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BURNABY Scores A New Wooden Floor



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photos by: Connor Sports Flooring and Frontrow Photography

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

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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 avenues," 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 harkens 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, and 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."

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British Columbia Lacrosse Association

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Scott, Sutton & Locher ~ Community Sport Heroes

By: LacrosseTalk Staff

Glen "Moose" Scott (Prince George), Darren Sutton (Cranbrook) and Chris Locher (North Vancouver) were the latest BCLA volunteers to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero Awards was created by Sport BC in 2001. These awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level.

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 PG Masters 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 tournaments for senior lacrosse athletes.

"When I actually got the award I was completely flabbergasted and blown away to receive an award of this magnitude and prestige," stated a proud Moose Scott. "To receive this award from Sport BC was unbelievable! You don't get involved in a sport to receive accolades and awards; you do it because you

love the sport -- I've loved the sport of lacrosse for 41 years."

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.

Darren 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 Directorate representative, as well as, a Referee Clinician.

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.

"Wow, what a privilege to receive this award," said an excited Sutton. "I was honoured to just 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

Glen "Moose" Scott

Darren Sutton

Chris Locher

were the latest

BCLA volunteers to be
recognized by the Sport
BC Community Sports
Hero program.

~

Congratulations

levels in box and the Under 8's in field. Chris currently coaches a Novice team (9-10 year olds) and is 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.

"I am honoured to have been chosen to receive the Sport BC Community Sport Hero Award for the North Shore," said Chris Locher.



Photo: Sport BC

Glen "Moose" Scott was honoured as BCLA's recipient of the Community Sport Hero Award in Prince George.

"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!

The BCLA Office has Moved!



BCLA President, Sohen Gill, poses with BC Hockey League Commissioner, John Grisdale, outside the new BCLA Office.

New BC Lacrosse Association Office #101-7382 Winston Street in Burnaby

After 20 years of managing provincial lacrosse operations at 4041 Remi Place, the British Columbia Lacrosse Association has moved a block away from the old offices.

The newer and brighter BCLA Office is located at #101-7382 Winston Street in Burnaby, on the southwest corner, at the intersection of Winston Street and Phillips Avenue. The BCLA Office is on the ground floor of the Phillips Building on Winston Street.

"The new office is great with mine in the back boardroom", quipped President Sohen Gill. "It's a step in the right direction -- and speaking of that, there are no steps."

The new BCLA Office hosts two boardrooms of similar size, with greater seating

capacity. Already armed with wireless Internet access, both boardrooms will have flat screen TV's for meeting presentations (saves on use of paper!).

"The move has been quite a project since January," stated Executive Director Rochelle Winterton. "We are putting some of the finishing touches to make our new house a home, and we welcome everyone to come on in, see the new space, and enjoy a cup of coffee or tea with us!"

The BCLA has made some new friends in their new digs including the BC Hockey League's Executive Director, David Sales and Commissioner, ex-Canuck John Grisdale.



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**Continued from Cover Article:
Burnaby Boasts New Wooden Floor in 2011**

By: LacrosseTalk Staff

"Every floor should be wood," stated Shillington. "Compare the longevity of players from New Westminster to others who played on cement – there's no comparison."

To support this observation, Shillington noted ten of the top twenty players in the 'All-time Games Played' category in the Inter-City Lacrosse League (ICLL) and WLA were players that spent majority of their career in New Westminster. Of the remaining ten players, two were goalies and three played part of their career at Queen's Park.

To add to this theory, five of the top six players on the ICLL and WLA all-time 'Most Games Played' list were Salmonbellies; Eric Cowieson, Paul Parnell, Dave Durante and Geordie Dean. The sixth player was a goalie, Stan Joseph, who, incidentally, also spent three seasons with New Westminster. All are Hall-of-Famers.

As lacrosse grows in popularity the new wooden floor will take an even greater beating from the sneakers, balls and sticks of athletes playing the Creator's game.

The cost of the 17,000-square-foot portable wood floor is \$286,000, which will be installed each spring and removed in 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.

Some interesting facts about Burnaby's new floor. The floor is made out of maple and took under eight weeks to build and deliver. It was manufactured in Amasa, Michigan, transported to Rossville, Georgia where it was sanded three separate times, then stained green, followed by two coats of urethane sealer, game lines and logos painted and then two final coats of finish. The panels then cured for a few days before being wrapped and loaded for the trip to Burnaby.

In a previous Burnaby News Leader article, Burnaby parks and recreation director Dave Ellenwood noted that a subfloor will also be purchased to allow the floor to be installed over the ice surface during the fall and winter to accommodate other sports like basketball, volleyball and badminton, as well as trade shows, conventions and graduation ceremonies. A protective cover will allow the latter such uses without damaging the playing surface itself.

"It provides us with a lot of versatility now," said Ellenwood, who expects the investment to be recovered over the long term through additional rentals. "In the past we didn't even have an option."

The journey for the floor will concluded this spring in Burnaby. The floor will be ready for action for lacrosse enthusiasts, both male and female athletes young and old.

With assistance from Burnaby coach and father, Paul Kuhn, the three Kuhn sisters Sarah, Nicole and Emily gave their 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 Laker 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!

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New Bench Bosses in BC

By: Brad Challoner

Many think that the National Hockey League is the toughest place to keep a coaching job in sports; however it seems that every season the BC Junior A Lacrosse League 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 to 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 at this level than anywhere else. Let's take 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 win, 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 some of 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 the team, Watson will need to demand respect and quickly let the young Isles known who is boss. Edmonton Rush prospect and former Delta standout, Dane Stevens, has been brought in as 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 franchise 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. Under .500 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 wood 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 stifle 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 Poco Saints. He'll take this perimeter offence and turn them into a well oiled, constantly motioning 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 Swoop? Some-

thing 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 fresh faces 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 who in their 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.

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



Prince George's Dave Jenkins proudly poses with BCLA President, Sohen Gill at the 2011 Sport BC Awards ceremony.

By: LacrosseTalk Staff

The 45th Sport BC Athlete of the Year Awards and President Award ceremonies took place Thursday February 24, 2011 at the River Rock Casino Resort and Show Theatre in Richmond, BC. Hundreds of BC's finest athletes, coaches and volunteers were honoured at the prestigious event.

The BC Lacrosse Association's 2011 selection for the Sport BC President's Award for Lacrosse was BCLA Executive Director at Large, Dave "The Wall" Jenkins.

Our good friend, from the Great White North, David Jenkins played Senior Box Lacrosse in Prince George from 1968-1996, representing BC at three National Championships. Dave has coached and performed other community volunteer work, through the minor and senior box lacrosse system, in Prince George from 1985-2009.

In 2005, David joined the BC Lacrosse Provincial Executive as the Director at Large

and, for the past 5 years, has generously and passionately provided his legal and lacrosse expertise and guidance for the BC Lacrosse Association and its members.

"Dave has given a lifetime of his extra time to the youth of Prince George," stated BCLA President Sohen Gill. "His dedication to lacrosse has helped the game thrive in the North – The Wall is a very deserving selection for this achievement."

But 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.

"As a coach, I was often their psychiatrist, psychologist, best friend, worst enemy and overall 'Father Confessor,' mentioned Jenkins. "The boys still have contact with me on a regular basis and I am so proud of the fact that the disciplines gleaned 'along the way' have kept nearly every one of them out of trouble."

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: Gloria Siegner (1999), Elinor Hinds (2000), David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll (BC Games) and Toni Lowe (2007), Ron McQuarrie (2008), Mike Hall (2009) and Gene and Judy Regier (2010).

The BC Lacrosse Association thanks Dave Jenkins for his commitment to lacrosse.

"The Sport BC Award for me is all about these young athletes and the countless hours and miles they logged together," reminisced Jenkins. "It's both sad and joyful to see them move on, but come haying time - you would be surprised at how many calls their old coach gets from former players wishing to lend a hand."

In Memoriam

Bill Stuart, an outstanding lacrosse and football athlete, passed away in Kelowna April 6, 2011. Stuart, Vancouver-born on June 14, 1932, broke into senior lacrosse with the Indians in 1951 and later joined Vancouver and Nanaimo before ending his career with the Mann

Cup champion New Westminster Salmonbellies 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.

