



**LACROSSE
AUSTRALIA**

NATIONAL PARTICIPATION FRAMEWORK

Updated 2023

Foreword

The Lacrosse Australia has a strong history within the sporting environment in Australia. Lacrosse is a sport for all, providing many different formats for juniors and seniors of all genders. Many people have their first experience of lacrosse within a school environment, some participants join a club to play at various levels of domestic competition, while some athletes have taken their lacrosse careers to the National and International level.

For anyone, within the lacrosse or wider community, this framework provides details on how to participate (as a Player) in lacrosse and how to continue on and through the *talent* and *elite* pathway to represent Australia.

The Foundations, Talent, Elite & Mastery (FTEM) framework which has been endorsed by the Australian Sport Commission and widely adopted by other National Sporting Organisations, outlines a participant's journey through sport. Each phase is critical to the development and growth of an individual to achieve their playing goals. Within each overarching phase there are sub phases to help further break down a participant's/athlete's development journey.



Underpinning the framework in each phase are key areas of the participant/athlete characteristics which include their physical, psychological, technical and tactical knowledge and capabilities for the sport of lacrosse. The framework is multi directional and is based on a participant's development stage within lacrosse. It is important to recognise that a participant does not simply move across the pathway but can be actively involved in all phases, or transition to and from, the different phases throughout their career.

So, if you are a Quick Stix Star striving to represent Australia or a past player interested in participating in lacrosse again now is the best time to *Play LAX Your Way*.

More information about the FTEM framework model can be found on the Clearinghouse for Sport website under Athlete Pathways and Development.

Australian Lacrosse FTEM Phases & Descriptions



Basic Movement Foundations
 Extension & Refinement of Movement Foundations
 Sport-specific Commitment &/or Competition
 Demonstration of Potential
 Talent Verification
 Practicing & Achieving
 Breakthrough & Reward
 Senior National Representation
 Podium Success
 Sustained Success at E2

An athlete is:

Learning the fundamentals of object & body control, such as hand-eye coordination, running, lunging, jumping.	Participating in organised, age modified formats of lacrosse; including modified rules, equipment & fields & Participating in unorganised lacrosse with family or friends in a park or backyard.	Participating in weekly club training, game/activity or graded competition.	Talent spotted during formal competition OR nominated by local club to try out for a Regional/State squad/team or Have applied for an LA HP initial squad and attending training camps.	Representing State at multiple National Championships or Confirmed as having HP potential talent upon selection at LA HP selection camp.	Competing and gaining success at LA U18 or Senior National Championship or Committed to formal daily training within LA's HP Squad program.	Selected as a member of: U20, U23 Aus. Team or Senior Aus. Squad (with Alternates) or gained scholarship to college or university.	Member of a Senior Australian Team (men, women, Box) competing at recognised international events.	A medallist (Gold, Silver or Bronze) at the World Championships or at The World Games.	Medallist over multiple cycles at the World Championship or at the World Games
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Australian Lacrosse Programs, Events and Team pathway

FTEM Phase

Elite & Mastery

Talent

Foundations

Lacrosse Programs, Events & Teams

Senior Australian Teams

Senior National Representation (men, women, Box) & Success

Junior Australian Teams

Breakthrough & Reward

High Performance Program

Practicing & Achieving

National Events – State Team

Demonstration and Verification of Talent

Domestic Competition

Sport Specific Commitment

School Competition

Extension and Refinement of Basic Movement

Quick Stix

Basic Movement & Physical Literacy



Foundations (Active Lifecycle)

Quick Stix

Quick Stix, national programs for lacrosse, are used by schools and clubs to introduce participants to lacrosse and to develop their fundamental skills. The Quick Stix Programs introduce participants to lacrosse in a safe, fun and learning environment. Participants can use these programs as a stepping stone into traditional lacrosse or can remain in the Quick Stix program which slowly transitions into mini game environment as the participant progresses.

There are 3 Quick Stix programs: Involve, Invade & Secondary.

