



# Ireland Lacrosse Talented and Elite Athlete Profile

High Performance Documentation

## Ireland Lacrosse Talented and Elite Athlete Profile

The ideal athlete profile combines feedback from both Ireland Lacrosse Head Coaches and national team athletes to create a comprehensive profile.

Key Characteristics include:

1. **Fundamental Requirements**
  - High baseline athleticism
  - Personal accountability
  - Continuous Development Commitment
  - Professional approach
2. **Cultural Alignment**
  - Understanding of representational privilege
  - Team-first mentality
  - Program value embodiment
  - Positive influence
3. **Development Focus**
  - Continuous improvement mindset
  - Engagement with support services
  - Feedback receptivity
  - Performance progression



# Expanded Ireland Lacrosse High-Performance Athlete Profile

## Core Attributes

### Physical Characteristics

- 1. Athletic Foundation**
  - High level of baseline athleticism
  - Strong physical conditioning
  - Sport-specific skill proficiency
  - Demonstrated performance capacity
- 2. Development Potential**
  - Room for physical growth
  - Adaptability to different game formats
  - Injury resilience
  - Consistent performance progression

### Mental Characteristics

- 1. Performance Mindset**
  - Competitive drive
  - Goal-oriented approach
  - Pressure management capability
  - Strategic thinking ability
- 2. Learning Attitude**
  - Growth mindset
  - Receptive to feedback
  - Analytical approach to game
  - Continuous improvement focus

## Personal Qualities

### Self-Management

- 1. Development Commitment**
  - Takes responsibility for personal development
  - Invests in skill enhancement
  - Seeks out improvement opportunities



- Maintains high training standards
- 2. Professional Approach**
  - Strong time management
  - Program compliance
  - Preparation excellence
  - Recovery discipline

## **Character Traits**

- 1. Leadership**
  - Positive team influence
  - Communication skills
  - Role model behavior
  - Cultural contribution
- 2. Accountability**
  - Personal responsibility
  - Program commitment
  - Standards maintenance
  - Professional conduct

## **Program Engagement**

### **Team Integration**

- 1. Cultural Alignment**
  - Understanding of privilege in representation
  - Pride in national representation
  - Program value embodiment
  - Positive team chemistry
- 2. Collaboration**
  - Team-first mentality
  - Support for teammates
  - Contribution to team environment
  - Cross-program engagement

### **Development Commitment**

- 1. Performance Focus**
  - Engagement with support services
  - Adherence to development plans
  - Regular performance evaluation



- Goal achievement focus
- 2. Program Investment**
  - Attendance at required events
  - Participation in optional development
  - Contribution to program growth
  - Long-term commitment

## Competition Standards

### Performance Level

- 1. Competitive Excellence**
  - International standard capability
  - Consistent performance delivery
  - Big-game temperament
  - Adaptability to different formats
- 2. Technical Proficiency**
  - Position-specific excellence
  - Multi-position capability
  - Game intelligence
  - Tactical awareness

### Development Trajectory

- 1. Growth Potential**
  - Clear development pathway
  - Performance improvement trend
  - Skill expansion capacity
  - Leadership potential
- 2. Program Progression**
  - U20 to senior pathway
  - Format versatility
  - Role advancement
  - Influence expansion

## Support Integration

### Program Utilization

- 1. Resource Engagement**
  - Active use of support services



- S&C program adherence
  - Medical compliance
  - Performance monitoring participation
- 2. Development Commitment**
- Regular feedback engagement
  - Implementation of coaching input
  - Performance analysis utilization
  - Recovery protocol adherence

## **Professional Standards**

- 1. Documentation**
- Passport requirements
  - Eligibility maintenance
  - Administrative compliance
  - Financial Obligations are met
  - Program communication
- 2. Organization Integration**
- Event participation
  - Camp attendance
  - Communication standards
  - Professional conduct