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LacrosseTalk

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STICK WITH TRADITION

CARVING A HISTORY

By: LacrosseTalk Staff

On a cold November day I made a phone call to Cornwall, Ontario and the Akwesasne Reserve hoping to talk with Mark Mitchell. He wasn't available as he was away from the office and out in the woods. Figuring he may be out for a walk, the voice on the phone replied, "He's cutting trees for the lacrosse sticks." It was that time of year to seek out the wood for handcrafting traditional wooden lacrosse sticks. You see, the Mitchell family business (Mohawk International Lacrosse) are the only suppliers of traditional wooden lacrosse sticks in the world; a long standing family tradition passed on through generations that is still carried on today.

The wooden lacrosse stick dates back to the creation of the game as early as the 1400's. Handcrafting lacrosse sticks was at one time a craft prevalent in all parts of Akwesasne. Families who were very involved in lacrosse worked together to produce sticks in the latter part of the 19th century.

The early success of the Mohawk lacrosse stick manufacturing at Akwesasne was the brainchild of Mr. Frank Tewesatene Roundpoint who brought the company to Cornwall Island after Joe Lally ran a profitable business in Cornwall, Ontario in the early 1920's and 1930's. In Six Nations, throughout the 1940's until the 1960's, wooden lacrosse stick manufacturing was done on a small scale by individual craftsmen who took the time and care to fashion each stick as a handcrafted item.

"Personalized lacrosse sticks became the Rolex gem piece of that era and owning a Martin, Logan or Williams stick became a lacrosse player's stamp of recognition as a complete athlete," explained Akwesasne Grand Chief Michael K. Mitchell.

At the peak of the wooden lacrosse stick manufacturing era the Akwesasne

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Mohawk Lacrosse Stick Manufacturing Company (Cornwall Island) supplied 90% of the world's demand for wooden lacrosse sticks, including Europe and the United States. By the 1950's, annual sales reached over half a million orders. The factory employed nearly 300 Akwesasne residents and was one of the largest employers of Mohawk craftsmen from the 1930's to the 1960's. From the 1970's to the early 1990's, Matthew Etienne of Kahnasatake became one of the larger manufacturers of wooden lacrosse sticks but by then the demand was limited to box players in BC and Ontario and women's field sticks in Europe and the US.

One can argue that the game of lacrosse has changed little over time, but technology has evolved the game. Players back in the day wore next to no protective gear which was made of felt, leather and fiber-board; whereas today's athletes are well equipped polished gladiators; goaltenders wore so little gear it barely stopped the sting of the ball; today they're clad like the Stay Puft Marshmallow Man feeling little impact of a shot; and finally the stick, where it was once a game with nothing but traditional wooden sticks, today has given way and evolved over time to the plastic heads with various alloy, composite and metal shafts.

So what use is there for the traditional wooden stick? Simply put, it has everything to do with keeping the lacrosse traditions of the Creator's Game alive.

The best hickory trees were selected in the Fall months, cut and hauled back to the factories and split. The wood was chopped, cut, cured and then bent into shape depicting the handle and head, much like the Bishop's Crosier. Once bent, the stick was cut, carved and shaved; holes drilled for stringing and finally finished with lacquer or varnish. Various hides would be used for the pocket strings and gut; a process that would take up to a year to complete.

Rewind some 30-40 years ago when lacrosse players used nothing but wooden sticks. The traditional stick with leather pockets and rawhide gut ruled the box lacrosse floor. Even field lacrosse sticks as late as the 1970's were of the wood variety before the plastic heads, aluminum handles and nylon mesh became the norm. Today, one can still find a few Iroquois National players don a wooden stick out in the field; a sight that draws many interested looks.

In the 1970's and 80's, North Burnaby's Scoff's Hockey Shop (formerly Quick Stop) was one of the best-known stores in the Lower Mainland that carried wooden

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BCLA Aboriginal Northern BC Development Program

By: LacrosseTalk Staff

The BC Lacrosse Association has been actively developing lacrosse programs in Aboriginal Communities throughout BC for the past five years. A project to introduce development in 2008 was undertaken by the BC Lacrosse Association through a partnership with 2010 Legacies Now and the Aboriginal Youth Sport Legacy Fund and the Canadian Lacrosse Association. The targeted areas included Hazelton, Nisga'a, Terrace, Kitimat, Prince Rupert, Hartley Bay and Queen Charlottes.

Nisga'a and Prince Rupert

The first phase of the project was conducted June 1-5 with instructional sessions by BCLA Regional Coach, Bryan Baxter. Each session included a brief lesson in the history of lacrosse, skill development and drills and concluded with information on the benefits to continue to play lacrosse. Promotional bracelets were offered to all students who participated.

The first school of the tour was at Nisga'a Elementary School where 75 students participated.

Gitwinksihlkw Elementary was the site of the second session where 100 students were run through the skills. With the help of a local student, four sessions were conducted for 100 students. The final stop was at Nisga'a Elementary/Secondary for 55 students and of varying ages. A bright spot that evening was a parent who stepped up and offered to take some of the boys to Terrace in the future to experience a real lacrosse game.

The next day, Lax Kxeen Elementary (Prince Rupert) and Conrad Elementary hosted four sessions for 120 students of avid lacrosse newcomers.

Day 3 was a full day at Pineridge Elementary where 100 students were introduced to lacrosse with the final stop on this tour at Roosvelt Park Elementary for 45 participants.

All of the equipment used was left as a legacy in Nisga'a and Prince Rupert; each received a bag of 30 sticks and balls and, each school received copies of the history of lacrosse book, the DVD for Inter-crosse Instruction as well as the Inter-crosse Instruction Manual. In total, about 600 students were introduced to lacrosse.

"It was evident in some communities that lacrosse was going to become a mainstay in both the school program and in community programs," said developer Bryan Baxter.



Photo: Sue Dobbins

BCLA's Darcy Rhodes and Instructor Terry Monture pose with students at Mount Elizabeth HS in Kitimat.

Hartley Bay and Queen Charlottes

Phase two of the development program entailed a visit by BCLA's Bryan Baxter to Hartley Bay, Skidgate and Massett (Queen Charlotte Islands) from September 21-25.

Hartley Bay School was the first session for 31 students of all ages from K-12. That evening another session was coordinated for older students who had graduated.

The next day the development program hit Massett on the Queen Charlottes at Sk'aadga'Naay Elementary School for 161 students with an additional evening session for any students that wanted to learn more about lacrosse.

Tahaygen Elementary hosted the final development session for 118 students with some interesting assistance. A local police officer greeted Bryan at the school and was present to learn about lacrosse so he could continue lacrosse in his community afterwards.

"What a privilege it was to be able to introduce the sport of lacrosse to over 500 students," mentioned Baxter. "It gave me great joy to leave the legacy of equipment for the continuation of Canada's National Summer Sport."

Terrace, Kitimat and Kitwanga

The final phase of the Northern Aboriginal Development Program visited Terrace and Kitimat. This tour coincided in part with the annual Sport BC "Power of Sport" tour development sport around BC.

The BCLA identified local Terrace Minor Lacrosse Association coach Terry Monture as the local key instructor. Terry has been involved in Terrace Lacrosse for over 20 years coaching numerous provincial championship teams and Zone 7 BC Summer Games teams. Over the past few months Terry visited schools in Terrace, Kitimat and Kitwanga to deliver the lacrosse program.

The program was well received with Monture committed to continue visiting new schools and make return visits. An added benefit to Terry's work is that he has begun a mentorship program with athletes from his club team to help instruct at the sessions.

One of the highlights was the visit to Kitimat's Mount Elizabeth High School. Connor Buick, a student at this school and member of the BCLA Team BC Midget Box Lacrosse team, was excited his school was chosen for this program.

The response by the students was overwhelming with all schools requesting return visits. Four sessions were instructed on this tour with over 500 student participants. Cassie Hall Elementary School hosted 227 students who were very impressed with their lacrosse session.

"The session was extremely valuable, thorough and informative," stated Cassie Hall VP Pam Kowinsky. "The students were thrilled with this opportunity and many want to continue."

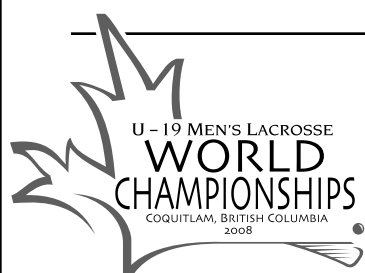
Two other sessions were held in Terrace with 120 students at Thornhill Elementary and 105 students at Uplands Elementary. In Kitimat, 210 students at Mount Elizabeth High School were instructed and an unscheduled visit at Kitwanga Elementary for 120 students was conducted.

"Their interest (students) and mine has definitely been sparked," said Mount Elizabeth P.E. Coordinator Sue Dobbins.

Instructor Terry Monture was pleased with the feedback of the development in his region.

"My most memorable moment was receiving the cards from Cassie Hall School -- all students signed the cards, many of them had written sentences thanking me," mentioned Monture. "One boy wrote: 'I will be your best player next year.' I saw this boy in November and he ran over and asked me when lacrosse was going to start, the gleam in his eye and the smile on his face made me feel very blessed. This is a true testament to what I wanted to accomplish, bring the game of lacrosse to these young kids and hope it instills in them a passion for years to come."

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



The 2008 U19 World Lacrosse Foundation

By: LacrosseTalk Staff

The 2008 U19 World Lacrosse Foundation is the legacy of the 2008 Under 19 Men's World Lacrosse Championships that were held in Coquitlam, British Columbia July 3-12, 2008. As a result of this very successful event, the Foundation has been established to support initiatives aimed at promoting the development

of youth field lacrosse in the province of British Columbia.

The Foundation will provide financial assistance for the ongoing development of youth field lacrosse programs in the Province of BC as well as the ongoing development of BC field lacrosse athletes to allow them to compete at higher levels.

Assistance is available to any athlete 19 years of age or younger, related team or program sanctioned by the BC Lacrosse Association.

In the spring of each calendar year, the Board of Directors of the Foundation will consider applications received from teams and individual athletes to award grants for the general development of field lacrosse in the Province of BC and to provide assistance to high performance field lacrosse athletes.

General development assistance includes startup assistance for new clubs and volunteer development at the club level as well as field lacrosse programs that generate participation

at the grassroots level for men's and women's youth field lacrosse.

The Foundation will also provide assistance for club field lacrosse team expenses, Provincial field lacrosse team expenses and to individual athletes competing on Canadian National field lacrosse teams.

Applications must be received by the Foundation on or before May 31st of each calendar year to be considered by the Board of Directors who will determine the assistance that will be provided by way of a grant in July of each calendar year. Visit the 2008 U19 World Lacrosse Foundation at www.2008worldlaxfoundation.com.

A Bitterly Divine Lacrosse Story



Ex-North Shore Indian lacrosse player Tewanee Joseph is lead vocalist for Bitterly Divine.

By: LacrosseTalk Staff

Bitterly Divine is a Vancouver-based, new generation rock band made up of First Nations members who are no strangers to the lacrosse community. They sing about Aboriginal issues, and issues everyone can relate to in songs about troubled journeys, lost girls and so much more.

Five of the seven-member group comes from the Squamish Nation. Initially a blues band which formed 4 ½ years ago on the Squamish Nation Reserve, they have quickly established themselves as a must-see Vancouver band, playing more than a 120 gigs over the last three years.

Band members include: Tewanee Joseph, Lead Vocals; Brent Joseph, Lead Guitar; Dennis Joseph, Harmonica; Wilson Williams, Rhythm Guitar; Kee Joseph, Rhythm Guitar; Rob Thomson, Bass Guitar; and Darryl Mayes, Drummer. Brent, Dennis, Wilson, Kee and Tewanee all have played lacrosse for the North Shore Indians over their careers.

“We literally started the band in my garage,” remembered lead vocalist Tewanee Joseph. “Wilson (Williams) and Kee (Joseph) were learning to play guitar and asked me to sing.”

Four years ago, they played their first gig at his aunt’s 70th Birthday Party and they have never looked back.

“After I retired from lacrosse I wanted to stay close to the game and be connected with the boys without having to limp around the next day (after playing a game),” explained Joseph.

Their new song, called “Lacrosse Rocks”, produced by the band has recently hit the internet with a unique lacrosse taste hitting a note with any laxer whose ever played. No stranger to the sport of The Creator, Bitterly Divine doesn’t miss a beat.

“My wife wanted to do a song, a lacrosse revival song, she came up with the lyrics and I added the melodies,” explained Tewanee.

The band has subtly hit the mainstream and was recently up for two music awards for Best Rock CD and Best Group or Duo at the 2009 Aboriginal Peoples Choice Music Awards in Winnipeg. They may have not walked away with any hardware but the experience of playing to a live national audience was unforgettable.

“To play in front of 6000 people at the MTS Centre was beyond my dreams – right up there with playing in the President’s Cup and Commonwealth Games,” said an excited Joseph.

Bitterly Divine has big plans hoping to connect with the overall lacrosse community and go to play in front of different audiences, maybe someday at national tournaments and events. In 2010, the band can be seen at the Squamish Torch Relay (February 4), the 2010 Aboriginal Pavilion at the Queen Elizabeth Theatre (February 19) and at the Vancouver Celebration Site at David Lam Park (February 23). Their Olympic experience will be something to remember especially the excitement of playing in front of some big crowds.

“It’s like playing a national championship (lacrosse) game every time on stage,” said Joseph.

Continued from Cover Article:
Stick with Tradition
Carving a History

By: LacrosseTalk Staff

sticks. It was the place to find some of the finest sticks in the west, easily selling 300-400 sticks per year. A number that was not enormous, but factor in that sticks lasted many years until they finally broke and were beyond repair. Owner, Ray Scoffins, was known to contact the eastern manufacturers in the Fall to secure the best sticks; ordering mainly wood frames as they prided themselves on custom stringing their sticks for some of the best players to ever play the game.

“I remember Brian Tasker would take up to a week to make a decision on a stick,” remembered Scoff’s co-owner Jason Scoffins. “He would take 3 to 4 hours a day to look at the sticks.”

Names like Matthew Etienne, Lally, Benedict, Williams and Mohawk were familiar brands of sticks. Many players searched for the best sticks early in the season to get their hands on that one stick that felt just right. But it was the Martin and Logan sticks that were the ‘Cadillacs’ of lacrosse sticks first to be snapped up.

“I remember my first stick was a St. Regis stick worth \$2, given to me by Val Roche,” reminisced BCLA President Sohen Gill. “The Martin Special was the best stick in the World.”

