

LACROSSE NOVA SCOTIA NEWSLETTER *Spring 2025, Issue 1*



INTRODUCTION:

Lacrosse Nova Scotia (LNS) is the governing body for amateur lacrosse across the province. The overarching goal for LNS is to grow the game of lacrosse. They envision a strong, vibrant lacrosse community in the province and are heavily committed to supportive leadership, inclusive growth, success at every level, and respect and fun for all. LNS is also working hard to achieve gender equity in the sport of lacrosse, as well as they have strong commitments to Equity, Diversity, Inclusion, and Accessibility (EDIA) and programming associated with that.

As the season gets started, this newsletter aims to provide a snapshot of information on things happening in our community. Some of the information covered in this issue includes Sanctioning Information, Coaching Standards, and Long-Term Athlete Development, and Overuse Injuries. This issue also features bios for two local players and where their lacrosse careers are.

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PLAYER BIOS

Liam McGrath

Liam grew up playing minor lacrosse for the Bedford Rock and St. Margaret's Rebels. He also played in the Provincial team program in both box (2013-2017) and field (2015-2017). He served as captain of the Team NS Midget Team in 2017. He attended high school at the Hill Academy in Orangeville, Ontario. He then went on to play NCAA Division II lacrosse with the Lenoir-Rhyne Bears in North Carolina. During his time there, the Bears were Division II Runner-Ups in 2021, and Division II Champions in 2023.

Liam was drafted into the East Coast Junior League (ECJLL) to the Warriors, but later went on to play both Junior B and Junior A in Ontario with the Orangeville Northmen. During his time in Junior, he also played with the Canadian Lacrosse League (CLL) Team Canada for both U19 and U20 age groups. In 2023 he played Senior A lacrosse in the Western Lacrosse Association (WLA) with the Coquitlam Adanacs. He was drafted in the 2nd round 26th overall in the 2023 NLL draft to the Georgia Swarm, but due to injury could not play the following season. He attended 2024 training camp with the Swarm after signing with them earlier in the year. After earning a spot on the Practice Roster for the Swarm, he was moved to the Active Roster for about a month, dressing for 4 games. Currently, he is on the Practice Roster for the Swarm.



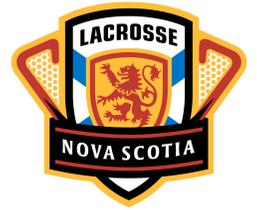
Ashton Brown



Ashton grew up playing minor lacrosse for the Dartmouth Bandits. In 2021 he played for the Junior A. Bandits while being 2 years underage, playing every playoff game and helping the Bandits win the 2021 ECJLL championship. This year was also a special year as he got to play with his two older brothers due to COVID. He also grew up playing in the provincial team program, playing on Team NS U13 Co-Ed for two years, U15 Co-Ed for two years, but then unfortunately due to COVID was unable to play more. In 2022 he represented Nova Scotia at the Niagara Summer Games, where box lacrosse was re-added to the Games program for both men's and women's events.

In 2024, Ashton went to B.C. to play for the Port Coquitlam (POCO) Saints Junior A. team. He took over as the starting goaltender, and was named Player of the Game after his first game played. He played all playoff games for the Saints, helping them come second in the BC Junior A. Junior Lacrosse League (BCJALL). This helped the Saints qualify for the Minto Cup, where they came 3rd. He was also named Defensive Player of the Year for the Saints at the end of the season.

Ashton declared 2 years early for the NLL Draft, and was drafted 52nd overall in the 4th round by his hometown team, the Halifax Thunderbirds. After attending training camp, the Thunderbirds signed him to their practice roster where he currently plays.



LC MINIMUM COACHING STANDARDS

The following are the Lacrosse Canada (LC) Minimum Standards for coaches effective for 2025.

LC MINIMUM COACH STANDARDS

For Lacrosse NS Member Organizations:

Every Head Coach / Assistant Coach / Facilitator must:

- Have a valid Coach NCCP#
- Have a proof of Background check in previous 3 years (if 18 years of age and over)
- Complete a Coach Certification course (3hr classroom and 1.5hr on-floor/on-field)
 - o U11, U13, U15: will need only Community Development
 - o U17 and Junior: will need Competition Introduction
- Complete *SafeSport*, *Making Headway in Sport*, and *Emergency Action Plan (EAP)* e-modules

*Helpers (those under 16 years of age) must complete *SafeSport* e-module and **can only help at practice(s), not on the bench.**

Please note that all new coaches, in all divisions, only need Community Development this year (2025). If needed, coaches will progress through the certification program and complete Competition Introduction.



