By LacrosseTalk Staff

The 2009 Canadian Lacrosse Hall of Fame New Inductees will go down as one incredible class with plenty of class!

Ten new members and one team were named July 6, 2009 for induction into the Canadian Lacrosse Hall of Fame at the ceremonies later this November. The new inductees are Builders Edwin George (Ted) Fridge (deceased - Port Coquitlam, BC) and Jack Wilson (Mississauga, ON); Box Lacrosse Players Rick Brown (Victoria BC), Don Perrault (Coquitlam, BC), Ken Ruttan (Peterborough, ON) and Darris Kilgour (Sarnia, ON); Veterans Players Ken Oddy (Vancouver, BC) and John T. Hewitt D.F.C. (deceased - Toronto, ON); Field Lacrosse Players Johnny (Gypsy) Mouradian (St. Catharines, ON) and Chris Sneddon (Pennington, N.J.) and the 1977-79 Bumby Cables B.C. Lax team in the Team Category.

The 2009 class of the Canadian Lacrosse Hall of Fame has a western flair of inductees making present day lacrosse fanatics and enthusiasts take notice. One such inductee has finally etched his mark as a Builder in the hallowed hall. That person is Ted Fridge.

"It has been definitely long overdue," stated BCLA President Soheil Gill. "Ted was a very hard worker for lacrosse and this accolade is very well deserved."

"We were thrilled that it happened," stated Darren Fridge. "It’s been a great year for our family with the recognition Ted has gotten and he will rest comfortably where he is."

Ted Fridge was a long-time supporter of both box and field lacrosse with his roots in the Tri-Cities area of Port Coquitlam and Coquitlam.

This lacrosse lover, who was known as Mr. Fridge to many, was an educator in District 42 as an elementary school teacher and Principal. Ted joined the Port Coquitlam Minor Association executive after his eldest son Tom started lacrosse in 1974. Within three months on the executive he was named President and served in that position for seven years.

British Columbia Lacrosse Association
4041 8th St. Place
Burnaby, BC V5A 4J8

Fridge had a passion to develop field lacrosse in the Tri-Cities in the 1980’s. He started youth leagues, coached and managed teams as well as paid the fields and brought gear for players who didn’t have all the gear to play field lacrosse. Ted always showed up to the field with extra sticks for the defensemen and goalies.

But it was the lacrosse exchanges he co-ordinated with high school field lacrosse teams in Northern California that really opened the eyes of the field lacrosse newbies from BC.

"I don’t think he knew about the impact this would have on field lacrosse," remembers Darren. "He helped overcome the barriers of box and field lacrosse and made it work."

Ted joined the Coquitlam Adanac family as the Junior A team President and GM for eight years in the 1980’s and helped resurrect a financially strapped Junior A team in 1990 to rebuild them to vie for the 1993 Mann Cup. Fridge would later spend six seasons with the Burnaby franchise as President and GM. He also spent twenty years running the Adanac Field Lacrosse Club winning two Ross Cup national titles.

On May 30, the City of Coquitlam dedicated a new artificial turf field in Fridge’s honour for all his significant contributions to the advancement of sports in Coquitlam.

"Our family is thrilled for him and thrilled he’s getting recognition for all the work he has done," stated Wendy Fridge.

In the Player Category, two past icons in the west had incredible careers finding the net. Coquitlam’s Dan Perrault was one such goal scorer with a big presence. 

"It was quite an honour being named with so many greats in the Hall," said an elated Perrault.

Perrault played his entire Junior A career with the famed Burnaby Cables over seven seasons from 1972-78 scoring 251 goals and 285 assists for 536 points in 133 games. He played his first Junior A game in 1972 as a first-year Midget.

"Jack Crosby passed as forward and had a vision," remembers Dan. "He basically guided us and it was his call. I had no idea what to really expect -- I was a bit young and naive."

He was a three-time All-Star and led the 1978 BC Junior A Lacrosse League in scoring with 123 points. His Junior A dominance ranks among the game’s best third in all-time points (536); fourth in all-time goals (251); third in all-time assists (285) and tied for the most games played (133). Dan won two Minto Cups in 1977 and 1978 with the Burnaby Cables.
Lewis Ratcliff
NLL All-Star, Toronto Rock
2004 NLL Champions Cup Winner
2006 NLL All-Star Game MVP
2 x Mann Cup Winner
2004 & 2006 WLA League Scoring Title
A Hall of Fame Night for Lacrosse

By: LacrosseTalk Staff

The BC Sports Hall of Fame and Museum Hall of Fame induction Banquet of Champions took place May 13, 2009 at the Vancouver Convention Centre Expansion.

The BC Sports Hall of Fame and Museum selection committee inducted eight individuals and two teams for induction as part of the 2009 class. They included athletes: Lori Bowden (triathlon), Carol Hugh (wrestling), Chris Less- eth (horse racing), Larry Walker (baseball) and Paul Parnell (lacrosse); builders Les McDonald (triathlon) and Sohen Gill (lacrosse); and media person Archie McDonald. Selected in the pioneer category is the Vancouver Canucks Pow- eredge Wheelchair Basketball Team and in the team category the 2008 Canadian Olympic Men’s Rowing Team.


But what a night it was for the lacrosse community at this gala event. This was the first time since 1967, when five charter members from lacrosse were inducted into the hall, that there were two lacrosse people inducted in the same class. Archie McDonald, who was also inducted in the 2009 class as a media person, had very close ties to the lacrosse community as a Sun scribe covering lacrosse over the years. Other notable notables taking in the event were three members of the 1964 Van- couver Carling Lacrosse in Gary Stevens, John Cervi and Bob Parry. Cervi and Parry presented Gill and Parnell during the ceremony.

Getting to the Good Stuff Faster

By: Jen Mutas, BCJALL Reporter

Growing almost as fast as the sport in the BC Junior A Lacrosse League, is the devel- opment of teams to keep the league as advanced as possible. With the increasing success of the Midget draft over the last three years, the concentration has now shifted to the end of the season playoffs.

In a unanimous motion passed before the 2009 season, the league governors and presi- dents agreed on a new playoff format. The first round of playoffs (teams placed 3rd through 6th in the regular season) would play in a best of three series; the first and second place teams who received a bye in the second round in a best of five series, leaving the champion- ship battle to an exciting best of seven.

“Ultimately the league was looking to get those two top teams who receive a bye playing sooner,” says BCJALL commissioner Al Lang, “they were waiting two to three weeks until they got a sniff at playoffs which was a little too long. Obviously the league will be looking at how it worked after the season is done, we have to make sure it makes sense in all depart- ments including financially.”

Although the initial support had all eight teams in favour, now that the motion has taken effect the reaction is mixed.

“I like that it really benefits the graduating players as well as testing all levels of the team to adapt to new situations,” says Bellies head coach Brad Parker, “it showcases the grads in a series like this and gets them ready for the next step in the WLA or NLL. It also helps prepare the team who ultimately advance to the Minto Cup by hardening the players and defining both offensive and defensive systems. Everyone I know is excited for the best of seven final be- tween the two best teams; it’s great for the fans, players, and the sport as a whole.”

Both the Alberta and the Ontario Junior A leagues continue with a best of seven playoff format for all post season series; depending on the outcome here on the west coast, it may prompt the other leagues to consider straying from tradition and trying a new format as well.

British Columbia Lacrosse Association
www.bclacrosse.com

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The BC Lacrosse Association (BCLA) Members have created the Jack Crosby Endowment Fund in honour of the man whose 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. Charitable donations will be invested in the principle of this trust fund. These donations will never be touched and will be a growing investment managed by the Vancouver Foundation. Interest of 5% 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 so that we who share the passion for Lacrosse today will leave a lasting legacy for the game of lacrosse throughout British Columbia.
Fridge, Perrault, Brown, Oddy and Cabiliation HoF Bound

That 1977 team was very special,” remembered Perrault. Perrault was a highly touted first round pick by the Western La- crose Association’s Vancouver Bruins and joined them in a re- build situation. After two years, he was traded to the WLA career Perrault netted 213 goals and 255 assists in 182 games. Rick Brown of Victoria will join Perrault in the Hall as a past great player. Since leaving lacrosse over a decade ago he has not been too active with the sport and was quite astounded getting the call to the hall. “I was very surprised to be nominated and felt honoured to be inducted,” stated the past Shamrock leader. “It means so much to be included with the members to play lacrosse players already in the Cana- dian Lacrosse Hall of Fame.”

