By: LacrosseTalk Staff

In early April 2011, the cast of Extreme Makeover: Bill Copeland Sports Complex Edition raised the curtain on a new wooden floor at the Bill Copeland Arena in Burnaby, BC, a project that has been years in the making.

Bill Copeland Arena will be the only other facility in Canada to don the all wooden floor; the other is the famed Queen’s Park Arena in New Westminster. Since 1938, the legendary New Westminster Salmonbellies were the only organization to have run out on to one of the only wooden floors in use in Canada. Now, their neighbours in Burnaby, just kilometers away, will have the right to say they host the only other wooden floor of its kind.

The Burnaby Lacrosse community, lacrosse players, lacrosse teams and lacrosse fans are excited for the arrival of the new wooden floor in Burnaby this season. This project was not a new concept to the Burnaby Lacrosse community. The wooden floor was part of the original design concept for the Bill Copeland Arena but was dropped at the last minute due to budgetary constraints in the late 1990’s.

Lee Loftus, Past President of the Burnaby Minor Lacrosse Association (BMLA), was part of those early conversations for a wooden floor, as was Burnaby Lacrosse icon, the late Jack Crosby.

“Jack Crosby and I kept the discussion alive over the years, with Jack always saying, ‘It will never happen’,” mentioned the cheerful Lee Loftus. “Jack wasn’t wrong often, but I am just glad he was on this.”

The clubs that play out of the Copeland Arena were all in agreement that the addition of the wood floor will attract players, coaches and events that may not have utilized Copeland in the past.

“We are also hopeful, that with several wood floors being available in close proximity, that national and world class lacrosse events may consider these arenas,” explained Loftus. “We believe that should it happen, it will elevate and create greater awareness to the sport of lacrosse.”

“We’re very proud of this new addition to our outstanding facilities in Burnaby,” said Burnaby Mayor Derek Corrigan. “We have been one of the cities across Canada that really takes our national sport to heart.”

The allure of playing on the green wooden floor interests many. The thumping and squeaking that accompanies player movements will now echo through the halls at Copeland. New magic and new memories will be etched in lacrosse history on lacrosse’s newest wooden playing surface.

“The wooden floor in New Westminster has iconic stature among lacrosse players,” stated Mayor Corrigan. “It hearkens back to the mid twentieth century when lacrosse was one of the biggest sports draws in the lower mainland. It creates an exciting environment with the sounds, colours and smells of a wood surface. It also brings lacrosse closer to the sport it most resembles...basketball with full contact, better hand/eye coordination and more speed.”

The wooden floor will offer a much “softer” feel to the athletes than the traditional cement floor. There is much belief that the wooden floor is beneficial in reducing long-term wear and tear of the athlete’s body and could extend ones career.

Lacrosse Historian, Stan Shillington, has been a long-time advocate of the wooden floor, not just because of the spectacle, rather, the floor prolonging the playing careers of some of the game’s brightest stars.

“Most games, of course, are played on cement floors,” Shillington observed. “The constant pounding on such hard surfaces eventually takes a toll on the athletes’ feet, knees and hips. The older the player gets, the harder it is for his body to recover from the punishment. The Queen’s Park floor ‘gives’ under foot and, therefore, doesn’t have a long-term adverse affect on the body.”

continues on page 4
APPAREL IS EQUIPMENT TOO.

firstarsports.com
You don’t get involved in a sport to receive this award from Sport BC was unbelievable! To receive an award of this magnitude and prestige was completely flabbergasted and blown away to think about. From 1996-2004 as the VP of Administrative Directorate representative, as well as a League Commissioner, ex-Canuck John Grisdale.

Glen “Moose” Scott was introduced to lacrosse at the age of 10. His job took him to Prince George in 1969 where he played senior lacrosse in the North Central Lacrosse Association (NCLA). When the NCLA folded, Moose received a call from the BCLA to see if anyone could revive lacrosse in the north. In 1988, Scott resurrected lacrosse in PG developing the original Master’s box lacrosse tournament.

Due to the high demand of interest for lacrosse in Prince George, Scott formed a 3-team Prince George Senior Lacrosse Association (PGSLA) which has now grown to 5 teams. Moose has been League Commissioner and President of the PGSLA for 21 years and President of the BCLA for 15 years.

Scott has hosted many skills camps and clinics to develop youth athletes. He was also instrumental in hosting three WLA Senior A and three professional NLL games in Prince George.

Moose has also served on the BCLA executive from 1996-2004 as the VP of Administration and continues to manage the league and sport communities! In 2002, he helped form the new Cranbrook Minor Lacrosse Association.

Darren Sutton played youth lacrosse in Victoria where he competed up to the Intermediate level. Like many young athletes, he made time to give back, as a referee and coach, as early as age 11.

In 2000, Darren moved his family to Cranbrook. Lacrosse, a rather unknown sport in the Kootenays, began to grow roots in the local sport community. In 2002, he helped form the new Cranbrook Minor Lacrosse Association. He has held many executive positions, including Association Head Referee & Head Coach, Equipment Manager and President for 5 years, a position he holds today. He has been an integral part of sustaining the sport in his zone, as a Zone 1 Commissioner and Minor Lacrosse Association. He currently serves on the BCLA board of directors.

His love is coaching, and he has coached various levels from Tyke to Midget – coaching a team each year since 2003. Darren coached three Pee Wee teams to Provincial C gold medals and is currently coaching Tykes and Bantams. Darren also runs a “Lacrosse Boot Camp” in the schools at no cost to introduce new players and condition previous players for upcoming season.

“I was honored to be nominated, but to win has just blown me away. Many people have contributed to establishing our lacrosse association over the last ten years and this award is recognition of all their hard work.”

Chris Locher played youth lacrosse in North Vancouver for 10 years. He missed it so much, he made a comeback, as a Masters player (age 35+), for the North Shore Cowboys in 2005. A relative newcomer volunteer to lacrosse, Chris jumped in at the grassroots of the North Shore Minor Lacrosse Association (NSMLA). He has coached both box and field lacrosse, for 5 seasons, at the Mini-Tyke, Tyke and Novice levels in box and the Under 8’s in field. Chris currently coaches a Novice team (9-10 year olds) and in the Novice Division Co-ordinator. Chris also offers his expertise as the President of the NSMLA, a position he’s held from 2008 to present.

His love is coaching, and sustaining growth in his association. He just finished running “contact clinics” inside a community centre gym for Tyke players transitioning to Novice, to prepare them for full contact lacrosse. When he’s not helping raise his two children, he enjoys fishing, hiking, swimming at the lake and mountain biking, when time permits.

“We volunteer our time and effort for the love of the game and of course for our kids, but it is still nice to be recognized and appreciated by our communities, and by our peers in our respective clubs and leagues.”

Congratulations to Glen, Darren and Chris for their commitment to lacrosse in their communities!
Burnaby Boasts New Wooden Floor in 2011

Continued from Cover Article:

itself. Conventions and graduation ceremonies. A protective cover will surface during the fall and winter to accommodate other sports also be purchased to allow the floor to be installed over the ice and recreation director Dave Ellenwood noted that a subfloor will be loaded for the trip to Burnaby.

The panels then cured for a few days before being wrapped and game lines and logos painted and then two final coats of finish. Then stained green, followed by two coats of urethane sealer, to Rossville, Georgia where it was sanded three separate times, deliver. It was manufactured in Amasa, Michigan, transported is made out of maple and took under eight weeks to built and late summer in time to ready the rink for the ice sport season.

The new wooden floor is expected to last up to 50 years.

