By: J.P. Donville

BC Lacrosse stars Kevin Crowley, Trevor Moore and Jordan McBride have all graduated from NCAA programs over the past year, but fans of BC Field Lacrosse who might be wondering where the next group of stars will come from need not worry. The current crop of BC based lacrosse players in the US collegiate system is the largest in history and has far more depth and breadth than ever before. So what do these latter comments mean specifically?

For years, BC athletes who have played in US college lacrosse programs have excelled in many facets of the game, especially goal scoring. In a sense this has not changed, with a large number of BC players leading their teams or conferences in scoring. But there is much more to these athletes than just offensive output. BC is now producing more than its fair share of all-star level defensemen, goaltenders, and more recently, high profile coaches and women’s lacrosse players. The past was bright -- the present might prove to be even brighter!

In Division I lacrosse, there is always a player or two from BC that has lit it up offensively and 2012 is no exception. Logun Schuss (Delta) is the current poster child for BC in Division I, having scored 31 goals and 12 assists in eleven games for Ohio State, many of which being of the highlight reel nature. Other BC players putting up big offensive statistics this year include UMBC’s Scott Jones (Port Moody) with 22 goals in nine games and Drexel’s Robert Church (Coquitlam) with 19 goals and 13 assists in eleven games.

Beyond the pure goal scorer types, there are plenty of other players of interest. In terms of two-way midfielders, two players stand out. Bellarmine’s Colton Clark (Nanaimo) has scored 24 points and has been strong defensively picking up 18 ground balls (GB) and 4 caused turnovers (CT). Similarly, Stony Brook’s Robbie Campbell (Coquitlam) has scored 20 points in seven games while picking up 12 GB’s and 3 CT’s. On defense, Matt MacGrotty is having a very big year with Bryant having started all eleven games grabbing 23 GB’s and 16 CT’s. Looking further down the road, three BC rookies have had a great start, including Canisius’ Brandon Bull (Surry), who has 26 GB’s in eight games, Denver’s Wes Berg (New Westminster) with 14 goals in his first ten NCAA games and Jesse King (Victoria) with 11 goals for Ohio State. You should expect to hear much more about this trio in the coming years.

Division II lacrosse has more than its fair share of BC stars, but in this division the defensive and offensive star power is more evenly balanced. On the defensive side of center, Pfeiffer’s Luke Gillespie (Vancouver) has picked up an amazing 58 GB’s and 20 CT’s in thirteen games while Adam Bakular-Evans (Courtney) has been an important part of the Lake Erie story with 25 GB’s and 14 CT’s. Not far behind these two are Mars Hill’s David Beaumont (New Westminster) with 32 GB’s and 15 CT’s in thirteen games and NYIT’s Danny McDermott (Vancouver) with 19 GB’s and 13 CT’s in ten games. McDermott’s coach raves about his contribution to one of the stingiest defenses in the nation. Several offensive weapons in Division II stand out including T.J. Coxw (Delta) with 40 goals and 18 assists for Mars Hill while grabbing 39 GB’s and 5 CT’s, to show that he is one of the best two way players in the game. Limestone’s Riley Loewen (Burnaby) is always dangerous around the cage and has scored 35 goals in ten games while Seton Hill’s Matt Delmonico (Port Moody) has 33 goals in ten games. But there is one more important standout BC player that is Catawba goaltender Michael Pecchia (Coquitlam). Pecchia averages more than 10 saves a game and boasts a low 8.10 goals against average, while sporting a 8-1 win/loss record. It is true to say that Pecchia has stolen more than a few games this year for the Indians.

For BC athletes competing in Division III, the present looks a lot like the past -- lots of offensive firepower! Carthage’s Keegan Bowan (New Westminster) leads this pack of goal scorers averaging 5.0 points a game with 30 goals and 12 assists in eleven games. Birmingham-Southern rookie Erik Klein (Coquitlam) is not far back having scored 42 goals and 13 assists for 4.6 points per game. Richard Lachlan (Port Coquitlam) continues to enjoy great offensive success with Roanoke with 31 goals in ten games while Daniel McCuade (New Westminster) of Whitter College, has 13 goals and 13 assists in nine games. Rounding out the goal scorers, Randolph Macon’s Brett Austin (Vancouver) has 25 goals in fourteen games while New England College’s Brian Gillis (North Vancouver) has scored 24 goals in nine games.

While men have been the focal point of Canadians playing in the NCAA for many years, women lacrosse players are bucking the trend! Women still represent a small

continues on page 4
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By: LacrosseTalk Staff

The 9th induction ceremony of the Prince George Sports Hall of Fame took place Saturday March 31, 2012 at the Hart Community Centre Hotel in Prince George, BC. Dozens of Prince George’s finest athletes, coaches and volunteers were in attendance at the prestigious event.

The Prince George Sports Hall of Fame originated in 1996 when a group of local sports enthusiasts came together with the dream of creating a Hall of Fame to recognize the City’s and district’s top athletes, builders and teams. Since its creation, the Prince George Sports Hall of Fame has inducted more than 58 individuals and 2 teams in 24 sports.

Lacrosse will be represented for the second time in the hall with the latest induction of local lacrosse advocate and BCLA Executive Director at Large, Dave “The Wall” Jenkins. Dave joined Dale McCann (Softball), Niilo Itkonen (Skiing), Sylvia Hausot (Judo) and Lyle Dickieson (Canoeing), as the other 2012 inductees.

“Dave has been a fixture with youth sports in Prince George for years, ” said long-time friend and BCLA President Sohen Gill. “When you think of lacrosse in the North, you instantly think of Dave “The Wall” Jenkins and the imprint he has left on the entire lacrosse community.”

For Jenkins, his love of lacrosse has been all about the children he has coached and being a big influence on many young athletes’ careers — not just teaching them the skills and tactics of lacrosse, but many life skills along the way.

Jenkins joins long-time lacrosse supporter, Fred Doig (1999), as the first two inductees in the Prince George Hall of Fame from the sport of lacrosse.

By: LacrosseTalk Staff

The 46th Sport BC Athlete of the Year Awards and President’s Cup Champions, Vernon Tigers. He not only toils ever as a player up into his Senior B Box Lacrosse days with the Vernon Tigers. He not only toils in the winter with the Tri-City Field Lacrosse Masterts and in the summer with the Tri-City Box Masters, but referees over 120 box and field lacrosse games in a year.

Mosdell calls a discipline game from the arena and athletic fields. He also transfers his knowledge in the classroom and instructs clinics for both box and field lacrosse officials and coaches. He is also a Field Lacrosse Official Master Course Conductor educating new field lacrosse official clinicians.

“I love teaching the next generation of budding officials and coaches in the classroom,” stated Mosdell. “It is their enthusiasm that makes each clinic unique and interesting to instruct.”

His hard work and dedication to lacrosse finally paid off with Terry being named to represent Canada at the 2012 Federation of International Lacrosse (FIL) Under 19 World Championships in Finland.

All of this, and he still has time to hold a position on the BC Lacrosse Association executive and train to be a top ranked master’s rucceball athlete.

“Terry has served at all levels of lacrosse and is now getting his due recognition,” stated BCLA President Sohen Gill. “His dedication to lacrosse has assisted countless officials, coaches as well as engaging our Master athletes to continue with lacrosse past their prime. Terry is a very deserving selection for this achievement.”


The BC Lacrosse Association thanks Terry Mosdell for his commitment to lacrosse.
tough Terry Fox Ravens squad and the Junior Tier 2 title went to repeated as Senior Tier 2 champs; the Junior Tier 1 title went to a 2011 – the highest number of competing teams was as high as 24 Delta, Riverside and Terry Fox competed in the Junior division.

