By: Hamish Knox and LacrosseTalk Staff

The success of lacrosse associations less than five years old has surprised some in more established associations. In this article, six new lacrosse programs from across Canada share their secrets to early returns on and off the floor.

The key word for a new lacrosse association used to be “build.” Build player base, build coaching ranks, build volunteer groups, build sponsorship and build community support. While building is still an integral part of any lacrosse program, some new programs have tapped into the experience of experienced lacrosse volunteers with lacrosse backgrounds in established associations to jump-start their programs.

For example, the Medicine Hat Sun Devils won Alberta’s Tier 2 Junior title last summer, the first program from outside Red Deer, Edmonton or Calgary to claim a post-midget title since the Rocky Mountain Lacrosse League (RMLL) was formed in 1988. The Sun Devils’ community support. While building is still an integral part of any lacrosse program, some new programs have tapped into the experience of experienced lacrosse volunteers with lacrosse backgrounds in established associations to jump-start their programs.

Across the country in Nova Scotia, John Verrall is literally the Eastern Shore Breakers Lacrosse Association. He and a friend decided to start an association while getting John’s skates sharpened one winter day. John manages the lacrosse program with great help from Keith Redden and Earl Marnette—directing 80 players, numerous coaches and volunteers.

“He has built up an association from scratch over two years and he received the Association of the Year award this fall,” stated Lacrosse Nova Scotia’s Steve Newton.

In two short seasons of play, one of Eastern Shore’s Bantam teams was victorious in the Metro Minor Championships with a host of other Breakers’ teams making provincial successes as much as the majority of our youth is happy to practice and scrimmage. It is definitely a hockey town and we just gave them (the kids) a choice to play lacrosse. The athletes just compete on heart and perseverance.”

Focus on making the sport fun and do it for the kids.”

In Quebec, the Lacrosse Federation du Quebec is experiencing great growth in areas like Longueuil, Boucherville and Varennes. Saint-Hubert and Saint-Basile have created a strong program where one did not exist 2 years ago. If all works out, over 250 kids will be playing lacrosse this summer.

In hockey-rich Quebec it has been a challenge to encourage participation in lacrosse. A few creative methods of promotion have proven fruitful.

“Many of the parents want to see their child in the NHL,” explained coach Chad Fairfoul. “That’s when I pull out the quotes from hockey players like Wayne Gretzky and show the list of NHL players who played lacrosse as a youth.”

On the other side of Alberta, the Lethbridge Lacrosse Association capped off their first four years of existence with provincial titles at the Bantam and Midget C levels. The Bantams didn’t lose a game in 2006, an amazing accomplishment for an association that started with 80 players in 2002. Now, over 350 athletes play lacrosse in the area.

“We have an amazing core group of volunteers and parents who live, breathe and sleep lacrosse,” stated LLA Executive Director Taunya Garant. “We also realize that without the surrounding areas, our program could not survive and we ensure that we give them what support we can.”

In Eriksdale, Manitoba, Kylo Harris brought his love of lacrosse to his new community. Harris got involved with lacrosse in Cambridge Bay, Nunavut just 3 years ago. He aspires to pass on his experiences with a new group called the Lakeshore Assassins.

“When I moved to rural Manitoba I wanted to make the same opportunity available to the youth here and since there was no club. I started one.” mentioned Harris. “Don’t feel that if there is no team or league in your area that you cannot have a lacrosse program. The majority of our youth is happy to practice and scrimmage. We are learning the skills and having fun.”

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OTTAWA - The Canadian U-19 Women’s Field Lacrosse Team returned from an International Tour to Australia in January, and the coaching staff immediately announced the 20 athletes who will comprise the final team representing Canada at the 2007 IFWLA U-19 World Championships, to be held at Trent University in Peterborough, ON from August 4-11.

The Tour to Melbourne, Australia, included competition in the Southern Crosse Tournament against Australian and Japanese U-19 Squads, in addition to four test matches with the Victoria State Squad.

The 16-day Tour began with the first two test matches within the first five days, was followed by the Tournament which ran from January 3-7, and concluded with the final two test matches over the last four days of the tour.

The Canadian Squad went 2 for 4 in its test matches and had a great opportunity to play against several Senior National players from Australia’s 2005 World Cup Championship team.

In tournament play, both Team Canada and the Aussie Squad played as two teams, who together with the Japan team comprised the five team ladder. In round robin play, the Canadian teams ended with a combined four wins and four losses. Canada moved through to the final with Australia and treated the crowd to an exciting championship game where teams exchanged the lead at various points in the game but never by more than two goals. At the final whistle, the green and gold held a one goal advantage to win the tournament by a score of 10-9.

“The opportunity to play our key competitors under World Championship conditions was invaluable. The players experienced the full range of physical and mental challenges that go along with playing at the highest level and have developed a new confidence in themselves,” Head Coach Jen Johnson stated.

“We used the Tour and these ideal conditions to base our final selections on. We made some very positive progressions as a team during the tour and recognize what we need to work on for the World Championships.”

IFWLA guidelines provide for each country to field an 18 member roster. Canada will announce its final 18 member team following a training camp and exhibition games on the May long weekend at Trent University in Peterborough.

Full Tour results and ongoing activities of the Canadian Team can be viewed at: www.teamcanadawomenslacrosse.com.

Canada White (9) vs Australia Gold (14) in Southern Crosse Tournament round robin action.

Canada U-19 … All for one!

The successes for Kylo Harris and the new Lakeshore Assassin players are simply having the opportunity to play the game. It’s not all about wins and losses rather it’s about the game of lacrosse. We should all take heed to his simple approach of developing our game one success at a time, one person at a time.

“Maybe this year we will have enough (players) for two teams and I can start a local house league program and maybe, just maybe take a team to a tournament,” said Harris.

The stories above illustrate that an association need not have a multitude of players, masses of coaches or seas of volunteers to be successful. What matters is setting achievable goals at the beginning and building on those goals in the future.

IOC Guidelines provide for each country to field an 18 member roster. Canada will announce its final 18 member team following a training camp and exhibition games on the May long weekend at Trent University in Peterborough.

Full Tour results and ongoing activities of the Canadian Team can be viewed at: www.teamcanadawomenslacrosse.com.
OLA Award winners acknowledge love of lacrosse

By Roger Lajoie, LAX Ontario Editor

The Ontario Lacrosse Association gave out its annual awards recently and once again in 2006 it was clearly demonstrated just how many men and women in the province of Ontario love lacrosse dearly.

It’s a labour of love this great sport is in this country – nobody is getting rich from dedicating hours upon hours of time to either help coach, manage, promote or play Canada’s national sport.

But that doesn’t stop thousands of dedicated people from donating their substantial skills and services to the great sport of lacrosse on an on-going basis, year in and year out. And every year, to acknowledge them, the OLA hands out a long list of awards to recognize these tremen-
dous individuals.

LAX Talk would like to take some time in this edition to tell you a little bit about these annual awards, which are given out at the end of the year, and what the significance of them all are.

Billy Evans Award
Presented annually to a player who has played his last four Junior “A” seasons in Ontario and has exemplified dedication on and off the floor to the game, sportsmanship, lead-

Bobby Allan Award
Awarded to the coach whose unselfish motivations are demonstrated by their dedication and determination of continually promoting and bettering the game of field lacrosse throughout the years.

Corporate Partner of the Year Award
Presented annually to the company whose partnership with the Ontario Lacrosse Association is judged as most meaningful in support of lacrosse promotion and development initiatives during the season.

Jack Mann Award
Awarded annually by the Ontario Lacrosse referee supervision committee to the Ontario Lacrosse referee who combines on-floor officiating duties, with program development efforts at all levels.

Ken Murray Award
Presented annually to the minor lacrosse individual whose unselfish motivations are demonstrated by their dedication to “Helping the Kids”.

Larry Ruse Award
Awarded as determined by the goals against average to the midget goalkeeper in the “A” division of the Provincial Championships.

Centennial Award
Awarded as determined by the goals against average to the intermediate goalkeeper in the “A” division of the Provincial Championships.

