In the light of the Vancouver 2010 Olympic Games, one can only marvel at the achievements the athletes delivered that captivated us all for two weeks. Countless memories of iconic sporting feats and the will to succeed will be etched in our minds forever. We cheered on our Canadian athletes wearing everything red and white, down to the red Hudson Bay Company mittens.

Like many millions of Canadians across this vast country, we sat glued to the TV for two weeks watching and waiting for the next medal to be won; none as memorable as Sidney Crosby’s golden goal for ice hockey gold. A goal heard across Canada; a goal that made us all proud Canadians!

Canadian Patriotism reached epic proportions and touched a little Canadiana in us all. The thought of lacrosse being played in the Olympics may have crossed the minds of many lacrosse enthusiasts over the years, none so topical than during the Olympics. Imagine Gary Gait, John Grant Jr. and Brodie Merrill playing for Olympic gold in front of a stadium of 70,000 spectators.

"After watching and supporting the 2010 Olympics in Vancouver, I couldn’t help but think of the possibility of lacrosse being an Olympic sport,” said Team Canada defender Brodie Merrill. “It would be an exciting sport to add from a spectator’s perspective, but it would also be a great example of true athleticism. This would help reinforce the integrity and spirit of the games. It will obviously take a commitment to developing and exposing the game in more countries.”

Interestingly enough, lacrosse, the field version had a presence at past Summer Olympic Games. It was once a sport that had been contested for medals in the 1904 (St. Louis) and 1908 (London) Summer Olympic Games.

In the 1904 Games, Canada, represented by the Winnipeg Shamrock Lacrosse Club, won the gold medal with an 8-2 victory over the USA. A second Canadian team, represented by an all Mohawk Indian team finished with the bronze medal. Canada and Great Britain were the only combatants in the 1908 Games where Canada earned the gold medal by defeating Great Britain 14-10 in a single match.

Lacrosse would never compete for Olympic medals again but would be showcased as demonstration sports in 1928 (Amsterdam), 1932 (Los Angeles) and 1948 (London). In the 1928 Games, Canada placed first, Great Britain second and the USA third; in 1932, Canada placed first over the USA; and in 1948, Great Britain placed first over the USA.

62 years has passed since the last lacrosse game took to the field at an Olympic Games. There is a vision by the Federation of International Lacrosse (FIL) to one day have lacrosse gain Olympic status - a goal that will entail many years of work. Part of the criteria mandates that any new sports contemplating inclusion into the Olympics must be played in 40 countries to join the Sport Accord. The Sport Accord is an umbrella organization that helps screen sports for potential Olympic consideration.

"I’m feeling pretty confident we’ll reach the 40 countries soon and will meet the criteria,” said FIL Director Tom Hayes. He added the International Olympic Committee’s (IOC) old requirement of seventy-five teams competing on four continents was likely not attainable.

“We’re on the right track – it’s just a matter of when we will get into the Olympics,” stated an excited Hayes. He added sports must wait seven years once admitted into the Olympics before actually playing in the Games.

When asked what year he envisions lacrosse to be part of the Olympic Games, Hayes said, “Optimistically 2020; realistically 2024; disappointingly 2028; we’ll then have well over the required number of countries.”

The current FIL World Championships are the highest level of International competitions held every four years around the World. There are five World

continues on page 4
20 GM
LOOSE FIT PRACTICE SHORTS

- LOOSE FITTING
- 2-WAY STRETCH
- MST™ TECHNOLOGY
- BACT-OUT™
- ODOR DISSIPATING

COOL•SKIN™
BE DRY. BE FIT. BE COOL.

OFFICIAL SUPPLIER
TOLL FREE: 1.800.668.3020
firstarsports.com

LEWIS RATCLIFF

302 SS
PLATINUM CONTOUR SHIRT
WITH MESH BACK

- BIO-SENSE FIT™
- SECOND SKIN
- 4-WAY STRETCH
- TWO-TONE PATTERN
- MST™ TECHNOLOGY
- BACT-OUT™
- ODOR DISSIPATING
- MESH BACK VENTILATION TO INCREASE HEAT DISSIPATION

COOL•SKIN™
BE DRY. BE FIT. BE COOL.

UP YOUR GAME™
The girls that are coming through the system have started playing the sport at a much younger age. “The talent level has risen to a new level,” stated U19 National Head Coach Scott Teeter.

As more BC athletes take their box skills outdoors, this “hybrid-athlete” has the skills of both disciplines, and once the field lacrosse knowledge is learned, they will prove to be an asset to any team.

“The ultimate goal for our program is to advance further at the next World Cup!”

The 2010 BC Women’s Field Lacrosse Association, British Columbia Women’s U19 National Squad camp – a fete in itself, is the first time in recent history that this many Under 19 athletes have had the opportunity to compete for a spot on Canada’s U19 National Women’s Field Lacrosse team.

BC athletes that participated amongst the 32 athletes at the selection camp were: Alyssa Andrea (Victoria), Arianna Augustine (Duncan), Sierra Bonner (White Rock), Ashley Bull (Langley), Eille Delich (Coquitlam), Alexandria Lund-Murray (New Westminster) and Sara Walters (Bumaby). Their experiences at this camp will only inspire more BC athletes to strive and compete at the national level.

While three BC players competed on the National Team in 1995, and one BC player in 1999, there has been no western player make the final cut since.

The roster of 35 was released on March 6, 2010 the players who have been selected to the squad are extremely excited to be an asset to any team.

“A daunting task, perhaps, but on any given day against any team anything can happen.”
Continued from Cover Article: Lacrosse the World

By: LacrosseTalk Staff

Championships, four of which are of the field variety including Senior Men, Senior Women, Junior Men and Under 19 Junior Women; and one indoor competition for Men’s Box Lacrosse.

Until 1986, Lacrosse World Championships had only been contested by the United States, Canada, England and Australia, with Scotland and Wales coming back into the fold. The international growth continues to increase with more teams competing at the World Championships. Twenty-two countries compete at the 2006’s World Championships; eleven nations at the 2007 U19 Junior Women’s World tournament; twelve countries at the 2008 U19 Junior Men’s World Championships; and seven nations at the 2009 Women’s World Cup. The 2007 World Indoor Box Lacrosse Championships in Helsinki played host to seven nations; up to six more countries have indicated an interest in playing at the 2011 event in Prague, Czech Republic.

The BC Box Technical Co-ordinator Brent Boutilier. “Team BC will be very competitive analyzing with this group.”

## LacrosseTalk

### By: LacrosseTalk Staff

The Team BC Field Lacrosse program has completed all regional and final tryout camps for the Team BC Under 19 and Under 16 teams. Over 150 athletes applied for the U19 and U16 regional camps in the Interior, Lower Mainland and Vancouver Island.

Athletes from ages 15-19 were put through physical testing, drills and game situations to test their field lacrosse skills amongst BC’s best. From the regional camps, over 80 athletes were identified and invited to compete at the final main camp March 20 and 21 in Coquitlam at the Town Centre Sports Complex.

The Under 19 and Under 16 Team BC Field Lacrosse teams will compete at the First Nations Trophy and Alumni Cup over the Labour Day long weekend, September 3-5, in Saskatchewan, Saskatchewan.

Different from past years, the Team BC program will select only one U19 and one U16 team that will compete at nationals. In the past few years, BC has sent four teams to nationals: the U19 Selects and Stars teams as well as the U16 Selects and Stars.

“I am very pleased with the camp turnouts considering we are essentially only selecting two teams for the nationals,” stated Team BC Field Lacrosse Technical Co-ordinator Reynold Comeault.

“Our strength is that we will have a well balanced team, with players who can play multiple roles,” said Browning. “The challenge of these types of groups is instilling a team strategy and game plan in a short time with limited training and preparation.”

“More importantly will be the ability of both teams to come together as a cohesive group in such a short period of time and compete at a high level.”

“The growth around the world can be attributed to many things including the internet; expatriates bringing the sport from their homeland, word of mouth, or as simply watching a movie. It was documented in a 2006 interview with a Finnish National Team member that some of their players saw lacrosse in the movie “American Pie.””

“First of all, the internet has had a major impact… it’s unbelievable,” mentioned Hayes. “I received an email from Thailand today and I can respond immediately. Another factor is the availability of watching lacrosse on TV not just in North America but around the world… we’re seeing the highest level of competition which will fuel further development of lacrosse in their homeland.”

But majority of the global development of lacrosse has to be attributed to the hard work of the FIL Development Committee. FIL Lacrosse expansion knows no borders. European growth has jumped to twenty-two member countries with Belgium as the newest member. The FIL development committee is currently involved with Hungary, Guatemala, India, Puerto Rico, Belize, Brazil, Peru, South Africa, China, Thailand and Turkey as emerging lacrosse playing countries. These nations are all in the initial stages of development.