SANCTIONING FAQ

Sanctioning is a key piece of providing safe lacrosse programming within Nova Scotia. Please see the attached Sanction Guide and Sanction Process to help answer any questions you may have. If you have any other questions, please contact Lisa (VP Operations) at vpoperations@lacrossens.ca

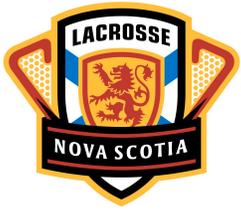
SANCTIONING INFORMATION

GREEN ARMBAND INITIATIVE

All minor-aged referees and referees who are in their first year of refereeing wear a green armband. This initiative serves as a reminder to respect and protect these young or newer officials who wear green armbands. Just like the players and coaches, they are LEARNING the GAME.

Together, we are nurturing a culture of respect and support for those who make the games possible, aiming to establish a positive environment for everyone in sport.





VOLUNTEERS FOR NATIONALS

Lacrosse Nova Scotia is hosting two National Championships this year, Minor Box and Men's Field. To run these events, we need the help of volunteers! We are looking for individuals to help fill space in working groups both in the planning stages and during the events.

The dates for the two championships are:

- **2025 Minor Box Nationals - August 11th-15th**
- **2025 Men's Field Nationals - August 29th-September 1st**

Please fill out the survey below if you are interested in helping out.

[**NATIONALS VOLUNTEER SURVEY**](#)



UPCOMING CERTIFICATIONS

UPCOMING COACHING CLINICS

Competition Introduction Coaching Clinic Classroom Sessions

Located at Sport Nova Scotia 3rd Floor Classroom (5516 Spring Garden Rd)

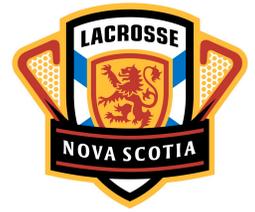
- May 31st, 4:00pm-7:00pm

Community Development Coaching Clinic On-Floor Sessions

Located at the Gray Arena (15 Monique Ave)

- June 1st, 11:00am-1:00pm

[**Coaching Clinic Registration**](#)



LONG-TERM ATHLETE DEVELOPMENT (LTAD) AND OVERTRAINING

AAP = American Academy of Pediatrics

Brenner & Watson: Overuse Injuries, Overtraining, and Burnout in Young Athletes

- Properly implemented progressive training can yield a broad range of beneficial physiological adaptations, but imbalances of training load and recovery can have important negative consequences
- Overuse injuries can result from repetitive stress without sufficient recovery that leads to accumulated musculoskeletal damage
- Burnout is one of the top reasons for wearing down in youth sports

Reid Health: Signs of overtraining and overuse injuries in young athletes

- The bodies of young adults are susceptible to overtraining, which can be detrimental to their health and cause injuries
- Overtraining Syndrome (OTS) caused by intensely working the body for too long without allowing enough time for rest and recovery
- Overuse injuries commonly occur in competitive sports, but can be caused by any activity with repetitive motion
 - o Be mindful of sport-specific injuries
- The most common overuse injuries affect bones, soft tissue, and overall well-being
- Young athletes should play multiple sports year-round to decrease their chance of injuries.
 - o Athletes who play multiple sports experience fewer injuries and compete longer than those who specialize in one sport
- It is recommended that participation in any one sport should be limited to a maximum of five days a week with at least one day off from physical activity
- Athletes should also have at least two months off per year from sports to allow for proper rest and recuperation from sport-related injuries

Shriners Children's: Overtraining in the Pediatric Athlete

- Youth are now training and competing at earlier ages, with it being more common for athletes to specialize in one sport each season
- Early Sport Specialization is defined as "training in one single sport for more than eight months out of the year"
- A general rule of thumb is that the hours an athlete is training should not exceed their age. For example, if an athlete is 10 years old, they should not be training for more than 10 hours per week.
- Train correctly

HealthyChildren.org: AAP Calls Out Causes of Overuse Injuries & Burnout in Youth Sports