Quick Stix – Involve

The Quick Stix Involve Program is built around developing a participant's physical literacy attributes of: limb coordination, running, jumping and bending, to provide them with the foundations to complete lacrosse's fundamental skills: scoop, catch, throw. The structure of the program also means that participants take part in team activities developing social skills such as fair play and sharing, while the rules of Quick Stix maximises engagement and enjoyment of every participant.

Quick Stix - Invade

As the next development phase, the Quick Stix Invade Program is structured around a match play environment where participants can find motivation and develop confidence in implementing their fundamental learnings into games. Due to the more match play environment, participants start to engage with transferrable principles, relating to invasion games, such as understanding of space, passing, carrying and defending. Participants also learn about social skills such as collaboration and sportsmanship through interactions with teammates, opposition and officials.

Quick Stix Invade rules are once again designed to ensure there is maximum engagement for all participants ensuring a free-flowing game which encourages carrying, passing and shooting.



Quick Stix - Secondary

The Quick Stix Secondary Program is modified further to cater for Year 7 and 8 students. The Quick Stix Secondary Program is designed for secondary school participants to learn how to play lacrosse in a new progressive style, with plenty of engaging activities teaching new lacrosse skills. The game and the rules are designed to keep participants engaged and to challenge their cognitive skills. Participants are required to perform rapid decision making to outwit the opposition. At this level there is less focus on technique and more focus on knowledge, planning, decision making and tactical awareness.

Participants are never out of the play, but if they don't want to keep up with the super-fast pace, there are plenty of ways to still be involved without breaking a sweat.



Foundations (Active Lifecycle)

School Competition

Primary

Lacrosse within a primary school environment should promote the philosophies of learning, enjoyment and engagement. To achieve these philosophies in a school environment the game is played in a different format to traditional lacrosse. This means the number of players on the field, playing positions, field dimensions, equipment and rules differ to club based lacrosse.

At this level the game is focussed on providing participants the opportunity to implement the fundamental skills of lacrosse in a game while maintaining the safety of beginners to the sport of lacrosse. Being a team sport, participants will organically also learn the important social aspects of being involved in a team like respect, inclusion, sharing and sportsmanship.

The LA recommends a set National Primary School Rules relating to how to play, number of players and field dimensions. To access these rules please visit our competitions section of our website.

Secondary

Within a secondary school environment lacrosse starts to mimic more of the traditional game, however, the game is still designed to cater for participants characteristics and development. This means the number of players on the field, playing positions, field dimensions, equipment and rules differ to traditional lacrosse.

Participants will be challenged to extend their knowledge & application of new skills, rules and the tactical strategy of lacrosse. Once again, the philosophies of inclusion, sportsmanship, engagement and fun are built within and are at the forefront of the game.

The LA recommends a set National Secondary Rules relating to how to play, number of players and field dimensions. To access these rules please visit our competitions section of our website.

University Competition

Lacrosse 5's

A competitive format of lacrosse designed to be played by university students (mixed) in a variety of locations to suit. A further extension of the Quick Stix Product, "Lacrosse 5's" is designed to provide a safe, fast pace environment for the participant's benefit. Lacrosse 5's rules are expanded to allow traditional lacrosse sticks, increase decision making and develop participants ability to read the play.

Lacrosse 5's is a great way to showcase the sport of Lacrosse to the general public and provide an entry point for new players, juniors to improve their skills, and seniors to extend their playing involvement.

The LA recommends a set of National Lacrosse 5's Rules relating to how to play, number of players and field dimensions. To access these rules please visit our competitions section of our website.



Foundations (Sport)

Domestic Competition

LA members: State Bodies, and local clubs manage the different Domestic Competitions which people can participate in.

State Bodies and clubs work to offer their local communities the chance to play in formal home and away competitions during the traditional lacrosse season (winter) for all ages and genders while also providing different lacrosse experiences such as social programs or indoor/box lacrosse during the off season (summer).