Western Lacrosse Association 2011 Schedule

DATE	AWAY	AWAY	TIME
May-13	Nanaimo	at Burnaby	7:00
May-20	Coquitlam	at Burnaby	7:45
May-20	Langley	at Victoria	7:45
May-22	New West	at Nanaimo	7:00
May-22	Langley	at Maple Ridge	6:45
May-25	Coquitlam	at Langley	7:00
May-27	Burnaby	at Victoria	7:45
May-28	Maple Ridge	at Coquitlam	7:00
May-29	New West	at Maple Ridge	6:45
May-31	Victoria	at Nanaimo	7:00
Jun-02	Maple Ridge	at New West	7:45
Jun-03	Coquitlam	at Victoria	7:45
Jun-03	Langley	at Burnaby	7:45
Jun-04	New West	at Langley	7:45
Jun-04	Burnaby	at Coquitlam	7:00
Jun-05	Maple Ridge	at Nanaimo	7:00
Jun-09	Victoria	at New West	7:45
Jun-10	Victoria	at Burnaby	7:45
Jun-11	Burnaby	at Langley	7:45
Jun-12	Langley	at Maple Ridge	6:45
Jun-12	Coquitlam	at Nanaimo	7:00
Jun-16	Nanaimo	at New West	7:00
Jun-17	Coquitlam	at Victoria	7:45
Jun-17	Langley	at Burnaby	7:45
Jun-18	Maple Ridge	at Langley	7:45
Jun-18	New West	at Coquitlam	7:00
Jun-19	Burnaby	at Nanaimo	7:00
Jun-19	Victoria	at Maple Ridge	6:45
Jun-23	Victoria	at New West	7:45
Jun-24	Maple Ridge	at Victoria	7:45
Jun-24	Nanaimo	at Burnaby	7:00
Jun-25	New West	at Langley	7:45
Jun-25	Burnaby	at Coquitlam	7:00
Jun-26	Coquitlam	at Maple Ridge	6:45
Jun-26	New West	at Nanaimo	7:00
Jun-29	Victoria	at Langley	7:45
Jun-30	Coquitlam	at New West	7:45
Jul-02	Maple Ridge	at Nanaimo	7:00
Jul-02	Victoria	at Coquitlam	7:45
Jul-03	Burnaby	at Maple Ridge	6:45
Jul-06	Nanaimo	at Langley	7:00
Jul-07	Langley	at New West	7:45
Jul-08	New West	at Victoria	7:45
Jul-08	Maple Ridge	at Burnaby	7:45
Jul-09	Nanaimo	at Coquitlam	7:00
Jul-10	Victoria	at Maple Ridge	6:45
Jul-14	Burnaby	at New West	7:45
Jul-15	Langley	at Victoria	7:45
Jul-15	New West	at Burnaby	7:45
Jul-16	Maple Ridge	at Coquitlam	7:00
Jul-16	Langley	at Nanaimo	7:00
Jul-17	Nanaimo	at Maple Ridge	6:45
Jul-20	Nanaimo	at Langley	7:00
Jul-21	Coquitlam	at New West	7:45
Jul-22	Burnaby	at Victoria	7:45
Jul-23	Nanaimo	at Coquitlam	7:00
Jul-27	Coquitlam	at Langley	7:45
Jul-28	Burnaby	at New West	7:45
Jul-29	Maple Ridge	at Burnaby	7:45
Jul-29	Nanaimo	at Victoria	7:45
Jul-30	Victoria	at Nanaimo	7:00
Jul-30	Langley	at Coquitlam	7:00
Jul-31	New West	at Maple Ridge	6:45



Team BC Box & Field Look for Improvement

By: LacrosseTalk Staff

The 2011 Team BC Box Lacrosse programs will start the athlete identification process in early May and concluding in June. Over 450 box and field athletes will have been identified from all regions of the province.

After a 2010 season of silver linings, the Team BC Box programs 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 loftier 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 main box camps and locations for each of the teams will be: Pee Wees-Comox (June 3-5); Bantams-TBA; Midgets-TBA; and the Female Bantams and Midgets-Richmond (June 10-12). Check the BCLA website for updates.

The Team BC Box program has grown to five teams including the boys Pee Wee, Bantam and Midget teams, while the girls will compete in Bantam and Midget. The Female Bantams came the closest to winning gold in a heartbreaking 4-0 loss to Ontario; the Pee Wee and Bantam boys also fell short to Ontario in lopsided losses 11-1 and 6-1 respectively, while the Midgets finished a disappointing fourth.

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 hosting at historic Queens Park Arena in New Westminster.

“The Bantam and Midget girls are excited about their National 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 Bantams. With the addition of new coach and WLA and NLL standout, Dan Stroup, the girls will surely take their game to new heights.

“We expect to put a hard working, highly skilled, talented team together, that will play with sportsmanship and our goal is to win the gold,” 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 build will be committed to playing a complete game with speed and toughness.”

The Team BC Bantams have seasoned head coach, Doug Clark (Kamloops), who has experienced four national tournaments. 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 fourth place 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 environment 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 Adanacs 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 skill, 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 lasting 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 Comeault, 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 piqued the interest of more players who were playing in their respective club teams,” explained Comeault. “We experienced the greatest numbers 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 played well into the progress of the older 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 opportunity to play in front of college coaches. Coach Scott Browning will be on the bench for his second season with assistants Travis Gillespie, Jon Browning and new addition Derek Milani. The U16’s are ahead of schedule in their team development and look to avenge the one goal loss to Ontario in the 2010 National Championship game.

“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 Rey Comeault.

The Female Bantam and Midget Nationals will take place July 22-28 in New Westminster while the Pee Wee, Bantam and Midget boy’s Nationals will take place July 31 to August 6 in Whitby, Ontario. The U19 and U16 Field Lacrosse Nationals will take place September 2-4 in Burnaby.

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No. 16 Simon Fraser Midseason Report

By: William Howard, SFU
Lacrosse Media Relations

In their seventh season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, the 2010 MCLA Semi-Finalist, 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 games 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 line-up 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 line-up in the MCLA, SFU's 2011 roster features only four seniors with eight freshmen, six sophomores and one junior. Through nine games, the Clan's starting line-up has consisted mainly of six freshmen, two sophomores and two seniors with all nineteen players, including both goal-tenders, registering minutes.

Simon Fraser started the 2011 season ranked No. 10 in The Prodigy MCLA Division I Top 25 Poll, after opening the season with a home-win over regional PNCLL Division II opponent Western Washington (15-5). Consecutive road losses to current No. 11 Utah (12-11 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 home to 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 convincing wins over Idaho (31-8) and PNCLL Division II opponent Gonzaga (32-5). SFU's last two games were a 22-14 loss to Oregon and a 17-15 win over Cal Poly.

Last season, Simon Fraser started the year at No. 4 before dropping to as low as No. 23 in the polls with a 2-6 start. A 6-1 tear to end the season, earned the Clan an at-large bid to the MCLA National Championships. As the No. 10 seed, they would upset No. 7 Florida State (9-6) in the opening round and No. 2 Colorado State (12-11 OT) in the Quarterfinals, before falling to No. 3 Arizona State (19-9) in the MCLA Semi-Finals in Denver, Colorado.

The Clan have outscored their opponents 183-138 this season despite being outscored 113-89 versus ranked opponents. Once again, playing one of the MCLA's toughest schedules with 9 of 15 opponents ranked in the Top 20, the eleven teams Simon Fraser has faced so far this season have combined to post a 57-38 record, with the six opponents that the Clan have lost to currently sitting at 38-16.

Despite their youth, several fresh faces have had an immediate impact for the Clan. Freshman attack Calvin Craig set a new school record for points in a game with 15 points on 12 goals and 3 assists versus Idaho on March 26, breaking the previous mark of 13 points shared by Ricky Clark SFU '04 (2002-9G, 4A vs. Washington State) and Peter Morgan SFU '01 (2000-6G, 7A vs. Oregon State). Craig's 12 goals also set a new mark for most goals in a game surpassing the previous record of 11 goals held by Mike Christians SFU '07 (2004 vs. Western Washington).

Sophomore attack Colton Dow who had 13 points versus Idaho (5G, 8A) set a new standard for assists (8) topping the previous record of 7 held by Aaron Lochhead SFU '00



who recorded 7 assists twice in 2000 (vs. Washington and Oregon) and Peter Morgan who also registered seven helpers that same season (vs. Oregon State).

