



**OLA SEMI-ANNUAL MEETING & REGISTRATION SUMMIT**  
**Friday, March 5th and Saturday, March 6th, 2010**

Delta Meadowvale Conference Centre at 6750 Mississauga Road in Mississauga, Ontario  
Room reservations under "OLA Rate" or "Ontario Lacrosse Rate": (905) 542-4003 or 1-800-422-8238

***AGENDA***



**LEAGUE, COUNCIL & COMMITTEE MEETINGS AT THE 2010 OLA SEMI-ANNUAL  
FRIDAY, MARCH 5TH**

<b>TIME</b>	<b>GROUP</b>	<b>LOCATION</b>
2:00 PM - 4:00 PM	Durham Residence & Conference Centre Meeting	North Studio 12
4:00 PM - 6:00 PM	Ratings Committee Meeting	North Studio 9
5:00 PM - 7:00 PM	Commissioners Meeting	North Studio 7
7:00 PM – 9:00 PM	Ontario Minor Field Lacrosse League Meeting	South Studio 3
7:30 PM – 9:30 PM	OLA Junior “C” League Meeting	Patio Studio 2
9:00 PM – 10:30 PM	OLA Junior Men’s Field Lacrosse League Meeting	South Studio 3

**SATURDAY, MARCH 6TH**

<b>TIME</b>	<b>GROUP</b>	<b>LOCATION</b>
10:00 AM – NOON	OLA Provincial Referee-in-Chief Meeting	North Studio 3
10:00 AM – NOON	OLA Senior “B” League Meeting	North Studio 2
10:00 AM – 2:00 PM	OLA Senior Men’s Field League Meeting	North Studio 1
10:00 AM – 3:00 PM	OLA Masters Lacrosse League Meeting	South Studio 1
10:00 AM – 4:00 PM	OLA Junior “B” League Meeting	Britannia Room
1:00 PM - 4:00 PM	OLA Junior “A” League Meeting	North Studio 2
4:00 PM – 6:00 PM	OLA Minor Council Meeting	North Studio 13
5:00 PM - 7:00 PM	Women’s Box Lacrosse Council Meeting	North Studio 1
6:00 PM - 7:00 PM	Women’s Committee Meeting	North Studio 7

**SUNDAY, MARCH 7TH**

<b>TIME</b>	<b>GROUP</b>	<b>LOCATION</b>
10:00 AM – 3:00 PM	OLA Board of Governors	South Studio 3



**2010 OLA SEMI-ANNUAL GENERAL MEETING  
AGENDA: FRIDAY, MARCH 5TH**

<b>TIME</b>	<b>Graydon BC Ballroom</b>
6:00 PM – 7:00 PM	Semi-Annual General Meeting Registration
7:00 PM – 7:10 PM	Welcome: Meeting Mission; Program Overview & Friday Agenda

<b>TIME</b>	<b>Graydon BC Ballroom</b>
7:10 PM – 8:00 PM	Nutrition for Athletes
8:00 PM – 8:50 PM	Long-term Athlete Development Model
8:50 PM – 9:20 PM	OLA Coaching Requirements

<b>TIME</b>	<b>Graydon BC Ballroom</b>
9:30 PM – 1:00 AM	2010 OLA Member Appreciation Hospitality & Social

**2010 OLA SEMI-ANNUAL GENERAL MEETING  
AGENDA: SATURDAY, MARCH 6TH**

<b>TIME</b>	<b>Graydon BC Ballroom</b>
8:00 AM – 8:30 AM	<b>Semi-Annual General Meeting Registration</b> Welcome: Meeting Mission; Program Overview & Saturday Agenda
8:30 AM – 8:50 AM	<b>Club Speed Networking</b>

<b>TIME</b>	<b>Hazel D</b>	<b>Hazel B</b>	<b>Hazel C</b>	<b>Graydon D</b>
9:00 AM – 9:50 AM	Minor Officials Workshop	Open Forum with OLA President John Doherty	Making Code of Conduct Work	
10:00 AM – 10:50 AM	Invitational Tournament Guidelines	Player Recruitment	U11 Girls Field / Tyke Field Lacrosse	House League Coaching Clinic
11:00 AM – 11:45 AM	Cultural Perspective of Lacrosse	OLA Ratings Process & 2010 Preliminary Ratings	Roberts Rules & Governance	

<b>TIME</b>	<b>Graydon BC Ballroom</b>
Noon – 12:30 PM	Guest Speaker: Cheryl Pounder <i>"The Golden Journey"</i>
12:35 PM – 1:50 PM	<b>Semi-Annual General Meeting Luncheon</b>

<b>TIME</b>	<b>Hazel D</b>	<b>Hazel B</b>	<b>Hazel C</b>
2:00 PM – 2:50 PM	2010 OLA Registration & Database Procedures – Attendance mandatory	Org. Development From Ground up	RIC School
3:00 PM – 3:50 PM	Developing a successful House League Program	Stick Stringing Tips	Releases, Reclassification and Player Movement