Chuck Rowan Award
Awarded to the Midget or Intermediate box lacrosse player demonstrating high proficiency in lacrosse combined with outstanding achievement in citizenship, together with high standards in academics or their chosen profession.

Commissioners Award
Awarded to the volunteer whose unselfish motivations are demonstrated by their dedication and determination of continually promoting and bettering the game of field lacrosse.

Larry Ruse Nicholas Spence Halton Hills

Ken Murray Award Clint Doolittle Six Nations

Mr. Lacrosse Corny Derks Whitby

Larry Ruse Award Jeramie Bailey Windsor

OLRA Award Jeramie Bailey Windsor

Merv MacKenzie Award Ryan Haber Award

Awards are made to help the rising stars of our game. For 2006 it was clearly demonstrated just how many people from donating their considerable skills to the game of field lacrosse have exemplified dedication on and off the floor to the game, sportsmanship, leadership and longevity.

And lacrosse fans of Ontario, some applause please to the 2006 OLA Awards winners. Each and every one of them has given something special to our great sport and our congratulations - and thanks - goes out to every single one of them.

OLRA Award Winners

2006 OLA AWARD WinnERS
Life Member Award Cap Bomberry Six Nations
Larry Ruse Award Corny Derks Whitby
Merv MacKenzie Award Lynn Orth Niagara
Merv MacKenzie Award Clint Doolittle Six Nations
OLRA Award Timmy Lonergan Ottawa

Larry Ruse Award Jeramie Bailey Windsor

Centennial Award Jeramie Bailey Windsor

Larry Ruse Award Jeramie Bailey Windsor

E.W. Billy Evans Award Jeramie Bailey Windsor
Ryan Haber Award Jeramie Bailey Windsor

Centennial Award Jeramie Bailey Windsor

Larry Ruse Award Jeramie Bailey Windsor

Laurie Montgomery Memorial Award Jeramie Bailey Windsor

Commissioners Award Jeramie Bailey Windsor

Mr. Merv MacKenzie Award Lynn Orth Kitchener-Waterloo

Mr. Lacrosse Corny Derks Whitby

The Thomas “Tip” Teather Trophy is presented annually in memory of the late Mr. Merv MacKenzie, an individual whose unselfish motivations are demonstrated by their dedication and determination of continually promoting and bettering the game of field lacrosse.

Canada announces new head coach of Senior Women’s team

OTTAWA - The Canadian Lacrosse Association and Women’s National Team Program were very pleased to make a major announcement recently - the appointment of Lisa Miller as Head Coach for the Senior Women’s Team that will compete at the IFWLA World Cup in Prague, Czech Republic in 2009.

Miller served as Assistant Coach for Canada’s 2001 World Cup team and is back to lead the program to improved results and sustained success. She is currently the Women’s Lacrosse Head Coach at the Syracuse University, New York.

“I am pleased and honored to be the coach of the Canadian National Team. My goal is to give you a program to be proud of that sets a standard of excellence, and creates an atmosphere and environment that promotes and helps with the development of youth lacrosse in Canada,” said Miller.

“I’m excited to work with world class athletes on the international stage and look forward to the coaching challenges World Cup provides. I would like to thank the CLA Selection Committee for extending this wonderful opportunity. I’d also like to thank Tracy Coyne, Susan Stuart, and Vessy Mochukas for their hard work and dedication.”

Miller started the Syracuse women’s lacrosse program and has brought it to national prominence. In her eight seasons at the helm, the Orange have won at least nine games in each season, claimed an ECAC Championship title and made five NCAA Tournament appearances. During her coaching career, Miller has guided numerous athletes to both Regional and All-American honours.

Miller began her collegiate coaching career as an associate head coach at Wheaton College, a Division III program in Norton, Mass. There she learned the necessary skills all strong coaches need to build a program. In her three years at Wheaton her team grew from one that played “a man down” with seven beginners to one that posed a formidable threat and achieved an 8-6 record two seasons later. Wheaton’s team also celebrated two league rookie of the year awards during Miller’s tenure.

Miller became an assistant coach at Brown University in February of 1994. During her first year, her primary responsibility was coaching the goalies, but her duties were soon extended to recruiting, coaching the defense and orchestrating the fast-break attack. In her third year with the program, Brown shattered its all-time scoring record, finished 10-4, and was ranked 15th in the country.

As a player at the College of William & Mary, one of the top women’s programs in the country, Miller left her mark. She was captain of her team, the 1987 Outstanding Female Senior

Continued on next page
Athlete and an All-American. She still ranks third on the William & Mary all-time scoring list and fifth on its career points list with 145. She was also a member of the U.S. Lacrosse Team as a senior.

In March of 2004, Miller became only the third women’s lacrosse player at William & Mary to be inducted into the school’s athletics hall of fame.

She continued to compete for the U.S., finishing her playing career as an alternate on the 1989 World Cup Team.

Lisa Miller becomes Canada’s sixth World Cup Head Coach and succeeds Tracy Coyne who served as the Head Coach for the last two IFWLA World Cup competitions (2001, 2005). Canada’s currently holds the World fourth place ranking behind England (3rd), USA (2nd) and Australia (1st).

The Women’s National Team Program is extremely proud to welcome Miller back. Her appointment begins immediately and will run through to the end of the 2009 IFWLA World Cup in Prague in 2009.
OLAs seven players followed by Kitchener-Waterloo with five, four of them in the second round. Founders Trophy winner the Oakville Buzz team with six. The OLA Junior “B” franchise players selected from their OLA Junior “A” at seventh overall.

and Eric Martin from Kitchener-Waterloo Catharines Athletics picked sixth by St. Regis by Six Nations; Frank Resetarits from St. Kevin Ross from Toronto Beaches picked fifth by Peterborough; David Griffiths from Toronto Beaches picked second by Brampton; Mac Allen from Toronto Beaches picked third by St. Regis and Eric Martin from Kashmir- Wateroo Arrows picked fourth; Brampton picked third by Peterborough; David Lomas from Six Nations Arrows picked fourth; Kevin Ross from Toronto Beaches picked fifth by Six Nations; Frank Resetarits from St. Catharines Athletics picked sixth by St. Regis and Eric Martin from Kashmir-Waterloo Arrows was Brampton’s third pick of the round at seventh overall.

Kishen- Wateroo Arrows had the most players selected from their OLA Junior “A” team with six. The OLA Junior “B” franchise with the most players selected was the Founders Trophy winner the Oakville Buzz with five, four of them in the second round.

Rounding out the draft, Brampton selected seven players followed by Kashmir-Waterloo with six, Peterborough, Six Nations and St. Regis each picked five. Brooklin made four selections followed by Barrie with only three picks. In all 35 players were selected, 23 OLA Junior “A” and 12 OLA Junior “B” players. A complete Draft list appears below.

2007 OLAs Major Draft

Round 1
1. Brampton – Ian Lloyd (St. Catharines Athletics Jr.A)
2. Brampton – Geoff Griffiths (Toronto Beaches Jr.A)
3. Peterborough – Mac Allen (Toronto Beaches Jr.A)
4. Brooklin – David Lomas (Six Nations Arrows Jr.A)
5. Six Nations – Kevin Ross (Toronto Beaches Jr.A)
7. Brampton – Eric Martin (Kishen- Wateroo Arrows Jr.A)

Round 2
8. Kishen- Wateroo – Mike Fleming (Kishen- Wateroo Arrows Jr.A)
13. Brooklin – Wesley McDonald (Toronto Beaches Jr.A)

Round 3
15. Six Nations – Dave Ellis (Six Nations Arrows Jr.A)
16. Kishen- Wateroo – Alan Downey (Kishen- Wateroo Arrows Jr.A)
17. St. Regis – Kyle Schmelze (Six Nations Arrows Jr.A)
20. Peterborough – Aaron Bold (Peterborough Lakers Jr.A)

Round 4
22. Six Nations – Kevin Crosswell (Peterborough Lakers Jr.A)
25. Brooklin – Troy Henselgrave (Barrie Tornado Jr.B)
27. Peterborough – Chad Evans (Peterborough Lakers Jr.A)

Round 5
29. Six Nations – Brent Millar (Niagara Thunderhawks Jr.B)
30. Kishen- Wateroo – Steven Cornack (Kishen- Wateroo Arrows Jr.A)
31. St. Regis – Mike Donnemini (Toronto Beaches Jr.A)
32. Brooklin – Kyle Harris (Scarborough Saints Jr.B)
33. Barrie – Ron Reed (Markham Ironheads Jr.B)
34. Peterborough – Nick Martine (Orangeville Northmen Jr.A)
35. Brampton – Mark Brante (St. Catharines Athletics Jr.A)

27. Peterborough – Chad Evans (Peterborough Lakers Jr.A)

Our Senior and Junior lacrosse teams won National Championships, which will hopefully promote more kids to play lacrosse at the grassroots level. Thanks to the Ontario Lacrosse Association and all the teams that compete in Major Series Lacrosse for a great season.