This Victoria lacrosse star played his Junior A lacrosse for the Victoria- Esquimalt Legion in the mid-1960’s. Brown was known for his play-making abilities as a talented point man. He led the Western Lacrosse Association as the Scoring Leader (1961, 1969 & 1970); As a member of the Mann Cup champions Peterborough Pepsi Petes. In 1961 and later winning a Minto Cup title that year. In 1964, Ruttan was named to the WLA Second Team as a member of the Junior A

In 1997, the Cables finished their career on top of his game winning the WLA title and hoisting the Mann Cup in old Memorial Arena in front of 5000 fans — winning his only Mann Cup ring in his final game.

Ken Oddy of Vernon, BC was pleasantly taken aback when he received news as the western selection in the Veteran Player Category.

He was a member of the 1967 Team Canada Men’s Field Lacrosse team since 1953 – no BC team has done so since. The 1978 Cablevi- nous had finished in a second place spot. They defeated WMitty 4-2 to win the Mann Cup final for their third Mann Cup Final in as many years.

The accomplishment of a western team winning the Mann Cup in all 3 years was incredible," stated Mattison.

The eastern contingent rounding out the 2009 Canadian Lacrosse Hall of Fame Inductee class of the 2009 includes Builder Jack Wilson; Ken Ruttan and Darris Kilgour in the Box Player Category; Ken Ruttan of Peterborough, ON was a big, burly defenseman who intimidated opponents with his size and defensive abilities, yet he was quite an offensive threat. As a member of the Junior A

In 1973, the Cables finished 2nd in the WLA regular season and playoff games, Brown scored 181 goals and 633 assists for 84 points.

As they were to do, once again in 1997, they went on to play for the Mimico Minoriters team in 1941 and 1942. He then joined the R.C.A.F., a pilot and spent the next four years overseas. As a player, he was a three time WLA Most Valuable Player with superior play-making skills. In his senior career, he scored 186 goals and had 211 assists for 397 regular season points. Hewit was induced into the Ontario Lacrosse Hall of Fame in 1970.

Johnny (Gypo) Mouradian of St. Catharines, ON started his playing career as a back with the St. Catharines, ON in the early 1980’s. He attended Ithaca College from 1973-96 where he excelled at the field game as a captain and All-star attacker. Mouradian was a two-time member of the Canadian National Field Lacrosse Team in 1974 winning bronze and in 1978 winning Canada’s first World title in Manchester, England. A keen knowledge for field lacrosse, Mou- radian continued playing club ball with Niagara and Oshawa Blue Knights Field Clubs throughout the 1980’s winning four Ontario Championsh- ips. Johny became more involved in the development of field lacrosse at the coaching and management level and has helped teach and organize many successful programs. He was recently elected President and General Manager of the Washington Stuth of the NLL. Johny is a member of five halls of fame including the Ontario Lacrosse Hall of Fame, the BC Lacrosse Hall of Fame (1978 Team Canada team), St. Catharines Sports Hall of Fame (2008) and the NLL Hall of Fame.

Sanderson started his career as a back player playing in senior lacrosse with the Orillia Terriers winning the Minto Cup in 1939 and 1940. After the war, he went on to play for the Mimico Minoriters team in 1941 and 1942. He then joined the R.C.A.F., a pilot and spent the next four years overseas. As a player, he was the coach of the Buffa- lino Bandits and was recently elected into the NLL’s Hall of Fame. John T. Hewit D.F.C. (deceased) of Toronto, ON played junior lacrosse with the Orillia Terriers winning the Mann Cup in 1939 and 1940. After the war, there was a second chance to play lacrosse. He went on to play for the Mimico Minoriters team in 1941 and 1942. Then he joined the R.C.A.F., a pilot and spent the next four years overseas. As a player, he was the coach of the Buffa- lino Bandits and was recently elected into the NLL’s Hall of Fame. John T. Hewit D.F.C. (deceased) of Toronto, ON played junior lacrosse with the Orillia Terriers winning the Mann Cup in 1939 and 1940. After the war, there was a second chance to play lacrosse. He went on to play for the Mimico Minoriters team in 1941 and 1942. Then he joined the R.C.A.F., a pilot and spent the next four years overseas. As a player, he was the coach of the Buffa- lino Bandits and was recently elected into the NLL’s Hall of Fame. John T. Hewit D.F.C. (deceased) of Toronto, ON played junior lacrosse with the Orillia Terriers winning the Mann Cup in 1939 and 1940. After the war, there was a second chance to play lacrosse. He went on to play for the Mimico Minoriters team in 1941 and 1942. Then he joined the R.C.A.F., a pilot and spent the next four years overseas. As a player, he was the coach of the Buffa- lino Bandits and was recently elected into the NLL’s Hall of Fame.
With the recent addition of two synthetic turf fields, and updates to the existing fields, Coquitlam’s Town Centre Sports Field Complex is now a world class sporting facility.

At its Grand Opening on May 30, Coquitlam paid tribute to local sports figures Domenic Mobilio and Ted Fridge with an official ceremony to dedicate and name two of the new fields in their honour.

Photo: Carry Wong
**The 2009 PEPSI Player of the Year Awards**

The 2009 PEPSI Player of the Year awards have been chosen and the zone winners are: Zone 2-Michael Henry (Kamloops); Zone 3-Drew Muir (Mitsueyoshi (Langley)); Zone 4-Zack Pringle (North Delta); Zone 5-Chad Pejic (Terrace); Zone 6-Brody Pepper (Peninsula); Zone 7-Nick Carey (Langley); Zone 8-Cute Pajeciwicz (Prince George). The 2009 Midget MVP Winner was Russ Bowman (New Westminster). All 20 winners receive a Zone Player of the Year jacket, and a scholarship of $500. The overall 2009 PEPSI Player of the Year Award winner and the 2009 Midget MVP winner will receive a $1,000 scholarship.

**In Memoriam**

Harry Woolley passed away May 23, 2009, of New Westminster, BC, has been involved in all facets of lacrosse as a player, coach, referee, manager and administrator for 47 years. His coaching career started in the youth levels in 1959 in North Burnaby; in Quebec in the `60's; and in Surrey and North Delta in the `80's.

Woolley joined the BC Lacrosse Association (BCLA) Coaches Association in 1988 as the Chair where he helped produce coaching manuals for the development of coaches. He coached all levels for over seventeen years. Harry officiated games from 1960-1984 including Mann, Minto and President's Cups, as well as the Nations '80 World Lacrosse championships. In recognition of his service, numerous awards have been as Commissioner of the West Coast Senior Lacrosse League (Senior B) and BC Junior A Leagues; Chair and Vice Chair positions with the BC Coaches Association and Junior and Minor Lacrosse Commissions; and as President of the BC Lacrosse Association in 1996. Harry was inducted into the Canadian Lacrosse Hall of Fame in 2004.

**Jack McKinnon**

By: Stan Shillington

One of the most successful coaches in box lacrosse history was Jack McKinnon, the finger-nail goalie for the Burrards' organization that dominated Canada's National Summer Game during the '60s.

No fewer than 25 individuals who played on teams plated or managed by McKinnon were subsequently inducted into the Canadian Lacrosse Hall of Fame.

Additionally, his 1961 to 1967 teams, which played under the Burrards' and Coquitlam represents his most successful years, have been named in the Hall of Fame and the 1964 team entered into the B.C. Sports Hall of Fame in 2009.

Lorne, himself, was inducted into the Canadian Lacrosse Hall of Fame’s Builder's category in 1978.

McKinnon was introduced to the game of lacrosse by the legendary Reg "Pop" Phillips (also subsequently inducted into the Canadian Lacrosse Hall of Fame).

By: Stan Shillington

**Lorne Reeifie**

By: Stan Shillington

Family, friends, lacrosse!

Three simple words, just 21 letters – but little more is needed to exemplify the life of Lorne Charles Reeifie. He took great pride in all three.

Lorne, one of the founding fathers of the Coquitlam Adanacs franchise, turned 70 May 20, 2009, just 17 days after his seventy-third birthday.

Father of Lacrosse Hall of Famer Mike Reeifie, papa Lorne grew up in East Burnaby, a hornet of lacrosse in the 1940's and '50's. His buddies and teammates in those youthful years included Fred Usselman, Don Salter, Ken Oddy, Vern Tucker, Eugene Tarrie, and the Carey brothers, Alex, Bob and Pat.

