



# OLA SEMI-ANNUAL GENERAL MEETING

February 28<sup>th</sup> — March 2<sup>nd</sup>

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Delta Toronto Airport Hotel & Conference Centre  
655 Dixon Rd, Toronto, ON

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Registration Deadline: February 25<sup>th</sup>, 2025



Feb 28<sup>th</sup> – Mar 2<sup>nd</sup> 2025: League & Council Meetings, Coaching & Officiating Clinics

Friday

February 28 <sup>th</sup>	TIME	GROUP	LOCATION
	7:00 PM – 10:00 PM	Field Community Development Coaching Clinic (Part 1)	Mississauga B
	7:00 PM – 10:00 PM	OLA Minor Field Lacrosse League Meeting	International A
	7:00 PM – 10:00 PM	OLA Minor Council Meeting	Mississauga A
	7:00 PM – 10:00 PM	Box/Field Combined Competitive Introduction Coaching Clinic (Part 1)	Mississauga C
	7:30 PM – 9:00 PM	OLA Junior Men’s Field Lacrosse League Meeting	Paris
	7:00 PM – 10:00 PM	OLA Junior “B” Lacrosse League Meeting	New York

Saturday

March 1 <sup>st</sup>	TIME	GROUP	LOCATION
	9:00 AM – 12:00 PM	Field Community Development Coaching Certification Clinic (Part 2)	Mississauga A/B
	9:00 AM – 3:00 PM	MSL League Meeting	Paris
	9:00 AM – 4:00 PM	Box Community Development Coaching Certification Clinic	Mississauga A/B
	9:00 AM – 4:00 PM	Box/Field Combined Competitive Introduction Coaching Clinic (Part 2)	Mississauga C
	9:00 AM – 4:00 PM	Referee Clinic: National Field Lacrosse	Peel
	9:00 AM – 4:00 PM	Referee Clinic: Provincial Field Lacrosse	Halton

Sunday

March 2 <sup>nd</sup>	TIME	GROUP	LOCATION
	9:00 AM – 4:00 PM	Referee Clinic: Box Entry Level	Mississauga A
	9:00 AM – 4:00 PM	Referee Clinic: Box Level 1	Mississauga B
	9:00 AM – 4:00 PM	Referee Clinic: Box Level 2	Mississauga C
	9:00 AM – 4:00 PM	Referee Clinic: Box Level 3	Halton

*Note: the dates, times and locations of OLA League & Council Meetings are subject to change. Consult [www.ontariolacrosse.com](http://www.ontariolacrosse.com) for the latest information on the SAGM.*