“We [FIL] just sent out equipment packages to countries like Turkey, Russia, China and Thailand with assistance from the ‘big 6’ [Canada, USA, England, Australia, Iroquois Nations and Japan] with donations to the FIL for gear for player and officials clinics,” explained Hayes.

In all, there are twenty-five full member nations and eleven associate member nations of the FIL including working with a total of thirty-nations worldwide that are currently developing lacrosse programs.

Some 30 teams will compete at the 2010 Senior Men’s World Championships. New competing countries that will face-off in Manchester this July will be Argentina, Norway, France, Mexico, Poland, Austria, Slovakia and Switzerland. Down the road, who knows what country we’ll see revolutionize the global game.”

“All coaching staffs and volunteers will be putting their best foot forward to prepare their individual teams,” mentioned Team BC Box Technical Co-ordinator Brent Boutilier. “Team BC will be well prepared with the hopes of reaching lofty goals at the 2010 Nationals.”

The box program has grown to four teams including the Pee Wee, Bantam and Midgets and adding the Team BC Female Bantam squad in 2009. The Female Bantams came the closest to winning gold in a heartbreaking 4-3 loss to Ontario; the Pee Wee’s and Bantams also falling short to Ontario 6-3 and 11-7 respectively, while the Midgets won a bronze winning 7-6 over a tough Alberta team.

The Team BC Bantams have an experienced national’s head coach in Derek Milani winning a Pee Wee gold in 2008 and Bantam silver in 2009; if history repeats itself, we should expect gold in 2010.

“Last year’s team was big and wasn’t as athletic as we needed to be,” stated Milani. “I’m looking for a team with speed and smart players mixed in with some size. Ontario’s best players were small and great decision makers; I’m looking forward to working with this group.”

“The growth around the world can be attributed to many things including the internet; expatriates bringing the sport from their homeland, word of mouth, or as simply watching a movie. It was documented in a 2006 interview with a Finnish National Team member that some of their players saw lacrosse in the movie “American Pie.””

The BC Box technical staffs will be putting their best foot forward to prepare their individual teams,” mentioned Team BC Box Technical Co-ordinator Brent Boutilier. “Team BC will be well prepared with the hopes of reaching lofty goals at the 2010 Nationals.”

The program has grown to four teams including the Pee Wee, Bantam and Midgets and adding the Team BC Female Bantam squad in 2009. The Female Bantams came the closest to winning gold in a heartbreaking 4-3 loss to Ontario; the Pee Wee’s and Bantams also falling short to Ontario 6-3 and 11-7 respectively, while the Midgets won a bronze winning 7-6 over a tough Alberta team.

The Team BC Bantams have an experienced national’s head coach in Derek Milani winning a Pee Wee gold in 2008 and
By: Brad Challoner

The last time a BC team won the Minto Cup, the Vancouver Ravens took it all in 1997 during the NLL. Gary Gait hadn’t retired yet (the first time), and Colin Doyle was still a loved player on the side of the country. 2009 saw the Burns a better team. Burnaby Lakers won their 4th cup in 8 years at Bill Copeland Arena in Burnaby. The Lakers won again in 2009, but since then a BC team hasn’t won a Minto or a BCJALL title since 2005. With the influx of BCJALL players taking over NCAA Field Lacrosse and the NLL, 2010 in Coquitlam needs to be the year that the west proves it is the best. So who will be the best to take BC to the top of the lacrosse world?

Coquitlam Adrenaline: BC’s 2009 Minto representative ran through the regular season at 20-1 but came up short against host Brampton in the league finals last year. Pre-season reports have the ‘Belles importing some Ontario talent to help get the job done. Slipping on the red, white and blue in lacrosse is the equivalent to a Montreal Canadien or New York Yankee sweater – it’s a tradition in a sport that’s built on it. And playing your home games on the wooden floor amongst the lacrosse ghosts in Queen Park Arena is another house.

Delta Islanders: This will be the strongest team that the Islanders have put on the floor in years. Head Coach Greg Rennie has crafted a truly gritty team that squads absolutely hate playing. The Islanders are doing absolutely everything they can to be successful in this league. They need to make up the 113 goals they lost in the last 3 games of the year. Legs are the key to this team. The Islanders are doing everything they can to be successful in this league. They need to make up the 113 goals they lost in the last 3 games of the year. Legs are the key to this team.

Victoria Shamrocks: If any team suffers from the loss of the 2009 graduating class, it will be the ‘Rocks. They need to make up the 113 goals provided by Matt Mather, Joel Henry, Mike Pires and Kory Kowalyk, who all went high at the WLA draft, and are all expected to suit up in the NLL at some point. Casey Jackson and Karen Leung will pick up the bulk of the offensive load for Victoria; another team with a long tradition of success that always pulls a competitive athletic team on the floor. If Victoria’s defense can play disciplined lacrosse, they can easily contain some of the league’s top spenders.

Nanaimo Timbermen: At 8 wins and 13 losses, Nanaimo had their best season to date in a top four finish. They will be the fourth to play in the league finals last year. They surprised again. Coach of the Year Mike Kuppan brought out the best in his young squad and they even put up quite the thrilling playoff series against Coquitlam. Riley Lowen led the league with 48 goals in ’09 to win the league’s outstanding achievement award. Jordan Decker was their best player in the playoffs and if the Islanders can stay out of the box, they may have their best finish in franchise history.

BCJALL 2010 Preview

By: Brad Challoner

The last time a BC team won the Minto Cup, the Vancouver Ravens took it all in 1997 during the NLL. Gary Gait hadn’t retired yet (the first time), and Colin Doyle was still a loved player on the side of the country. 2009 saw the Burns a better team. Burnaby Lakers won their 4th cup in 8 years at Bill Copeland Arena in Burnaby. The Lakers won again in 2009, but since then a BC team hasn’t won a Minto or a BCJALL title since 2005. With the influx of BCJALL players taking over NCAA Field Lacrosse and the NLL, 2010 in Coquitlam needs to be the year that the west proves it is the best. So who will be the best to take BC to the top of the lacrosse world?

Coquitlam Adrenaline: BC’s 2009 Minto representative ran through the regular season at 20-1 but came up short against host Brampton and eventual champion Orangeville Northmen. Clearly disappointed with what he saw out east, General Manager Ken Wood fired his head coach Dan Perreault after three winning seasons and a Minto for BC, Kurt Malawsky. This year the coach Dan Perrault after three winning seasons General Manager Ken Wood fired his head coach Dan Perreault after three winning seasons and a Minto for BC, Kurt Malawsky. This year the coach Dan Perrault after three winning seasons Clearly disappointed with what he saw out east, General Manager Ken Wood fired his head coach Dan Perreault after three winning seasons and a Minto for BC, Kurt Malawsky. This year the coach Dan Perrault after three winning seasons Clearly disappointed with what he saw out east, General Manager Ken Wood fired his head coach Dan Perreault after three winning seasons and a Minto for BC, Kurt Malawsky. This year the coach Dan Perrault after three winning seasons Clearly disappointed with what he saw out east, General Manager Ken Wood fired his head coach Dan Perreault after three winning seasons and a Minto for BC, Kurt Malawsky. This year the coach Dan Perrault after three winning seasons.
BCLA 2010 Youth Field Provincial Results

**Under 12 Tier 1 Provincial Gold Medalists**
New Westminster.

**Under 14 Tier 1 Provincial Gold Medalists**
Pacific Rim.

**Under 16 Tier 1 Provincial Gold Medalists**
New Westminster.

**Under 19 Tier 1 Provincial Gold Medalists**
Pacific Rim.

**Under 12 Tier 2 Provincial Gold Medalists**
Delta.

By: LacrosseTalk Staff

The BCLA Tier 2 Field Lacrosse Provincial Championships took place February 19-21 at the University of Victoria. Twenty-seven teams from Vancouver Island, the Lower Mainland and the Interior competed for Tier 2 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The Under 12 Delta Footmen had a great round of 10-8 over the Valley Attack to round out the 12 Tier 2 gold metal medal; under the 14 Tier 2 went to the Mid-Island Lightning in a 13-6 victory over the Kamloops Rattlers. Richmond out-paced the Valley Attack team 10-8 for the Under 16 gold medal and in an all-Inland Under 19 Tier 2 final, Pacific Rim (Victoria) edged the Nanaimo Raiders 13-12 for the gold medal after a 9-9 deadlock in round robin play.

Bronze medal game scores were: Under 12 – Kamloops 10-3 over Mission; Under 14 – Pacific Rim 12-6 over Valley Attack; Under 16 – Delta 12-6 over New Westminster; and Under 19 – Pacific Rim over the Adanacs 5-3.

**Under 14 Tier 2 Provincial Gold Medalists**
Mid-Island.

The Tier 2 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Dallan Mazur (Mission); Under 14 – Brennan Sathers (Mid-Island); Under 16 – Chance Koughlahn (Oceanside); and Under 19 – Evan Lovestead (Adanacs).

