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 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.

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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By: LacrosseTalk Staff

The BC Lacrosse Association has been ac-
tively developing lacrosse programs in Abori-
ginal 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 Asso-
ciation. The targeted areas included Nisga’a,
Terrace, Kitimat, Prince Rupert, Hart-
ley 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 ses-
sion included a brief lesson in the history of
lacrosse, skill development and drills and con-
ceded with information on the benefits to con-
tinue 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 partici-
pated.

Gitwinksihlkw Elementary was the site of
the second session where 100 students were
run through the skills. With the help of a lo-
cal 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, Las Kesan Elementary (Prince
Rupert) and Conrad Elementary hosted four
sessions for 120 students of avid lacrosse new-
comers.

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

All of the equipment used was left as a lega-
cy 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.

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 stu-
dents who had graduated.

The next day the development program
hit Massett on the Queen Charlottes at
Sk’aadga’a/Nayu 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 de-
velopment session for 118 students with some
interesting assistance. A local police officer
welcomed 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 intro-
duce the sport of lacrosse to over 500 students,”
mentioned Baxter. “It gave me great joy to
leave the legacy of equipment for the continua-
tion 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 devel-
oping sport around BC.

The BC Lacrosse Association coach Terry
Monture as the local key instructor. Terry has
been involved in Lacrosse 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 programs.

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. Con-
nor 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 over-
whelming 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, thor-
ough and informative,” stated Cassie Hall VP
Pam Kowinsky. “The students were thrilled
with this opportunity and really want to con-
tinue.”

Two other sessions were held in Terrace with 120 students at Tanaka 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.

“There is interest (students) and mine has defi-
nitely been sparked,” said Mount Elizabeth PE.
Coordinator Sue Dobbins.

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

“My most memorable moment was receiv-
ing 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 I 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 pass-
ion for sport for years to come.”

This has been a great experience for the
BCLA and the Northern BC Aboriginal Com-
munities. 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

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 as-
sistance 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 pro-
gram sanctioned by the BC Lacrosse Associa-
tion.

In the spring of each calendar year, the Board
of Directors of the Foundation will consider ap-
plications received from teams and individual
athletes to award grants for the general devel-
opment 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 assist-
dances 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 Foun-
dation on or before May 31st of each calendar
year to be considered by the Board of Direc-
tions 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
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 1⁄2 years ago on the Squamish Nation Reserve, they have quickly established themselves as a must-see Vancouver band, playing more than a dozen 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 Thomsen, 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. “Afer 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.

A Bitterly Divine Lacrosse Story

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 lacrosse player. No stranger to the sport of The Creator, Bitterly Divine isn’t 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.

“Plan to have the game 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 over all 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:

A Bitterly Divine Lacrosse Story

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.centredesktop.com/bcla/doc/1928210/w-Formfield

Athletes that are chosen to the Summer Games team will be eligible for the Team BC Midlets (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 10 to participate in 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 Techni cal Director, Darcy Rhodes, at 604-421-9755 (Ext. 2) or email: darcy@bclacrosse.com

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.centredesktop.com/bcla/doc/1928210/w-Formbox

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.centredesktop.com/bcla/doc/1928210/w-Formfield

