



## **NATIONAL CONFERENCE DE LA SALLE COLLEGE - MALVERN 25 & 26 FEBRUARY 2017**

### **KEYNOTE PRESENTATIONS**

**Mike Slattery**

**Australian Lacrosse Association**

**Vision to 2030**

Did you know lacrosse has a legitimate chance for inclusion in the 2024 Olympics and Mike will detail the plans and steps for Olympic inclusion – and what it will mean for lacrosse in Australia. He will also share the vision he has for lacrosse in Australia, and share some of the results from the recently completed Strategic Plan Survey.

**Ron Balls**

**Federation of International Lacrosse**

**International Growth and Development of Lacrosse and the Olympic Dream**

Ron will share his thoughts on the amazing growth of lacrosse worldwide. From Europe to Asia, the Americas and ultimately Africa, lacrosse is being established everywhere. What we can learn from upstart countries will be a key focus as we address different sporting structures around the world.

Ron's second session will highlight the pitch Lacrosse is making to join the Olympics in 2024. From the first presentation to the broader International Olympic committee through the shortlist, Ron will give us a frank account of lacrosse's chances – our supporters and the process from here. The session may also include a sneak peek at the FIL's video presentation to the IOC.

**Lachie Hunter**

**Western Bulldogs**

**The Value of Club Culture and Relationships in developing a Champion team**

Following the extraordinary success of the Western Bulldogs in breaking their premiership drought, Lachie will share some of his insights on his journey to the AFL, the culture that greets you at Whitten Oval, and how the coaching and club staff build relationships to achieve the ultimate success.

**Laurent Schmutz**

**Australian Sports Commission**

Laurent will be sharing the key insights from research that the Australian Sports Commission has made into sports participation, volunteering and market segmentation. This session will also focus on the future for Australian Sport and how lacrosse can capitalise on the opportunities that will present themselves in the coming years.

**Albert Lai**

**Asia Pacific Lacrosse Union**

**The rise of Asian Lacrosse**

The growth of international lacrosse has seen a number of new countries from the Asia Pacific region join the lacrosse community. Albert will share the strategies being implemented by the APLU to drive growth in the region, and the growing importance of the ASPAC championship – as the potential for regional qualification to World Championship looms.

**Joe Forster**

**Lacrosse Australia Foundation**

**Funding the Growth and Development of Lacrosse across Australia**

After an extended period setting up the best structure, the LAF is now positioned to grow the investment for lacrosse. With a charter to grow capital to reinvest into the development of lacrosse the LAF will help the ALA to achieve the strategic focus of the ALA. Joe will discuss the structure and plans for the organisation, and how lacrosse supporters, members and participants can help support the LAF to grow lacrosse in Australia.

## **COACHING STREAM**

This years coaching stream has a great mix of sessions for Men's and Women's coaches, with a balance between practical and class based sessions.

To complement the lacrosse specific elements we have secured some exceptional industry leaders to discuss some of the hot topics in sport.

**Nikki Harwood**

**Assistant Coach – Collingwood Women's Football Club**

**Converting Athletes to Players and How to Fast Track Skill Development and Game Play**

With the rise of Women's football and the successful launch of the AFLW – the challenge has been set to develop the next crop of stars. Nikki will share her experience in developing dynamic skillset in players.

Similar to lacrosse coaches, many Women's football coaches have training sessions with a diverse skillset from the elite to beginner. This session will share some tips on challenging and developing the whole squad – and what to look for when identifying and developing talent.



**Tim Murphy****Clinical Psychologist –****Enhancing well being and performance**

Tim is currently piloting a program using evidence based applied psychological techniques in sports coaching and athlete education aimed at enhancing wellbeing and performance of athletes. Within the workshop Tim will outline the key principles of the program then take participants through several fun and thought provoking activities to get a 'taste' of the program and tools to take away as a coach, player or official.

**Murray Keen and Sue McSolvin****All-World Goalies****Looking after your goalies**

Goalkeeping is a unique position, which not a lot of coaches have experienced. This session will be field based and take you through a good warm up and some of the drills that Australia's best goalies go through to develop their skills. They will discuss positioning and how to lead their defence while getting the right mindset to stop the next shot.

**Glenn Morley****Assistant Coach 2018 Australian Men's Lacrosse Team****Developing Defenders**

Defenders, like goalies and face-off players seldom are given a strong set of drills to develop the key skills required to be a great defender. This practical session will utilise current Australian squad members to take you through a range of stick work, footwork, checking and shooting drills to develop dominant defenders for the club, state or international level.