Freshman face-off specialist Max Weselowski set a new school record for both face-off wins in a game (29) and best face-off percentage in a game (76%) going 29 of

38 versus Gonzaga to pass the previous marks set by Ryan Hodge of 71% on 24 wins in 34 attempts (2010 vs. Montana).

Simon Fraser Co-Head Coaches Jeff Cathrea and Brent Hoskins, who hold the school record for wins in a career, also passed a new career milestone, registering their 70th career victory versus Idaho. Their all-time coaching record currently sits at 71-28 (.717). The Clan's game versus Oregon on April 8 will be Cathrea and Hoskins 100th career game behind the SFU bench.

Also of note, Clan senior captain Chris Tessarolo scored his 100th career goal versus Colorado on March 18. Tessarolo currently has 100 goals and 45 assists for 145 points in 57 games.

With the graduation of All-Americans Adam Foss, Russel Thomas and Ben Towner who combined for an astonishing 689 points over the past four seasons, including 450 goals, many expected Simon Fraser to struggle offensively out of the gate in 2011. After averaging 11.67 goals per game (GPG) and 9.46 GPG versus ranked opponents in 2010, Fraser is actually up in both categories this season averaging an impressive 16.87 GPG and 11.60 GPG versus ranked opponents.

The Clan have been led by sophomore attack Colton Dow who currently sits at the top of the PNCLL with 51 points (29G, 22A). Dow is followed closely by freshman attack Calvin Craig who in 8 games leads the PNCLL with 37 goals and sits second with 45 points. Dow (5.67) and Craig (5.63) are currently third and fourth nationally in the MCLA in points per game (PPG), while Craig is also fourth in the MCLA in goals per game. Five of the Top 10 scorers in the PNCLL (PPG) belong to SFU with Cory Koesdibyo -- 18G, 14A, 3.16 PPG; Eric Ransom -- 15G, 10A, 3.13 PPG; and Rick Bezuidenhout -- 19G, 9A, 3.11 PPG.

Averaging 10.72 goals against (GA) and 12.69 GA versus ranked opponents last season, SFU is up in both categories to start the 2011 season with a goals against average of 11.22 and 15.2 versus ranked opponents. Holding down the Clan defense has been Nathan Clare and Luke Genereux, while freshman standout Riley Wanzer has staked his claim as Fraser's starting LSM. Sophomore Sam Biagioni and freshman Branden Bloom have split time as the third starter on close defense, while freshmen Tom Newton and Max Weselowski have carried the bulk of the workload at short stick defensive midfield. Sophomore Kyle Middleton has started eight games for the Clan averaging 9.38 saves per game, while freshman Darren Zwack has looked impressive in limited action posting a .581 save percentage in just over 90:00 minutes between the pipes.

Six regular-season games remain for Simon Fraser, including four versus ranked opponents in current No. 3 Arizona State (April 15), No. 6 Cal Poly (April 9), No. 15 Oregon (April 8) and No. 19 Arizona (April 17). SFU also still has two of three PNCLL North divisional games remaining on their schedule as the Clan travel to Washington (April 23) and host Montana (April 24 "Senior Day") in their final regular season home game.

Fraser will play a PNCLL Quarterfinal (TBA) match-up the weekend of April 30 / May 1. The PNCLL Final Four Conference



SFU Coach Brent Hoskins gives directions to SFU players. The Clan look to represent the PNCLL at the 2011 nationals.

Championships will then take place May 7 and 8 in Portland, Oregon, with the MCLA National Championship Tournament returning to Dick's Sporting Goods Park in Denver, Colorado May 17-21.

For further information on Simon Fraser men's lacrosse please visit sfulacrosse.com or follow the Clan on Twitter at twitter.com/fraserlacrosse.

DATE	AWAY		HOME	VENUE	TIME
26-Apr	Coquitlam	at	New Westminster	Queens Park Arena	8:00 PM
27-Apr	Langley	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
30-Apr	Victoria	at	Delta	Ladner Arena	5:00 PM
01-May	Port Coquitlam	at	Burnaby	Bill Copeland Arena	7:00 PM
01-May	Nanaimo	at	Langley	Langley Events Center	5:00 PM
01-May	New Westminster	at	Victoria	Bear Mountain Arena	5:00 PM
03-May	Delta	at	New Westminster	Queens Park Arena	8:00 PM
05-May	New Westminster	at	Langley	Langley Events Center	7:30 PM
06-May	Delta	at	Nanaimo	Nanaimo Ice Centre	7:30 PM
07-May	Port Coquitlam	at	Victoria	Bear Mountain Arena	5:00 PM
08-May	Langley	at	Burnaby	Bill Copeland Arena	7:00 PM
08-May	Victoria	at	Coquitlam	Coquitlam Sports Centre	5:00 PM
10-May	Nanaimo	at	Victoria	Bear Mountain Arena	7:30 PM
10-May	Port Coquitlam	at	New Westminster	Queens Park Arena	8:00 PM
11-May	Burnaby	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
14-May	Langley	at	Delta	Ladner Arena	7:30 PM
15-May	Coquitlam	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
15-May	Victoria	at	Burnaby	Bill Copeland Arena	5:00 PM
17-May	Nanaimo	at	New Westminster	Queens Park Arena	7:00 PM
19-May	Port Coquitlam	at	Langley	Langley Events Center	7:30 PM
20-May	Delta	at	Port Coquitlam	Poco Rec Centre	8:00 PM
21-May	Burnaby	at	Nanaimo	Nanaimo Ice Centre	3:00 PM
21-May	Coquitlam	at	Delta	Ladner Arena	7:30 PM
22-May	New Westminster	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
22-May	Coquitlam	at	Burnaby	Bill Copeland Arena	7:00 PM
25-May	Burnaby	at	Delta	Ladner Arena	7:30 PM
25-May	Port Coquitlam	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
27-May	Coquitlam	at	Port Coquitlam	Poco Rec Centre	8:00 PM
27-May	Langley	at	Nanaimo	Nanaimo Ice Centre	7:30 PM
28-May	Langley	at	Victoria	Bear Mountain Arena	5:00 PM
28-May	Nanaimo	at	Delta	Ladner Arena	5:00 PM
29-May	Victoria	at	Port Coquitlam	Poco Rec Centre	5:00 PM
31-May	Langley	at	New Westminster	Queens Park Arena	8:00 PM
01-Jun	Delta	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
02-Jun	Victoria	at	Nanaimo	Nanaimo Ice Centre	7:30 PM
02-Jun	Port Coquitlam	at	Langley	Langley Events Center	7:30 PM
03-Jun	New Westminster	at	Port Coquitlam	Poco Rec Centre	8:00 PM
04-Jun	New Westminster	at	Delta	Ladner Arena	7:30 PM
04-Jun	Burnaby	at	Victoria	Bear Mountain Arena	5:00 PM
05-Jun	Delta	at	Victoria	Bear Mountain Arena	5:00 PM
05-Jun	Port Coquitlam	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
05-Jun	Langley	at	Burnaby	Bill Copeland Arena	7:00 PM
07-Jun	Burnaby	at	New Westminster	Queens Park Arena	8:00 PM
08-Jun	New Westminster	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
10-Jun	Langley	at	Port Coquitlam	Poco Rec Centre	8:00 PM
11-Jun	Coquitlam	at	Victoria	Juan de Fuca	5:00 PM
11-Jun	Port Coquitlam	at	Delta	Ladner Arena	7:30 PM
12-Jun	Nanaimo	at	Burnaby	Bill Copeland Arena	5:00 PM
14-Jun	Burnaby	at	Langley	Langley Events Center	7:30 PM
14-Jun	Coquitlam	at	New Westminster	Queens Park Arena	8:00 PM
16-Jun	Coquitlam	at	Langley	Langley Events Center	7:30 PM
17-Jun	Burnaby	at	Port Coquitlam	Poco Rec Centre	8:00 PM
18-Jun	Nanaimo	at	Port Coquitlam	Poco Rec Centre	5:30 PM
18-Jun	Victoria	at	Delta	Ladner Arena	7:30 PM
19-Jun	Delta	at	Burnaby	Bill Copeland Arena	7:00 PM
19-Jun	Coquitlam	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
19-Jun	Victoria	at	Langley	Langley Events Center	2:00 PM
21-Jun	Delta	at	New Westminster	Queens Park Arena	8:00 PM
23-Jun	Nanaimo	at	Langley	Langley Events Center	7:00 PM
24-Jun	Coquitlam	at	Port Coquitlam	Poco Rec Centre	8:00 PM
25-Jun	New Westminster	at	Victoria	Bear Mountain Arena	5:00 PM
25-Jun	Burnaby	at	Delta	Ladner Arena	7:30 PM
26-Jun	Victoria	at	New Westminster	Queens Park Arena	5:00 PM
26-Jun	Nanaimo	at	Coquitlam	Coquitlam Sports Centre	5:00 PM
26-Jun	Port Coquitlam	at	Burnaby	Bill Copeland Arena	7:00 PM
28-Jun	Burnaby	at	New Westminster	Queens Park Arena	8:00 PM
29-Jun	Langley	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
30-Jun	Delta	at	Port Coquitlam	Poco Rec Centre	8:00 PM
30-Jun	New Westminster	at	Langley	Langley Events Center	7:30 PM
01-Jul	New Westminster	at	Burnaby	Bill Copeland Arena	8:00 PM
02-Jul	Nanaimo	at	Port Coquitlam	Poco Rec Centre	5:00 PM
02-Jul	Langley	at	Victoria	Bear Mountain Arena	5:00 PM
03-Jul	Delta	at	Langley	Langley Events Center	5:00 PM
03-Jul	Burnaby	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
03-Jul	Victoria	at	Coquitlam	Coquitlam Sports Centre	5:00 PM
05-Jul	Nanaimo	at	Victoria	Bear Mountain Arena	7:30 PM
06-Jul	Burnaby	at	Coquitlam	Coquitlam Sports Centre	8:00 PM
07-Jul	Delta	at	Langley	Langley Events Center	7:30 PM
08-Jul	New Westminster	at	Port Coquitlam	Poco Rec Centre	8:00 PM
09-Jul	Port Coquitlam	at	Victoria	Bear Mountain Arena	5:00 PM
09-Jul	Coquitlam	at	Delta	Ladner Arena	7:30 PM
09-Jul	Nanaimo	at	New Westminster	Queens Park Arena	5:00 PM
10-Jul	Delta	at	Nanaimo	Nanaimo Ice Centre	5:00 PM
10-Jul	Victoria	at	Burnaby	Bill Copeland Arena	5:00 PM