Pee Wee and Bantam Nationals are scheduled for August 1-7 in Whitecourt with the Female Bantam event August 6-7. 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.centredesktop.com/bcla/doc/1928210/w-Formbox
The British Columbia Lacrosse Association (BCLA) held the Annual General Meeting October 16-18, 2009 in Whistler. 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 Caveman” 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 proved to be a rock solid event. In the light of the feedback from players, coach’s, officials and the BC Lacrosse community. It provides a lacrosse trade fair allows us to interact and connect with the lacrosse community and make new business connections. The Lacrosse Fair displayers included: Big Kahuna Sport Company, Coastline Apparel, X-treme Sports Gear, Finist Sports Inc, Anacortes Hardware, Prestige Travel, Proloy Sportswear, RPM Interactive, Sport BC Insurance, Sportspah, Warrior Sports Canada, Washington Stealth Lacrosse Team and local retail newstore 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 who were passionate and motivated about the sport of lacrosse,” stated Levy’s owner and Coqickam Adams goofy Chris Levis. “It’s inspiring to see that the sport I’ve been involved with and loved for most of my 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 spurs back to life. “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 AGM,” 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 happy with a full stomach. Sport BC Insurance once again sponsored the breakfast every 3 years (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 Cave person theme was apparent as a huge dinosaur head welcomed guests at the entrance with rocks and caves décor around 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 hosted by the Grande Poobah, Dave Evans and his sidekicks: Barney Ruffle, Sport BC’s Pete Quevillon. The banquet crowd was entertained by a fire dancer, Dr. Livingstone, the Missing Link and the annual year-in-review DVD.

The 2009 BCLA Merit Award recipients were as follows: Ted Feddie Family Sport Award presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially – Francis and Zaha Kelby of Westminster; Senior A SalamonehPELLs; Hugh Gifford Merit Award (Box Lacrosse-accomplishments of instilling sportsmanship in their players, 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 the game in the past year; British Columbia’s Mr. or Mrs. Lacrosse) – Dan Richardson, New Westminster Salmonbellies Senior A; Ruth Stewart Merit Award (Box Lacrosse-award to recognize an individual at the local level for their voluntary, extraordinary contributions to an association or team) – Lisa Parrish, Chemainus 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 Rothbohner; Cowichan Valley; Jimmy Gunn Merit Award (Senior Official) – Terry Foold; Prince George; Jimmy Gunn Merit Award (Minor Official) – Derek Harris, Cowichan Valley; Jimmy Gunn Merit Award (Field Official) – Johnston Leslie, Campbell River; Field; John Cavallin Merit Award (Senior Coach) – Randy Delmonico, Langley Senior A Thander; John Cavallin Merit Award (Box Coach) – Michael Stevert, New Westminster; John Cavallin Merit Award (Field Coach) – Rob Seaton, North Okanagan; Art Duotou Merit Award (Box Lacrosse-award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially) – Bev Greaves, New Westminster; Danny Doan Merit Award (Field Lacrosse) – Jane Boutilier, PCPLL Mission; Dal Martin Merit Award (Trainer of the Year) – Michelle Beuneman, PC; Coquiam Junior B; Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) – North Okanagan Box Lacrosse Association; Minor Field Lacrosse Award (Minor Field Lacrosse Association of the Year) – North Okanagan Field Lacrosse; and the Irvine-Calder-Nevard Merit Award (a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship) – Windor Plywood (Campbell River Minor Lacrosse).

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

“The BCLA always energizes me and it feels incredible to be part of such a great sport,” mentioned Pumett. “When I saw I was nominated I immediately acknowledged and appreciated the recognition. I knew of women and people who are doing so much, and honestly, I didn’t win this award alone. We have an amazing board of directors in Cowichan and we have an incredibly energetic 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 the game 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 our 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).
January 2010
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LacrosseTalk
British Columbia Lacrosse Association

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. The 2010 season will offer new challenges and opportunities for the sponsors 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 the 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 as part of 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 Comfield.

“The Best Lacrosse Players in the World are now just over the border with the Washington Stealth! Come see British Columbia’s best homegrown lacrosse talent. Catch all the action at the Comcast Arena at Everett in January 2010!”

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- No Foreign Exchange Impact for Group & Season Tickets (As of July 28, 2010)

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2010 Washington Stealth Schedule

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*All Times Pacific*

"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.
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 goal tenders 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 four 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 goal total increased to 415, a difference of 257 goals. As far as personal stats are concerned, the goal total increased to 415, a difference of 257 goals.

