2010-11 was an Olympic year for the BC Lacrosse community with many lacrosse greats being honoured for their lacrosse achievements. The Canadian Lacrosse Hall of Fame, the Victoria Sports Hall of Fame, the new Coquitlam Sports Hall of Fame and the BC Sports Hall of Fame honoured eight lacrosse people and two teams from BC.

The Canadian Lacrosse Hall of Fame held their induction ceremony November 13 in Burnaby’s Firefighter’s Club. BC Lacrosse people named for induction into the hall were builder Bob Stewart, box lacrosse players Tyson Leies and Ken Thomas, and veteran player Ken Webb.

Bob Stewart (Burnaby) devoted over 60 years to lacrosse as a player, coach, manager, general manager and team executive member in minor lacrosse to the Western Lacrosse Association. Stewart started his lacrosse career in 1947 in North Burnaby when Val Roche first put a wooden lacrosse stick in his hands. He played for the PNE Indians/Mount Pleasant Legion Junior teams from 1954-1956 winning three BC Championships and two Minto Cups in 1954 and 1956.

Stewart got his first taste of coaching youth teams at Vancouver’s Renfrew Box before coaching teams in South Burnaby in the early 1970’s. Bob was lured back to lacrosse in 1986 to join the Junior ‘Bellies as the GM and held that post until 1992. In 1993, he accepted a new challenge with the Senior Salmonbellies as GM until 1996, but remained active with the Senior ‘Bellies for many years after.

“IT’s a great honour being inducted and something I never thought about happening,” stated an unassuming Stewart. “You get involved (in lacrosse) because you enjoy it and all the great people – you don’t do it to get in the hall.”

Tyson Leies (Victoria) played his Junior A lacrosse for the St. Catharines Athletics in the early 1990’s; winning two Minto Cups in 1990 and 1991 before moving west to Victoria. Leies was known for his flamboyant offensive abilities and was a talented scorer. In 13 Western Lacrosse Association (WLA) seasons for the Shamrocks he was selected an all-star 5 consecutive seasons from 1994 to 1997 taking WLA MVP honours in 1996. Tyson played in four Mann Cups winning three rings in 1997, 1999 and 2003. In 336 WLA regular season and playoff games, Leies scored 442 goals and 429 assists for 871 points with 1021 penalty minutes.

“I feel very fortunate to be part of the 2010 class,” said Leies. “I can honestly say this is the greatest achievement in my lacrosse career. I’m truly honoured and humbled – I still can’t believe that I have joined this group of lacrosse greats!”

Ken Thomas (Port Coquitlam) honed his lacrosse skills with the Coquitlam Junior Adanacs from 1985-88. A 1989 Richmond Outlaw draft selection, Thomas spent two seasons in Burnaby and ten seasons with the Burrards from 1991-2000. This born leader was a crafty playmaker and known for pin-point passing. He came out of retirement to play for the Coquitlam Adanacs in 2001 and won his only Mann Cup ring. This five-time all-star was in the top ten of WLA scoring in five seasons. In 329 WLA regular season and playoff games, Thomas scored 183 goals and 589 assists for 772 points.

“Being named to the Hall of Fame has given me a great opportunity to thank everyone that has been an important part of my life, on and off the floor,” said the humble Thomas.

Ken Webb (Surrey) was just 11 years old when he was given an old lacrosse goal stick by the Patrick family at the Denman Arena. Ken was hooked after watching older boys playing field lacrosse at Dunbar West Memorial Park. He won two Vancouver City finals with the Point Grey Midget and a Juvenile provincial championship in 1941. In 1943, Ken joined the Richmond Seniors of the Inter-City League at 17 years of age netting 33 goals in his first full season. Webb lined up with the Navy team in 1944 and spent the next nine seasons with the Richmond Farmers finishing his career in Vancouver. He played in two Mann Cups with Vancouver losing twice to Peterborough. During his 214-game career, Ken racked up 404 goals and 446 assists for 850 points.
APPAREL IS EQUIPMENT TOO.

firststarsports.com
because of the hard work of a few executive
the executive went through growing pains and
remained Registrar in year two; unfortunately
became the association’s first Registrar. Randi
lacrosse returned to the Comox Valley and she
community soccer association in 1997. In 2004,
BCLA as a volunteer for the sport of lacrosse.”
specifically acknowledged by Sport BC and the
their teammates. It is very rewarding to be
lacrosse and I appreciate seeing the kids be-
son/Okanagan Minor Lacrosse Commission.
Games and is currently Chair of the Thomp-
medals in BCLA Provincial Championships.
danka Lacrosse Association executive where he held
1995, Dave joined the Juan de Fuca Minor
lacrosse community is fortunate to have him as a
volunteer.
Dave has 23 years lacrosse experience start-
ing in 1988. He’s been involved with mini-tyke to
Junior B teams as a coach and manager. In
1995, Dave joined the Juan de Fuca Minor
Lacrosse Association executive where he held
many positions including President. During
his tenure the association grew to over 400 participants.
He was a member of the Vancouver Island
Commission (11 years) and was the chair in
2003. He played an integral role in developing
four new lacrosse associations on Vancouver
Island over that time.
Dave’s cherished achievement was being
the general manager of the Team BC Pee Wee teams
that took silver at the 2004 Pee Wee Nationals.
Dave was the Minor Directorate Vice Chair
(2006 & 2007) then became Chair (2008)
until this year. He has spent numerous hours
volunteering at the BCLA box lacrosse pro-
vincial events over the last 9 years mentoring
his peers.
“I am honoured to receive this award — it is
great to be selected for this honour for doing
something that I have enjoyed doing all these
years,” stated Wilkie.
Congratulations Dan, Randi and Dave and
to all volunteers that make a difference in the
lacrosse community.

High School Championships March 7-11

By: Shawn House & LacrosseTalk Staff

The tenth annual BC High School Field La-
crosse Championships will be held March 7-11,
2011. The event is again hosted by Dr. Charles
Best Secondary School and games will be held in
Coquitlam and New Westminster.

This year’s tournament will host up to twenty
teams; twelve Senior varsity and eight Junior
varsity teams from the Lower Mainland and
Vancouver Island.

The 2011 event will have the perennial top
guns Claremont Spartans back to defend the Senior
tier 1 & 2 and Junior Varsity titles. Claremont had a clean sweep in 2010 with the
Claremont Junior defeating Best 9-8 in an
incredible comeback; the Spartan tier 1 Seniors
met old rival New West Hyacks and rolled on
an 11-8 win in the final. In the Senior Tier 2
final Claremont battled STM to an 8-4 victory.

Look out for a strong Claremont High School
program coached by ex-Shawnstock and NLL
star, Darren Reising. The Claremont HS program
is a lacrosse academy that includes sport in the
daily curriculum and the Spartans have been
buzzy perfecting their trade. The Grade 12 Spur-
tans just returned from Ultimate Performance
Lacrosse tournament in Baltimore putting an
impressive 4 win 2 loss record. The highlight of
the weekend was a 9-4 victory over Georgetown
Prep (perennial US high school powerhouse)
in front of a sideline full of college coaches
and spectators. Other wins were against all star
teams from New Jersey, Virginia, and Washing-
ton, while losses were to teams from Baltimore
and Philadelphia.

This year’s big three Senior Varsity teams will
include Best, New West and Claremont with
Heritage Woods in the rear-view mirror. Other
contenders may include St. Thomas More and
Delta. Claremont won the Spartan Shootout,
their annual tournament in November. They
narrowly defeated Best by a goal in the semi’s
and then eked out a 1 goal overtime victory in
the Final versus New West. Other teams in the
Senior division will include Burnaby North,
Delta, Centennial, Riverside, Terry Fox, Heri-
tage Woods, St. Thomas More, Vancouver Col-
lege, Pitt Meadows, Sands and North Delta.

The Junior division has seen some growth
and will see Best, Claremont and Heritage
Woods (the only Junior teams in last year’s tour-
nament) joined by New West, Centennial, Pitt
Meadows, and new entries from Terry Fox and
Samuel Robertson.

Countless players in the tournament have
gone on to play NCAAm Div.1, 2 and 3 in the
past several years with many more committed
to attend college in the future.