Nominate Field Lacrosse Volunteers NOW!

We would like to give you the opportunity to nominate some of your dedicated field volunteers for the **2011 BCLA Merit Awards** while the season is still fresh in your minds.

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Our volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

Hugh Gifford (Manager of the Year)
Ruth Seward (Outstanding Volunteer at the Local Level)
Art Daoust (Executive Volunteer)
Leon Hall (Youth Field Lacrosse Association of the Year)
Jimmy Gunn (Field Referee of the Year)
John Cavallin (Field Coach of the Year)

The Award Winners will be presented during the 2011 BCLA Annual General Meeting Banquet next October 2011.

Our volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

For more information or to download the nomination forms, please visit the BCLA Website at: www.bclacrosse.com or contact the BCLA Office (604) 421-9755

Women's Lax Raises Dust at Sand Storm

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 girls' 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 lop-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



BC Revolution player (left) keeps eye on the loose ball at the Sand Storm tournament in California.

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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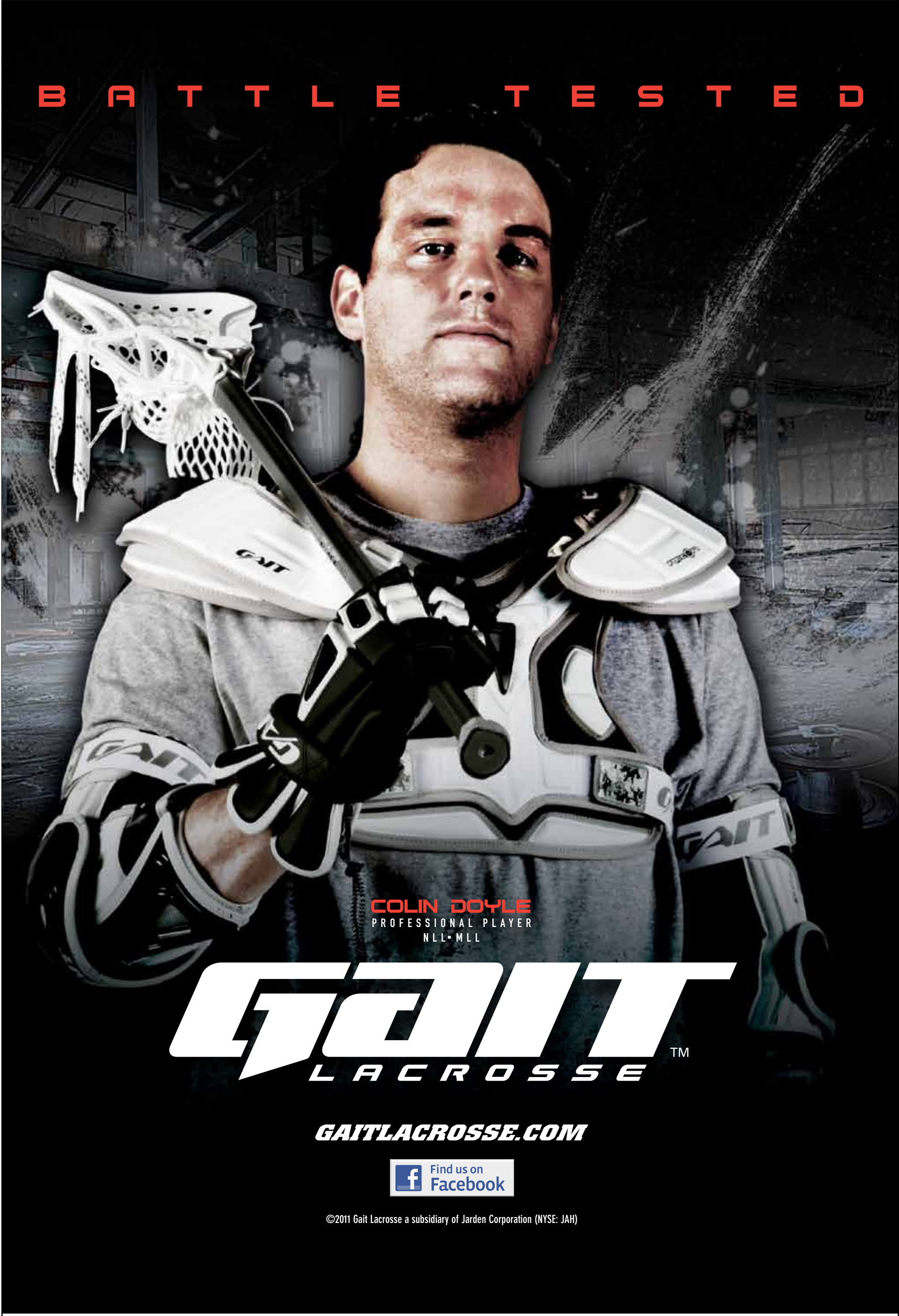
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High School Field Lax Wrap



New Westminster Hyacks take top honours as 2011 Senior Champions beating Best 6-5.



Holy Cross Crusaders win their first Senior Tier 2 title 13-10 over Heritage Woods.



Claremont Spartans capture the Junior Championship over New Westminster 16-6.

Photos: Nikki Cornwall

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. Centennial, 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 titles in 2010, but could only muster up one title in 2011. The Senior Tier 1 champions

were the New Westminster Hyacks; the Senior Tier 2 title went to first time winner Holy Cross Crusaders, while the Junior title went to the Claremont 1 Spartans.

Juniors: In the Junior semi-finals, Claremont 1 doubled Centennial 12-6, while New Westminster eked out an 11-10 victory over a recharged Terry Fox program. The two undefeated teams, from the round-robin portion of the tournament, were set to meet in the finals. Claremont 1 and New West offensive and defensive teams showed similarities leading into the finals – Claremont scoring 54 goals, while yielding 19 and New West netting 46 and allowing 25. The table was set for another Claremont-New West battle but it failed to materialize, as Claremont 1 took it to the Hyacks 16-6 to win the Junior title. Junior MVP: Brock Marshall Thompson (Claremont).

