



To the NZ Men's Lacrosse Players,

Thank you for committing yourself to this journey. Alongside your teammates, coaches and support staff, we are on a path as a collective to build the New Zealand Men's Lacrosse National team into a self reliant entity that fosters growth and competition from within and drives the development of lacrosse in NZ at both a High Performance and grassroots levels to greater heights than ever before, whilst also producing a winning product on the field.

This information pack includes additional details regarding the 2023 Men's World Championship campaign, including selection information, payment details and the campaign calendar.

We do our best to provide detailed and timely information, however we acknowledge that from time-to-time things may change. We ask that you all remain adaptable should any adjustments be required. Any changes will only be made following good consideration in the best interests of the programme and will be communicated with as much notice as possible.

Your coaching and management group is as follows:

Ash Barnes, Head Coach, nzmens@nzlacrosse.nz

Tom Deane, Defensive Coordinator, tpn.deane@gmail.com

Jason Jones, Defensive Assistant and Strength & Conditioning, jasonjoneslacrosse@gmail.com

Andrew Muir, Offensive Assistant and Physio, andymuir1983@gmail.com

Nick Ravenhall, Face Off Coach, nick.ravenhall@gmail.com

Zane Smyth, Team Manager, nzmensmanager@nzlacrosse.nz

James Clarkson, Coaches & Managers Assistant, jamesfmclarkson@gmail.com

Key Dates

Trial Dates – 4th January 2023 to 11th January

World Championship – 21st June 2023 to 1st July 2023

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Selection

The coaching group, along with an independent selector(s) approved by NZL, will assess each athlete at the trials fairly based on the formal selection criteria as stated below:

- Attendance – *can attend all required training sessions unless negotiated otherwise*
- Conditioning - *presents themselves in a condition to complete all trial/training requirements*
- Athleticism - *fast, strong, dynamic, agile, durable, has game-speed endurance*
- Stick skills - *ability with both hands, maintains possession under pressure*
- Lacrosse IQ - *shows knowledge of lacrosse concepts & executes them*
- Coachability - *fosters good relationships with coaches, accepts coaching & correction*
- Competitiveness - *desire to compete in all situations, every rep, every practice, every game*
- Growth mindset - *seeks to continually improve and sets the highest standards*
- Eligibility - *eligible to play for New Zealand as per WL requirements*

Alongside the formal selection criteria, the questions we ask ourselves are:

- Is this athlete adding value to the team through commitment, hard work, effort, teamwork and attitude?
- Is this athlete committed to a journey of continuous improvement?
- Is this athlete going to provide benefit to the greater NZ Lacrosse community as a whole?

Athletes who we believe answer 'no' to any of the questions above may not be selected for the squad.

Selections for the final squad will be made after the New Year's Trials and training camp 4-11th January 2023, attendance is mandatory for all players wishing to be selected, exemption from attending will only be granted under exceptional circumstances. We will be selecting an initial squad of 35-45 players on the 5th and a team of 23 plus 4 traveling reserves for a total of 27 athletes to go to San Diego on the 11th.

Feedback will be given to all athletes at the end of trials or upon request. If at any point you would like feedback regarding any part of your game please feel free to reach out to myself or any of the coaching group at any time during this campaign. We are here to support you all and can always make time to be available to chat.

Attendance

We have a limited time together. With 25 weeks in this campaign, we must make the most of every day together. Attendance expectations are split between living situations in order to ensure we can manage costs of participation without sacrificing performance.

- Locally Based Athletes

Attendance at every training camp is mandatory for all who are in NZ and can get to training by car.



- USA and other Overseas Based Players

Virtual attendance is mandatory whenever there is opportunity. Athletes are expected to make consistent effort to connect with teammates and coaches throughout the campaign. Athletes are required to meet all strength and conditioning requirements and provide evidence of this.

While it is unreasonable to expect these athletes to fly to NZ for each phase it is expected that any athletes who return to NZ at any time during the build up, attend all training sessions occurring during their time in the country.

These expectations are required in order for the team to achieve our goals however we understand that there may be times where an athlete is unable to make a training they are expected to be at. In those circumstances, athletes are required to notify the coaching group in advance and then notify their teammates through the squad leadership/team captains.

