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Provincial Team Program

Philosophy of the Program

The purpose of the Provincial Team Program is to:

- ✓ Inspire, encourage and challenge athletes to perform at intense levels of play and demand a commitment to excellence from all players involved
- ✓ Provide elite level competition to enable players to take their level of play to the next level
- ✓ Empower individual excellence through structured workouts and training opportunities

GOAL of the Provincial Team Program:

One of the main goals of this program is to facilitate our players connecting with post-secondary education & lacrosse programs. Whether they attend a Canadian or U.S. post-secondary institution we believe that athletics, and specifically lacrosse, will help make their university experience enjoyable and complete.

The Selection Process

The selection process is a difficult and thought provoking evaluation based upon both objective (measurable) and subjective (coaches opinion) criteria. It is inherent in our coaching philosophy that a combination of objective & subjective criteria is taken into consideration in order to select a good team player.

Each player will be provided with a fair and equal opportunity for selection to this program. It is our ultimate goal to create the BEST team from those players who tryout, a team capable of competing with and defeating the competition we will face this season. In order to do this, we must evaluate players on how well we see them fitting into this overall plan.

Selection Criteria

(listed in alphabetical order)

OBJECTIVE	SUBJECTIVE
<ul style="list-style-type: none">• Game play• Physical attributes• Stick skills• Test results	<ul style="list-style-type: none">• Adaptability & versatility to new positions• Coachability• Balance by position• Intensity• Mental focus• Potential• Team player & chemistry with others• Willingness to learn