Westminster, Vancouver College, Best, Claremont 1 & 2, South Thomas More and Langley. Centennial, Heritage Woods, New Cross, Heritage Woods, Centennial, Port Moody, South Delta, St. Thomas More and Langley. Centennial, Heritage Woods, New Westminster, Vancouver College, Delta, Holy Cross, and great talent -- just the perfect combination made this a great tournament and teams they face in club and box," mentioned Head Coach Darren Reisig. "Our guys work hard from September to May. It is rewarding for the guys to get to play against good competition and teams they face in club field and box," mentioned Head Coach Darren Reisig. "Our guys work hard from September to March and this weekend was a product of their efforts." The High School tournament has hosted up to 24 teams and as few as 13 teams in past years. The 2012 event was a resuscitation of sorts with District 43 schools redeploying their programs at Heritage Woods, Centennial and Terry Fox fielding both Junior and Senior teams, as well the growth of the Centennial Acadamy fielding four teams. Next year, participation will likely increase with schools that plan to field teams, especially the proposed addition of the mainland's own lacrosse academy from Delta.

"Even though we had a rocky beginning (due to the teacher's strike), it ended up being the best tournament to date," said a proud Tournament Co-ordinator Shawn House. "The caliber of play was great -- splitting both Senior and Juniors divisions by tier provided parity at all levels."

The officiating was great throughout and positive feedback was given for the quality of lacrosse and how well behaved the athletes were while competing. Many thanks go out to the many volunteers for helping host the championships this year as well as Randy Clough of X-treme Sports Gear for providing hoodies and t-shirts sales and for sponsoring the MVP awards. For schools wanting to learn more about this tournament and how to start Field Lacrosse at their school, contact Shawn House at shawn@shaw.ca.

Continued from Cover Article: Men’s and Women’s Field Lacrosse Exports Rise By: JP Domville

...a small portion of BC players in the NCAA, but their numbers are growing much faster than the men in percentages. In 2012 there are 53 Canadian women playing in the NCAA including 3 from BC. The highest profile is Converse College midfielder Sara Walters (Burnaby), who plays primarily a defensive role and has grabbed 38 GB’s and 14 CT’s in twelve games. Savanna Smith (Delta) competes with the 2012 LaSalle Division I women’s squad, while in Division III, Jenni Nickle (Port Moody) has 2 goals and a helper for Pacific University in Oregon.

It is expected that the number of BC women playing in the NCAA in 2013 will more than double that of 2012. Naomi Wallace, Team BC U19 Women’s team head coach, feels the talent in BC will continue to develop into budding NCAA prospects.

“BC girls are playing at a higher caliber each year here on the west coast,” stated Wallace. “I am confident many players will see scholarship opportunities come their way in coming years. Two athletes are presently committed for college [for 2012-13] in Ashley Bull (Canisius) and Ellie Delich (UC Davis).”

The last area of excitement for BC are the athletes turned coaches at NCAA programs. Three of the more interesting success stories of the 2012 lacrosse season have been the offensive prowess of the University of Denver, the emergence of Lake Erie in Division II lacrosse and a potential turnaround at St Joseph’s in Philadelphia. In all three cases, there is a BC coach at or near the center of the enthusiasm.

Denver Pioneers coach Matt Brown (Burnaby) has installed an offense that features a hybrid Canadian style, helped in part by his recruitment of fellow Canadians Mark Matthews, Cari Flint, Jeremy Noble and BC’s Wes Berg. The Pioneers reached the NCAA final four in 2011 and since Brown’s arrival, DU has been among the top programs in the US in most offensive categories.

“Canadian lacrosse players have been an integral part of the development and growth of our man’s lacrosse program here at the University of Denver,” stated Brown. “Not only have these players brought the top talent to the lacrosse field but they have also done extremely well in the classroom.”

The second BC coach making a name for himself in the NCAA is Greg Stocks (Nanaimo). Stocks, coach of the upstart Lake Erie Storm, has taken the program from inception (3 years ago), to one that knocked off a top ranked team this year. Stocks, who is a graduate of Merrycourt, was previously an assistant coach at Loyceham where he also installed an up-tempo Canadian style of offense with great success. Expectations remain high that Lake Erie will soon vie for a position among the national rankings.

The third BC coach worth keeping an eye on is Kevin Crowley (New Westminster). Fresh from the college ranks as an impact midfielder at Stony Brook, Crowley has embraced the move from the box to the field. He has joined fellow Canadian Taylor Wray at St. Joseph’s and will seek to turn around a program that went winless in 2011. So far, they have already won three games and have competed well in every game. That said, with Wray and Crowley on the bench, don’t expect to hear the words respectable and loss used in the same sentence given the competitiveness of these coaches.

“I was very fortunate to have the opportunity to coach Division I right out of college,” noted Crowley. “It’s been fun seeing the game from a different perspective. I’m learning a lot from the other coaches. I really look forward to the day I can bring everything I’ve learned back to BC and have an impact there in the coaching world.”

If the number of BC trained student-athletes playing lacrosse in the NCAA is any indication of the health of the field game, then there is much to be proud and excited about. Of particular satisfaction has been the blossoming of skill sets beyond the core competencies that come from our passion and commitment to the game of box lacrosse.

Looking to the future, the woman’s game has clearly lugged the men’s game but is now growing much faster, admittedly from a lower base. The existence of three high profile coaches in Brown, Stocks and Crowley will also help ensure that our abilities to teach, coach and strategize will keep pace with all of the other exciting developments in the game. Indeed, how can one not conclude that BC’s future as a lacrosse playing province is at least as bright as the past.
So what does it mean to a Coquitlam kid growing up watching the Adanacs to finally get his chance to play with his childhood team?

“The past 12 months have been a complete whirlwind,” said Cornwall. “I honestly can’t even begin to express how much it means to me to have an opportunity to continue playing for the Adanacs.”

Cornwall is a throwback player that can defend and transition the ball, but also has an incredible knack for scoring and playmaking, thus his 106 points in his final year of Junior. This born leader is a quietly confident athlete that leads by example – a true coach’s dream.

“So what does it mean to a Coquitlam kid growing up watching the Adanacs to finally get his chance to play with his childhood team?” Cornwall asked.

“I think to like that I am a versatile and intelligent lacrosse player who will bring size and speed to the Adanacs,” noted the versatile left hander.

Cornwall will bring instant stability and spark to an Adanacs team that当中 through the 2011 WLA campaign finishing in last place with 7 wins and 11 losses while scoring a league worst 160 goals for.

“Deke’s top female lacrosse players — she definitely Colin Doyle, and John Grant Jr., reminisced Cornwall. “I remember spending an entire summer one year working on my fake, trying to play like junior.”

But while Cornwall and his lacrosse friends frequented Adanacs games on Saturday nights on Poor Street emulating past stars to mould their game.

“Definitely Colin Doyle, and John Grant Jr., reminisced Cornwall. “I remember spending an entire summer one year working on my fake, trying to play like Junior.”

Travis really did watch and learn from the best and is proud of his Junior statistics. In his five year Junior lacrosse career, he played in 98 regular season games, scoring 102 goals, 147 assists for 249 points (29.4%) and only 54 penalty minutes. Cornwall also added 24 goals and 61 points in 39 playoff games.

Cornwall will surely have long and successful lacrosse career leading his teams along the way like his boyhood idols Doyle and Grant.
Team BC Field Lacrosse in action versus Ontario at Nationals

Poster boy for the next three years.

were drafted in the intention to BC Junior Lacrosse when it needs it but we return a lot of players and have some potential and made lacrosse a lot of fun. LT: You’ve already accomplished so much in the BCLA, what do you want to get out of the next three seasons?