The cost of the 17,000-square-foot portable wood floor is $286,000, which will be installed each spring and removed in April 9th and will start a new page in Canadian lacrosse history. When they're too old to be playing the game.**


drawbacks are, with the softer surface, some of the older players mentioned former Senior Laker All-star Russ Heard. "The only perspective on the new floor and all agree it will be special!**

After playing at Queen's Park last year, the wooden floor was different," said Sarah Kuhn ( Pee Wee Girls). "What makes the floor special is that it is only for lacrosse. And the city's decision to put it in makes you feel proud, knowing that lacrosse is important."**

"The wood floor will be nicer to play on because it won't be as hard as the cement," explained Nicole Kuhn (Novice Girls). "And the green colour will really make it feel like I'm playing for the same Burnaby teams that my uncles and dad, and everybody before them, played for."**

"It's not gray like almost every other rink," said Emily Kuhn (Novice Girls). "It's going to be great to play on."**

Jessica Yi of the Burnaby Junior Female Lakers team loves the opportunity to now play all the time on the new playing surface.**

"It is a lot better than the concrete floor," mentioned Yi. "We don't get many opportunities to play on it (Queen's Park's floor). New Westminster's wooden floor attracts many other teams coming to BC -- now, these teams will have a better opportunity to play on Burnaby's floor and will help expand lacrosse in BC.**

"Being a former Laker, it was big for Burnaby Lacrosse to go from Burnaby Lake Arena to having Bill Copeland Arena built," mentioned former Senior Laker All-star Russ Heard. "The only drawbacks are, with the softer surface, some of the older players may think they can play longer as some old guys just don't know when they're too old to be playing the game."**

The new wooden floor was christened at an open ceremony on April 9th and will start a new page in Canadian lacrosse history. The wins, the losses, the championships – the blood, sweat and toil will now be part of the Burnaby sports history books.

The center of the floor will host the Burnaby Lakers logo -- encompassing the entire lacrosse community and the people taking ownership as it being "their floor."

"We are pleased at what it brings to us as a club," mentioned BMLA President Bill Berry. "With the new club logo on it, it makes our minor and senior clubs more of a family and a dedicated home for Lakers' Lacrosse." Both Junior and Senior Laker executives agree the addition of the floor will be great for all Burnaby teams, and visitors, creating a greater identity bringing the entire Burnaby Lacrosse community even closer – a closeness that was surely the master plan of Jack Crosby.

"I am sure Jack has an ear splitting grin on his face, as he is undoubtedly looking down on us," said Senior Laker GM Paul Rowbotham. "Least we forget, to play on the floor for Burnaby players, and visitors, will be AWESOME!!" Various sports have different traditions that accompany their sports – and their venues have everything to do with it. Like Boston's Fenway Park, New York's Madison Square Gardens and Green Bay's Lambeau Field – their sports have a certain prestige in their hallowed halls. A prestige that will now envelop lacrosse not only in New Westminster, but now the house that Bill Copeland built in Burnaby!"
New Bench Bosses in BC

By: Brad Chaloner

Many think that the National Hockey League is the toughest place to keep a coach- ing job afloat; however it seems that every season the BC Jr A Lacrosse Association takes another step toward claiming that title. All eight BCJALL teams have changed head coaches over the past two seasons as the league welcomes Jack Watson to the Delta Islanders and John Wilson in the Burnaby Lakers for the 2011 season. In a league that operates to mold 19-21 year old boys into NLL and NCAA ready men in just three seasons, good coaching is more important than this level at any time, let alone this one. It’s a look at some of 2011’s fresh new bench bosses.

Jack Watson in Delta might be walking into the most difficult situation of the eight teams. After leading the Islander’s to their best season ever in 2010 with their first playoff series wins, and taking home Coach of the Year honors, Greg Rennie surprisingly walked away from the franchise this off season. Rennie built a team with a reputation that everyone hated to play against. They were tough and they could score. The Islander’s played their own brand of lacrosse in 2010 - a brand that Rennie created, and it will be interesting to see if Jack Watson will keep the crash and bang style or bring his own flavor to the team. He has had the league’s best second year players to work with, and only two seasons to get them as far as they can go. The key for Watson will be setting a clear boundary between coach and player. Where Rennie played a friendly big brother role with his teams, Watson will need to demand respect and quickly let the young Isles known who is boss. Edmonton Rush prospect and former Delta standout, Dan Stevens, has been brought into an assistant coach this season and he’ll play the mediator role between Watson and the players. If they players warm up to Watson early, the Islander’s should have no problem having another successful season.

The other new head-coach for 2011, John Wilson in Burnaby, is stepping into quite a different situation over at Bill Copeland Arena. The Lakers are coming off of their worst season in a decade. 3-16 in 2010 for the first time in over 10 years and a round one playoff exit to the Delta Islanders, the Lakers have no direction to go but north. Struggling with an identity crisis since the end of the dynasty days in 2008, Wilson has a clean slate to work with and this team is his to design. Top to bottom. Where are the goals going to come from? Who is your starting goaltender? Wilson has a lot of questions to answer right off the bat, however winning just 10 games in 2011 will be a step in the right direction and he’ll look like a hiring success. The Lakers have a new floor at Copeland and new uniforms – this is a new look team. A new coach is just what this squad needs to bring a new era of winning lacrosse in Burnaby.

The Port Coquitlam Saints tried to follow their recent history of losing seasons by bringing in a new head coach last season, Nick Delmonico. 3-16 wasn’t quite the record they were hoping for so the Saint’s went searching for help and are proud to add lacrosse legend Dan Stroup as an assistant this year. Four NLL championships and a Mann Cup dot his resume and Stroup’s presence alone should motivate the Port Saints. He’ll take this perimeter offence and turn them into a well-oiled, constantly motion- ing machine. Stroup was never afraid to get inside and has probably scored more goals two feet from the goal than almost any player in history. Remember the Stroup Sweep? Sometimes this young saints team could definitely learn from.

With the top dogs in Coquitlam, New West and Victoria already turning heads, it’s nice to see the teams working with the underdog teams like Delta, Burnaby and Poco. With the absence of the Free Agent Midget Draft, the bottom half of the league will have to rely on their farm system more than ever to develop future talent and that is the responsibility of a good coach. The coaches in the BCJALL are the reason there are so many players making a statement in the WLA, NLL and NCAA these days. Players will never forget whose career had the biggest impact on their game and it almost always comes back to who stood behind them on the bench in Junior A.

In Memoriam

Bill Stuart, an outstanding lacrosse and football athlete, passed away in Kelowna on April 6, 2011. Stuart, Vancouver-born on June 14, 1932, broke into senior lacrosse with the Indi- ans in 1951 and later joined Vancouver and Na- naimo before ending his career with the Mann Cup champion New Westminster Salmonfel- lies in 1959. In his 195 games, Stuart garnered 145 goals and 27 assists for 168 points. He also played with the BC Lions and, following his retirement, became a CFL referee.