Junior Club Competition

Junior competition can start from U8 or U11 and continue through to U18 competitions. Through this development stage players start to learn more specific lacrosse skills and through their playing journey start to develop specific positional skills and tactical concepts. Through their weekly training commitments, players will start to naturally develop physical characteristics such as coordination, speed, agility, strength and endurance.

Within this level of lacrosse, players start to form strong connections and relationships to lacrosse, their club, team members and the general lacrosse membership, while also experiencing and sharing the values and benefits of being involved in a team based sport.

Senior Competition

Clubs cater for a wide range of senior players from 'up and coming talents' to 'past players' returning to the sport that they love so much.

For those players who are committed and wanting to reach further heights, clubs offer state leagues or Division 1 competitions which are the pinnacle of club competition. At these levels of competition players will learn complex tactical and technical concepts as well as how to prepare physically and mentally for performance.

For other players either returning to, beginning lacrosse or just young at heart, clubs provide other senior grades (division >2) for players to be physically and socially active.

At both levels of competition, players are exposed to many social domains including relationships, culture and collaboration, all which provides players with a sense of purpose, identity and belonging.

Social Programs




To help grow and provide lacrosse in new areas or to provide ongoing participation within lacrosse all year-round, State Bodies and clubs are proactive in establishing and providing social lacrosse programs. These programs vary from winter weekly meet ups to mix indoor sessions/seasons and even programs designed for specific demographics.

These programs help to make lacrosse accessible to all communities no matter your age, location or commitment level.



Australian Lacrosse Foundation Phase

Overview – Drivers – Programs – Participant Characteristics

	Overview	Driver	Programs	Physical	Technical	Tactical	Mental
 <p>Basic Movement</p>	<p>Learning the fundamentals of object & body control. such as hand-eye coordination, running, lunging, jumping.</p>	<p>Schools Families Clubs LA</p>	<p>Quick Stix Involve</p>	<p>Forms basic physical literacy such as running, jumping, limb coordination. Participants also learn to move and manipulate equipment (scoop, throw and catch a ball).</p>	<p>Can scoop, catch and throw a ball individually.</p>	<p>Understands (concept) and can identify invasion games.</p>	<p>Focus and emphasis is placed on fun, engagement, enjoyment, sportsmanship and the development of social skills: Collaboration, sharing, fairness, interactions with peers & confidence.</p>
 <p>Extension & Refinement of Movement Foundations</p>	<p>Participating in organised, age modified formats of lacrosse; including modified rules, equipment & fields & Participating in unorganised lacrosse with family or friends in a park or backyard.</p>	<p>Clubs Schools Families States LA</p>	<p>Quick Stix Invade Quick Stix Involve Quick Stix Secondary School Sport comp Primary & Secondary Holiday programs Come & Try days</p>	<p>Hand-eye coordination, flexibility, core stability and balance are developed. Understands the importance and completes warm up and recovery processes.</p>	<p>Understands and can apply the basic grips and feet positions to efficiently scoop, catch and throw. Participants are introduced to the remainder fundamental skills which are categorised in the following key areas: stickwork, defence, shooting, dodging and the centre draw/face off.</p>	<p>Understand the basic principles of offensive and defence: i.e. space, carrying, passing and marking opposition player, 1v1 & 2v1 concepts. Participates in different positions and roles if in formal competition.</p>	<p>Participant grows in confidence via positive feedback and encouragement. The participant is excited to try new things and willing to take on more complex activities.</p>
 <p>Sport-specific Commitment &/or Competition</p>	<p>Participating in weekly club training, game/activity or graded competition.</p>	<p>Clubs States Universities LA</p>	<p>U11-U13 Local club or state run competition U15 - Senior local competition (Winter & Summer) University Games Social Programs</p>	<p>Starts to develop strength & power; for juniors, via body weight resistance movements, senior players may utilise weight training. Develop player's aerobic and anaerobic capacities.</p>	<p>Continues to learn and develop all fundamental skills based on their age and skill ability. As participant increases in age and ability, further indeterminate and advanced skills are introduced and taught.</p>	<p>Learns different offensive and defensive systems and how and when to implement these systems. Players also at an older junior age start to settle into a positional role. Players introduced to specific positional tactics.</p>	<p>Has a basic understanding of self-regulation strategies and demonstrates ability to apply them. Understands the positives of being a part of a team, managing goals, workloads, setbacks & other responsibilities.</p>