- Research shows about 70% of children and teens drop out of organized activities by age 13
- AAP defines overtraining as a decrease in performance due to an imbalance of training and recovery that is often accompanied by persistent fatigue, impaired sleep and alterations in mood
- It has become more common to see young athletes participating on multiple teams at the same time and training year round
- The AAP recommends things like
 - o Measuring success on participation and effort and fostering positive experiences with parents, coaches, and peers
 - o Promote skill development and being well-rounded in physical activities while avoiding overtraining and overscheduling
 - o Keep workouts interesting and fun by incorporating age-appropriate games and training



LTAD AND OVERUSE INJURIES

With lacrosse quickly evolving to be the primary sport for many of our athletes, it's important to highlight and discuss Long-Term Athlete Development (LTAD) principles, as well as overtraining. The LTAD model is a way to cater coaching and training of sports programs to match the physical, emotional, and mental stages of youth as they grow. The lacrosse-specific framework is titled "Lacrosse for Life" and can be found on the LNS website under LNS LTAD Information.

Lacrosse as a sport can provide participants with the opportunity to learn fundamental movement skills, fundamental sport skills, and the ABCs (agility, balance, coordination, and speed) of physical literacy. The lacrosse LTAD model consists of 7 stages:

- Active Start (M/F 0-6)
- FUNDamentals (M 6-10, F 6-7)
- Learn to Train (M 10-12, F 8-10)
- Train to Train (M 12-16, F 11-14)
- Learn & Train to Compete (M 16-23 +/-, F 15-21 +/-)
- Learn & Train to Win (M/F 17 +/-)
- Active for Life (M/F all ages)

We want our athletes to be performing to the best of their abilities, but this means properly loading their training. As written in a recent 2024 article, burnout is one of the top reasons that youth drop out of sports. This can easily be avoided by progressively loading athletes with physiologically appropriate training, which can also provide many physical and mental benefits. However improper loading and overtraining can have negative impacts on athletes, including damage to the musculoskeletal system (Brenner et al., 2024).

Reid Health has also provided valuable information surrounding overtraining and overuse injuries in youth athletes. They note that Overtraining Syndrome (OTS) is caused by intensely working the body for too long without adequate rest and recovery time. They also note that overuse injuries often occur in competitive sports, but can also be caused by any activity with repetitive motions. One recommendation to decrease the likelihood of overuse injuries is to have young athletes participating in multiple sports throughout the year. Athletes who follow this model have been shown to have fewer injuries and participate in competitive sports longer (Reid Health, 2025). Shriner's Health also notes a rule of thumb that youth athlete's training hours should not exceed their age (Shriner Children's, 2025). This means that if an athlete is 11 years old, the total hours they are training within a week should not exceed 11 hours (this includes games and practices).

Citations:

Brenner, J. S., Watson, A., & COUNCIL ON SPORTS MEDICINE AND FITNESS. (2024). *Overuse Injuries, Overtraining, and Burnout in Young Athletes*. *Pediatrics*, 153(2), e2023065129. <https://doi.org/10.1542/peds.2023-065129>

Reid Health. (2025). *Blog | Signs of overtraining and overuse injuries in young athletes [Blog]*. Reid Health. <https://www.reidhealth.org/blog/signs-of-overtraining-and-overuse-injuries-in-young-athletes>

Shriner Children's. (2025). *Overtraining in the Pediatric Athlete*. Shriner's Children's. <https://www.shrinerschildrens.org/en/news-and-media/news/2023/04/overtraining-in-the-pediatric-athlete>

For more information and full articles:

- <https://publications.aap.org/pediatrics/article/153/2/e2023065129/196435/Overuse-Injuries-Overtraining-and-Burnout-in-Young?autolog-incheck=redirected#>
- <https://www.reidhealth.org/blog/signs-of-overtraining-and-overuse-injuries-in-young-athletes#:~:text=While%20teens%20appear%20to%20have,signs%20of%20overtraining%20during%20play.>
- <https://www.shrinerschildrens.org/en/news-and-media/news/2023/04/overtraining-in-the-pediatric-athlete>
- <https://www.healthychildren.org/English/news/Pages/AAP-calls-out-causes-of-injury-overtraining-and-burnout-in-youth-sports.aspx>
- https://www.google.com/search?client=safari&sca_esv=4ad496d1768baf99&rls=en&q=Youth+sports+burnout+statistics&sa=X&ved=2ahUKEw-jQ5ueD1qGMAxUhGFkFHQP2HLE4ChDVAnoECckQAQ&biw=1280&bih=571&dpr=2
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC9517900/#B35-ijerph-19-10662>