# Saturday, March 1<sup>st</sup> 2025: Club Professional Development Sessions

TIME	International Foyer		
8:00 AM – 8:55 AM	<b>Semi-Annual General Meeting Registration</b> <i>Coffee, Tea &amp; Pancake Breakfast Available</i>		
TIME	International C		
9:00 AM - 9:50 AM	<b>Allison Forsyth, Founder of Generation Safe and former Canadian Olympic Alpine Skier</b>  Join us for a powerful keynote featuring Allison Forsyth, a former Olympic alpine skier and an advocate for safe sport. Transitioning from her athletic career, she’s now a driving force in transforming the Canadian sports system. Allison channels her experiences into advocacy, working with organizations like AthletesCAN and the Canadian Centre for Ethics in Sport (CCES), ensuring a safer and more positive environment in sports for future generations, including her own three children.		
TIME	International A	International B	New York
10:00 AM - 10:50 AM	<b>ONCA Compliance for Junior to Major Clubs</b> <i>Lynn Orth, OLA Compliance Officer</i>  The Ontario Not-for-Profit Corporations Act (ONCA) compliance deadline was October 18, 2024. This session is designed to help Junior to Major clubs navigate ONCA requirements, covering key governance structures, bylaw updates, and practical steps to ensure compliance. Whether your club has questions about specific requirements or needs guidance on next steps, this session will provide clear direction and support.	<b>Creating Successful Teams with Intentionality</b> <i>Eric Cartlidge, Total Team Building and Mental Training</i>  Discover how to build strong, connected teams with purpose. This module is designed to help coaches and administrators cultivate a positive club and team culture by focusing on the key elements of success—trust, effective communication, and team cohesiveness. Learn practical strategies to foster an environment where athletes and teams thrive, both on and off the floor/field.	<b>Optimizing Zone Scheduling for Improved Play</b> <i>Kathleen Durocher, Zone 9 and Eddy Jack, Zone 8</i>  Designed for Zone schedulers, club schedulers, and club representatives, this session will introduce the new Zone Scheduling Grid. Learn how accurate and proactive scheduling can enhance Zone play, increase game opportunities, and help identify and address potential issues before they arise. Discover strategies to streamline the scheduling process and support a more efficient and effective season.
TIME	International A	International B	New York
11:00 AM – 11:50 AM	<b>Navigating U17 Overage Player Pathways in OLA</b> <i>Ron MacSpadyen, OLA Program Director, Jim Bomhof, OLA Transfer Office Coordinator and Dave Vernon, OJBLL Commissioner</i>  Designed for minor club executives and junior operators, this session provides a comprehensive overview of the pathways available for overage U17 players. Gain valuable information to help guide players and parents through Junior and U22 opportunities across Ontario, ensuring they have the support needed to continue their development and competitive play beyond U17 participation.	<b>Strategic Planning Session: Reflect, Aspire, and Shape the Future of Ontario Lacrosse</b> <i>Jeramie Bailey, OLA Executive Director, OLA Staff and Board of Directors</i>  Join us for an interactive session designed to gather valuable insights and aspirations that will help shape the future of Ontario Lacrosse. Participants will reflect on the current Strategic Plan and collaborate in small groups to identify aspirations for the future. This session will set the foundation for Ontario Lacrosse’s next Strategic Plan.	<b>Club Insurance</b> <i>George MacDonald, OLA VP Finance and Youngs Insurance</i>  This module provides a comprehensive overview of club insurance, covering essential topics such as coverage for international and interprovincial players, managing legal situations like parental disputes, and the importance of Directors and Officers insurance to protect club leadership. Learn how to keep your club compliant and prepared to navigate potential challenges with confidence.
<i>Note: the dates, times and locations of OLA Learning Sessions are subject to change. Consult <a href="http://www.ontariolacrosse.com">www.ontariolacrosse.com</a> for the latest information on the SAGM.</i>			