In 1952, Lorne was named the Most Valuable Player in New Westminster Minor Lacrosse.

After just one more year in juvenile lacrosse, the 18-year-old jumped directly into senior company with the New Westminster Salmonbellies.

Lorne returned to the minor lacrosse level in 1959 when the Mount Pleasant Lacrosse club captured the Minto Cup. The following season, the entire Canadian Junior championships stepped up to the Senior league with Vancouver.

Lorne also has been involved in all aspects of lacrosse careers, with Mike later going on to a 3-year stint in the National Lacrosse League.

Lorne and wife Pat worked tirelessly with the club's playing and social activities. In 1975, when Lorne was named president of the team, his first move was to appoint a working executive of local residents to strengthen community involvement.

Lorne's two sons enjoyed junior lacrosse careers, with Mike later going on to a 3-year stint in the National Lacrosse League.

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My Legend – My Gramma

By: Cindy Stewart

During a visit with my Gramma on her 88th birthday she laughingly stated how a fortune-teller had said she’d go down in history but time was running out. And so my quest to make true a fortune-teller’s prediction began.

As a child I knew my Gramma was legendary, she owned and operated a grocery store in KINsalano with the biggest candy counter and Popsicle freezer you could imagine. While definitely historic to a child, my search would have to continue. Another promising childhood memory was stories of how Gramma played on a girl’s lacrosse team. The family visit to the Canadian Lacrosse Hall of Fame in New Westminster, BC was just another boring outing until I saw my Gramma’s picture hanging on the wall. There she was with two big black eyes and a special protective face mask. It was hard to imagine my brothers playing the game with such passion and power let alone my Gramma!

This lacrosse story had prediction potential, but forty years had passed since the trip to the Lacrosse Hall of Fame. Definitely I needed to know more but like many people her age, her recall of the past was now fuzzy and sporadic.

Luck would have it we discovered in a shoebox of old pictures, six small photos taken when her lacrosse team won the league championship in 1939. There was also talk about a picture of Gramma that had been published in the Toronto Star. So off to the library I went to search the microfiche. Finding this picture would prove to be more challenging and after searching every Canadian antique paper collector’s inventory I could find for the last two years, beating the clock now seemed unlikely - Gramma would turn 90 years old in a few months and her health is not the best.

My prediction quest would suddenly end while doing some research for a work assignment a few weeks ago. After serendipitously googling my Gramma’s maiden name to my glorious surprise, there were three hits and the first one was an antique dealer offering for sale an original copy of Toronto Star edition with my Gramma’s picture. It turns out my Gramma, Lorraine Ruddy, didn’t play on any girl’s lacrosse team, she was one of a few pioneering young women to play on the renowned Vancouver Pirates of 1939 and she was a league top scorer. Her place in lacrosse history has finally been documented and she is now on the 2010 list of applicants for the Canadian Lacrosse Hall of Fame. The prediction just may come true - congratulations Gramma you made history.

Vancouver Pirates ~ 1939

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New West Girls Win Hampton Tournament

By: Angie Manville

The New Westminster Salmonbellies Pee Wee girls team travelled to Hamilton, Ontario to participate in the Bill Buckley Classic Tournament June 26-28, 2009. The team was made up of 14 girls from three NWMLA Pee Wee teams. These were mostly second-year players who were determined to make a name for themselves back east. The Salmonbellies Pee Wee boys have been travelling to Hamilton for a number of seasons to participate in the Super Series; the girls visited only once in 2006. At that time they won the Bill Buckley Classic Tournament, and the 2009 group wanted to make sure that the legacy of success continued.

One of the biggest challenges these girls faced was the fact that the Ontario Lacrosse Association allows full body contact. The rules in BC are for place and push only, and some team members were concerned about it being too rough. While the girls played and practiced with their separate teams, extra early morning practices were scheduled to get the Hamilton group working together as a cohesive group, and they gelled very quickly.

The first game in Hamilton was an exhibition game against Burlington where New Westminster won handily 13-3. In round robin play, New Westminster played Peterborough. Peterborough was definitely the team to beat and had lost a game during their season. The teams were evenly matched, and the New West girls held their own against the Ontario team and tied 7-7. Later that day, New Westminster played Elora in another good match winning 5-1. After Peterborough beat Elora, New West met Peterborough in the finals the next day.

The New West girls came on strong in the gold medal game taking a 4-0 lead after one and 6-2 by the end of the second period. In the third, both teams were held scoreless for the last 4 minutes when Peterborough scored three quick goals to cut the lead to one. In the end, New Westminster held on to win the tournament beating Peterborough 7-5 for the title.

One of the highlights of the trip was a visit to Gordie Powless, who runs the 9A game between Six Nations and Peterborough. During intermission the players had an opportunity to try out the artificial turf field. The girls also distributed New Westminster Salmonbellies t-shirts and stickers to the small lacrosse fans.

Throughout the tournament weekend the girls were approached by many people who recognized the New Westminster Salmonbellies lacrosse name and were extremely impressed with the girls’ efforts to get to Ontario. The girls and their parents had committed to fundraising to offset the cost of travel with a $14,000 goal. The team undertook a variety of fundraising initiatives including car washes, BBQ’s at Wal-Mart and IGA, a bottle drive and raffle ticket sales. Over seven weeks, the hard-working girls were able to raise more than $1,000 each.

The New Westminster girls were thrilled with their success in Ontario and were proud to be lacrosse ambassadors to showcase the female talent that has been developed by the New Westminster Minor Lacrosse Association.
The 2009 Provincial Awards for the BC Intermediate B League are as follows. All-stars: Elliott Godman (Coquitlam); Dane Schoor (Juan de Fuca); Iain Vickars (Richmond); David Hammond (New Westminster); Chris Carroll (New Westminster); Jeff Hughes (G) (Richmond). Points Leader: Dane Schoor (Juan de Fuca); Sportsmanlike Player: Kevin Riback (Richmond); Top Goalie: Russell Birosh (New Westminster).

In the Intermediate B gold game, Juan de Fuca edged Coquitlam 10-7 to take the title after the Adanacs handed the Whalers a 10-6 round robin defeat. The Intermediate B bronze medal game had Richmond beat New Westminster 4-2 in a low scoring battle.

The 2009 Provincial Awards for the BC Intermediate A League are as follows. All-stars: Cody Craven (Coquitlam); Brody Eastwood (Shamrocks); Keegan Bal (Port Coquitlam); Richard Lachlan (Port Coquitlam); Mike Mallory (Delta); and Frankie Scigliano (G) (Coquitlam). Points Leader: Richard Lachlan (PoCo) and Cody Craven (Coquitlam); Sportsmanlike Player: Greg Howren (Coquitlam); Top Goalie: Frankie Scigliano (Coquitlam); MVP: Frankie Scigliano (Coquitlam).

By: LacrosseTalk Staff
The 2009 Intermediate A and B provincials were held July 31 to August 3 in Ladner, BC. Eight teams competed in the round robin event with four teams in the A division and four in the B side.

The Intermediate A Coquitlam Adanacs defeated the host Delta Islanders 10-4 in a lopsided victory for the gold medal. The A’s went undefeated in round robin action with three wins while Delta’s only loss was to the A’s in a hard fought 5-4 Coquitlam win. In the Intermediate A Bronze medal game, the Port Coquitlam Saints beat the Shamrocks 13-4 for the bronze. In round robin play the Shamrocks had earlier trounced Port Coquitlam 13-6.

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Prospect Success – BC Junior A’s Light it up!

By: Jen Mutas, BCJALL Reporter

Celebrating Canada’s birthday in true patriotic fashion, about 250 spectators took in a game of our nation’s summer sport. The historic wooden floor at Queens Park Arena was the perfect backdrop for the first ever BC Junior A Lacrosse League’s Prospect Game—and what a game it was.

As expected, both teams took a couple of minutes to get used to their new teammates, but once everyone settled in, it was business as usual on the floor and prospects game or not, no one was taking it easy. “The game had a good pace I thought,” said Curtis Dickson of the Salmonbellies who had four goals and one helper for team black. “I thought it was going to be way softer than that, but it was good we all put on a decent show for the crowd, and definitely made it exciting towards the end.”