Senior Tier 2: In the Senior Tier 2 semi-finals, Heritage Woods knocked off Centennial 14-8, while Terry Fox was handed a lopsided 10-3 defeat at the hands of Holy Cross. A Holy Cross and Heritage final wouldn't disappoint as the Crusaders outlasted the Kodiaks 13-10 for the Senior Tier 2 title. Senior Tier 2 MVP: Michael Messenger (Holy Cross).

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 Senior 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.



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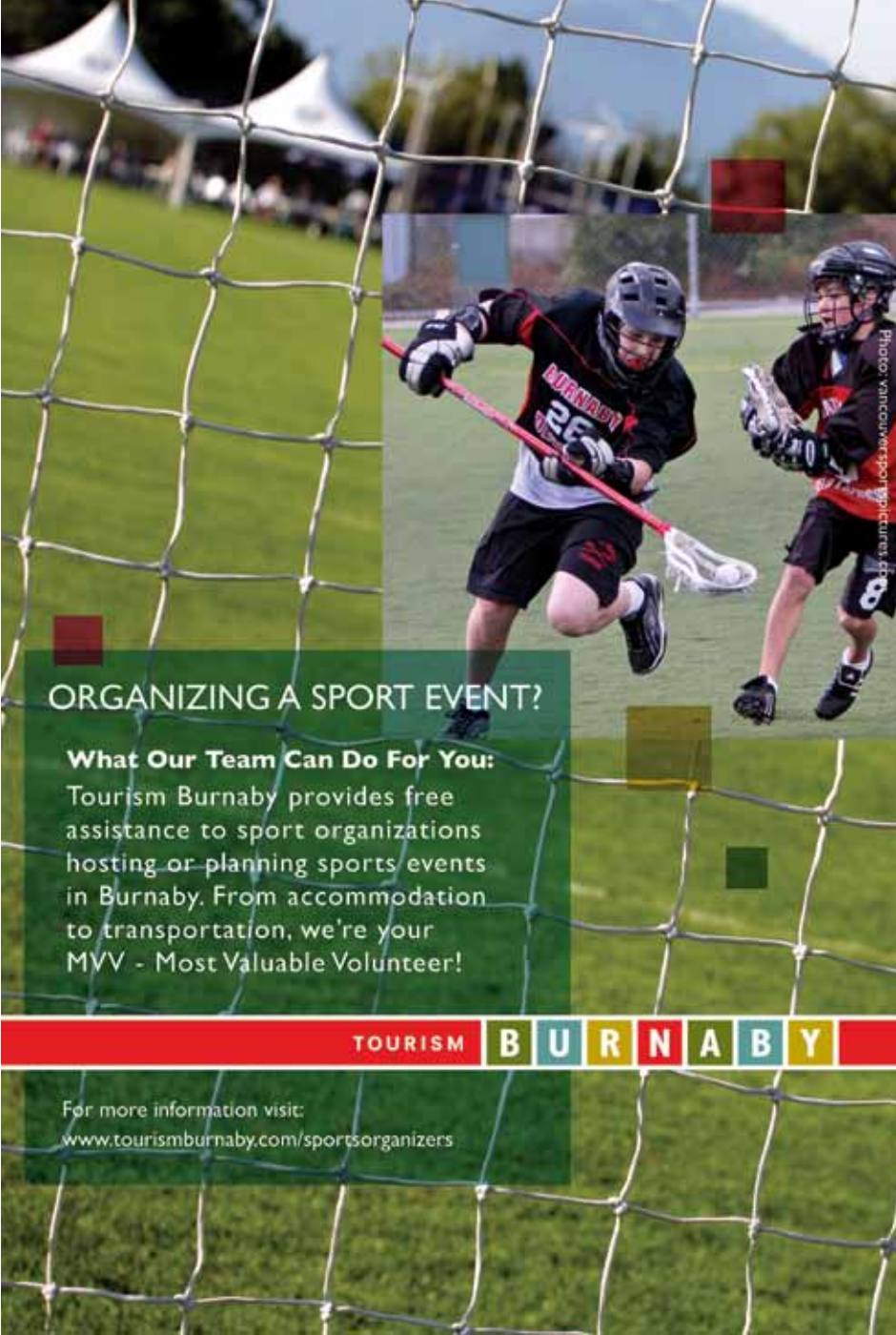
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SUBWAY® BCLA 2011 Youth Field Provincial Results



Under 12 Tier 1 Gold Medal winners - Adanacs.



Under 14 Tier 1 Gold Medal winners - New Westminster.



Under 16 Tier 1 Gold Medal winners - Adanacs.



Under 19 Tier 1 Gold Medal winners - Victoria Field.

Photos: Michael Lapperriere

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 eked out a one-goal 4-3 victory over Ridge Meadows in the Under 12 Tier 1 gold medal match; the Under 14 title went to New Westminster in a lopsided 10-4 victory over the Adanacs. The U16 Adanacs out-paced New Westminster 15-11 for the Under 16 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 – Nathaniel Kovernikov (Langley); Under 14 – Mikey Vukovic (Mission); Under 16 – Taylor Northway (Delta); and Under 19 – Jesse King (Victoria).

The 2011 U12 Tier 1 Warrior Fair Play Awards were: Jeremy Basic (Adanacs), Sam Harper (Burnaby), Victor Robichaud (Delta), Liam Moore (Langley), Noall Degife (New West), Jack Isherwood (Pacific Rim), Nathan Faccin (Ridge Meadows) and Josh Wilson (Victoria). The U14 Tier 1 Warrior Fair Play Awards were: Cameron McCulloch (Adanacs), Parker Watson (Langley), Dalton Mazar (Mission), Hugh Blackman (Nanaimo), Mitchell Stokes (New West), Daniel Smith (Pacific Rim), Greg Lunde (Port Coquitlam) and Conner

Manahan (Victoria). The U16 Tier 1 Warrior Fair Play Awards were: Brendon Zoehner (Adanacs), Bradley Breadon (Burnaby), Jordan Quitzau (Delta), James Rahe (Langley), Tyler Barrett (New West), Connor Neuman (Pacific Rim), Jared deBruyckere (South Fraser) and Cole Matterson (Victoria). And the U19 Tier 1 Warrior Fair Play Awards were: Colten Burr (Delta), Ryley Brown (Langley), Robert Thompson (Nanaimo), Reid Mydske (New West) and Dane Schoor (Victoria).

The Tier 1 Warrior Fair Play Coaches were: U12: Jonathan Rachfall (New West), U14: Joel Mitt (Mission), U16: Jamie Stewart (New West) and U19: Simon Stocks (Nanaimo). The Overall Fair Play Official was Rob Cook. 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 #4. The Under 14 medal winners were: Gold-New Westminster, Silver-North Okanagan and Bronze-North Island. The Under 16 medal winners were: Gold-Nanaimo, Silver-Adanacs #3 and Bronze-Penticton. The Under 19 medal

winners were: Gold-Adanacs, Silver-Ridge Meadows and Bronze-Richmond.

The Tier 2 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Coletton Lundy (Valley); Under 14 – Bailey Robinson (North Island); Under 16 – Tanner Thierstein (Nanaimo); and Under 19 – Wesley Berg (Adanacs).

The U12 Tier 2 Warrior Fair Play Awards were: Alex Dozzi (Adanacs #4), Mathew Katinic (Kelowna), Lucas Taylor (Mission), Jamie McKay (Oceanside), Cortlinel Gibson (Port Coquitlam), Justin Preston (Richmond), Christel Blesch (Valley Attack) and Trey Cleemoff (Mid Island). The U14 Tier 2 Warrior Fair Play Awards were: Grant Mason (Adanacs #3), Michael Manojlovic (Delta), Iain Varley (New West), Sam Kussauer (North Island), Mike Hanley (North Okanagan), Ian Whibles (Oceanside), Nikita Bagg (Port Coquitlam) and Jacky Lei (Richmond). The U16 Tier 2 Warrior Fair Play Awards were: Cordel Maunder (Adanacs #2), Kyle Weir (Adanacs #3), Tanner Brown (Mission), Justin Lee (Nanaimo), Andrew Wilson (Pacific Rim), Chris Pond (Penticton), Tristan Netrefa (Prince George) and Tyson Brown (Valley Attack). The U19 Tier 2 Warrior Fair Play Awards were: Steven Neufeld (Adanacs), Alex Martel (Pacific Rim), Trevor Wiseman (Port Coquitlam), Dylan McGrath Burke (Prince George), Iain Vickers (Richmond) and Luke Gillespie (Ridge Meadows).