I loved having Dan as a coach and now playing with solid contributions from all players. The league in scoring last season with 60 goals, 54 assists, and 114 points - the highest point total in BC since Lewis Ratcliffe’s 127 back in 2002. LacrosseTalk caught up with him at the University of Denver where he is playing his senior season with the Pioneers to find out how he’s found so much success at a young age.

The BC Female Bantams will again push for gold in 2012 after two close defeats in 2010 and 2011. With one under his belt with the BC Field program, Head Coach Dan Stroup will be prepared for everything thrown his way.

“With four U16’s and four U19’s having already either made verbal commitments or currently attending NCAA Division I colleges, the Team BC Field Lacrosse Program has made great strides,” commented and elated Comynat. “Coach Browning’s (U16’s) are returning to defend the 2011 National Championship title, while the U19’s Coach Spavan is itching to get another shot at Team Ontario to avenge his squad’s one point loss in 2011 in the First Nations Trophy final.”

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The earlier selection camps have already afforded the coaches the opportunity to have additional training and opening training sessions to develop their respective teams. The extended training season has well played into the progress of the older U19’s preparing for college lacrosse in September - October 2011. While we return a lot of players and have some experienced players that can play both sides of the field - built from goalies out, stressing defense first into a fast transition game.

The Team BC Bantams have seasoned head coach, Tyson Leies (Victoria), who experienced the Midget Nationals last year. His experience will come in handy over the intense seven-day event in the mid summer Ontario heat.

Last year was a great learning experience with solid contributions from all players. The league in scoring last season with 60 goals, 54 assists, and 114 points - the highest point total in BC since Lewis Ratcliffe’s 127 back in 2002. LacrosseTalk caught up with him at the University of Denver where he is playing his senior season with the Pioneers to find out how he’s found so much success at a young age.

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The BC Female Bantams will again push for gold in 2012 after two close defeats in 2010 and 2011. With one under his belt with the BC Field program, Head Coach Dan Stroup will be prepared for everything thrown his way.

"I’m looking forward to coaching the Team BC Bantam girls, there are many talented players and the tryouts will prove to be very competitive," stated Stroup. "We expect to put a hard working team together and will be better prepared for nationals."

The Team BC Bantams have seasoned head coach, Tyson Leies (Victoria), who experienced the Midget Nationals last year. His experience will come in handy over the intense seven-day event in the mid summer Ontario heat. Last year was a great learning experience with solid contributions from all players. The league in scoring last season with 60 goals, 54 assists, and 114 points - the highest point total in BC since Lewis Ratcliffe’s 127 back in 2002. LacrosseTalk caught up with him at the University of Denver where he is playing his senior season with the Pioneers to find out how he’s found so much success at a young age.

LT: “With three more years of junior left I would love to have a chance to play for the Minto Cup.

It will be seven years since Garrett Billings, Rhys Duchs, Dane Dobbie, Jordan Hall, Tyler Richardson and the Gajic brothers all played in the Minto Cup. "I’ve loved having Dan as a coach and now playing against him is very exciting and kind of weird at the same time. I also had Neil Dinsdale and Jim McIntosh and they were very good coaches and mentors. I also learned a lot from Steve McKinnay in field and box lacrosse. Also I have to give a lot of credit to Curt Malnolky, who is one of, if not the best coach a player could have. I would not be anywhere near where I am today if it wasn’t for the great coaches I’ve had." LT: How do you expect the Adanacs to play in 2012?

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The BCLA Aboriginal Development program continues to reach out to communities offering more youths the option of experiencing lacrosse in their community. The BCLA, in partnership with the Aboriginal Sport Recreation and Physical Activity Partners Council (ASRPAPC), target regions around BC and offer the lacrosse development program. With assistance from the BCLA Technical Director and Aboriginal Development Team and leader, Bryan Baxter, schools, recreation centres and friendship centres are utilized in host communities to carry out the program.

January - Cowichan, Port Hardy, Port McNeill and Alert Bay

The BCLA Aboriginal Development program visited School District 79 (Cowichan) with visits to the Chemainus Community School and Khowhemun Elementary School. 156 students participated five lacrosse indoor sessions on a day when snow covered the ground outside. The beauty of this lacrosse program is it's adaptability to play lacrosse anywhere, both inside and out.

Aboriginal Development was alive and well on Northern Vancouver Island with visits to Port Hardy, Port McNeill and Alert Bay. Port Hardy's Eagleview and Fort Rupert Elementary Schools were the first stops where there were plenty of eager students ready to participate in the lacrosse sessions. Six sessions were held with a total of 188 students in attendance. The next stop was Alert Bay with plenty of excitement surrounding the visit here when it was announced that the lacrosse equipment would be left in the District. 67 students were entertained and delighted to learn the skills of lacrosse. The final stop was at North Island Secondary where two PE classes and 56 students had good time learning lacrosse skills and all were pleased to know the sticks and balls were left for them to share with the other schools.

February - Bella Coola, Squamish and Pemberton

The first stop in February was in Bella Coola at Sir Alexander MacKenzie where 67 students from grade nine to twelve were put through the paces of the lacrosse program. In addition, 62 more Bella Coola Elementary students enjoyed three lacrosse sessions. The commitment of the Bella Coola community was incredible as the sticks and balls were picked up by the local contact person, from Williams Lake, a 10 hour round trip! Knowing this, our group was very happy to leave the equipment in this community.

In mid-February, the Squamish-Pemberton corridor was targeted with three schools interested in our visit. The first stop was Brackendale Elementary where five sessions were conducted to 108 students while the afternoon session at Squamish Elementary went very well with 99 students attending four sessions. It was apparent during the Squamish visit that there was an appetite by the local Squamish Nation to develop lacrosse in the area. BCLA Developer Bryan Baxter, met with the local Parks and Recreation Department where he learned that Anthony Joseph of the Squamish Nation had organized a lacrosse jamboree the previous summer and there have been continued efforts to build a lacrosse association. The final visit was to Marquess Elementary School in Squamish where all 64 of the Grade 7 students participated.

March – Burns Lake

In March, Burns Lake and surrounding areas were targeted for five school visits to William Konkin Elementary, Gracey Plains Elementary, Fraser Lake Elementary/Secondary, Fort Fraser Elementary and David Hoy Elementary in Ft. St. James. 335 students were introduced to lacrosse with some students already planning to play box lacrosse this summer in Vanderhoof. The development of lacrosse in this area is now paying dividends!

In Memoriam

Gartside, Bill. November 2, 1932 - January 30, 2012. Bill was born in New Westminster and attended Duke of Connaught High School. He graduated from UBC with a B. Comm in 1956 and later worked for Crown Zellerbach in Vancouver and Calgary. Bill then went on to be president of everything - Commercial Track, Inter-Mountain Transport, Four Square Leasing, B.C. Trucking Association and Labour Relations, New Westminster Salmonbellies, Vancouver Golf Club, Douglas college Foundation and last but most stressful The Royal Muvian Homeowners Association. Bill was Salmonbellies President (1973-75), a director and huge supporter of lacrosse. He was directly involved with the team for better than ten years.

Manning, Arnie. 76, the father of former lacrosse star Doug Manning, passed away February 24, 2012. Arnie spent several years as an active volunteer with the Coquitlam Minor Lacrosse Association, participating in numerous coaching, managerial and executive positions. Following his retirement, Arnie moved to Penticton where he passed away.

Wipper, Harry Robinson. Harry Wipper, a five-time Mann Cup winner, passed away March 22, 2012.