It felt good I enjoyed it a lot,” said Coquitlam/Team Red player Corben Tao who led all players with six points. “It’s one thing to play against another team like any other night, but to have all graduating players on the floor against each other is awesome; they should definitely do it again next year!”

The score and shots per period was a testament to go with his fifteen saves. At the other end of the floor Poco Saint Tyson Cornfield started to the crowd, and definitely made it exciting towards the end.”

For the crowd, and definitely made it exciting towards the end.”

Champlain College

Women Take to the Field in BC

By: LacrosseTalk Staff

On a sunny Saturday May 9 afternoon, thirty-four Women’s Field Lacrosse athletes from BC, were put through the skills, drills and games to learn more about Women’s Field Lacrosse.

Joanne Stanga (Ontario), Director of the CLA Women’s National Team Programs, conducted the development session with a team of instructors. Stanga, a former Team Canada Senior Women’s Team member in 1985-86, was a former Canadian U-19 Women’s Field Lacrosse Team head coach from 1997-1999 and 2001-2003 winning two bronze medals in 1999 and 2003. Joining Joanne were two members of the 2007 Canadian Under-19 Women’s Field Lacrosse Team, mid-fielder Hayme Beard and attack/defender Lisa McLaughlin as well as Haudensoonee Women’s National Team member Naomi Waider.

“We knew the number of girls playing lacrosse in BC has been steadily growing over the last several years, particularly in the box sector,” explained Stanga. “We were excited to see how the talent was developing.”

The focus of the day was to work on individual skills, but from the basic shot/put it was evident that the girls could handle their sticks. It was apparent they have a lot of confidence in their talent of which may be attributed to them being multi-sport athletes in sports including box lacrosse.

“Track athletes are great recruits because they are well-conditioned and start with that speed factor that is becoming crucial in the game,” reiterated Joanne. “Soccer players have quickness and agility, a great sense of space awareness and the aerobic capacity; basketball players transfer great one on one movement skills; and athletes who have excelled in sports where eye-hand coordination is key are advantageous to lacrosse players.”

So what kind of athlete is best suited to play at the next level in college and for Team Canada?”

“Talent and skill are important, but I’ve seen over and over that the players who have the intangibles are the ones that stand out,” explained the former U19 Women’s Team Canada coach.

Now that BC is back on the national map with more women interested in the outdoor version of lacrosse it will only be a matter of time that was highlighted by great two way lacrosse. It’s something we will enhance for next year, and we are throwing the idea around to possibly have the game on Vancouver Island.”

After following these players all season, I second the motion that it was awesome to see the collected talent all on the same field. Offensive flair from Tao and Dickson, tenacious and gritty work down low from Jordan Flaman, great defensive work from Brent Mydske and Brandon Turner, combined with solid work between the pipes from all four goalies combined perfectly to remind people in attendance of what makes this sport so great. The only thing that could have made the game better was that it had been an ice cold beer, Canadian brand of course.

The province of the game was brisk after Red scored three quick goals in the first, from them on it would be a see-saw battle for the full sixty minutes. Most people including players and coaches expected this game to have an ‘All Star’ feel with attention being focused on individual play. However, everyone was pleasantly surprised when all players on the floor had no problem sharing the ball, making it an unselfish game. When the game was said and done, it was a tight score with Red just holding on to a one goal win by a score of 13-12.

Junior A League Commissioner Al Lang said the Prospects Game is a huge step forward in exposing the third year players in the league, and showing off their talent to the people who really matter. “This is just the beginning,” says Lang. “After the Mini Cup in September we will assess how the game affected the players and the league, and take it from there.”

Considering the interest from college, WLA, and NLL teams, there should be no reason not to have another game next year.”

Salmonbellie Governor Walt Weiser agrees with Lang. “It was an exciting fast paced game that was a testament to the talent that we have here in BC.”

The World’s Most Advanced One-Piece Lacrosse Stick

Hemi Cuda JR. One-Piece

Women Field Lacrosse camp participants take instruction from Joanne Stanga at the May Camp until there will be western athletes back on our national teams. In the past decade there has been little western representation on both the U19 and Senior Women’s National sides—a trend that will surely change soon.

“Back in the mid 80’s, when BC was 11 time National Champions, as an Ontarian it was hard to crack the Team Canada line up,” remembers Stanga. “A conscious decision was made in Ontario to start building a program from the core, to develop more players and create more opportunities for competition and over 20 years later, with several thousand playing in high schools, clubs and universities, the system is feeling itself.”

This process is starting to take place in BC with the hard work and vision of volunteers and parents, expectations similar to Ontario’s results will follow. As competition grows across the country, the National Team program will benefit from a larger and stronger pool.

“The success of Canadian female athletes in both summer and winter sports is growing and the opportunities have never been greater,” explained Stanga. “When you can excel in the sport you love, play and be involved at the highest level, there is nothing more exciting. The opportunities for girls within the sport of lacrosse are so wide and varied, and for those of us with a passion for the game, there will always be an opportunity waiting.”

Stanga is a visionary with lofty goals for Women’s Field Lacrosse in Canada. Now, our BC athletes are all much more aware of what it takes to reach higher to become that better field lacrosse athlete that may one day wear the red and white of Team Canada.
by: LacrosseTalk Staff

The 2009 Pee Wee, Bantam and Female Bantam National lacrosse tournament took place August 2-8 at Iroquois Park in Whitby, Ontario. This year marks the first time in Nationals history that there has been an all-female competition. After the dust cleared, BC met Ontario for gold in all tournament finals.

The Team BC Pee Wee team brought home the silver medal after winning seven and losing only once in round robin play.

The round robin scores were as follows in order: 18-0 over Quebec, 6-2 in a tight match over the Iroquois, 18-1 over Nova Scotia, 18-0 over Saskatchewan, 17-0 over New Brunswick, a 7-4 loss in a classic battle with Ontario, 5-1 over Alberta and 18-0 over Manitoba.

The BC Pee Wees met the Iroquois in the semi-final match and completely dominated from start to finish winning 14-2 and securing a spot in the finals against Ontario.

The Pee Wees got a second chance against Ontario after losing by three goals in their prior match. BC again could not surpass their eastern rivals and fell 6-3 to take the silver medal.

Team BC top scoring leaders included Jordan Lewis (17G, 4A) Glenn Gawdin (12G, 9A), and Marshal King (10G, 9A). The Team BC Bantam team also found a silver lining winning the silver medal after a 6-1 record in the round robin section of the tournament.

The round robin scores were as follows in order: 9-1 over New Brunswick, 9-3 over Nova Scotia, 14-1 over Quebec, 5-4 in a tough battle over Alberta, a 16-0 shutout over Saskatchewan, 9-3 in a loss to Ontario, and a 7-4 victory over Team Iroquois to round out the round robin. In the semi-final game, BC met the talented Iroquois team and beat them in an 8-7 sea-saw battle to earn a spot in the gold medal game.

BC Bantams, after losing 9-3 earlier in the tournament were definite underdogs going into the gold medal game against Ontario. BC made it a closer match but Team Ontario proved to be too much of a challenge for the BC boys enroute to an 11-7 victory and handing BC the silver medal.

Team BC Bantam top scoring leaders included Tyler Pace (9G, 18A), Brett Kujala (15G, 5A) and Kyle Heiling (14G, 2A). BC Female Bantams were poised to compete at a high level at their first ever National experience and they delivered. BC played each province twice in the four team national tournament.

The round robin scores were as follows in order: 6-3 over a tough New Brunswick side, a narrow 4-2 over Team Alberta, a 5-4 loss to the talented Ontario squad, 6-1 over New Brunswick, 6-3 over Alberta and a 4-3 loss again to Ontario. The BC girls would get another chance against Ontario in the finals. After two, one-goal losses to rival Ontario it was time to come out on the winning end.

BC started out fast going up 2-0 early against a stingy Ontario defense. The BC girls kept up the action in the second but couldn’t beat the Ontario goaltender which allowed Ontario to score and cut the lead to one. After trading goals, BC led 3-2 late in the third and seemed poised for victory. Ontario would tie the game with just 30 seconds left and sent the game into overtime. In O.T., the action was end to end and with 1:33 remaining Ontario scored to take the lead and they would hold on to win 4-3 over BC.

Team BC Female Bantam top scoring leaders included Natalie King (11G, 2A), Shuyda Sandhu (2G, 8A), Jenna Chernoff (4G, 3A) and Rianne Wilkinson (2G, 5A).

