



Calgary District Lacrosse Association Coaching Clinic Registration Guide

*** READ THIS FIRST ***

Here is an overview of the course registration and pre-course assessment process.

Step 1 – Identify to CDLA that you want to take a course and obtain an 'Access ID'

Step 2 – wait for CDLA to reply to you with the information that you will require

Step 3 – go to Canadian Lacrosse Association website and register for an account

Step 4 – login to your account and complete the course pre-assessment (if there is one)

Step 5 – once your pre-assessment is complete, register for the course you want to take

Pre-assessment exercises will vary depending on the course you are taking. Make sure you give yourself enough time to complete pre-assessment work – you are basically completing portions of the course online! This can take about 1-2 hours to complete (ie: for Competitive Intro course).

Step 1 – Identify to CDLA that you want to take a course and obtain an 'Access ID'

Email coach@calgarylacrosse.com and supply the following information:

- your name
- your address
- your phone number
- your club (ie: Hornets / Axemen / Sabrecats)
- name and date of clinic (available at www.calgarylacrosse.com in COACHES section)

Once you have emailed this information, you will receive an email back with:

- your ACCESS ID
- further information on how to complete your registration

Step 2 – wait for CDLA to reply to you with the information that you will require

Do not register at the Canadian Lacrosse Association website before you receive the email from Linda.

You need to get the proper ACCESS ID in order to properly register with the CLA.

Step 3 – go to Canadian Lacrosse Association website and register for an account

Go to - <http://nccp.lacrosse.ca>

You will see a screen like this:



Click on the REGISTER NOW button.



You will be taken to the following registration screen. Fill in the screen as follows:

NOTE the following:

- where to enter Club Name
- where to enter your ACCESS ID

Please complete the following form to begin:

* username: kmurray3
Create your own (to access the site)
Letters, numbers, and '_' only

* password: *****
Create your own (to access the site)

NCCP Number: (if known)

* First Name: Kevin

* Last Name: Murray

* Address: 123 Main Street

* City: Calgary

* Province: Alberta

* Postal Code: T2L 1A7

* Phone: 403-668-1757

* email: kevin@calgarylacrosse.com

* Preferred Language: English French

Birthdate: Jul 9 1963

* Your Local Association: Home's Lacrosse Club

Access ID: 548378 (leave blank if unknown)

Register for: NCCP Training and CLA Tools (\$15.00) CLA Tools only (\$10.00)

What context will you be starting at?: Box - Competitive - Introduction

Would you like to receive emails when new clinics are added in your province and/or periodic news emails from the Canadian Lacrosse Association?:

Continue >>

* required

Enter your club name

Access ID is code Linda sent you.

Leave this as NCCP Training - do NOT change to 'coach tools'

This is course you are taking

Step 4 – login to your account and complete the course pre-assessment (if there is one)

When you first login, you will be taken to your ‘pre-assessment’ exercise. You need to read through the pages and complete the tests at the end of each section.

For some courses, there may not be ‘pre-assessment’ work. For these courses, please skip to the last step.

As you read each page, click on the ‘I HAVE READ THIS PAGE >>>’ link at the bottom.

Box Lacrosse	Module: The Game (Mod 1)	printable version
Competitive - Introduction	Introduction	
Pre-Clinic Assessment		
The Game (Mod 1)	Goals	
<input type="radio"/> Introduction	<ol style="list-style-type: none">1. To define lacrosse as a team sport, to understand the three components that exist in the game, to know the objectives of the three components and the individual skills and team strategies needed to reach the objectives.2. To understand the rules, their intent and the impact they have on the playing of the game.	
<input type="radio"/> The Game		
<input type="radio"/> The Rules		
<input type="radio"/> Rules and Athlete De...		
<input type="radio"/> Appendix A- ANSWERS		
<input type="radio"/> Assessment		
<input checked="" type="checkbox"/> The Coach (Mod 2)	Objectives	
<input checked="" type="checkbox"/> The Player (Mod 3)	The competent coach shall have the ability to:	
<input checked="" type="checkbox"/> Physical Preparation (Mod 6)	<ul style="list-style-type: none">• describe the game of lacrosse;• know the three components of the game;• know the objectives of each component;• have knowledge of what individual and team skills and strategies can be utilized to reach the objectives of the three components;• understand which rules have a direct bearing on the game; and• understand which individual and team skills need to be addressed in order to keep the infractions at a minimum.	
	Introduction	
	Lacrosse is a team sport that is a free flowing series of actions and reactions between offensive and defensive players. Unlike some other team sports which play systems from a play book, lacrosse is similar to basketball, hockey, and soccer. Coaches and players must be aware of the rules in lacrosse that are the result of poor implementation of the basic lacrosse skills slashing, high sticking and checking from behind. The competent coach must be aware of the different strategies the players and team have at their disposal in order to meet all situations that arise as a result of rules and their interpretation. Coaches must be cognizant to the fact that bending the rules to gain an advantage is unacceptable.	
		I have read this page >>