This year will also hopefully have a women’s
field lacrosse division as organizers try and
get this exciting sport into high schools in
BC. If there are any girls’ teams interested in
competing in the tournament or any additional
tournament information required, please con-
tact Tournament Co-ordinator, Shawn House
shawnhouse@shaw.ca or call 604-524-3063 or
604-461-5581.
Can the Minto Cup Stay in the West?

By: Brad Challoner

1826 days, 5 years, half a decade, call it whatever you like – that is how long the Minto Cup was kept away from BC. Sure west coasters caught a glimpse when New West hosted in 2007, or when Victoria made it to the finals in 2008. But it was 5 long years before the Coquitlam Adanacs ended Ontario’s bear hug around the trophy and won it for not just them, but for the entire province last August. BC won’t just hand the trophy back at the 2011 Minto Cup in Alberta either. With 25 returning players from Coquitlam and New West with Minto experience, 7 of the league’s top 10 leading scorers and an awesome crop of Intermediate’s on their way up, the Coquitlam may have a home on the sandy beaches of the West Coast for years to come.

The best chance for the holy grail of Junior A lacrosse to stay out west is for the defending champion Coquitlam Adanacs to repeat – and it’s possible. The A’s are favorites under the helm of Curt Malawsky. Curt’s trend-setting brand of high-pressure, NLL intense defense may have won the A’s the title, and most of the key pieces of that defense are returning. The majority of Coquitlam’s 256 regular season goals are back as well. Minto Cup MVP Robert Church returns from his sophomore year at Drexel University, Intermediate call-up Wesley Borg enters his first full season of Junior A; and the A’s will await the fate of last year’s superstar Mark Matthews. The 20-year-old import put up 66 points in just 10 regular season games and added 34 in the playoffs. The A’s also made headline news in November acquiring Victoria Shamrocks 2010 leading scorer, Casey Jackson. Captain Matt Blee will be missed on and off the floor, however look for unsung hero Marty Dinsdale to wear the “C” and become the heart and soul of the team. The only thing that Coquitlam is missing at this point is goaltending. Scott Gaffrey, the goalie who began the Minto Cup title run, is off to watch the first 3 year plan unfold.

The other strong chance BC has at keeping the Minto is the storied New Westminster Salmonbellies. The Adanacs may have the prestige and the ability to attract imports and trades, but it’s the Bellies that have the best returning core. Reigning BCJALL MVP Tyler Digby returns from Robert Morris after a lacrosse and football season. With another year of football strength and conditioning training under his belt, this 6-4, 220 pound power forward will be virtually unstoppable down low. The Bellies may also bring back forward Cody Bremner. The former Nanaimo player was part of a blockbuster trade deadline deal last season and with a graduation season to go, we will soon find out if he was just a loner or if he’ll stay in the Royal City. The Bellies also bring back the goal tending tandem of Brandon Mulligan and Frankie Scigliano, who allowed a combined 136 goals against last season. Guys who caught fire late in the season and during the Minto run like Keegan Bal and Levi Mykletich are back, as is the recent NLL draft pick and Minto Cup all-team member Travis Irving who may be the biggest thom-in-side player in the league. After being raided from the Adanacs bench after 2009, head coach Don Pearnulait didn’t get his revenge on the A’s in 2010…2011 may be a different story.

Delta Islanders were the hottest team in the second half of the 2010 season. The old core of this historically notorious penalty ridden team is gone and a new batch of young upstarts is ready to take over. The 2010 Isles scored a league second best 215 goals led by Rookie of the Year Mike Mallory’s 87 points. With their old core graduated, this is now Logan Schuss’ team. The Ohio State Buckeye scored 65 points in just 9 games last season. One of the best players left in the BC league, Logan can score from absolutely anywhere and can make pinpoint no looks passes at will. Reid and Keith also represent a new wave of coaching staff, it will be interesting to watch this 3 year plan unfold.

1826 days, 5 years, half a decade, call it whatever you like – the way the BCJALL looks these days, the Minto Cup may never be away that long again.

Coquitlam Adanacs celebrate their team first Minto Cup in 2010. The A’s look to repeat in 2011.
BCLA Aboriginal Development Continues

By: LacrosseTalk Staff

The BC Lacrosse Association has been actively developing lacrosse programs in Aboriginal Communities throughout BC for the past six years. A project to introduce development in 2008 was undertaken by the BC Lacrosse Association through a partnership with 2010 Legacies Now and the Aboriginal Sport Legacy Fund and the Canadian Lacrosse Association.

In 2009, Hazelton, Nisga’a, Terrace, Kitimat, Prince Rupert, Hartley Bay and Queen Charlotte were targeted. The response was so positive, the BCLA wanted to reach further Aboriginal communities and teach the skills of lacrosse. The good work has continued, as well as the funding, to spread the lacrosse word to more Aboriginal communities in 2010-11.

Squamish, Pemberton, Lillooet, Cache Creek: The first phase of the 2010 project began March 15-18 with instructional sessions in the Sea-to-Sky corridor conducted by BCLA Aboriginal Developer, Bryan Baxter. Eight schools were targeted with sessions including a brief lesson in the history of lacrosse, skill development and drills and concluded with information on the benefits to continue to play lacrosse.

The first two schools of the tour were at the Squamish Elementary and Stawamus Elementary Schools in Squamish. One hundred twenty-seven students participated in the sessions and were excited to learn a new sport. Day 2, the tour visited Brackendale Elementary and Signal Hill Elementary in the Squamish-Pemberton region in Sea to Sky country. Seventy-seven Brackendale and Signal Hill Elementary students were run through the skills. A package of sticks and balls were left behind for the Brackendale students to continue to use during their gym time. Day 3, the tour continued north to Lillooet at Cayoosh Elementary and George M. Murray Elementary where ninety students were introduced to lacrosse. The final day ended up at Cache Creek Elementary School where seventy-six students took part in the sessions.

“I always find the school Inter-crosse trips to be very rewarding,” mentioned developer Bryan Baxter. “The young athletes just love to learn a new sport like lacrosse and the joy they experience is precious. It is my experience that the bigger the accomplishment by the young athlete – the bigger the smile.”

Burns Lake: The next phase of Aboriginal Development had the BCLA’s Bryan Baxter travel to Burns Lake September 10-12. The trip brought the sport of lacrosse to the Community of Burns Lake with a mandate of targeting the Aboriginal population.

September 11, Baxter delivered the Community Development coaching course to four coaches in the Burns Lake School District. All coaches will be influential in delivering physical education to the aboriginal communities surrounding Burns Lake. One of the new coaches, Daniel Deschamps, is the Recreation Co-ordinator for Burns Lake and will surely continue to offer lacrosse to the youth in his community.

The next day, three Inter-crosse sessions were scheduled for three age groups of student-athletes ranging from ages 6-16 years; thirty-six student-athletes took part in this session.

A full set of equipment was left for the Burns Lake youth and a promise from Daniel Deschamps to run one session per week in the Lakes Secondary gymnasium will prepare the athletes for lacrosse sessions in the arena. The local First Nations communities are to be targeted in the area to train and prepare to travel to Prince George and compete.

“It is great to have a person like Daniel take the lead and help build a new sport in the Burns Lake area,” mentioned Baxter. “He has a vision and maybe one day soon these athletes will compete in games versus Prince George.”

Prince George/Quesnel: The final phase of the Northern Aboriginal Development Program visited Prince George and Quesnel November 3-5. Bryan Baxter was assisted by BCLA clinician and developer Bill Barwise from Prince George.

Bryan and Bill attended the Aboriginal Choice School in Prince George and conducted Inter-crosse sessions for ninety-two Aboriginal students. Day 2 they travelled to Quesnel’s Red Bluff Elementary School where one hundred twenty-four students were put through the skills and their final session was at Riverview Elementary School in Quesnel where forty-seven students learned about lacrosse.

In a separate session, Baxter and Barwise conducted a field lacrosse skills session in Prince George for the youth athletes of the area.