“The Wall” Named Sport BC President’s Award Winner

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Over 450 box and field athletes will have been identified from a
diverse range of the provinces.
After a 2010 season of silver linings, the Team BC Box pro-
grams will be shooting higher in 2011. None of Team BC box
squads came home with gold last year; three were handed silvers and
one a fourth place finish. All teams will be aiming at lofty
goals to recapture a National title!
Now five Team BC Box Lacrosse teams will represent BC at the 2011 Nationals – the newest addition being the Female Midgets. The final box max camps and locations for each of the teams will be Pee Wee-Comox (June 3-5), Bantams-TBA, Midgets-TBA, and the Female Bantams and Midgets-Richmond (June 10-12). Check the BCLA website for updates.
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The coaching staffs for all teams have been busy at work
starting the identification process and planning the make-up of
their teams. None are more thrilled than the female teams host-
ing at historic Queens Park Arena in New Westminster.
“The Bantam and Midget girls are excited about their Na-
tional Championship being held this year in their home province
in New Westminster and hope the other provinces enjoy playing
on the most historic wooden floor in Canada,” mentioned Team
BC Box Technical Co-ordinator Mike Marshall. “Team BC has
always looked forward to National competitions and from all
indications promises once again to be very competitive.”
The Female Midgets will be a group of athletes that have had
past national experience as Bantam. With the addition of new
coach and WLA and NLL standout, Dan Stroup, the girls will
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“We expect to put a hard working, highly skilled, talented
team together, that will play with sportsmanship and our goal is
to win the championship,” mentioned a confident Coach Stroup.
The Team BC Female Bantams will again push for gold as in
the past two gold medal games, losing 4-3 and 4-0 respectively
to Ontario in 2009 and 2010. Recent memories, Coach Duncan
Shanks of New West hopes to erase with a victory this summer.
“My expectations for Nationals are not to be a bridesmaid,” said Coach Duncan Shanks. “It’s aiming for gold and putting in
whatever is required to accomplish the task. The team I hope to
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and toughness.”
The Team BC Bantams have seasoned head coach, Doug
Clark (Kamloops), who has experienced four national tourna-
ments. His experience will come in handy over the intense
seven-day grind in the mid summer Ontario heat.
“I was at the Pee Wee camp two years ago and there was
loads of talented athletes, good size and great goaltending in this
age group,” stated Clark. “I’m really excited to get started and
build this team from the ground up. We were close two years
ago and look forward to getting over the hump.”
The Team BC Midgets look to build on a disappointing
quarter final finish when they hosted the Nationals in Coquitlam
last summer. 2010 Canadian Lacrosse Hall of Fame inductee
and Team BC Coach, Tyson Leies, feels the Midgets can only
improve over last year’s outcome and he looks to build his team
with discipline and a cohesive team concept.
“I expect this years’ Midget Team players to be a quick and
tenacious group and the coaching staff will foster an environ-
ment where players are motivated to win every time they step on
the floor,” mentioned the ex-WLA and NLL star.
Lance Hofseth of Coquitlam takes the helm of the 2011 Pee Wees. Lance brings a wealth of lacrosse knowledge from his
involvement with the Adirondack Minor Association.
“This Pee Wee Team BC Team will be a highly skilled and
athletic group of ball players built from the goalie on out,” said
Hofseth. “We will be tough on defense, relentless on loose balls
and extremely fast on the transition – this team will revolve around skilful, hard work and team play as we work towards our
goal of bringing home a National Gold Medal!”
“Earning a spot on any Team BC Team is a privilege and we
want all the athletes to enjoy the experience and bring home last-
year’s memories,” stated Hofseth.
The Team BC Field U19 and U16 teams started the player
identification process in December and have their rosters in
place. This is the earliest the teams have been selected offering
more time to train prior to Nationals in September.
Team BC Field Technical Co-ordinator, Reynold Coneault,
sees the field programs growing in interest and is pleased with
the response by the athletes.
“I believe that by having the selection camps during Field
Lacrosse season players can be aware of more players who were
playing in their respective club teams,” explained Coneault.
“We experienced the greatest number of player applications
received for each of the U16 and U19 selection camps as result.”
The earlier selection camps have already afforded the coaches
the opportunity to have additional training sessions to develop
their respective teams. The extended training season has players
all the way to the end of the U19’s as up to eight of these
athletes will be playing NCAA Division 1, 2 or 3 Lacrosse in
September of this year – which exemplifies the calibre of talent
that the program is attracting.
Head Coach Brian Spaven, looks to have a well-rounded team
with plenty of talent with only one goal in mind.
“Our main goal is to win the National Championship at
home,” said the blunt Spaven. “I have been very pleased with
the effort at the tryouts – on defense and goal we are very strong
and the same goes for our middies and attack.”
As for the U16’s, the addition of the U16 travel team concept,
in 2010, has addressed a need for the players to have the oppor-
tunity to play in front of collegiate coaches. Coach Scott Brown-
ing will be on the bench for his second season with assistants
Travis Gillespie, Jon Browning and new addition Derek Milan.
The U16’s are ahead of schedule in their team development and
look to average the one goal loss to Ontario in the 2010 National Championship games.
“This is a big advantage over last year, and we have already
started implementing team systems, and getting to better
understand players’ abilities and potential roles much earlier,”
mentioned Coach Browning. “We are a bit bigger this year, with
really good speed, so I am confident that we will do well.”
“Having the best players of these age groups interested in
Team BC allows each player to play on an exceptional team
while displaying their true talents,” stated Reyn Coneault.
The Female Bantam and Midget Nationals will take place
July 22-28 in New Westminster while the Pee Wee, Bantam and
Midget boys’ Nationals will take place July 31 to August 6 in
Whitehorse, Ontario. The U19 and U16 Field Lacrosse Nationals
will take place September 2-4 in Burnaby.

Team BC Box & Field Look for Improvement

By: LacrosseTalk Staff

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ment where players are motivated to win every time they step on
the floor,” mentioned the ex-WLA and NLL star.
Lance Hofseth of Coquitlam takes the helm of the 2011 Pee Wees. Lance brings a wealth of lacrosse knowledge from his
involvement with the Adirondack Minor Association.
“This Pee Wee Team BC Team will be a highly skilled and
athletic group of ball players built from the goalie on out,” said
Hofseth. “We will be tough on defense, relentless on loose balls
and extremely fast on the transition – this team will revolve around skilful, hard work and team play as we work towards our
goal of bringing home a National Gold Medal!”
“Earning a spot on any Team BC Team is a privilege and we
want all the athletes to enjoy the experience and bring home last-
year’s memories,” stated Hofseth.
The Team BC Field U19 and U16 teams started the player
identification process in December and have their rosters in
place. This is the earliest the teams have been selected offering
more time to train prior to Nationals in September.
By: William Howard, SFU

Lacrosse Media Relations

In their seventh season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, the 2010 MCLA Semi-Finalists Simon Fraser University men’s lacrosse team has past the mid-point of their 15-game regular season schedule posting an overall record of 5-6. Currently ranked No. 16 in the MCLA, all six of the SFU’s losses have been to opponents ranked in the Top 11. With six losses still remaining over the month of April, including four versus ranked opponents, a young SFU squad that has featured upwards of seven freshmen in their starting lineup this season, will look to continue to build on valuable experience to make another run at the PNCLL Conference Championship and earn the program’s eleventh bid to the MCLA National Championships this May.

With arguably the youngest lineup in the MCLA, SFU’s 2011 roster features only four seniors, six sophomores and one junior. Through nine games, the Clan’s starting lineup has consisted mainly of six freshmen, two sophomores and two led by the with all nineteen players, including both goal-tenders, registering minutes.

Simon Fraser started the 2011 season ranked No. 10 in the Pro MCLA Division I Top 25 poll after opening the season with a home win over regional PNCLL Division II opponent Western Washington (15-3). Consecutive road losses to current No. 11 Idaho (21-11 OT) and No. 4 Brigham Young (16-8) had the Clan drop to No. 17. Fraser would then fall two more spots to No. 19 after a neutral site loss to No. 8 Michigan State (17-14) and a win at home over Boise State (16-7). In a rematch of the 2010 MCLA Quarterfinals, a two-goal loss at No. 2 Colorado State (13-11) would see the Clan climb back up to No. 16 where they have stayed over the past two weeks with a neutral site loss to No. 7 Colorado (18-14) and an impressive win over Idaho (31-8) and PNCLL Division II opponent Gonzaga (32-5). SFU’s last two games were up and down to Oregon (3-15-15 win) and a 1-15 win with the Clan clinching a berth in the Top 25 poll with a 2-6 start. A 6-1 tear to end the season has seen the Clan climb back up to No. 16 where they have stayed over the past two weeks with a neutral site loss to No. 8 Michigan State (17-14) and a win at home over Boise State (16-7). In a rematch of the 2010 MCLA Quarterfinals, a two-goal loss at No. 2 Colorado State (13-11) would see the Clan clinching a berth in the Top 25 poll with a 2-6 start.