Today very few traditional wooden sticks are available. Where one-day there were hundreds of sticks on the shelf, today no more than as few dozen sticks exchange hands; most being sold to box goaltenders and as keepsakes hung as a memento on the lacrosse enthusiast’s wall.

“I know I will always sell (traditional wood) goalie sticks until it’s made a rule they cannot be used,” explained Scoffins. “I order only a dozen player sticks a year.”

Many coaches have preached the old adage ‘the stick is an extension of your body’. The stick was sacred and many players let no one use their stick; a personal preference or a superstition, the ownership of one’s stick was paramount. How true this was as many players cared for their wooden sticks like it was their most prized possession.

“I would put popsicle sticks in the gut in the off season so it didn’t fold, a little fiberglass at the start of the crosse for strength, and of course the huge rock in the pocket to make sure the leather didn’t shrink,” explained ex-Victoria Shamrock star Darren Reisig.

Proper stick maintenance extended the life of these sticks; any player can attest to the time and effort it took to perfectly work it in. Hours were spent shaving, sanding and oiling the shaft with even more time at the box breaking in the pocket. The game was like poetry in motion with the perfect stick, but upon the first break of the wood, the stick would never be the same and the process would start all over again.

“Because no two wood sticks were ever the same it was tough to get used to a new one when yours broke,” explained Team Canada Head Coach David Huntley. “No amount of fiberglass could ever get them right again -- they were truly a work of art from their manufacture, to their refinement at the hands of the player, the care and maintenance and their eventual replacement.”

Not long ago, a talented few who fixed wooden sticks worked wonders to repair broken sticks. Their craft was painstaking, but magical, logging long hours working in their workshops well into the night. Today, these wooden sticks tend to be refurbished as trophies for one’s wall.

“In 1989 I started to repair and re-string sticks; I repaired splits in the heads by drilling the wood and gluing in hardwood dowels,” explained Canadian Lacrosse Hall of Famer Bill McBain. “Even after everyone went to field sticks I still had plenty of people who pulled out their old ‘woodies’ to restore so they could hang them on the wall.”

There have been discussions about keeping the wooden sticks in the game at the 2009 Canadian Lacrosse Association Annual General Meetings. To lose one of the last real traditions of lacrosse would seem minor to most, but for Michael K. Mitchell, Grand Chief for Akwesasne and the First Nations representative on the CLA Board of Directors, it is a necessity to keep the tradition alive.

“The most important reason to keep the wooden stick in the game of lacrosse is to pass along the great heritage of the game,” said Mitchell. “The game of lacrosse has Indigenous roots and originated right here in North America and has great meaning and significance to developing the character of a player. Players learn to respect their opponents as well as their teammates. In Indigenous culture the value of respect and the honour of the game is paramount. In our traditional teachings, we call lacrosse the Creator’s Game to remind ourselves of our place in this world. Those teachings should continue to be part of our game just like the wooden lacrosse stick that expresses heritage, history and living culture.”

We cannot forget our past and the memories of a game so deeply rooted in Canadian history. The traditional wooden stick holds much significance in lacrosse; an age-old tradition that has withstood the test of time; a tradition sure to carry on with new generations; and a tradition that makes one proud to be a connected to the great game of lacrosse.

Team BC and Summer Games Application Time

By: LacrosseTalk Staff

The Team BC and BC Summer Games Player Application process has begun for 2010. Pee Wee, Bantam, Female Bantam and Midget box lacrosse athletes are asked to complete the 2010 Team BC Box Lacrosse Player Application which is posted on the BCLA website at <http://bcla.centraldesktop.com/bcla/doc/1928205/w-Formsminorbox>

Team BC U19 and U16 field lacrosse athletes are asked to complete the 2010 Team BC Field Lacrosse Player Application which is posted on the BCLA website at <http://bcla.centraldesktop.com/bcla/doc/1928210/w-Formsfield>

Pee Wee and Bantam Nationals are scheduled for August 1-7 in Whitby with the Female Bantam event August 4-7. The Midget Nationals will be hosted August 23-28 in Coquitlam, BC. Field Lacrosse Nationals will be hosted September 3-5, 2010 in Saskatoon.

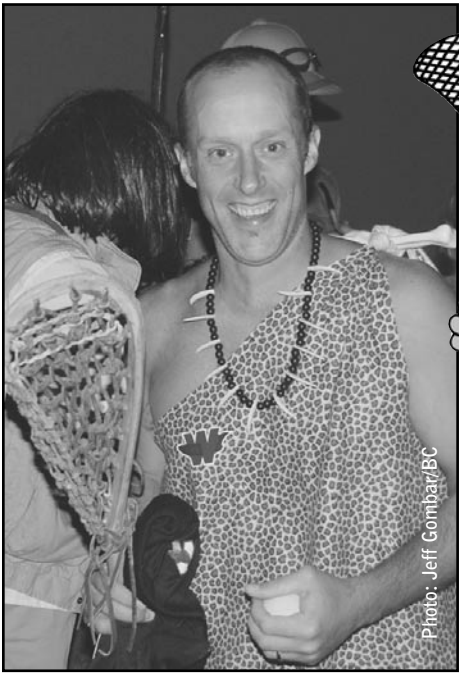
The 2010 BC Summer Games will host both box and field lacrosse competitions again in the 2010 event in Langley. Box Lacrosse Players are asked to complete the 2010 BC Summer Games Box Lacrosse Player Application which is posted on the BCLA website at <http://bcla.centraldesktop.com/bcla/doc/1928205/w-Formsminorbox>

Field Lacrosse Players are asked to complete the 2010 BC Summer Games Field Lacrosse Player Application which is posted on the BCLA website at <http://bcla.centraldesktop.com/bcla/doc/1928210/w-Formsfield>

Athletes that are chosen to the Summer Games team will be eligible for the Team BC Midgets (16 years old only). The Summer Games is used as the Main try-out camp. After the Games are done the Midget Team BC Coach with evaluators will chose the top 30 to participate in a one day camp (July 26 in Langley) for the final selection for Team BC Midget.

For specific player criteria, please click on the applicable link above. For additional information please contact BCLA Technical Director, Darcy Rhodes, at 604-421-9755 (Ext. 2) or email: darcy@bclacrosse.com.





New Westminster’s Warren Goss having a ball at the 2009 BCLA AGM.

By: LacrosseTalk Staff

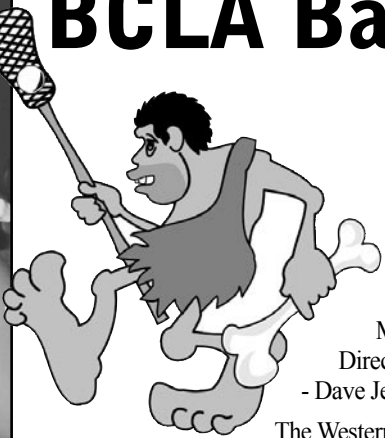
The British Columbia Lacrosse Association (BCLA) held the Annual General Meeting October 16-18, 2009 in Whistler, BC. Every year this event includes meetings for various directorates, a lacrosse trade fair, a hospitality social gathering and the annual merit awards banquet. Over 240 delegates were registered for the meetings and 450 participants attended the BCLA Annual Merit Awards Banquet.

This year’s “Bare Bones Caveperson” theme proved to be a rock solid event. In the light of the tougher economic environment, the BCLA ventured to make this year’s festivities a more economical and sustainable event. Measures were successfully taken to further manage costs, condense meetings and maintain the fun atmosphere. This AGM was a year in the making and a resounding success. *Fait accompli!*

“The BCLA staff once again outdid themselves planning a great AGM,” stated BCLA President Sohen Gill. “The actual AGM meeting had the best attendance I’ve ever seen! It was a resounding “YES”, in a vote to return to Whistler for the 2010 AGM.”

The 2009 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna Cable, VP Administration - Gerry Van Beek, VP Operations - Greg Toll, VP Performance Programs - Ron McQuarrie, VP Development

BCLA Bare Bones AGM Merit Awards



The Western Lacrosse Association annually sponsors an enjoyable Hospitality Suite during the BCLA Lacrosse Fair trade show at the Delta Whistler Village Suites. Refreshments were provided for the participants by the WLA, BCLA and Pacific Western Brewing Company. Fourteen companies set up displays for the event to meet the lacrosse community and make new business connections. The Lacrosse Fair displayers included: Big Kahuna Sport Company, Coastline Apparel, X-treme Sports Gear, Firstar Sports Inc., GAIT Lacrosse, Mountain Edge Lacrosse, Prestige Travel, ProJoy Sportswear, RAMP Interactive, Sport BC Insurance, Sportsphere, Warrior Sports Canada, Washington Stealth Lacrosse Team and local retail store newcomer Levy’s Source for Sports.

“I was great for my wife and me to be part of an event that revolved around so many people that were passionate and motivated about the sport of lacrosse,” stated Levy’s owner and Coquitlam Adanac goalie Chris Levis. “It’s inspiring to me to see that the sport that I’ve been involved with and loved for most of life is in good hands and has a bright future in BC.”

BCLA major sponsor, Warrior Sports Canada, has sponsored the BCLA and experienced the AGM for the last 3 years. But since taking over BRINE Canada, their involvement really spans back to the 1990’s.

“Warrior is extremely proud of the relationship we have developed with the British Columbia Lacrosse Association and appreciate the opportunity to partake in the annual BCLA Lacrosse Fair,” mentioned Warrior and BRINE National Sales Manager Jason Ryan. “The Lacrosse fair allows us to interact and connect with the BC Lacrosse community. It provides the forum for us to speak with and receive feedback from players, coach’s, officials and parents, and as a manufacturer this feedback is priceless.”

The next morning (Saturday October 17), the BCLA hosted the annual buffet breakfast for

the delegates, families and sponsors. Over 300 people attended the breakfast with everyone leaving happily with a full stomach. Sport BC Insurance once again sponsored the breakfast event – a commitment now over 10 years.

In the evening, the gala BCLA Merit Awards Banquet took place on the main stage at the Telus Whistler Conference Centre. The Caveperson theme was apparent as a huge dinosaur head welcomed guests at the entrance with rocks and cave décor amongst the banquet area down to the wooden cutlery. Many people opting to eat the Brontosaurus ribs with their fingers. Numerous banquet participants dressed up in costumes to celebrate the achievements of the volunteers. The evening was emceed by the Grande Poobah, Dave Evans and his sidekick Barney Rubble, Sport BC’s Pete Quevillon. The banquet crowd was entertained by a fire dancer, Dr. Livingbones, the Missing Link and the annual year-in-review DVD.

The 2009 BCLA Merit Award recipients were as follows: Ted Fridge Family Spirit Award (presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially) – Frank and Zahia Kirby (New Westminster Senior A Salmonbellies); Hugh Gifford Merit Award (Box Lacrosse-accomplishments of instilling sportsmanship in their players, their leadership and contribution toward improving the image of lacrosse) – Gina Jung, Cowichan Valley Minor; Tom Gordon Plaque (an individual who has done the most for lacrosse in the past year; British Columbia’s Mr. or Mrs. Lacrosse) – Dan Richardson, New Westminster Salmonbellies Senior A; Ruth Seward Merit Award (Box Lacrosse-award to recognize an individual at the local level for their voluntary, extraordinary contributions to an association or team) – Lissa Punnett, Cowichan Valley Lacrosse; Norm Wright Merit Award (award presented to member of the media who is deemed to have contributed to the promotion of lacrosse) – Cowichan Valley Citizen - Kevin Rothbauer, Cowichan Valley; Jimmy Gunn Merit Award (Senior Official) – Terry Foulds, Prince George; Jimmy Gunn Merit Award (Minor Official) – Derek Harris, Cowichan Valley; Jimmy Gunn Merit Award (Field Official) – Wilson Louie, Victoria Field; John Cavallin Merit Award (Senior Coach) – Randy Delmonico, Langley Senior A Thunder; John Cavallin Merit Award (Minor Coach) – Jamie Stewart, New Westminster; John Cavallin Merit Award (Field Coach) – Rob Seaton, North

Okanagan; Art Daoust Merit Award (Box Lacrosse-award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially) – Bev Gilliam, Burnaby Minor Lacrosse; Art Daoust Merit Award (Field Lacrosse) – Jane Boutillier, PCFLL/Mission; Dal Martin Merit Award (Trainer of the Year) – Maddie Beaumont, Pt. Coquitlam Junior B; Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) – Langley Minor Lacrosse; Leon Hall Merit Award (Minor Field Lacrosse Association of the Year) – North Okanagan Field Lacrosse; and the Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship) – Windsor Plywood (Campbell River Minor Lacrosse).

By far the most emotional award recipient of the evening was Cowichan’s Lissa Punnett for her extraordinary contributions in lacrosse in her community and over borders in South Africa.

“The AGM always energizes me and it feels incredible to be part of such a great sport,” mentioned Punnett. “When I saw I was nominated I truly felt honoured. I know of so many people who are doing so much, and honestly, I didn’t win this award alone. We have an amazing lacrosse executive in Cowichan, we have an incredibly enthusiastic lacrosse community.”

And the most prestigious BCLA Merit Award an individual can receive, the Tom Gordon Plaque given to an individual who has done the most for lacrosse in the past year, was none other than New Westminster’s Dan Richardson. Dan has been a cog in the Senior Salmonbellies’ machine building a model WLA team, not just on the floor, but in the community.

“It was a very special evening, to be recognized by the Lacrosse Community, acknowledging my efforts over the last year,” said Richardson. “I have a passion and a vision for the game of lacrosse coupled with the value of volunteerism that I inherited from both my mother and father, to always give back. I want our great game of lacrosse to succeed, and the recent crowds that we saw at our 2009 Mann Cup tells me we are on the right track.”

Congratulations to all merit award recipients, President’s Award winners and executive members for their continuous hard work in making lacrosse one of the greatest sports organizations in BC. In the SPIRIT of the game we thank you!



Darren Angell (Left) receives a 2009 Presidents’ Award from Gord Cawthorne (Right).

BCLA Presidents’ Award Recipients Named

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Thirty-five BCLA Presidents’ Award recipients were announced at the 2009 AGM over the October 16-18 weekend.

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

The 2009 President’s Award recipients are listed below as Minor Box Associations, Minor Field Associations, Senior Box Leagues and Senior Field Associations.

Senior Box Leagues: Shawn Joinson (West Coast Senior Lacrosse League), Gary Fredericks (Prince George Senior Lacrosse League), Ted Love (Vancouver Island Senior C Lacrosse League), Reg Thompson (BC Junior

A Lacrosse League), and Lucy Kwasniewski (Thompson-Okanagan Junior B League).