We had a very good season individually and as a team. The Lakers finished in second place in the regular season and got a bye to barrie was a good test in the second round as they have a lot of speed and skill on the offensive side of the ball. They will be extremely competitive for years to come. They have a lot of young talent on their team and should be never be taken lightly.

Our Senior and Juniors teams won National Championships, which will hopefully promote more kids to play lacrosse at the grassroots level. Thanks to the Ontario Lacrosse Association and all the teams that compete in Major Series Lacrosse for a great season.

We had a very good season individually and as a team. The Lakers finished in second place in the regular season and got a bye to the second round of the playoffs. Scott Evans was named leading scorer, Scott Self was named best defensemen, Pat O’Toole, Mike Miron and Derek Collins were named the top goaltenders.

Lakers say thanks to all who helped in a great season!

By Adam Preston-Lord

On behalf of the Peterborough Lakers organization, we would like to thank our board of executives, game day volunteers, coaching staff, training staff, players and most of all the fans.

We would also like to thank all the media and the sponsors who make every Lakers season great.

Thank you all, for making this one of the greatest lacrosse years for Peterborough in recent memory.

Our Senior and Junior lacrosse teams won National Championships, which will hopefully promote more kids to play lacrosse at the grassroots level. Thanks to the Ontario Lacrosse Association and all the teams that compete in Major Series Lacrosse for a great season.

The Lakers organization is very proud of this years efforts and we hope to repeat the success in 2007. Thank you to everyone who made this year possible.

The Ontario Finals against Brampton was a great series, as it has been for the past three years. Brampton is loaded with talent on offense, defense and goaltending. This has been lacrosse’s biggest rivalry for the past few years and it doesn’t look like it’s going to cool-down anytime soon. Stealing the first game in Brampton proved to be the key to the series. Brampton fought back; but Josh Wasson’s five goals in the final game proved to be the turning point for a Lakers series win.

In the Mann Cup final Victoria looked really good and made a great series out of it, but home floor advantage took over and the fans were down a great Victoria team. The Lakers team was solid throughout the series and Dan Carey’s penalty killing turned out to be the “X-factor” for the Lakers and the Peterborough won the series and Dan Carey won the Mike Kelly Award as Mann Cup MVP.

The Lakers organization is very proud of this years efforts and we hope to repeat the success in 2007. Thank you to everyone who made this year possible.
Lacrosse needs to get its own act together quickly

This marks the fourth edition I’ve put out as Ontario Editor of LAX Talk, which covers one full year since we publish four times a year of course.

I’ve enjoyed it very much. I certainly look forward to an even greater involvement with the Ontario Lacrosse Association in the coming years, as we look at ways of not just improving this publication, but also at ways of getting the sport more publicity in other venues as well.

So I say this in the nicest possible way I can, and with all due respect to everyone involved with the sport of lacrosse in Ontario – people, it’s time to get your act together.

I love the sport and I firmly believe lacrosse deserves a higher profile in Ontario and for that matter, across the country. It is Canada’s national sport along with hockey of course, but at times it doesn’t get the respect and attention it deserves.

That is especially true here in Ontario, where there is an enormous amount of work still to be done to gain the sport more recognition. The emergence and success of the Toronto Rock has really helped naturally, and they continue to get TV, print and radio exposure that befits a major sports franchise – which is what in my mind they are.

However the struggles do continue for the summer box game, as the Mann Cup and Minto Cup championship series don’t get nearly the play they deserve in this province in my opinion. And despite the fantastic success and continuing development of the Ontario Lacrosse Festival, minor lacrosse is largely ignored in a lot of areas.

Now, in the media so I can speak about this from both sides. I’m an on-air host at The Fan 590, do work for Rogers Television, write for the Reuters News Agency and appear regularly on SUN-TV. I admit, the focus there is hockey first and everything else second at times, which may not be fair but it’s just the way it is.

But that isn’t the only reason lacrosse doesn’t get all it can get from all media in Ontario. Sometimes the fault unfortunately lies with the people in the sport themselves.

If you’re involved with a lacrosse team or league, ask yourself the following questions:

1. How often do you update your website?
2. How often does somebody attempt to generate publicity for your “little” event.

I’ve tried to dig up some information from websites since starting with LAX that haven’t been updated in months. I rarely find a really good person responsible for publicity taking the time to promote his or her own cause. Even rarer is when all the information you need to cover a story or tournament is easy and readily available.

Hey, I know what it’s like. Everybody is using volunteers and even if you had an experienced PR person at your beck and call, some media outlets just aren’t going to bother with your “little” event.

But you have to find a way to be able to answer those three questions in a better way if the sport is going to continue to grow and get the recognition it deserves. Sometimes lacrosse is its own worst enemy when it comes to that – provide all the information that is needed in a timely and efficient manner however, and you’d be surprised how much more recognition you can get.

There are some media people out there who are “enemies” of the sport because they don’t really like it, or don’t have any time for most amateur sports. But sometimes lacrosse teams and organizations can be their own worst enemies, because they don’t do the little things to promote themselves.

Update your website constantly. Reach out to media people around you, especially friendly ones. And make their jobs as easy as possible because frankly, many of them are pretty lazy and if they get stuff handed to them, they may feel obliged to use it.

Trust me on that last point – I’ve been there, believe me!

Let’s make lacrosse the biggest growth sport of 2007.

Roger Lajoie is the Ontario Editor of LAX Talk and a talk show host on The Fan 590 in Toronto.

OLC Junior A Draft brings in tomorrow’s lacrosse stars

TORONTO - The Ontario Lacrosse Association (OLA) held the 2007 OLA Junior “A” Draft recently, as the league welcomes in the newest upcoming stars of the sport.

Cameron Flint of Halton Hills was selected first overall by the Brampton Excelsiors. In 2006, Flint was the Junior “B” Eastern Conference Rookie of the Year winner. He was the leading scorer for the Halton Hills Bulldogs with 58 points (33g, 25a) in 19 games. Flint now joins Brampton along side fourth overall pick Steve Hinck of Windsor.

Other early first round selections were Shane Cate of Barrie picked second by Orillia, Josh Roys of Oakville picked third and Brendan Muise of Mimico fifth by Mississauga and Kyle Alfred of Kalamazoo picked sixth overall by Ottawa.

According to OLA Junior “A” Commissioner Dean McLeod, the Junior “A” Draft was initiated in 1976 as a vehicle to provide the top graduating non-affiliated Budget players with an opportunity to showcase their skills at the Junior “A” level.

“Additionally,” says McLeod, “the draft helps create parity among league members by establishing selections based on reverse order of finish from the previous season. A significant number of draft choices over the years have participated in the National Lacrosse League (NLL), Mann Cup and Minto Cup championships.”

At the 2007 OLA Junior “A” Draft, Orillia and Mississauga both made four selections. Brampton, Ottawa and Six Nations each made three. In all, 19 players and four goaltenders were selected. A complete Draft list follows.