The Midget Nationals will take place August 24-28 in Brampton, Ontario during the Minto Cup.

The Team BC program would like to thank all the people who made this happen. The experiences are endless and the volunteers who helped make it special are to be commended. A special thanks to Team BC and BCLA sponsor Warrior Sports Canada for the flashiest uniforms in the tournament.

The Mann Cup Returns West

All 2009 Mann Cup Games will be Video Webcast LIVE! Just visit www.theboxrocks.com And join the action! 2009 Mann Cup September 4, 5, 7, 8, 9, 11, 12
The 2009 PEPSI BCLA Box Lacrosse Provincial Championships took place throughout the month of July in four centres around BC. The 2009 provincials had 121 teams with over 2000 athletes, coaches and volunteers participating in the PEPSI BC Lacrosse Association Provincial Championships.

The events and locations were: Pee Wee Provincials July 8-12 in Prince George; Bantam Provincials July 15-19 in Richmond; Female Provincials July 16-19 in Burnaby/New West and the Midget Provincials July 22-26 in Langley.


Junior Girls: Gold: Burnaby; Silver: Nanaimo; Bronze: Delta.

The Warrior Tournament MVP’s were as follows. Pee Wee Girls MVP was Naomi Noda (New Westminster); Pee Wee A1: MVP-Nathan Macedo (New Westminster); Pee Wee A2: Bresnahan O’Brien (Prince George); Pee Wee B: Eddie Smith (Campbell River); Pee Wee C: Tristan Pagura (Cranbrook); Female A1: Carly Armstrong (Burnaby); Female A2: Emily Vigeant (Coquitlam); Female B: Matt Peterson (Port Coquitlam); Female C: Miranda Buick (Terrace); Female C: Tristan Pagura (Cranbrook); Female D: Ashley Bull (Semiahmoo); Female A1: Tyler Pace (Port Coquitlam); Bantam A1: Morgan Ruebush; Bantam A2: Brodie Porter (Chilliwack); Bantam B: Tomasi Vatnch (Richmond); Bantam C: Connor Gagnon (Alberni Valley); Midget Girls: Taylor Quade (Nanaimo); Midget A2: Adam Norman (Comox Valley); Midget B: Kevin Brown (Terrace); Midget C: Orion Giles (Peninsula); Junior Girls: Victoria Kulheen (Nanaimo).

A special thank you to major sponsors PEPSI Bottling Group for supplying the Gatorade and PEPSI products for athletes and volunteers and the Game MVP medals; Warrior Sports Canada for supplying the lacrosse balls, Fair Play hats, tournament MVP packages and Trix with Stix prizes; to SUBWAY Restaurants of BC for offering a $5 Cash Card for every athlete participating in the 2009 Provincials; and to Wilson International Products for producing great hoodies and t-shirts for all lacrosse fanatics.

Also, we could not put on such quality tournaments without our many volunteers from all over BC. Thank you to the Provincial Tournament Committees with their volunteer teams for their endless hours of work preparing for the events. Your help is appreciated by athletes, parents and friends of lacrosse.

The second WLA award to be renamed was the WLA Provincial Championship Trophy Commission Rose Bowl. This trophy will now be the WLA Ted Fridge Provincial Championship Trophy to be awarded to the WLA Provincial Champion. Ted Fridge was a long-time supporter of lacrosse and the WLA with the Comox Adanacs and the Burrards. He spent over a decade with both clubs holding positions of President and General Manager and later spent two seasons as WLA Commissioner.
LacrosseTalk
British Columbia Lacrosse Association

Call for Action: BC Lacrosse Association Community Volunteer Leaders

When we talk about “leadership”, more specifically, “community volunteer leadership”, what does that really mean? Our theory here at the BC Lacrosse Association is that everyone has the potential to be a leader… and that others are not necessarily people who have reached “high” positions within our organization. Leaders are people who create positive change. We agree with Johnson and Wales University who defines “a community leader as one who understands and can express community issues and needs, is committed to a cause; can identify benefits to community involvement and problem solving; finds creative, collaborative solutions and strategies; identifies, accesses, and utilizes resources to address community challenges; communicates effectively in a diverse atmosphere; develops community leadership; and has the ability to evaluate, identify, and develop new strategies to address community issues”.

Right now, we have a leadership challenge for not only the BC Lacrosse Association members, but for all community sport volunteers in our province. Susan Marsden, President of the BC Association for Charitable Gaming (BCACG) circulated a bulletin stating:

Arts, sports and community groups all over BC are anxiously checking their budgets after learning the province has frozen $36 million in grants from lotteries and gaming revenues. What can you do? Whether or not you have received your own association’s funding for the 2009 season, you can contact (by letter or e-mail) your local MLA to let him/her know that BC Community Volunteers have been extremely grateful for the BC Government’s continued financial support in providing necessary, valuable services to their constituents through Gaming Activities, and that specifically, Local Community Sport Organizations require Direct Access, Raffle, Bingo and Lottery Funds to provide amateur sport programs and services to their local respective communities. To find your local MLA, please visit the Government of BC Website link: http://www.leg.bc.ca/mla/3-1-1.htm, and if you require more information, please e-mail info@bclaonline.com. We are very grateful for the BC Government’s continued financial support in providing necessary, valuable services to their constituents through Gaming Activities.

For the past few years, we’ve been saying that we want BC to be the healthiest region ever to host an Olympic and Paralympic Games. This is a goal we can achieve when organizations such as BC Lacrosse Association emphasize the importance of sport in our lives and how it contributes to healthy living and a renewed sense of community through the work you do; you can engage and support athletes, coaches, officials, and volunteers.

Today I wish to highlight your involvement with the BC Games Society, and the BC Summer Games, in showcasing your developing athletes, working to certify coaches, and recruiting and training qualified officials for this biennial multi-sport event, making the Games an integral part of the development of your sport.

Your organization obviously sees the Games as an athletic development opportunity, with participation from eight and six zones respectively for Pool and Field competitions, at the 2009 BC Summer Games. It is also evident that your organization utilizes the Games for the development of coaches, and is committed to making your sport’s future. We are extremely grateful for the BC Government’s continued financial support in providing necessary, valuable services to their constituents through Gaming Activities.

The provincial sport system uses the BC Games as the entry point in the development stream for these three important components of any sport. Utilizing the BC Games in such an effective manner is sure to grow your sport across BC, while supporting our emerging elite athletes and coaches.

Please convey my best wishes and congratulations to the BC Lacrosse Association membership for your wonderful work. I wish you continued success in all your sporting endeavors.

Simultaneously,

David Culhane
Assistant Deputy Minister

2009 BCLA Box Lacrosse Provincials Warrior Fair Play Awards

Female-Junior
Nikita Azarow (Ridge Meadows)
Raylene Robinson (Coquitlam #2)
Kayla Fenrick (Nanaimo)
Jamie Macdonald (Port Moody)
Chelse Craig (Coquitlam #1)
Rebekah Otens (New West #1)
Caitlin Vincent (Delta)
Krista Teskey (Garibaldi Park)
Stephanie Parrish (New West #2)
Rachel Treneread (Nanaimo)
Maddie Love (New West #1)

Female-Midget
Nicole Brown (Ridge Meadows)
Carley McLeod (Coquitlam #1)
Ashley Bul (Semiahmoo)
Laura Ogilvie (Burnaby)
Kaya Herridge (North Delta)
Stephanie! (Garibaldi Park)

Female-Pee Wee
Sarah Stewart (New West #3)
Bil Mclaughlin (Pt. Coquitlam)
Harlowe Steele (Pointe-Claire)
Raffaella Caporale (Burnaby)
Nicole Del Grosso (New West #2)
Jenny Lucas (Port Moody)
Taylor Thomas (Coquitlam #2)
Shayla Rose (New West)

Coaches & Official
Darren Angell, Frank Greenlay,
Catlin Vincent, Dennis Thomas,
Katarina McCrack (Official)

Midget A1
Scott Halham (Coquitlam)
Justice Primus (Kamloops)
Brett Dobray (Langley)
Brandon Marinhas (Nanaimo)
Jake Chereoff (Ridge Meadows)
Luke Gillespie (Ridge Meadows)