Minor Box Associations: Lyndsey Weiss (Abbotsford Minor Lacrosse Association), Bev Gilliam (Burnaby Minor Lacrosse Association), Mark Taylor (Campbell River Minor Lacrosse Association), Warren Dickie (Comox Valley Minor Lacrosse Association), Jim McIntosh (Coquitlam Minor Lacrosse Association), Traves Black (Cowichan Valley Minor Lacrosse Association), Penny Krebs (Kelowna Minor Lacrosse Association), Darren Angell (Nanaimo & District Lacrosse Association), Amy Drabiuk (North Okanagan Minor Lacrosse Association), Shawna Goss (New Westminster Minor Lacrosse Association), Jeff Fisher (Pt. Coquitlam Minor Lacrosse Association), Linda Cretney (Peninsula Minor Lacrosse Association), Sandy Roy (Pt. Moody Minor Lacrosse Association), Dawn Calfa (Prince George Minor Lacrosse Association), Terry Rolfe (Richmond Minor Lacrosse Association), Darcy Tytgat (Saanich Minor Lacrosse Association), LeeAnn Zelenick (Semiahmoo Lacrosse Association), and Dennis Ewen (Surrey Minor Lacrosse Association).

Minor Field Associations & Leagues: Jane Boutillier (Pacific Coast Field Lacrosse League), Beth McLucas (Pacific Coast Field Lacrosse League), Andrea Jones (Lower Mainland Women’s Field Lacrosse), Anne Farmer (Victoria Women’s Field Lacrosse), Nauja Winkler (Langley Youth Field Lacrosse), Debbie Cawthorne (Nanaimo Youth Field Lacrosse), Karen Peterson (New Westminster Youth Field Lacrosse), Leanne Wilson (North Island Youth Field Lacrosse), Lesley Landels (North Okanagan Youth Field Lacrosse), Catherine McLean (Pacific Rim Youth Field Lacrosse), Paul Sahota (Richmond Youth Field Lacrosse), and Sean Walmsley (Victoria Youth Field Lacrosse).

Each individual was honoured at the 2009 BCLA AGM in a short ceremony during the merit award banquet and received a nice watch from a representative of their league or association to commemorate their volunteer achievements. Thank you for all you do for lacrosse.

Warrior and SUBWAY return as BCLA Sponsors

By: LacrosseTalk Staff

As we all prepare for the new lacrosse season and embrace the new decade, the BCLA has been busy on the fields and floors as well as off. The 2010 season will offer new challenges and opportunities in the sponsorship of not only sport, but many other non-profit groups and associations in our communities.

This is why we would like to take the time to mention two of the BCLA's major sponsors for continuing to support BCLA events and programs. It is their support that makes our lacrosse experiences that much more memorable.

In 2007, when BRINE Canada became part of Warrior Sports Canada, the BCLA met with Warrior representatives to continue the

sponsorship relationship. Without hesitation, all prior BCLA and BRINE programs were adopted with new ones identified and the basis of a new sponsorship relationship was set in stone.

"We are delighted to be the sponsor of multiple BCLA initiatives and we are dedicated to playing our part to encourage increasing the participation in and awareness of Canada's National Summer Sport," stated National Sales Manager-Warrior & Brine Lacrosse Jason Ryan.

SUBWAY Restaurants of BC has played a major role in helping feed the Provincial Championship participants by offering \$5 SUBWAY Cash Cards. 2010 will mark the

eighth year of this sponsorship. Not only does this offer a great meal, but a healthy choice of food to our participants. SUBWAY also supports programs like the Team Sportsmanship Award and SUBWAY Way to Go advertising program.

"SUBWAY Restaurants are pleased to continue their association with BC Lacrosse by sponsoring the Provincial Championships again in 2010," said Cam Iverson. "We think lacrosse is a fantastic game and fits our mandate of supporting those leading a healthy lifestyle through participation in amateur sports. So many communities around BC are lacrosse hotbeds and this gives the SUBWAY franchisees the opportunity to give back and support the youth in their communities."



Government of Canada Invests in Campbell River Lacrosse Box

MEDIA RELEASE

Campbell River, BC (September 22, 2009) - John Duncan, Member of Parliament for Vancouver Island North, on behalf of the Honourable Lynne Yelich, Minister of State for Western Economic Diversification, announced (September 22, 2009) federal funding to strengthen economic opportunities in Campbell River. Funding for this investment is being provided under the Recreational Infrastructure Canada (RInC) program, a major job creating investment from Canada's Economic Action Plan.

"Our Government's investment in the Recreational Infrastructure Canada program is creating

jobs for Canadians, while encouraging greater participation in physical, education and the use of recreational facilities," said John Duncan, Member of Parliament for Vancouver Island North. "Investing in this facility will help the government stimulate the economy while enhancing services and the lives of local families by contributing to health and quality of life."

Funding of \$127,865 is provided through the Recreational Infrastructure Canada (RInC) program as part of Canada's Economic Action Plan.

With this funding, the Campbell River Minor Lacrosse Society will complete the construction

of an outdoor lacrosse box located in Robron Park in Campbell River.

"These funds will allow for the completion of a much needed lacrosse box in Campbell River," said Kevin Mills, representing the Campbell River Minor Lacrosse Society. "It is very exciting with the growing popularity of the sport in Canada and across North America it is wonderful that our community will be able to offer floor time for competitions as practice. We appreciate these funds and are excited to get going on the project!"

Upon completion wheelchair access will be available for wheelchair sports as well as basketball hoops installed to encourage full use of the facility.

"We are very pleased to support this project," notes Mayor Cornfield.

"It encourages healthy, active recreation and fits the City's mandate to diversify the local economy by attracting more sport tourism."

The Recreational Infrastructure Canada (RInC) program will invest \$500 million in recreational facilities across Canada over a two-year period. It will provide a temporary economic stimulus that will help reduce the impacts of the global recession while renewing, upgrading and expanding recreational infrastructure in Canadian communities.

RInC is part of Canada's Economic Action Plan, the Government of Canada's multi-faceted stimulus plan that will ensure a quick recovery from the current economic downturn. Western Economic Diversification Canada is delivering the initiative in the four western provinces.

For information on Canada's Economic Action Plan, please visit www.actionplan.gc.ca.

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Goal Size Matters

By: Jen Mutas

The age old question: is bigger really better? Just to make sure we are all on the same page, I'm addressing the issue of Junior A net size across Canada. After being in discussion for approximately four years, the Canadian Lacrosse Association decided that 2009 would be the season in which Junior A nets would increase to four feet by four feet six inches; the same size as in Senior A and B leagues.

"Even though the nets are still smaller than the NLL, the Junior A leagues decided on this to get our goaltenders ready for the next level and nothing else," says BC Junior League Commissioner Al Lang, "I believe we accomplished what we needed to and know it's up to the Intermediate League to do the same."

Looking at the statistics between 2008 and 2009 there was a considerable difference in the way the seasons played out. In 21 league games, the goal total for all eight BCJALL teams in 2008 was 1299. One season later the goal total increased to 1753, a difference of 454 goals. As far as personal stats are concerned, the 2008 leading scorer Alex Gajic had 45

goals and 50 helpers. Just this past season Adanac rookie sensation Robert Church finished the regular season with a staggering 107 total points, broken down into 45 goals and 62 helpers.

From a fans perspective it was easy to see which players were having a hard time with the adjustment. Goalies who had relied on their positioning in years past were caught off guard by having to adapt to a more 'hockey style' of keeping; focusing more on their angles and lateral movement. One goalie who managed to keep his save percentage on par for both seasons was Coquitlam's Dan Lewis, who found there were a lot of different facets to adjust to with the size change.

"Early on in the season there were a lot of wild shots, most guys were shooting just because they had the extra room," says Lewis, "after a while the shots became more calculated, and by the end of the season everyone was used to it. The hardest adjustment for me was timing and staying back in my net, but all in all it prepared me to be a better goalie and is getting me ready for the next level."

The New Westminster Salmonbellies have led the BCJALL in overall scoring for the past two regular seasons, and head coach Brad Parker thinks the increase in net size benefits everyone involved.

"Yes there's more opportunity to score for the offensive guys, but it also forced the defensive players to be more aggressive on the ball," says Parker, "It also gets the graduating players ready for the WLA, and gives the drafting teams a realistic view of how the offensive players will fit in with their teams."

When asked if the change in net size will change what he is looking for in future players Parker responded, "Now we require an athlete in goal, one who can move and not just a big guy to get in the way. As for other positions, our defensive guys will have to be faster on their feet to prevent the outside shot, and offensive players will need to get goalies moving and will have to be able to shoot on the run, be selective, and be able to read the play in front of them."

Although the increase in net size was brought forward to help goalies adjust to the next level of lacrosse, one can't help but notice the advantage for goal scorers; especially when there is a difference of over 450 goals between

seasons. Burnaby Laker Riley Loewen was an offensive player who took advantage of the extra room in net, ending the regular season as the leading goal scorer with 48. Despite the major jump in his stats, Loewen believes the increase in size benefits goalies the most in the end.

"In the past when they (goalies) head on to the NLL and the WLA, they had to get used to the rise in talent as well as the change in net size," stated Loewen. "Now they have three years in junior to adjust their game; the goalies probably weren't the biggest fans of the change but I believed they liked the challenge."

Increasing net size is a move that will eventually assist goalies in the end, but in order to get to a beneficiary stage most goalies will sacrifice a cut in their save percentage until they get the hang of it; as we saw from most goalies statistics in 2009.

On the issue of whether or not it's an unfair advantage for shooters versus goalies on net size, Loewen says, "The game of lacrosse was made to be exciting and the way it is right now is perfect; you can go to a game and see pretty goals and unbelievable saves. The goalies can definitely make those saves, as I have been stopped on more than one occasion. So no, I don't think there is an unfair advantage."

Gary Stevens Enters Burnaby Hall

By: LacrosseTalk Staff

Gary Stevens will be part of the 2010 induction class being inducted into the Burnaby Sports Hall of Fame. Born in Vancouver January 25 1942, he grew up in North Burnaby attending Kitchener Elementary, Alpha Junior High and Burnaby North High Schools. Gary excelled in all sports but was exceptional in lacrosse and soccer.



His lacrosse career began at Confederation Park at an early age where he honed his skills to become one of the all time all around athletes. His speed was mind boggling and not only was he an impressive offensive lacrosse player; he was one of the premium defensive players of all time.

Stevens earned a reputation as one of the game's cleanest but most effective defenders

during a 10-season career that spanned 1962 to 1975. After an MVP season and a Minto Cup appearance with Burnaby Norburns in 1961, Stevens turned senior, playing 210 games in Vancouver, New Westminster and Norburns. A two-time All-Star, Stevens garnered 253 points on 117 goals and 136 assists and played in five Mann Cup championships, winning four times. His career was interrupted for part of two seasons going through the hiring process by the Vancouver Fire Department. He was also the Most Valuable Player in the 1966 Western playoffs.

Talk about a great athlete, Gary was an outstanding soccer player with the famed Firefighters team in the Pacific Coast League.

A right fullback, Gary was a perennial All-star playing against many European traveling teams including Sheffield United, Liverpool, Red Star Belgrade, Wolverhampton Wanderers, Tottenham Hotspurs, Nottingham Forest and Hibernian. A five-time BC All-Star, Gary was on three Imperial Cup winners, six Provincial winners and two Dominion Cup winners as Canadian Champions.

Stevens was inducted into the Canadian Lacrosse Hall of Fame in 2003.

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In Memoriam

Debbie Cooper. On Wednesday, November 4th, 2009, we suddenly lost a very special lady, Deborah Lynn Cooper (Rand). Debbie was most happy spending endless hours volunteering and organizing. If anything needed to be done she would be the first to step up with her expertise and knowledge. Her dedication, commitment and integrity demanded fair play and fun for all. She was always supportive and made a profound difference in everything she did. Debbie was a fixture at Juan de Fuca and Bear Mountain Arena whenever there was minor lacrosse going on. Her dedication, energy and 'up' personality will be missed by all who reaped the benefits of her work. Debbie will be sadly missed.

Ben Backman. One of the most outstanding leaders in Burnaby's minor lacrosse association has passed away. Ben Backman, who became involved while his son Chris was tending goal for a North Burnaby Pee Wee team, donated so much time and effort to the game that he was named the BCLA's 1975 winner of the Tom Gordon Plaque as the sport's "Mr. Lacrosse". Backman managed the successful Burnaby Cables Junior teams in the 1970's. Born May 21, 1936, in Jacobstad, Finland, Ben passed away November 1, 2009, following a lengthy illness.

James McGuckin. Passed away peacefully on November 27, 2009 in Vancouver at the age of 83. He is survived by his wife of 57 years Norma; children, Allyson Wicks (Fred), Michael and Douglas (Gill). James served 37 years with the Vancouver Fire Department. He played 9 games with the Navy Lacrosse Team in 1944 and later spent many years as a Trainer for the Fireman's Soccer Club and the Burrard Lacrosse Team.

Roderick Murray MacLeod. A prolific sniper for the Vancouver Burrards during the 1940's, passed away November 16, 2009. Born November 28, 1927, Roddy joined the Burrards at age 16 in 1944 and, over an eight-year career, scored 283 goals and 92 assists for 375 points in 177 games. He enjoyed two Mann Cup medals for victories in 1945 and 1949. Later, Roddy became a National Hockey League Scout with the Canucks, Flyers and Rangers.

Ruth Durante. A long-time executive member of the Vancouver Burrards' organization passed away December 7, 2009, just 2 days after her 78 birthday. Ruth Durante, wife of former senior player Joe Durante, spent several years working with her husband in Vancouver even as she proudly cheered for her sons David and Ray while they enjoyed stellar careers with the Adanacs and Salmonbellies.

Coach's Corner

By: Bill McBain

I hope everyone had a great Christmas and Santa brought lots of goodies. The New Year starts the big task of getting set for the season. The recruitment of volunteers, players, coaches and qualified door personnel alike is one task; recruitment of officials is always a chore. I'd like to see a few simple concepts adopted by the officials to help with this process.

My New Years Wish List: Over the years, I have observed small changes in the game to ensure a better game of lacrosse on the floor or field. Whether it is tighter calls on infractions, better flow or even the communication between officials, players and coaches – these types of open lines of communication can only help. It is advantageous to have seasoned officials assist in the training of new and younger officials. You certainly may not agree, but it has never stopped me in the past in attempting to help the other part of the equation, coach and official.