Talent (Sport Excellence)

Lacrosse Australia (LA) National Events

U15 National Tournament

The LA U15 National Tournament is the first opportunity for young (12-15 yo) players to be a part of a representative team. At this level, talent is identified via zone trials. Identified players are then invited to take part in the 8-10 week zone training program which leads into the tournament.

Development is the underpinning philosophy of the tournament and program (for players, coaches and officials). Players are exposed to more advanced skills where they will have the opportunity to, firstly, learn the skills and secondly, apply them in a higher-pressure environment. As for players tactical awareness, players will be presented with different and new offensive and defensive structures compared to Junior Club competition. Players will be required to anticipate and read cues to identify and effectively implement and contribute to the team's structures and set plays.

Zone teams, that compete at the U15 National Tournament, are made up of players from clusters of clubs, which means players have the opportunity to form new social connections with players from other clubs. As part of these new social connections, players will develop respect for each other, be motivated by setting team goals, form collaborative relationships with new teammates and appreciate the difference in everybody's thinking. All this occurs on and off the field, especially when traveling interstate as a team.

Players, being exposed to a higher intensity and a more targeted training program, will naturally further develop their physical characteristics such as speed, strength, power and anaerobic capacity. As such, players may be required to manage their workloads and utilise more structured approaches to cool downs and recovery techniques to avoid stress, injury and burnout.

National Championships - U18 & Senior (men, women, Box)

The LA National Championships are events for U18 and senior state teams to compete for national titles. At this level talent is identified via state run trials. Identified players are then invited to take part in the 8-10 week training program which leads up to each Championship.

These events play a vital role in providing players with a higher level of competition forming our sub-elite level. Invitation, by LA, to other National Teams to compete at these events also provides a greater standard and unfamiliar opposition and style of play. At this level of lacrosse, players demonstrate their physical preparation, capacity and ability to perform. This physical capacity allows players to consistently and successfully perform a wide range of fundamental and advanced skills, read cues and recognise game situations and implement correct tactics at this sub elite level under multidirectional pressures.

Players also demonstrate their psychological attributes which help them deal with external/internal pressures which, if successful, will allow them to perform to the best of their potential. Through each event, players gain confidence in their ability in recognising and addressing the highs and lows of sub elite competition. Players also understand workloads and how to maintain a correct sport/life balance to avoid stress, injury and burnout.

Players who have demonstrated potential might also explore the opportunity to study and play lacrosse overseas particularly after completing secondary school, to attend a college or university.

LA High Performance Program

LA High Performance Squads

The LA establishes High Performance Squads for Junior & Senior (men, women, box) Australian Teams in the lead up to World Lacrosse Championships and other international Events. The High Performance Squad's training is structured to be held within each state with LA HP coaches delivering the sessions. Built into the training program are squad camps, which sees the entire squad come together where training & development or selection is the main focus.

These squads provide a diverse range of athletes with the environment to play with and against the best athletes in the country, to further challenge, stretch and develop their lacrosse game. At this level, athletes take on a more individualised program, preparing and developing themselves for set roles within the team, with specific training (for positional roles) in the area of: conditioning, positional skills, knowledge and decision making.

Due to the nature of the High Performance Squad set up and process, some athletes may experience set backs and disappointment. To overcome these experiences, athletes need to develop and use coping strategies, such as goal setting and planning, relaxation techniques and imagery, pre performance routines. Athletes utilising or developing these strategies will be able to show mental toughness, resilience and the ability to deal with adversity, which will provide the confidence and strong foundations to perform at the elite level.

Throughout the High Performance Squad process, talent is verified through the successful selection to continue in the program and be a part of the next phase of training.