As you complete each section, a green checkmark will indicate that you are done that section.

Box Lacrosse
<u>Competitive - Introduction</u>
<u>Pre-Clinic Assessment</u>
The Game (Mod 1)
Introduction ✓
The Game
The Rules
Rules and Athlete De...
Appendix A: ANSWERS
Assessment
The Coach (Mod 2)
The Player (Mod 3)
Physical Preparation (Mod 6)

As you complete each module, you will be given the following confirmation and be provided a link to the next module.

Box Lacrosse
<u>Competitive - Introduction</u>
<u>Pre-Clinic Assessment</u>
The Game (Mod 1)
Introduction ✓
The Game ✓
The Rules ✓
Rules and Athlete De... ✓
Appendix A: ANSWERS ✓
Assessment
The Coach (Mod 2)
The Player (Mod 3)
Physical Preparation (Mod 6)

Module: The Game (Mod 1)

Exam Question 0 of 0:
Please complete each question below.

CONGRATULATIONS Kevin!!!
You have completed **The Game (Mod 1)**.

[Click here to go to The Coach \(Mod 2\).](#)

As you go through the tests, you may get some questions wrong. If this happens, click on the FIND CORRECT ANSWER LINK at the bottom of the question text.

5. **Understanding Emotional Intelligence (E.I.) is vital to all coaches, and those with a high E.I. should be used with the elite players and those with a high lacrosse skill level at the entry level.**

- True
 False



Your answer is incorrect. Click here to find the correct answer.

(Remember to click on **Coach Kevin's Session** at the top of the page to return to this exam.)

You will be taken back to the manual text which you can review to find the correct answer.

Module: The Player (Mod 3)

Completed

Emotional Development

[printable version](#)

Emotional Development

Coaches should know that when they are dealing with self-esteem, learning, behaviour and attitude, and when they help players cope with the changes of adolescence they are attending to the emotional development of their players. Scientists who study this aspect of human behaviour are calling it Emotional Intelligence (E.I.), which they say is as or perhaps even more important in determining the success of an individual than I.Q.

Emotional Intelligence:

- starts developing as soon as the infant is aware of their environment and continues naturally until the mid to late teens and even beyond but with more effort. (The latter point refers to the mythical expression: "you can't teach old dogs new tricks".)
- is more important than I.Q. in businesses that deal with people in management positions and in sport. The elite players who can't teach or don't succeed in coaching often have low emotional intelligence. On the other hand, people with high emotional intelligence are very good with children and make fine coaches, but may have had difficulties in school. When they say that our best coaches should be placed with our entry level or with young players, they really mean that we should be using coaches with the highest E.I. and not necessarily those with the greatest skills in lacrosse or the highest I.Q.
- is altered and increases as we learn to: have feelings for and understand others, control and express emotions, handle adversity, motivate ourselves and others, apply effort, communicate with and teach others. The development of emotional intelligence is what we normally refer to as maturity.
- is the key component in achieving the deep level of concentration called the zone. When players are emotionally involved in learning they find it very easy to increase concentration and are more inclined to accept new challenges. By keeping the activities challenging, players are led to new levels of emotion which enables higher levels of achievement and deeper levels of concentration. Coaches teach players how to enter the zone of concentration when they help players:
 - channel emotions toward a productive end;
 - control impulse and put off gratification;
 - regulate moods to facilitate rather than impede thinking;
 - motivate players to persist and try again in the face of setbacks;
 - use the mental skills to improve performance and to enter the zone.