2007 OLA Junior “A” Draft

FIRST ROUND

1. Brampton - Cameron Flint (Halton Hills)
2. Orillia - Shane Cate (Barrie)
3. Mississauga - Josh Roys (Oakville)
4. Brampton - Steve Hinck (Windsor)
5. Mississauga - Brendan Muise (Mimico)
6. Ottawa - Kyle Alfred (Kalamazoo)
7. Mississauga - Adam Hickey (London) (G)
8. Peterborough - Cameron Murphy (Merrickville)
9. Toronto - Cade Zulka (West Durham)
10. Six Nations - Pierce Abrams (Niagara)
11. Six Nations - Tyler Tansey (Welland)
12. Orillia - Paul Clancy (Newmarket)
13. Ottawa - Nicholas Dauchenhoefer (Clarington)

SECOND ROUND

1. Toronto - J.A. MacDougall (Hamilton)
2. Orillia - Mike Woods (Newmarket)
3. Mississauga - Josh Ernst (Fergus) (G)
4. Brampton - Tye Belanger (Wallaceburg) (G)
5. Kitchener - Brian Gert (Guelph)
6. Ottawa - Brett Perras (Cornwall) (G)
7. Orangeville - Craig England (Fergus) (G)
8. Kitchener – Scott George (Brantford) (G)
9. Burlington – Pass
10. Six Nations – Sean Franklin (Brantford)
11. Six Nations – Pass
12. Orillia – Sean Jones (Newmarket)
13. Six Nations – Pass

The Rock’s next home game is Saturday, March 17 when they take on the Colorado Mammoth at 7:30 p.m. at the ACC. It’s getting down to crunch time for the Toronto Rock.

The National Lacrosse League regular season is quickly winding down, with the Rock having four homes left in the Air Canada Centre before they hope to enter the playoffs and take a run at an NLL title.

After a slow start to the season with several new players in the lineup, and a new coach in Glenn Clark, the Rock have picked up their play as they hope to jell at just the right time to make a run at another playoff title.

The Rock’s next home game is Saturday, March 17 when they take on the Colorado Mammoth at 7:30 p.m. at the ACC. The Saturday night home games have become a staple for the Rock.

Final game of the season for the Rock takes place Saturday, April 14 at 7:30 p.m. against the New York Titans in a game that may still have playoff implications, given how tight the standings were in the early going of the season.

The Rock offers group rates, discounts for youths and seniors and affordable tickets for lacrosse fans of all ages to come out and see the five-time NLL champions in action in the home of the Toronto Maple Leafs.

For more information on the Rock and to order tickets, visit www.torontorrocks.com.
Glen Henkevich, MLA President

The MLA held their annual Volunteer Recognition Awards event on December 9th, 2006 in the Exchange Restaurant at the MTS Centre. Our event was prior to the NLL Exhibition game involving the Toronto Rock and Minnesota Swarm. The turnout for our event was very good and it was great that people could go from the Exchange Restaurant upstairs to the MTS Centre to watch the game. Our MC for the event was Kim Knowles, MLA VP Development.

Annually the MLA presents four awards:
- Coach of the Year, Volunteer of the Year (Local), Volunteer of the Year (Committee) and Long Service Volunteer Recognition.

Coach of the Year: Candidates to be chosen from the ranks of coaches regardless of division level, or winning record. To be judged on the accomplishments of instilling playing ability, sportsmanship, work ethic and competitiveness in their players.

2006 Recipient – Lovro Paulic. Lovro was not able to attend this year’s event.

Lovro has coached in Thompson since the establishment of the Thompson Lacrosse Association. This past year he coached in the Pee Wee house league. In addition to coaching he set up coaching seminars to help new coaches who have never played or coached the game. All of this with no pay and on his own time. He has obtained his Box Competitive Introduction – In Training. Lovro has been identified by the MLA to be trained as a Learning Facilitator for Box Lacrosse. As a coach he has the technical and tactical knowledge that can be acquired by any coach at a clinic. However what he has that cannot be taught in a clinic is an enthusiasm and desire to teach the life skills that go along with being an athlete. He has an understanding of the ethical decision making that also comes with being a coach. It’s just not about being a player, it’s being a good citizen and a role model.

Lovro Paulic our 2006 recipient, has gone above and beyond to help Lacrosse develop in the North, through his knowledge of the game and his hard work.

Volunteer of the Year (Local) - To recognize outstanding involvement of an individual at the local level. Candidates are chosen from a local association or team and are judged on his or her voluntary, extraordinary contributions.

The selection committee had a very difficult task choosing one recipient for this award. Therefore the decision was made to recognize two individuals.

Volunteer of the Year (Local) S. Astleford accepting for Rick Wilson

2006 Co-Recipients – Rick Wilson and Fred Haight

Rick was not able to attend this year’s event so Stewart Astleford accepted the award on Rick’s behalf. Rick Wilson is a member of the Sidewinders organization. His involvement is invaluable to this organization. His 2006 involvement with the Sidewinders include:
- Coach of a Pee Wee ‘A’ team
- Volunteer for the Sidewinders 4 x 4 camp
- Volunteer for ‘A’ teams
- Pee Wee Convener

Rick has also given countless hours of his time to the Winnipeg Minor Lacrosse Association as a Member at Large, building and managing the WMLA website as well as doing the scheduling over the last few years. Anyone who has ever been involved with the schedule knows it is a thankless job with hours and hours of work that is not near compensated by the honourarium they receive.

Fred Haight has brought lacrosse to the Interlake region. With some assistance he has taken a basically unknown game and started the Tri S Wizards Lacrosse Club. Over the last couple of years, he has gone into all the local schools to put on demonstrations and skill clinics. He has also run skill camps every spring before and after registration to further promote and develop local players.

Fred has recruited and supported a number of coaches. Many are first year coaches and need the assistance of an experienced administrator. He chairs Tri S club coaches meetings and club executive meetings. He leads the fundraising efforts of the Wizards as well as all administrative duties as area convener. With this individuals support and dedication, the Tri S Wizards has prospered. Fred has made the Tri S Wizards Lacrosse club what it is today.

Volunteer of the Year (Committee) - Is given to the person from the Executive ranks who has shown his or her commitment to fostering and developing the game, improving the image and stature of lacrosse both at his or her level of function, as well as provincially. The amount of time and commitment the volunteer has dedicated to the sport of lacrosse shall be taken into consideration.

2006 Recipient – Paulo Correia. Paulo was not able to attend this year’s event.

Paulo has been instrumental in establishing the Thompson Lacrosse Association in 2001. He was there from the first day when the MLA organized lacrosse sticks for our inaugural skills clinic. Paulo has been on the Thompson Lacrosse Executive from day one, has been a convenor and coach in the older age divisions when he had no kids involved in those levels and has coached since 2001.

Volunteer of the Year (Committee) presented by Thompson Mayor Tim Johnson

Stewart Astleford

Stewart was drawn into Lacrosse the way a lot of volunteers are, he got involved because of his 2 sons. At a time when Lacrosse was not on most people’s radar as a Sport in Winnipeg Stewart son’s signed up to play for the Richmond Kings Lacrosse program. During most of their time playing the Sport their teams were hosted by Community Club based organizations.

Then came the evolution to Zone based organizations and Stewart was front and centre, along with Lawrence Carpenter and Les Good, building the Sidewinders Lacrosse Organization.

Some of the things Stewart has brought to Lacrosse in South Winnipeg are, Discover Lacrosse, the Sidewinders pre-season camps, the annual BBQ at St. Vital park, registration days at all the major Community Clubs in the area, fund raising ideas for equipment and uniforms and a whole lot of volunteered time. Stewart is still actively coaching even though his boys have long since graduated from Minor Lacrosse. He has coached many championship teams over the years and is still hard at work teaching Lacrosse skills and strategies to the teams he is involved with now.

He has also taken the time to travel with his teams to out of Province Tournaments to expose his players to other challenges and learning experiences that they may not have benefited from in league play. I think one of his proudest moments came after their 2006 playoffs were finished and the Sidewinder’s club had earned 7 of the 12 gold medals available.