Born in St. Catharines, Ontario, on May 8, 1926, Harry was inducted into the Canadian Lacrosse Hall of Fame in 1971. He was also an honoured member of the Peterborough, Nainaim and Ontario Halls of Fame.

1955, enjoying victory in the first four. He then took Nanaimo to the Mann Cup title in 1956 -- the first Western team to capture the senior lacrosse championship on Eastern soil. Over his 10-game playing career, he accumulated 435 goals and 255 assists for 690 points.

Harry Wipper was inducted into the Canadian Lacrosse Hall of Fame in 1971. He was also an honorary member of the Peterborough, Nainaim and Ontario Halls of Fame.
Swanson is Delta’s Community Sport Hero

Delta Minor Association volunteer Angie Swahn is honoured with a Community Sports Hero Award in March.

By: LacrosseTalk Staff

Swahn is the latest BCLA volunteer to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero Award was created by Sport BC in 2001. The awards are hosted in communities each month across British Columbia, Delta being the community of choice for March. These awards recognize and thank community sport volunteers for their dedication and leadership within BC’s sport system. The dedication of these individuals have allowed athletes and communities to grow and shape sport in British Columbia and inspire others in the community to become involved in sport.

Angie Swahn was the first lacrosse volunteer in Delta to be honoured in the 2012 season.

Angie Swahn is a former lacrosse player and coach who has dedicated her time to volunteering in the sport. She has been volunteering with the Delta Minor Lacrosse Association for over 20 years. During this time, she has held various positions within the association, including board member and team manager.

Angie Swahn has been recognized for her dedication and hard work in the community. In 2012, she was awarded the Community Sports Hero Award in March for her contributions to the sport and to her community.

When asked about her most memorable lacrosse moment, Angie Swahn mentioned the moment when she realized the impact of her volunteer work on the community. "I remember when I first started volunteering, and I saw the positive impact it had on the kids," she said. "It was then that I realized how much I was enjoying giving back to the community and supporting the growth of lacrosse in Delta."
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2012 Gait Lacrosse, a subsidiary of Jarden Corporation (NYSE: JAD)
Twenty seven teams from Vancouver Island, February 17-19 at the University of Victoria. By: LacrosseTalk Staff

By: LacrosseTalk Staff

The SUBWAY® BCLA Tier 2 Field Lacrosse Provincial Championships took place February 17-19 at the University of Victoria. Twenty seven teams from Vancouver Island, the Lower Mainland, Interior and Prince George competed for Tier 2 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The inclement weather did not dampen the competitive spirit of these athletes as they battled through rain and windy conditions. The Under 12 Delta Footmen took gold with a 6-2 win over the Adanacs #2. The Vantions. The Under 12 Delta Footmen took gold competitive spirit of these athletes as they groups.

The Tier 2 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Rhys Blake (Coquitlam #2), Under 14 – Nicolas Lund-Murray (New Westminster), Under 16 – Andrew Gallant (Coquitlam #2) and Under 19 – Patrick Butler (Delta). The SUBWAY® Team Sportsmanship award went to the Under 12 Tier 2 Victoria Titans #2 team and the BCLA Volunteer Award recipient was Chris Sheridan.

The 2012 U12 Tier 2 Warrior Fair Play Awards were: Max Kennedy (Mid Island), Ethan Hoves (Victoria), Gavin Shepherd (Valley), Ian Hunter (New West), Mathew Chapman (Adanacs #3), Anthony Ashby (Oceanside), Brian Lanson (Delta) and Broque Domme (Adanacs #2). The U14 Tier 2 Fair Warrior Fair Play Awards: Carson Hoult (North Okanagan), Taylor Hutchinson (Oceanside), Kurtis Shum (Victoria), Naolv Degoif (New West), Erik Bjorklund (North Island), Dallas McLaughlin (Mid Island), Gabrielle Jensen (Mission) and Brendan Zapf (Burnaby). The U16 Tier 2 Warrior Fair Play Awards: Josh Veres (Mission), Daniel Smith (Pacific Rim), Cody Berezai (North Island), Chandler Bradley (Richmond), Andrew Gallant (Adanacs #2), Chris Immo (North Okanagan), Dakota Dahl (Prince George) and Connor Large (Valley).

The Tier 2 Warrior Fair Play Coaches: U12 - Brian Corbett (Victoria), U14 - Serae Gordon (New Westminster), U16 - Ryan Leonard (Valley) and U19 - Wes Landels (North Okanagan). The overall Warrior Fair Play Official was Kathleen Gesellin and the SUBWAY® Team Sportsmanship award went to the Under 12 Tier 2 Victoria Titans team.

The SUBWAY® BCLA Tier 1 Field Lacrosse Provincial Championships took place February 24-26 at the Burnaby Lake Sports Complex in Burnaby. Twenty six teams from Vancouver Island and the Lower Mainland competed for Tier 1 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The Under 12 New West team ended out a one-goal 10-9 victory over Ridge Meadows after a first period 11-3 New West round robin win. The Under 14 title went to New West after a lopsided 11-3 New West round robin one-goal 10-9 victory over Ridge Meadows. The Under 16 Pacific Rim team broke open a 4-3 game in the second half and didn’t look back taking gold after a 9-5 win over Port Coquitlam. The Under 19 Pacific Rim edged the Adanacs #12 13-12 for the gold medal.

Bronze medal game scores were: Under 12 – Langley 18-8 over Delta; Under 14 – Pacific Rim 8-6 over Burnaby Lakers; Under 16 – Pacific Rim 12-8 over Victoria; and Under 19 – Delta over Langley 10-7.

The Tier 1 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Nicholas Hanney (New West), Under 14 – Levi Gallant (Langley), Under 16 – Johnny Pearson (Langley) and Under 19 – Jacob Moran (Adanacs #2).

The 2012 U12 Tier 2 Warrior Fair Play Awards were: Ryan Atkinson (Victoria), Ethan Silver (Adanacs), Nicholas Hanney (New West), Dayton Voldrich (Ridge Meadows) and Ryan Williams (Langley). The U14 Tier 1 Warrior Fair Play Awards: Derek Van Yperen (South Fraser), Christian DeBiandace (Adanacs), Jacob Howatt (Delta), Quinn Beavers (Langley), Iain Varley (New West), Tyler Macie (Pacific Rim), Liam Thomas (Port Coquitlam) and Brad McCullie (Victoria). The U16 Tier 1 Warrior Fair Play Awards: Patrick Stabo (South Fraser), Kevin Ha (Adanacs), Johnny Pearson (Langley), Grant Jeffrey (Mid Island), Austin Catalano New West), Moses Schuautne (Pacific Rim), Luke Lehtimakki (Port Coquitlam) and Ian Grundy (Victoria). The U19 Tier 1 Warrior Fair Play Awards: Spencer England (New West), Nick Heuley (Adanacs #1), Mathew Symes (Adanacs #2), Rhys Burnett (Langley) and Dane Schoor (Victoria).

The 2012 Tier 1 Warrior Fair Play Coaches were: U12 - Rich Carson (New Westminster), U14 - Pat Coryle (Coquitlam), U16 - Shane Mousooe (Mid Island) and U19 - Kyle Hofer (Victoria). The Overall Fair Play Official was Nathan Churchill. The SUBWAY® Team Sportmanship award went to the Under 19 Tier 1 Coquitlam Adanacs #2 team and the BCLA Volunteer Award recipient was Mary Clare.