A great way to break the ice at the start of the game is to have the officials go to each bench area and introduce themselves, ask if there are any questions, keep the session short and keep a positive line of communication continuously when on the floor or field. It is this type of rapport that builds a greater understanding for the game and an added respect between players, coaches and officials. When players go into the corners or near the boards, many officials will make verbal communications with both players to help alleviate penalties, injuries and continue the flow of the game. This sets in the players' minds that their activities are being watched.

These are just a few ideas I would like to see to be continued to be worked on. Positive and

constructive communication is vitally important. Associations that invite all these new and young officials out to the pre-season practices to work at their trade during scrimmages and mentor them will bear a pile of fruit.

Another task that needs to be shored up is the position of Zone Coaching Co-ordinators. Since the start of the Regional Coaching Coordinator program the Zone Coaching Co-ordinator position in many zones has not been active. It usually ended up being an active coach who has a hard enough time finding time for family, work, coaching, and managed the task associated with the position. As long as the Regional Coach position survives, I'm confident they would be more than happy to mentor the Zone Co-ordinators in their area and would be open to answering any inquiries.

Here is the way I would approach recruiting people for the Zone Co-ordinator position. Read the job description in the coach's operating manual -- no where does it say you have to be the next Gary Gait to do the job. Produce a small flyer or brochure with some of the duties and the type of person you are looking for. Email it to friends and display it in places like hockey arenas, Senior Centers & Legions. You will be surprised by who may be in your community with nothing to fill their time and would be glad someone asked them to participate and volunteer their time. Make sure you indicate on the flyers that this position is by no means a full-time commitment and does not necessarily require a lacrosse background. You never know what gems you could find in your community who just want to help! Good luck this year and see you out at the games.

He Gave of Himself to Help Others

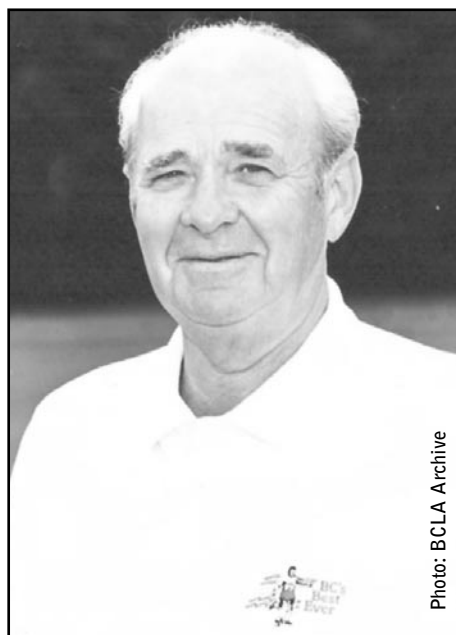


Photo: BCLA Archive

Lou Moro

By: Stan Shillington

Robert Louis Stevenson once wrote:

"Man is a success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of children; who has filled his niche and accomplished his task; who leaves the world better than he found it; who never lacked appreciation for the earth's beauty or failed to express it; who looked for the best in others and gave the best he had.

And so it was with Lou Moro, sports trainer supreme.

Uncle Lou, as he was affectionately known by athletes both young and old, passed away on September 30, 2009, at the age of 91.

Over five decades of unselfish dedication, he never accepted payment for his time and efforts -- helping an athlete back safely onto the playing field was his reward.

Born in the small northern Italian town of Savona on April 26, 1918, Luigi Paolo Moro spent his first 11 years of life in San Martino before moving with his family in 1929 to the BC smelter town of Trail.

He soon was playing soccer for a local minor team and later became interested in lacrosse; however, being short and stocky, he found himself between the pipes tending goal.

It was during these formative years; Lou got to know the Trail Smoke Eaters hockey team's trainer, Bert Repton. He became intrigued with Repton's skills at massaging and taping that permitted injured athletes to remain active instead of incapacitated.

Lou was the netminder for Trail when it challenged the Richmond Farmers for the right to represent BC in the 1941 Mann Cup championship (Trail lost two games to one).

The following year, Lou found himself in the Canadian Navy in Victoria and playing goal for the

United Services Lacrosse Club. At the same time, he began taping the knees and ankles of his teammates.

Discharged from the navy in 1945, Lou took up residency in Burnaby and began working at the West Coast Shipyards. From 1947 to 1961, he earned his bread and butter at Burns Meat Packers and then at Windsor Meats until his retirement in 1983.

That was the employment that paid the bills and gave him the freedom to pursue his real love -- involvement with athletes both young and old.

"I retired from work but I'm not going to retire from this," he once explained during an interview. "The satisfaction of a trainer is that he can help anybody perform better on the field. Anybody at any time that needs my help, the door's always open."

Lou's first fulltime trainer's role in Vancouver was with the 1948 Main Merchants entry in the now defunct Mainland Soccer League. During the following half century, he was trainer for: Main Merchants 1948-51; Vancouver Lacrosse Club (Burrards/Carlings) 1952-67; Vancouver and B.C. All-Star soccer teams 1955-70; North Shore United Soccer team 1957-70; travelling National Rep soccer teams that played in Mexico, Russia, Germany, England, Scotland, Bermuda, and throughout Canada and the United States; Vancouver Whitecaps 1984; and Vancouver 86ers 1986-95.

How he managed to squeeze in any more activity, only Lou and his wife Virg knew. But, somehow, he did! Lou was the trainer for the annual Vancouver Sun Soccer Tournament of Champions from its inception in 1953; he supervised soccer trainers at the 1973 Canada Summer Games; he spent time as trainer at the BC Soccer Association's summer camps, and, of course, he was always available to assist at training clinics.

On weekends, he would set aside his gardening tools to watch youngsters at some Burnaby soccer pitches.

The basement of his Burnaby home, which served as his training room, was emblazoned with pennants, posters, jerseys, medals, plaques, trophies and pictures.

Every inch of wall was covered and every item in his personal museum could trigger one, two, even more, stories.

Although he declined payment for his work and, with his dry sense of humour, would scoff at accolades, Uncle Lou was showered with official recognition.

The name "Lou Moro" has been enshrined eight times in Halls of Fame -- as a Builder in the Canadian Lacrosse, Canadian Soccer, BC Sports, and the Burnaby Sports Halls of Fame; as a member of a team in the Canadian Lacrosse (1961-67 Carlings), the BC Sports (1964 Carlings) and the BC Sports (86ers soccer), and, finally, the Italian-Canadian Cultural Hall of Fame.

The awards were many, but no person is honoured for what he has received. Honour is the reward Lou achieved for what he gave.

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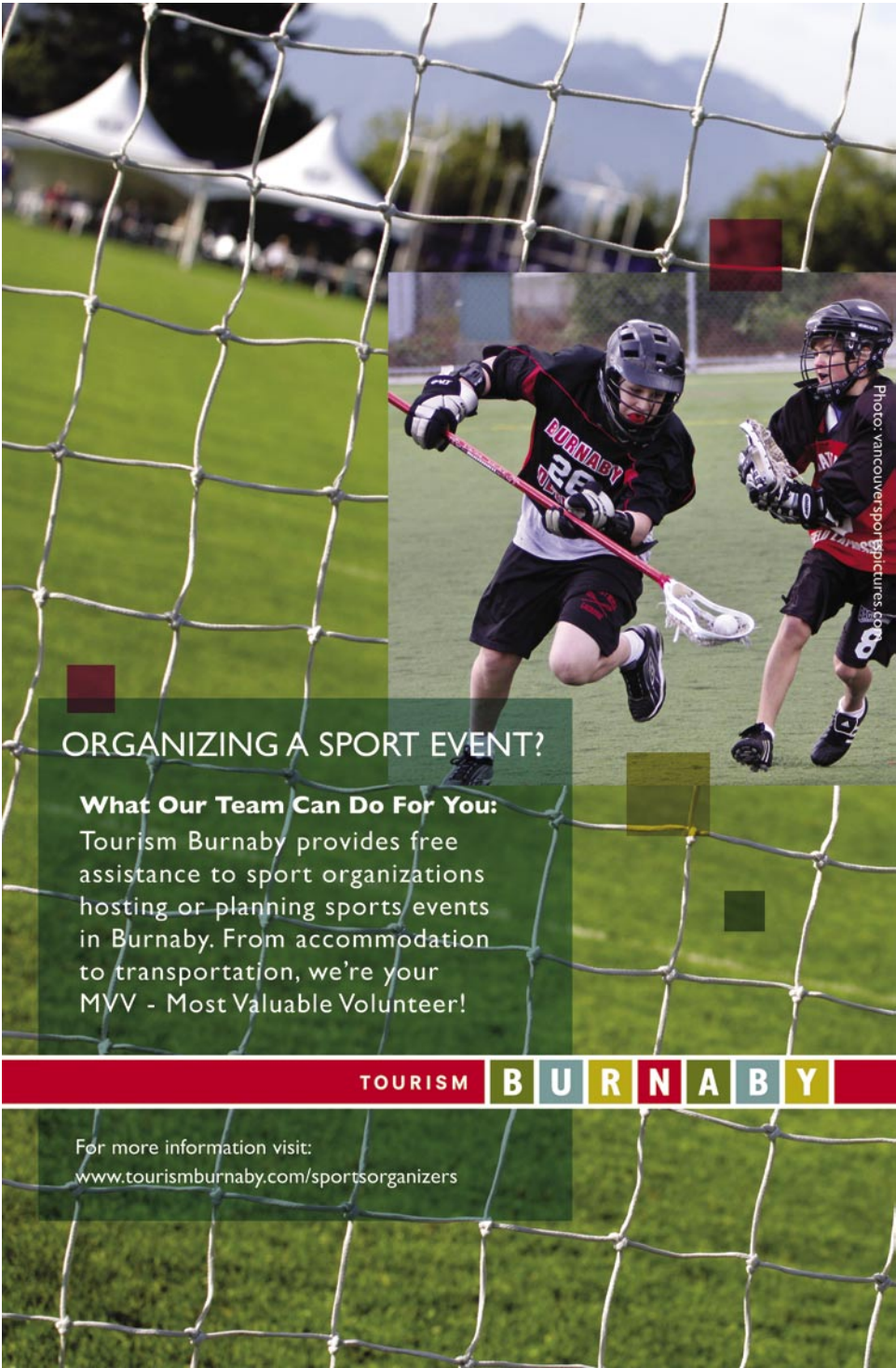
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NAMI OTNY Box Lacrosse Cages
NAMI/OTNY box lacrosse cages are available in five sizes to fit all helmets from tyke to adult. The following models are available and CLA approved: Tyke, Junior, and Intermediate/Senior. The facemask curves under the chin and its kit includes adult-sized facemask, hard chin cup, straps and hardware. • www.nami.ca



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CASCADE CPX
The CPX box lacrosse helmet has a liner system built to the NOCSAE standard. Offered at three different price points, the one size, fully adjustable helmet is available in classic black mask, Chromanium or Titanium. Helmets can be customized with various colour combinations for shell, chin and visor at no additional charge. • www.cascadelacrosse.com

GAIT Identity XP
The Identity XP offers a quick flip adjustment system that allows users to quickly adjust the helmet to fit. Its Dial Fit Comfort System allows users to adjust the overall fit of the helmet, while its Tru-Vu Vision System provides players with good visibility. CLA approved, features include interchangeable visor and chin pieces; and oval wire. • www.debeerlacrosse.com



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Going Where Few 15-year-olds Have Gone Before



Photo: Darren Stone, Times Colonist

Belmont student Alyssa Andres has jumped from the ice to the pitch as the longtime hockey player tries to crack the national women's U-19 field lacrosse team.

By: Sharie Epp, Times Colonist

Alyssa Andres started playing field lacrosse, because she was looking for a relaxing summer break away from hockey. Two years later, however, the sport has quickly taken the 15-year-old Belmont Secondary student from pastime to pursuit.

Andres is one of 50 players across the country chosen to try out for the women's Under-19 national team which will compete in the 2011 FIL World Women's Field Lacrosse Championship in Germany. Just seven players from B.C. were selected, including Arianna Augustine of Duncan, the only other Vancouver Islander on the list.

"All of a sudden, it's become kind of serious," Andres said, looking ahead to a winter of six training camps back East and an international tour, after which the squad will be pared down to the final 25.

"We were quite shocked," mom Vicki Andres said, although Alyssa's athleticism is certainly no surprise. A member of the Midget triple-A Impact hockey team and an Island rep at the B.C. Cup, Alyssa has been on hockey skates since she was seven, along with playing baseball, volleyball, basketball, and most everything else on the sports radar. "She just has endless energy."

These days, between attending the hockey academy and Grade 11 classes at Belmont, playing for the Impact, who have to travel to Nanaimo to find enough practice ice, and getting ready for the lacrosse camps, Andres has her plate full with the two sports.

"I've always loved hockey, but then the opportunity came in lacrosse. Now, I wouldn't be able to quit either of them," said Andres, who's been working hard in advance of the first camp, starting Dec. 27 at Team Canada's indoor train-

ing facility in Orangeville, Ont. To keep pace with the older, more experienced participants, Andres has been going to shooting sessions run by Victoria Shamrocks star Lewis Ratcliff, takes hot yoga and cross-fit classes, practises her stick work, and runs wind sprints in the back yard.

"I love competing against people who are really strong athletes," Andres said, aiming for a double college scholarship after graduation. "My goal this year is to make Team BC in hockey, and Team Canada for lacrosse."

Ian Turner, who has coached Andres in hockey for several years, pointed out she's a natural scorer and conscientious leader, chosen by both coaches and players as team captain this season.

"She's highly motivated," Turner said. "She has her head in the right place."

Likewise, Denise Tregear, of the Victoria Women's Field Lacrosse Association, praised Andres' ability to learn and excel at her new sport in such a short time. An all-around player, she reads the play well, and has an innate understanding of strategy. They were attributes the 21 national evaluators liked when choosing the top 50 out of 160 players who attended camps in B.C. and Ontario in September.

"You really don't have to tell her too many things too many times," Tregear said. "She's a mature, committed player."

The best thing about the Team Canada experience will be the superior coaching, but there'll also be challenges, said Tregear, whose daughter Britt played for the national team. Besides being young, Andres will have to cope with being a bit of a Western Canadian outsider. It'll be tough for her lively personality to break through, Tregear said, but then Andres is a tough kid, willing to fully commit to whatever game she plays.

"I admire her for her dedication. There's not many girls who would do that."



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Team Canada visits PM in Ottawa



Photo: THE CANADIAN PRESS/Fred Chartrand

Prime Minister Stephen Harper displays a team jersey he was presented with by the 2010 Canadian Men's Field Lacrosse team in office below Parliament Hill, in Ottawa, Monday November 23, 2009.