Last season, Simon Fraser started the year on No. 4 at the beginning of the season with a 23-6 win in the polls with a 2-6 start. A 6-1 tear to end the season has seen the Clan climbing back up to No. 16 where they have stayed over the past two weeks with a neutral site loss to No. 8 Michigan State (17-14) and a win at home over Boise State (16-7). In a rematch of the 2010 MCLA Quarterfinals, a two-goal loss at No. 2 Colorado State (13-11) would see the Clan clinching a berth in the Top 25 poll with a 2-6 start.
By: LT Staff

Nineteen High School aged lacrosse athletes from BC have been busy this spring honing their skills and experiencing Women’s Field Lacrosse at tournaments in California and Nevada.

The fourth annual Sand Storm Lacrosse Festival in Palm Springs, California took place over the January 15 and 16, 2011 weekend.

The original tournament layout was scheduled for Junior Varsity (Grades 9/10) and Varsity (Grades 11/12) High School team divisions, but the format was changed based on teams’ skill level: Good, Better, and Best. Unsure which category to enter, the BC team, called Revolution, entered the “Better” division which proved to be the best fit; finishing with 2 wins and 2 losses.

“Sand Storm is an amazing tournament,” said an excited Coach Naomi Walser.

The setting – sun, palm trees, mountains, seventeen grass fields of nothing but lacrosse at the Empire Polo Grounds in Indio, situated in the Coachella Valley just south of Palm Springs, eleven girl’s field and six boys – Lacrosse Heaven!!

Game one versus LaxNW Rippers was quite a wake-up call. The Rippers, a solid Varsity team, gave the BC girls a lesson on pressure lacrosse and the importance of clearing the ball wide up the field. Despite the loss, the girls played very well holding their opponent in the second half and rose to the challenge of playing such a high caliber team. Final score 19-5.

In the second game, the Lady O’ Lax team was a newer team and of the same age range as Revolution. The girls were a little nervous after experiencing such an intense first match and ended the first half down 4-1. Although Revolution was the more skilled team, they settled in, found their legs and their lacrosse experience kicked in and proved to be a huge factor. After a first half of mental mistakes, it was clear the team needed to regroup and focus on the importance of teamwork and playing for the love of the game. Revolution went on to a 13-4 victory and never looked back!

Game three was a great game with plenty of great passes, drives to goal and experimenting with different plays. Revolution had come together and was reflected on the field with good plays and a top-sided 10-2 victory over team Beach Head.

The final game went right down to the last minute with both teams playing great at both ends of the field. Revolution was down late in the game and was within one goal with one minute left, but couldn’t score the equalizer. This game was a great opportunity to work under pressure to experience quick decision making and succeed. Final score, a 10-9 loss to Bearlax 11/12.

Not only was the trip to experience competitive High School Women’s Field Lacrosse, the Sand Storm tournament proved to be a great forum for colleges to scout up and coming talent. Up to 32 schools from coast to coast were in attendance and the BC girls made some connections.

“The girls were really surprised they were even getting looked at by college scouts,” stated a proud Coach Walser. “One girl in particular, who never thought she’d be noticed or recruited (by schools), has changed her study habits and is getting her academics in order to apply to schools. Many girls are asking for references for camps and schools.”

The Revolution are making waves and will continue to educate more women about the women’s field game and at the same time turn some heads to help the athletes on a college path.

The final tournament the Revolution competed at was Lax Vegas in March. The fourteen team event showcased teams mainly from the western states. The Revolution came home with a third place finish.

Many thanks to Sarah Jones (Manager), Daryl Morrison (Trainer), coaches Naomi Walser, Nikki Walser and Hanna Landherr, Darcy Phillips (Travel Coordinator) and everyone else that made these trips a reality.
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By: LacrosseTalk Staff

The 11th Annual High School Field Lacrosse Provincial Championships took place March 1-4, 2011 in Coquitlam, Port Moody and New Westminster.

Ten Senior and ten Junior teams took part in the tournament at Coquitlam’s Dr. Charles Best School and Town Centre; Port Moody’s Heritage Woods and Mercer Stadium in New Westminster. Senior teams included Best, Claremont 1 & 2, New Westminster, Terry Fox, Vancouver College, Delta, Holy Cross, Heritage Woods and new entrant, Centennial. Vancouver College, Delta, Holy Cross, Heritage Woods, New Westminster, Pitt Meadows, Vancouver College, Best, Claremont 1 & 2, South Delta and Terry Fox competed in the Junior division.

The number of competing teams (20) increased from just 13 in 2010 — the highest number of competing teams was as high as 24 teams in past years.

For the first time in recent years, there were three different champions for each age group and tier. The Claremont Spartans swept all three different champions for each age group

Senior Tier 1: What should have been a battle of the undefeated for the title was for naught. New West and Claremont 1 went undefeated in the round-robin only to see Claremont 1 slip in the semi-finals. Best, after losing 11-7 to New West in their final round-robin game was poised to have a strong semi-final, and did! The Blue Devils recaptured their stride to hand Claremont 1 their only loss in the tourney 12-7 and knock the Spartans out of the title match. New West, on the other hand, handily beat Claremont 2, 8-2 in the other Semi. Best and New West met in a low scoring final. New West held the ball for the last 4-5 minutes to get the last shot of the game. Both goalies, Connor Stroup of Best and Rocky Bowman for New West were phenomenal the whole game. Steve Ferdinandi scored the winner with only 14 seconds to go to give New West a 6-5 victory. Senior Tier 1 MVP was Justin Goodwin (New Westminster) and a very classy Delta Senior team won the Most Sportsmanlike Team award.

The High School tournament has hosted up to 24 teams and as few as 13 teams representing 10 schools. The core group of schools attend every year, but there are others that are hit and miss on their participation mainly due to lack of facilities, coaches and the inability of students to be allowed to play more than one sport in the same season of play. The 2011 event was a resurgence of sorts with District 43 schools redeveloping their programs at Heritage Woods, Centennial and Terry Fox fielding both Junior and Senior teams.

“This tournament was the best turnout in four years,” exclaimed Tournament Coordinator Shawn House. “It’s great to have so many Junior teams (10 teams) -- it bodes well for the future!”

The officiating was great throughout the five day event. Many thanks go out to the volunteers including Mr. Jones from Best and his leadership class assisting in hosting the event; and to Robin Sinclair, Ken Bowman and Gina Graham for helping host the Championships this year. For schools wanting to learn more about this tournament and how to start Field Lacrosse at their school, contact Shawn House at shawnhouse@shaw.ca.
By: LacrosseTalk Staff

The SUBWAY® BCLA Tier 1 Field Lacrosse Provincial Championships took place February 18-20 at the University of Victoria. Twenty-nine 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 Adanacs chalked out a one-goal 4-3 victory over Ridge Meadows in the Under 12 Tier 1 gold medal match; the Under 14 Tier 1 gold and in the Under 19 Tier 1 final. Victoria edged New Westminster 15-14 for the gold medal.

Bronze medal game scores were: Under 12 – Langley 18-8 over Delta; Under 14 – Pacific Rim 8-6 over Port Coquitlam; 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 – Nathania Koverevskiy (Langley), Under 14 – Milesy Vukovic (Mission), Under 16 – Taylor Northway (Delta), and Under 19 – Jesse King (Victoria).