U16 Nanaimo and Prince George players battle for position in the snow at the Tier 2 Provincials



Photos: Paul Yates

The Tier 2 Warrior Fair Play Coaches: U12: Harpreet Grewal (Mission), U14: Tim Clermont (Oceanside), U16: Jamie 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, Firststar, STA and Silver Ridge Promotions. Thanks to the many volunteers: Brenda Bromley, Mary Clare, Brad Dolbec, Tracy Dolbec, Beth McLucas, Craig Merritt, Dirk Rachfall, Tricia Rachfall and Doug Simons, Jody Weatherby (RIC), Barb Calve, Tristan Calve, Rick Higgs, Tyson & Toni Leies, Jessica Kartz, Paula West-Patrick, Brande Terris, Jennie Goselin & Family, Catherine McLean, Kathy Tanner, Maureen Garland, Bryan Baxter, Wilson Louie (RIC), Deb Stocks and all first aid attendants. Our apologies if we missed you – our volunteers make these events the most memorable. We applaud you for your work! Thank you for your commitment to lacrosse.

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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 “out-side 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 warding 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 walloped 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.



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Field Directorate Special Session Timeline

Apr. 16 Field Directorate Special Session at Douglas College 10:00 AM 4:00 PM

BCLCA and BCLOA Special Session Timeline

- July 5 First Notice of BCLCA/BCLOA Special Session
Forms circulated - Registration, Policy Changes, Agenda, Awards
- July 27 Deadline for BCLCA/BCLOA Operating Policy Changes to the BCLA Office
- Aug. 10 2nd Notice/Operating Policy changes circulated for BCLOA
- Aug. 25 Deadline for Executive Reports/Budget to be submitted to the BCLA Office
Deadline for nominations of awards (BCLCA/BCLOA)
- Sept. 1 Deadline for Registration Forms
- Sept. 10 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 22 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. 31 Deadline for Constitution/By-Law changes into the office.
Deadline for BCLA, Senior, Minor Operating Policy changes to office
Deadline for Award Nomination forms into the office.
- Sept. 9 Deadline for all Executive Reports/Budgets for Annual Report
- Sept. 12 Deadline for BCLCA, BCLOA Minutes to office
- Sept. 14 2nd Notice/Mailing of Changes to the Constitution/By-Law & Operating Policies
- Sept. 20 Deadline for booking Hotel for AGM
- Sept. 27 Deadline for AGM Registration Forms
- Oct 14-16: 2011 BCLA AGM - Whistler, B.C.

bclacrosse.com

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-bellie, 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 Tewaaron 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 time this summer playing boxla for the ‘Bellies and professional field lacrosse for the Nationals.

Other notable Canadians mentioned in the Senior Poll were: 10th-Jay Card (Hofstra); 16th Jordan McBride (Stony Brook); 28th Stephen Keogh (Syracuse); 33rd Adam Jones (Canisius); 36th Jamie Lincoln (Hofstra); and 41st Trevor Moore (Robert Morris).



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 West 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.

“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.



BCLA 2011 Box Lacrosse Provincial Championships

Pee Wee
North Okanagan (Vernon)
July 6-10, 2011

Female
Port Coquitlam
July 6-10, 2011

Bantam
Peninsula/Juan de Fuca (Victoria)
July 13-17, 2011

Midget
Coquitlam
July 20-24, 2011

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1967 Minto Cup

By: Stan Shillington

So-called lacrosse experts prognosticating the outcome of the 1967 Minto Cup championship held little boon 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 member, from 1966 -- the rest of the lineup consisted of graduating Junior B players and two injury-replacing pickups.

Oh, yes -- the series was also scheduled to be played on Oshawa’s home turf.

The first contest had those negative master-minds mumbling “I told you so.”

Oshawa’s outstanding powerplay unit, anchored by the incredible Gaylord Powless, took full advantage of the ‘Bellies’ 41 minutes in penalties. Snipers Ross Jones, Phil Clayton and Larry Lloyd all garnered hat tricks, 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 had ‘Bellies’ coach Keith Jackson screaming blue-bloody murder; but all for naught. Jackson’s attempt to appeal the contest was refused, the convener ruling there were no grounds for such an action. The 11-8 Oshawa victory remained.

New Westminster exploded out of the gates in Game Three, running up a 5-4 first period edge; but, when the Gaels blasted 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 retaining 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 Winzski 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 strategy payed off!

New Westminster carried a 10-9 lead into the last period, but saw a determined Oshawa squad battle back to tie the match; however, with a few minutes left in regulation time, Ray Bennie, followed by Lewthwaite, gave the ‘Bellies a hard-earned 12-10 win.

In Game Six, New Westminster outshot Green Gaels 27-18 and held Powless to just one assist -- but it wasn’t enough. Oshawa took its fifth consecutive Minto Cup with a tight 7-4 victory.

Bishop credited his goalie Merv Marshall for the win, describing his play as “impossible.”

“It took one of those one-in-a-thousand games performance to beat New Westminster,” the Oshawa coach added.

“If they (‘Bellies) had won just one of those first three games -- if the series had gone seven games -- I don’t think we could have done it. They are the best team we’ve played in five years.”

A History Lesson

By: Stan Shillington

The measure of greatness lies within the history of the subject, be it country, industry, science the arts and, of course, sports.

To know the subject in question is to know its background and the effect it has contributed.

So, if you believe that the game of lacrosse is, indeed, worthy of greatness, you might want to brush up on its origin, bow it developed, and who wore some of those individuals who contributed to its permanence on the Canadian athletic scene.

Interested? Look forward, then, to a book soon to be published by Akwesasne Grand Chief Michael Mitchell and the Ronathonni Cultural Centre in Ontario.

Entitled “Lacrosse: The Creator’s Game,” the book is a follow-up to the 1978 North American Travelling College publication “Tewaarathon” 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.

“Farmers and Milkmaids: A History as lacrosse in Richmond,” by Jack Lowe for the City of Richmond Archives, 2004.

“Lacrosse is Armstrong’s Game” by I.L. Cooper. Published by I.L. Cooper Bookbinding, Armstrong, BC, 2002.

“A history of the Sport of Lacrosse in BC” by David S. Savelieff Jr.

“Lacrosse 100” by Cleve Dheensaw. Published by Orca Book Publishers Ltd., Victoria, BC, 1990.

“Lacrosse Warrior, The Life of Mohawk Lacrosse Champion Gaylord Powless” by Wendy A. Lewis. Published by James Lorimer & Company Ltd., Toronto, 2008.

“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.

“Moon Remembered: The life of Lacrosse Goalie Lloyd ‘Moon’ Wootton” by his daughter Donna Wootton. Published by The Ginger Press, Owen Sound, Ontario, 2009.

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.

BC Lacrosse Association 2011 EVENTS

SUBWAY BCLA Box Lacrosse Provincials

Pee Wee
July 6-10, 2011
N. Okanagan (Vernon)

Female
July 6-10, 2011
Port Coquitlam

Bantam
July 13-17, 2011
Peninsula/Juan de Fuca (Victoria)

Midget
July 20-24, 2011
Coquitlam

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Dirk Rachfall

Dirk Rachfall (Field Lacrosse Provincial Convener)

Dirk Rachfall has been a valuable volunteer for the past decade with the New Westminster Minor Lacrosse Association. He has been part of the New West executive as the Vice President of Field Lacrosse for the last seven years.

An advocate of all lacrosse, Dirk has spent his volunteer time with both the field and box games, but spent many weekends outdoors with the field lacrosse groups. He has been the Pacific Coast Field Lacrosse Chair for four years while coaching youth teams in New West at the same time.

Dirk has been a mainstay at the BCLA Youth Field Provincials serving as Convener for the past four years. His knowledge of events and his uncanny way to engage people, has made him an integral part of the overall successes of the Field Lacrosse Provincial events.

As a coach, his field teams have made Provincials the last 8 years; winning 3 gold and 2 silver medals. He has also coached the Team BC U16's at Nationals and competed at the BC Summer Games representing Zone 4. In box, he has coached both boy's and girl's teams to successful results at Provincials. Last year, he coached a Midget A2 team with his son.