LA High Performance Events

LA High Performance Events are key tournament competitions which are either based in Australia (Southern Crosse Tournament & Maverik Challenge) or in neighbouring countries (Friendship Games & Asia Pacific Lacrosse Championship).

These events provide the talented athletes the opportunity to practice and test their abilities against highly talented opposition and in a more intense and high pressured environment. Athletes will need to achieve high level decision making (skills & tactics) based on the context of the game situation to consistently and successfully perform.

Athletes will also be exposed to higher levels of analysis: video, discussion and feedback about their own, the team's and the opposition's performances.

Athletes will feel different emotions and react in different ways to their achievements, successful performances and set backs. Athletes will need to be aware of and develop strong self-regulation strategies through training and competition experiences



Junior Australian Teams

The LA Junior Australian Teams include the U20 and U23 Men's & Women's Australian Teams. These teams compete in World Lacrosse events and in the Asia Pacific Lacrosse Union Championships.

At this phase of their journey, athletes have demonstrated potential, verified their talent and have spent training cycle(s) practising and committing to their development and game. Athletes selected in these Junior Teams are considered to have reached the breakthrough and Reward stage (of the FTEM model).

Athletes will now be required to perform and contribute to their team's performance and success on the big stage. Athletes must show correct and consistent decision making and be able to perform and execute under the pressure of high level, international lacrosse.

Athletes are committed to physical training with sessions built into their training plans and follow a specific strength and conditioning training program to assist in improved performance and to help limit injuries. Athletes are also required to maintain their physical capabilities all year round.





Athletes will also sense a feeling of pride and belonging upon receiving selection to represent their country on the world stage. Australian Lacrosse athletes must obtain and show a high level of ethics, sportsmanship and commitment.

Athletes who show all the characteristics outlined for this phase may be identified for Senior Australian Teams and for College Scholarships.