Once you have the correct answer, click on the **ASSESSMENT** button to go back to the test you were completing and enter the correct answer to the question you got wrong.

Box Lacrosse
Competitive - Introduction
Pre-Clinic Assessment
+The Game (Mod 1)
+The Coach (Mod 2)
+The Player (Mod 3)
Introduction ✓
Knowing the Players ✓
Growth And Developme... ✓
Emotional Developmen... ✓
Evaluating the Playe... ✓
<u>Assessment</u>
+Physical Preparation (Mod 6)

Step 5 – once your pre-assessment is complete, register for the course you want to take

Once you have finished your assessment, you will see the following screen.

CONGRATULATIONS Kevin!!!
You have completed **Physical Preparation (Mod 6)**.

You have completed:

"Box Lacrosse->Competitive - Introduction->Pre-Clinic Assessment"

of Lacrosse Canada's National Coaching Certification Program.

You may now register for a clinic in your area.

[Click here to register for a clinic in your province](#)

[Click here to see your current status](#)

If you have not done so already, please complete our **feedback form** to help us make improvements to future programming.

Feel free to browse through your **Tools** section at the top for more coaching tools.

NOTE: The Coaching Association of Canada (CAC) must process each individual submission and will send you your NCCP number by mail. This process could take several weeks. Please contact your Provincial Association for confirmation of completion while you are waiting for your CAC card.

You are now ready to register for the course you will take. Click on the 'CLICK HERE TO REGISTER FOR A CLINIC IN YOUR PROVINCE' link on this screen.

[Click here to register for a clinic in your province](#)

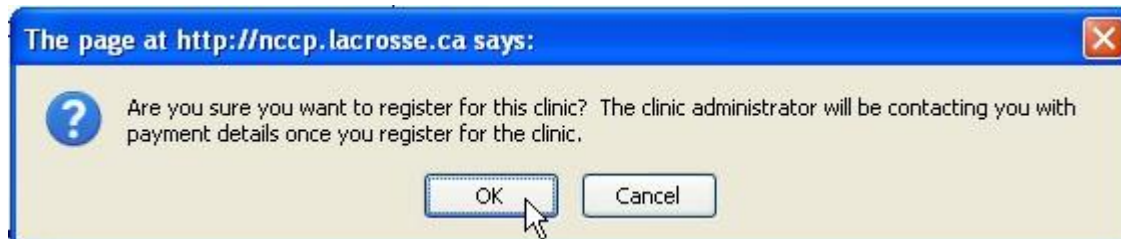
[Click here to see your current status](#)

You will see a course list as pictured below. Click on the REGISTER button beside the course you want to attend.

Province: **Alberta** Clinic: **Workshop - Coaching - Technical** 1/11

11 Clinics						
	City	Level	Date	Location	Facilitator	Contact
REG	Calgary	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Calgary	Duane Bratt Kevin Murray	Kevin Murray
REG	Edmonton	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Edmonton	John Eng	John Eng
REG	Edmonton	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Edmonton	John Eng	John Eng
REG	Edmonton	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Edmonton	John Eng	John Eng
REG	Edmonton	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Edmonton	John Eng	John Eng
REG	Calgary	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Calgary	Kevin Murray	Kevin Murray
REG	Calgary	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Calgary	Kevin Murray	Kevin Murray
REG	Calgary	BX Comp Intro	Thu 24/10 @ 9:00am to Fri 25/10 @ 5:00pm	Calgary	Kevin Murray	Kevin Murray

You will be prompted as to whether or not that is the course you want to take.



After you click OK, you will see the following that confirms you are registered.

REGISTERED Apr 21/10	Calgary	BX Comp Intro	Apr 24/10 @ 9:00am to Apr 25/10 @ 5:00pm	tbd	Duane Bratt	Kevin Murray	✉
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Logging back in to the system

If you log out of the system and then log back in, you can check the status of your course registration by clicking on the 'CLICK HERE TO SEE YOUR CURRENT STATUS' link.