Midget A2
Nigel Hutchins (Kamloops)
Colton Lohr (Mission)
Justin Cotter (North Delta)
Phill Burton (New West #1)
James MacKenzie (New West #2)
Malcolm MacPhie (N. Okanagan)
Cole Andrew (Vic-Isaquith)

Midget B
Jeff Mclean (Coquitlam #2)
Shane Dorrfield (Langley)
Seymour Pedrick (North Shore #1)
Trevor Meets (Port Coquitlam)
Dominic Rivest (Pointe-Claire)
Scott Jym (Saanich #1)
Adrian Halveren (Shuswap)
Kody Kellar (Terrace)

Midget C
Billy Strand (Langley)
Kevin McKean (Mission)
Kaylen Warner (Nicola Valley)
Kamin Thompson (Oceanside)
Spencer Field (Peninsula)
Riley Carter (Semiahmoo)
Riley Williams (Saanich)
Doug Delbecchi (Vic-Kinnear)

Bantam A1
Alex Mitchell (Saanich)
Tyler Race (Port Coquitlam)
Kevyn Jacobsen (Juan de Fuca)
Matthew Shannick (Burnaby)
Andrew Gresham (Ridge Meadows)
Jonathan Conlon (Coquitlam)

Bantam A2
Luc MacPhee (N. Okanagan)
Connor Loysi (Chilliwack)
Dylan Cheema (Mission)
Aaron Bell (Pointe-Claire)
Matias Rossouw-Holland (Kamloops)
Ryan Emery (Kamloops)
Justin Poulin (Delta)

Bantam B
Kai Turner (Peninsula)
Tanner Taylor (Delta)
Wyatt Tesley (Coquitlam)
Quinn Newell (Nicola Valley)
Caleb McTavish (Gibson)
Ryan Molina (Richmond)
Dustin Pollock (West Kootenay)
Cole Ruffle (Terrace)

Bantam C
Chase Bremner (Kelowna)
Troy Stobart (Coquitlam)
Garret Taylor-Gerow (William Lk.)
Alex Ratcliff (Sunshine Coast)
Jonah Buren (Vic-Isaquith)
Charlotte Vanstone (Vic-Isaquith)

Coaches & Official
Jamie Stewart, Peter Parke, Keith Hanna, Vic Skyen &
Kody Molechi (Official)

Pee Wee A1
Angelo Pantosti (Coquitlam)
Matthew Jung (Cowichan Valley)
Talia Mavin (Juan de Fuca)
Parker Kump (Langley)
Tracy Bradson (New West)
Matthew Bosa (Pt. Coquitlam)

Pee Wee A2
Alex She (Burnaby)
Max Leyen (Chilliwack)
Skawye Gottfriedsen (Kamloops)
Tracy McLean (North Delta)
Lindsey (Isaquith)
Kyle Hofmann (Richmond)
Quenton Magnuson (R. Meadows)

Pee Wee B
Mathew Peters (Abbotsford)
Kyle Maximmik (Campbell River)
Mason Smith (Coquitlam #2)
Sean Armstrong (Kelowna)
Parkinson B (Mackenzie)
Tate Howatt (North Delta)
Brook Johnston (Oceanside)
Josh Vallath (Vic-Isaquith)

Pee Wee C
Jordan Girard (Alberni Valley)
Marko Sukunda (Burnaby)
Colton Welsh (Cowichan Valley)
Matthew Struthers (Cransbrook)
Tarian Solomon (Prince George)
Seth Scott (Terrace)
Brandon Bunker (Williams Lake)

Coaches & Official
Kevin Ballance, Kevin Wootley,
Jayson Minion, Doug Sturgeon,
Vince Burelle (Official)
Three Win BCLA Scholarships

By: LacrosseTalk Staff

The BC Lacrosse Association is proud to announce Brian Horning (Prince George), Chelsea Craig (Coquitlam) and Richard Lachlan (Port Coquitlam) as the 2009 BCLA scholarship recipients. Horning was the Wayne Goss Scholarship recipient while Craig received the Dorothy Robertson Scholarship and Lachlan the Ted Frige Scholarship.

Brian Horning has been heavily involved in the Prince George lacrosse community for a number of years. He plays both in the Junior and Senior leagues in Prince George where he was the first overall pick in the Senior draft this past season.

Horning is also an official and has officiated minor lacrosse for the past six years. This level 3 referee was awarded as the top Referee in the Prince George Minor Lacrosse Association, a candidate for top referee in BC, and was selected to officiate in the Mid-Provincial. Besides playing and officiating lacrosse, Brian volunteers his time scorekeeping and timekeeping in the Senior League.

Outside of the arena, Brian is involved in high schools sports and plays for his high school volleyball team. Even with all his activities, Horning has managed to stay on the Principal’s academic list. Horning’s plans are to attend the University of Northern BC and study Commerce.

Chelsea Craig is an example of the adage “persistence pays off.” After years of wanting to play lacrosse, but only able to practice on her own, she began to show the skills to play the game. She started playing in 2004 and became quite talented and in her second year of playing female box lacrosse, she was named Provincial Gold.

Noticing others could play lacrosse deeper into the Summer at National Tournaments she began her personal campaign to raise awareness that female lacrosse players would enjoy the opportunity to compete. Her voice was heard and with her persistence (and others) the Female Bantam National Box Lacrosse Championships became a reality in 2009.

This Dr. Charles Best Secondary honour student made a real contribution to the student body through her efforts being involved with several athletic teams, clubs and volunteer organizations. She was the 2009 winner with the Board Council planning the formal dinner and dance. As a member of the Best girls’ lacrosse team, Chelsea helped organize fundraising activities for exchange trips when the team travelled to California and Las Vegas. This lacrosse ambassador is currently coordinating efforts to raise funds to purchase lacrosse sticks and equipment for an impoverished primary school in Mexico. Her motto – “Committed to sharing the sport of lacrosse around the World.”

Through t-shirt sales they have raised over $400 for the cause. Chelsea plans to attend Queens University to work towards a degree in Business Administration.

If there is one person who lives for lacrosse, it is Richard Lachlan. Coming from a lacrosse-rich family with a Hall of Fame Grandfather (Rick Richards) and uncle ex-WLA’er (Ray Richards), one can see his passion for lacrosse. Richard is a product of the Port Coquitlam Minor Lacrosse Association, a three year member of the Team BC Bantams (2005; Summers), a Warrior Field Lacrosse Rookie (2005), and being named Intermediate Team MVP and league Most Sportmanlike Player in 2008.

But it is the field game that has taken Richard to a different level experiencing success at both the Junior and pre-registered in league to playing in tournaments. Richard was a Warrior Field Lacrosse Provincial MVP two years in a row (2006-07) winning the U15 title in 2007; a three year member of the Burnaby Mountain Junior Selects; and a National Champion with the Team BC U19 Selects in 2008. Lachlan played 4 years of high school field lacrosse (Terry Fox). If his lacrosse commitments weren’t enough, Richard finds time to give back to the sport officiating both box and field lacrosse.

Pee Wee Saints Meet Lax Legend

PeeCo Pee Wee A1 team visits with recent BC Sports Hall of Fame inductee and Salmonbellie lacrosse legend, Mr. Paul Parnell.

By: Sandra Bell

If there’s anything the Port Coquitlam Pee Wee A1 Saints learned from their coach this season, it’s the importance of team bonding. A field trip on June 23, 2009 to the BC Sports Hall of Fame in Burnaby, with a few of their grandfathers!

The team was excited and prepared especially for their visit by their coach and organizer, By Sandra Bell. They spent hours at the Hall of Fame discovering things they hadn’t known about the game of lacrosse, enjoying old lacrosse photos, equipment that was used many years ago.

This was an amazing experience. Not only was it team bonding, it was an opportunity to become closer to the game they all love so much. It was definitely a memory that will last a lifetime.

The Saints wish to extend their thanks to “The BC Sports Hall of Fame’, Bill Maclagan and a huge thank you to “Paul Parnell” A Lacrosse Icon for giving back to the lacrosse community.

BCLA Coach Mentor-Apprentice Program Earn High School External Sport Credits

By: Darcy Rhodes, BCLA Technical Director

The BCLA, under the direction of BCLA Regional Coach Bill McIlhagga, in conjunction with the Canadian Lacrosse Association and Coaching Association of Canada, has created and is implementing the new Coach Mentor-Apprentice Program through the BC Lacrosse Association. The program is designed to recruit motivated coaches and provide them with the opportunity to fulfill their potential in the sport of lacrosse.