Dirk's efforts have not gone unnoticed as he was the recipient of the BCLA's Ruth Seward award (2008) and the 2010 Art Daoust Award for the executive of the year.

Congratulations Dirk!

The SUBWAY “Way To Go!” Volunteer award is offered to any BC Lacrosse volunteer who best exemplifies the meaning of community and sport. This person goes over and above the call of duty in the BC Lacrosse community.



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. There



Bob Salt returns to the Adanacs bench after six successful seasons with the Salmonbellies.

Photo: Dan Brodie Photography

was a lot of speculation as to 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 broadcasts 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.



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Lacrosse the Country



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

Gary Gait Announces Retirement

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.

“It was a very special moment to have Gary a part of the Knighthawks family for a couple of seasons,” said teammate and friend, Regy Thorpe. “He touched the hearts of the Knighthawks 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 players like Shawn Williams and Jordan Hall. The veteran helped Rochester win its season opener and finish with a 2-2 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 influence 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 trades with the 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 we were able to swap first-round picks with Colorado the next year. He was a big part of it.”

Jamieson, who wore the legendary No. 22 at Syracuse like Gait, benefitted from playing with Gait. In 2009 & 2010, Jamieson was on campus at SU and got to know one of his lacrosse legends.

“It was an once-in-a-lifetime opportunity. It was just like a dream come true,” said the 23-year-old Jamieson. “I grew up watching him play and I never expected to play with him because of the age difference. It was a testament to his character that he could play this long and shows how much he loves and cares for the game.”

Gait leaves the game as the NLL’s second all-time leader in goals (635) and points (1,165), while his 530 assists are fourth best. The Victoria, BC, native returned to the game with Rochester after retiring in 2005 with the Colorado Mammoth. The Wayne Gretzky of lacrosse was a winner at every level, winning three National Lacrosse League titles (1991, 1994-95) during his career.

“I will definitely miss the guys and the locker room,” said Gait.

During his pro playing career, he was selected the league’s MVP a record six times, including five in a row (1995-99). He was an All-Pro 15 straight seasons and led the NLL in points and goals seven times. In 1991, he was named the NLL Rookie of the Year. In 2006, he 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 Gaiter 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 rink with a big smile. I would like to wish the best of luck to Gaiter. 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 off 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.”



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

By: LacrosseTalk Staff

Erin Quon and Chelsea Craig are two women’s lacrosse players making waves for the Queen’s University Women’s Lacrosse Team. These Golden Gaels are two athletes who competed in box lacrosse in their youth before switching to Women’s Field Lacrosse prior to attending Queen’s. A switch that is paying dividends!

Erin Quon started playing on boy’s box lacrosse teams in Vancouver at the age of twelve, then played female box lacrosse in Burnaby up to Junior. During this time she participated in both the Bantam A and B provincials before winning a Provincial title with the Burnaby Lakers (Junior team) in 2009. Quon had never played the outdoor version of lacrosse and was formally introduced to Women’s Field Lacrosse by attending a summer session in Coquitlam just prior to attending training camp at Queen’s University.

BC Women Key to Queen’s

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

Her academic goal was to study engineering 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 opting for Queen’s University.

Erin completed in 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 season kicks off pretty hard, as practices begin 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 introduced to the women’s game at the age of 13. BC women’s lacrosse developer, Karen Blake, held field lacrosse clinics every Saturday morning – 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 sought 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.

“I chose Queen’s for its competitive academics and its successful lacrosse team,” stated Craig.

The excitement of finally hitting the field for practice at Queen’s soon turned to major disappointment. Within her first week at Queen’s, Craig suffered a knee injury while practicing and was sidelined before her first interuniversity season. Facing months of rehabilitation, she made it back into the line-up for the 2010-11 season.

“The road to recovery was undoubtedly the most difficult challenge I’ve ever faced, but this past season I finally dressed and stepped onto the field to play in real competition,” explained Craig. “At last I had arrived at my childhood dream.”

Craig, a second year Geography student, completed with Queen’s on the attack netting 13 goals and 3 helpers in the 2010-11 campaign.

In October, Queen’s Gaels won the bronze in the Ontario University Athletics (OUA) Women’s Field Lacrosse finals beating the Toronto Varsity Blues 12-8. A bit of sweet revenge as the Gaels lost to the same U of T team just a year before by a big margin.

The Golden Gaels will bolster their roster for the 2011-12 season to improve on their bronze medal finish - and maybe, just maybe, this will be the beginning of a migration of BC athletes moving east to play the sport they love the most.

“Before Chelsea and Erin arrived I had little knowledge of the level of play in BC women’s lacrosse,” explained Head Coach, Pat Bolland. “They’ve proven to me, to Queen’s and to the league that we’d better start looking outside our province for good lacrosse players. I look forward to more of them coming east and the best coming to Queen’s!”

“Both ladies made fast friends through their lacrosse connections -- sure they missed home, but they have a whole new family at their disposal now -- the lacrosse family.”



Team Canada Boxla Roster Set

GREER, CHAPMAN, MERRILL, CARNEGIE, SMITH AND MYDSKE ROUND OUT DEFENCE

By: Neil Stevens

The Canadian men’s lacrosse team has filled out its defence by naming Bill Greer, Sandy Chapman, Pat Merrill, Mike

Carnegie, Rory Smith and Brett Mydske to the roster for the world indoor tournament in Prague, May 21-28. Defencemen previously named to the roster were Ryan Cousins, Jeff Moleski and Kyle Rubisch. Transition specialists Brodie Merrill, Mark Steenhuis and Jordan Hall will be counted on heavily. Leading the attack up front will be Colin Doyle, John Grant Jr., Josh Sanderson, Dan Dawson, Jeff Zywicki, Shawn Evans, Rhys Duch and Stephan Leblanc. Goaltenders named to date are Anthony Cosmo and Matt Vinc.

Greer, 29, from Oshawa, Ont., will be representing Canada for the first time, continuing what has become a family tradition. Brother Zack won silver as a forward with Canada’s world field lacrosse team in Manchester, England, last July and sister Kalley won bronze as the goaltender for Canada at the 2009 women’s world tournament in Prague.

“I am tremendously honoured and thrilled to be named to Team Canada,” says Bill Greer. “It has been a dream of mine for as long as I can remember to pull the maple leaf over my head and I feel so fortunate to be given this opportunity. It is going to be a privilege to play alongside such a talented group of players. The team is full of character guys who will work well together and do whatever it takes to accomplish our goal.”

The 10-year National Lacrosse League veteran is a complete player, says Team Canada assistant coach Derek Keenan, who is Greer’s GM-coach with the Edmonton Rush.

“He is a top-notch defender, has excellent speed and stick skills in transition and makes good decisions on all areas of the floor,” says Keenan. “He has the ability to play offence if needed, is very good on the penalty kill and a good loose-ball guy.”

Chapman, 30, another 10-year pro, was the NLL’s defence-man of the year last season and is again playing a prominent role for his home-city Toronto Rock.

“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.”

This will be Chapman’s first experience representing Canada so he’s understandably excited about being involved.

“The management team has put together a great group of players,” he says. “We have the potential to do very well.”

Like the others, he’s well aware of the challenge ahead.

“I believe that every team is going to play its best against us and that every game is going to have its own unique challenge,” says Chapman.

Merrill, 31, is from Orangeville and also plays for the Rock. This is his ninth NLL season.

“When I think of him, one word comes to mind: grit,” says Keenan. “He is a do-whatever-it-takes-to-win type of player. He’s a tenacious defender with a nasty edge to him. If there is a barrier out there on the turf, Pat will typically go through it rather than around it. He’s a winner _ plain and simple.”

Brothers Pat and Brodie Merrill were on Canada’s field team in Manchester. It was Pat’s first chance to represent Canada and he described it as “an amazing experience.”

“I’m extremely honoured and feel very fortunate to get the chance to wear the red and white again this spring in Prague,” he says. “We came back from England with silver, unfortunately, and I’m very excited for another opportunity to compete and really hope that we can represent Canada well and bring home the gold this time.”

Carnegie, 26, lives in Calgary and plays for the NLL’s Rough-necks. He’s in his fourth NLL season.