The 2011 U12 Tier 1 Warrior Fair Play Awards were: Cameron McRae (New West), U14: Joe Verdi (Mission), U16: Jamie Stewart (New West) and Under 19: Wesley Berg (Adanacs).

The 2011 U12 Tier 2 Warrior Fair Play Awards were: Lewis Leadbetter (Adanacs #4), Mathew Karticz (Kelowna), Lucas Taylor (Mission), Jamie McKay (Oceanside), Corinna Gibson (Port Coquitlam), Justin Preston (Richmond), Christel Blesch (Valley Attack) and Trey Cleemoff (Mid Island).

The 2011 U14 Tier 1 Warrior Fair Play Awards were: Gold-Adanacs Silver-Ridge Meadows and Bronze-Richmond.

The Tier 2 Warrior Fair Play Coaches were: Fred Littlefield (Ridge Meadows), U14: Tim Clément (Oceanside), U16: Junior Gilles (Nanaimo) and U19: Gary Hands (Ridge Meadows). The Overall Fair Play Official was Ted Baranyai. The SUBWAY® Team Sportsmanship award went to the Under 14 Tier 1 New Westminster team coached by Warren Goss, Kevin Balance, Blake Duncan and Keith Gagne.

The SUBWAY® BCLA Tier 2 Field Lacrosse Provincial Championships took place February 25-27 at the Burnaby Lake Sports Complex.

Thirty 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.

Tournament play was halted on day two of the event due to inclement weather. The following were awarded medals for games played in the tournament. The Under 12 medal winners were: Gold-Valley Attack, Silver-Richmond and Bronze-Adanacs. The Under 14 medal winners were: Gold-Richmond, Silver-Adanacs #3 and Bronze-Penticton. The Under 16 medal winners were: Gold-Adanacs, Silver-Ridge Meadows and Bronze-Richmond.

The Tier 2 Warrior Fair Play Coaches: U12: Harpreet Grewal (Mission), U14: Tim Clement (Oceanside), U16: Junior Gilles (Nanaimo) and U19: Gary Hands (Ridge Meadows). The Overall Fair Play Official was Ted Baranyai. The SUBWAY® Team Sportsmanship award went to the Under 14 Tier 2 Pacific Rim team coached by Nick Inch, Ron Benedict and Paula Cullen.

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: Brenda Bromley, Mary Clare, Brad Dolcer, Tracy Dolcer, Beth McLucas, Craig Merritt, Dirk Raddish, Ticcia Ruchford and Doug Simmons, Jed Weatherby (RIC), Barb Calve, Tristan Calve, Rick Higgs, Tyson & Toni Lees, Jessica Kartz, Paula West-Patrick, Branda Terris, Jessie Gush- selin & Family, Catherine McLaren, Kathy Tanner, Maureen Garland, Bryan Baxter, Wilson Louie (RBC), Deb Stock and all first aid attendants. Our apologies if we missed you – your volunteers make these events the most memorable. We applaud you for your work. Thank you for your commitment to lacrosse.
Early Box Lacrosse — Or What???

By: Stan Shillington

It promised to be an exciting encounter – fast, physical, a battle to the end.

Over 5,000 fans had gathered for this 1910 Labour Day match in Vancouver, all anxious to watch former world heavyweight boxing champion Tommy Burns perform.

But wait – there was no boxing ring to be seen.

Instead, there was a large, grassy playing field, carefully marked off for a field lacrosse game between New Westminster Salmonbellies and archenemy Vancouver Athletic Club (VAC). And there was Tommy Burns decked out in a VAC uniform, gutted stick in hand, lined up in the “outside home” position.

The Royal City boys had already clinched the BC championship, which left VAC manager Con Jones wondering how he could attract a crowd to the game.

Then it struck him – invite Tommy Burns, a visitor to the West Coast, to suit up. After all, Tommy wasn’t entirely unacquainted with the game, having enjoyed playing it while a youngster growing up in his Hanover, Ontario, hometown.

As an enticement, Jones promised Burns $1,000.

Game on: A gritty Vancouver team came out determined to embarrass the Fraser River rivals.

VAC took an early lead and slowly built on it before things got a little testy. ‘Bellies’ Hugh Gifford and VAC’s Shaun O’Reilly began skirmishing. In stepped brother, Jimmy Gifford, who promptly clubbed O’Reilly over the eye with his stick.

Players from both teams rushed into the fray, along with several over-exuberant fans.

Burns, the gentleman that he was, took one look at the mass struggle in the middle of the field and quickly walked to the sidelines where he quietly waited until referee W. B. Ditchburn brought about some semblance of calm.

Later in the game, when Burns laid a check on New West’s Tommy Gifford, the normally mild mannered George Rennie rushed over and racked temperate Tommy across the shins.

When Burns demonstrated with him, Rennie responded with a shower of blows, all skillfully warded off by the much bigger, more experienced pugilist.

“I always try to be a gentleman and that’s why I didn’t hit him back,” a smiling Burns later explained.

A newspaper reporter suggested Rennie’s bizarre temper tantrum was probably an attempt to seek fame as the chap who wallopied the 1906-08 world boxing champ who still retained the British Empire title.

“Well, he got notoriety alright, but not for his fighting ability; rather, it was for his bonehead exhibition,” the newspaperman wrote.

Burns didn’t get on the scoresheet in VAC’s 7-1 victory, but he did exhibit a good working knowledge of the game. As a reward, the huge crowd gave him several ovations, including some for his gentlemanly conduct.

Vancouver’s goals were scored by Archie Adamson with three and O’Reilly and Bones Allen with two apiece. ‘Bellies’ lone counter was registered by Len Turnbull.

The game was obviously the first known attempt to convert field lacrosse into a box(ing) version of the national pastime.
PCFLL Hosts Youth Field Nationals

By: LacrosseTalk Staff

The 2011 National Field Lacrosse Championships will take place September 2-4, 2011, at the Burnaby Lake Sports Complex, 3677 Kensington Avenue, in Burnaby, BC.

The U19 First Nations Trophy will be hosted alongside the U16 Alumni Cup at BC’s finest outdoor sports facility. Five U19 and six U16 teams plan to compete at the 2011 Nationals.

Field lacrosse athletes across Canada will be using this event to audition for the Canadian Men’s U19 Field Lacrosse Team that will be participating in the 2012 World Field Lacrosse Tournament in Finland.

Crowley tops all NCAA Seniors in Poll

By: LacrosseTalk Staff

A March 2011 article by Inside Lacrosse’s Quint Kessenich, revealed a list of the top 50 Seniors in NCAA Division 1 lacrosse. Topping the list was New Westminster’s Kevin Crowley.

A Senior at Stony Brook in Long Island, New York, Crowley is a strong, yet agile 6-4, 200 pound midfielder who can defend, run the field, make plays and score. At press time he was the leader in team scoring with 21G, 16A with 59 shots and 24 ground balls -- ahead of friend and fellow Salmon-belle, Jordan McBride with 19G, 3A.

The Seawolves look to improve on their 2010 finish falling just short of the Final Four Tournament in a close 10-9 decision to Virginia.

As a Junior, Crowley was a late selection to the 2010 Team Canada Men’s Field lacrosse team that took home silver at the 2010 World Cup of Lacrosse in Manchester, England.

This year, he is once again on the Tewaaraton Award watch list. He was voted as a Division I preseason player of the Year by Lacrosse Magazine, a preseason All-American and a team captain in 2011.

Crowley was the first overall pick of 2011 MLL draft by Hamilton Nationals and will likely split this summer playing boxla for the ‘Bellies and professional field lacrosse for the Nationals.

