.

### PROGRAM OUTLINE

The U23 Australian Men's and Women's Teams 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](http://www.sportingpulse.com/get_file.cgi?id=2819690)

the U23 program is conducted under the principles of;

- User Pays
- Self Funded
- Cost Equalisation
- Billeting

### COMMUNICATION PROTOCOLS

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

### PREPARATION PRINCIPLES

Preparation will consist of a schedule of State Based Training (SBT) sessions during 2014 with Squad Camps for selection in December 2014 and again in January 2015.

Squad Camps to 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 August 2014

Squad selection will occur in December 2015, with Team selection in January 2015.

## ELIGIBILITY

To be eligible for U23 Australian Teams 2015, you must satisfy the following requirements.

1. U23 as at 3 July 2015; ( ie. maximum of 22 as at 3 July 2015)  
**Minimum age eligibility, must be 16 years of age as at 3 July 2015**
2. Australian Passport Holder; or
3. Permanent Residency Visa Holder.
4. Must be a registered Financial Member of ALA or an affiliated association (LWA, LSA, LVic, QLA, NSWL, LTas)
5. 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).
6. And must complete the On-line Application, submit ID docs and payment of the Application Fee.

## SELECTION

Men's Team 21 players will be selected  
Women's team 18 players will be selected

## SQUAD PREPARATION AND SELECTION

### 2014

August Head Coach and Manager Announcement  
Squad Selection  
State Based Training SBT

September State Based Training SBT  
October State Based Training SBT  
November State Based Training SBT

December  
Sat 20 – Mon 22 Dec Squad Camp (selection) Adelaide

Teams	<u>Men</u>	<u>Women</u>
	U23 Australian Squad	U23 Australian Squad
		U19 Australian Squad

### 2015

January  
Fri 2 – Mon 5 Jan Southern Crosse Tournament (selection) Melbourne

Teams	<u>Men</u>	<u>Women</u>
	U23 Australian Squad	U23 Australian Squad
	U19 Australian Squad	U19 Australian Team
	Japan TBC	U20 Tokyo

## COMPETITION PROGRAM - SUMMARY

Fri 2 – Mon 5 January 2015	Southern Crosse Tournament	Melbourne
Sat 7 – Mon 9 March 2015	Internationals vs Japan	Melbourne
Wed 3 – Sat 6 June 2015	ALA Senior Nationals	Perth
Wed 24 – Tue 30 June 2015	JLA Friendship Games	Tokyo Japan
Sat 4 – Sat 11 July 2015	ASPAC Championship	Bangkok Thailand

## COMPETITION PROGRAM - DETAILED

2015

February State Based Training SBT

March State Based Training SBT

Sat 7 – Mon 9 March International Friendly Games Melbourne

Teams	<u>Men</u>	<u>Women</u>
	U23 Australian Squad	U23 Australian Squad
	U19 Australian Squad	U19 Australian Team
	Japan National Team	Japan National Team

April State Based Training SBT

TBC Fri 3 – Mon 6 April U17/18/U19/U21 Nationals Adelaide  
Good Friday 3 April

June

Tues 2 – Sat 6 June Senior Nationals Perth  
*Women 5 days (5 teams)*

Wed 3 – Sat 6 June Senior Nationals  
*Men 4 days (4 teams)*

Teams	<u>Men</u>	<u>Women</u>
	1. WA	1. WA
	2. SA	2. SA
	3. Victoria	3. Victoria
	4. U23 Australian Team	4. U23 Australian Team
		5. U19 Australian Team

Sun 7 & Mon 8 June Australian Team prep Perth  
Mon 8 June (Queens Birthday SA, Vic)

Wed 24 June U23 Australian Men's & Women's Teams - Depart  
Thur 25 June Arrive in Tokyo 7am  
Fri 26 June Tokyo sightseeing, training  
Sat 27 June vs U22 Japan National Teams  
Sun 28 June vs U22 Japan National Teams  
Monday 29 June vs Japan university Teams  
Tue 30 June Tokyo sightseeing  
Wed 1 July Depart Tokyo to Bangkok

July

Sat 4 –Sun 12 July	<i>WA, SA, Vic common school holiday week</i>	
Wed 1 July	U23 teams Arrive Bangkok	
Thu 2 July	Bangkok	
Fri 3 July	Bangkok	
Sat 4 – Sat 11 July	2015 ASPAC Championship	Bangkok Thailand

#### APPLICATIONS

Squad Member On-Line Applications should be submitted by the,  
Due Date; **Monday 25 August 2014.**

#### IDENTIFICATION DOCUMENTS

ID documents, photos or scans, should also be submitted by the,  
Due Date; **Monday 25 August 2014.**

#### U19 PIN NUMBER

Following receipt of your On-Line Application and ID Docs, bank account details and a PIN number will be emailed to each applicant.

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; **Monday 1 September 2014.**

*Include your Squad Member PIN number with your payment.*

Note: Applications will not be official, until payment is received.

#### SQUAD ANNOUNCEMENT

The Squad List will be posted on the ALA web site; [www.lacrosse.com.au](http://www.lacrosse.com.au)  
on; **Friday 5 September 2014.**

#### LATE APPLICATIONS

Late applications will be considered on an individual basis. Please email ALA [paul.mollison@lacrosse.com.au](mailto:paul.mollison@lacrosse.com.au) with the reasons for late application.

#### SQUAD MEMBER COSTS

A cost will apply for a Squad Reversible and State Based Training sessions.

Paul Mollison  
Director of High Performance

## REQUIRED DOCUMENTS / to complete your On-Line Application

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

Passport OR Birth Certificate, Drivers License, 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  
If you are under the Age of 18 years; 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;  
[administration@lacrosse.com.au](mailto:administration@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;  
[administration@lacrosse.com.au](mailto:administration@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;  
[administration@lacrosse.com.au](mailto:administration@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;  
[administration@lacrosse.com.au](mailto:administration@lacrosse.com.au)
6. Medicare Card
7. Private Health Insurance Card
8. MEDICAL INFORMATION

A full background of medical and injury history is required.

PARENT / LEGAL GUARDIAN CONSENT, if under the age of 18 years.

All U23 squad member applicants under 18 years, 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 2015 U23 Australian 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/her. 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 their ability, by reducing the emphasis of selection in the final U23 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.
9. Support all efforts to remove verbal and physical abuse.
10. 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.
11. Be a model of good sports behaviour for children to copy.
12. Be courteous in communication with administrators, coaches, players and referees. Teach children to do likewise.
13. Do not interfere with the progress and/or conduct of a game.
14. Refrain from gossip and rumour as this behaviour can be extremely damaging to squad/team harmony and morale.

For the Squad Member On-Line Application, please visit the link at [www.lacrosse.com.au](http://www.lacrosse.com.au)