The U12 Tier 2 Warrior Fair Play Awards were: Taylor Linton (Adanacs #84), Taylor Goudry (Delta), Wyatt Henry (Kamloops), Dallan Mazur (Mission), Josh King (Pacific Rim #2), Kieran McKay (Richmond), Jacob Martt (Ridge Meadows) and Noah Holler (Victoria). U14 Tier 2 Warrior Fair Play Awards were: Tim Turnbull (Adanacs #9), Jordan Livels (Adanacs #3), Carter Boskos (Kamloops), Reid Vagner (Mid-Island), Marcus Davis (Pacific Rim #2), Brett Gremmell (Port Coquitlam), Brenden Green (Richmond) and Ryan Molina (Valley). U16 Tier 2 Warrior Fair Play Awards were: Denis Clark (Delta), Andrew Buchanan (New West), Masen Limb (N. Okanagan), Robert Tickle (Oceanside), Derek McLeod (Pacific Rim), Eric Dick (Northern BC), John Bailey (Richmond) and Cory Letu (Valley). U19 Tier 2 Warrior Fair Play Awards were: Nick Healey (Adanacs), Ross Radcliffe (Nanaimo) and Seth Lucas (Pacific Rim).

The Tier 2 Warrior Fair Play Coaches were: U12: Harpnet Grewel (Mission); U14: Sean Galant (Adanacs #4); U16: John Wall (Oceanside); and U19: Tyler Radnorich (Adanacs). The Overall Warrior Fair Play Official was: Cody Molechi. The SUBWAY® Team Sportmanship award went to the Under 16 Tier 2 Prince George Posse team coached by Bill Radcliffe (Nanaimo) and Seth Lucas (Pacific Rim).

The BCLA Tier 1 Field Lacrosse Provincial Championships took place February 25-28 at the Burnaby Lake Sports Complex. Twenty-four 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 New Westminster Under 12 team defeated the Adanacs of Coquitlam 8-3 in the Under 12 Tier 1 gold medal match; the Under 14 Tier 1 went to Pacific Rim (Victoria) in an 8-3 victory over the Port Coquitlam Saints. New Westminster out-paced the Adanacs 9-5 for the Under 16 gold and once again, New Westminster took the Under 19 Tier 1 final with a 12-6 win over Victoria for the gold medal.

Bronze medal game scores were: Under 12 – Port Coquitlam 8-5 over Victoria; Under 14 – Langley 11-7 over Ridge Meadows Burrards; and Under 16 – South Fraser 11-8 over Pacific Rim.

The Tier 1 Warrior Sports Canada Most Valuable Player selection was: Under 12 – Dylan Chard (Adanacs); Under 14 – Tyler Pipe (Port Coquitlam); Under 16 – Reese Robinson (New Westminster); and Under 19 – Blake Duncan (New Westminster).

The U12 Tier 1 Warrior Fair Play Awards were: Jasen MacBrade (Adanacs), Justin Dighy (New West), Kurtis Young (Pacific Rim), Joel Berton (Port Coquitlam), Grant Zednik (South Fraser), Chris Brech (Valley Attack) and Lian Finnigan (Victoria). U14 Tier 1 Warrior Fair Play Awards were: Matthew Martin (Langley), Teague Isherub (New West), Matt Hamilton (Pacific Rim), Adam Boyer (Port Coquitlam), Andrew Gresham (Ridge Meadows) and Kiefer Hagedorn (Victoria). U16 Tier 1 Warrior Fair Play Awards were: Nic Ciellos (Adanacs), Quintin Bradley (Burnaby), Brent Debray (Langley), Andrew Falcon (New West), Cameron Conway (North Shore), Derek Lecyk (Pacific Rim), Patrick Butler (South Fraser) and Sam Tschirich (Victoria). U19 Tier 1 Warrior Fair Play Awards were: Brad Haddon (Adanacs), Will Greshica (Delta), Dustin Easton (Langley), Kam Gurney (Mission), Spencer England (New West), Nick Stone (Ridge Meadows) and Adam Bakhirin (Evans Victoria).

Warrior Fair Play Coaches were: U12 Tier 1 Fair Play Coach: Blake Duncan (New Westminster), U14 Tier 1 Fair Play Coach: Ivan Ivan (New Westminster, the Overall Warrior Fair Play Official was Cody Molechi. The SUBWAY® Team Sportmanship award went to the Under 14 Tier 1 Pacific Rim team coached by Walt Christianson.

**Regiers Named Sport BC President’s Award Winner**

Gene and Judy Regier are BCLA’s 2010 Sport BC President’s Award Recipient.

By: LacrosseTalk Staff

The 44th Sport BC Athlete of the Year Awards and President’s Award ceremonies took place Tuesday March 31, 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 2010 selection for the Sport BC President’s Award for Lacrosse was none other than Gene and Judy Regier. This husband and wife team have worked tirelessly, celebrating their 25th year of service for the sport of Lacrosse to ensure that youth have an opportunity to participate in Canada’s National Summer Sport.

What’s really special about these two is that even though their kids are adults with families of their own, Gene and Judy Regier are integral to the BC Lacrosse community through their continued volunteer involvement at the provincial level as members of the Senior Directorate – Judy as Secretary and Gene as Commissioner of the BC Inter-Mediate League – as well as being the driving forces for the continued success of the BC Intermediate Leagues.

“The Regiers have been involved for many years with the Intermediate leagues,” explained BCLA President Sohen Gill. “We are honoured to have both Gene and Judy involved in lacrosse and receiving their due credit at the Sport BC President’s Award ceremony.”

It is nice to know their hard work has not gone unnoticed. The Regiers were also the 2006 recipient of the Sport BC Fair Play Award, “We are very proud of the work you put into our community,” said Judy and Gene Regier. “We have been involved in lacrosse for a good number of years because we love the sport. It is an honour to be recognized for the work we put into it.”


**Thank you from Afghanistan**

Petty Officer First Class Roger Payne (Halifax, NS), and Commander Rob Watt (Victoria, BC). January 15, 2010

Dan Richardson, President
New Westminster Salmonbellies

Dear Mr. Richardson,

It is nice to know their hard work has not gone unnoticed. The Regiers were also the 2006 recipient of the Sport BC Fair Play Award, “We are very proud of the work you put into our community,” said Judy and Gene Regier. “We have been involved in lacrosse for a good number of years because we love the sport. It is an honour to be recognized for the work we put into it.”


Thank you to all the sponsors, partners and volunteers that make it all happen! Sponsor thanks to: Warrior Sports Canada, SUBWAY®, STA and Wilson International Products. Thanks to the many volunteers: Judy Weatherby (RIC), Beth McLucas, Doug Simons, Tracy Delbec, Brad Delove, Brad Hara, Tricia Rachfall, Phyllis Fauthert, Barb Calve, Christel Calve, Brent Bridgman, Nick Higgins, Tyson & Toni Leis, Jessica Katz, Paula West-Percht, Brandi Terris, Jennie Gousalos & Family, Catherinne McLean, Kathy Tanner, Maureen Garland, Bryan Baxter, Wilson Louie (RIC), Deb Stooke and all the 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.
BCLA Honoured with Sport Achievement Award

(A letter from the BC Games Society)

February 1, 2010
Mr. Sohen Gill, President
BC Lacrosse Association
4041 ‘B’ Remi Place
Burnaby, BC  V5A 4J8

Dear Sohen:

The sudden passing of BC Games Society Co-Chair, Wendy Ladner-Beaudry in April 2009 shocked the BC sport system to its core. The senseless act which robbed family, friends, and colleagues of a unique and talented woman was one which we may never understand.

To recognize Wendy’s contribution to sport, the BC Games Society has already provided KidSport BC with a financial gift in support of their aims and objectives. Wendy was a close ally of KidSport BC and had embarked on some ground breaking work for them. Our Board also wanted to honour Wendy through an award which recognized a Provincial Sport Organization which was progressive, dynamic, and professional in their approach to sport participation and development.

I write to you today to advise you that the Board of Directors of the BC Games Society have made a unanimous decision that the BC Lacrosse Association become the recipient of the inaugural Wendy Ladner-Beaudry Sport Achievement Award presented by the BC Games Society. Our Board and staff agree that the commitment to the BC Games and the development of your sport is evident in the decisions you make as an organization and how you interact with the BC Games.

The BC Lacrosse Association continues to be one of the most progressive and forward thinking organizations included in the BC Games. One recent decision made by your organization demonstrates the value you place on your involvement with the BC Games, and that is your change to make the BC Games a requirement for attendance at the selection camp to determine the final team for the BC Provincial Team. That policy solidifies the role Games play in the development your athletes.

In addition, your organization is proactive and responsive, addressing issues and requests in a timely and positive manner. We can always count on Lacrosse to be one of the first to respond to requests, support the rules of the BC Games, provide the best environment for competition, while respecting the limitations of the volunteers and the Host Community. You also take seriously issues identified by our organization as a result of your sport’s participation in the Games.