Other notable Canadians mentioned in the Senior Poll were: 10th Joy Card (Hofstra); 16th Jordan McBride (Stony Brook); 28th Stephen Keogh (Syracuse); 33rd Adam Jones (Canisius); 36th Trevor Moore (Robert Morris).

The country’s best youth will be competing and showcasing their talents, many with the hopes of being invited to the tryout camps for Team Canada Men’s U-19 team,” mentioned Nationals Chair, Dirk Rachfall.

The 2011 Nationals will be hosted by the Pacific Coast Field Lacrosse League. The tournament banquet will be held at the Delta Burnaby Hotel, 4331 Dominion Street, in Burnaby on September 3, 2011. For additional 2011 Field Nationals information, visit www.2011fieldnationals.ca.
1967 Minto Cup

By: Stan Shillington

So-called lacrosse experts prognosticating the outcome of the 1967 Minto Cup championship held little hope for the New Westminster Junior Salmonbellies. After all, Jim Bishop's Oshawa Green Gaels had already taken four consecutive national titles and still retained a mighty core of superstars in search of Number Five. The BC club, on the other hand, had only five key members, from 1966 -- the rest of the lineup injury-replacing pickups.

Oh, yes -- the series was also scheduled to be played on Oshawa's home turf. The first contest had those negative minders mumbling "told you so."

Oshawa's outstanding powerplay unit, assurred by the incredible Gaylord Powless, took full advantage of the Bellies' 41 minutes in penalties. Snipers Ross Jones, Phil Clayton and Larry Litty had all gained seven points, with Powless racking up a one goal, nine assist night on the way to a 17-7 victory.

Game Two was a much closer match, although the refereeing helped the Bellies' coach Jack Keith jack-screaming blue-blooded mutter; but all for naught. Jackman's attempt to appeal the contest was refused, the convoer ruled there were no grounds for such an action. The 1-8 Oshawa victory remained.

New Westminster expelled out of the gates in Game Three, running up a 5-4 first period edge; but, when the Gaels exploded six straight goals to kick off the second period, frustration stepped in.

Al Lewthwaite and Ed Goss crossed swords with Oshawa's Phil Clayton and Don Stinson on the playing floor. Sent to the dressing rooms, Stinson and Goss continued the scuffle in the corridor, along with the trainers from both clubs pairing off. When the dust finally settled, Oshawa had a 14-11 win and now stood just one game shy of winning the Canadian junior boxla. title.

But hometown hopes of ending the series early soon evaporated. With Steve d'Easum now holding Powless scoreless and Terry Garrett -- a replacement for 'Bellies injured netminder Don Wallis -- blocking 29 of 34 shots, the Royal City crew captured its first victory 12-5.

Bishop claimed his club played its poorest game in two years but also had praise for New Westminster, observing "they played like they told us they could before the series started."

For Game Five, Jackson kept d'Easum assigned to cover Powless, moved Lewthwaite and Ken Winzoski off defence to the forward line, and dropped Kerry Gallagher to defence. Then he shortened his bench to two forward lines and two pairs of defence.

The first contest had those negative minders mumbling "told you so." Entitled "Lacrosse: The Creator's Game," the book is a follow-up to the 1978 North American Travelling College publication "Tewaaratan" that was all but destroyed by fire.

"It was then that we decided to do a whole new book and include the best stories of the lacrosse family -- Native and non-Native -- who had a good story to tell about lacrosse," Mitchell explained.

Contributing writers included Bob Allan, Barry Powless, Jack Fulton, Frank Baker, Morley Kells, Patricia and Hannah Lazore, Joanna McDonald, and material from the BCLA's Down Memory Lane website.

"Lacrosse, a History of the Game" by Donald M. Fisher, an associate professor of history at Niagara County Community College. Published by the Johns Hopkins University Press in 2002.


"Don't Skate Near the Liftlocks" by Don Barrie, a book reviewing sports in Peterborough, Ontario. Published by F.P. Comrie Publications, 2000.

"Lacrosse the Peterborough Way" by Don Barrie, a book covering the history of lacrosse in the Ontario city. Published 2008.


Oh, yes, if you are looking for a little light reading, you might enjoy Don Barrie's latest effort, a novel entitled "Moon and Me." The story revolves around an 11-year-old boy who meets the legendary Moon Wootton in 1951 and, under his influence, begins playing Pee Wee lacrosse under coach Harry Wipper. The story is fiction but obviously influenced by some of Barrie's experiences. Published by Printer Paul, Peterborough, Ontario, 2009.
Pass the Salt

By: Teddy Jenner

New blood. New hope? Three WLA teams are betting on it as they welcome new head coaches with names familiar to BC lacrosse fans.

Rod Jensen will be leaving the Minto Cup Champion Coquitlam Jr. Adanacs to be the new bench boss of the Langley Thunder. Jensen has jumped around between the NLL, WLA and BCJALL over the past few years – could he have found a home in Langley? A young team with great potential, Jensen as coach brings the Thunder the experience and know-how to see them reach it. There’s no doubt that over the years the Thunder has drafted some great players but due to a lack of fan support, money and a winning record some of them opt to play back east or hold out altogether. If their full roster is made available to Jensen, you may see the Thunder surprise a lot of people.

The biggest story of the off-season has been the firing of Bob Salt, a six time WLA coach of the year and most recently coach of the three time WLA Champion Salmonbellies. Was his release from New West because he wasn’t getting the job done? Is he no longer the right guy for the job? Was it just time for a change? Well simply put, Yes. Salt and New Westminster GM Dan Richardson did an amazing job with this Bellies squad. Bringing them back to relevance in the WLA, leading them to become the most dominant team the league has seen since the Victoria Shamrocks of the late 90’s and early 2000’s. Three straight WLA titles are great but the resulting three straight Mann Cup finals losses overshadowed certainly that and suggests a shake up was necessary.

The Bellies have hired from within – opting to promote assistant coach Ken Thomas to head honcho while continuing to retain the services of Chris Gill and Troy Poelzer. There were a few outside candidates but keeping the coaching family together was a priority for Richardson.

Salt meanwhile moved on to the Adanacs who snapped him up to replace Neil Doddridge.

It was a lot of speculation as who Coquitlam GM Les Wingrove would appoint to take over the underachieving team. But Salt and the A’s are familiar with each other. Salt got his coaching career started with the Adanacs back in 1977. Salt was also the coach of the Adanacs who represented Canada West at the Nations in ‘80 World Box Lacrosse Championships – an A’s team that was crowned world champions!

If Salt can do for the Adanacs that he did for the Bellies, we could see an even tighter race atop the WLA this year. Salt will be flanked by long time A’s assistant coach Dennis Quigley and newly assigned Randy Delmonico, who was released by the Langley Thunder.

Three teams, three new head coaches all with one goal in mind; host the 2011 Mann Cup.

Turn up the Radio: Lacrosse will return to the airwaves after a decade of silence when the Vancouver Raven’s games were broadcast on the TEAM 1040. Two years in the making, the pieces have fallen into place for the new weekly radio show, Off the Crosse-Bar. With the help of some great people within the TEAM Radio family, the plan will come to fruition!

On May 3, 2011 at 9:00PM on TEAM 1410 in Vancouver, the Off the Crosse-Bar Lacrosse Radio show will be live! The show will focus on the BCJALL and the WLA with mentions of local lacrosse events taking place in BC.

The show will be live, with interviews, pre-views and reviews. It will be available online as well at teamradio.ca and all the shows will be podcast on the TEAM radio website for your listening pleasure at your convenience. If you would like to be involved as a sponsor, have ideas for the show or would like to promote an event in the BC area, please email me at otcb@teamradio.ca.