This has been a great experience for the BCLA and the BC Aboriginal Communities. With the exposure of lacrosse to the students and community leaders in these regions it will have a positive and lasting impact on the popularity of the sport for many years.

All of the equipment used was left as a legacy in selected areas; each received a bag of thirty Warrior sticks and balls and, each school received copies of the history of lacrosse book, the DVD for Inter-crosse Instruction as well as the Inter-crosse Instruction Manual. In total, almost 700 students were introduced to lacrosse.

“The young athletes just love to learn a new sport like lacrosse and the joy they experience is precious.”

- Bryan Baxter
The British Columbia Lacrosse Association (BCLA) held the Annual General Meeting October 15-17, 2010 in Whistler, BC. Every year this event includes meetings for various directories, a lacrosse trade fair, a hospitality social gathering and the Annual Merit Awards Banquet. Over 250 delegates were registered for the meetings and 450 participants attended the BCLA Annual Merit Awards Banquet.

This year’s “Superhero” theme proved to be a stupendous hit. We view our volunteers as our heroes after managing a successful year of lacrosse activities in a challenging economic time. This AGM was a year in the making, and by all reports from our members, a resounding success.

“The BCLA staff planned another memorable AGM,” stated BCLA President Sohen Gill. “There were delegates in attendance I had not seen in a number of years; this was a great day!”

The 2010 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna Winship, VP Administration - Gerry Van Beek, VP Operations - Greg Toll, VP Performance Programs - Ron McQuarie, VP Development - Terry Mosdell and Director at Large - Dave Jenkins.

On Saturday October 16, the BCLA hosted the annual buffet breakfast for the delegates, families and sponsors. Over 350 people attended the breakfast in preparation for meetings and the afternoon AGM.

In the evening, the gala BCLA Merit Awards Banquet took place on the main stage at the Whistler Conference Centre. The Superhero theme was apparent with many people dressed up in superhero costumes. The guests were welcomed at the entrance by the “fallen victims” and the ever-so-lively, Lurk. Numerous banquet participants dressed up in costumes to celebrate the achievements of the volunteers; none more apparent than the three tables of Super Salmon-belles in Superman attire.

The evening was emceed by Super Dave Evans and his sidekick KidsSport Boy Pete Quevillon. The banquet crowd was entertained by the antics of Stick Man and Bull Boy, Dr. Lacrosse, coupled with Lark and martial arts specialists Org and Miss Stick Girl and the annual year-in-review DVD.

The 2010 BCLA Merit Award recipients were as follows: Ted Friddle Family Sport Award (presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially) - The Lelies Family (Tyon, Toni, Connor, Megan and Amelia) of Victoria; Hugh Griffeth Merit Award (Box Lacrosse) - Mark Tymchuk, Cowichan Valley Minor Lacrosse; Leon Hall Merit Award (Minor Field Lacrosse) - Mike Slade, Cowichan Valley Minor Lacrosse; Leon Hall Merit Award (Senior Field Lacrosse) - Andrew Smith, Cowichan Valley Minor Lacrosse; Leon Hall Merit Award (Box Lacrosse - Minor Field Lacrosse) - Mark Tymchuk, Cowichan Valley Minor Lacrosse; Leon Hall Merit Award (Box Lacrosse - Senior Field Lacrosse) - Mike Slade, Cowichan Valley Minor Lacrosse; Program and Equipment Merit Award - Firstar.

A number of individuals were recognized for their voluntary, extraordinary contributions to the BCLA. Although a number of individuals were mentioned, two incredible volunteers Angie Schwand and Dave Wilkie. Both have made their mark in their home associations over the years and are now guiding the Minor Directorate to new levels.

“Woo, I’m honored to have been chosen with the likes of Dave Wilkie – he is an inspirational man with such a vast amount of knowledge that I truly hope I can follow in his footsteps,” mentioned Angie Schwand. “Knowing how much time each volunteer in every association puts in to make their programs run, I am humbled to receive this award. I know how much time Angie Schwand puts in to make our organization run as it does.”

“Firstar and the BCLA have built a long-standing relationship – the opportunity to be partnered with the BCLA on many programs including the BCLA golf tournament, fundraising initiatives, Team BC programs, Provincial Game MVP awards and the BCLA AGM. 2011 will mark a new level of sponsorship with Firstar taking a leading role in producing a high quality box lacrosse official’s jersey and stepping up to be the title sponsor of the Firstar Game MVP award sponsor for all Field and Box Lacrosse Provincials.

“Firstar and the BCLA have built a long-standing relationship – the opportunity to be involved with a traditional grassroots amateur sport as lacrosse is a perfect fit for us,” stated Firstar President and ex-soccer star John Catliff.
Chris Levis and wife Shelley represent Langley’s Levy’s Source for Sports at the AGM Lacrosse Fair.

“The BCLA AGM’s were more than beneficial to Gait and defleer Lacrosse,” mentioned Fall Team Sports representative Rabjohn. “Anytime you get to rub shoulders with the decision makers of the Associations, it’s a win-win situation. It was a great time for us to preview our 2011 product, get feedback from our target market and to get a feel for how the game is done in the west.”

The BCLA Lacrosse Fair occurs once a year at the Annual General Meetings in Whistler. For additional information for the October 14, 2011 event, please contact Jeff Gombar, BCLA Marketing Director at jeff@bclacrosse.com or 604-421-9755 (Ext. 3).
In Memoriam

**Chris Berretton**

A longtime game statistician for lacrosse and hockey has succumbed to cancer. Chris Berretton, 55, was involved in the Western Lacrosse Association for over 25 years, scoring 242 senior games as well as countless junior-level matches. He also recorded, and carefully updated, player career statistics for the Maple Ridge Burrards. During the winter months, Chris was the official statistician for the University of BC Thunderbirds hockey games. Chris passed away October 4, 2010.

**Tony Halter**

passed away on Friday November 5, 2010, at 83 years of age, in Keremeos, BC. He had a long history with the Vancouver Minor Lacrosse Association and took over as the Senior B commissioner in 1976. He was the Commissioner of the Senior B Lacrosse League from 1976 to 1986; with the exception of 1983. He held that position in 12 years and in 1988, stepped down and replaced by Doreen Norris.

**Larry McNabb**

a well-known sports and community leader in Nanaimo, passed away December 24, 2010. Born in Carndow Saskatchewan, on November 5, 1939, McNabb moved to the Hub City at the age of 17. He later spent 15 years playing hockey in minor professional leagues while spending his summers involved in lacrosse. In 1968, he participated in 26 games with the Victoria Shamrocks, gathering one goal and five assists — oh, yes, and 104 minutes in penalties. Following his retirement as an active player, McNabb took up coaching Nanaimo teams in both sports, as well as spending 25 years as an elected city councillor as a chairman of the Parks, Recreation and Culture Commission for two decades.

**James Garrett**

Buted” Parry, born on January 29, 1938, passed away November 3, 2010 following a courageous battle against lung cancer. Bud was a long-time supporter of Vancouver senior lacrosse. The brother of Hall of Famer, Bob Parry. Bud was also an active player in his younger days, participating in 15 Senior “A” games with Vancouver and Burnaby.

**Les Norman**

By: Stan Shillingford

Les Norman, a lacrosse netminding icon, passed away December 13, 2010, just 11 days following his 71st birthday. Leslie D. Norman was born in Sexsmith, Alberta, but developed his lacrosse skills in Burnaby and was a member of the ‘Bellies’ senior boys minor field team from Pee wee to Juvenile “A”. Then, at age 17, he took up the netminding chores for the Junior Salmonbellies and Junior Pastimes.

Desperate to halt a one-win, six-loss season’s start in 1959, the senior ‘Bellies came calling on the 19-year-old. While continuing to play in the Junior circuit, Norman became instrument in the taking the senior Fishman to a 10-game winning streak and, eventually, the Western title. Next came the Mann Cup in which he played all four games in New Westminster’s sweep over Peterborough.

Petes’ coach, fabled goaltender Moon Woolton, was suitably impressed, commenting “that kid Norman is some goalie. He’ll be getting the calls I’ve had for some years.”

And, indeed, he did!