The award will be presented during the Sport BC Presidents’ Awards on March 31, 2010 at the River Rock Casino in Richmond. I will be in touch closer to the event to confirm details but we certainly hope you and/or senior members of your Board and staff will be on hand to accept this award.

Wendy’s legacy to the sport community was that we share, embrace and celebrate the successes of our work in sport. The BC Games Society is pleased to honour the BC Lacrosse Association for all your organization does within the BC sport system and in particular, your valued role as a participating sport in the BC Summer Games.

Congratulations once again, Mr. Gill. I look forward to speaking with you soon.

Sincerely,
Kelly Mann
President and CEO

BCLA Honoured with Sport Achievement Award

Check in for 2 nights or more through Executivehotels.net

And check out with a Free Apple iTunes® Gift Card!

Book 2 nights through our website and get an Apple iTunes® giftcard worth $10! The Best Packages & Room Rates online at www.executivehotels.net/escape.

No hidden booking fees! No prepayment! No cancellation fee up to 24 hours! Book after November 1st for stays through April 30th 2010. Limited time offer at all participating hotels.

Mountain Edge Lacrosse
WESTERN CANADA’S LACROSSE PRO SHOP

YOU know your game ------
we know your GEAR

We are YOUR source for the largest selection of men’s and women’s lacrosse and field hockey equipment anywhere! And all of our staff are players too, so we know your GAME!

Drop by and check it out!

When you need pro gear to keep your edge -
MOUNTAIN EDGE LACROSSE
Terry Monture moved to this small Northern BC town and introduced to lacrosse at a young age by John Cavallin, the recipient of this prestigious award. In 2008, Squamish Nation’s Sam Seward was the recipient of Sport Circle’s National Aboriginal Coaching Award. In 2009, Monture was nominated for the Aboriginal Sport Circle’s 2009 nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award. Monture has been a guiding force for the Terrace community, but to other communities in the surrounding areas. A trained lacrosse referee and played an integral part in the development of organized lacrosse in Canada. As a youth he followed the Vancouver Canucks and became a water boy and borrowed the players’ sticks when they took a break. Dave would later play lacrosse for the Vancouver Bluebirds and competed in other sports including rugby for the Es-Bratania Rugby Club in the 1950’s.

As a youth he followed the Vancouver Burrards Lacrosse Team as they practiced at Cambie Street Grounds and became a water boy and borrowed the players’ sticks when they took a break. Dave would later play lacrosse for the Hastings Bluebirds and competed in other sports including rugby for the Es-Bratania Rugby Club in the 1950’s. In 1969 Fishman was elected to the BC Lacrosse Association executive. He was an active lacrosse referee and played an integral part in the formation of the BC Lacrosse Referees Association which was devoted to recruiting and training young referees. Fishman also served in BC in numerous capacities as he was the inaugural recipient of the Tom Gordon Shield for outstanding service in 1968-69. He went on to serve as one of the first Presidents of the BC Lacrosse Association from 1969 to 1971. Mr. Fishman visited the BCLA Office often the past few years telling of the office staff stories of how organized lacrosse started in Canada and BC. He offered insight on the history of how our present-day merit awards were established and interesting stories on each of the persons whose name is identified with our merit awards.

In Memoriam

Chris Douglas Friesen, left us on March 25, 2010, and will be sadly missed by the lacrosse community. The Simon Fraser University Christian Friesen Memorial Award has been dedicated in his name. Please visit christianfriesen.com for more information.

David Fishman, a lacrosse pioneer in Canada passed away March 21, 2010. Fishman, originally from Saskatchewan, served many executives over the decades, most notably; he was the first Executive Director of the Canadian Lacrosse Association in 1971. As a youth he followed the Vancouver Burrards Lacrosse Team as they practiced at Cambie Street Grounds and became a water boy and borrowed the players’ sticks when they took a break. Dave would later play lacrosse for the Hastings Bluebirds and competed in other sports including rugby for the Es-Bratania Rugby Club in the 1950’s. In 1969 Fishman was elected to the BC Lacrosse Association executive. He was an active lacrosse referee and played an integral part in the formation of the BC Lacrosse Referees Association which was devoted to recruiting and training young referees. Fishman also served in BC in numerous capacities as he was the inaugural recipient of the Tom Gordon Shield for outstanding service in 1968-69. He went on to serve as one of the first Presidents of the BC Lacrosse Association from 1969 to 1971. Mr. Fishman visited the BCLA Office often the past few years telling of the office staff stories of how organized lacrosse started in Canada and BC. He offered insight on the history of how our present-day merit awards were established and interesting stories on each of the persons whose name is identified with our merit awards.

Bob Raffle, who began his Senior lacrosse career at the age of 16, passed away December 13, 2009. Born Ernest Robert Raffle in Nanaimo on September 23, 1928, he moved to New Westminster as a child. In 1945, he began his Senior career with the Salmonbellies. Bob then spent 1955 and 1956 with Nanoose before rejoining the ‘Bellies to end his playing days in 1957. In 236 games, Bob accumulated 397 points on 287 goals and 112 assists and earned a Mann Cup ring with the 1956 Nanoose club. Jack Wilson of Mississauga was an outstanding standing lacrosse person who dedicated over 31 years to the development of Junior lacrosse in Mississauga. Wilson volunteered working behind the scenes as a major fundraiser, executive member and most recently General Manager of the Mississauga Tomahawks Junior A Team. In his Junior B days, Jack’s team’s won three Ontario Junior B titles in 1969, 1986 and 1987 winning the Founders Cup in 1986. He was an active participant in Junior A Lacrosse in Ontario and served on the Board of the Junior A Council. Jack Wilson was inducted in the Mississauga Sports Hall of Fame in 1987 and the Ontario Lacrosse Hall of Fame (2003) and most recently in 2009, as a Builder in the Canadian Lacrosse Hall of Fame. "I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. "I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

The BCLA is proud of the steps they have taken to develop and increase Aboriginal participation throughout British Columbia, and Terry Monture has been a guiding force for the successes they have experienced in Terrace and its surrounding communities. We strongly support Terry’s nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award and hope we are successful in his nomination. “I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

The BCLA is proud of the steps they have taken to develop and increase Aboriginal participation throughout British Columbia, and Terry Monture has been a guiding force for the successes they have experienced in Terrace and its surrounding communities. We strongly support Terry’s nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award and hope we are successful in his nomination. “I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

"I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

"I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

The BCLA is proud of the steps they have taken to develop and increase Aboriginal participation throughout British Columbia, and Terry Monture has been a guiding force for the successes they have experienced in Terrace and its surrounding communities. We strongly support Terry’s nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award and hope we are successful in his nomination. “I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that as an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”
Lacrosse at 2010 Olympics

Lacrosse players of all ages joined Tewanee Joseph (center) at the Aboriginal Pavilion.

By: LacrosseTalk Staff

It may be only a matter of time that the sport of lacrosse will be competed for in the Olympic Games. Surely this subject has crossed most everybody’s mind in the global lacrosse community as to — “why not.” Stay tuned as this dream will one day be a reality, but for now, on a small scale, lacrosse made a spontaneous sneak preview at the Vancouver 2010 Olympic Games.

On the afternoon of Friday February 26, 2010, the BCLA Office received a request from Ex-North Shore Indians star and CEO of the Four Host First Nations, Tewanee Joseph, to bring some lacrosse sticks and balls to the downtown Aboriginal Pavilion. He wanted lacrosse to be showcased outside the pavilion in front of the many people waiting in line to view the exhibit. A hopeful call that quickly came to fruition!

Joseph, invited the BCLA to spread the word of lacrosse to the world simply by meeting people waiting in line outside the pavilion during the Olympics. It was a creative and interactive way to demonstrate the skill of lacrosse to the visitors while showing the connection of the sport of lacrosse and our First Nations communities.

“To me, the love of lacrosse should be touched by many people; to be able to share it to the many people was like a dream,” mentioned Tewanee Joseph.

Joseph, as well as many of the First Nation volunteers like Chris Lewis and Dallas Squire picked up sticks and threw balls to each other while showing the crowds of people lacrosse skills of the Creator’s Game. Visitors and media people alike took part and tried their hand at throwing and catching at the impromptu display of lacrosse skills.

Chief Gibby Jacobs, Kenny White and many others showed that it is tough to take the lacrosse out of the kid as these seasoned veterans demonstrated their stick skills once learned decades ago as a youth growing up.

“It’s [lacrosse] an escape of the many challenges of our young people,” said Joseph. “It breaks down the barriers and bridges the gaps. It’s really about the people and the game that we can share and learn from one another.”