THE CANADIAN PRESS

OTTAWA - The Canadian men's field lacrosse team has added Prime Minister Stephen Harper to its roster of supporters.

The Prime Minister met in his office with Dean French, the team's executive director, and was presented with a national team sweater bearing the number 10, which represents the team's 2010 target of winning a second straight world title.

"It is an honour to be presented with a jersey from the men's team of Canada's national summer sport, lacrosse," Harper said. "I know all Canadians will look forward to cheering on Canada as the players compete for the world championship in July and once more bring the gold back to Canada."

The world tournament is held every four years. Canada's 15-10 win over the United States in the 2006 final in London, Ont., ended a 28-year American winning streak. Manchester, England, is the host city in 2010.

"We'll need all the support we can get to beat the Americans again," said French. "We

know that the Prime Minister is a devoted fan of Canada's winter sport, hockey, and we hope he'll be cheering us on when we take Canada's national summer sport onto the world stage again in Manchester."

Joining French to talk lacrosse with the Prime Minister were defenceman Brodie Merrill of Orangeville, Ont., faceoff specialist Geoff Snider of Calgary and high-scoring forward Merrick Thomson of Hamilton. Merrill and Snider helped Canada win the world title in 2006, all three were key players for the Toronto Nationals when they won the Major Lacrosse League pro field crown last summer and they'll have prominent roles in the 2010 lineup.

"Winning the world championship in 2006 was a special experience," says Merrill. "It is rare in life to have the opportunity to represent your country. "It was a proud moment not only as a lacrosse player but, more importantly, as a Canadian lacrosse player. The landscape of Canadian lacrosse is very unique and I'm thankful to be a product of the Canadian system."

High School Championships March 1-5

By: Shawn House and LacrosseTalk Staff

The ninth annual BC High School Field Lacrosse Championships will be held March 1-5, 2010 in Coquitlam and New Westminster. The event is again hosted by Dr. Charles Best Secondary School and games will be held in Coquitlam and New Westminster.

This year's tournament will likely host twenty teams; ten Varsity and ten Junior Varsity teams from the Lower Mainland and Vancouver Island.

The 2010 event will have the host Best Blue Devils back to defend both Senior and Junior Varsity titles. Best had a clean sweep in 2009 with the Best Juniors defeating New Westminster Hyacks, 11-5 and the Best Seniors met old rival Claremont Spartans and rolled to 12-4 win in the final. In the Senior Tier 2 final Terry Fox battled Claremont 2 to a one-goal 7-6 victory.

Look out for a strong Claremont High School program coached by ex-Shamrock and

NLL stalwart, Darren Reisig. The Claremont HS program is a lacrosse academy that includes sport in the daily curriculum and the Spartans have been busy perfecting their trade. The Grade 12 Spartans just returned from Ultimate Performance Lacrosse tournament in Baltimore posting an impressive 9 win-1 loss record. The Spartans played all star club teams from all over the Eastern States and played extremely well. In their own Spartan Shootout tournament, the Grade 12 squad went 3-0 en route to a 14-6 victory over Mercer Island (Wash.), while the Grade 11's went 2-2 over four games.

This year's top three Senior Varsity teams will likely include Best, New West and Claremont with Heritage Woods and Pitt Meadows in the rear-view mirror. Other contenders may include St. Thomas More and Delta. Also planning to field teams may be Burnaby North, Vancouver College, Pinetree, Terry Fox and Riverside. Other potential competing schools include Tweedsmuir, Kwantlen, Sands,



Contributing photo

Charles Best Blue Devils look to repeat as Senior Tier 1 Champs in 2010

Seaquam, McNair, Handsworth and Samuel Robertson.

Something new in 2010 will be the inclusion of women's field lacrosse with Riverside playing against the Best girls in the tourna-

ment. If any other girls' teams interested in competing in the tournament or any additional tournament information needed, please contact Tournament Co-ordinator, Shawn House shawnhouse@shaw.ca or call 604-524-3063 or 604-461-5581.

Team BC Field at Nationals



Photo: Tricia Rachlall

Team BC Selects player seen here in action against Team Ontario at the CLA Field Lacrosse nationals

By: LacrosseTalk Staff

The 2009 First Nations Trophy and Alumni Cup Field Lacrosse National Championships took place over the Labour Day long weekend

in Winnipeg, Manitoba. Seven Under 19 and seven Under 16 teams took part in the tournaments from BC, Alberta, Saskatchewan, Manitoba and Ontario.

The Team BC U19 Selects and Stars represented the BCLA well – the Selects with a 3 win and 1 loss record and the Stars finishing with 2 wins and 4 losses in round robin play. The Team BC U19 Selects game scores were: 22-0 over South Saskatchewan, 18-4 over Alberta, 12-9 over North Saskatchewan, and their only loss 16-7 to Ontario. The Team BC U19 Stars game scores were: a 17-12 loss to North Saskatchewan, a 24-7 loss to Ontario, 23-6 over Manitoba, 14-11 over Alberta, a 23-4 loss to Ontario and a 12-10 loss to North Saskatchewan.

In the Championship rounds, the Stars dropped a 12-10 game to North Saskatchewan in the Bronze game while the Selects lost to Ontario 16-7 in the Gold medal game. U19 All-stars from BC included attackman Chris Jones (Selects), midfielder Max Weselowski (Selects) and goaltender Kyle Middleton (Selects).

The Team BC U16 Selects and Stars also represented the BCLA well – the Selects with a 3 win and 1 loss record and the Stars finishing with 3 wins and 3 losses in round robin play.

The Team BC U16 Selects game scores were: 31-0 over South Saskatchewan, 16-9 over Alberta, 10-8 over BC Stars, and their only loss 18-6 to Ontario. The Team BC U16 Stars game scores were: 12-2 over North Saskatchewan, a 20-1 loss to Ontario, 12-8 over Manitoba, 15-3 over South Saskatchewan, a 10-8 loss the BC Selects, and a 17-7 loss to Alberta.

In the Championship rounds, the Stars dropped a 17-7 game to Alberta in the Bronze game while the Selects lost to Ontario 18-6 in the Gold medal game. U16 All-stars from BC included attackman Reese Robinson (Selects), midfielder Brett Carlson (Selects) and defender Chris Friesen (Stars).

The 2010 U19 and U16 Field Lacrosse National Championships will be September 3-5 in Saskatoon, Saskatchewan.



Campbell River Embraces the Olympic Flame



By: LacrosseTalk Staff

The Olympic Flame came and travelled through Campbell River, BC on its tour across Canada. The Campbell River Minor Lacrosse Association was chosen as a participant in the Parade of Colours which lead up to the Olympic Torch arriving in Campbell River on November 2, 2009.

Campbell River was one of only 200 host celebration communities for the cross-country Olympic Torch Run. It all started with simply applying and listing the reasons why the Campbell River Minor Lacrosse Association wanted to participate.

“I looked at the application as a great opportunity to showcase our sport and association

not only to our own community but to the Olympic Community,” stated Campbell River Lacrosse volunteer Paula Marks. “Being a part of Olympic history is a once in a lifetime chance and by participating in the Parade of Colours would give all of our players a chance to be part of that history.”

The parade consisted of participants from arts and culture groups to non-profit organizations and athletics. Lacrosse was well represented with players wearing their club jerseys from Tyke to Midget, Senior and Field. With lacrosse sticks and club coloured flags in hand, Campbell River Lacrosse marched to Spirit Square to the Olympic Torch Celebration Village.

The crowd, that gathered to watch the Olympic Torch reach its destination, welcomed the Parade of Colour Participants. Players and families couldn’t help but be drawn into the excitement and enjoyed the rest of the evening waiting for the torch to arrive.

Bryan Mills, a local lacrosse advocate, has many accomplishments to his name including player, coach, volunteer, sponsor, and a driving force in the Campbell River Outdoor Lacrosse Box project. A new accomplishment can now be added to Bryan’s impressive resume as one of the Olympic Torch Bearers.

“It was one of those things you dream about,” said the avid lacrosse supporter Bryan Mills. “I feel it is because of all we have accomplished for lacrosse in this community that may have helped in my selection.”

Campbell River Past President Paula Marks couldn’t agree more.

“To see Bryan as an Olympic Torch Bearer brings pride and encouragement to our volunteers,” said Marks. “Being an Olympic Torch Bearer is a once in a lifetime experience and I am proud to say that Bryan’s contributions to Campbell River Lacrosse may have played a part of his being chosen as a Torch Bearer.”

SFU goes 4-1 in Fall Ball



SFU Men’s Lacrosse in Fall action against MCLA powerhouse BYU. The Cougars visit SFU in March.

By: William Howard

The Simon Fraser University men’s lacrosse team posted a fall record of 4-1 as the Clan travelled for exhibition contests in Utah and Washington.

Simon Fraser opened their 2009 fall schedule October 16 with a 9-2 win over Utah. Both teams worked in their entire rosters in front of approximately 200 fans at the Waterford School in Sandy, Utah.

The SFU defense started the game strong, holding off a long opening possession by the Utes, before Clan freshmen Colton Dow opened the scoring on an unsettled play in front of the Utah goal. Senior Adam Foss would make the score 2-0 on a feed from Russel Thomas. Thomas would score on the fast break to close out the first quarter for a 3-0 lead.

Utah struck first in the second quarter, converting an outside shot to capitalize on a broken Clan ride. Fraser answered back with junior Bryan Scott finishing a nice feed in front of the Ute goal. Foss would then score his second of the game for a halftime score of 5-1.

Foss continued to lead the Fraser attack, scoring unassisted on the man-down and then converting his fourth goal of the game on a feed from junior Chris Tessarolo. Utah generated several quality scoring opportunities in the third quarter leading to their second goal of the game and cutting the Clan lead to 7-2.

SFU held the Utes scoreless in the fourth quarter with Foss assisting on goals by freshmen Stu Mills and senior Thomas for a final score of 9-2.

SFU played their second scrimmage, October 17, falling 17-9 to Brigham Young in front of approximately 300 fans in Provo, Utah.

The Clan won possession off of the opening face-off but a forced shot turned the ball over to the hungry Cougars. BYU went on to dominate the first quarter, firing 6 unanswered goals and controlled possession.

Looking to establish some rhythm, Fraser came out hard to start the second quarter and settled the ball down on offensive. Senior attack Adam Foss, again lead the Clan charge, beating several Cougar defensemen on a drive around the back of the cage, before firing a shot past the BYU keeper to finally get SFU on the board. Fraser continued to chip away at the Cougar lead on goals by freshmen Eric Dufresne and junior Bryan Scott.

After a tough opening 15 minutes, the Clan defense responded well, holding BYU scoreless until the final minute of the second quarter -- with only 20 seconds left, senior Elliot Grow took the ball himself off of a BYU time-out, and convert on a drive to give the Cougars a 7-3 advantage at the half. Junior Dean Stewart started the opening half in goal for SFU making 7 saves.

Fraser struck first to start the third quarter with senior Russel Thomas scoring off a fast break feed from sophomore Ryan Hodge to close the Cougar lead to 3. BYU answered back before junior Chris Tessarolo made the score 8-5 on a Clan man-up. With both teams now playing with intensity, BYU extended their lead to 5 on back-to-back goals before Clan freshmen Colton Dow and Stu Mills scored consecutive goals to make the score 10-7 BYU. Trying to hold-off the Fraser attack, the Cougars scored to close out the third quarter and hold on to a 4 goal lead at 11-7. Senior Mike Ripley played the third quarter in goal for the Clan making 2 saves.

In comeback mode, sophomore Rick Bezuidenhout scored his first of the game off of a BYU give-away to open the fourth quarter. Grow responded for the Cougars before SFU’s Tessarolo narrowed the score to 12-9. That would be as close as SFU would get as a return to sloppy play would allow BYU to pull away with 5 unanswered goals for a final score of 17-9. Freshman goaltender Kyle Middleton played the final 15 minutes for SFU making 2 saves.

Playing a third game in as many days, SFU concluded the fall trip to Utah with a 13-8 scrimmage win over Westminster College. The

Clan was led by senior attack Adam Foss with 5 goals and 1 assist and senior midfield Russel Thomas with 3 goals. Colton Dow led all freshmen in scoring with 2 goals.

All twenty-three players, including three goaltenders, saw significant minutes for the Clan as Co-Head Coaches Jeff Cathrea and Brent Hoskins continued to provide their underclassmen with some valuable game experience. Not dressed for SFU in Utah were seniors Ben Towner and Ben Johnson and junior Ben Davies.

Simon Fraser wrapped up their 2009 fall competition schedule October 25 as the Clan travelled south of the border to play regional PNCLL Div. 2 opponents Central Washington and Western Washington on the WWU campus. The Fraser offense generated 33 goals on the day with 16 goals registering an assist. Twelve of the eighteen players dressed for the Clan were underclassmen with senior attack Ben Towner 13g, 5a and freshmen Colton Dow 7g, 4a and Stu Mills 7g, 3a leading the way. The Clan open the 2010 regular season at home versus Western Washington on Saturday, February 6 in Burnaby, BC.



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Doug Wright (BCLOA Chair)

Doug began his lacrosse career in 1985 as a player in the Richmond Minor system finishing as a Junior B Delta Islander. He returned to Richmond in 1992 and took on the role of Head Referee, training and allocating minor referees. During those 8 years, Doug became a certified clinician and added the BCLOA Zone 5 Coordinator position to his file. His team developed many materials at that time which were incorporated into a revised National Officials Certification Program (NOCP).

In 2001, he was elected as the BCLOA Vice-Chair Minor and took on the role of Master Course Conductor until 2008. He was instrumental in creating training materials and worked closely to improve interactions of referees and league commissioners and to streamline officiating policies in BC.

As Zone Coordinator and Vice Chair Minor, Doug worked as the referee in chief for many minor provincial championships, BC Summer Games, and the 2005 CLA Bantam National Lacrosse Championship tournament.

In 2005 he joined the CLA National Officials Certification Program Committee that oversees the continuous revision and development of referee training materials. In 2008, Doug was elected BCLOA Chair overseeing the officials of BC.

Doug will enter 25 years of lacrosse in 2010. His hard work has not gone unnoticed winning the Jimmy Gunn-Minor Merit Award in 2001 and the Art Daoust Merit Award in 2005. Congratulations Doug!

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Port Moody Wins Senior C Title

By Kevin Mitchell, Sports Editor

Head coach Rick Mang put a metal MGD beer bucket on Nick Thomas’ head. Teammates sprayed Thomas with Champagne as they embraced one another in the tiny visitor’s dressing room.