Finances

The NZ Men's National Team coaching and management group, are committed to ensuring this campaign is as cost effective as possible without sacrificing performance. Some of this has been dictated by the world travel environment, but by keeping the campaign based in NZ with no overseas tours we have been able to bring the costs down to a minimum. The cost of this campaign can be further reduced by:

- Sponsorship and grants
- Player led fundraising activities

There are two types of costs associated with this campaign.

1. Trial Fees

Covering the expenditure involved in hosting the trials.

2. World Cup Payments

Covering all expenses required for the World Championships, including flights, accommodation, food, gear (excludes sticks) and tournament fees.

- The total cost of the campaign is budgeted at approx. \$10,000 per player (Based on players traveling from NZ, includes return flights).
- This cost will be split evenly across the months leading up to the World Championships.
- It is important to manage your personal budget to meet this timeline in order to enable the NZL to make large payments in the timeline required (including tournament fees, accommodation payments and flight bookings).
- World Championship payments are refundable. For those athletes not included in final selection or released during the campaign, all World Championship payments they have made will be refunded (this does not include injury during the tournament).
- Should final costs come in under the budget of \$10,000, any surplus will be refunded.



How to make payment

All payments are to be made by bank transfer to the NZL account. Our Team Manager Zane Smyth will work alongside the NZL Treasurer to ensure all payments are tracked and accounted for.

Please make prompt payment to the account below including the transaction reference detailed below.

If at any point you feel you may have challenges meeting this payment schedule and would like to discuss adapting the amounts, timeline or frequency please get in touch with Zane and/or James.

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NZL Bank Account Number: 12-3026-0250386-50

Reference: Payment Name Player Name

Eg. "WC Payment 1 Ash Barnes"

<u>Payment Name</u>	<u>Amount</u>	<u>Due Date</u>
Trial Cost	\$ 100.00	4/01/2023
WC Payment 1	\$ 1500.00	20/01/2023
WC Payment 2	\$ 1500.00	20/02/2023
WC Payment 3	\$ 1500.00	20/03/2023
WC Payment 4	\$ 1500.00	17/04/2023
WC Payment 5	\$ 2000.00	15/05/2023
WC Payment 6	\$ 2000.00	5/06/2023



Campaign Calendar

Weeks out	Events	Attendees	Financial
25	4th & 5th January Open Trials	All Players	Trial Payment
	5th Jan Extended Squad Announced	Extended Squad	
	6th - 10th Jan Extended Squad Training Sessions	Extended Squad	
24	11th Jan Full Squad Scrimmage - AM	Extended Squad	
	11th Jan Travel Squad Announced - PM	Extended Squad	
22	28th Jan Team Playbook and S&C Plans Supplied	Extended Squad	WC Payment 1
21	4th - 6th Feb Training Camp (Waitangi)	Local Players	WC Payment 2
20	12th Feb Training AM	Local Players	
19	19th Feb Training AM	Local Players	
18	26th Feb Training AM	Local Players	
17	5th Mar Training AM	Local Players	
16	11th Mar Training AM	Local Players	
14	26th Mar Training AM	Local Players	WC Payment 3
13	2nd Apr Training AM	Local Players	WC Payment 4
12	7th-10th April Training Camp (Easter)	Local Players	
11	16th Apr Training AM	Local Players	
10	23rd Apr Training AM	Local Players	
9	30th Apr Training AM	Local Players	WC Payment 5
8	7th May Training AM	Local Players	
7	14th May Training AM	Local Players	
6	21st May Training AM	Local Players	WC Payment 6
5	28th May Training AM	Local Players	
4	3rd - 5th June Camp (King's Birthday)	Local Players	
3	11th June Training AM	Local Players	Travel Squad
2	Travel Week	Travel Squad	
1	Pre-Tournament Trainings/Scrimmages	Travel Squad	
0	Tournament 21st June - 1st July	Travel Squad	



It is the goal of the coaching staff and management team that this campaign is an overwhelmingly positive experience for those involved, for this to happen, It will take a rare level of hard work and dedication to the cause from all of us. That being said, I would not have taken on this task if I didn't have faith that the NZ Lacrosse community can achieve on a level that few would think possible and I am excited about what we are going to show the lacrosse world.

Regards,

Ash Barnes

New Zealand Men's Lacrosse Head Coach

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<http://www.nzlacrosse.com/>