Stewart has been President of the Sidewinders Lacrosse Club since it was formed. He has also given his time to both the WMLA and MLA Boards over the years.

Lovro Paulic, Coach of the Year, presented by Thompson Mayor Tim Johnson

Minnesota Swarm. The turnout for our Exhibition game involving the Toronto Rock and Minnesota Swarm. The turnout for our event was very good and it was great that people could go from the Exchange Restaurant upstairs to the MTS Centre to watch the game. Our MC for the event was Kim Knowles, MLA VP Development.

Annually the MLA presents four awards:
- Coach of the Year, Volunteer of the Year (Local), Volunteer of the Year (Committee) and Long Service Volunteer Recognition.

Coach of the Year: Candidates to be chosen from the ranks of coaches regardless of division level, or winning record. To be judged on the accomplishments of instilling playing ability, sportsmanship, work ethic and competitiveness in their players.

2006 Recipient – Lovro Paulic. Lovro was not able to attend this year’s event.

Lovro has coached in Thompson since the establishment of the Thompson Lacrosse Association. This past year he coached in the Pee Wee house league. In addition to coaching he set up coaching seminars to help new coaches who have never played or coached the game. All of this with no pay and on his own time. He has obtained his Box Competitive Introduction – In Training. Lovro has been identified by the MLA to be trained as a Learning Facilitator for Box Lacrosse. As a coach he has the technical and tactical knowledge that can be acquired by any coach at a clinic. However what he has that cannot be taught in a clinic is an enthusiasm and desire to teach the life skills that go along with being an athlete. He has an understanding of the ethical decision making that also comes with being a coach. It’s just not about being a player, it’s being a good citizen and a role model.

Lovro Paulic our 2006 recipient, has gone above and beyond to help Lacrosse develop in the North, through his knowledge of the game and his hard work.

Volunteer of the Year (Local) - To recognize outstanding involvement of an individual at the local level. Candidates are chosen from a local association or team and are judged on his or her voluntary, extraordinary contributions.

The selection committee had a very difficult task choosing one recipient for this award. Therefore the decision was made to recognize two individuals.

Volunteer of the Year (Local) S. Astleford accepting for Rick Wilson

2006 Co-Recipients – Rick Wilson and Fred Haight

Rick was not able to attend this year’s event so Stewart Astleford accepted the award on Rick’s behalf. Rick Wilson is a member of the Sidewinders organization. His involvement is invaluable to this organization. His 2006 involvement with the Sidewinders include:
- Coach of a Pee Wee ‘A’ team
- Volunteer for the Sidewinders 4 x 4 camp
- Volunteer for ‘A’ teams
- Pee Wee Convener

Rick has also given countless hours of his time to the Winnipeg Minor Lacrosse Association as a Member at Large, building and managing the WMLA website as well as doing the scheduling over the last few years. Anyone who has ever been involved with the schedule knows it is a thankless job with hours and hours of work that is not near compensated by the honourarium they receive.

Fred Haight has brought lacrosse to the Interlake region. With some assistance he has taken a basically unknown game and started the Tri S Wizards Lacrosse Club. Over the last couple of years, he has gone into all the local schools to put on demonstrations and skill clinics. He has also run skill camps every spring before and after registration to further promote and develop local players.

Fred has recruited and supported a number of coaches. Many are first year coaches and need the assistance of an experienced administrator. He chairs Tri S club coaches meetings and club executive meetings. He leads the fundraising efforts of the Wizards as well as all administrative duties as area convener. With this individuals support and dedication, the Tri S Wizards has prospered. Fred has made the Tri S Wizards Lacrosse club what it is today.

Volunteer of the Year (Committee) - Is given to the person from the Executive ranks who has shown his or her commitment to fostering and developing the game, improving the image and stature of lacrosse both at his or her level of function, as well as provincially. The amount of time and commitment the volunteer has dedicated to the sport of lacrosse shall be taken into consideration.

2006 Recipient – Paulo Correia. Paulo was not able to attend this year’s event.

Paulo has been instrumental in establishing the Thompson Lacrosse Association in 2001. He was there from the first day when the MLA organized lacrosse sticks for our inaugural skills clinic. Paulo has been on the Thompson Lacrosse Executive from day one, has been a convenor and coach in the older age divisions when he had no kids involved in those levels and has coached since 2001.

Volunteer of the Year (Committee) presented by Thompson Mayor Tim Johnson

Stewart Astleford

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Lovro Paulic, Coach of the Year, presented by Thompson Mayor Tim Johnson

Glen Henkevich, MLA President
Long Service Volunteer Award Recipients (L to R): Brad Scibak, Barry Pradinuk, Larry Ziffle, Stewart Astleford, Lawrence Carpenter, Daryl Young

Lawrence Carpenter

Lawrence’s history with Lacrosse started as a player playing out of Clifton Community Club. In the late 70’s after playing at Clifton, Lawrence went to the Boyd Park No/Western where he playing Junior/Senior Box. He started his coaching out of Norberry Community Club and then came over to the Richmond Kings. Along with Stewart Astleford and Les Good he helped to build the Sidewinders Lacrosse Association.

As far as volunteers go Lawrence is one of those individuals who is giving something back to a sport that he loved as a boy and as an adult. He spends many hours with our Tyke and Novice players teaching the game. He has been a player, coach, convener, board member & VP of the WMLA, a volunteer at both Pro Exhibition games, clinician for pre-season camps, instructor for Discover Lacrosse, instructor for Winterr Lacrosse and mentor to many players and coaches who have been through the Sidewinders organization. Lawrence has given his time to many other events including National Championships, Lacrosse weekends, Sidewinder BBQ’s, Camps etc.

What is special about Lawrence is that he always gives from the heart with no expectations of rewards other than the appreciation he receives from his players, their parents and the Manitoba Lacrosse Community as a whole. Lawrence is also a member of the Manitoba Lacrosse Alumni Association.

Barry Pradinuk

Barry has been involved in amateur sport for over 16 years. He has coached a number of sports over this time – football, baseball, soccer and lacrosse.

Barry was very involved at Kelvin Community Club. He was on the Executive at Kelvin from 1989 to 1995, and was its President from 1993-1995. In addition to these positions Barry was the equipment manager for the club, a volunteer position that required a lot of time commitment. Barry like other volunteers at Kelvin also regularly fulfilled his community duties.

Barry coached lacrosse at Kelvin before Winnipeg Minor evolved from a community club based sport to it’s current zone structure. When coaching at Kelvin Barry introduced the “Tiger Shark” jerseys. The kids loved them!

When the WMLA made the move to it’s current zone structure the Northeast area of the city became the Gryphons and this included the Kelvin area. Barry has been involved with the Gryphons since Day 1, has been it’s registrar from the beginning. He has coached numerous Gryphons teams over the last 7 years or so.

Barry is currently the Vice President of Gryphons Lacrosse.

Brad Scibak

Brad has been involved in amateur sport for over 30 years. He officiated basketball at all levels from Junior High to College for 18 years, officiated High School/College football for five years. Brad was a member of the Canadian Olympic team from 1975 to 1979 as an athletic therapist. He was also the medical director for the Manitoba Marathon from 1984 to 1994 and member of the Board of Directors for Canada Summer Games, Western Canada Summer Games and 1999 Pan Am Games.

It is in the sport of Lacrosse where Brad’s contributions are so impressive. He has been officiating lacrosse for 30 years. He began as a box official here in Winnipeg and then two years later Brad began to officiate Field Lacrosse, he just completed his 28th season in this discipline. Here are some of Brad’s experiences as a lacrosse official:

- Attended and officiated at over 35 Canadian National Junior and Senior Field Championships.
- Represented Canada at the 1998 Men’s Field Lacrosse World Championships in Baltimore, Maryland, the 2002 Men’s Field Lacrosse World Championships in Perth, Australia and at the 2006 Men’s Field World Championships in London, Ontario.
- Officiated gold medal game at 2002 & 2006 Men’s Field Lacrosse World Championships.
- In Minnesota he officiates at all levels from youth to college.
- Officiated at the Manitoba Lacrosse Association High School Field Provincial Championships for over 10 years.
- Officiated at 2002 NAIG Games in Winnipeg, head official for gold medal game.
- 26 years of Box Lacrosse experience at all levels from Pee Wee to Senior Men’s.
- Officiated at the Founders Cup – Junior B Box National Championship.
- Just completed second year as an NLL referee.

