



OLA COACHING REQUIREMENTS

Box Lacrosse, Field Lacrosse and Women's Field Lacrosse

Box Divisions

U9 | U11 | U13

Coaching Year 1

1st year coach must have
Community Development

Coaching Year 2

2nd year coach must have
Community Development

Bench Staff: 4 Coaches & 1 Trainer

U15 | U17

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction

Bench Staff: 4 Coaches & 1 Trainer

Junior & Senior

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction

Bench Staff: 5 Coaches & 1 Trainer

Men's Field Divisions

U9 | U11 | U13

Coaching Year 1

1st year coach must have
Community Development

Coaching Year 2

2nd year coach must have
Community Development

Bench Staff: 4 Coaches & 1 Trainer

U15 | U17

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction

Bench Staff: 4 Coaches & 1 Trainer

Junior & Senior

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction

Bench Staff: 5 Coaches & 1 Trainer

Women's Field Divisions

U9 | U11 | U13

Coaching Year 1

1st year coach must have
Community Development

Coaching Year 2

2nd year coach must have
Community Development

Bench Staff: 4 Coaches & 1 Trainer

U15 | U17

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction Training

Bench Staff: 4 Coaches & 1 Trainer

Junior & Senior

1st year coach must have
Community Development

2nd year coach must have
Competitive Introduction Training

Bench Staff: 5 Coaches & 1 Trainer

Must be completed at the latest 2 weeks prior to event

All OLA coaches in all divisions attending a Lacrosse
Canada (LC) National or World Lacrosse
(WL) International Championship Event



In order to compete Coach must have a
Competitive Introduction Certification

**Mandatory Completion of The Making Ethical Decisions
online training module (Required)**