Thank you to all the sponsors, partners and volunteers that made it all happen! Sponsor thanks to: new Title sponsor SUBWAY® Restaurants of BC, Warrior Sports Canada, Firstar, STA and Silver Ridge Promotions. Thanks to the many volunteers: Beth McLucas, Trish Keizer, Karen Peterson, Tracy Dolbec, Dirk and Tricia Rachfall, Mary Clare, Randy Radonich, Brad Hara, Scott Stroup, Trevor Weber, Jason Kemp, Wes Landels, Angie Schwan, Larry Larson, Carolyn Brown, Sandy Marjgenson, Nicole Ferris, Angela Debiandace, Travis Peterson, Nikhil Dhanwar, Matt Frissell, Rich Ruby, Chris Comandau, Bob Frunnell, Mike Scott and Jamie McCullocuh, Elizabeth and Dean Grondahl, Aleisha Comerton, Chris Sheridan, Noreen Newton, Paula West-Pattrick, Rick Higgs, Toni and Amelia Leies, Cindy Violini, Kate and Parry Caris, Mary Clare.

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Paciejewski Soars at Pfeiffer

Cole Paciejewski (#21) was the Conference Carolinas Player of the Week in week 4

By: LacrosseTalk Staff

Playing NCAA lacrosse was a life-long dream of Cole Paciejewski. This avid lacrosse player set a goal early in life while growing up in Prince George to become a college lacrosse prospect with limited field experience.

Field Lacrosse is a relatively new discipline of lacrosse played by some select athletes in Prince George, especially with the popularity of ice hockey in the surrounding communities.

"Field Lacrosse is a relatively new discipline of lacrosse played by some select athletes in Prince George, especially with the popularity of ice hockey in the surrounding communities. But taking ones box skills outdoors is a proven benefit in the field game."

"Bill Barwise made the biggest impression on me to play field lacrosse and always put in a lot of work to help me understand not only the game of field lacrosse, but also box," said Paciejewski.

Paciejewski had his mind set on playing field lacrosse at a university in the states. His recruiting process was much different than the average athlete that has played in front of college coaches and spent time at lacrosse camps. Paciejewski put all his efforts into self promotion and seeking out schools that interested him.

"We [Cole and his father] put in a ton of work to get in touch with coaches mostly using recruiting website brecruited.com," explained Cole. "I could not have gotten where I am now without him."

The combination of building a database of college contacts, working hard at his lacrosse skills and maintaining high academic standards in high school was his recipe for success.

"Pfeiffer took a big chance with me and that's really all there is to it," explained Cole. "There were quite a few other schools with interest in me mostly because of previous achievements such as playing on Team BC and winning Pepsi Player of the Year in 2009. I have just been working harder than you can imagine since the first day to try and prove myself and things just happened to go my way."

Currently, Paciejewski is fifth in team scoring after ten games with 13 goals and 6 assists with an incredible .900 shot on goal percentage and 8 ground balls. In week four of the 2012 season, Cole was selected as the NCAA Division II Conference Carolinas Men’s Lacrosse Player of the Week as he paced the Falcons to a 2-1 week with a seven-goal, six-assist performance.

This trailblazer is only one of few Prince George lacrosse players in recent history to play college lacrosse in the NCAA, but Paciejewski is confident many athletes, like him, can make the jump if they put in an honest effort.

"I definitely feel there could be more lax players from PG in the NCAA," said Paciejewski. "There is a ton of younger, skilled players I have had the privilege of playing with and if they put in the hard work not only developing their skills on the field, but also in the classroom – they have a great chance of playing in the NCAA."

Cole is living his dream and will have three more years at Pfeiffer to fulfill it. A true box player since the age of four, turned to learn the field game expanding his lacrosse talent and market-ability to college programs.

"This is only my third year of playing field lacrosse," stated Cole. "I started playing attack because coaches figured it would be the best fit for me and I’ve always enjoyed it."

"Always work as hard as you can; it pays off," explained Paciejewski. "Whether it is putting in hours in the weight room, playing wall ball, or going out of your way to contact NCAA coaches, you always have to put your best foot forward and anything can happen."

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Simon Fraser Midseason Report

By Casey Foster, SFU Lacrosse Marketing & Communications Assistant

The Simon Fraser University men’s lacrosse team has just passed the 11-game marker of their 14-game regular season schedule, current record of 6-6 after earning wins in the last 5 of 6 games. The Clan are currently ranked No.23 in the MCLA with losses against top ranked opponents including current No.1 Colorado State, No. 3 Brigham Young and No. 6 Oregon. Two games remain over the remainder of April, including matchups against divisional rivals Washington and Montana. With a starting line-up containing multiple freshmen, Simon Fraser is poised to meet head on any challenges standing between them and a PNCLL Conference Championship, in hopes of earning a bid to the MCLA National Championship Tournament making its debut at Sirrine Stadium in Greenville, South Carolina May 14-19.

Despite their youth, several fresh faces have made a splash on the Clan’s roster. Freshman midfielder Sam Clare has had a phenomenal start to his collegiate career, recording 21 goals and 4 assists for 25 points in the 11 games he has played. On the offensive side of the field, freshman attack Ward Spencer - 10g, 7a has it in very well with fellow record setting attackman, and returning threats, Calvin Craig and Colton Dow, who are continuing to set the pace for SFU in the 2012 with 30g, 15a and 20g, 9a points respectively.

Last season, Craig finished the season ranked second in the MCLA in points-per-game with 56 goals and 55 assists for 111 points in 18 games (6.167). The 11 teams that Fraser has gone to play have faced a GAA of 11.11 and 15.6 versus ranked opponents last season, SFU is up slightly overall averaging 11.45 goals against over eleven games in 2012, but down versus the six ranked opponents they have faced with a GAA of 11.83. Returning juniors Sam Biagioni and Mitchell Frank have both spent time in the Clan’s starting line-up, while freshmen Bayne Bosquet and Mark Hilker have experienced induction by fire as starters counted on to log heavy minutes early in their collegiate careers. 2011 PNCLL 2nd Team All-Conference LSM Riley Wanzer has had a strong start to his sophomore campaign sitting second on the team with 26 ground balls and a goal to his credit, while being a constant threat in transition. Sophomore Darren Zwack has emerged as the Clan’s starter between the pipes, registering time in 10 games for SFU with a save percentage of 0.579%

Two regular-season games remain for Simon Fraser with PNCLL divisional match ups versus April 14 and Montana (April 27). The PNCLL Final Four Conference Championships will take place May 5 and 6 in Tacoma, Washington, with the MCLA National Championship Tournament making its debut at Sirrine Stadium in Greenville, South Carolina May 14-19.
Coaching TIPS 101

Box Goalkeeping

By: Darcy Rhodes, BCLA Technical Director

When breaking down good defense it is best to keep it in simple terms for your athletes. Break down the process of defending and then teach those skills that help your players have the basic chance of succeeding when defending the offensive player with the goal of regaining possession of the ball. Without a proper stance and stick skills, developing skills, breakdown the process of that skill and provide techniques to improve these skills. You want your defenders to defend with a purpose!

Body Positioning. For any defender to have success they must know the basics of proper body position when defending. Key points to body positioning is the 1.” Good defense starts with the ready position. To do this properly, one must break down all body parts for the stance body to use.

Start with your head up looking at the chest area (mid-body) of the offensive player, not looking at the ball in the stick. Keep the shoulders square to your check, arms both gripping the back of the stick placed slightly out front of the body with elbows slightly bent. Bend the knees with the feet a shoulder width apart and the balls of your feet (not heel or toes). Place your lead foot slightly ahead of your back foot (i.e.-left handed player has a lead left foot and vice versa). The stick is held up to match the opponent’s stick in order to knock down a pass or shot.