Australian Lacrosse Talent Phase

Overview – Drivers – Programs – Athlete Characteristics

	Overview	Drivers	Programs	Physical	Technical	Tactical	Mental
 <p>Demonstration of Potential</p>	<p>Talent spotted during formal competition OR nominated by local club to try out for a regional/state squad/team or</p> <p>Have applied for an LA HP initial squad & attending training camps.</p>	<p>Individual Clubs States LA</p>	<p>State League competition</p> <p>State event / tournament</p> <p>U15 LA Tournament</p>	<p>Focuses their physical development for lacrosse specific principles with large focus on anaerobic energy system, strength, power, agility & acceleration.</p> <p>Players are aware & utilise a more structured approach to cool down & recovery techniques.</p> <p>Players start to manage their workloads across multiple teams, programs, & other life commitments.</p>	<p>Has the ability to successfully perform a wide range of fundamental & intermediate skills both in a closed & open environment in training & competition.</p>	<p>Has the ability to successfully & effectively contribute to the running of offensive & defensive team plays in a closed & open environment in training & competition.</p>	<p>The athlete purposefully utilises self-regulation strategies with development & knowledge in:</p> <ul style="list-style-type: none"> -Goal setting & planning -Mental toughness & resilience -Maintaining/building confidence -Dealing with adversity -Match preparation & preparedness.
 <p>Talent Verification</p>	<p>Representing State at multiple National Championships or</p> <p>Confirmed as having HP potential talent upon selection after LA HP Selection Camp.</p>	<p>Individual LA States</p>	<p>LA U18 / Senior / Box National Champs</p> <p>Southern Crosse Tournament</p> <p>High Performance Program -Squads - State based trainings & camps</p>	<p>Is committed to physical training with sessions formally built into their training plans & follows a specific strength & conditioning training program.</p> <p>Maintains physical capabilities all year round while identifying key areas to improve, & to help limit injuries.</p>	<p>Consistently & successfully performs a wide range of fundamental & advanced skills both in a closed & open environment at sub elite training & competition level.</p>	<p>Has the ability to recognise game situations & cues & consistently implements the correct offensive & defensive team plays at sub elite training & competition level.</p>	<p>Further develops their self-regulation strategies through training & competition experiences at a National & International level.</p> <p>Has the ability to identify issues & implements strategies:</p> <ul style="list-style-type: none"> - goal setting & planning - relaxation techniques & imagery - Self determination & self management. - Mental toughness & resilience - Concentration & coping strategies - Maintaining/building confidence - Dealing with adversity - Match preparation & preparedness.
 <p>Practicing & Achieving</p>	<p>Competing & gaining success at LA U18 or Senior National Championship or</p> <p>committed to formal daily training within LA's HP Squad program.</p>	<p>Individual LA States</p>	<p>LA U18 / Senior / Box National Champs</p> <p>High Performance Program</p> <p>Maverick Challenge</p> <p>JLA Friendship Games</p>	<p>Can identify & refine areas of technique to be more efficient & successful.</p> <p>Develops further position specific skills for National & International level.</p> <p>Based on the context of the situation can correctly decide & perform the correct skills at a National & sub International level.</p>	<p>Has increased focus on executing tactical skills in training sessions & in game/competition situations with a thorough understanding on positional role during all plays.</p> <p>The athlete starts to analyse their opposition & game situations.</p> <p>Can determine which tactical strategies to utilise.</p>	<p>Has the ability to identify issues & implements strategies:</p> <ul style="list-style-type: none"> - goal setting & planning - relaxation techniques & imagery - Self determination & self management. - Mental toughness & resilience - Concentration & coping strategies - Maintaining/building confidence - Dealing with adversity - Match preparation & preparedness. 	
 <p>Breakthrough & Reward</p>	<p>Selected as a member of; U20, U23 Aus. Team or Senior Aus. Squad (with Alternates) or</p> <p>gained scholarship to college or university.</p>	<p>Individual LA</p>	<p>World Championships</p> <p>College Lacrosse</p> <p>ASPAC Tournament</p>	<p>Is committed to physical training with sessions formally built into their training plans & follows a specific strength & conditioning training program.</p> <p>Maintains physical capabilities all year round while identifying key areas to improve, & to help limit injuries.</p>	<p>Can identify & refine areas of technique to be more efficient & successful.</p> <p>Develops further position specific skills for National & International level.</p> <p>Based on the context of the situation can correctly decide & perform the correct skills at a National & sub International level.</p>	<p>Has the ability to identify issues & implements strategies:</p> <ul style="list-style-type: none"> - goal setting & planning - relaxation techniques & imagery - Self determination & self management. - Mental toughness & resilience - Concentration & coping strategies - Maintaining/building confidence - Dealing with adversity - Match preparation & preparedness. 	

Elite (Sport Excellence)

Senior National Representation

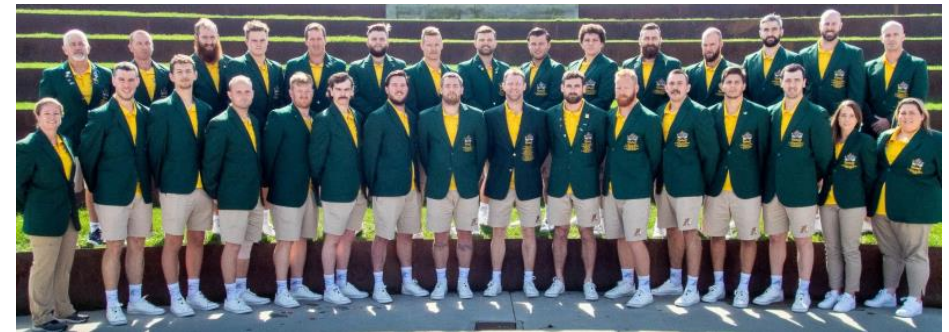
Women, Men (Field & Box) Australian Senior National Teams

Australian Lacrosse Senior National Teams compete at the World Lacrosse Championships and at the World Games.