The screenshot shows the top navigation bar of the Canadian Lacrosse Association website. On the left, there is a red maple leaf logo and the text "Association canadienne de crosse" and "Canadian Lacrosse Association". In the center, there is a lacrosse stick with a white ball. On the right, there is a navigation menu with the following items: "Coach Kevin's:", "Session", "Status", "Tools", "Profile", "Feedback", "Help", and "Logout". Below the navigation bar, there is a red link that says "Click here to see your current status" with a mouse cursor pointing to it. Below the link, there is a paragraph of text: "If you have not done so already, please complete our **feedback form** to help us make improvements to future programming." Below that, there is another paragraph: "Feel free to browse through your **Tools** section at the top for more coaching tools." Below that, there is a bolded note: "**NOTE: The Coaching Association of Canada (CAC) must process each individual submission and will send you your NCCP number by mail. This process could take several weeks. Please contact your Provincial Association for confirmation of completion while you are waiting for your CAC card.**" At the bottom of the page, there is a footer with the text: "© 2010 Canadian Lacrosse Association 2211 Riverside Drive - Suite B-4, Ottawa, ON K1H 7X5 email: info1@lacrosse.ca voice: (613) 260-2028 fax: (613) 260-2029". There are also small red maple leaf logos on either side of the footer text.

You will see a chart outlining what you have completed and the courses you are signed up for.

Association canadienne de crosse Canadian Lacrosse Association

Coach Kevin's: Session • Status • Tools • Profile • Feedback • Help • Logout

Kevin Murray's Status

Box Lacrosse

- Community - Initiation
- Community - Development
- Competitive - Introduction**
 - In Training**

Component	Registered	Completed
1) Pre-Clinic Assessment		
2) Clinic Calgary Apr 24/10		
3) Evaluation Workbook	--	--
4) Support to Athletes in Training Evaluation	--	--
5) MED evaluation	--	--

Men's Field Lacrosse

Women's Field Lacrosse

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 email: info1@lacrosse.ca voice: (613) 260-2028 fax: (613) 260-2029

You can click on CLINIC to review the details of that clinic.

2) **Clinic**
Calgary Apr 24/10

The clinic registration screen will re-appear with the details of your clinic.

Province: **Alberta** Clinic Level: **Box Lacrosse - Competitive - Introduction** 2010

8 Clinics							
	City	Level	Date	Location	Facilitator	Contact	
DONE	Calgary	BX Comp Intro	Jan 1/10 @ 12:00pm to Jan 1/10 @ 12:00pm	Calgary	Ross Ste. Croix Duane Bratt	Ross Ste-Croix	<input checked="" type="checkbox"/>
DONE	Lethbridge	BX Comp Intro	Apr 10/10 @ 9:00am to Apr 11/10 @ 5:00pm	Community Savings Place	John Eng	Taunya Garant	<input checked="" type="checkbox"/>
DONE	Innisfail	BX Comp Intro	Apr 10/10 @ 9:00am to Apr 11/10 @ 5:00pm	Innisfail Arena	Harold Albrecht	Pat Hansen	<input checked="" type="checkbox"/>
DONE	Grande Prairie	BX Comp Intro	Apr 10/10 @ 9:00am to Apr 11/10 @ 5:00am	TBD	Russ Sheppard	Brad Schafer	<input checked="" type="checkbox"/>
DONE	Edmonton	BX Comp Intro	Apr 17/10 @ 8:00am to Apr 18/10 @ 5:00pm	GELC office	Russ Sheppard	Donna Haggstrom	<input checked="" type="checkbox"/>
REGISTERED Apr 21/10	Calgary	BX Comp Intro	Apr 24/10 @ 9:00am to Apr 25/10 @ 5:00pm	tbd	Duane Bratt	Kevin Murray	<input checked="" type="checkbox"/>
▶ REGISTER	Calgary	BX Comp Intro	May 8/10 @ 9:00am to May 9/10 @ 5:00am	TBD	Wayne Sutherland	Kevin Murray	<input checked="" type="checkbox"/>
▶ REGISTER	Okotoks	BX Comp Intro	Jun 12/10 @ 9:00am to Jun 13/10 @ 5:00pm	Okotoks REc Centre	John Eng	Clint Bymak	<input checked="" type="checkbox"/>