



## US Indoor Lacrosse Development Team

### **Mission:**

The US Indoor Lacrosse Development Team (USILDT) is selected annually; supported and administered exclusively by US Indoor Lacrosse (USIL) and the athlete. USIL mission with the USILDT is to develop lacrosse players for Professional-caliber competition, to prepare them for possible qualification to the USIL World Team (Team USA) and help propel them into the National Lacrosse League. USIL will accomplish this mission by facilitating training and competition with and against the best national and international competition.

### **Philosophy:**

USIL believes that the athletes most likely to succeed at the Professional level are more than just skilled lacrosse players: They are independent, focused, and equipped to compete – physically, emotionally, and intellectually – at an elite level. Therefore, USIL will support a team culture of shared training and information, coordinated effort, and independent athlete decision-making. USIL will show the USILDT player how to work together as a team to achieve better results and how to make key decisions at key moments.

### **USILDT Construction:**

The US Indoor Lacrosse Development program will consist of up to the following number of lacrosse players in the following two divisions: Travel Team: Up to 25 players, Training Team: Up to 35 players. The maximum number of players in the USILDT program will be 60. USIL will accept the first 80 qualified candidates for the training and selection process – USIL will select players up to the maximum number to participate in the 2011 program. Once selected players in the program will be responsible to cover their own expenses and remain in good status with USIL. There is no direct funding for this program. The program is fully funded by the athlete and fundraising efforts. The primary benefit of being named to the USILDT is high-level coaching with a high level of success to propelling a lacrosse player to the professional ranks. USIL coaches will help players acquire the skills and the mental capacity to make independent decisions and to compete at the professional level. In addition, players named to the USILDT will benefit from: Joint training with pro athletes in the NLL, Team USA and other top players from across the USA - Access to Team USA and NLL Coaches - Access to USIL Performance Enhancement Team of physical therapists, trainers and nutritionists, through the USIL website and at events - Guidance and mentoring from professional Coaches and staff - Logistical advice from professional Coaches and staff - A professional team environment at international and domestic events - Access to the USIL web site, which contains a wealth of information on preparing for an event, nutrition, training plans, lacrosse information, news and travel, etc. USIL will help and guide the athlete through fundraising events and ideas to raise financial support for the athlete – The athlete will have rights to use USILDT logo on USIL-approved mediums, including blogs, web sites, newsletters and sponsor solicitation.

USIL will work with the members of the USILDT to create joint training and playing opportunities in events and games that the USILDT may not be participating in as a team. All training camps are mandatory and participation in events / games on the schedule will only be excused if the direct conflict is clearly stated beforehand and accepted by USIL. Lack of participation may result in a reduction of team benefits, invited participation and may result in demotion or suspension.

**Communication:**

Communication from USIL, coaches and staff will be directly with the player via; email, telephone and direct contact. Communication may also be directed from the USIL coaching staff through the USILDT Captains. USIL expects all players to be communicating with other team members, coaches, and staff. USIL will hold evaluations for each player three times during the season; the evaluations are for the player to grow as a player for development into the NLL. USIL will advocate for you to NLL teams if after the evaluations USIL and the player determine that the player is ready to play in the NLL.

**The Season:**

The USILDT will participate in a six-month program - the program consists of: Training Camps and Exhibition weekends totaling a minimum of 12 to 16 Games. The season will end with the USIL Combine Competition – A competition for all free agents and players eligible to play in the NLL and MLL.

**Cost:**

The cost for the program is broken down for each Event.

**Travel Team fee will be on a trip-by-trip basis.**

The normal fee range per trip is: \$90.00 to \$135.00

**Fee covers:** Arena fees, tournament entrance fees, exhibition game fees, coaches fees, referee fees, player insurance, laundry, training equipment & training fees.

You will be required to pay your fee in full for each trip the day of the trip.

**Fee Does Not Cover:** Travel expenses - (lodging, transportation, fuel, individual equipment & meals). These expenses will be the responsibility of the each player – USIL will offer special pricing for each hotel and place a deposit on rooms for the players. The player will be required to pay for their room at time of check out and may be required to leave a credit card at time of check in. USIL will also secure special pricing on any rental cars if needed.

**Training Team fee per training session: \$75.00**

**Fee Covers:** Training camp fees, arena fees, player insurance, laundry, training equipment, coach's fees & medical supplies.

**Fee Does Not Cover:** Travel expenses - (lodging, transportation, fuel, individual equipment & meals). These expenses will be the responsibility of the each player – USIL will offer special pricing for each hotel and place a deposit on rooms for the players. The player will be required to pay for their room at time of check out and may be required to leave a credit card at time of check in. USIL will also secure special pricing on any rental cars if needed.

**Eligibility:**

To be eligible for the Development Program the player must be 18 years or older. The player must submit an application for review by USIL. The player must be approved by USIL to participate in the program.

To be eligible for the travel team the player must be a US Development Team Member in good standing and meet 1 of the following criteria:

1. Played in a US Development Game as a member of the US Development Team in the past
2. Participated in a US Development Training Camp



## 2011 US Development Team Schedule

*\*Dates and Times Subject to Change*

### 2011 Training / Selection Camp Schedule:

<b>DATES:</b>	<b>LOCATIONS:</b>	<b>TIMES:</b>
<b>Open USILDT Training Camps*</b>		
April 2-3, 2011	FISC, Frederick, MD	Sat. 1-3pm, 6-8pm – Sun. 9-11am
May 7-8, 2011	BISM, Hatfield, PA	Sat. 1-3pm, 6-8pm – Sun. 9-11am
June 4-5, 2011	TBD	Sat. 1-3pm, 6-8pm – Sun. 9-11am
July 16-17, 2011	TBD	Sat. 1-3pm, 6-8pm – Sun. 9-11am
August 6-7, 2011	TBD	Sat. 1-3pm, 6-8pm – Sun. 9-11am

### USILDT Exhibition Games & Tournaments\*\* (*Not All Dates Below will be Filled – 2 Weekends per Month only*)

April 8-10, 2011	vs. Tournament	Six Nations, Ontario, CAN	Weekend
June 11-12, 2011	vs. TBD	TBD	Weekend
June 25-26, 2011	vs. TBD	TBD	Weekend
July 9-10, 2011	vs. VT. Voy	Burlington, VT	Weekend
July 30-31, 2011	vs. TBD	TBD	Weekend
August 13-14, 2011	vs. TBD	TBD	Weekend
August 20-21, 2011	vs. TBD	TBD	Weekend

### USIL Combine Competition

August 28-29, 2010	TBD	Sat. 8am-4pm Sun. 9am-3pm
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\*Training camps are also open to non-USILDT lacrosse players who are interested in pursuing a professional career in lacrosse and / or further development. Players interested in attending these training clinics should email clinic organizers at [USILDT@usindoorlacrosse.com](mailto:USILDT@usindoorlacrosse.com) with their information for competing and training in 2010. For non-USILDT members, there will be a \$150 charge per training camp.

\*\*Exhibition games, tournaments & events are for USILDT travel players – non-USILDT Travel players may be selected to participate in individual events throughout the season.

\*\*\*Team USA Exhibition game may include a scrimmage with the USILDT