The Coach Mentor-Apprentice Program is a way for student athletes, coaches and referees to gain credits towards graduation. In the Lacrosse Coach Apprentice Program, a student can apply as young as 14 years old. This is a two-year program and, at its completion, the student will have attained Coach 12 External Sport Credits which four credits towards graduation. The student would also receive Community Development Lacrosse certification for coaching.

What is crucial to the success of this program is the close relationship of coaches who are motivated to teach enthusiastic young athletes who want to develop their coaching skills. If you would like to participate as a Coach Mentor or as a Coach Apprentice, please visit the BCLA website: www.bclacrosse.com (click on the COACHES tab), or contact Darcy Rhodes, BCLA Technical Director, at (604) 423-9155 Ext. 2 for more information.

Pee Wee’s Perspective on Good Sportsmanship

Good sportsmanship happens when teammates, opponents, coaches, and officials all treat each other with respect. This also means that whatever happens, you should just keep your mouth shut and don’t let the other team make the game more fun for you and everyone else. It also involves fairness in following the rules of the game.

You should always try to have a positive attitude, whether you win or lose the game. Sometimes doing this is difficult, but you have to work through it and say to yourself “How can I do better next time?” If you start to lose your cool because another player takes a cheap shot on you, it is very difficult not to think straight and retaliate. But, if you can manage to “keep your cool” then it is easier to make the right decision and just walk away.

Attitude is the main factor in this, as it can change faster than you can blink. For example, one moment a player may have taken a shot on net, but the next moment he may be apologizing. He says “whatever” and goes back on defence. Next, say a player cheap shots him. Finally, he loses his cool and cheap shots the player back, the ref catches him, he gets the penalty, and he loses his cool for the rest of the game. At this point in the game, what a player does is much more likely to show un-sportsmanlike behavior. A player who is heading down this road needs to figure out how to avoid this and if he has trouble dealing with it by himself he should talk to someone like his coach immediately, or if he has trouble dealing with it by himself he should talk to someone like his coach immediately, or if he has trouble dealing with it by himself.

Finally, to summarize all the points above, I think sportsmanship means “to have a positive attitude and have fun no matter what, and to play fair.”

LacrosseTalk British Columbia Lacrosse Association
Coach’s Corner

By:  Bill McBain

A trip to Baker Lake, Nunavut in January of 2003 was a trip I’ll never forget.

Lacrosse in the far north had caught the things dreams are made of when Russ Sheppard, a school teacher, introduced lacrosse to a group of students. His efforts curbed the school dropout rate, decreased drug and alcohol abuse and turned many of the young people on to the game of lacrosse. The CBC made a documentary of this group and the sport in the far reaches of the north. Lacrosse became the new sport with new participants breathing new life in the Nunavut youth.

As a result, I was asked by the sport body in Baker Lake to visit and conduct a coach’s clinic as well as a lacrosse introduction for the athletes.

After waiting two weeks for a window of opportunity between blizzards, I made the trip hitting four airports before landing in Baker Lake. I met Russ there with four bags of lacrosse gear for the project.

After countless phone calls I finally met Kyle Seeley, Area Sport Representative for the government and Brad Mainse, a local school teacher originally from Peterborough.

The next day we registered some of the local people and began the coach’s clinic. Utilizing the local gym we coached the training along with the teachers to introduce the lacrosse skills. These athletes mastered the basic skills quicker than expected. I suppose when your eye-hand coordination means the difference of eating or starving, a simple skill like catching, passing, shooting and cradling is really simple.

The challenge system are charged a $50 fee which includes $15 for the password and evaluation and $35 for the manual set. A participant of the apprentice program can utilize the program for the same fee outlined for the challenge program ($50). Coaches who sign up simply for utilizing the system are charged $10.

The biggest task was trying to fly back home. After waiting two weeks for a window of opportunity between blizzards, I made the trip hitting four airports before landing in Baker Lake. I met Kyle Seeley, Area Sport Representative for the government and Brad Mainse, a local school teacher originally from Peterborough.

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Top it all off we put the athletes into full gear including goalkeepers and played a full contact game. Very seldom did the ball hit the floor or go out of bounds. The full contact didn’t seem to faze these players, both male and female -- backhand passing and shooting seemed effortless.

The biggest task was trying to fly back home. One should try going to the airport, have the trip cancelled and have to find your way back to the hotel. Landmarks were tough to find in the snow, but local knowledge using telephone poles helped in our return. After a few extra days restricted to the hotel a window of opportunity opened and I found my way back to the Okanagan.

Lacrosse is still played in the school with a new crop of athletes dreaming of playing the full array of games from Baker Lake had experienced playing both field and box lacrosse. Through the efforts of Brad Mainse and Ross Ste. Croix (CLA office) the goaltender gear was re-stocked and additional equipment was supplied.

Brad has finished his tenure in the far north and is on his way to Duncan, BC. Originally from Seeley’s Bay, Ontario, Brad arrived in Nunavut in 2002. He worked with the kids and participated on the staff with the U-19 field lacrosse team that competed at the Nationals in 2004 and 2005. His efforts developing lacrosse in Nunavut will always be cherished.

Coach’s Corner

By:  Bill McBain

The BCLA has worked through the first phase of the new CLA Coaches online program. The program encountered the normal number of glitches found by the users which resulted in the program being expanded as well as a lacrosse introduction for the athletes.

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The 2009 Women’s Field Lacrosse World Cup saw the eyes of Ontario’s Joanne Stanga, Director of the CLA Women’s National Team Programs. The caliber of play among the top four teams. The speed and power of the players, the ball, the play was beyond my expectations, and fantastic to witness.

The “presence” of the Canadians in every game and their ground-breaking performances. A winning record of 4-3; the first victory over England, an extremely close semi-final against the Aussies, and the bronze victory.

The grinders in Canada’s midfield: Abbey and Mandy Friend, Alena Chan, and Lindsey Hart and Katie Brooks. They were exciting to watch in action: out-hustling, weaving their magic with incredible footwork, putting it all out there and always seeming to have more to give.

Every day I found myself bumping into people I see every 2 or 4 years, catching up and renewing friendships. Unbelievably, I saw Peter and Helen Carroll from Melbourne who I met in ’89 and have seen at almost every world event since. It’s a great two weeks, and would highly recommend anyone who loves the game to think about making a vacation out of it in two years in Germany or four years out.

The international feel of these championships, where we didn’t always understand each other, but we got by because lacrosse is our bond. The co-existence of sun and rain in the same sky. Nature is one of the most important factors in the aboriginal life of Native Americans - the creators of our game. The earth nourished them, the air gave them breath, and the sun and rain encouraged life. Maybe we needed both to bring out the best in the teams.

The folks in Prague have done a great job in hosting the world. For those involved in Peterborough in 2007, you know what a monumental effort it is to bring this kind of event together and make it happen. In a small country like the Czech Republic, where players, let alone volunteers, are few and far between, it’s tough. We’ve seen players jump in and contribute even during their own game days. They made a commitment to deliver and by all accounts, they did exactly that.

Saturday, June 27, 2009 - Ohhhhhhh Canada!!! Bronze Medal Result – Canada 14 vs England 9. That morning when I walked out of my room, there was a note at the doorstep, and one on every other Canada doorstep down the hall. It... see it... believe it... achieve it. I think it... see it... believe it... achieve it. I think the notes say it all.

The medal games were held at the Synot TipArena, the home stadium for the SK Slavia Praha football club. Less than a year old, it’s a red and white haven on both sides of the stadium.

England was at the stadium early and took their seats on the far side of the stadium opposite to the players’ benches. The white England flags with the red St. Georges cross were hung in usual fashion. The showdown was on, as the Canadian contingent took the other side to face their foes head on. The maple leaf was out in full force. Support for Team Canada has been great the entire tournament.

Canada got to goal early and often, up 6-0 halfway through the first half. Mandy Friend came out of the gate railing to go, in the mix off the draw, transitioning with the ball on attack and driving to goal. She had already put away the hat trick before England managed their first.

Mandy was Canada’s top point-getter on the game with 5 goals and an assist. If you get a chance to watch the game footage, take a look at goal number 6 by Brooke McKenzie with the assist from Mandy. What a beauty! From the draw, the ball moved between 8 players before finding the back of the net 47 seconds later.