“It’s a tremendous honour to be named to Team Canada,” he says. “I feel blessed to be able to represent my country in the sport of lacrosse.”

It’ll be his first international assignment.

“It’ll be an experience I won’t take lightly,” he says. “The expectations are to win and my goal in Prague will be to do anything I can contribute to the team’s success.”

Smith, 24, from Toronto, is with the NLL’s Minnesota Swarm.

“He’s a young, tough, hard-hitting defenceman,” says Day. “Most people think of him as a fighter but after spending last

year helping to coach him in Orlando I know he’s very good defensively and getting better every game.”

Like his Team Canada teammates, Smith talks about being honoured and privileged to be part of it.

“It’s very humbling to be included on this team with such outstanding players,” he says. “I will play any role that is asked of me by the coaching staff. I am very prepared to bring a strong physicality and toughness to each game. This type of presence on the floor will hopefully contribute to a commanding team defence.”

It’s not just his toughness that led to his selection, adds Keenan.

“Rory is on Team Canada because he is an outstanding defender,” he says. “His positional play is excellent and he hits harder than anyone in lacrosse. What we are most impressed with about Rory is that he is a sponge when it comes to learning. He is constantly improving his game and has the will to be the very best at his position.”

Mydske, 22, is only in his second pro season. Yet, the Edmonton Rush defenceman has earned a spot on Canada’s team.

“When I got the phone call, I was in shock,” says the native of New Westminster, B.C. “I did not think I’d be getting this opportunity this early in my career if at all. There are so many other people who would like to represent Canada so I feel very privileged to be able to do so. Whether it’s shutting down an opposing forward or pushing the ball up in transition, whatever the coaches want from me, I am more than willing to do it.”

Dr. Donald Hedges, an assistant general manager of Team Canada, watched the six-foot-four defenceman develop with the Jr. A New Westminster Salmonbellies and then with the Langley Thunder of the Western Lacrosse Association before he made a reputation for himself in the NLL.

“He is relentless and effective and moves people, big people, with hard but clean checking,” says Hedges. “He has an extremely strong work ethic in the gym and on the lacrosse floor. He commands respect. He is very coachable, humble, eager to improve, and he’s a good team player who has for years committed time to coach lacrosse to kids. Though he is quite young he is very capable and will be a fine ambassador for Canada wearing the red and white in Prague.”

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.

“Team Canada now has three excellent goaltenders the coaches are confident will allow us to contend for the championship,” says assistant coach Glenn Clark, who will oversee the goalies.

Salmonbellies standout goaltender Tyler Richards will suit up for Team Canada in Prague.

Richards, 24, of Vancouver is the No. 1 goalie of the National Lacrosse League’s Washington Stealth and he also plays summer ball for the Western Lacrosse Association’s New Westminster Salmonbellies.

“I was thrilled,” Richards said when asked what his reaction was to getting the Team Canada invite from GM Johnny Mouradian and head coach Ed Comeau. “To be named with Anthony Cosmo and Matt Vinc is an honour. They are two phenomenal goaltenders and to be in their company is a privilege.”

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 Washington 14-10 in the fourth, the Stealth rallied for a 15-11 victory. Toronto had a 61-47 advantage in shots on goal in the game.

“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

lacrosse stages and has proved to be an athlete who can win championships.”

What was going through Richards’ mind after that NLL triumph?

“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 weight off my shoulders and I could let go of that not-quite-getting-there feeling.”

Canada, 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 big questions and surprising stats. Obviously, right out of the gate, how is it possible the Edmonton Rush have gone from missing out on the NLL Championship game by an O.T. goal to somehow scrapping with Colorado for the final play-off spot. Speaking of the Mammoth, did you know they haven’t won a home game in nearly two years?!! And yet they still seem to put 15,000 fans into the Pepsi Centre for home games, imagine if that was the case for the WLA? One interesting fact in this drama as the season winds down, that playoff spot may be decided by head to head action

as the Mammoth and Rush play each other 3 three times in two weeks.

In the Wwest, the Calgary Roughnecks have been leading the division pretty much all year despite dismal early predictions. Dane Dobbie, Kaleb Toth, rookie Curtis Dickson and possible MVP candidate Jeff Shattler have all been crushing the charts this year and have the ‘Necks pushing for a shot at the title.

The Toronto Rock has some unfinished business this year relying heavily on the ageless wonder Bob Watson in net. Last year’s dynamic rookie duo of Garret 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 out East it’s 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 be settled 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 Duch and Leblanc are right there on their heels. The wWest is producing some of the best players in the game today and while much of the lacrosse world is centered around the eEast the wWest continues to groom some of the best up and coming players in the game.

Coaches Corner ~

Revised Coach's Manuals Available

By: Duane Bratt, CLA National Resource Person

Lacrosse for Life, the Canadian Lacrosse Association's Long-Term Athlete Development (LTAD) model, was ratified in May 2009. Since that time, the focus has shifted from design to implementation. One important way that Lacrosse for Life has been implemented is by embedding its principles in the coach's manuals. In comparison with many other sports the process by which lacrosse had to ingrain coach education with LTAD principles was relatively simple. For that we need to thank Ted Liebich, my predecessor as National Resource Person. Ted was a man before his time and was an early LTAD disciple. Therefore, many of the basic LTAD principles, like the stages of development, were already incorporated into earlier versions of the coach's manuals. Instead of a fundamental change in the organizing principles of the coach's manuals, the revision process was involved adding the specific details contained in Lacrosse for Life.

What do the changes look like? All manuals now contain the following items: A basic description of the what, how, and why of LTAD; a graphic identifying the seven stages of lacrosse development; two tables (male and female) that identify the intended focus of training at each stage, ages of players, and the roles played by lacrosse organizers through the stages; a table illustrating how LTAD can build lacrosse by addressing common shortcomings and consequences in the previous sport system; and a recommendation on practice-to-game ratios.

The community-initiation manual had the most changes due to the wide-reaching rule changes at the mini-tyke, tyke, and novice divisions. For example, the four levels of contact are now clearly explained (body position, equal pressure, place and push, and full contact). In addition, practice plans are included for running practice sessions of 15, 30, or 60 minutes.

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 (pee wee) 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 (sidearm and underhand shot, inside shooting, faking, over-the-shoulder pass) and defensive elements (open floor defence, mid-pointing, fronting, walling, double-teaming). 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 Stanga, 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 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 developed 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.

Lacrosse Fitness 101 ~

Realize the Need to Stabilize

By: Jeff Cathrea, B.Sc. Kinesiology

An integral part of lacrosse specific training involves breaking the old school approach of training by replacing bodybuilding exercises 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 power lifting before strengthening your stabilizers. 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 injured joint. Secondly, strengthening the stabilizing muscles will allow for a more biomechanical 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 is comprised of the transverse abdominus muscle, the pubococcygeus muscle 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 stabilizing muscles can be targeted numerous ways; the most common is with the aid of swiss ball exercises.

The shoulder girdle (cervical spine, shoulders, thoracic spine) is an area commonly neglected when it comes to stabilization. Because lacrosse is both an overhead movement (passing, 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 rotators and retractors as well as the neck and



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National Rankings
(2011 Pre-season Ranking)

Senior A Lacrosse Top 7

- 1 Peterborough Lakers
- 2 New West Salmonbellies
- 3 Brampton Excelsiors
- 4 Victoria Shamrocks
- 5 Coquitlam Adanacs
- 6 Six Nations Chiefs
- 7 Maple Ridge Burrards

Junior A Lacrosse Top 10

- 1 Coquitlam Adanacs
- 2 Orangeville Northmen
- 3 Six Nations Arrows
- 4 New West Salmonbellies
- 5 Whitby Warriors
- 6 St. Catharines Athletics
- 7 Brampton Excelsiors
- 8 Victoria Shamrocks
- 9 Delta Islanders
- 10 Okotoks Raiders


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.

Lastly, lack of proprioceptive (balance) strength in the lower leg can lead to ankle sprains, and an inefficient running gait. Because single leg strength is important for running, shooting, 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.

Sweat Box: Get that edge you are looking for. Jeff Cathrea is running lacrosse specific programs to help you achieve your maximal performance. Programs focus on but are not limited to: speed, quickness, agility, explosiveness, power, strength, core stability, sprint technique and endurance. All ages are welcome. Email lxtraining@shaw.ca for more details.



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