On a day when the world watched Canada put together its best Olympic performance in history; a history lesson of sorts was being brought to the forefront as Canada’s Original Game and Canada’s National Summer Sport made the connection with Tewanee Joseph, with the Four Host First Nations, and with the 2010 Vancouver Winter Olympics in our quiet subtle way.
Claremont Tops High School Field Lax

By: LacrosseTalk Staff

The 10th Annual High School Field Lacrosse Provincial Championships took place March 1-4 in Coquitlam and New Westminster. Eleven Senior and three Junior teams took part in the tournament at Coquitlam’s Dr. Charles Best School and Mercer Stadium in New Westminster. Senior Tier 1 teams included Best, Claremont 1 and New Westminster 2; Senior Tier 2 teams included Terry Fox, St. Thomas More, Vancouver College, Delta, Claremont 2, Holy Cross, Riverside and South Delta; Best, Heritage Woods and Claremont competed in the Junior division.

The number of competing teams was down from the 17 in 2009 – the highest number of competing teams was as high as 24 teams in past years. The Claremont Spartans swept all three titles at the 2010 High School Field Lacrosse Provincial Championships in the Senior (tier 1 and tier 2) and Junior divisions. This is the second time in tournament history that Claremont won all titles at this tournament. In 2008, Claremont was victorious winning both championships and in 2009 Best did the same. Junior's: Heritage Woods, of Port Moody, came out guns a blazing defeating hosts Best 5-3, but would fall to Claremont 9-2 in the second game. Claremont handed Best their second loss with a 7-3 victory. Heritage and Best met in the semi-finals with Best recapturing their step trouncing Heritage 15-2 and a date with Claremont in the final. Rivals Best and Claremont wouldn’t disappoint as Best jumped out to a commanding 6-1 lead only to see it slip away as Claremont peeled away to come back and win 9-8 in a thriller.

Senior Tier 2: Claremont 1, 2, Holy Cross, Riverside and South Delta; Best, Heritage Woods and Claremont competed in the Junior division.

Senior Tier 1 teams included Charles Best School and Mercer Stadium in Coquitlam and New Westminster. Senior Tier 1 High School Champions. The Claremont Spartans swept all three titles at the 2010 High School Field Lacrosse Provincial Championships in the Senior (tier 1 and tier 2) and Junior divisions. This is the second time in tournament history that Claremont won all titles at this tournament. In 2008, Claremont was victorious winning both championships and in 2009 Best did the same. Senior Tier 2: Claremont 2, St. Thomas More and Terry Fox were the class of the Tier 2 division with only one loss between them in the round-robin play. Claremont 2, dominated the round-robin with three victories outscoring their opponents 38-8 – the closest opponents coming within 9 goals. Claremont 2 defeated Delta 11-7 in the semi-finals while St. Thomas More handily beat Terry Fox 11-3 in the other semi.

Claremont went on to win the Senior Tier 2 title with an 8-4 victory over STM.

Senior Tier 1: The tournament opened with New West and Best squaring off and battling to a close 6-4 count for the Hyacks of New West. Best would recapture their stride and turn around and hand Claremont their only loss in an 8-5 battle. Claremont got their seas legs back and trounced the Hyacks 11-5. Best and New West met in a low scoring semi-final with the Hyacks hanging on to win 4-2. A final showdown was set with the talented pick from the Spartan rivals. Claremont played a smart possession game taking advantage of Hyack miscues and taking a 7-4 lead at half. The Hyacks would battle back to within one goal in the third. In the final frame the Hyacks got into penalty trouble and the Spartans took advantage of the man-advantage to go on and win 11-8.

“Getting the wins in all three divisions was gratifying as it was nice to see the practice put into play for all the guys within the program,” commented Head Coach Darren Reisig.

It was a difficult season scheduling this event as many schools changed their Spring Breaks due to the 2010 Olympics, thus only 14 teams competed representing ten schools.

“We had to schedule around four different Spring Breaks at different schools to pull this off,” stated 9-year Tournament Co-ordinator Shawn House. “If not for the scheduling we could have easily had 20 teams competing.”

So where do we grow from here? This was the 10th year of this tournament after it was started by Best graduate Stephen McKinlay and his family. The reality is that these teams are co-ordinated and formed by the passionate lacrosse people at these schools, teacher sponsors and the willingness of Athletic Departments to allow the sport to compete and offer a chance for students to play lacrosse under their school banner.

The High School tournament has hosted up to 24 teams and as few as 14 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.

“For other schools to have programs develop it will likely grow if there is some stability in coaching at each school; the parents involved are outstanding and without them many young players wouldn’t have a chance to play,” stated Reisig. “But, programs with teachers involved (i.e. NW, Best) have the advantage as the continuity of their teaching and vision leads to years of success.”

Claremont is in their sixth year and has started some traditions and culture of which they are proud of. They have produced 21 student athletes in the last 3 years who have moved on to the NCAA with more to come. It is evident that the High School level is a perfect training ground to help student athletes into post-secondary institutions using lacrosse as that tool.

For schools wanting to learn more about this tournament and how to start Field Lacrosse at their school, contact Shawn House at shawn.house@shaw.ca. The 2011 tournament date is tentatively booked for March 2-6, 2011.
Crowley Selected #1 in WLA Draft

By: LacrosseTalk Staff

The Western Lacrosse Association (WLA) held the 2010 annual Draft of 2009 Graduating Juniors at the Firefighters Club in Burnaby on Wednesday, February 3, 2010.

70 Junior lacrosse players were drafted by WLA teams including the Burnaby Lakers, Coquitlam Adanacs, Langley Thunder, Maple Ridge Burrards, Nanaimo Timbermen, New Westminster Salmonbellies and the Victoria Shamrocks.

The Burnaby Lakers held the first pick of the draft and selected Kevin Crowley from the New Westminster Salmonbellies Junior A lacrosse club. Crowley played 16 regular season games with the 'Bellies, scoring 40 goals and 36 helpers for 76 points and a 24.31% shot percentage. In the 2009 season, he was number four in the BC Junior A League scoring and a First All-Star Team selection. Crowley also played in four Mann Cup games this summer with the Senior Salmonbellies scoring 5 goals and 5 assists. Crowley plays NCAA Division 1 field lacrosse for the Stony Brook Seawolves in Long Island, New York. In his Sophomore season (2009), he was named first team All-America East; was second on the team in both goals (28) and assists (23) and was first in points with 51.

New Westminster Salmonbellies product, Brett Mydske, was selected second overall by the upstart Langley Thunder. In 19 games, this 6 foot 4 inch 185 pound player netted 6 goals and 13 assists and 33 penalty minutes. He also added an additional 9 points in 12 playoff games.

Other first round selections in order included: Curtis Dickson (Maple Ridge), Dane Stevens (Burnaby), Cory Kowalyk (Victoria), Corbyn Tao (New West) and Sean Dhaliwal (Burnaby).

For a complete round by round list of WLA draft selections, please visit the WLA website at theboxrocks.com.

Tracy Marriott: A Community Sports Hero

By: LacrosseTalk Staff

Tracy Marriott of Campbell River Minor Lacrosse was selected as a local community sports hero.

Founded in 2001 the Community Sports Hero Awards celebrate and honour the sport volunteers throughout the province. These volunteers are the lifeline to continued development and delivery of sport programs in BC. In a presentation by Carey Sommerfelt of Sport BC, Tracy Marriott from Campbell River was honoured as a recipient for her dedication to the game of lacrosse.

Tracy has been involved with Campbell River Minor Lacrosse for nine years with her first venture being a team manager. Since her first day, Tracy has spent countless hours volunteering her time at the team and executive level. Tracy has held positions not only locally but also as a volunteer on the Vancouver Island Commission as a commissioner for the past four years. Locally, Tracy has sat at the executive table for the past six years as the Vice Chair, booster co-ordinator, head manager and this year as the registrar.

Tracy’s passion and love of the game makes her a perfect recipient for a Community Sports Hero Award. Congratulations on this great achievement!
It all starts here Canada. We need your help to get our boys over to Manchester England this coming July and once again show why we are number one in the world of field lacrosse excellence.

Please send $500 to “Team Canada 2010” and you will receive this beautiful 20” x 26” custom-made limited edition framed print by Canadian sports artist, Rob MacDougall. The original art was painted on top of a bed of real hand picked maple leaves which makes Rob’s concept so uniquely Canadian. There are only 308 prints made and you can specifically order a particular number if it is still available. Each framed print will have a “One of a kind” hand painted maple leaf of the Union Jack by the artist. The leaf will then be embedded into the matting to commemorate the destination of Manchester England where we will defend the world title we claimed in 2006.

To order your print please contact Jaime McMillan by telephone at the Team Canada 2010 Head office 905 845 5110 or by email:

Jaime.mcmillan@teamcanadalacrosse.com

$500.00 covers the cost of the framed print – taxes included. Packaging/Handling and delivery costs are extra and will vary in price depending on purchaser’s destination.

www.teamcanadalacrosse.com
Mann Cup 1986

By: Stan Shillington

Days before the 1986 Mann Cup championship, an Ontario newspaper reported: “...on paper, it would appear to be a safe bet for the Brooklin Redmen to defeat New Westminster Salmonbellies for a second consecutive crown.”