Athletes at this level are highly committed and focused on their playing career with many athletes achieving at the Junior Australian level. Athletes physical training is designed specifically to their playing position and the teams' style of play. The athletes embrace physiological profiling and its application to maintain and improve physical characteristics. This provides the athletes the ability to consistently and successfully make decisions and execute skills, based on the context of situation, under pressure and fatigue, at the elite training and competition level. Athletes can also objectively analyse and read opposition plays and tactics and react appropriately during competition.

Athletes must possess resilience, confidence and motivation to continue to perform at this level. To be able to perform athletes must also consistently apply the developed psychological characteristics gained in competition at a National and International level and further enhance their mental approach and implement the required strategies based on situational, internal and external pressures.

Athletes will also sense a feeling of pride and belonging upon receiving selection to represent their country on the world stage. As senior athletes to the sport of lacrosse, athletes are also seen as role models for all other participants, players and athletes aspiring to represent their country at the highest level. As such, Australian lacrosse athletes must obtain and show a high level of ethics, sportsmanship and commitment. Many athletes also hold the strong connection to their grass roots and give back their time in coaching and mentoring the next generation of Australian athletes.



Podium Success & Mastery




Australia has a strong history of podium success, winning bronze, silver and gold medals on multiple occasions in the Men and Women World Lacrosse Events. Out of the 31 events our Senior Teams (field & Box) have attended, Australia has achieved 11 bronze medals, 7 silver medals and 2 gold medals. This framework aims to drive this international success through mapping a player's journey and developmental requirements to become the best player they can be.

We strongly believe that the best players develop from a sound foundation base and those who, at a young age, are competent with their physical literacy. Successful athletes also have a strong mind set of focusing on their dreams no matter the adversities that they experience along the way.



Australian Lacrosse Elite Phase

Overview – Drivers – Programs – Athlete Characteristics

	Overview	Drivers	Programs	Physical	Technical	Tactical	Mental
 <p>Senior National Representation</p>	Member of a Senior Australian Team competing at a recognised international event.	Individual LA	World Championships (Women/Men/Box) The World Games	Is committed to a training program designed specifically to the player, his/her playing position and the style of play.	Consistently and successfully performs a wide range of skills both in a closed and open environment under pressure and fatigue at elite training and competition level.	Consistently executes team tactics when under pressure and fatigue within different international competitive environments and game situations.	Consistently applies the developed psychological characteristics gained in competition at a National and International level & further enhances their mental approach and implements the required strategies based on situational, internal and external pressures.
 <p>Podium Success</p>	A medallist (Gold, Silver or Bronze) at the World Championships or at The World Games			Willing and committed to undergoing a physiological profile and the application to maintain and improve.	Based on the context of situation can correctly decide and perform the correct skills at an international level.	Players can objectively analyse and read opposition plays and tactics and react appropriately during competition.	
 <p>Sustained Success at E2</p>	Medallist over multiple cycles at the World Championship or at the World Games						

Afterword

As discussed, this framework is designed to explain the pathway and developmental phases for Lacrosse in Australia. It is important to note that as our sport grows in participation, players and in resources, offerings and opportunities to play lacrosse will also grow with new programs and formats introduced. Furthermore, this framework is not a traditional pathway, players will have the opportunity to enter and leave particular phases as they develop, age and as life's priorities change. Everybody's journey and experience will be slightly different.

While playing has played a key focus in this document there are other important areas of participation within our great sport, such as coaching and officiating. The LA, in conjunction with World Lacrosse and MAs, oversee coach and official pathways, training and development. Of course, we also encourage all to look at other ways to participate in lacrosse through roles away from the field, either volunteering at the local club level or by joining State and National committees, working groups or boards, to assist in driving key strategies and initiatives. These extra roles are what allows the current and next generation to participate and play lacrosse.

We hope that this outlined journey will inform participants, players, athletes, coaches and families on how to *Play LAX Your Way*.

To find out more about how to Play Lacrosse or for information about local clubs or state bodies please visit www.lacrosse.com.au