Within the first 10 minutes of the game, we were seeing evidence that it might not be England’s day. They had managed only two shots, the first one off the post, and the second shot at point blank, seen all the way by Canada net minder, Kalley Greer. Kalley’s play was second to none, with many other key saves preventing any kind of momentum for England.

England closed out the half with three straight goals, leaving Canada up 9-6.

The second half was closer with both sides scoring 5 goals, but Canada’s first half lead proved insurmountable. On their feet for the last few minutes, Canadian fans enjoyed a loud and proud final countdown as the girls brought it home.

Once again Dana Dobie was near perfect on the draw, and earned player of the match in the bronze final.

Congratulations to the Team Canada staff who have done a great job preparing and guiding the players to a best ever World Cup performance – Jay Hart, Doctor; Patty Klohs, Assistant Coach; Lisa Miller, Head Coach; Amy Bokker, Assistant Coach.

At the closing ceremonies, Team Canada marched out very distinguished looking in their red panama hats. J.R. Joney, and Kylee, three of the team’s veterans, performed the traditional flag run just before things got kicked off. Canada lined up for the medal presentation from FIL Women’s Director, Shelley Maher, and FIL Board Member, Stan Cockerott, and standing on the field as a country representative, I had a fantastic vantage point to watch. As Tami Rayner (Jones) and Kylee White (Reade) received their medals, I thought back to our first world event in Haverturd, P’s with the U-19’s 14 years ago. Kylee had been a box player and just taken up the field game (but already showing that now familiar feistiness), and Tami hadn’t had much lacrosse experience at all, but was a great athlete and competitor. We lost that first bronze medal final to England in double overtime, a game that still resonates with me for the sheer will and determination of our girls in coming back time after time. Since then, they’ve had a couple more bronze medal finals with England coming up just short. For both girls, this could very well be their last Worlds as players, so this was one was extra special.

The final awards presented were the 2009 World Team at Attack: Jen Adams (Australia), Lindsey Munday (USA), Hannah Nielsen (Australia). At Midfield: Sarah Albrecht (USA), Dana Dobie (Canada), Kristen Kjellman (USA), Stacey Morlang (Australia), Laura Warren (Wales). On Defense: Amber Falcone (USA), Sarah Forbes (Australia), Regina Oliver (USA) and Goalkeeper Sue McSolvin (Australia).
By: John Cherry-Hill

It’s been a busy summer for Surrey, BC’s Jordan Hall. He’s been playing midfield for Major League Lacrosse’s Toronto Nationals, helping them earn a playoff spot in their inaugural season. Most recently, he had an assist in the Nats’ thrilling 18-17 comeback victory over the Chicago Machine. Hall has also been playing box lacrosse with the New Westminster Salmonbellies. So far this season, he’s chipped in with 13 goals and a total of 22 points to help the Bellies to a 13-3-2 record, good for second place in the Western Lacrosse Association.

But it’s the airlines that have benefited the most from Hall’s season; he’s been commuting from west to east between the two teams all season. That’s the boys from the WLA who own two planes. “It’s been a lot of frequent flyer miles,” he said, adding that “sometimes when you fly in from west to east between the two teams all season, it does give fans something to think about. Another shocking move during the off season saw the Portland Lumberjacks, in who in their brief stay in the NLL went to two Western Semifinals and a league championship game, close their doors in this tough economic time. This was surprising decision as their fan base was very loyal and the organization continued to put a great product on the floor resulting in the dispersal of many local BC players.

While the WLA is gearing up for their Championship weekend August 22-23. The concluding weekend of the regular season will see the play-offs begin. The WLA champions will be determined in the dispersal of many local BC players. Fortunately, Toronto was able to save its sea son with a big 19-9 win over the Long Island Lizards followed a week later with the tense overtime victory against the Cannons to clinch a playoff spot. For his part, Hall likes what he sees. “I think right now we’re heading up and it’s a good time to be doing that so close to playoffs.’’

It’s been a frustrating season at times, but the Nationals’ recent success means that there is only one thing on Jordan Hall’s mind. “A championship,’’ he said. “I think we’ve got the team to do it, we’re putting it together at the right time.‘’

At press time, Toronto played their final regular season game August 8 against the first place Denver Outlaws, before traveling to Annapolis, Maryland for Major League Lacrosse’s Championship weekend August 22-23.
Carbohydrates are the gasoline of the human body, that is, they are the main source for energy in exercise physiology. These ‘sugars’ are primarily designed to provide energy to working muscles. The two most common carbohydrates are disaccharides and polysaccharides. Disaccharides or simple sugars can be found in sucrose (table sugar), lactose (dairy sugar) and maltose (alcohol sugar). Polysaccharides or complex carbohydrates contain thousands of glucose molecules. So which carbs are best to eat? The most simplistic approach is to consume complex carbohydrates leading up to training or competition and to consume simple sugars directly after. The reason for this lies in the rate at which the sugars are digested and absorbed into the bloodstream – humans need to break down the carbohydrates into working muscle. Complex carbohydrates generally are slower to absorb into the bloodstream, causing a very gradual constant influx of sugars for the muscles to use as fuel. This is optimal for performance as it reduces the risk of running out of gas. Simple sugars are best consumed directly after training or competition. Because your body has a 2 hour window at which to store the most amount of carbohydrates back into your depleted muscles, it is beneficial to consume sugars that are quick to become digested and absorbed, allowing for a maximal storage phase. Traditionally, healthy sources of complex carbohydrates would include pasta, whole grain breads, brown rice, milk, beans or apples, whereas some healthy simple carbohydrates would include potatoes, cereal, bagels, raisins and oranges.

If carbohydrates are the fuel of the human body, then protein would definitely be the mechanic. Proteins primary responsibility is to aid in muscle growth and repair. Protein also helps to transport enzymes and hormones as well as other nutrients such as carbohydrates and fats. Good sources of proteins can be found in meat, dairy, beans and nuts. Although protein may be used for fuel, it only becomes utilized if the carbohydrate store has been depleted. This is not advantageous because you do not want your body to use protein for energy that could use to make your muscles bigger and stronger. Because protein is slow digesting and aids in the transport of glucose (sugar) to working muscle, it is best consumed after training or competition. The optimal ratio of protein to carbohydrate consumption after activity is 1:3. Just as it is important to eat the right amounts and types of foods, it is equally important to consume the adequate amounts of water and fluids during games and training. Your body needs to be properly hydrated before, during and after activity to prevent injury or decreased levels of performance. During heavy exercise or intense games, athletes can lose several liters of water per hour (1-2% of their body weight). This does not seem like much, but break out the calculator and you’ll see that this is a significant number! The best way to monitor hydration status is by body weight and by the color of your urine. If your urine is clear or light colored one hour before activity then your body is more than likely adequately hydrated. If it is dark yellow, has a strong odor or is small in volume you are dehydrated and need to consume water until your urine is clear and of a larger volume.

Finally, remember that this article is intended to make you more aware how you are fueling your body to achieve your maximal performance. If you have any specific questions regarding specific sports nutrition do not hesitate to contact your family doctor or local nutritionist for expert advice. But remember; fuel the machine because when the game is on the line you want to be driving the Porsche 911, not the ‘79 Pinto.

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Lacrosse Fitness 101: Eat to perform

By: Jeff Cathrea, B.S. Kinesiology

Disclaimer: The article is a guideline for healthy nutrition and eating habits for athletes. Jeff Cathrea is not a certified Nutritionist. If you have specific questions about your diet and/or how it relates to your athletic goals, it is strongly recommended that you consult with your family doctor or local certified nutritionist.

One of the most frequently asked topics my athletes inquire about is nutrition. Nutrition of course refers to the intake of nutrients into the body and how the digestive system uses this for energy. Many of my athletes train very hard; invest all kinds of energy to get faster, stronger and more powerful then flush it all away by eating incorrectly. Your body is like a finely tuned machine and it needs the right type and the correct amount of fuel to run effectively and efficiently. If you owned an expensive sports car would you fill it full of cheap gas and forget to replenish its oil and fluid supply? Probably not. Your body is designed the same way; eat correctly and your performance will be at its best, eat poorly and you just might find yourself running out gas or worse, your body could end up breaking down the shell and forget to replenish its oil and fluid supply? Just as it is important to eat the right amounts of fuel the machine because when the game is on the line you want to be driving the Porsche 911, not the ‘79 Pinto.

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