After all, the article explained, the Redmen retained all the veterans from 1985 while the Bellies had eight new faces in their lineup. Oh, yes, Brooklin also had the home-floor advantage.

But a burning desire for revenge can incinerate that safe-bet piece of paper.

Brooklin was, indeed, a confident team when it stepped on to Whitby’s Iroquois Park Arena floor, even though offensive stalwarts Gil Nieuwendyk (honey-moon) and Derek Keenan (school) were absent.

‘Bellies, sparked by tall and lanky Ben Hieftje’s five-goal outburst, took full advantage of Brooklin’s offensive void to claim the opening game 14-10.

But the lights went out for New Westminster in Game Two — literally.

With the Ontario crew holding an 11-6 lead with seven and a half minutes remaining, a torrential thunderstorm caused a power shortage in the arena, putting a damper on the Bellies’ hopes for a comeback. Eventually, the match resumed, but the score remained unchanged.

In Game Three, Brooklin appeared to take immediate control of the match. With Keenan and Nieuwendyk back in the lineup, the Redmen took a 5-3 first period lead, held it at 8-7 after 40 minutes, and were still leading 11-9 with less than 10 minutes remaining.

After Bob Johnston and Brian Nikula knocked the score, both clubs desperately fired shot after shot at goalies Wayne Colley and Doug Zack, but with no success. Overtime appeared certain!

Then, with just three seconds left in regulation time, Todd Lorenz converted a two-way pass from Eric Cowieson and Andy Shaughnessy for an incredible 12-11 victory.

The fourth game began as a fast-paced, clean contest, but soon dissolved into what appeared to be an audition for the mixed martial arts slamdown.

With 19 seconds remaining in the first stanza, New Westminster’s Lyle Robinson and Steve Manning tangled with Redmen’s Eric Perreni and John Fusco.

Two-minute penalties were assessed, but tempers failed to cool down; indeed, they accelerated.

When the period ended, a brawl erupted — Robinson, Manning, Lorenz and Johnstone tangling with Fusco, Bob Molder, Fred Uphaw and Kevin Van Sicke. All eight received fighting penalties and game misconducts.

Eventually, Brooklin took the contest 6-5 to even the series at two games apiece.

With cooler tempers prevailing and penalty minutes dropping from 162 minutes to 36, Game Five produced a greater offensive exhibition. ‘Bellies overcame an early deficit to squeeze out a 10-8 victory.

Now it was Game Six and Brooklin was determined to defend its Mann Cup title. Goalie Wayne Colley blanked the Salmonbellies, the Easterners ran up a 4-0 lead after 36 minutes of play.

Finally, John Gilchrist ended the shutdown, followed seconds later by a solo marker fired by Steve Vespel. Two periods and Brooklin still clung to a 4-2 advantage.

Then the tide turned. With New Westminster moving the ball flawlessly, the Royal City boys limited Brooklin to a pair of goals while registering a total of six — three set up by Gordie Dean who then scored the final marker of the game.

With the 6-5 victory, New Westminster Salmonbellies avenged the 1985 loss — the Mann Cup returned west.

Mann Cup 1986

A Family getaway that will even have you saying “Are we there yet?”

Family getaways can always be difficult to plan. That’s why we plan them for you. We like seeing the smiles on everyone’s faces knowing there’s fun behind every corner. Delta has plenty of indoor and outdoor activities to keep everyone busy and plenty of beds to keep you relaxed. Call Delta to find a package fit for the whole family.

BCLA 2010 EVENTS

Team BC Box Championships
Bantam
May 7-9 (Campbell River)

Pee Wee
June 4-6 (Kamloops)

Female Bantam
June 11-13 TBD

Midget
July 26 (Langley)

2010 Box Provincial Bantam
July 7-11 (Richmond)

Female
July 8-11 (Port Moody)

Midget
July 14-18 (Mission)

Pee Wee
July 21-25 (Delta)

BC Summer Games
July 22-25 (Langley)

National Championships
Pee Wee & Bantam
Aug. 1-6 (Whitby, ON)

Female Bantam
Aug. 4-7 (Whitby, ON)

Midget
Aug. 14-20 (Coquitlam)

Founders’ Cup
Aug. 14-22 (Mimico, ON)

Presidents’ Cup
Aug 16-21 (Burnaby)

Minto Cup
Aug. 21-29 (Coquitlam)

U19 & U16 Field Nationals
Sept. 3-5 (Saskatoon)

Way To Go!

B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award

Keith Rimmer (Lower Mainland Commission Chair)

Keith's lacrosse career started like many fathers; his son began playing lacrosse in 1992, so Keith helped his son's team as a coach. This was the beginning of almost 20 years of lacrosse involvement for Keith Rimmer.

He began as a Langley Pee Wee B head coach in 1993 and soon found himself spending time with the association as a fundraiser. Rimmer continued coaching and became President of the Langley Minor Association from 1995-97. He felt his services were needed at the provincial level, adding Minor Directorate Zone Director (1996-97) and Vice Chair for the Lower Mainland Commission to his portfolio.

From 1999-2001, he continued coaching the Langley Intermediate B team. He was Chair of the Lower Mainland Commission from 1999-2004; he then left his post with the Commission to spend more time with his family. Every year when Keith held various BCLA positions, he always helped with Provincial vice where his services were needed.

After 3 years away from lacrosse, Keith returned refreshed and came back as Chair of Lower Mainland Commission, the position he currently holds today.

The one lacrosse memory that stands out for Keith was when his Midget team attended the Provincials in Prince George with 6 runners and a goalie. His players played tired and hurt and won just a single game, but they won the hearts of everyone else who participated. A true sign of perseverance. Congratulations Keith!
April 2010  |  Page 14

LacrosseTalk

British Columbia Lacrosse Association

---

### Coaches Corner Cool-Down

By: Diane Bratt, CELA National Resource Person for Coaching

In recent years, there have been a number of advances in the physical and mental preparation of lacrosse teams. As the sport science literature has shown, dynamic stretching is a big improvement over traditional static stretching as part of an activity’s warm-up. Today, most teams across Canada are now using dynamic stretching as an integral part of their warm-up. The nest gap that needs to be filled is the cool-down. Cool-downs are normally used to give the body systems time to come back to normal after the physical exertion of a practice or game. While the physiological benefits of a cool-down are known (such as the use of static stretching after an activity to allow for faster recovery of the muscles), there are additional benefits in the areas of mental, technical, and tactical preparation. For example, coaches can use a cool-down period to cool down deep breathing which enhances relaxation and develop a greater range of motion. In addition, the time spent cooling down can allow a coach to review the practices or game than increases the players visual skills.

There are a number of different cool-down strategies for after practice. Having the players jog a few light laps followed by some static stretching is a common strategy, but coaches (especially of minor teams) can be more creative. An end of practice shoot out, a simple quick stick drill, or even groups of 2-3 practic- ing their over-the-shoulder passing can all be considered part of a cool-down. Whatever you decide to use, make sure that you dedicate 5-10 minutes in your practice plan for a cool-down.

Cooling down after a game is also essential. After all, every professional team does a post-game cool-down. How often do you see pro players being interviewed while on a stationary bike? Unfortunately, few lacrosse teams (minor or major) actually do a post-game cool-down. There are a number of reasons for this. First, there is often no time between the end of one game and the start of another. Second, post-game exercise is still viewed in many circles as a punishment for a poor performance or effort.

Third, players and coaches are often very ex- cited about winning or very disappointed about losing to even consider a cool-down. These may be challenges, but they can be overcome. The most important thing a coach should do is to model and practice the cool-down as part of the post-game routine. For example, the coach should explain at the start of the season that the players after shaking hands, will do two laps of the floor at jogging speed after every game. The lack of space is indeed a problem, but static stretching can be done inside the dressing room, in the hallway, or even outside.

Cool-downs are just as important as warm-ups, and it is time for coaches to treat them seriously through planning.

---

### New Coaches A’plenty

By: Jen Mutas

Of the eight teams in the BC Junior A Lacrosse League, five are starting the 2010 season with new head coaches. “New” would definitely be a loose term for their titles, considering they bring well over 100 years of combined experience to the table with regards to the game of lacrosse, both as players and coaches. In a season where the Minto Cup tournament will be played in BC, most teams have similar goals with regard to where they want to be at the end of August, but how they get there will have a lot to do with their new coaches.