That first season saw him continue playing Junior games, 11 in all, while taking part in 18 Senior games — a career that saw him win Rookie-of-the-Year honours, a Mann Cup ring and a First All-Star Team rating. His 170-game career had numerous peaks, with only a few valleys, but the biggest highlight came on May 3, 1962, when

him because “he was so close to the ground that it was hard to knock him off his feet.”

“Wow, what a night!” Norman understated following the game. “I’m a nervous wreck and exhausted. My hands are still shaky...”

But his career was anything but shaky. His competitiveness was legendary. He never hesitated to attack the opponents verbally or with a good, stiff check. If his teammates dared to dodgle, they became the recipients of his vicious bellowing. By game’s end, his voice was often reduced to a raspy growl.

“Never quiet,” shouted an annoyed Norman. “How could anybody write that?”

1950 Minto Cup Fiasco

By: Stan Shillingford

It was a Canadian championship, worthy of recognition as an event to determine the “Best of the Best” in the nation. Unfortunately, the 1950 Minto Cup series was stained with discourteous ignorance and indifference by Canadian and BC Lacrosse executive supposedly in charge of the competition.

The problem began the moment the St. Catharines Athletics stepped off the train in Vancouver on a Saturday morning, a scant few hours before the first game was to be played. The only official to meet them was CLA Vice President Hill Easterbrook. The only other person to show up was Lee Dickinson, coach of the 1949 Minto Cup champs, Eagletines.

For some reason, no hosting BCLA executives were available to meet the visitors or even arrange for the players and equipment to be transported to their hotel for a short rest before they played the first game a few hours later.

Dickinson was disgusted for, when his Eagletines went to Owen Sound the previous year, basic transportation, accommodations and entertainment on off-days was all handled by the host organizers.

He quickly scrambled around to get enough vehicles to help transport the players and equipment to their hotel.

But to the credit of St. Kitts’ coach Doug Cove, he made adverse comments for public conception; rather, he would let his team display its class on the playing floor.

Each club was allowed to add two players to the roster, the Athletics taking a pair from Brampton and the Vancouver Burrards and two from Eagletines.

However, for the 700 fans attending the first game, it was a struggle to tell one player from another — no programs, or even printed lineups, was available.

St. Catharines wasted little time to dispel any frustrations that might have fostered because of the West Coast welcome.

Three minutes into the game, 3-0 the score. Led by the bat tricks of Ted Howe and Len Caruso, the Easteners outscored Vancouver 29-27 on their way to an 18-9 victory.

In the second contest, now with only 250 fans in attendance, Vancouver introduced a zone defense that slowed the St. Kitts’ speedy attack — but not for long.

Burrards held a 2-1 lead after one period but, after the visitors had a second period adjustment, fell behind 6-2. The final score was 14-9, with Howe once again leading the victors with a three-goal effort.

The third contest followed the pattern of the previous two, with St. Kitts racking up 17 goals to Vancouver’s eight — a three-game sweep.

Newspaper columnist Eric Whitehead observed: “It was a travesty of a championship spectacle. If the object is to kill the Minto Cup competition for all time, then this series is a huge success.”

But the screw-up bug again raised its ugly head.

After VP Easterbrook presented St. Catharines with the Cup, the team celebrated before catching the train home the following morning.

That’s when the team was informed it would have to stop off in Winnipeg to play the Manitoba All-Stars in a second Minto Cup final. After all, the cup was a challenge trophy — but not for long.

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St. Kitts arrived in Winnipeg in the late afternoon of Sept. 16 and went directly to the city’s Olympic rink for an 8:30 p.m. start.

It was a Canadian championship, worthy of recognition as an event to determine the “Best of the Best” in the nation.
Vancouver Island is working on developing Youth Field Lacrosse. This season we had two Under 10 teams and one very large Under 8 team — this became a bit of concern for us as what does this hold for our future development of lacrosse on the Island.

A few of us got together and developed a program to inspire players on the Island to participate and play field lacrosse. This year we ended our regular season with a winter jamboree. We co-ordinated mini games for the U8 and U10’s on the turf field in Duncan. Teams played shortened 8-minute quarters with drop down boards on the goals to make the goal area smaller and they made the U10’s take bounce shots on goal against the younger U8’s. Lunch was supplied for all participants, coaches and managers who took part in the event. Every player and coach also receive a winter jamboree t-shirt to wear with pride.

It was a day of many smiles, happy parents, and many comments of how everyone couldn’t wait to do it all over again next year. This was a great way to end the first season for many players and will surely turn them on, and hopefully others, to play field lacrosse next season.

Part of our development program is to build the awareness of field lacrosse during the box lacrosse season. Part of our marketing includes setting up display tables at the box tournaments, visit elementary schools in the spring and teach the skills and fun of lacrosse. We also want to educate new parents about the sport of field lacrosse and show the advantages for those that are box players, that participating in field lacrosse is a great way to learn more skills and will help their box lacrosse development.

Thanks to Sports Traders we raffled off a toonie lacrosse stick raising some money for the group. The Victoria Shamrocks donated an authentic game jersey and the Nanaimo Timbers donated a box of ball caps for the raffle. The Mid-Island and Victoria Youth Lacrosse Associations donated money to offset the cost of referees and field time. For further information please contact Marnie Evans at 250-338-0739 and email evandale@telus.net.
Team BC Field Splits in Maryland

By: LacrosseTalk Staff

The Team BC Field Lacrosse program is building off the successes of the 2010 season. The U19 and U16 Team BC teams that competed at the First Nations Trophy and the Alumni Cup this past Labour day weekend, collected silver medals – each losing in the national championship games by a single goal.

As more and more lacrosse athletes are enrolling in lacrosse academies and prep schools south of the border, the Team BC program identified the need to continue more high level competition. Some 200 plus Canadian field lacrosse athletes are competing in varsity lacrosse programs at US colleges – a far cry from the 20 or 30 players from a decade ago. It is apparent those numbers will continue to grow as more US college programs see the advantage of the Canadian box-trained athletes who become impact field lacrosse players.

“The idea of the traveling squad was to build on the positive experiences of our field lacrosse athletes and continue to expose the talent to coaches in the USA," mentioned Team BC Field Co-ordinator Rey Comeyand. “These athletes are at the impressionable age [16-17 years] and are immersed in the college recruitment process – travel to the US tournaments will increase their chances of making a college connection.”

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“Canadian field lacrosse athletes are highly sought after commodities by the US coaches,” mentioned Team Canada bench and goaltender coach Jeff Gombar. “After we won a world championship title [2006] the US coaches wondered what made the Canadian athletes that much better – they all want the next Gary and Paul Gaith.”

When comparing past Men’s National squads in the early years, there was maybe 1 or 2 players that had any college field lacrosse experience as compared to the 2010 Team Canada squad which had only 2 or 3 athletes that had not played college lacrosse.

On November 13, Team BC played in the UP Lux fall shootout in Annapolis, Maryland. Team BC won two and lost one game beating Fighting 4 (New York) 8-4 and Coast to Coast (Texas) 9-3, while dropping the final game to the Colorado Thunderbolts 9-6.

The next day, Team BC competed in the Warrior fall ball tournament at St Paul’s School in Baltimore. Arguably a tougher field of competitors, Team BC won one and lost two games, losing to Team Dakota (North/South Dakota) 6-5 despite controlling the play and out chancing them, defeated St. John’s DC (Washington DC) 8-7 and met the #3 nationally ranked host St Paul’s in the last game. Team BC came out flat in the first half and was down 7-1 and was perhaps intimidated by the opposition. The team fought back and never gave up and put together a strong second half only to lose 9-7.

Head coach, Scott Browning and assistant coach Derek Miliani selected a mix of athletes from the mainland, island and interior for the trip. They were pleased with the outcome and the new connections players made with college coaches.

“Overall this was a great experience for the guys individually and a good start for the Team BC U16 travel program,” stated Head coach Scott Browning. “The 2011 version of the team has just been selected, and will be training for Nationals in September and plan a return visit to the Baltimore area recruiting camps in the fall of 2011.”

The goal was to compete at a high level, showcase the Team BC talent and make some college connections. There were a lot of coaches at both events. Many of the players have had follow up contact from various schools and the coaching staff has been contacted for references on players as well.