Always keep yourself between the player you are defending and your goal. Positioning your feet so you are slightly facing the side boards, taking away the middle area of floor where player wants to cut or dodge into a better shooting position. Place your stick in a cross-checking motion and push when cross-checking, but only inside the dotted area. Do not lunge and be off balance when cross-checking, as you will be out of position. Your head is always on a swivel when watching where the ball is, your check is in and a good position to help teammates at any time.

Anticipation. The meaning of anticipation is to realize beforehand or foresee. Players defending one-on-one require good anticipation and quick movement skills to counteract all offensive player’s movements. Advanced defensive players move from the ready position to act preemptive in forcing offensive players into a poor position and doing something they really don’t want to do.

Dictate where you want the offensive player to maneuver on the floor. Force the player into a low percentage passing or shooting angle in order to try and regain possession. This tactic is planned as a tool to concept to defend the goal area in offering the best chance to defend.

Players need to anticipate when to assist another defender if they have been beat. This takes plenty of practice and timing in order to successfully help a teammate in need. If the ball is in the air for a pass to the offensive player, be ready to clamp down your stick on the offensive player’s stick so a pass cannot be completed or attempt to intercept the pass.

Lastly, your best defense is for all your defenders to be aware of the shot clock and the time remaining on the clock. How many times have we seen a defender interfere with less than 5 seconds on the shot clock only to give the offensive team back the ball and a new 30 second shot clock? Defenders should take a peek or two at the shot clock while defending. If you anticipate the clock is about to run out, use this to your advantage and apply pressure to the offensive team when passing or shooting to force a poor shot or a good shot and the clock simply run out for a change of possession. Not a bad idea – no interference and you regain possession!

Communication is the basis of success to individual and team defense. It is so important that all players are communicating in the defensive zone. You should develop a set of key words that each player on the team knows like the back of their hand. You want the key words to specific yet simple to remember:

Some examples of terms, in the order when the ball is turned over in the defensive zone: “Back”: all defenders revert back to the defensive zone. “Check”: communicate the specific jersey number of the offensive player you are checking. “Pick Left” or “Pick Right” or “Pick Back”: make sure you are giving your defender the direction the pick is going to be set from. “Stay” or “Switch”: depending on what you want your defensive teammate to do, signal to the other defender or pass the player off and switch. “Pass” or “Shot”: communicate to the other defenders that the ball may be in flight as a pass or shot and potentially available for a rebound or you can clamp your stick on the offensive player to cause a turnover. It is important to emphasize communication in all practice situations, you will find it is contagious and all your players will get on board and talk continuously.

These are some constructive tips to assist in defending your goal area. Good luck defenders!
Ron Jay

By: Stan Shillington

Ron Jay has always been an individual of determination, an achiever resolved to better himself and others around him. Born December 3, 1938 in Peterborough, Ontario, he was barely four years of age when he became involved in sports – any kind, they were all fun. But lacrosse was high on his list of favourites; after all, his uncle Ira Dundas – a member of the Canadian Sports Hall of Fame – gave him his first stick. That took care of his summer months, while hockey, football and any other activity in or out of school – even marbles – took care of the rest of the year.

The Peterborough senior lacrosse club became the Talk of the Town during the early 1950’s, a magnet that drew hundreds of youngsters to the Miller Bowl for all games and team practices. In 1951, Harry Wipper joined the senior squad and, almost immediately, accepted the job of chief instructor of the city’s minor lacrosse association. An up-and-coming junior named Bobby Allan jumped in to help. By now, according to Canadian Lacrosse Hall of Famer Don Barrie in his book “Moon and Me,” Jay was “the best Peewee player in town.”

As his own athletic achievements continued to grow, Ron also took pride in helping other youngsters develop their skills. Not yet 17 years old, he was named head coach of the city’s minor junior league.

That same year, Ron was named the first recipient of the B’nai B’rith Trophy for Junior Athlete of the Year for his involvement in hockey, lacrosse and football in the Ontario community. All this before his eighteenth birthday!

The following year, Ron captured the junior scoring title with 86 points while helping his team to a 16 win-two loss season; but, despite an incredible lineup that included Larry Ferguson, Dan Quinlan, Paul Parnell, Grant Heffernan, Cy Goombes and Pat Baker, the team lost the provincial title to Brampton on a seventh game, last minute goal by future hockey great Bob Pulford. And disappointment didn’t end there!

Ron and teammate Parnell were added to the senior club’s lineup in pursuit of the 1957 Mann Cup; however, the CLA disallowed Peterborough over the disputed eligibility of Bob Allan, suspending the entire team and four executives, with the exception of Ron, Parnell and a third pickup player.

With Peterborough’s senior lacrosse picture now in jeopardy, Ron again heard the Horoe Greeley call to “Go West, Young Man, Go West.” Just 19 years of age, he transferred to the Victoria Shamrocks in 1958 and began a successful 11-year senior lacrosse career that saw him gamer 383 goals and 245 assists for 628 points in 327 games. Of course, there are 28 goals and 13 assists senior Peterborough points to be added to the total.

Meanwhile, Ron had been scouted by the Boston Bruins’ hockey club and was asked to report to the NHL’s junior training camp; but, having now settled in Victoria, he declined the offer and, instead, married Elaine and subsequently joined the Saanich Fire Department.

Undoubtedly, 1962 was a highlight year for Ron. Just 23 years old, he enjoyed his most productive senior season with 52 goals. At the same time, he coached the Junior Shamrocks to Victoria’s first Minto Cup championship.

Former Shamrock teammate Ed Kowalyk recollected that, during the 1960’s, Victoria did not have a strong senior team. “But Ron was the very best of what we had,” Kowalyk recalled. “His efforts did not lead to any Mann Cup, but his superior play kept the Shamrocks in the game. His dedication helped the organization through some dark years ... he led the way to save the franchise.”

In 2010, Ron was inducted into the Victoria Shamrock Wall of Fame.

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Western Lacrosse Association 2012 Schedule

