

# REP COACH

## JOB DESCRIPTION

U9 ELITE & COMPETITIVE  
U11 ELITE & COMPETITIVE  
U13 ELITE & COMPETITIVE  
U15 COMPETITIVE  
U19 ELITE & COMPETITIVE



## POSITION SUMMARY

The coaches for all teams listed above will be expected to create an enjoyable learning, competitive and developmental atmosphere while preparing the athletes with an end goal of winning Provincials. In addition, coaches will be expected to prepare these athletes to get to athletes ready for their next year of competition and age group. Much attention should be put on physical and psychological development, including skill development, team strategy, fitness, goal setting and overall mental toughness. All LBK coaches are expected to seek lacrosse and coaching educational opportunities.

**LBK EXPECTS ALL MEMBERS TO BE FULLY KNOWLEDGEABLE OF THE LBK MISSION STATEMENT, GUIDELINES & PHILOSOPHIES, AND CODE OF CONDUCT.**

**IT IS OUR EXPECTATION THAT YOUR LBK REP TEAM WILL BE YOUR TOP PRIORITY. THIS MEANS THAT YOUR LBK REP TEAM TAKES PRECEDENCE OVER ALL OTHER TEAMS.**

## TEAM COMMITMENTS

### SEASON SCHEDULE

- Adhere to practice dates, times, and durations as set out by the association including additional partner sessions (i.e. approved strength/conditioning and team building partners)
  - U9 Competitive: Tuesdays & Thursdays\* (\*with House League) | 1.5 hours
  - U9 Elite, U11 Elite & U11 Competitive: Tuesdays & Thursdays | 1.5 hours
  - U13 Elite, U13 Competitive, U19 Competitive: Tuesdays & Thursdays | 2 hours
  - U15 Competitive: Mondays (*Pre-Season Only*), Tuesdays & Thursdays | 2 hours
  - U19 Elite: Mondays, Tuesdays & Thursdays | 2 hours
- Ontario Women's Field Lacrosse (OWFL) Season:
  - Start Date – mid May 2026 (date TBD)
  - End Date – late July 2026 (date TBD)
  - Game Days – Saturdays or Sundays (possible mid-week games)
- International Travel\*:
  - A minimum of 1 USA tournament weekend for U11 Elite, U13 Elite, U19 Elite
  - *\*No international travel for U9 Elite, U9 Competitive, U11 Competitive, U13 Competitive, U15 Competitive*

### BENCH STAFF

- 1 Head Coach or 2 Co-Coach
- Maximum of 2 Assistant Coaches
- 1 Team Manager
- 1 Trainer



## RESPONSIBILITIES

### COMMUNICATION

- Utilize the LBK Commitment Form (in player tryout form) and hold all athletes accountable to their disclosed dates
- Establish a respectable level of communication with athletes with appropriate coach/player boundaries
- During the LBK parent/player meeting, communicate coaching philosophy to all players and parents
- Be prepared to address player/parent concerns as needed and follow LBK Code of Conduct Guidelines
- Leave communication regarding organizational/administrative items to the team manager
- Develop a good working relationship with the LBK Rep Director and assistants
- Ensure that the LBK Rep Director and/or assistants are aware of any concerns or issues arising with team/players/parents

### TEAM CULTURE

- It is important to keep in mind coaches get more out of athletes when they are having fun and enjoying themselves – a healthy team culture is the cornerstone to a great team!
- Foster a strong team atmosphere/culture and building a connection between all players
- Create a focused and hardworking group of athletes
- Assist players development of mental toughness
- Work on team goal setting, encourage and assist with individual player goal setting
- Encourage and assist when needed individual player goal setting
- Organize and oversee team bonding events with the team manager

### PRE-SEASON

- Develop a skeleton outline of a seasonal plan (including tryouts)
- Attend LBK coaches meeting (date TBD)
- Establish a working relationship with the strength & conditioning partner (\*U13 Elite U19 Elite Only)

### TRYOUTS

- Tryouts will be held in late March or early April 2026 (exact dates TBD)
- Familiarize yourself with list of players prior to tryouts
- Formalize your tryout plans well in advance
- Utilize an evaluation tool to rate players equitably. This evaluation tool must be submitted to the LBK Tryout Committee for review pre and post tryouts.
- Work with the LBK Tryout Committee & Rep Director in putting together an unbiased selection committee



### TRYOUTS (CONTINUED)

- Head Coaches are expected to observe and evaluate players during tryouts. The LBK Tryout Committee will assist in providing unbiased support staff to relieve you from running the drills.
- Work with selection committee on evaluating players
- Have notes on all players, so if asked for feedback from player/parent, you are able to provide thorough information on their performance
- Once tryouts are completed, meet with bench staff to discuss team goals and review expectations

### TECHNICAL

- Have a formalized practice plan in writing for each practice and share with your bench staff
- Conduct meaningful and effective practices with the collaboration of assistant coaches
- Continue to develop individual player fitness and fundamental lacrosse skills
- Introduce and stress the importance of athletes having a high level of fitness
  - Incorporate conditioning into practice
  - Hold athletes accountable of working on fitness outside of practice and wall ball
- Create engaging drills and activities to challenge your specific age group
- Educate technical and tactical skills along with systems relative your team's age group
- Work with the coach of the next tier to ensure a smooth transition next season.

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### QUALIFICATIONS

- Have a significant level of understanding and knowledge of women's field lacrosse
- NCCP Women's Field Lacrosse Community Development
- NCCP Women's Field Lacrosse Competitive Introduction\* (\*U15C, U19E & U19C Only)
- Criminal Reference Check

### COACHING ASSOCIATION OF CANADA MODULES

- NCCP Making Headway Concussion Module
- NCCP Make Ethical Decisions
- NCCP Coach Initiation in Sport
- NCCP Emergency Action Plan
- Safe Sport Training
- Mental Health in Sport\* (\*U15C, U19E & U19C Only)

### COACH COMPENSATION

- Non-Parent or Alumni Head Coach – honorarium starting at \$350
- Parent Head Coach – Volunteer