Both teams from the Island are among the clubs with new bench bosses. Dave Bremner will be moving up from assistant to head coach of the Nanaimo Timbermen, a move Governor Forbes Mitchell is confident will push the club into that coveted extra spot for the Minto. “Dave is the type of coach every GM aspires to have on the bench. You need leadership on the floor, but it’s important to have it on the bench as well.” Bremner is no stranger to playing or coaching, winning one Minto Cup as a player with the Esquimalt Legion and collecting two Mann Cups with the Senior ‘A Shamrocks. As a coach Bremner guided the Junior ‘A Shamrocks to a silver medal at the Minto in 2004, and was an assistant coach for the Calgary Roughnecks from 2001-2005. Bremner realizes where the Timbermen faltered in 2009, and says motivation will be the key difference this year. “We underachieved as a team last season. Our talent pool has gotten deeper with good drafting, and our players are working hard in pre season workouts. We are going to be a team that runs hard and pushes the fitness limits of our opponents, while focusing on being aggressive on defense and transition.”

Down Island, the Shamrocks are known for keeping it in the family, and the 2010 season will be no different for Victoria Shamrocks GM and Head Coach Brad Perreault. Unfortunately, with the end of the 2009 season it was felt within the organization that a new coach with fresh ideas was in order. “After interviewing several candidates for the jor, Jor- dan brought the energy, knowledge, and Shamrock pride to the table and it was what we were looking for.” New head coach Jason Sundler played all three seasons of his Junior career with the ‘Rocks where he was named captain in his final season; he amassed nine years as a member of the Senior Shamrocks, winning two Mann Cups and playing in five straight Mann Cup Championships from 2002 to 2006.

Sundler played two years as a member of the Calgary Roughnecks, and rounded out his NLL experience with the Edmonton Rush in 2006. Most recently, he was the assistant coach for the Senior Shamrocks for the 2009 season, and says his background is the best thing he can bring to the table as head coach. “I’m only one year removed from playing at a Senior level for the ‘Rocks, so I’ll be able to relate easily with those young men as a coach and as a player. This level is where you develop both as a player and a per- son,” says Sundler, who credits his own Junior coach for providing him with the necessary foundation. “Pete Reaugh taught all of us during that time how to play and act as a member of the Shamrocks family. I hope to give my players the same experience.”

The Port Coquitlam Saints have moved suc- cessful Intermediate coach Nick Delmonico up the ranks to head coach of the Junior Team for 2010. Delmonico says the transition from his day job as the Deputy Chief of Operations for the Vancouver Fire Department, to coaching will be smooth considering the similarities. “I’m required to be prepared and organized with a focus on skills and abilities to complete a job, and when it comes to coaching the Saints, it’s not going to be much different.” Delmonico is starting out with the basics and building from there. "The first and most important part of the agenda for me this year is to install a profes- sional attitude. Considering the talent on the floor I believe they undereachieved last year and need to focus their mental game to ensure their success this year. Commitment to our team, the other players, and our team system will be crucial to success.”

In perhaps the most discussed coaching shuffle of the season, Dan Perreault was picked up by the New Westminster Salmonbellies after Brad Parker stepped down due to work commit- ments. Perreault was available for the position after being fired as head coach in Coquitlam following last year’s Mann Cup. Considering the Adanacs regular season success in 2009, and Perreault being named coach of the year in 2009, it was felt that the move would add an advantage to the Salmonbells. As the new head coach in New Westminster, Perreault says the salmonbells will be no different for Victoria. Shamrock GM and Head Coach Brad Perreault stepped down due to work commit- ments. Perreault spent the Junior off-season as an assistant coach and offensive coordinator with the Colorado Mammoth, and says although the two leagues seem miles apart, there are similar aspects that can be applied to both. “I’m very fortunate to have coaching experience in involvement with both leagues,” he says. “The change in pace is probably the biggest adjustment, but when it comes to preparation and basic skills, all that starts off in Junior.” Perreault plans to use the knowledge he gained coaching against New West in his favour. “I’ve got a good start especially considering our battle in the BC final last season, so I’m just planning on filling in the holes and getting our system in check.”

2010 Minto Cup hosts Coquitlam has ap- pointed a ‘home town hero’ of sorts for their head coach position. The Adanacs welcome Coach Peter Nowotny to round out their coaching staff. “I am extremely proud to take over. It’s real special, my hearts always been in Coquitlam and when the opportunity came up I was super excited for it. I can’t wait to get it started and the season to begin.” Aside from his impressive career, spanning over a decade as a key player in both the WLA and NLL, Malawsky is now the re- sident coach for the Calgary Roughnecks in the NLL. With his extensive experience, includ- ing winning a Mann Cup as a coach with the Junior ‘A Bubamara Lakers in 2004, Malawsky knows what it takes to win championships at all levels and is wasting no time bringing that experience to his new position. “Our personnel will be conducive to our system; team cohesion, character, and chemistry are real important and have been a key part in my successes over the years. A tight group and team attitude is first and foremost.” Malawsky says his hometown will know what to expect from him behind the bench this season. “Most people know my style so nothing should be a surprise. Talent is nothing without hard work, and people will see through it as the hardest working team in the country this season.”

When asked their opinions on the major- ity of the teams in the BCJALL having new coaches, all five responded the same, saying there was no advantage considering the tal- ent and experience of those brought into the positions. “It doesn’t make a difference at all,” says Perreault. “at this stage no one is perfect, so it will be a level playing field with regards to coaching.”

---

Harrow Sports Canada  |  1.866.673.6425  |  canadasales@harrowsports.com
Simone Fraser
Mid-season Report

By: William Heward

In his first season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, Simone Fraser University men’s lacrosse team has passed the mid-point of their 13-game regular season schedule posting an overall record of 3-6. Despite a disappointing start, the Clan will look to build upon the valuable experience gained from playing the majority of their games against top opponents ranked in the Top 15 during the month of March to return to their winning ways in the second half of the 2010 season.

SFU entered the 2010 season ranked No. 4 in the ProLogis MCLA Division I Preseason Top 25 Poll before clinching one spot by opening their schedule with an 18-3 win over Western Washington. SFU would then take a four-week break from competition over the 2010 Winter Olympic Games. A prolonged pre-season would see the Clan stumble out of the gate dropping to No. 13 in the polls after consecutive road losses to current No. 4 Colorado State (12-6) and now No. 13 Colorado (17-7). Fraser continued their fall to No. 22 following the Clan’s upset loss in the out-of-conference trip of the season losing to No. 1 Michigan (22-10) and current No. 7 Michigan State (49-9). SFU returned home on March 20 to face the No. 5 Brigham Young Cougars. A 15-9 loss would see the Clan slip to No. 23 before re-staking their claim in the polls with a 9-8 win over the No. 20 SFU老化.

A consistent Top 10 national contender from 1997-2003, No. 23 marks the lowest that SFU has been ranked since January 2008 when the Clan were ranked No. 24. Later that year, SFU would re-emerge to national prominence as they climbed to No. 5 on en route to winning back-to-back PNCLL Conference Championships in 2008 and 2009 and consecutive MCLA Quarterly appearances. The Clan’s latest reign among the MCLA’s Top 10 stretched from March 26, 2008 to March 11, 2010 while Simone Fraser has ranked in the Top 25 since the inception of the MCLA National Championship format in 1997.

The Clan have been outscored by their opponents 89-68 in 2010. This marks the first time in program history that SFU has been outscored to start the season. Playing arguably the toughest schedule in the MCLA, the six opponents that Simone Fraser has faced so far this season have combined to post a 42-16 (.724) record. Fraser is 0-4 versus opponents currently ranked in the Top 10 and 1-5 versus opponents ranked in the Top 15. Fraser’s 5-9 loss to BYU saw the Clan’s home winning streak snapped at 15 games, a stretch dating back to April 2006.

Simone Fraser’s 2010 roster features seven seniors with eight freshmen, three sophomores and seven juniors. The Clan remains without senior midfield and face-off specialist, Ben Johnson, and junior midfielder Ben Davies after both athletes were sidelined with knee injuries. Johnson, a 2nd Team All-American in 2009, will sit out the entire 2010 season but is set to return to the Clan roster in 2011 to play his senior. Davies, a 2009 NLL draft pick of the Colorado Mammoth, has resumed practices with the team and remains hopeful for a speedy return.

SFU has experienced a drop in offensive production to start the 2010 season. After leading the nation in scoring in 2009 averaging just over 18 goals per game, the Clan are currently averaging 9.71 goals per game. The “big three” of Ben Towner, Adam Foss and Chris Tessarolo continue to lead the way for SFU offensively. Towner, the Clan’s leading scorer in 2009 and a two-time MCLA IST Team All-American (2008, 2009), currently leads all Clan players with 24 points (17g, 7a). Foss sits only two points back with 12 goals and 10 assists for a total of 22, while Tessarolo is third in team scoring with 14 points on 11 goals and 3 assists. Russel Thomas currently sits fourth with 9 goals and 3 assists for 12 points while freshmen Colton Dow and Eric Ransom are adding much needed secondary scoring to the Clan midfield by averaging just under a point-a-game.