Such was the celebration scene for the Port Moody Express after grounding the Armstrong Shamrocks 11-8 in the B.C. Senior C Lacrosse Championships final before 350 fans at Nor-Val Sports Centre.

Port Moody claimed the Fred Doig Cup for the third time in six years, going 3-0 in a tournament reduced to three teams when Prince George was a late cancellation.

“This is redemption from last year by getting beat by Kelowna, in Kelowna,” said Port Moody veteran Jeff Dutkewich, a 27-year-old corrections officer. “Armstrong put up a hell of a fight. They’re a great team and we have a lot of respect for them. It was a great tournament put on by the Armstrong Shamrocks and we’re just happy in celebration mode. It’s gonna to be a great drive home.”

Sean O’Leary pulled the hat-trick for the Express (who also call themselves the Skull Trains), while Chris Cowieson and Josh Wear each scored twice. Ed Gosse, with 1+5, Chris Roberts, with 1+3, Andrew Polkingthorne and Matt Augustine completed the Express attack.

Thomas, who received the MGD bucket as Mang’s choice for tourney MVP, supplied three assists. Thomas led the West Central League champs in scoring with 2-7-9. Both Wear and Cowieson finished with five goals. “Effort, hard work, goaltending – both goalies were strong,” said Dutkewich. “(Shamrocks’) Chad Pieper was unreal, tournament MVP, but in the end we just got more goals than them, and that’s how you win lacrosse games.”

The Shamrocks, led by rookie Braydon

Sanders and former CFL linebacker Devin (Big Country) Rodger, tossed some monster checks, but the Express dropped, rolled and rose to their feet.

“Our Achilles heel is retaliation,” said Dutkewich. “If we retaliate and take penalties, we can’t win. Five-on-five, no one can beat us. It’s been a proven test in our league to now this league. We’ve got a lot of studs on this team. Top-cheese omelet’s pre-game meals at Gino’s Cafe and drinking MGD’s. MGD has been a huge sponsor for us this year. Skull Trains unite, and we won a championship, and we’re on Cloud Nine.”

The Express outshot the ‘Rocks 59-45, scoring twice in the final three minutes to stop the hard-charging Irish.

“The key to the game was everybody showed up ready to bury it,” said O’Leary, a 24-year-old welder who pulled the hat-trick to take Okanagan Spring Brewery game MVP.

“We buried it shelf, we buried it low cheese, we buried it top cheese. We played Skull Trains lacrosse. Everybody contributed, everybody tallied. Armstrong really picked up their game, and it was nice to come and have some good competition and a good tournament. We’re well coached by Rick Mang so when they played a zone, we adapted our strategies to that, and it made it easier to tally.”

Chris Cowieson and Josh Wear each scored twice. Ed Gosse, with 1+5, Chris Roberts, with 1+3, Andrew Polkingthorne and Matt Augustine completed the Express attack.

Brett Logan was game MVP for the ‘Rocks, scoring three times to give him seven for the tourney. Logan Strohm added a pair to lead Armstrong with 5-5-10 in four games, while Tanner Skolrood, Nathan Strohm and Stu Williamson also scored.

“We definitely stepped it up for the provin-



Port Moody goalies battles an Armstrong Shamrock player in Senior C lacrosse action.

cials,” said Shamrock captain Chad Pounder, 33. “Everyone was pulling on the same rope the same way and we played them hard, and they respected us for that.

They ran a fastbreak in the second period right off their bench and they capitalized on it. We were a little bit tired. We were getting the first guy back, but not the second and third.”

The silver medal was especially sweet for the Irish since they knocked out the two-time defending champion Kelowna Raiders with a thrilling comeback 11-10 semifinal victory before a packed arena.

Logan provided the hat-trick, while Logan Strohm, Shaun Strohm and Andrew Hamilton each scored twice, and singles went to Kevan

Bigsby and captain Chad Pounder.

“That was a lot of fun last night,” said Pieper, 33, who split duties with Owen Siddall against the Okanagan champion Raiders. “They had a tough schedule yesterday and we knew they had a tough schedule, but it was our third game in 24 hours and it was theirs in about 12 hours. It was two tired teams going out there and we had a bit more in the tank and pulled it off.”

Geoff Wray, Ryan Spring, Kyle Tomiye and Dave Bannister each pocketed a pair for Kelowna, who were playing their third game of the day. The Raiders slammed Armstrong 9-3 in the morning and then fell 13-6 to Port Moody in a matinee.

Coquitlam’s New Year’s Resolution - Win the Minto

By: Brad Challoner

Your mind may still be wrapped in Christmas presents, light bulbs and egg-nog but it’s never too early to start thinking about the 2010 BC Junior A Lacrosse League season, and for the Coquitlam Adanacs, April can’t come soon enough. With a Minto Cup Tournament to host, a new coaching staff, and bad taste in their mouth from Minto 2009, the A’s are dying to make good on their new year’s resolution to win a national championship.

After rolling through the regular season 20-1 and capturing the BC title, the Adanacs hit a brick wall against the eastern teams at the 2009 Minto Cup. They were forced to compete at a level they had never seen, and couldn’t come close to matching the speed, tenacity, and skill level of the eventual national champion Orangeville Northmen. Adanac brass thought long and hard about what needed to be done to improve BC’s already best team, and the answer to them was behind the bench.

The biggest story of the off season is when the Adanacs announced the firing of head coach Dan Perreault. Confident in the players he has on the floor General Manager Ken Wood came to the conclusion that the club needed someone to drive the boys even harder, push their style of play and take them to the next level. Enter Curt Malawsky. The Scotty Bowman of junior lacrosse. Malawksy is the last coach to win a national championship with a BC team. He did it with the Burnaby Lakers twice in 2004 and 2005. Malawsky also won his first NLL title as a player after a long and storied career in Calgary this year, and will take over as head coach and GM of the NLL’s Roughnecks this season as well. A fan favourite to Coquitlam WLA fans, Malawsky has won at all levels of lacrosse and is excited to be back behind the bench.

On the floor the A’s will make a run at it with last season’s MVP and rookie phenom Robert Church. He had a league best 107 points in 2009 (45,62) and will be joining the club after his freshman year at Drexel University where he is expected to round out his game even further playing for the NCAA D1 team. The A’s are safe in net as well, as reigning BCJALL top goaltender, Danny Lewis, returns for his final year of junior ball. If there is a heart and soul in Coquitlam, it lies within the brothers Cornwall.

The fastest pair of legs in the league, younger brother Jeffrey will continue to run things on the back end as a shut down defender who can move the ball up the floor faster than anyone in the league, and older brother Travis who plays a transition game can dominate at both ends. The Adanacs are also happy with their crop of provincial champion Intermediate A’s that will move up to junior this season.

But the answer to a championship team doesn’t always have to lie within the borders of one particular city. One of the main factors in the success of the Burnaby Lakers in BC and of Minto Champion teams in Ontario is their imported talent. The A’s General Manager Ken Wood is not hiding the fact that he’s looking for talent from across the country to help bring a national title back to BC. The A’s are also promising their most intense training camp to-date. Wood wants his players in shape and ready to go for that first draw in April.

You can follow the Coquitlam Adanac’s road to the Minto Cup all season long. Once again the A’s will broadcast all regular season, playoff, and Minto Cup games on their team website.

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SFU Announces 2010 Schedule

By: William Howard

Simon Fraser men's lacrosse Co-Head Coaches Jeff Cathrea and Brent Hoskins (6th season) have announced the Clan's 13-game regular season schedule for 2010. The Clan will play one of the most difficult schedules in the nation as 7 of their 13 games are against teams that qualified for the 2009 MCLA National Championship Tournament. Five of the 13 games are scheduled to be played at home on Terry Fox Field atop the Burnaby Mountain campus. SFU's 13 opponents compiled a combined record of 141-60 (.701) in 2009 and eight of their 2010 opponents won 11 or more games last season.

"We wanted to put together a regular season schedule that would challenge our players both physically and mentally to ultimately prepare them towards winning an MCLA National Championship," commented Hoskins.

"Our focus in recruiting is to attract the best lacrosse student-athletes" added Cathrea. "We are very confident in the young men who have chosen Simon Fraser and we want competing against the top teams in the nation to become part of what makes playing at SFU so special."

The 13-game regular season schedule is just the fourth in school history (2005, 2006, and 2008). The Clan will open the season at home against perennial PNCLL Div II power Western Washington on February 6. SFU will then take a three week break from competition as Vancouver hosts the 2010 Winter Olympic Games. Cathrea and Hoskins will use a prolonged pre-season to prepare the Clan for what will undoubtedly be the toughest schedule in the program's 15-year existence.

Fraser will start the month of March on the road when they travel to the Colorado to play

Colorado State on March 5 before facing 2009 semi-finalist Colorado on March 7. The Clan will then travel to Ann Arbor on March 12 to take on the two-time defending MCLA Div I Champion, Michigan Wolverines. SFU will wrap-up their Michigan road trip with a visit to Lansing to play Michigan State on March 14.

After a challenging first couple of weeks, the Clan will return home on March 20 to play host to Brigham Young. This will mark the first time the Cougars have played Fraser on Canadian soil. The Clan continues their mini home stand on March 27 when another out-of-conference (OOC) opponent, Cal Poly, makes their first trip north of the border to Burnaby.

April opens with a rematch of the 2009 MCLA Quarterfinal as SFU travels to Lake Oswego, OR to play Chapman on April 3 and then Arizona State on April 4. These games will be hosted at Lakeridge High School in a showcase weekend featuring SFU, ASU, Chapman and Oregon.

Following a tough stretch of OOC games, the Clan returns home for the final time of the regular season to face divisional opponents Oregon State on April 10, before hosting long time PNCLL rival, Oregon for Senior Appreciation Day, on April 11.

Fraser will close the regular season on the road with two additional conference games versus University of Montana in Missoula on April 16 and University of Washington at



Eastlake High School in Sammamish, WA on April 18.

A quick review of the opponents on the 2010 Simon Fraser schedule includes many of the MCLA's top programs. Fraser will play both teams that advanced to last year's MCLA Division I National

Championship Finals (Michigan/Chapman) as well as the 2009 (BYU/Colorado) and the 2008 (Arizona State) MCLA Division I Semi-Finalists. They will also face-off against three other

2009 MCLA Tournament teams (Colorado State, Cal Poly and Oregon) and one other opponent that finished the 2009 season ranked in the MCLA's Top 20 (Michigan State).

Simon Fraser posted a 14-1 record and defeated Oregon 11-7 to win their second straight PNCLL Conference Championship in 2009. SFU climbed as high as No. 2 in the CollegiateLAX Top 25 Poll before entering the MCLA National Championship as the No. 6 seed where they would fall in overtime 15-14 to No. 3 Chapman in the Quarterfinals. The Clan will carry a 19-game regular season winning streak into the 2010 season, during which Fraser will celebrate its 15th anniversary of the program.

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Lacrosse the Country

Toronto Nationals Finish Inaugural Season On Top With Championship Win

Shawn Williams scores game winner and Merrick Thomson named game MVP



By: Toronto Nationals

Meeting each other for the fourth time this season, the second seeded Toronto Nationals and the top seeded Denver Outlaws faced off against each other for a final time in 2009 in Annapolis, MD. Fans at the Navy-Marine Corps Stadium saw the Nationals take the game 10-9 and win the 2009 New Balance Major League Lacrosse (MLL) Championship for their inaugural season.

Toronto opened the scoring a minute into the game on a breakaway goal from Nick O'Hara, giving the Nationals a positive start to a game that would test the fitness of both teams who each played intense tight games in the semi-final matchups. The Nationals secured a place in the Championship after scoring five of the last six goals of the game for a close 14-13 win over the Long Island Lizards.

Denver answered back early on with midfielder Josh Sims putting the Outlaws on the board and that would be it for the Outlaws in the first quarter as Nationals goaltender Doc Schneider stopped a number of Denver shots to keep the scoring low.

John Grant Jr. gave Toronto a one goal lead with his first playoff goal on a behind the head shot past Outlaws goaltender Jesse Schwartzman finishing out the quarter 2-1 in favour of the Nationals.

Nationals' attacker Jeff Zywicki scored to begin second quarter action before the Outlaws responded almost immediately when Matt

Brown beat Schneider in front of the net bringing the score to 3-2. Brendan Mundorf tied the game at three a piece a minute later and the Outlaws took the first lead of the game at 4-3 after Brian Langtry scored on a power play.

Mundorf put another past Schneider for Denver before Zywicki scored his second of the game bringing the score within one and the first half came to end with Denver holding the lead at 5-4 and both Schwartzman and Schneider recording 10 saves each.

Second half starting goaltender Brett Queener, who didn't appear in the semi-final game made his first save of the playoffs early to open the third quarter and Merrick Thomson evened the score at five with a diving goal just outside the crease.

Jeff Sonke gave Denver the advantage scoring on Queener seven minutes into the third followed by another Outlaws goal from Mike Ward, his first goal of the season. Zywicki recorded a hat trick for the Nationals with his fourth goal of the playoffs followed by another Toronto goal from Thomson to tie the game once again at 6-6. The tie was short lived once Mundorf scored his third of the game for Denver with just under a minute left and the third quarter ended with the Outlaws ahead by one, 8-7.

Grant Jr. took one to the net and scored his second goal of the game unassisted and heated up a vocal Schwartzman to begin the final quarter of the Championship game in a tie. Sims scored for the Outlaws on a powerplay before Shawn Williams secured another goal for Toronto assisted by Zywicki with just under



Toronto Nationals are the 2009 MLL Champions in their Inaugural season.

five minutes remaining in the game to tie it at 9.

With :45 seconds remaining, Williams cut toward the crease after a pass from semi-final game MVP Joe Walters and scored another huge goal for Toronto. That would be all the Nationals needed to win the game with a 10-9 defeat over the Denver Outlaws and hoist the Steinfeld Cup for the first time.

2009 MLL Defensive Player of the Year Brodie Merrill was the first to raise the trophy after the game. This is the third championship for the defender but the first time he's been presented the Steinfeld Cup as captain.

"It's a pretty special experience to get it, I'm very humbled by it," said Merrill earlier this week before heading to Annapolis, MD. "The fun part will just be enjoying it with the entire

team. We are very team oriented, and this is what we worked towards".

Attacker Jeff Zywicki would lead the Nationals in points with four on three goals and one assist and was joined by major contributions across the board for Toronto. John Grant Jr, Merrick Thomson and Shawn Williams each contributed two goals and Nick O'Hara with one. Thomson was also named the game's Bud Light MVP.