**Meredith Carre****Assistant Coach 2017 Australian Women's Lacrosse Team****Modern Defensive Tactics and Skills**

Meredith will take the audience for a look at the mechanics of a range of defensive styles - 1 to 1, Backer and Zone D as well as defensive transition options including the Zone Ride. What will work for your team, what skills your players need, and how to implement them.

**Glenn Meredith****Head Coach – 2018 Australian Men's Lacrosse Team****How Vision Can Teach**

This session will show how game footage and where you film from can take you to another level as a coach. An interactive session with film from the Senior Men's Japan March tour 2014 and the Denver 2014 Worlds that will show how the Australian coaching staff use game film to both learn and teach.

A terrific session to show top level lacrosse broken down on film and what we need to be teaching our kids to work on to play elite level lacrosse.

**Sarah Mollison****2017 Australian Women's Lacrosse Team****Attacking for the Modern Player to Dominate the Offensive end**

Following a stellar college career – Sarah has continued to dominate the lacrosse landscape at home and on the international stage. In this practical session Sarah will show you all the skills and drills she utilises to develop and perfect her skill set to be a complete offensive player.



# CLUB DEVELOPMENT STREAM

**Glenn Morley**

**ALA Director of Coaching**

**Developing a whole club approach to Player, Official and Coach Development**

This session will assist clubs to implement systems and structures to ensure continual development of players and coaches within the club environment. Utilising the Club Coach Coordinator Program, Individual Coach Development Plans and the US Lacrosse Athlete Development Model to take the guess work out developing the future leaders of your club.

**Damian Orr**

**Growth Coordinator – Australian Lacrosse Association**

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**Sam Watson**

**General Manager – Lacrosse Victoria**

**Quick Stix**

Growth is the number one priority for the ALA and Quick Stix is the product we are using to drive it. Whether in a school, a club or even a completely new growth area, Quick Stix has the programming and support to be a success.

Quick Stix is a free flowing, modified form of lacrosse for kids to start learning the game.

It focuses on the three basic lacrosse skills: scooping, catching and throwing. From this starting point, kids can move onto team play and game rules. In other words, kids learn to love the sport before they take on its technicalities.

**Andrew Harris**

**Director of Marketing Australian Lacrosse Association**

**Marketing your Club - Do you leave a good first impression?**

Prospective members, parents and children walk into your club for the first time. What do they see and how are they treated?

In this session we will explore what is your club "brand" both internally and externally. We all work hard to attract new club members - learn how not to lose them on their first visit or after interaction with other club members.

**Sean Aaron**

**International Player – Former MLL Player Camberwell Lacrosse Club**

**International Relations**

Sean will share the experience that saw him come to Camberwell, specifically how you can promote your club to recruit the best international player for your club. He will also discuss how to use them to keep them here and utilise their skills to support your club.

Sean will also address college recruitment and how we can get more of our kids into college – looking past Syracuse, Maryland and the top 20, and opening our kid's eyes to the bigger world of college lacrosse and the opportunities that await.



# OFFICIALS STREAM

**Steve Green**

**Australian Referee**

**The Journey – Joining the Third Team**

Steve will share his journey from player to coach and ultimately international referee. Every journey like this is unique however there are things that we can learn to smooth the road, and support our officials to succeed at the international level. Steve will share his thoughts and insights to help others enjoy the journey.

**Tim Murphy**

**Clinical Psychologist**

**Enhancing well-being and performance**

Tim is currently piloting a program using evidence based applied psychological techniques in sports coaching and athlete education aimed at enhancing wellbeing and performance of athletes. Within the workshop Tim will outline the key principles of the program then take participants through several fun and thought provoking activities to get a 'taste' of the program and tools to take away as a coach, player or official.

**Kelvin Minerds**

**Director of Officiating – Australian Lacrosse Association**

**Australian Strategies for Recruitment and Retention of Officials**

If growth is the number 1 priority for lacrosse in Australia then officials recruitment must be second to facilitate matches.

All too often we spend our time and efforts trying to "get something done" only to find that it does not fit or work. What is really needed is to set out a direction and strategic plan, only when this is in place can we hope to take actions that will be fruitful. Kelvin's session will work through the challenges and opportunities to recruit, train and retain the next crop of officials in Australia.

**Don Lovett**

**Official at 5 World Championships**

**Performance Review**

No position on a lacrosse field is scrutinised more than the officials, from spectators, coaches, players and the assessors. As a key learning and development tool for officials Don will share his insights on the why, when and who in the performance review process currently in place.