Pass the Salt

Photo: Dan Brodie Photography

Bob Salt returns to the Adanacs bench after six successful seasons with the Salmonbellies.
Gary Gait retires from the NLL  
Rochester Knighthawks at the age of 42. 

By: NLL.com

Gary Gait has ended one career to focus on another, as one of the greatest players in the history of professional lacrosse leaves to concentrate his coaching career. The 43-year-old Gait departs after playing 18 seasons in the National Lacrosse League and three with the Rochester Knighthawks. The announcement was made prior to the Knighthawks home game against the Philadelphia Wings.

"The franchise has been great to me. They asked me to play and I did, and now it’s time to focus on coaching the Syracuse University Women’s Lacrosse Team," said Gait who enters his fourth season as the head coach of the Syracuse University women’s lacrosse team.

Gait was acquired on October 15, 2008 from the Colorado Mammoth for forward Andrew Potter and Rochester’s first-round draft picks in 2009 and 2010. He signed with Rochester two weeks later and on January 11, 2009, he made his long anticipated return. It was worth the wait for Knighthawks fans, as Gait netted five goals, including the 600th of his career, on opening night.

Gait also played a role in the Knighthawks plans to get Cody Jamieson with the first-overall pick in the 2010 NLL Entry Draft. Styres pulled off two deals to bring in Gait and Colorado Mammoth that netted Gait, Gavin Prout and Potter, and two first-round selections in the 2010 draft. One of those picks ended up being Jamieson.

"I would like to thank Gary in helping us get Cody Jamieson," said Owner and General Manager Curt Styres. "We had a strategic plan in place to get Cody and by getting Gary to come to Rochester it made it easier to get the picks with Colorado the next year. He was a big part of it."

Jamieson, who wore the legendary No. 22 at Syracuse, was selected as one of five charter members of the NLL’s Hall of Fame.

"I have had the pleasure playing with Gary on a number of different teams," said Knighthawks Team Captain Shawn Williams. "Looking back, there was always a few things that Gait would bring to a team. First off, his goal-scoring and playmaking abilities are uncanny. His willingness to mentor and teach everyone around was always a help to all. Finally, his passion for the game we love was always brought to the big stage with a big smile. I would like to wish the best to Gait. The game will miss him."

Gait achieved the same success as a coach at the professional, international and collegiate levels. In two seasons as the head coach of the Colorado Mammoth of the NLL, he led the Mammoth to two playoff appearances and the 2006 Champion’s Cup.

"Gary Gait achieved unprecedented success in the game of lacrosse as a player and we were very fortunate to have had him play in Rochester the past three years," said Staats. "What his presence brought to the entire organization is really hard to measure but we know we are a better team today because of it. I am confident that Gary will continue to make his presence felt as he was a mentor to the young players in Rochester. Good luck Gary and thank you for all you’ve done for lacrosse in Rochester."

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BC Women Key to Queen’s

By: LacrosseTalk Staff

Erin Quon and Chelsea Craig compete for the Queen’s University Women’s Field Lacrosse team.

So how did she make the link with Queen’s University?

Her academic goal was to study engineer- ing at a highly regarded university, and after researching options, she discovered that two of the schools, Queen’s and Western, also offered Varsity lacrosse programs. Erin contacted both Pat Bolland (Queen’s head coach) and Dave Hastings (Western head coach) and received positive feedback from both of them before opt- ing for Queen’s University.

Erin completed her second season with Queen’s on the midfield and defense ending the 2010-11 campaign with 2 assists.

“The entire experience has been positive in so many ways,” stated Quon. “Women’s lacrosse kicked off a new era, as practices began about a week before classes start and it is a fairly short, but intense season. You get to know your teammates very quickly and before long, you are part of an extended family.”

Chelsea Craig also grew up playing on boy’s box lacrosse teams in Coquitlam and was intro- duced to the women’s game at the age of 13. BC women’s lacrosse developer, Karen Blake, held field lacrosse clinics every Saturday morn- ing – Chelsea attended them all. As a student at Dr. Charles Best Secondary, Chelsea was a main part of the women’s lacrosse team where she honed her skills in preparation for college lacrosse.

“Chelsea played four years at Best – a great leader, she combined skill and enthusiasm and brought that to the team every practice and game,” admired Coach Shawn House. “She was always focused on her studies and her lacrosse. One of the best student-athletes I have ever had the fortune to be associated with.”

Craig too seeking a highly reputable academic institution, of which McGill and UBC were also on her radar. After connecting with coach Bolland and being admitted to Queens, she was awarded academic scholarships which made selecting Queen’s an easy decision.

“It was a very special moment to have Gary part of the Knights Cola family for a couple of seasons,” said teammate and friend, Regy Ther- pe. “He touched the hearts of the Knights fans. He was the best to ever play the game.”

During the past three seasons, he played in 24 games with the Knighthawks and collected 74 points (39 goals and 35 assists). This season, he signed a one-year deal to help the Knighthawks overcome some key offseason injuries to play- ers like Shawna Williams and Jordan Hall. The veteran helped Rochester win its season opener and finish with a 2-2-0 record. He played his last game on January 29th and chipped in one assist against the Boston Blazers to finish with five points in two games (1 goal and 4 assists). His experience and knowledge of the game was tremendous,” said Knighthawks Head Coach Mike Hasen. “He was a calming in- fluence on the floor and in the locker room. He showed the young guys when you stick to the game plan good things can happen.”

Gait also played a role in the Knighthawks plans to get Cody Jamieson with the first-overall pick in the 2010 NLL Entry Draft. Styres pulled off two deals to bring in Gait and Colorado Mammoth that netted Gait, Gavin Prout and Potter, and two first-round selections in the 2010 draft. One of those picks ended up being Jamieson.

“I would like to thank Gary in helping us get Cody Jamieson,” said Owner and General Man- ager Curt Styres. “We had a strategic plan in place to get Cody and by getting Gary to come to Rochester it made it easier to get the picks with Colorado the next year. He was a big part of it."

Jamieson, who wore the legendary No. 22 at Syracuse, was selected as one of five charter members of the NLL’s Hall of Fame.

“I have had the pleasure playing with Gary on a number of different teams," said Knighthawks Team Captain Shawn Williams. "Looking back, there was always a few things that Gait would bring to a team. First off, his goal-scoring and playmaking abilities are uncanny. His willingness to mentor and teach everyone around was always a help to all. Finally, his passion for the game we love was always brought to the big stage with a big smile. I would like to wish the best to Gait. The game will miss him."

Gait achieved the same success as a coach at the professional, international and collegiate levels. In two seasons as the head coach of the Colorado Mammoth of the NLL, he led the Mammoth to two playoff appearances and the 2006 Champion’s Cup.

“Gary Gait achieved unprecedented success in the game of lacrosse as a player and we were very fortunate to have had him play in Rochester the past three years," said Staats. "What his presence brought to the entire organization is really hard to measure but we know we are a better team today because of it. I am confident that Gary will continue to make his presence felt as he was a mentor to the young players in Rochester. Good luck Gary and thank you for all you’ve done for lacrosse in Rochester."
Goaltender Tyler Richards Added to Canada’s Roster

By: Neil Stevens

Tyler Richards, one of Canada’s top young goaltenders, has been named to the national team for the world indoor lacrosse championship. He joins Anthony Cosmo and Matt Vinc in Canada’s crease for the May 21-28 tournament in Prague.

“Chappy is the ultimate team guy,” says Team Canada assistant coach Paul Day. “He checks some of the opponent’s best offensive players and he can also run the floor and stay to play in the opponent’s end.”

“Tyler has established himself as a big-game goalie,” says Day. “His lacrosse resume is very impressive for a goaltender his age. He has performed exceptionally on the biggest lacrosse stages and has proved to be an athlete who can win championships.”