Brendan Mundorf led the Outlaws offence with three goals followed by Josh Sims who scored twice.

Goaltender Brett Queener recorded the win saving 11 of 15 shots in the second half and Doc Schneider held Denver to just five goals in the first half saving 12 of 17 goals.

The Nationals finish the season with a 9-5 record as Major League Lacrosse Champions.

Team Canada Men Pick Top 30



Team Canada defender Brodie Merrill (#32) battles for a ground ball at the final selection camp.

By: LacrosseTalk Staff

Over the Canadian Thanksgiving long weekend, 55 Team Canada hopefuls took to the field at St. Michael's School in Toronto in their bid for a position on the 2010 Team Canada Men's Field Lacrosse team.

The talent at the selection camp was the best in years with every athlete showing up in shape with a deep knowledge of field lacrosse. All



camp attendees have been exposed to a high level of collegiate lacrosse in the NCAA; professional lacrosse in the NLL and MLL as well as summer Senior A lacrosse in the WLA and MSL.

The camp entailed two-a-day intra-squad

scrimmage games and exhibition matches versus a top 10 Division 1 lacrosse program, the University of Notre Dame.

Team Canada split their squad and played two full exhibition games at Orchard Park High School near Buffalo, New York. After a slow start and all the players getting acclimated to each other in a game situation, the

Canadians proved to be too much for the Fighting Irish winning both games 12-9 and 11-7 respectively.

Thirty of the top lacrosse players were identified for the Team Canada roster as follows:

Attack: Garrett Billings (University of Virginia, Burnaby, BC), Matt Brown (University of Denver, Burnaby, BC), John Grant Jr. (University of Delaware, Peterborough, ON), Zack Greer (Duke University/Bryant University, Whitby, ON), Kevin Huntley (Johns Hopkins University, Baltimore, MD), Stephen Keogh (Syracuse University, Toronto, ON), Merrick Thomson (University at Albany SUNY, Hamilton, ON) and Jordan McBride (Stonybrook University, New Westminster, BC).

Midfield: Mac Allen (Bishop's University, Toronto, ON), Daniel Dawson (Boston Blazers, Oakville, ON), Rhys Duch (Stony Brook University, Victoria, BC), Jordan Hall (University of Delaware, Surrey, BC), Adam Jones (Canisius College, Owen Sound, ON), Ryan McClelland (Colgate University, Brampton, ON), Gavin Prout (Loyola College, Whitby, ON), Kevin Ross

(Canisius College, Toronto, ON), Billy-Dee Smith (Buffalo Bandits, St. Catharines, ON), Geoff Snider (University of Denver, Calgary, AB), Shawn Williams (Brock University, Oshawa, ON) and Mark Steenhuis (Buffalo Bandits, St. Catharines, ON).

Defense: Curtis Manning (Simon Fraser University, New Westminster, BC), Brodie Merrill (Georgetown University, Orangeville, ON), Patrick Merrill (Mercyhurst College, Orangeville, ON), Phillip Sanderson (Toronto Rock, Orangeville, ON), Jonathon Sullivan (Brock University, St. Catharines, ON) and Matt Vinc (Canisius College, St. Catharines, ON).

Goal: Chris Sanderson (University of Virginia, Orangeville, ON), Bradley Conlon (RIT Tigers, Nepean, ON), Angus Dineley (Canisius College, Toronto, ON) and Evan Kirk (Hobart, Orangeville, ON).

Team Canada will defend their 2006 World Championship at the FIL 2010 World Lacrosse Championships in Manchester, England July 10-24, 2010. For more information visit the Team Canada website at teamcanadalacrosse.com.



Ilija Gajic - 2009 WLA draft #1 pick and 2009 NLL draft #2 pick.

By: *LacrosseTalk Staff*

The 2009 National Lacrosse League Entry Draft took place September 9, 2009 in Buffalo, New York. Rochester Knighthawks held the first two selections in the 2009

Entry Draft and wasted no time picking Syracuse University graduate Sid Smith as the first pick and Denver University and New Westminster Salmonbellie, Ilija Gajic second overall.

Gajic was a top pick not only in the NLL Entry Draft, but was the number one selection in the Western Lacrosse Association draft. Gajic was selected by the Langley Thunder then later dealt to the New Westminster Salmonbellies. Six of the twelve first round selections played Junior lacrosse in BC. Ilija Gajic, Cliff Smith, Alex Gajic, Garrett Billings, Joel Dalgarno and Stephen Leblanc rounded out the BC talent in the first round. An interesting side note, all but one

of these first-rounders played for the BC Junior Lacrosse League's Burnaby Lakers.

The 2009 NLL Entry Draft by round were as follows:

FIRST ROUND: 1. Rochester - Sid Smith - Syracuse University; 2. Rochester - Ilija Gajic - Denver University; 3. Minnesota - Zach Greer - Bryant University; 4. Colorado - Cliff Smith - Denver University; 5. Colorado - Alex Gajic - Denver University; 6. Toronto - Garrett Billings - University of Virginia; 7. Toronto - Joel Dalgarno - Ohio State University; 8. Boston - Max Seibald - Cornell University; 9. Edmonton - Corey Small - University at Albany; 10. Buffalo - Kyle Clancy - Peterborough, ON; 11. Toronto - Stephen Leblanc - Queens University; 12. Edmonton - Scott Tinning - Brampton, ON. SECOND ROUND: 13. Washington - Matt Beers - Coquitlam, BC; 14. Edmonton - Dane Stevens - Brampton, ON; 15. Buffalo - Chris Corbeil - Brampton, ON; 16. Philadelphia - Bobby Snider - Bellarmine University; 17. Colorado - Brad Richardson - Denver University; 18. Rochester - Holdon Vyse - Six Nations, ON; 19. Orlando - Dan Hardy - Syracuse University; 20.

Boston - Matt Abbott - Syracuse University; 21. Buffalo - Steve Priolo - St. Catharines, ON; 22. Orlando - Michael Evans - Johns Hopkins University; 23. Washington - Erik Sage - Victoria, BC. THIRD ROUND: 24. Washington - Ben Hunt - University of North Carolina; 25. Edmonton - Brett Mydske - New Westminster, BC; 26. Philadelphia - John Glynn - Cornell University; 27. Calgary - Carlton Schuss - Delta, BC; 28. Rochester - Brendan Doran - Brampton, ON; 29. Washington - Rhys Jones - Victoria, BC; 30. Washington - Ray Hodgkinson - Burnaby, BC; 31. Toronto - Damon Edwards - Orangeville, ON; 32. Colorado - Shaun Dhaliwal - Burnaby, BC; 33. Boston - Scott Kahoe - Syracuse University; 34. Rochester - Ryan Hoff - University of Notre Dame. FOURTH ROUND: 35. Colorado - Ryan McFadyen - Duke University; 36. Minnesota - Kevin Colleluori - Colgate University; 37. Philadelphia - Peet Poillon - UMBC; 38. Boston - Matt Messina - NYIT; 39. Buffalo - Zac McIlmoyle - Peterborough, ON; 40. Philadelphia - Mike Timms - University of Virginia; 41. Orlando - Kenny Nims - Syracuse University.

FIFTH ROUND: 42. Edmonton - Geoff McNulty - St. Catharines, ON; 43. Toronto - Anthony Lackey - Orangeville, ON; 44. Minnesota - Cody Johnson - Onondaga Community College; 45. Philadelphia - PT Ricci - Loyola College; 46. Colorado - Ben Davies - New Westminster, BC; 47. Rochester - Dan Groot - University of Maryland; 48. Edmonton - Shane Lopatynski - Edmonton, AB; 49. Washington - Chris Taylor - Georgetown University; 50. Orlando - Ryan Learn - Burlington, ON; 51. Calgary - Garrett Werschke - Calgary, AB. SIXTH ROUND: 52. Edmonton - Craig Zeeh - Kitchener, ON; 53. Toronto - John Quarrie - Orangeville, ON; 54. Minnesota - Matt Kelly - University of Virginia; 55. Colorado - Neil Tyacke - New Westminster, BC; 56. Colorado - Rocco Romero - Cornell University; 57. Rochester - Brandon Corp - Colgate University; 58. Washington - Chris O'Dougherty - Rutgers University; 59. Boston - Mike Stone - Middlebury College; 60. Buffalo - Matt Freedman - Canisius College; 61. Orlando - Ryan McCafferty - Elizabethtown College; 62. Calgary - Casey MacIntyre - Calgary, AB.

New CLA Technical Bulletins - Facemasks, Goaltender Gear and Nets



Technical Bulletin 09-01 (Facemask Standards EFFECTIVE January 1, 2010)

In response to delays in testing by the Canadian Standards Association (CSA) of lacrosse facemasks, the Canadian Lacrosse Association's (CLA) Board of Directors have agreed that the requirement for CSA approved lacrosse facemasks be delayed until the 2012 season and the current masks available and being produced be permitted for both the 2010 and 2011 season.

Manufacturers have agreed that once CSA testing begins, expected to start in early in 2010, only masks produced to that standard will be made.

What this means for parents and players is that any masks currently available for purchase, or those that were purchased in the last few years, can be used until January 1, 2012. It is believed that CSA approved lacrosse facemasks will enter the market in late 2010 in time for the 2011 season which will be considered a transition year.

Starting on January 1, 2012 the following policy, as listed in the CLA Operations, will take effect in regards to helmets and facemasks:

- 12.4. Helmets & Facemasks
 - 12.4.1. Lacrosse is a sport with intrinsic hazards and participation in the sport implies the acceptance of some risk of injury. When used as intended for lacrosse and in accordance with the manufacturer's fitting instructions, the use of the helmet certified under these standards is intended to reduce the frequency and severity of head injuries.
 - 12.4.2. For Box and Men's Field Lacrosse, all players are required to wear a helmet which must meet either of the following standards:
 - 12.4.2.1. A National Organizing Committee for Safety in Athletic Equipment (NOCSAE) approved helmet and facial protector, approved as a complete unit, for lacrosse.
 - 12.4.2.2. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for lacrosse.
 - 12.4.2.3. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the

- appropriate CSA approved facemask for hockey with the following exceptions:
 - 12.4.2.3.1. The facemask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball or the head of the stick from touching the face of the wearer.
 - 12.4.2.3.2. The facemask must be finished so that it does not create a risk of injury to the wearer or another person when it is used as it is intended.
 - Technical Bulletin 09-01 (Goaltender Equipment Standards)
- The following technical bulletin is your final notice that effective April 1, 2010 the following goaltender equipment specifications will take effect for Junior and Major.
 - CLA Goaltender Equipment Specifications for CLA Goaltender Equipment Standard (3) for ages (16 + years) in the Age Division (Senior & Junior): Chest & Arm Protectors – Maximum width of padding outside of arm on each side (4 inches); Maximum width of arm padding (8 inches); and Maximum thickness above shoulder plane (3 inches). CLA Goaltender Equipment Specifications for CLA Goaltender Equipment Standard (3) for ages (16 + years) in the Age

- Division (Senior & Junior): Shin Guards and Pants – Shin guard maximum width below knee (tapered from 9 inches to 7 inches); Shin guard maximum of knee cap (11 inches); and Pants maximum thigh width (11 inches).
 - Technical Bulletin 09-03 (Box Lacrosse Net Specifications)
- The following technical bulletin is to inform you that effective January 1, 2012 all Box lacrosse nets will need to be purchased from Canadian Lacrosse Association (CLA) Approved manufacturers who have met the net specification standards as approved by CLA Board of Directors.
 - The CLA Equipment Review Committee has developed testing procedures and protocols based on the approved net specifications. Approval is open to all manufacturers and those wishing to become CLA Approved net manufacturers should contact the office at:
 - Canadian Lacrosse Association, 2211 Riverside Drive, Suite B-4 Ottawa, ON K1H 7XS
 - Should you have any questions in regards to these bulletins, please contact the CLA Office at info@lacrosse.ca or at 613-260-2028.

The NLL Is Upon Us - West A Key Cog

By: *Teddy Jenner*

It's that time again laxaholics. Everywhere you look signs of what's to come. As soon the colourful glittering lights go up on the eaves, the holiday tunes bombard you everywhere you go and the headaches begin it can only mean one thing. You got it; the NLL season is just around the corner. And in 2010, right around the corner is exactly where the NLL will be for many of us in BC.

The 2010 season has the Washington Stealth making its debut in the league and it's a promising sign to see the elite league remaining on the west coast and so accessible to Canadians. The team relocated from San Jose and features such WLA friendly names like Matt Roik, Tyler Richards, Cam Sedgwick, Rhys Duch and newly acquired Lewis Ratcliff, Tyler Codron and Joel Dalgarno, just to name a few. The Stealth continues in the very competitive west division and is looking to carve a stronger foothold in the Pacific Northwest. With The Comcast Arena in Everett only a quick two hour commute from Vancouver, I expect quite a few BC based fans at the games

and that alone should help give the team a solid base. The BC flavour in the NLL won't solely be due to the fans in Everett. This year's NLL entry draft saw a large number of BCJALL and WLA players chosen very high up and many of them are looking to make an immediate impact. Out of the top twelve picks in this year's draft, half played the summer season in BC. Coming off a dramatic seven game Mann Cup series with the New Westminster Salmonbellies, Ilija Gajic was selected 2nd overall by the Rochester Knighthawks and after that, the western invasion continued. Fellow New West teammate Cliff Smith and the youngest of the four Gajic brothers, Alex, are heading to Colorado. Since the draft took place, Ilija Gajic was traded to Colorado in a blockbuster deal involving long time Mammoth Captain Gavin Prout, in turn reuniting all three lacrosse playing brothers- Nenad, Ilija and Alex. Maple Ridge Burrard and Ohio State two way monster Joel Dalgarno was taken by the Toronto Rock 7th along with Langley Thunder teammates Garrett Billings and Stephen Leblanc, cho-

sen 6th and 11th overall respectively. As you can tell the BCLA continues to play a major role in the growth of the NLL and this year's draft class could be one of the best ever and if the BC boys have anything to say about, the Rookie of the Year award could very well be staying out west. All the action gets under way starting the second weekend in the New Year with five games on the opening weekend. If you are a Toronto Rock fan you will be even happier this year. Thanks to some solid persuasion by the new Rock ownership group, they have landed nine of their games on TSN2. While you may not get that channel as part of your regular cable package, it does mean you can go to a friend's house or your local watering hole to check out live NLL action. First on the Rocks list, Anthony Cosmo, Dan Dawson and the rest of the Boston Blazers, January 9. Before we return you to your regularly scheduled broadcast, I've got to give a huge shout out to the New Westminster Salmonbellies and the Brampton Excelsiors. For seven nights in September they gave Jake Elliott, myself and

thousands of lax fans all across Canada heart attacks night after night! Being able to call what many are claiming as the best Mann Cup series of all time, from the most historic barn in Canada was a dream for the two of us and while Jake needed a lifetimes worth of Halls, I tossed and turned night after night reliving the crazy action in my head. To go seven games with the final being decided in overtime was only fitting as both teams played every game the only way they knew how- Full tilt, going to the wall for their teammates. Thanks to everyone at Grump Media, Bill Hicks and all the great fans that tuned in to watch, plus all the fans that packed Queen's Park for each game. The Excels won on that insane fall night but the sport of lacrosse was the real winner. The world is getting ready to watch this game explode. It's only a matter of time. Lacrosse is making bigger and bigger sparks each week. Internet exposure, TV deals, webcasts and continued media attention only fan the flames. Get ready lax fans, the drought is almost over, its lacrosse season again!