Larry Ziffle

Larry has been involved in lacrosse since…well, let’s just say he became involved at a young age!

Larry has been a part of the lacrosse scene as a player, official, manager, statistician, coach and organizer for over 15 years. He was a member of the Winnipeg Junior/Senior Box League Executive for a number of years. During his time with this league Larry was the individual responsible for planning in scores to the local media. He is one of lacrosse’s biggest supporters on and off the box/field. Larry’s works are usually done in the background but encompass a great deal of volunteer time.

Larry is best known throughout the lacrosse community for his photography skills. He spends countless hours at the rims and fields taking pictures at lacrosse games and events. Many of these photos find their way into every issue of Lacrosse Talk and onto various lacrosse websites. Minor box, Junior & Senior box, Masters, High School field and Provincial field lacrosse have all benefited from Larry’s contributions.

Barry Preclinuk, Long Service Award

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Norm Isfjord, Brad Scibak, Glen Henkenwixh

Brad’s organizational experiences are:

- President of the Winnipeg Junior/Senior Box League
- Men’s Field Sector Chair of the CLA from 1993 to 1995.
- Member of ILF committee to present.
- Member of the CLA’s Officials Development Committee from 1996 to 2006.
- Referee in Chief for six Canadian Field National Championships.
- President/Past President of the Minnesota chapter of Field Lacrosse Officials.
- District Assigning Authority for US Lacrosse – 2003 to present.

Daryl Young

Daryl has had a long standing love for the game of Lacrosse since his teen age days in the west end of Winnipeg. During the mid to late 50’s teams from Ontario and B.C. would alternate travelling to Winnipeg for a 3 game series to determine who would play for the Minto Cup. In 1954 Daryl was a member of the Manitoba All Stars that defeated the Long Branch Ontario team but lost in the final to PNE Indians from B.C. It flip flopped the next year where Daryl again played for Manitoba All Stars and beat the PNE Indians but lost to the Long Branch Ontario team in the final for the Minto Cup.

Young played many years of Senior lacrosse for the St. Boniface Kiewels and also the Elmwood Drewsrys during the 50’s and 60’s. He was also involved in coaching at the Juvenile and Junior levels and helped organize and coach minor lacrosse in the North Kildonan area for several years. Daryl is a long standing member the Manitoba Lacrosse Alumni and can always be found helping out at the annual Lacrosse Alumni stag. Daryl was the 2006 recipient of the Sam K. Thompson Award which awarded annually by the Manitoba Lacrosse Alumni.
The lacrosse community in Manitoba was witness to an entertaining pro lacrosse game at the MTS Centre when the Toronto Rock took on the Minnesota Swarm. True North Sports and Entertainment brought the game to Winnipeg. The MLA ran a series of events in and around this pro game.

First up was our Play with the Pros camp which was held Saturday morning at the MTS Centre. The camp was open to players age 9 to 19. We had a great turnout – 51 players signed up for the camp. The instructors for our camp were Jim Veltman, Josh Sanderson, Chris Driscoll and Bob Watson from the Rock and Ryan Cousins, Sean Pallock, Chad Culp and Kevin Croswall from the Swarm. By all accounts everyone had a great time and learned a great deal!

Saturday afternoon the MLA held their Volunteer Recognition/Awards in the Exchange Restaurant at the MTS Centre. We had a very good turnout this year and people enjoyed themselves. The Exchange Restaurant was a great location for our event, the food was great, the staff very helpful and accommodating. Upon completion of our Awards Recognition/Awards people were able to walk upstairs and go right into the MTS Centre.

Provincial team players and parents sold 50-50 tickets prior to the game and in between the 2nd and 3rd period. As well the MLA had an information booth set up on the main concourse of the MTS Centre.

A Tyke game was held between the 2nd and 3rd periods, a fun time for some 5 to 8 year olds.

A number of volunteers were required to make this a successful day. I would like to thank those people for the time they donated.

The Play with the Pros camp – Marc Beghin, Tim Isfjord, Rick Wilson, Tom Jefferson, McKenze Jefferson, Larry Ziffle and Robert Wilson. Thank you to Kim Knowles for being our MC for our Volunteer Recognition/Awards. The information booth was manned by Marc Beghin, Kyle Harris and Warren Bend. Thank you to Kim Browning for organizing the Tyke game, thank you to his assistants – Doug Pascoe, Tom Grant, Dylan Pascoe and Cole Grant. Thanks to Norm Isfjord and Brad Schak for putting out the nets for the kids.

Certainly last but not least, thank you to Bruce Paton and Norm Isfjord for organizing these minor officials who worked the game – Matt Girardin, Don Jacks, Terry Williams, Keith McLennan, Derrick McLennan, Brent White and Rhys Williams.
2007 Winnipeg Minor Lacrosse

Winnipeg Minor Lacrosse runs a box lacrosse program for players age 5 and above. The WMLA is comprised of 4 city zones and 3 clubs which are located outside of the city of Winnipeg.

North Zone Falcons includes the areas of West St. Paul, Maples, Garden City, West Kildonan, Riverbend, Central/Midland and Tyndall Park. Their 2007 registration dates:

- Tyndall Park Community Club – March 3rd and March 10th. – 10 a.m. to 1 p.m. and March 7 – 7 p.m. to 9 p.m.
- Red River Community Club – March 3rd and March 10th. – 12 noon to 2 p.m. and March 6 – 7 p.m. to 9 p.m.

Contact Tim Isfjord - tisfjord@mts.net

East Zone Gryphons encompasses the areas of East Kildonan, East St. Paul, Elmwood, North Kildonan, Oakbank and Transcona. Contact Tom Jefferson – gryphonslacrosse@shaw.ca

South Zone Sidewinders includes the areas of Crescentwood, Fort Garry, Fort Rouge, Lindenwoods, St. Boniface, St. Vital and Whyte Ridge. Contact Andrew Jolly – sidewinders@shaw.ca

West Zone Shamrocks includes the areas of River Heights, St. James and Charleswood. Contact Kevin Meixner – meixners@mts.net Website www.westzoneshamrocks.ca

Tri S Wizards – St. Andrews, St. Clements, Selkirk. Contact Fred Haight – fhaight@mts.net

Sagekeeng Minor Lacrosse – Contact Allan Couchene - allanc@mts.net

Beausejour Bandits – Contact the MLA office at manitobalacrosse@shawbiz.ca

2007 Coaching Certification Clinics

Venues to be determined

Community Development – Box
March 31 & April 1
April 14 & April 15

Competitive Introduction – Box
April 21 & 22

Community Development – Men’s Field
April 28 & 29

Competitive Introduction – Men’s Field
May or June – to be determined

2007 Officiating Certification Clinics – Venues to be determined

Level 1 & 2 Box Combined – Limit of 25 per clinic
Saturday March 17
Saturday March 24

Level 3-5 Box
Saturday April 14 – 200 Main Street

Level 1 & 2 Men’s Field
Saturday April 21
By Tom Berridge, Burnaby NOW Sports Editor

The junior A Burnaby Lakers proved to be the motherlode once again for senior A teams in the Western Lacrosse Association entry draft Wednesday.

A total of seven graduating Lakers went in the top-15 picks, including team captain Ilija Gajic and lefthander Cliff Smith going second and third respectively to the New Westminster Salmonbellies at the Firefighters’ Hall in Metrotown February 7.

B.C. league scoring champion Jamie Shewchuk stayed in the Burnaby organization with the Lakers’ fourth overall pick.

Lakers Bob Snider was picked up at No. 7 and speedster Cory Melville was taken with the 10th pick, both by New West.