Gary Stevens will be part of the 2010 inductation class being inducted into the Burnaby Sports Hall of Fame. Born in Vancouver in 1942, he grew up in North Burnaby. Although the increase in net size was brought forward to help goalies adjust to the next level of lacrosse, one can’t but notice the advantage for goal scorers; especially when the size increased, 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.”

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 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 players of all time. 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. 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.

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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.
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 personnel alike is one task; recruitment of officials is always a chore. I’d like to share 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 fairness and safety for all players and officials on the 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 may not agree, but it has never stopped me in the past to help others.

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 it lively.

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 Catlings), the BC Sports (1964 Catlings) and the BC Sports (2005 Catlings); 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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British Columbia Lacrosse Association

LacrosseTalk

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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 training 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.”

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.
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Team Canada visits PM in Ottawa

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 part 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 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 Reissig. 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, Seaview, 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 tournament. 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

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 also represented the BCLA well – the Selects with a 3 win and 1 loss record and the Stars finishing represented the BCLA well – the Selects with a 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Stars finishing 3 win and 1 loss record and the Selects finishing 3 win and 1 loss record and the Star Charles Best Blue Devils look to repeat as Senior Tier 1 Champs in 2010

Seaview, McNair, Handsworth and Samuel Robertson.

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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 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 a 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 in 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 unassisted play in front of approximately 200 fans at the Waterford School in Sandy, Utah.

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 offense. Senior attack Adam Foss, again lead the Clan charge, beating several Cougar defenders 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 Russell Thomas scoring off of a fast break feed from sophomore Ryan Hodge to close the Cougar lead to 3. BYU answered back before junior Chris Tessarollo made the score 8-5 on a Clan man-up. With both teams now playing with intensity, BYU extended their lead to 5 on 5 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 Bezaudenhout 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 Tessarollo 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 goalkeeper 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 goalkeepers, saw significant minutes for the Clan as Co-Head Coaches Jeff Catheau 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 powerhouse UC San Diego 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, 5a leading the way.

The Clan open the 2010 regular season at home versus Western Washington on Saturday, February 6 in Bumby, BC.

SFU goes 4-1 in Fall Ball

Congratulations to the New Westminster Salmonbellies for a tremendous run to the 2009 Mann Cup!

Mayor, Council and citizens of the City of New Westminster
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 (NCCP).

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 2006 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!
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 finishing the Arm- strong Shamrocks 11-8 in the B.C. Senior C Lacrosse Championships final before 350 fans at Nor-V al Sports Centre.

Port Moody claimed the Fred Doug Cup for the third time in six years, going 3-0 in a tour na- ment 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 former 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 be a great drive home.”

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

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 Peppe was unrelenting 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 Inchebucker Devin (Big Country) Rodgers, moved some center 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 the league. We’re not going to let 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 Teams 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,” said O’Leary, a 24-year-old welder who pulled the hat-trick to take Okanagan Spring Brewery game MVP.

“We buried it shell, we buried it low, we buried it top choice. We played Skull Teams 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 Polkinglehorn 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 all games, while Tanner Skolrood, Nathan Strohm and Stu Williamson also scored.

“We definitely stepped it up for the provincial champs,” 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.

Pounders provided the hat-trick, while Logan Strohm, Shaun Strohm and Andrew Hamilton each scored twice, and singles went to Keenan Bigby 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 tied games going out there and we had a bit more in the tank and pulled it off.”

Geoff Wray, Ryan Spengo, Kyle Tomnye and Dave Banister 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 Christ- mas 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 at Nor-V al Sports Centre, April can’t come soon enough. With a Minto Cup Tournament reduced to three teams when Prince George was a late cancellation.

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 Mimico 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 promoting 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 Adanacs’ 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.

We’ll see you down the road.
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 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 as Vancouver hosts the 2010 Winter Olympic Games to 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 Lake Oswego 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 14 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 Collegelax 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 their 15th anniversary of the program.
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 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 for a final test in 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 an MSL.

The camp started with training and practice on November 16, and the team travelled to Annapolis, MD on November 17 for the MLL Championship.