NCAA schools of note that scouted Team BC games included: Limonite, Stony Brook, Johns Hopkins, Salisbury, Lehigh, Cornell and Maryland. One such NCAA coach who had a vested interest in the Canadian talent was Alberta native and Lehigh University assistant coach Taylor Wray.

“In today’s NCAA recruiting landscape it is so important for these kids to get the opportunity to be seen by college coaches and to get some more experience playing the field game against some great competition,” said Wray. “Field lacrosse in Canada has come so far over the last few years and a big part that is due to programs like Team BC. The talent on the team was great and I look forward to keeping an eye on many of these players over the coming months.”

The roster of athletes were: Braden Barr (Clarence Fulton), Blaine Boomer (South Kamloops), Rhys Bernall (Yale Secondary), Brad Bobeck (Maple Ridge Secondary), Tyler Klammer (Blue Ridge School), Mitch Klarner (Blue Ridge School), Alex Magri (Prince of Wales), Jacob Moran (Heritage Woods School), Chris Nasato (New West Secondary), Cory Mousseau (Claremont Secondary), Johnny Pearson (RE Mountain), Keegan Rittinger (Charles Best), Cole Seidel (Pleasant Valley), Matthew Symes (Centennial School), Cory Wong (Britannia Secondary), Parker Sahota (Robert McMath Secondary), Robin Lowenberg (Charles Best), Chris Nasato (New West Secondary) and Michael Messenger (Lord Tweedsmuir).
The BC Lacrosse Association submits nominations for the annual Sport BC Athlete of the Year Awards. This year, the 2010 Minto Cup champions, Coquitlam Jr. Adanacs team and their inspirational head coach, Curt Malawsky, have been nominated for the team and coach categories.

Curt Malawsky grew up steps from Smith Lacrosse Box in Coquitlam where he honed his skills as a youth. His hard work ethic transpired into success wherever he played leading up to the Western Lacrosse Association or professionally in the National Lacrosse League. Now, all that lacrosse knowledge he’s gained is paying off and being paid forward as a coach.

2010 marked Malawsky’s return to Coquitlam where he grew up and played lacrosse for majority of his career. He returned behind the bench with his alma mater Coquitlam Junior “A” Adanacs as the head coach.

Malawsky’s intensity behind the bench exudes confidence amongst players and he demands the most out of his players – and gets it! His attention to detail and teaching his athletics the finer points of the game are paramount. The additional hours he and his staff put in this season scouting, practicing, and strategizing gained his Junior Adanacs every possible competitive edge en route to a successful season.

The 2010 Adanacs dominated all facets of the 21-game 2010 BCJALL regular season scoring a league leading 256 goals (12.1 goals) per game while yielding a stingy 132 goals (6.3 goals against) – a testament of championship teams garnering great offensive output and a tough team defense. A most outstanding statistic had the Adanacs tally 401 assists on 256 goals scored or an average of 1.5 assists per goal, promoting excellent team play-making. The A’s took advantage of odd-man situations netting 61 regular season power play goals (almost 3 per game) – tops in the BCJALL.

The A’s won the 2010 BCJALL regular season title with a record of 19 wins, 1 loss and a tie… and lost one playoff game to win the BC Junior Lacrosse League title.

The A’s were the top ranked BCJALL team in BC all through the regular season, except for one week, while nationally, they were ranked in the top 3 or better for 11 weeks of the SUBWAY LacrosseTalk National rankings. They remained a number 2 rank most of the season.

For his efforts, Curt Malawsky was the BC Lacrosse Association’s John Cavallin 2010 Senior Coach of the Year award recipient at the 2010 BCLA Merit Award banquet in Whistler.

The 2010 45th Sport BC Athlete of the Year Awards Ceremony will take place February 24, 2011 at the River Rock Show Theatre in Richmond. Ticket information is available at the Sport BC website at sportbc.com.

Jr A’s & Malawsky Up for Sport BC Awards

By: LacrosseTalk Staff

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Nominate Field Lacrosse Volunteers NOW!

While we’re still in Field Season, we would like to give you the opportunity to nominate some of your dedicated volunteers for the 2011 BCLA Merit Awards while the season is still fresh in your minds. Merit Award Categories include:

- 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 Cutting Teeth

Women’s field lacrosse is still finding its way in the borderland west in BC. A once dominant talent pool of women field lacrosse players that filled rosters of our National teams in the 1980’s has given way to redeveloping athletes and limited numbers making our National squads. But times may be changing!

BC Women’s lacrosse participation numbers grew 37% from 2008-2009 dipping slightly in 2010. Many of these athletes are relatively new to the outdoor game, but have plenty of raw talent and athleticism to compete on an advanced level.

Many of the athletes grew up playing box lacrosse and the mix of the box stick skills and creativity learning the nuances of women’s field lacrosse makes a pretty well rounded athlete.

Now that the female box lacrosse numbers are pushing on 850 participants, there will hopefully be more of these players trying the field game and see where their talents can take them – maybe it could be their ticket to college!

Women’s field lacrosse opportunities at colleges and universities in the USA are on the rise. More and more Canadians are considering attending schools south of the border to compete at high levels. In the NCAA, there are 91 Division 1 schools, 57 Division 2 schools and 201 Division 3 schools competing. There is also club lacrosse in the USA. Lacrosse Women’s Division Intercollegiate Associations (WIAA), a national organization of 200 plus non-NCAA, college women’s lacrosse programs organized and run by US Lacrosse.

The Presidents’ Award is to promote and celebrate the spirit of volunteerism by annually giving BC Lacrosse Association opportunities to acknowledge and thank an individual who has demonstrated outstanding dedication and commitment to lacrosse within their organizations. Each nomination is the selected winner for their local community senior league or minor box lacrosse or youth field lacrosse associations.

The 2010 BC Lacrosse Association Presidents’ Award winners are as follows:

- Debbie Achtzner (Vancouver Island Intermediate B League),
- Shirley Bains (Vancouver Island Senior C League),
- Bill Barwise (Prince George Minor Lacrosse),
- Brenda Bradbury (Pacific Coast Field Lacrosse League),
- Kim Davies (Surrey Minor Lacrosse),
- Ray Elgie (Pacific Northwest Junior B League),
- Gary Ferguson (BC Junior A League),
- Kelly Fred (Nanaimo & District Minor Lacrosse),
- Maureen Garland (Pacific Rim Youth Field Lacrosse),
- Keith Hogdons (Juan de Fuca Minor Lacrosse),
- Lynn Hanley (North Okanagan Minor Lacrosse),
- Derek Hedican (Thompson-Okanagan Junior B League),
- Lori Hitchcock (Victoria Women’s Field Lacrosse),
- Colleen Holloway (Comox Valley Minor Lacrosse),
- Chris Jackson (Saanich Minor Lacrosse),
- Trish Keizer (Langley Youth Field Lacrosse),
- Tom Kittle (Burnaby Minor Lacrosse),
- Dan Mason (Richmond Lacrosse),
- Rhonda Maxie (North Island Youth Field Lacrosse),
- Wayne McDonal (Vancouver Minor Lacrosse),
- Krys Meadows (Langley Minor Lacrosse),
- David Miller (Peachland Minor Lacrosse),
- Kevin Mills (Campbell River Minor Lacrosse),
- Lori Morgan (Peninsula Minor Lacrosse),
- Rich Peterson (New Westminster Minor Box Lacrosse),
- Mary Pedigree (Delta Youth Field Lacrosse),
- George Prince (Prince George Senior C League),
- Barry Gibb (BC Intermediate A League),
- Suki Sandhu (New Westminster Girls Field Lacrosse),
- Fiona Stratton (BC Intermediate B League),
- Brandy Terris (Vancouver Minor Lacrosse),
- Garrett Ungaro (Coquitlam Minor Lacrosse),
- Kim Vincent (Delta Minor Box Lacrosse),
- Terry Willis (Semiahmoo Minor Lacrosse),
- Lorne Winship (Cowichan Valley Minor Lacrosse),
- Linda Wiseman (Penticton Minor Lacrosse),
- Scott Worthly (Mission Minor Lacrosse).