Laker Ron Schilbild was also taken by the Salmonbellies with their first pick in the third round after a fire sale on the main four graduating goalies depleted their ranks in the first three rounds.

Delta Islanders Tom Johnson went No. 1 overall to the Langley Thunder.

The Thunder did well in the draft, taking the first goalie overall Kevin Croswell and Victoria junior Curtis Morwick with the first two picks in the second round.

Steve McKinley stayed in Coquitlam with the Adanac’s fourth pick overall.

A mild surprise was Maple Ridge’s decision to take Coquitlam role player Mark Philip with its first pick in the 2007 draft.

Brandon Atherton, a Nanaimo goalie who ended up in Victoria for last year’s playoff run, was gobbled up by Coquitlam with its second-round pick.

At that point, New Westminster and Nanaimo negotiated the first of two trades.

In the second round, the ‘Bellies traded their 11th and 27th picks to the Timbermen for Nanaimo’s 23rd pick and the highest second-round pick of the two teams in next year’s draft.

The two clubs also agreed in the third round to swap New West’s 20th overall pick for the rights to Nanaimo’s first overall pick in 2009 and the T-men’s third-round selection.

“We definitely got what we wanted. We made a deal with Nanaimo this afternoon (Feb. 7) if we got the first five players we wanted, we’d make the deal,” said Salmonbellies president and general manager Dan Richardson. “It’s a competitive league. We’ve got ourselves positioned well in ’08 and ’09 with these deals.”

Victoria and Coquitlam also came together on a minor deal in the third round, with the A’s sending its 18th pick to the Shamrocks for future considerations.

Nanaimo scooped up Victoria juniors Luke Hinton in the second round and Kevin Milkowski in the third as a result of the deals.

Nanaimo claimed junior ‘Rock Doug Mitchell.

Despite the minor deals, Lakers GM Paul Rowbotham believed the draft went according to predictions.

“I think everything went to form,” Rowbotham said. “We were pretty happy. I just hope the guys (we took) in the second and third rounds bring something when they come and bring that motivation to this level.”

New Westminster’s Curtis Hoyland was the first ‘Bellie taken. He was snapped up by Maple Ridge with the 17th pick behind all four available goalies.

“I thought it was a pretty good group of goalkeepers and a lot of teams needed goalies. I’m not really surprised,” Hoyland said of his place in the draft. “I think depending on how well I do, I think I’ll have a good chance to play. That’s what I like. They (the Burrards) have improved over the last few years and become a contender. I’m definitely excited.”

Isaac Kaminski, who was also drafted in the third round at No. 19, will leave the Royal City to play in Burnaby this season.

“I’m just anxious to play. Burnaby or New West, I had it narrowed down to the two teams I wanted to play for, so it all worked out. It’s a good thing,” he said. “In the last couple of years they (Burnaby) have made great strides.”

The WLA regular season starts on May 11 in Burnaby with the Lakers taking on the Langley Thunder at the Bill Copeland centre.
The Faces of the BCLA

By: LacrosseTalk Staff

The British Columbia Lacrosse Association is a not-for-profit Provincial Sports Organization which manages all amateur lacrosse in BC. The association is made up of an eight member executive lead by President Solen Gill. A four person staff manages the BCLA office and answers to the BCLA Executive and work on behalf of the thousands of volunteers to help promote and deliver the sport of lacrosse.

The link between the volunteers, the executives and directors of the BCLA are the cogs in the wheel that connect the sport and carry out the association mission and goals. The link is the BCLA Staff. We took a close look at the Staff to learn more about them as people and their roles, responsibilities. The BCLA has raised the bar in sport and is a highly regarded Sports Organization amongst all sports in BC. Many BCLA programs have been considered “Best Practices” amongst other Provincial Sports Organizations. It is the goal of the Executive and staff to infuse that integrity in all they do!

Not everyone knows exactly what the responsibilities are of the staff, or even who they are. So this article will help you connect, or re-connect a little closer to them and learn about their life in lacrosse. This is what we found in our Q & A session.

Rochelle Winterton, BCLA Executive Director (12 years)

Q: What is your connection to lacrosse?
A: In another life, Jim Hagen, past BCLA Executive Director, and I worked together at the BC Lions Football Club, and he (along with Gary McIntosh and David Sould) hired me as the BCLA Administrative Assistant in 1995. When Jim decided to move back to Ontario in 2000, I was promoted to the Executive Director position.

Q: What are your duties at the BCLA?
A: My key responsibility as Executive Director is to work with and support the BCLA Executive, Staff and Volunteers to further create, develop, promote and implement lacrosse activities outlined in the BCLA’s four-year plan, the road map for lacrosse program and service delivery driven by the BCLA volunteer membership across British Columbia.

Q: What aspect of your position is the most rewarding?
A: Definitely the most rewarding aspect of this job is working with the incredibly passionate, ethical, spirited group of individuals who give so much of their lives to the development and promotion to a cause, which of course, in this case, is giving people of all ages an opportunity to participate in the game of lacrosse. I find this to be quite an amazing community.

Q: What have you learned since working in the not-for-profit world?
A: I’ve actually spent most of my administrative career in either the non-profit or professional sport world, and have had the opportunity to work with the arts and health sectors as well as the sport community. There is a difference between the “corporate” and “non-profit” atmospheres, and I have always found myself drawn more toward a less formal and structured, more self-sustaining, work environment. I get my energy from the volunteers who are the sustainability source when working for non-profit organizations.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?
A: In an association, one person can’t really take credit for organizational achievements; we can only move forward and be successful because we are connected and involved with each other. Organizational development has to be a true “team” effort, and again, this goes back to the dedication and hard work of the volunteers of the BCLA. I share much pride in the successes that this organization has seen in the past ten years. Finishing my Masters degree this year was a fun accomplishment, and again, I have to credit the BCLA Executive, Staff and Volunteers for participating in and supporting the research project that was the core of my thesis. It’s all about relationships, and I treasure the ones that have been built around this local, provincial and national lacrosse community.

“BC Lacrosse, led by Executive Director Rochelle Winterton, has been a tremendous help in developing and implementing new plans for participation, performance and capacity building in BC’s sport and recreation system. The organization’s very positive and supportive approach is emblematic of the team sport it represents. It has been great to see the difference that group can make and it is making in various communities throughout BC.”

- Scott Brady, Executive Director, Sport & Recreation Now, 2010 Legacies Now

Jeff Gombar, Marketing Director (9 years)

Q: What is your connection to lacrosse?
A: At the ripe age of 5 I asked my father to make me a lacrosse stick. That didn’t happen but he bought me one! I have played box and field lacrosse for over 35 years. I’ve been fortunate to experience all levels of lacrosse from the BC Junior A League, the WLA to college to professional and international competitions. You can say it’s in my blood.

Q: What are your duties at the BCLA?
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- Scott Brady, Executive Director, Sport & Recreation Now, 2010 Legacies Now

Darcy Rhodes, BCLA Technical Director (3 years)

Q: What is your connection to lacrosse?
A: I have to thank my parents for signing me up with the Port Coquitlam Minor Lacrosse Association at the age of nine. I have played ever since in both box and field lacrosse playing my junior in PoCo’s and Senior lacrosse for Langley Thunder. I started working as the BCLA Technical Director in 2004.

Q: What are your duties at the BCLA?
A: As the BCLA Technical Director, I liaise with the Coach and Official Associations. I oversee the Regional and Aboriginal Coaching Programs, organize coach and officials clinics. I work closely with the BCLA chart on lacrosse high performance programs like the Team BC Pee Wee, Bantam teams, Summer Games and North American Indigenous Games. I also get out in the community and promote Inter-Crosse and development programs throughout the province.