**DATE** | **VISITORS** | **HOME** | **TIME** | **SCORE** | **NOTE**
--- | --- | --- | --- | --- | ---
May 18 | Victoria | Burnaby | 7:00 PM | 0 | BOA Billett Arena
May 20 | Langley | Nanaimo | 7:00 PM | 0 | Fraser Creek Arena
May 20 | Coquitlam | Maple Ridge | 6:45 PM | 0 | Planet Ice
May 23 | Burnaby | Langley | 7:45 PM | 0 | Langley Events Centre
May 30 | Nanaimo | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
May 29 | Maple Ridge | Victoria | 7:45 PM | 0 | Bear Mountain Arena
May 26 | New Westminster | Coquitlam | 7:00 PM | 0 | Coquitlam Sports Centre
May 27 | Coquitlam | Nanaimo | 7:00 PM | 0 | Frank Cranefield Arena
May 28 | Burnaby | Maple Ridge | 6:45 PM | 0 | Planet Ice
May 29 | New Westminster | Langley | 7:45 PM | 0 | Langley Events Centre
May 31 | Maple Ridge | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
June 1 | Nanaimo | Victoria | 7:45 PM | 0 | Bear Mountain Arena
June 1 | New Westminster | Burnaby | 7:45 PM | 0 | BOA Billett Arena
June 2 | Langley | Coquitlam | 7:00 PM | 0 | Coquitlam Sports Centre
June 3 | Victoria | Maple Ridge | 6:45 PM | 0 | Planet Ice
June 6 | Burnaby | Langley | 7:45 PM | 0 | Langley Events Centre
June 9 | Coquitlam | Victoria | 7:45 PM | 0 | Bear Mountain Arena
June 7 | Maple Ridge | Langley | 7:45 PM | 0 | Bear Mountain Arena
June 10 | Langley | New Westminster | 7:00 PM | 0 | Langley Events Centre
June 10 | Maple Ridge | Burnaby | 7:45 PM | 0 | Bear Mountain Arena
June 12 | Maple Ridge | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
June 15 | Victoria | New Westminster | 7:45 PM | 0 | Bear Mountain Arena
June 15 | Maple Ridge | Coquitlam | 7:00 PM | 0 | Coquitlam Sports Centre
June 17 | New Westminster | Nanaimo | 7:00 PM | 0 | Frank Cranefield Arena
June 17 | Burnaby | Maple Ridge | 6:45 PM | 0 | Planet Ice
June 19 | Maple Ridge | Langley | 7:45 PM | 0 | Langley Events Centre
June 21 | Burnaby | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
June 3 | Maple Ridge | New Westminster | 7:45 PM | 0 | Bear Mountain Arena
June 22 | Burnaby | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
June 23 | Coquitlam | Burnaby | 7:00 PM | 0 | Coquitlam Sports Centre
June 24 | Coquitlam | Nanaimo | 6:45 PM | 0 | Planet Ice
June 27 | New Westminster | Langley | 7:45 PM | 0 | Langley Events Centre
June 28 | Victoria | Burnaby | 7:45 PM | 0 | Langley Events Centre
June 30 | Victoria | Nanaimo | 7:00 PM | 0 | Langley Events Centre
July 1 | Langley | Victoria | 7:45 PM | 0 | Bear Mountain Arena
July 6 | New Westminster | Burnaby | 7:45 PM | 0 | Queen’s Park Arena
July 7 | Victoria | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
July 8 | New Westminster | Burnaby | 7:45 PM | 0 | Queen’s Park Arena
July 12 | Langley | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
July 13 | New Westminster | Burnaby | 7:45 PM | 0 | Queen’s Park Arena
July 16 | Nanaimo | New Westminster | 7:45 PM | 0 | Queen’s Park Arena
July 19 | Burnaby | Victoria | 7:45 PM | 0 | Queen’s Park Arena
July 20 | Burnaby | Coquitlam | 7:00 PM | 0 | Coquitlam Sports Centre
July 20 | New Westminster | Maple Ridge | 6:35 PM | 0 | Planet Ice
Calm Waters Are Ahead

Despite Rough Start to Season, Stealth Still Hope

**By: Teddy Jenner**

The Washington Stealth might need to update their version of 1001 sports cliches when the 2012 National Lacrosse League season is over. As they get ready to make a run for the playoffs, and run they will have to do, the only thing the Stealth has used more of than cliches is players. This year has been one to forget so far for Washington and their fans as numerous injuries to key people has really hampered them moving forward to a third straight Champions Cup final date with the Toronto Rock, who’ve had their own injury woes. However, in a year where eight of nine teams make the post season, there’s still time for things to go according to plan.

As the season has gone on through, in the past few weeks, the Stealth have gotten healthier (Kyle Sorenson and Tyler Richards are both back from mid-season injuries), they made a major deal with Edmonton before the trade deadline (Athan Iannucci swapped for Paul Rabil) but more importantly, the return of Chris Hall behind the bench.

“Anyone that has played for CH knows that when he speaks you listen and he’s not afraid to call anyone out,” Sorenson said after the Stealth beat the Minnesota Swarm 20-13 in week 12. “When he started holding guys accountable, it was an immediate change in the locker-room and on the bench. It’s been a huge change for us.”

You can see it in the attitude the Stealth bring to the floor, they are a more confident bunch with Hall at the helm. That’s not a slight to assistant coach Art Webster who was in charge while Hall was sidelined with radiation and chemotherapy treatment for throat cancer. Webster was in constant contact with Hall and was running the game plans and system implemented by Hall. But as many of the Stealth players will admit, it’s a much different environment and mindset when Hall is the one looking you in the eyes instead of reading his words on paper.

Since Hall’s return during week 10, they’ve gone 3-4 and when you consider they started the year 1-3 you can see that they are starting to turn the corner. If it wasn’t for a poor performance in Edmonton the night before the aforementioned Minnesota game, they’d be 4-3 in their last seven with Hall.

BC boys continue to shine for the Stealth and more and more are getting floor time. Justin Salt a second round draft pick in the WLA by the Barnaby Lakers this year, has been inserted into the lineup the past few weeks and has added a nice spark to the defensive transition game, even scoring his first NLL goal in a game versus Toronto at the beginning of March. Martin Cunnings saw his first action of the year during week 12 and chipped in a pair of goals in Washington’s most offensive outing of the year.

One name that wasn’t mentioned above as a key returnee from the IR list is Jeff Zywicki. Near the end of the WLA playoffs, Zywicki went down with a lower body injury that really affected his game and it was obvious that at the start of the NLL season he wasn’t quite there yet. For a player that’s won at every level and been an all-star where ever he goes, taking time off mid-season to heal isn’t always the easiest choice to make but he did. After a few weeks away from his lacrosse family, he’s back quarterbacking the high point Stealth offense and you can see the impact he has out there as there is more to the set offense and he’s a large part of helping pull all that talent together.

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1976 MANN CUP

By: Stan Shillington

Team momentum in the 1976 Mann Cup series flipped back and forth faster than a toy yo-yo on steroids. Would the host Brampton Excelsiors be triumphant or could the visiting New Westminster Salmonbellies be the successor?

And, so, the suspense endured down to the final whistle of the seventh and deciding game before the ‘Bellies laid claim to the Canadian championship with an 8-6 win.

Brampton, bolstered by five league all-star imports (Larry Smelter, Ted Greaves, Mike French and brothers Terry and Lindsay Sanderson) came out strong in Game One, blasting 71 shots at goalie Joe Comeau on the way to a 14-10 victory.

“We were flat, weren’t sharp,” explained coach Bob Babcock. “We didn’t come up the way you would expect. Chuck (Medhurst) was the only one of our guys (with six of the ten goals) who could score effectively.”

Babcock’s observation obviously worked for, in Game Two, the Westerners claimed a convincing 10-4 victory. The only two all-stars added to New Westminster’s lineup for the series were Coquitlam’s Dave Durante and Vancouver’s Dave Tasker, both of whom scored three-goal hat tricks.

In Game Three, New Westminster held a 9-3 lead after 40 minutes, but “we just lost our composure,” observed Babcock, as Brampton came on to score nine last period goals for a 12-11 win, five of them in the last three minutes.

“I was embarrassed,” a shocked Babcock said. “The whole team was embarrassed. We controlled the game and just blew it.”

WLA scoring champion Brian Tasker had been hampered in the first three games after being struck in the eye by an errant ball early in Game One. But he returned to form in Game Four. Playing with a special mask to protect his swollen eye, Tasker scored four goals and assisted on another five to lead the ‘Bellies in a 10-6 victory.

Brampton coach John McCauley wasn’t impressed with the result.

“They didn’t play well – it’s just that we played worse. Hell, some of our guys out there played the worst I’ve seen them play this season. You would expect them to come into one high, and what happened? It’s all just laziness.”

The McCauley criticism did not go unnoticed by his club for, in Game Five, Brampton scored four goals in the final eight minutes for a 11-10 win and a 3-2 series lead.

“If I could package the formula for these last periods we’ve been having, I could make a fortune,” a jubilant McCauley reflected.

But the third-period formula failed to work in Game Six.

Tied 10-10 going into the final 20 minutes, the Royal City boys outscored the Excelsiors 5-2 to take the game 15-12.