Brock Badgers Win 2009 CUFLA Finals



Photo: Brock U. Athletics

Brock player jumps for joy after goal in CUFLA lacrosse action.

By: Ryan McGrath

The Quality of Our Game: McGill has contributed to the vision of CUFLA in many ways. Facing the challenge of high entry grades and a small local lacrosse community, McGill developed a strong program by opening new recruiting markets. At present McGill lists 22 American-born players. Coach Murdoch’s dedication to winning also led him to introduce full season lacrosse training and exhibition games outside the CUFLA schedule.

McGill had a miserable game against Brock in this year’s semi-final at Raven Stadium. They entered the final four as second seed in the east as a result of dropping two season games to number one Trent. This earned McGill a match up with Brock. Some liked this pairing since McGill had defeated Brock in last year’s semi-final, but this was a different Brock team. They went through a tough west division undefeated.

After the 13-4 defeat, a very disappointed coach Murdoch simply explained, “They beat us in every aspect of the game. What can I say?”

Their tenacity at every check and every ground ball wore down most teams. When McGill hesitated, Brock attacked. When McGill missed, Brock scored. McGill could explain the first half 5-1 score as a “slow start”. They held the gap to 7-2

in the third but then things fell apart in the fourth quarter, as the Badgers took advantage of every Redmen mistake.

The game was a mirror image of McGill’s victory last year. Brock got their revenge. If there is something we should learn from this rivalry it’s the quality of our game. McGill is not a push over. In spite of the score, McGill has a great program. McGill’s ranking speaks clearly to the quality of the teams still ahead of them and the high level of competition in the rest of the league.

Trent Should’ve: The Trent Excalibur has won the East conference two years in a row, and have dropped the semi-final game to the second seed from the West both times. This year’s loss to McMaster was particularly bitter after holding a two goal lead in overtime.

This year Trent bolstered an already solid squad with the addition of Chad Evans, the top scoring attackman from Brock. Evans led the Trent scorers (27G, 21A). Mack O’Brien (26G, 16A) didn’t lose too many opportunities to Evans and all star midfielder Josh Wasson followed up with 18 goals. Trent’s big three worked in a most effective stack offense.

Trent’s supporting casts are also a tough hard working crew. Their poles are aggressive and can move the ball easily; midfielders are tough and can finish when the opportunity arises and their goalie Calvin Thomas makes big saves at crucial times.

Throughout the second quarter of the semi-final Trent toyed with Mac. They won draws and ground balls. They settled the game and scored using their stack play. Trent 5 Mac 1: Mac made adjustments and fought back in the second half. Trent continued to play hard throughout the contest and with two minutes to go in the second overtime they held possession with a one goal lead.

Joe Stanley scored Trent’s ninth goal to take a two goal lead which should’ve been the icing on the cake. Mac scored the next two goals with 39 seconds left and their last goal with only 5 seconds remaining to tie the game and take it to sudden death. A Trent penalty gave Mac a man up and the ball to start the OT and they made short work of it.

Trent should have won the game and moved to the final. “Should haves” and “Could haves” keep us coming back. Players and coaches might look back and point to penalties, draws or loose balls as the turning points, but the irony to this game is the second overtime goal was their tragic flaw.

Mc Master’s Big Step: McMaster hosted the Baggattaway Cup in 2008, but didn’t get on the

field, after losing their conference playoff to Brock. Mac had the best defensive team in the league, but lacked the scoring punch to be a contender.

Fast forward to the 2009 playoff; Mac was down 7-1 to the defending champs, Guelph. The Marauders mounted a comeback against a quality opponent, the likes of which they had never done before. They outscored the champs 9-1 in the rest of the game, and went on to the final four with a 10-8 victory.

Jump to the second half against Trent. After Mac scored the first goal, Trent dominated the second quarter to take a 5-1 lead. They controlled the ball and their offense was working, but Mac clawed back again, tied the game and won in the sudden death third overtime period.

The Mac scorers finally found their touch in this year’s playoff run. Third year attackman Kevin McCrory scored 7 regular season goals and 11 in the playoffs; Gavin Barrie 7 goals in the season and 5 in the playoffs and Dan Lapanensee, 4 goals all season and 3 goals in the playoffs. The late contributions of Joey Cupido and the emergence of freshman Carter Williams as the team’s leading scorer have brought the Marauders to a new level.

Mac’s third come-from-behind victory was denied by the immovable force from Brock. Brock earned their 12-11 win and yet another championship, but the McMaster program took a significant step forward.

Brock Again: Brock lost several seniors including their number one scorer; the entire coaching staff retired, so there was little continuity to the program. Justin Kennedy stepped up in August and with the help of assistant coach Clem D’Orazio and manager Danielle Smith, lead the Brock Badgers to an undefeated season and their 18th CUFLA Championship.

Brock has had five head coaches, and all five have won the championship. John Mouradian (86, 89,90); Tim Sawicki, (91-93); Marty Cooper (94, 96, 97-99); Dan Poulin (02-07); and Justin Kennedy (2009).

Some say it is talent, but at the beginning of this season, Brock was not considered the most talented team in the league.

Brock has had some of the best and most experienced coaches in CUFLA and with support from their athletic department; they have led the way in strategy and preparation. Yet, other programs have caught up and perhaps surpassed Brock in both areas with much more experienced coaching staffs.

So how did Kennedy do it?

Put simply, Brock scored more goals. They were the best finishers, produced goals from unsettled situations and made opponents pay for mistakes. They won important face-offs and ground balls. Their aggressive play challenged their opponents to elevate their game. Brock had leadership on the field with seasoned Seniors who know how to win. When you play or coach at Brock you expect to win. Congratulations to Justin Kennedy, Clem D’Orazio, Danielle Smith and the Brock Badgers for doing it again.

On December 8, 2009, The Canadian University Field Lacrosse Association announced student-athlete selections for the 2009 All Star teams. Eleven of CUFLA’s twelve teams were represented.

All Canada West on Attack: Mike MacLeod, Brock; Carter Williams, McMaster; and Justin Wilson-Kirby, Guelph. Midfield: Dustin Dunn, Brock; Glenn Bryan, Laurier; and Scott Fitchett, Guelph. Faceoff Specialist: Paul Ryan, Guelph. Defensive Midfield: Mike Holder, Laurentian. Long Stick Midfield: Brad Galante, Guelph. Defense: Jon Harnett, Guelph; Mike Gillan, Guelph; and Eric Pitre, Western. Goalkeeper: Marc Nano, Western.

All Canada East on Attack: Corey Fowler, Carleton, Chad Evans, Trent and Alex Kruse, McGill. Midfield: Raj Wasson, Carleton; Josh Wasson, Trent; and Mack O’Brien, Trent. Faceoff Specialist: Jake Winn, McGill. Defensive Midfield: Brendan Gibbs, Queen’s. Long Stick Midfield: Ryan MacDonald, Carleton. Defense: Wayne Punchak, Carleton; Brendan Farrer, McGill; and Mark Kingston, Bishop’s. Goalkeeper: Calvin Thomas, Trent.

Ontario Sweeps Sr. Men’s Field Nationals

By: LacrosseTalk Staff

Over Thanksgiving weekend six teams from across Canada competed for the 2009 Ross and Victory Cups. Six Nations, Calgary, Wakefield, Tri-City, Ladner and Burlington battled for Senior field lacrosse supremacy in Mississauga, Ontario. The weekend was chalked full of exciting lacrosse match ups. Six Nations (6-0), finished first overall met the second place Ladner Pioneers (4-2) in the gold medal final game.

Six Nations started off quickly scoring in the third minute taking a 3-1 lead after one period. Five minutes into the second frame Roger Vyse netted 2 goals in a span of 2:53 while Ladner could only counter with one goal for a 6-2 Six Nations lead at the half.

Pioneers’ Trent Smalley scored in the first minute of the third to draw within three, but Craig Point and Stu Montour took the game out of reach at 9-2 before Carlton Schuss ended the quarter with a last second goal to make the score 9-3 after three periods. Smalley again tallied right off the faceoff but the hometown

Six Nation squad was too much for Ladner winning the 2009 Ross Cup 11-6. The Burlington Lakers avenged a round robin loss to Calgary to win the 2009 Victory Cup with a 15-10 victory. Having looked lackluster in the round robin match up versus Calgary, the Burlington Lakers won a see-saw battle in the Victory Cup final to avenge their earlier loss. Led by Ryan Flippance, with 5 goals and 2 assists, and Brenden Thenhaus mirrored with his own 2 goal, 5 assist show, including the game winner in the final quarter. The tandem of Serge Bianchin and Chris Cote between the pipes were solid all weekend.

The Tournament All-Star Team was: Goalie: Joey Johnson (Six Nations); Defense: Tom Montour (Six Nations), Isaiah Kicknosway (Six Nations) and Aaron Zader (Ladner); Midfield: Callum Crawford (Wakefield), Tyler Pridham (Calgary) and Brendan Thenhaus (Burlington); Attack: Francis Dostie (Wakefield), Mike Shaw (Burlington) and Justin Hawksbee (Tri-City). The overall Tournament MVP went to Wakefield’s Francis Dostie.



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Lacrosse Fitness 101: Sprint Before You Run

By: Jeff Cathrea

Most people would agree that running and speed are both vital components to the athletic performance and success of a lacrosse athlete. But too often, athletes and coaches overlook the importance of sprint technique or linear speed, which is simply the combination of these two vital athletic attributes.

It is important to remember that linear speed is classified into two components; acceleration and top end speed. Acceleration is defined as the rate of change of velocity, athletically speaking, acceleration is an athlete's ability to switch gears on their way into their top speed. Top speed is simply an athlete's maximal speed that they can maintain. Therefore in order to truly train for linear speed, an athlete must first focus on each of these two phases separately, then on the coordination of acceleration with speed before truly achieving one's full top end velocity.

As stated in my previous speed articles, the most effective way to train acceleration revolves around speed, agility and quickness (SAQ). SAQ drills are exercises that train the neuromuscular system to activate your fast twitch muscle fibers. Remember, your nervous system needs conditioning the same way your muscular system or

aerobic system needs training and performing these SAQ drills are the most effective way to work on one's acceleration. When training for sprint speed, it is important to train your body for linear acceleration and speed, therefore all drills should be designed for with forward movement in mind. (This is not to say that any lateral, backwards or zig-zag type of movements are not effective for performance, but these particular movement planes are not specific to linear speed).

Improving upon top speed lies primarily with understanding the correct technique for sprinting. One of the most common things I work on with my athletes is teaching them the difference between running versus sprinting. Running is the act of rapidly picking up your feet while trying to get from point A to point B. Sprinting in turn is a maximal effort version of running which involves a full body coordination of arm swings, combined with high knee drives, explosive hip extension and core activation. To further illustrate this, visualize Usain Bolt running the 100m sprint event and compare that to watching a lacrosse player run up and down the field.

Improving sprint technique is analogous to perfecting a golf swing; once the technique is correctly learned and reinforced, the body becomes

more biomechanically efficient at performing the series of moving pieces and thus translating into improved performance. Sprint technique can be effectively trained within a sequence of drills focused around the ABC's of sprint mechanics. These ABC's are drills which separate each component of the sprint movement (hip extension, hip flexion, bounding, and arm swings). These drills are initially introduced with the emphasis on perfect technique, then over time once this technique is perfected, the speed and velocity of the drills can be increased.

The final phase of linear speed training would be selecting drills which integrate the acceleration phase into the advanced sprint mechanics with velocity. This can be creatively done with the use of elaborate equipment such as high velocity speed treadmills, speed parachutes, weighed vests, elastic tubing or an can be done simply with an empty field or open track.

Whichever methods you choose, remember to select drills and exercises in the correct order of progression while keeping the golden rule for developing speed and quickness; "In order to get fast, you must train fast." This may sound very simplistic (and it should), however, many athletes fail to adopt this strategy while speed training.

Following this recipe for linear speed should provide a real advantage to your lacrosse game by allowing you to sprint past your running opponents and killing your competition with linear speed.

Lacrosse specific sprint programs begin in January 2010. Sign up today as spaces are limited. For more details visit www.catch22lax.com or call 604 291-9941. Remember, don't just train...La-X-Train!

Dalhousie 2009 MUFLI Champs



Dalhousie Tigers celebrating the 2009 MUFLI title

By: LacrosseTalk Staff

The Dalhousie Tigers and St. Francis Xavier X-men played a hard fought battle in front of their hard core fans on November 8th on Raymond Field at Acadia University. The Tigers repeated as MUFLI Champions by a score of 8 to 6. Championship Final Game scorers included: Dalhousie Tigers 8-Duncan Smith (4G), David Gagnier (2G), Stephen Fyfe (1G) and Mike Zanyk (1). St. Francis Xavier X-Men 6-Ben Mills (2G), Ryan Evoy (2G), Drew Mitchell (1), and Chris Foren (1).

Most Valuable Players for Dalhousie were Defensive MVP Mike Cowan and Offensive MVP Duncan Smith and for St. FX X-Men, Defensive MVP John MacEachern and Offensive MVP Ben Mills.

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National Rankings

(2010 New Season Ranking)

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

- 1 Orangeville Northmen
- 2 Coquitlam Adanacs
- 3 Six Nations Arrows
- 4 Victoria Shamrocks
- 5 Peterborough Lakers
- 6 New West Salmonbellies
- 7 Akwesasne Indians
- 8 St. Catharines Athletics
- 9 Burnaby Lakers
- 10 Calgary Raiders