## ALA 2017 NATIONAL CONFERENCE PROGRAM

**Saturday 25<sup>th</sup> February**

| Time                    | Coaching   | Officiating   | Clubs and Volunteers   |   |
|-------------------------|--|---|--|---|
| 9:00am                  | Registration Commences   |   |  |   |
| 9:15am – 9:45am         | <p><b>Welcome Address</b><br/>Mike Slattery – ALA President &amp; Glenn Morley – ALA Director of Coaching</p>                      |   |  |   |
| 9:45am – 10:30am        | <p><b>Ron Balls, Director – Federation of International Lacrosse (FIL)</b><br/>Worldwide Development of Lacrosse</p>               |   |  |   |
| <b>10:30am -11:00am</b> | <b>Morning Tea</b>   |   |  |   |
| 11:00am - 12:00pm       | <p><b>Laurent Schmutz - Australian Sports Commission</b><br/>Emerging Market Opportunities and Mega Trends in Australian Sport</p> |   |  |   |
| <b>12:00pm - 1:00pm</b> | <b>Lunch</b>   |   |  |   |
| 1:00pm - 2:00pm         | <p><b>Tim Murphy - Clinical Psychologist</b><br/>Enhancing Players' and Officials' Wellbeing and Performance</p>                   |   | <p><b>Glenn Morley - ALA Director</b><br/>Developing a Whole Club Approach to Player Development</p> |   |
| 2:00pm - 3:00pm         | <p><b>Glenn Morley –2018 Australian Men's Team</b><br/>Developing Defenders</p>  | <p><b>Meredith Carre - 2017 Australian Women's Team</b><br/>Defence in the Women's Game</p> | <p><b>Kelvin Minerds – ALA Director</b><br/>Officiating Development in Australia</p>                 | <p><b>Damien Orr – ALA Growth Coordinator</b><br/><b>Sam Watson – LV General Manager</b><br/>Introducing Quick Stix Lacrosse<br/>Learning from the trial session and how the rollout to clubs will happen</p> |
| <b>3:00pm - 3:15pm</b>  | <b>Afternoon Tea</b>   |   |  |   |
| 3:15pm - 4:00pm         | <p><b>Ron Balls, Director – Federation of International Lacrosse (FIL)</b><br/>The Olympic Dream</p>                               |   |  |   |

# Sunday 26<sup>th</sup> February

| Time              | Coaching  | Officiating  | Clubs and Volunteers  |   |
|-------------------|---|--|---|---|
| 9:00am – 9:20am   | <b>Albert Lai – APLU Director &amp; Hong Kong Lacrosse</b><br>The growth of lacrosse through Asia   |  |   |   |
| 9:30am -10:30am   | <b>Glenn Meredith - Head Coach, 2018 Australian Men's Team</b><br>How game footage can teach  | <b>Sarah Mollison – Australian Player (PRAC)</b><br>Developing the skills for attack | <b>Kelvin Minerds – ALA Director</b><br>Officiating Teamwork & Problem Solving                | <b>Sean Aaron</b><br>Recruiting and Utilising Imported Players – How to get our kids to College |
| 10:30am - 10:55am | <b>Morning Tea</b>  |  |   |   |
| 11:00am - 11:50am | <b>Murray Keen and Sue McSolvin</b><br><b>World recognised goalkeepers</b><br>Preparing Your Goalkeeper (PRAC)                              | <b>Steve Green</b><br>From Club Ref to the Green Jacket                              | <b>Damian Orr – ALA Development Officer</b><br>Quick Stix (PRAC) - How to teach it in schools |   |
| 12:00pm - 12:45pm | <b>Lachie Hunter – AFL 2016 Premiership Player, Western Bulldogs</b><br>Using Culture & Relationships to build Champions                    |  |   |   |
| 12:45pm – 1:30pm  | <b>Lunch</b>  |  |   |   |
| 1:30pm - 2:30pm   | <b>Nikki Harwood - Collingwood Women's Football Club</b><br>Turning Athletes into Players & how to fast track skill development & game play | <b>Don Lovett</b><br>Officiating Performance Review                                  | <b>Andrew Harris - ALA Marketing Director</b><br>Marketing and Governance for Clubs           |   |
| 2:30pm - 2:45pm   | <b>Joe Forster – Lacrosse Australia Foundation</b><br>Funding growth and development of lacrosse across Australia                           |  |   |   |
| 3:00pm            | <b>Close</b>  |  |   |   |