The SFU defense underwent an extensive makeover losing former MCLA IST Team All-American and Calgary Roughneck defender Curtis Manning along with Matt Brasca and Calvin Castagner.

A Unique Transition: Preparing for Box Lacrosse Season

By: Matt Brasca

With the cold of winter dwindling and the energizing sun making lengthier appearances, lacrosse players across the country are once again preparing themselves for the start of the summer box season. Box Lacrosse has become a staple in many parts of Canada and a showcase of some of the sport’s most talented athletes as the level of competition continues to rise in the summer box lacrosse realm. As many players experience will prelude their transition to box, something each individual player prepares for by reviewing game tape to mentally refresh his or her technique and remind himself of the opposition’s tendencies.

Mike also commented that as a box lacrosse player, you’re sitting at work thinking there would be no better feeling than box season...” Amen Mike, amen.

As most box lacrosse players are Canadian, ice hockey and lacrosse have been in and out through the years, when it comes to sport in Canada; Canada has no better feeling than box season...” Amen Mike, amen.
Dan Stroup played 13 seasons in the league (Baltimore, Toronto, Vancouver, Colorado, Florida, Sydney and Portland) and was the league's 12th on the league’s all-time goal scoring list with 294. In 182 career regular season games, Stroup scored 294 goals and 235 assists for 529 points. A durable and dependable player, he was in the lineup for all but four games (182 out of a possible 186) during his thirteen seasons. He played some of his best lacrosse in the playoffs, scoring 30 goals and 13 assists (43 points) in 14 career playoff games over eight seasons of playoff appearances. He played on four championship-winning teams, including three titles in Toronto (1999, 2000 & 2002) and one in Colorado (2006). Stroup continues to serve the game as an Assistant Coach for the Washington Stealth.

“This is amazing. I was shocked and surprised”, said Stroup, upon being notified that he would be entering the Hall of Fame. “I never could have imagined this. I am just getting over retiring and not playing, and this is incredible.”

“I’d like to remember from my playing career as a good team guy. In a sport like ours, that’s what it’s all about. You can’t win with just all-stars. Teams are made of 23 guys”, commented Stroup, who said the championship- and friends he’s made playing the game are what he cherishes most from his NLL playing career.

The wait for John Tucker was a bit longer, but the current assistant coach is thrilled and deeply honored to be part of the Class of 2010. Tucker, an original player in the league, played from 1987-1994. Tucker played his first six seasons with the Philadelphia Wings and his last two seasons with the Baltimore Thunder. He played 47 games with the Wings from 1987-1992 and was first team all-pro each of the first three seasons the honor was given (1990, 1991, 1992). He led the league in scoring in the inaugural 1987 season with 26 points. In his 47 games with the Wings, Tucker scored 78 goals, and 96 assists for 174 points. A member of two league championship teams (Wings 1989, 1990) Tucker scored 24 points on eight goals and 16 assists in the playoffs. He was the 1989 Championship Game MVP scor- ing a goal and adding four assists in an 11-10 win over New York. Tucker became a head coach in 1997, leading Baltimore to the championship series in 1998. After a four year stint as a head coach in Baltimore & Pittsburgh from 1997-2000, Tucker has returned to the league in 2010 as an assistant coach with the Wings.

“All the guys like myself who played at the beginning years of the league, our goal was to help create something that would take hold and establish an opportunity for the next generation of players. The fact I get to be part of that”, said Tucker. “I can’t begin to explain how thrilled and humbled I am by my selection to the NLL Hall of Fame”.

For more information on the National Lacrosse League’s current members of the league’s Hall of Fame visit www.NLLHallOfFame.com.
Merrick Thomson Still Aims To Play For Canada

Team Canada 2010 roster top 55 players & staff at the October 2009 selection camp in Toronto.

By: Teddy Jenner

Though I wish I could, I don’t have the ability to see this far into the future. I’d love to be able to sit in my living room, tracking my play in some high paying job for the CIA. I have yet to meet Doc Brown and try out his Delorean; nor do I have a hot tub time machine. The best I’ve got is education, experience and opportunity. With the race to the post season this tight, it’s anybody’s guess who might be there.

At this point, entering week 12 in the NLL, we are witnessing some pretty great lacrosse all around the league. As mentioned the races from top to bottom in the standings and even the scoring charts are nail bitingly close. With the playoffs just weeks away every game becomes vital as each team jostles for position.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

NLL Madness

By: Teddy Jenner

Though I wish I could, I don’t have the ability to see this far into the future. I’d love to be able to sit in my living room, tracking my play in some high paying job for the CIA. I have yet to meet Doc Brown and try out his Delorean; nor do I have a hot tub time machine. The best I’ve got is education, experience and opportunity. With the race to the post season this tight, it’s anybody’s guess who might be there.

At this point, entering week 12 in the NLL, we are witnessing some pretty great lacrosse all around the league. As mentioned the races from top to bottom in the standings and even the scoring charts are nail bitingly close. With the playoffs just weeks away every game becomes vital as each team jostles for position.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.

The Colorado Mammoth is having one of the strongest seasons in memory. Starting out having traded long time Captain Gavin Prout for a chemistry that will be special and that will give us a chance to win. I’ll let the coaches and natural flow of what our offence seems to take on to see where it fits. Versatility will be key and I think our team is full of versatile players.
The following four British Columbian student athletes are living up to their hype on the field, and excelling at their respective schools.

Wayne Punachik (Carleton University) of Coquitlam is a product of the BCLA Teams BC Field Lacrosse program winning a National title with the 2007-2008 Selects team. In 2009 with Carleton, he was a CUFLA Eastern Conference All-Star on defense. Wayne is currently completing an Engineering degree at Carleton University. He would like to pursue a career in research and development, with a particular interest in biomaterials equipment.

Kyle Robinson (McGill University) of New Westminster is a Salmonbellies product and a member of the 2009 Team BC Selects silver medal team. A Field Lacrosse defender, Robinson helped lead the Redmen to the 2009-10 CUFLA Semi-final game. Kyle is pursuing a Bachelor of Science degree with interests in Biochemistry and Kinesiology.

Nathan Dickson (University of Western Ontario) of Abbotsford was a member of the Team BC U16 Selects team and that were silver medalists at the U16 Canadian Field Lacrosse National Championships. He was also a member of three BC provincial field lacrosse championship teams. Dickson runs at attack and midfield at Western. A Kinesiology major and Dean’s Honour roll student, Nathan plays both lacrosse & basketball for Western.

Bryson Lalone (Bishop’s University) of North Vancouver is a member of the New Westminster Salmonbellies Intermediate A team. Bryson is one of three Lalone’s playing lacrosse for Bishop’s, joining him are his cousins Andre and Joseph who hail from Halifax. Bryson is a freshman in the Sociology and Criminology program.

The four British Columbian student-athletes are excelling on the field and in the classroom. On the field in 2009, CUFLA graduates have: Scored the game winning goal in the NLL’s championship game (Mike Carnegie-Calgary Roughnecks, University of Western Ontario); Scored the game winning goal in MLL’s championship game (Dumb Jocks-Timmins Thunderbirds, University of Western Ontario); Scored the game winning goal in the Mann Cup (Shawn Williams-Toronto Nationals, Brock); Won an MLL championship teams. Dickson runs at attack and midfield at Western. A Kinesiology major and Dean’s Honour roll student, Nathan plays both lacrosse & basketball for Western.

Bryson Lalone (Bishop’s University) of North Vancouver is a member of the New Westminster Salmonbellies Intermediate A team. Bryson is one of three Lalone’s playing lacrosse for Bishop’s, joining him are his cousins Andre and Joseph who hail from Halifax. Bryson is a freshman in the Sociology and Criminology program.

The four British Columbian student-athletes are excelling on the field and in the classroom. On the field in 2009, CUFLA graduates have: Scored the game winning goal in the NLL’s championship game (Mike Carnegie-Calgary Roughnecks, University of Western Ontario); Scored the game winning goal in MLL’s championship game (Dumb Jocks-Timmins Thunderbirds, University of Western Ontario); Scored the game winning goal in the Mann Cup (Shawn Williams-Toronto Nationals, Brock); Won an MLL championship teams.
Lacrosse footwear in multiple styles, sizes, colours + widths at the North Delta New Balance store

**MX 841**
- low-cut, lightweight all sport trainer

**MF 896**
- Available in black and white
- Available black and white and team colours available through special order

**MF 992**
- Available in black and white and team colours are available through special order

**BB 889**
- mid-cut, leather upper court shoe

**BB 889**
- mid-cut, leather upper court shoe

**BB 889**
- mid-cut, leather upper court shoe

**MX 841**
- low-cut, lightweight all sport trainer

concept store
vancouver + north delta
990 robson street, vancouver  phone 604 685 2281
109 - 6345 120th street, north delta  phone 604 501 1333
www.newbalancevancouver.ca

$10 off Any shoe purchased at regular price