Each individual was honoured at the 2010 BCLA AGM in a short ceremony during the Merit Award Banquet and received a nice watch from a representative of their league or association to commemorate their volunteer achievements. Thank you for all you do for lacrosse.

Thanks to Naomi Walser and her talented team for an entertaining game. These women are awesome role models and demonstrated the true spirit of BC Lacrosse - Sportmanship, Passion, Integrity, Respect, Innovation, and Trust. All are truly an inspiration of the volunteer that women take their time to coach to get our youth athletes to the next level.

Thanks to Brad Hara for providing the field time for both games and covering the field costs; to the PCFLL executive for supporting this event and making the changes as needed; to all the coaches who assisted the girls; to the Umpires Katie Howes and Andrea Jones for generously volunteering their Umpiring time and thanks to Brenda Land-Murray (NW U12 Coach) for video-taping the games.

Plans for the summer of 2011 include an exhibition match for the BC Under 15 girls who will play a touring English High School variety team in July.
Ontario’s Brooklin Redmen flew west in 1989, determined to retain the cherished Mann Cup and, in doing so, being crowned the 1980’s “Team of the Decade.”

Opposing the Easterners in their quest for glory were the Fishmen of New Westminster, a team eager to sink their hooks into that bubble of optimism.

Excited fans filled old Queens Park Arena to witness the battle for the senior lacrosse championship of Canada.

Could the Gary Gait-led Redmen capture their fourth national title in five years or would they fall victim to the star-studded hometown Salmon-bellies? After all, the ‘Bellies played spoilers before…….remember?

Brooklin first invaded the Royal City in 1985 and, with an incredible 6-5 victory in the seventh and final series game, carried off the Mann Cup.

Embarrassed, New Westminster converged upon the Redmen home the following season and, like a typical Hollywood adventure script, took back the Mann Cup in six games.

One each -- the stage was now set for a 1987 Queens Park Arena rubber-match. And was it ever a dandy!

The first six games were split three games apiece, with the Royal City home-towners scoring a mere four goals more than the Easterners. But, when the seventh and final game came to an end, it was the visiting Redmen clinging to a 9-8 margin.

Most fans expected the two adversaries to continue to do battle in 1988, but the Coquitlam Adanacs monkey-wrenched such thoughts by dumping the ‘Bellies 4-3. Later, the Adanac steam engine was derailed by the Redmen juggernaut.

Brooklin now had three titles under its belt in the past four years and eagerly sought to make that four-in-five.

But things didn’t go as planned. Led by Ben Hieltjes’ hat trick, the ‘Bellies dominated the first game with a convincing 9-3 win. In the second meeting, New Westminster took an early lead, but, crushed by an 8-1 middle stanza Redmen onslaught, the BC boys fell 12-8.

Hieltjes again registered a three-goal performance in Game Three leading his Royal City crew to a 10-5 victory. The winning way continued the following night with a 12-9 ‘Bellies win.

Former Victoria superstar, Gary Gait, brought New Westminster’s success to a halt in Game Five by blasting five goals behind ‘Bellies netminder Shawn Quinlan. Series now stood at 3-2 for the home-boys.

Game Six had the packed house on pins-and-needles, with the lead advantage flipping back and forth over the first two periods, the ‘Bellies holding a slim 5-4 edge entering the final 20 minutes.

But, hold on, there was an unscheduled interruption at 13:59 of the second frame when a scuffle broke out amongst players and coaches on both benches.

Four policemen quickly arrived to clear away fired-up spectators from behind the Redmen team bench. Meanwhile, two players from each team and an assistant New Westminster coach were ejected from the game.

When the smoke finally cleared and the third period was allowed to proceed, the local heroes stuffed their foes five-goals-to-none for a 10-4 eventual victory and, of course, the Canadian title.

Unhappily for the Ontario club, the honour of “Team of the decade” slipped out of its grasp into the eager clutches of the Royal City hosts.


But both teams, for the decade, gave fans of lacrosse a memory not to be forgotten -- 14 New Westminster wins to 12 by Brooklin in the four memorable meetings, with the ‘Bellies also holding a slim edge in goals scored, 232 to 223.

How exciting could it get?
Coaches Corner LTAD: Women’s Box Lacrosse Initiative
By: Jeff Cathrea, B.Sc. Kinesiology

Women’s box lacrosse is the fastest growing segment of the sport. Barely existent at the turn of the 21st century, by 2010 there were almost 3,000 women playing in separate female-only leagues across Canada. The growth of minor lacrosse for females led naturally to the creation of major lacrosse. Junior leagues have been operating for several years and even in the case of Ontario and Alberta women’s lacrosse. Although, a name change is probably in order since it is tough to call twenty-somethings seniors! Further reflecting is probably in order since it is tough to call.

In 2010, there were only about 300 female coaches and about 280 female referees. There simply has not been sufficient time for players to graduate into coaching and refereeing. In addition, the roles of women’s box vary greatly across the country. Some provinces do not distinguish between males and females when it comes to rules, but others have special rules for females.

Lacrosse for Life, the CLA’s Long-Term Athlete Development (LTAD) model, identified a series of shortcomings with the current state of lacrosse. One of the most important shortcomings was that “training and competition programs designed for males are imposed on females.” This led to the consequence that “female athletes do not reach their potential.” Therefore, the LTAD committee has launched a women’s box lacrosse initiative that begins its work in January 2011. Representatives from across the country, plus an outside expert, noted Kinésiologist Dr. Vicki Harber from the University of Alberta, will meet to discuss and make recommendations to the CLA Board of Directors concerning all facets of the women’s box lacrosse game. This initiative has a number of key items on its agenda. First, it will determine the question of whether women’s box lacrosse is a just subset of regular box lacrosse, or whether it is deserving of its own status as a separate discipline (just like Men’s and Women’s Field). Second, at what age should players be segregated based upon gender? Third, what should be the national rules for women’s box lacrosse? In particular, at what age (if any) should contact be introduced? Fourth, how should coach’s manuals be revised to include information on the special physical and mental attributes of female athletes? Should there also be changes to the technical and tactical information? Finally, how can participation numbers for players, coaches, and referees be expanded? The objective of the women’s box lacrosse initiative is to capitalize on the great gains that the game has already made, and to find ways of furthering that growth. It is an exciting time to be a female box lacrosse player!

Lacrosse Fitness 101: The Road to Recovery
By: Jeff Cathrea, B.Sc. Kinesiology

The ability to recover from exercise, an intense game or hard practice is one of the determining factors to any athlete’s long-term performance success. Being able to successfully recover from such high intensity activities will allow your body to be fully charged, rested and ready to perform at its highest peak the next time you step on the field or hit the gym. Here are some helpful tips to allow for optimal recovery.

Practice good eating habits - Daily nutrition dictates the health status of your body, plus the amount of training you can withstand and adapt to. Whatever you eat and drink daily sets your ceiling of your athletic potential will be low. Maintaining daily optimal health through a nutritious diet will do more to speed your recovery from workouts than any other factor.

Nutrition during activity - Fueling and hydration properly during exercise will, at the end of a session, ensure the most efficient recovery rate by setting the table for replenishing fuel sources lost during activity. For easy workouts of less than an hour, water will suffice. For workouts lasting longer than one hour you should consume a sport drink containing carbohydrates, electrolytes and possibly protein (if your GI system is receptive to this).

Hydration and electrolyte replacement - Your body’s thirst drive depends on two things: a decrease in blood volume and an increase in blood salt concentration. Both of these occur when you sweat. Research has shown your body will absorb and retain more fluid when electrolytes such as sodium are added to your diet or drinking. Consuming water dilutes the sodium in your blood and shuts off your thirst mechanism, so you drink less and tend not to hydrate fully. A simple sport drink, even diluted can help to accomplish this.