TIME		International C		
12:00 PM – 12:50 PM	Semi-Annual General Meeting Luncheon  During the Semi-Annual General Meeting Luncheon, participants will have the opportunity to engage in a “dot voting” activity to prioritize key aspirations identified during the Strategic Planning Session. The aspirations from the focus group will be displayed, and attendees will use their votes to highlight the initiatives they believe should be prioritized in the next Strategic Plan. This process ensures broad input, even from those who may not have been able to attend the full session.			
TIME		International A	International B	New York
1:00 PM - 1:50 PM	<b>2025 Sixes Season</b> <i>Danielle Carroll, OLA VP Promotion</i>  Discover the next phase of Sixes lacrosse in Ontario! This interactive forum will highlight the Ontario Lacrosse Association’s plans for the 2025 Sixes season, building on the momentum of its inaugural year. Gain insights into program expansion, provide feedback, explore participation opportunities, and collaborate with fellow club representatives to shape the future of Sixes in Ontario.	<b>Championing Girls Box: Part 1 - Understanding the Landscape</b> <i>Donelle Latimer, OLA Girls Box Coordinator</i>  In this session, we’ll explore recent trends in girls’ box lacrosse registration, highlighting key data points and insights. We’ll also delve into current research on strategies to boost girls’ participation in sport, with a focus on practical, evidence-based recommendations that can help clubs grow their girls programs.	<b>Making the Most of Sportzsoft (Registration Module)</b> <i>Ron MacSpadyen, OLA Program Director and Fiona Clevely, OLA Adminstration</i>  Maximize the efficiency of your club’s registration process with this comprehensive overview of the OLA Registration Process. This module covers key topics such as the OLA registration workflow, user guides for SportzSoft and Peloton, mapping resources, club boundaries, and a Q&A session to address all your registration-related questions.	
TIME		International A	International B	New York
2:00 PM - 2:50 PM	<b>Website Content That Works: Get More Registrations &amp; Fewer Emails</b> <i>Colleen Grimes, OLA Communications Director</i>  Is your club’s website helping parents register—or making them more confused? This hands-on session will show you how to structure your registration pages for clarity, accessibility, and ease of use—no matter what website platform you use. Using the new OLA Website Content Resources, we’ll walk through copy-and-paste solutions that reduce parent emails, improve navigation, and increase sign-ups. Bring your laptop, and we’ll help you with page layout and setup, whether you’re starting from scratch or refining your existing pages. You’ll leave with a clear action plan to make your website a powerful registration tool!	<b>Championing Girls Box: Part 2 - Turning Insights into Action</b> <i>Donelle Latimer, OLA Girls Box Coordinator</i>  Building on Part 1, this interactive round table discussion will focus on how to apply the research-backed recommendations to real-world scenarios. Participants will have the opportunity to share challenges, successes, and ideas, working collaboratively to develop strategies that can effectively increase girls’ engagement in box lacrosse at the grassroots level.	<b>Growing the Field Game</b> <i>Ontario Minor Field Lacrosse League (OMFLL)</i>  Field lacrosse is expanding rapidly, with the World Field Lacrosse Championship growing by nearly 320% in the past 20 years. Athletes now have opportunities to compete at over 14 Canadian post-secondary institutions and more than 425 in the U.S. Field lacrosse offers a unique playing experience and development pathway. This open discussion welcomes all clubs—whether you have a field program or are looking to start one. Join us to share experiences, explore challenges, and discuss strategies to grow the game at the club level.	
TIME		International A	International B	New York
3:00 PM - 3:50 PM	<b>EPIC Lacrosse Program</b> <i>Ron MacSpadyen, OLA Programs Director</i>  Explore the evolution and future of the EPIC Lacrosse Program, designed to advance player development and showcase Ontario’s top young talent. This session will reflect on the past three years of the three-day field lacrosse showcase at The Hill Academy, introduce exciting updates for the 2025 season, and highlight EPIC’s role within the OLA Athlete Development Pathway.	<b>Invitational Tournaments (Two-Part Session)</b> <i>Donalyn Dredge, OLA Tournament Coordinator</i>  Join us for a hands-on, interactive session led by some of the OLA’s most experienced Tournament Directors. Designed for both new and seasoned coordinators, this session will provide practical insights into running a smooth and successful tournament. Participants will rotate through small, interactive stations covering key topics such as effective scheduling, managing odd-numbered divisions, running discipline hearings, maximizing GSI tools, and quickly verifying registration cards.	<b>Game Sheet Inc for Clubs, Teams and Managers</b> <i>Richard Berman, Game Sheet Inc</i>  Streamline your season with Teams and Teams+, GameSheet’s all-in-one mobile app designed for clubs, teams, and managers. This session will show you how to manage rosters, view completed scoresheets, schedule games and non-game events, sync calendars, and communicate effortlessly with parents and players. Learn how Teams+ can simplify team operations and keep everyone connected throughout the season.	



TIME	International A	International B	
4:00 PM – 4:50 PM	<p><b>Canva Camp: The Ultimate Survival Guide for Social Media Managers</b> <i>Colleen Grimes, OLA Communications Director</i></p> <p>Canva Camp is back! Grab your laptop and join us for a hands-on session where we'll batch a month's worth of social media content together—customizing the OLA March Content Pack . Whether you're a Canva rookie or a seasoned vet, we'll cover insider tips, live demos, AI tools, recent Instagram changes, and time-saving hacks to make content creation easier than ever. You'll also have the chance to share your template wish list for future content packs. Don't miss this opportunity to sharpen your skills, streamline your workflow, and leave with ready-to-post content!</p>	<p><b>Invitational Tournaments Continued...</b> <i>Donalyn Dredge, OLA Tournament Coordinator</i></p> <p>Join us for a hands-on, interactive session led by some of the OLA's most experienced Tournament Directors. Designed for both new and seasoned organizers, this session will provide practical insights into running a smooth and successful tournament. Participants will rotate through small, interactive stations covering key topics such as effective scheduling, managing odd-numbered divisions, running discipline hearings, maximizing GSI tools, and quickly verifying registration cards. Whether you're looking to refine your skills or learn from the best, this session offers personalized guidance to help you elevate your tournament operations. This session is highly recommended for prospective 2026 hosts.</p>	
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### Clinics

Coaching Clinic Box/Field 1  
Coach Clinic: Box 1  
Coach Clinic: Field 1  
Officiating Clinic: Field  
Officiating Clinic: Box

### Room

Mississauga C  
Mississauga A/B  
Mississauga A/B  
Mississauga Foyer  
Mississauga Foyer

### League Meeting

OMFLL  
Minor Council  
OJMFL  
Junior "B"  
MSL

### Room

International A  
Mississauga A  
Paris  
New York  
Paris

### MEETING ROOMS