Now, it was down to the seventh and final game of the following night.

But wait! What’s this? A fair had been previously booked into the Brampton Arena, which the CLA had failed to mention to either team. Then, the CLA decided the final match would be played on Friday, not Thursday, and would be shifted to the smaller Bramalea arena.

“…”This was a backroom decision made at two in the afternoon by the CLA,” said ‘Belle’s manager Barry Erledson, “and we don’t think it’s fair to our players.”

Babcock added: “The fault lies with the (CLA) organization. They never anticipated a seventh game and that’s ridiculous.”

New Westminster jumped to a 6-1 first period lead in Game Seven but, when the Westerners came out for the second period hoping to continue their domination, they were confronted with a 20-minute delay while sawdust was spread over the playing surface to combat condensation.

The delay and messy floor weighed heavily on the ‘Bellies, allowing Brampton to tie the match at 7-7 after no minutes of play.

New Westminster’s Dave Wilfong opened the scoring in the third period only to see Terry Sanderson again even up the game. Then, with goalie Comeau making 17 last period saves, the ‘Bellies’ Bob Tasker popped in the winner with 7:34 to lock up regulation time.

An exciting Mann Cup championship: one victor, two outstanding competitors.
Wings retire Hall of Fame goaltender Dallas Eliuk’s No.35

Dallas Eliuk speaks as his #35 jersey is retired by the Philadelphia Wings.

The Philadelphia Wings honored one of the NLL’s all-time greats by retiring Dallas Eliuk’s No. 35 on March 3, 2012. Eliuk played 15 seasons with the Wings from 1991-2005, earning All-Pro honors nine times and participating in the NLL All-Star game in each of his 15 seasons with the team. He was inducted into the NLL Hall of Fame in 2009. Additionally, Eliuk is the league’s all-time saves leader (6,536), and won four Champion’s Cups including being named the MVP of Champion’s Cup MVP award twice.

NLL.com

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ELIUK

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And send cash, cheque or money order to: BCLA, #101-7382 Winston St., Burnaby BC V5A 2G9

Field Directorate Special Session Timeline
Apr. 21 Field Directorate Special Session
   At Executive Plaza Hotel Coquitlam 10:00 AM/4:00 PM

BCLCA and BCLOA Special Session Timeline
July 4 First Notice of BCLCA/BCLOA Special Session
   Forms circulated, Registration, Policy Changes, Agenda, Awards
Aug. 1 Deadline for BCLCA/BCLOA Operating Policy Changes to the BCLA Office
Aug. 8 2nd Notice/Operating Policy changes circulated for BCLOA
Aug. 23 Deadline for Executive Reports/Budget to be submitted to the BCLA Office
   Deadline for nominations of awards (BCLCA/BCLOA)
Aug. 30 Deadline for Registration Forms
Sept. 8 BCLCA Special Session at Douglas College 9:30 AM-4:00 PM
   BCLOA Special Session at Douglas College 9:30 AM-4:00 PM

BCLA Annual General Meeting Timeline
   (BCLA AGM, Minor Directorate, Senior Directorate)
July 20 First Notice of Annual General Meeting
   Forms for changes to the Operating Policy/Constitution & By-Laws
   Hotel Information and Order Form
   Award Nomination Forms
   Letter re: policy on who pays for delegate fees, travel, etc.
   Aug. 29 Deadline for Constitution/By-Laws changes into the office.
   Deadline for BCLA, Senior, Minor Operating Policy changes to office
   Deadline for Award Nomination forms into the office.
   Sept. 10 Deadline for all Executive Reports/Budgets for Annual Report
   Sept. 10 Deadline for BCLCA, BCLOA Minutes to office
   Sept. 13 2nd Notice/Mailing of Changes to the Constitution/By-Law & Operating Policies
   Sept. 20 Deadline for booking Hotel for AGM
   Sept. 20 Deadline for AGM Registration Forms
Oct. 12-14: 2012 BCLA AGM- Whistler, B.C.
Coaches Corner ~ Practice to Game Ratios

By: Duane Bratt, CLA National Resource Person

One of the problems with all youth sports, including lacrosse, is that there are too many games and not enough practices. Unfortunately for the player, his long-term athletic development, it is in practice when skill acquisition is optimized. This is most readily seen in the fundamental stick skills of cradling, passing, catching, and shooting. The only way to develop these individual skills is with a ball in your stick.

In a game, there is only one ball and 10 runners trying to get it. This is a 1:10 ratio. Throw in line changes, loose balls, and you have a ratio of 1:5. The main thing you spend cradling, passing, catching, and shooting the more proficient you will become. Therefore, practices, at all levels, need to maximize the amount of stick skill drills.

Even when clubs schedule practices, some coaches do not fully utilize their scarce practice time. Instead, they decide to spend 20-30 minute scrimmages. There are numerous problems with scrimmaging. First, you take all the balls off the floor, thereby removing the key advantage of a practice, second, it is not game realistic. A typical scrimmage involves 12-14 runners divided into two teams with few stoppages. Thus it resembles old-time hockey with long shifts of very little energy. In addition, since most teams have only one goalie, the other net is often tended by a water bottle. Clearly this does not help a team’s shooting skills!

A better technique is to use some scaled-down replications of game-like situations. For example, 2 v 2 drills that teaches players to pick and rolls. Or a set of fast break drills like example, 2 v 2 drills that teaches players to run, and defend against, the two man game of the other net is often tended by a water bottle. Clearly this does not help a team’s shooting skills!

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Therefore the key to having a good practice-game ratio which maximizes player development is to ensure that: a) enough practices are scheduled; and b) practice time is properly used.

To help coaches with their practice-game ratios, all coaching manuals now contain an appendix outlining recommended times for on-floor skill training (individual technical drills) and off-floor competition specific training (team tactics), off-floor training (mental and physical preparation), and games. These are broken down by the stages of development. This means that the ratio between skill and competition specific training is highest at the youngest levels. For example at the Active Start stage (mini-tryke), practice is 100% dedicated to skill training. In another example, off-floor training begins at the Training-To-Train stage (bantam). Finally, as players go through the stages, the overall number of practices and games increases.

The distribution of Lacrosse Talk to members of the BCLA is a benefit of membership.

If you do not want to continue receiving Lacrosse Talk, please write the BCLA Privacy Officer at #101-7382 Winston Street, Burnaby, BC V5A 2G9 and request that your name be removed from the Lacrosse Talk mailing list.
Beth McLucas (LMM/CL Chair & Provincial Director)

Beth McLucas started her lacrosse volunteerism with the North Delta Minor Lacrosse Association in 2000 before moving to the Surrey Minor Association in 2003.

She managed many teams over the years, then got involved in association duties including apparel sales and tournament coordinator before working her way up the ladder serving as President from 2006-08.

Near the end of her term as President, Beth became more involved on the Provincial spectrum as a Lower Mainland Minor Lacrosse Commission commissioner, Vice Chair and Chair, a position she has held since 2010. You will always see her at a Box Provincial assisting the event as a Provincial Director, something she has done the past 4 years.

In Field Lacrosse, Beth has volunteered for provincials since 2005 keeping the volunteers fed as well as many other duties. At the Provincial level, she has been a commissioner and Vice Chair of the PCFLL and managed the Team BC Stars in 2008-09. Beth is currently the BCLA representative as the 2012 Summer Games Field Lacrosse Chair.

Beth enjoys visiting arenas and talking lacrosse to people about developing the game further. Her efforts have not gone unnoticed as she was the recipient of the Surrey Minor Lacrosse President’s Award (2008) and the BCLA Art Daoust award (2011).

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