Post Activity Nutrition - Take a post activ- ity shake or snack. The job of post-exercise nutrition is to regain hydration status, replenish electrolytes, replace carbohydrate and provide protein for muscle repair and antiodamages to reduce cellular damage. To help reduce the stress hormone cortisol, which literally eats away at muscle tissue, a simple shake containing a 2:1 ratio of carbs:protein is necessary as well as aid in the shuttling of nutrients to the muscles, thus commencing the recovery process. Refueling 30 minutes post activity will allow for the upmost absorption of nutrients into the muscle tissue. If you miss this window, it can take up to 48 hours to fully replenish your energy stores. All the more reason to prepare a post activity shake.

Take a contrast bath after training - After consuming your post activity shake; use this method of bathing in order to stimulate recovery. Begin by submerging yourself in hot water for 30-60 seconds. Immediately jump into a tub of ice cold water for 30-60 seconds. Repeat this process for up to ten minutes. The contrast in temperature causes rapid vasodilation and vasoconstriction of the circulatory system, thus acting like a pump to quickly pump out old blood and wastes and new blood and nutrients to and from your muscles. This can also be done in the shower, which is more practical for most people.

Practice good sleeping habits - Take a Nap. Naps are a great way to speed up your recovery. During sleep, your body releases growth hormones and repairs the damage that has been done to your muscles during intensive workouts. Taking a 20 to 45 minute nap once a day is a great way to see faster progress. However, do not sleep longer than 45 minutes as you will wake up feeling groggy and more fatigued. Get 8-10 hours of sleep each night. Sleep is vital for recovery. Sleep is when your body does its best repairing and rebuilding. Skimp on sleep and you will delay recovery. Through the course of recovery, your body will go through several phases. During the slow-wave stage, growth hormone is released by the pituitary gland, stimulating tissue repair.

Do recovery workouts - By performing a very light, high rep workout the day after an intense training session and getting some blood into the muscles, you can actually accelerate your ability to recover. Perform exercises just using your own body weight to help stimulate blood flow. Light impact cardio exercise for 30-45 minutes will help to flush out your body of unwanted wastes as well as increase circulation to help deliver nutrients. Make sure to take the time to adequately stretch as stretching helps to promote circulation and relaxation, both vital for optimal recovery.

Get a massage - Therapeutic massage or ac- tive release techniques such as foam body rolling, releasing trigger points or using a muscle stick helps the body recover from the stresses of strenuous exercise, and facilitates the rebuilding phase of conditioning. The physiological ben- efits of massage include improved blood and lymph circulation, muscle relaxation, and gen- eral relaxation. These, in turn, lead to removal of waste products and overall muscle normalization and greater elasticity of tissues, deactivation of trigger points, and faster healing of injuries. It adds up to relief from soreness and improves joint range, better flexibility, and less potential for future injury.

Listen to your body - Every ten to twelve weeks, your body will start to break down and demand a rest. Signs of this could be chronic stress, illness, injury and burnout. Taking a week off will actually allow you to get stronger and come back fresh and ready to train hard again.

Remember, training is only half of the equation. Without proper recovery techniques your progress will never be optimal. Start incorporating these techniques today and you will notice a substantial improvement in your performance and energy levels.

The BC Lacrosse Association (BCLA) Members have created the Jack Crosby Endowment Fund in honour of the main who’s name is synonymous with Lacrosse in the City of Burnaby, throughout British Columbia, and across Canada. As an athlete, coach, volunteer, and mentor, Jack has touched many lives within the lacrosse community and beyond. The Jack Crosby Endowment Fund will provide a sustainable future for the lacrosse community who play, coach, volunteer, referee and enjoy the game of lacrosse throughout BC. The BCLA has entered into an agreement with the Vancouver Foundation, a registered charity, to act as the fiscal trustee of the fund. The BCLA’s Board of Directors is committed in the principle of this trust fund. These donations will never be touched and will be a growing investment managed by the BCLA. The fund will grow each year and 4% per year will be allocated to the BCLA and these funds will be used to support Innovative projects and programs that will address the needs of BCLA members.

This is an investment for our lacrosse community to become self-reliant; a fund that will benefit our grandchildren’s children; a legacy that will continue to ‘pay it forward’ forever; a future for lacrosse that we feel Jack would be proud to support.

To make a charitable donation to this fund, please make cheques out to: Vancouver Foundation referencing the BCLA Jack Crosby Endowment Fund in the memo line.

The BCLA members will strive to build this Endowment Fund so that the passion for Lacrosse today will leave a lasting legacy for the game of lacrosse throughout British Columbia.

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Jack Crosby Endowment Fund Donations can be sent to: The Vancouver Foundation (BCLA Jack Crosby Endowment Fund) Suite 1200-555 West Hastings Street Vancouver, BC V6B 4N6

In Memory of Jack Crosby
*Mrs. Lacrosse*

For details contact Jeff at: jeff@bclacrosse.com or 604-421-9755

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In MemorY of Jack Crosby

*Mrs. Lacrosse*

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Burrards Hicks Steps Down

By: LacrosseTalk Staff

The backbone and glue of the Maple Ridge Burrards Senior A Lacrosse Club has decided to leave the game of lacrosse after 10 years at the helm. Bill Hicks, the do-it-all leader of the Burrards, resigned his positions of Governor, Treasurer, Assistant GM and Director of the team on December 13.

Hicks has been involved in lacrosse and hockey most of his life as his son Dar moved through the sports system. Bill coached hockey and sat on many executives over the years in Port Moody.

“The great rapport with all the players and volunteers that stepped up to support the Burrards— that’s what it was all about,” mentioned Hicks.

In 1997, Hicks lead a management team and secured the 1998 Team Canada Men’s Field Lacrosse program leading up to the 1998 World Cup of Lacrosse in Baltimore, Maryland. Without a doubt, Hicks and his group took Team Canada to new levels that have yet to be matched.

His goal was not only to build the best National teams possible, but to do it in a way that the players wouldn’t have to pay out of their own pocket to play for their country. He was successful on both fronts!

At the 1998 Games in Baltimore, Canada met the USA in the World Cup final in one of the most memorable finishes in all of sports. Canada was down and out and was dominated by the USA 12-3 at halftime. Canada mounted one the most incredible comebacks in sport history tying the USA 13-13 in the last minute of regulation only to eventually lose in O.T.

In 2002, Team Canada under the Hicks regime, took Team Canada to Perth, Australia where Canada was favoured in a year when no pro field lacrosse players could participate in the World Games. Canada would bring home another silver medal.

The 2006 Team Canada program was the most successful in putting together the best team possible, forming a cohesive group and finally achieving greatness by winning the World title. This feat was 10 years in the making and a chance for Hicks to leave the program as a World Champion—and he did!

To top it off, Bill Hicks said it all “What a ride…. what a finish!”

Bill Hicks winning a world championship with Team Canada in 2006.
The 2010 National Lacrosse League Entry Draft took place September 8, 2010 in Toronto at the Westin Harbour Castle Hotel. Rochester Knighthawks held the first overall selection in the 2010 Entry Draft and wasted no time picking Syracuse University standout Cody Jamieson. Ironically, Rochester chose Sid Smith as the first pick in the 2009 draft from Syracuse.

Three of the nine first round selections played junior lacrosse in the BCJALL. The top BC player chosen in the 2010 NLL Entry Draft was Port Coquitlam’s Curtis Dickson, chosen 3rd overall by the Calgary Roughnecks. Dickson played collegiately for the University of Delaware Blue Hens where he set a UD career record with 162 goals and being one of five finalists for the prestigious Tewaaraton Award as the nation’s top player. In 12 games with the WLA Maple Ridge Burrards, Dickson, the 3rd leading team scorer, netted 18 goals and 16 helpers for 34 points.

Jarrett Davis, out of Bellarmine University, finished fifth overall at the Knighthawks. Davis finished his career at Bellarmine with 39 goals and 44 assists. Davis looks to help jump-start the Knighthawks’ offense but can also play a key transition and defensive role if needed. A teammate of Dickson’s, he led the Maple Ridge Burrards in scoring last season. In 18 games, Davis posted 24 goals, 49 assists for 73 points and was named to the WLA 2nd All-Star Team.

Buffalo Bandits chose Junior Salmonbelly’s product Travis Irving in the 9th spot in the draft. In the 2010 campaign, this 6-4, 200 pounder defender netted a goal and an assist and recorded 1 mini in the penalty box and will surely add a physical presence to the Bandit back line.