What was going through Richards’ mind after that NLL victory? “A feeling of relief,” he says. “I’d been to two straight Mann Cup series (with the Salmonbellies) and lost so winning with the Stealth took a big load off my shoulders and I could let go of that not-quite-getting-there feeling.”

Canadian, winner of the first two world indoor tournaments in 2003 and in 2007, opens its title defence May 22 against Slovakia. Also entered are the United States, the Iroquois Nationals, the host Czech Republic, Australia, England and Ireland.

Richards has never represented Canada before and he’s never been to Europe.

“This will be my first opportunity to put on the maple leaf,” he says. “It’s going to be an eye-opening experience to be with Canada’s best. I’m looking forward to soaking it all in and doing what I can to contribute.”

NLL Play-offs are Here!

By: Teddy Jenner

As April rolls in, the NLL play-offs are right around the corner and as always there are some curious questions and surprising stats. Obviously, right out of the gate, is how it is possible the Edmonton Rush have gone from missing out on the NLL division pretty much all year despite dismal early predictions. The six-foot-one, 190-pound goalie was at his best in the NLL playoffs last spring when he helped the Stealth win the Champion’s Cup. Richards won all three post-season starts and was the difference in the title game. The Stealth trailed the Toronto Rock 10-8 entering the fourth quarter and, while Toronto outshot the Stealth 44-34 in the fourth, the Stealth rallied for a 15-11 victory. Toronto had a 47-47 advantage in shots on goal in the game’s final minutes.

“Tyler has established himself as a big-game goalie,” says Clark. “His lacrosse resume is very impressive for a goaltender of his age. He has performed exceptionally on the biggest

The Toronto Rock have some unfinished business this year relying heavily on veteran goalie Bob Waterman in net. Last year’s dynamic rookie duo of Garrett Billings and Stephan Leblanc are again helping lead the powerful Rock offence and many are calling Leblanc one of the next great power forwards in the NLL. From top to bottom our East is a tight race and for some reason we seem to see the same thing every year. The West tends to be more black and white, while the East is a rat race that won’t settle until the final weekend.

As the NLL season comes to a close the scoring race is pretty tight. Dan Dawson and Casey Powell are one-two at this point in time but Lewis Ratcliff, Rhys Dook and Leblanc are right there on their heels. The West is producing some of the best players and it’s also where the bulk of the lacrosse world is centered around the east the West continues to groom some of the best up and coming players in the game.
The body in a neutral or straight spine position. movement about each joint by strengthening the stabilizing muscles (low back pain) are a result of weakness of the most lacrosse injuries (shoulder separations, rotators and retractors as well as the neck and upper back extensors will aid in stabilizing the shoulder girdle complex).

Lack of stability in the hip can lead to knee injuries and decrease running speed and power. Decreased hip abduction strength can lead to an improper running gait (technique) and this incorrect gait can not only lead to a decrease in speed output, but it can also place a great amount of force on the knees. This increase stress on the knees can significantly increase the chances of injury.

Lack of proprioception (balance) strength in the lower leg can lead to ankle sprains, and an inefficient running gait. Because single leg strength is important for running, cutting and reacting defensively, concentrating on proprioceptive stability becomes increasingly important. Remember the philosophy of working big muscles groups first, and stabilizers last for the safest, most effective workouts.

So next time you hit the gym, make sure you target those muscles you cannot see in the mirror, if you do it will be reflected in your performance, function and overall strength.

Lacrosse Talk – April 2011
BCLA Phone: 604-421-9755
Publisher – British Columbia Lacrosse Controller – Rochelle Winterton
Managing Editor – Jeff Gombar
BC Editor – Jeff Gombar
Cover – Cyberview Images

*Contributing Writers: Jeff Gombar, Stan Shillington, Brad Challenger, Duane Bratt, Jeff Cathrea, Teddy Jener, NLL.com, Neil Stevens.
*Contributing Photographers: Connor Sports Flooring, Nicki Cornwall, Hebb Studios, Sport BC, Michael Lapperriere, Paul Yates, Jeff Gombar, Dan Brodie Photogra-phy, Scott Larden, Michael Grobe, Queen’s Athletics, New West Salomebilles, Fron-tworthy Photography.

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Realize the Need to Stabilize

By: Jeff Cathrea, B.S. Kinesiology

An integral part of lacrosse specific training involves breaking the old school approach of training by replacing body building exercise with functional movement training (FMT). The key philosophy of FMT is much the same as building a house; you must start with a strong foundation. You would not build the walls of a house before laying the concrete foundation and wooden framework just, as you should not begin high-end exercises such as plyometrics and sprinting before strengthening your sta-blizers. Because these stabilizing muscles are not visible: they lie deep underneath the larger more prominent muscles, their strength and maintenance are often neglected over the bigger bodybuilding muscles (chest, shoulders, quadriceps and six pack abs) that are visible to the eye, and the mirror. Strengthening these stabilizing muscles is important for two major reasons. First off, most lacrosse injuries (shoulder separations, neck sprains, knee injuries, ankle sprains and low back pain) are a result of weakness of the stabilizing muscles supporting the joint. Secondly, strengthening the stabilizing muscles will allow for a more biomechanically efficient movement about each joint by strengthening the body in a neutral or straight spine position. In other words, strong stabilizers will allow for stronger movement patterns, thus leading to better performance.

To accomplish this strength increase in your stabilizers you must first identify these muscle groups. I have identified four major neglected areas that when strengthened will lead to a decreased likelihood of injury and an increase in performance.

The 'core' is responsible for stabilizing the low back and pelvis. It comprises of the transverse abdomen muscle, the abdomini-ous muscles and the diaphragm. Not only is it vital in preventing low back injuries, but it also acts as a power link to coordinate optimal recruitment of muscles involved in dynamic movements. A developed core will lead to increases in power, strength, speed and agility by synchronizing movements in their proper sequential patterning order. These pelvic stabiliz- ing muscles can be targeted numerous ways; the most common is with the aid of swiss ball exercises.

The shoulder girdle (cervical spine, shoul- ders, thoracic spine) is an area commonly ne-glected when it comes to stabilization. Because lacrosse is both an overhead movement (pass- ing, shooting) and a pushing movement (cross-checking) dominated sport, strengthening the stabilizers in the shoulders, neck and upper back becomes important. These movements can lead to shoulder, neck and upper back injuries by pulling the upper spine out of its natural alignment. Strengthening the shoulder rotator and retractors as well as the neck and spine.

The revisions of the community-development manual focused on the physical preparation of players. For example, at the fundamentals stage (novice) the focus is on developing overall physical literacy and at the learning to train stage (pre-teen) the focus is on developing lacrosse-specific physical abilities.

The competitive-introduction manual saw the incorporation of new skills in the technical module: advanced stick skills (sideways and underhand shot, inside shooting, faking, over-the-shoulder pass) and defensive elements (open floor defence, midfield, fronting, walking, double-tracking). Physical preparation module was also expanded to include information on the specific physical abilities that need to be trained following a player’s peak height velocity (growth spurt).

The changes that I described are for the box manuals. However, thanks to Joanne Sunga, the women’s field manuals have also been revised. Community-initiation is now available, and community-development and competitive-introduction will arrive shortly. For men’s field, the community-development manual has been revised, and competitive-introduction is expected to be completed in short order. In addition, a community-initiation manual will be written for the first time reflecting the growth of the men’s field among players under the age of 9.

What about coaches who have taken these clinics? How can they access the new materials? For these coaches, special inserts have been de-veloped which contain all the new information. These inserts are available on the CLA online coaching program.

The revisions of the CLA’s coaches manuals is a further step in moving Lacrosse for Life from the design stage to the implementation stage.
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