The team consisted of 30 players and 10 coaching staff.

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

It's that time again laxaholics. Everywhere you look signs of what’s to come. As soon as the colourful glittering lights go on for the 2010 season, the holiday tunes bombard you everywhere you go and the headaches begin to roll in.

The BC flavour in the NLL won’t be due to the lads in Victoria. Event! This year’s NLL Entry Draft saw a large number of BCJALL and WLA players chosen very high up and many of them are heading to Colorado. Since the draft took place, Jake Elliott, myself and many others have been checking out the New Westminster Salmonbellies and after that, the Western invasion continues.

The world is getting ready to watch this game on television and as the Mann Cup series continues, all of the time, from the most historic barn in Canada was a dream for two of us, and now we have a lifetime worth of Halifax. I turned night after night without relying the crazy rethinking in my head. To go 7 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 Grampa Media, Bill Hipp and all the others I have yet to watch, all the fans that packed Queen’s Park and thousands of lax fans all across Canada heart attacks night after night being able to call what мы скорость. It’s only a matter of time. Lacrosse is back! What a year it has been.

The NLL is Upon Us - West A Key Cog

By: Teddy Jenner

and that alone should help give the team a solid base.

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Ontario Sweeps Sr. Men's Field Nationals

By: Lacrosse Talk Staff

Over Thanksgiving weekend six teams from across Canada competed for the 2009 Rosco 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. The teams squared off in exhibition games outside the CUFLA schedule.

Six Nations had a miserable game against Brock in this year’s semi-final at Raven Raudium. They entered the final four as second seed in the east 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 chance.

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 importance of a good start. The first 20 minutes of the game was enough to clinch a berth to the final four.

In spite of the score, McGill has a great program. McGill’s ranking speaks clearly to the quality of the teams still alive, 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 semi-final 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 attacker from Brock. Evans led the Trent scorers (27G, 21A). Mark O’Brien (26G, 16A) didn’t lose too many opportunities to Evans and 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 agile and can move the ball easily, midfielders are tough and can finish when the opportunity arises and their profile. Kevin Thomas makes big saves at crucial times.

Throughout the second quarter of the semi-final Trent took over with Mac. They won draws and ground balls. The motif of 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 they’d be icing the game on. The Mac scored, Ontario’s 2009 Mac scored 17 goals in the semi-final. Two goals left and the Mac with only 5 seconds remaining to the game and take it to sudden death.

A Trent penalty gave Mac a man up and a ball to start the OT and they made short work of it.

Trent should have won the game and moved to the “final”. Should have and “Could have” keep coming back to mind. 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.

Me 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 Marauders 9-1 in the rest of the game, and won 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 throughout the remainder of the game, but Mac cleaned up 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 attacker Kevin McCorry scored 7 regular season goals and 11 in the playoffs; Gavin Burke 7 goals in the season and 5 in the playoffs and Dan Lapanouesse, 4 goals all season and 3 goals in the playoffs. The late contributions of Joey Cupido and the emergence of freshman Carter Williams in the team’s leading scorer have brought the Marauders to new level.

Mac’s third-from-behind victory was denied by the immoveable 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 experience on the field. The Mac scorers finally found their touch in this year’s playoff run. Third year attacker Kevin McCorry scored 7 regular season goals and 11 in the playoffs.

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Lacrosse Fitness 101: Sprint Before You Run

By: Jeff Cahil

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 speed. Acceleration is defined as the rate of change of velocity, and the ability to accelerate 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 acceleration, one must 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. Sprinting 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 corrected 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 perfecting the 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, weighted 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.catch22ax.com or call 604 291-9941. Remember, don’t just train…La-X-Train!

Dalhousie 2009 MUFLL Champs

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 MUFLL 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 Zatyk (1) St. Francis Xavier X-Men 6-Ben Mills (2G), Ryan Evoy (2G), Drew Mitchell (1), and Chris Forem (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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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