More than 60 players were selected in the six-round Entry Draft, which featured the best young talent from NCAA lacrosse programs at US colleges and universities as well as Canada’s junior lacrosse system.

Final results from the 2010 Entry Draft, presented by Marc Meth are below.


The battle will remain the same for rookies along as your favorite WLA and BCJLA players coming to camp in top shape. Teams don’t have the luxury of a long drawn out training camp. With most teams starting camp as soon as they can, there still isn’t a team in BC, we are well represented throughout the league. 2011 will be another year where the BC Boys Hit The Road for 2011 NLL Season.
Canada Rising

Ranking Canada’s Up and Coming High School Lacrosse Stars

By: JP Donville

It is no longer a secret. Canadian lacrosse players and the Canadian style of lacrosse are well known and well regarded part of the US collegiate lacrosse scene. Over the past decade the number of Canadians playing in the NCAA has gone from a trickle (just over 20 players in 2000) to a torrent (more than 200 Canadians are expected to play in the NCAAs in 2011).

Where are these lacrosse players coming from? The 2010 Canadian Field Lacrosse Championships, in Saskatoon, Saskatchewan in early September highlighted the fact that these players are coming from all over the country. Sure, Ontario as expected won both the U16 and U19 National Championships. However, British Columbia lost both gold medal games by a goal and Saskatchewan and Alberta put in strong performances throughout the tournament and served notice that Canada’s excellence in lacrosse extends well beyond the Greater Toronto Area and Metro Vancouver.

Given Canada’s box lacrosse history, it should not have been surprising to see players at the Nationals who possessed superb stick skills. However, what has become abundantly clear to those who have followed the development of the game over the past decade is that Canadian lacrosse players are no longer simply box lacrosse players who learn to play field lacrosse once they arrive at university. Canada is now producing large numbers of experienced field lacrosse players who are capable of using the specific strategies and tactics of the field lacrosse game to their advantage rather than simply resorting to “box lacrosse on grass”.

Besides being a showcase for our national game, the Canadian Field Lacrosse Championships were also important for another reason. With the World U19 Championships just two years away, this year’s Nationals represented a first look at the specific strategies and tactics of the field lacrosse game to players that are expected won both the U16 and U19 National Championships. Thus, in 2011 the iroquois has a team that has the experience of winning a gold medal, and perhaps even knock off the US for gold. Team Iroquois, which did not field a team in 2010,

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Ed Comeau Named Canada’s Head Coach

By: Neil Stevens - Team Canada media contact at honest7@globe.com

Ed Comeau will be Canada’s head coach and Derek Keenan and Paul Day will be the primary assistant coaches for the world indoor lacrosse tournament in Prague next May.

Glen Clark is the goaltending coach and Jim Milligan is video coach.

“These are talented and experienced coaches; they’ve been with us for years,” general manager Johnny Mouradian said in making the announcement Friday.

Comeau was an assistant coach when Canada won the previous two world indoor titles.

“I am honoured to be selected as head coach,” says the 45-year-old Hamilton resident. “I look forward to working with the rest of the coaching staff, the management team and the Canadian Lacrosse Association as we assemble the team that will represent Canada in Prague.

“Team Canada has had great success at past world championships. We understand the challenges we face from the other competing nations and we’ll work hard to once again bring the gold medal back to Canada.”

Comeau also was on the coaching staff of Canada’s world-champion 2006 field team and has coached in the pro indoor National Lacrosse League for the last 13 years, earning honours as GM and coach of the year along the way.

He was an assistant Toronto Rock coach on four NLL championship squads, was head coach of the Rochester Knighthawks when they won the NLL title in 2007, was GM-head coach of the NLL’s Orlando Titans until that team ceased operations last summer and he has signed on as an assistant coach with the Colorado Mammoth for the 2011 season. He also coached the McMaster University field lacrosse team, which is in the national finals in Toronto this weekend.

Keenan, a resident of Oshawa who is currently GM-head coach of the NLL’s Edmonton Rush, also has won all the major NLL managing and coaching awards, and he worked alongside Comeau with the Rock before taking control of NLL teams in Anaheim, Calif., Portland, Ore., and now Edmonton.

Day, who is from Peterborough and who currently is an assistant coach with Rochester, was head coach of the Knighthawks when they won the NLL title in 1997. Comeau was one of his assistants that year and the two also joined forces in Orlando last season. Day also is a former GM-head coach of the Rush.

“The coaching familiarity we have with one another will be a huge asset on the Team Canada staff,” says Comeau. “We know each other well and that’ll help us with this team.”

Clark of Stouffville, Ont., is a former defensive end and head coach of the Toronto Rock.

Milligan has been an assistant coach with several NLL teams and with the Canadian senior champions, the Peterborough Lakers.

Comeau has an all-star staff to co-ordinate.

“Ed is going to be leading a coaching staff that already has a strong chemistry and that’s a big advantage for Team Canada,” says executive director Dean French.

Comeau’s previous involvements with national teams and Mouradian’s return in the same GM’s role the native of St. Catharines had with Canada’s silver-medal field team earlier this year bodes well for the 2011 project, adds French.

“The national program really benefits from the leadership continuity that Mouradian brings us at GM and that Comeau brings as our head coach,” says French.

More than 75 players are bidding for roster spots and they’ll be scouted during the NLL season that begins in January. After selections are announced in the spring, a camp will be held in Prague prior to the start of the world tournament.

CUFLA Announces 2010 Award Winners

By: John Chidley-Hill

Vancouver’s Jishan Sharples was selected to the CUFLA All-Canadian at defensive midfield as a second year player.

Dube, from Brockville, Ont., was selected at CUFLA’s Most Valuable Player after tying with Carleton University’s Tim Bergin as the league’s scoring champion. Dube was also selected to the East Division’s LaxShack All-Canadian team and named the league’s Outstanding Attacker.

Bishop’s potent offense revolved around Dube. In his regular season games he scored 29 goals and tied with Bergin at 39 points. Dube increased his productivity in the postseason, netting 10 goals and setting up three others in two playoff games.

The McMaster University Marauders’ coaches and trainers were named CUFLA’s Coaching Staff of the Year after winning the Baggataway Cup.

Led by head coach Ed Comeau, the staff of Jason Tallevi, Serge Bianchin, Chad Mann, and Shawn Matthews directed the program to a 5-5 regular season record and then playoff upsets over the University of Guelph, Bishop’s and Brock University to win the CUFLA championship.

Rounding out the CUFLA awards list were Outstanding Graduating Player Justin Wilson-Kirby (Guelph), Outstanding Rookie Michael Budwalsky (University of Toronto), Outstanding Midfielder Dustin Dunn (Brock), Most Valuable Defensive Player Greg Hartnett (Bishop’s) and Most Valuable Goalkeeper Jeremy Snider (Guelph).

The All Canada West Division LaxShack All-Canadians were on Attack: Kevin Macnab (McMaster), Matt Evans (Brock), Justin Wilson-Kirby (Guelph), Midfield: Dustin Dunn, Brock, Andrew Stoner (Guelph), Mike Terer (Guelph). Faceoff Specialist: Kyle Kropman (Brock). Defensive Midfield: Devin Sartor (Brock). Long Stick Midfield: Brad Galante (Guelph). Defence: Kyle Andrews (Guelph), Jon French (McMaster). Eric Pite (Western) and Gourkeeeper: Jeremy Snider (Guelph).

The All Canada East Division LaxShack All-Canadians were on Attack: Mike Dube (Bishop’s), Corey Fowler (Carleton), Tim Bergin, (Carleton). Midfield: Raj Wasson (Carleton), Ryan Beebe (McGill), Shane Davidson (Carleton). Faceoff Specialist: Josh Bean (Trent). Defensive Midfield: Jishan Sharples (McGill). Long Stick Midfield: David Hogarth (McGill). Defender: Greg Harrett (Bishop’s), Sepp Stephens (McGill), Tim Sawa (U of T). Goalkeeper: Gey Fox, McGill.

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COLIN DOYLE
PROFESSIONAL PLAYER
NLL-MCL

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