Rough answers are fine. 10–15 minutes max.
Fill the shaded boxes first.

POWLAX · THE LACROSSE DEVELOPMENT ENGINE

Three-Page Program Blueprint

For _____ Season _____

HOW TO USE THIS

A snapshot of how your program should run. Take 10–15 minutes — don't overthink it. The goal isn't a perfect document; it's getting what's in your head onto paper so your coaches, players, and parents are all building the same thing.

The standard
for how every team runs practices.

The baseline
for at-home player development.

The rulebook
for how you communicate and what you measure.

When you're ready, this is exactly what we plug into **Team HQ Activated** *— so the system matches the program you actually want to run.*

1 PROGRAM IDENTITY

Program / Club Name _____

Vision — *what kind of program are you building, and why does it exist?*

Non-Negotiables — *how do you behave, regardless of wins and losses? (3–5 standards)*

1. _____
2. _____
3. _____
4. _____
5. _____

Retention targets for this blueprint

Target overall family return next season _____ % **Target B-team family return next season** _____ %

Bring this to your 20-minute Season Map call and we'll turn it into a board-ready plan.

2 TEAMS & ROLES

How many teams does this blueprint cover?

☐ 1 team ☐ 2–3 teams ☐ 4+ teams / full club

Key people — *names, not just titles*

Director / final decision maker _____ Top team head coach (HS / A team) _____

Youth / feeder head coach _____ Admin / parent comms point person _____

Which group is most at risk of leaving? ☐ A teams ☐ B teams ☐ Youth / beginners ☐ Not sure

Who owns B-team player development? Name _____

3 PRACTICE SYSTEM · COACHING

Standard practice template (for this level of teams)

Typical practice length *min* _____ Practices per week _____

Warm-up *(time + focus)* _____ Skill block 1 *(time + theme)* _____

Skill block 2 *(time + theme)* _____ Small-sided *(time + goal)* _____

Scrimmage / compete *(rules)* _____ Wrap-up *(homework)* _____

Do ALL teams follow this practice template? ☐ Yes, all teams ☐ Only A / top teams ☐ It varies by coach

One thing that will change for B-team practices this season _____

4 B-TEAM DEVELOPMENT SNAPSHOT

B-team players you have _____ B-team families you lost last year _____

One thing you could *show* B-team parents each month to prove progress — *e.g. reps completed, skills passed, clips watched*

_____

5 PLAYER DEVELOPMENT · AT-HOME

Standard at-home routine for all players (minimum expectation)

Days per week _____ Minutes per session _____ Simple name for the routine *(e.g. "Wall Ball L1")* _____

To be "doing the work," a player must complete _____ each week

Bring this to your 20-minute Season Map call and we'll turn it into a board-ready plan.

5 PROGRAM ECONOMICS SNAPSHOT

Players in this program _____ Typical dues per player / year $ _____

When it goes well, a family stays *seasons* _____ If a family leaves early, lost future dues $ _____

Last year, families we wish we'd kept but lost _____ *(rough guess is fine)*

Biggest non-coach costs per team each year *(circle)*

Film / Winter indoor / Tournaments / Other: _____

Rough spend on those, for one team $ _____ */ year*

Gut check: compared to those, a per-team development system at "film / winter turf" money would be:

☐ Impossible ☐ Tight but doable ☐ Very doable

6 COMMUNICATION & TECH STACK

Official channels — what is "the source of truth" for each?

Schedules _____ Group messaging _____

Practice plans & playbook _____ Player development tracking _____

Where would you store a 1-page board summary for decisions? _____

7 SCOREBOARD

If you could track only 3 numbers to know the program is working, what would they be?

1. _____
   suggest: "Families returning next season"
2. _____
   suggest: "B-team families returning"
3. _____
   suggest: "Players hitting at-home standard weekly"

Review these as a staff: ☐ Weekly ☐ Every 2 weeks ☐ Monthly **Next review date** _____

Filled it out? On your Season Map call we'll:

1 Turn this into a per-player line your board can approve,

2 Design how to show B-team parents development,

3 Map it into Team HQ Activated so coaches just run the system.

Book Season Map →

Bring this to your 20-minute Season Map call and we'll turn it into a board-ready plan.