Q: What aspect of your position is the most rewarding?
A: I have noticed the great passion of all coaches and officials who volunteer so much of their own time all for lacrosse. Their motivations are to make a difference in the athlete’s life and to use lacrosse as the tool for memorable experiences.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?
A: One of my most cherished moments has been playing for my country on Team Canada – any time you can represent your country and wear the red and white jersey is pretty cool. Being a coach with Team Canada, winning the World Championships and beating the USA was an unbelievable experience — this by far was the best sports experience of my life! Completing the Leadership Vancouver program was a rewarding accomplishment as it allowed me to take on a leadership role and work in a whole other way. There are plenty of people out there doing a lot of good in all walks of life.

“We have enjoyed sponsoring the BCLA for many years and plan to continue in the future. PBG has been committed to sponsoring well structured organizations who share a similar vision. The BCLA continues to demonstrate a passion for improving health and wellness in young people where obesity rates continue to escalate. By participating, these boys and girls are exposed to team building, fair play and camaraderie, which builds their self confidence and self esteem.”

- Frank J. Greggs, The Pepsi Bottling Group, Key Account Manager

Continued on next page
Continued from page 13

assist the BCLA staff in numerous ways from coordinating mailers to distributing printed materials and maintaining databases for coaches, officials and LacrosseTalk. I work closely with Darcy and help register coaches and officials for clinics and keep records of attendances and payments.

Q: What aspect of your position is the most rewarding?

A: I enjoy dealing face to face with the volunteers. It’s nice to see our members visit the office as it allows me to put faces to names.

Q: What have you learned since working in the not-for-profit world?

A: I have been a volunteer myself for over 20 years for various sports and other organizations, I would have to say how surprised I was at how generous so many other people were with their time and how passionate volunteers are for their organizations and teams.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?

A: One of my most rewarding projects was the coordination of girls’ box lacrosse in the late 90’s. The girls showed an interest in the sport will surely increase the coach’s knowledge and strategies to any coach’s portfolio. This enables lacrosse to cut down considerably the length of time spent on the actual training of coaches. A challenge system, complete with a workable pre-requisite to placed coaches straight onto the Competitive Introduction (level 2), was implemented and has worked out well. All evaluation workbooks and content reviewed by this writer as a result has worked out well. All evaluation workbooks and content reviewed by this writer as a result of the challenge system have been outstanding.

New coaching resources are being produced which will offer updated skills, tactics and strategies to any coach’s portfolio. This support will surely increase the coach’s knowledge and in turn the athletes, associations and clubs.

Anyone who has been around lacrosse for a few years will be familiar with the 1980’s video series “Fun With Fundamentals”. The Ontario Lacrosse Association produced this series years ago and it has been without a doubt the backbone of the athlete training from the new player, new association right up to the provincial member association’s, the latest project will result in three “state of the art” DVD’s. A technical committee, under the direction of ex-lacrosse star Jim Calder, has been working diligently on the project. The first DVD will include all the basic skills and should be available to the public by Fall 2007. The second DVD will contain all the team strategies with the third being for lack of a better term “A-Catch All”. The production and delivery of the latter two will be released shortly after the first DVD.

Other items of interest include online drill manuals, a new user friendly coaching site on the CLA website and the development of online training for segments of the coaching certification program. The online training will again reduce the actual “face-to-face” delivery time required in order to have coaches prepared to take up the task of coaching lacrosse athletes. Time is precious — and with these technological advances in lacrosse, it will only be more time you will have to teach a better game of lacrosse.

Coaches Corner

By: Bill McBain

“Another day, another dollar”. However, in the case of the technical committee’s work on the latest CLA projects it’s, “another day, another task”. Moving the coaching material and methods of delivery into the new century has been a work-in-progress. With the publication of the new coaching manuals it appeared as though there was a light at the end of the tunnel, oh so not true. There are increasing pressures on all associations to find sufficient numbers of coaches, training them and then ensuring they have the correct support to enable them the ability to deliver the skills to the athletes.

Time is valuable asset to every volunteer and nowhere is it more evident than in the world of the coach. It is not out of the norm to spend 3-4 nights at the arena with the team, and at 1 or 2 nights strategizing, scouting, or simply talking to staff or players. Do the math, it’s a huge commitment!

The CLA coaching committee has been tasked to produce coaching materials and a delivery system that offers the coach targeted instruction to minimize training time. Some of the moves have been to ensure that lacrosse combined the theory (sport sciences) and technical lacrosse aspects into every coaching stream. This enables lacrosse to cut down considerably the length of time spent on the actual training of coaches. A challenge system, complete with a workable pre-requisite to placed coaches straight onto the Competitive Introduction (level 2), was implemented and has worked out well. All evaluation workbooks and content reviewed by this writer as a result of the challenge system have been outstanding.

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Canadian Lacrosse Association Passes New Rules for 2007

By: David Miriguay

The CLA has reintroduced the ability for post-Minor teams to “Bag the Ball”. Changes have been made to the 30-second rule which now allows teams, while short-handed, to hold onto the ball. Teams while short-handed will not be required to take a shot on goal within 30-seconds unless the team’s goalkeeper or substitute player for the goalkeeper enters the attacking zone.

A clarification note has been added to Rule 12 – Goaltender’s Equipment regarding when the equipment sizing chart as published in the rulebook shall take effect. The note to Rule 12 (i) reads as follows: Equipment number sizing by age category/division can be found in Appendix A of this rulebook. Number 3 sizes for Junior and Senior will be measured prior to the game. All age category/division equipment MUST conform to the body. Number sizing for Minor Lacrosse will become effective for the 2009 season and beyond.

The new rulebook has been produced for the 2007 season. Please contact your Provincial Association to obtain a copy.

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Frank Nielsen is a Sport BC Athlete of the Year Award Finalist

Frank Nielsen, Head Coach of the World Champion Team Canada Men’s lacrosse team, has been selected as a finalist for the 2007 Sport BC Athlete of the Year Awards.

Frank Nielsen, Athan Iannucci and Sohen Gill were nominated for three separate awards, the Coach of the Year Award, the Harry Jerome Comeback Award and the Daryl Thompson Award respectively.

Nielsen, Head Coach of Team Canada Men’s Field Lacrosse Team, was nominated for the Coach of the Year Award. Frank was the bench boss for the 2006 Men’s National Field Lacrosse Team that won the ILF World Championships this past July with a monumental 15-10 victory over the United States. Canada broke a 26-year, 38-game USA winning streak in International lacrosse play.

Frank is a finalist for the Coach of the Year category up against Tom Johnson (Swimming) and Trevor Palmatier (Divining)

WLA all-star athlete Athan Iannucci was nominated for the Harry Jerome Comeback Award. Iannucci competed for the New Westminster Senior A Salmonbellies of the WLA the past two seasons after suffering a serious setback with a major back injury in 2004. He has regained his high level of play leading the Bellies in scoring (17 games, 44 G & 31 A for 75 points) and being named to the First All-Star team.

Sohen Gill, BC Lacrosse Association President and Western Lacrosse Association Commissioner, rounds out the lacrosse nominations for the Daryl Thompson Award. This award is named in honour of the late Daryl Thompson, former chair of Sport BC, whose contributions to sport as an athlete, coach and executive officer were exemplary. Gill is in his third term as BCLA President and is currently in his fifth consecutive season as WLA Commissioner.

In 2006, Lacrosse was honoured at the Sport BC Athlete of the Year Awards gala with two finalists in their categories. The Victoria Shamrocks Senior A team were finalists in the Team of the Year category while Shamrock Head Coach Walt Christianson was the recipient of the Coach of the Year Award.

In 2007, the BCLA is fortunate to have two such volunteers selected for this prestigious award.

BCLA Vice President of Operations, Toni Lowe, and BCLA Minor Directorate Chair, Greg Toll have been selected for the 2007 Sport BC President’s Awards to be held at the Sport BC Athlete of the Year Awards Banquet.

The annual Sport BC President’s Awards promote, recognize and celebrate the spirit of volunteerism by allowing member organizations an opportunity to acknowledge publicly individuals who have demonstrated outstanding dedication and commitment to their sport. In 2007, the BCLA is fortunate to have two such volunteers selected for this prestigious award.

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Toni Lowe began her volunteer career as her sons began their lacrosse careers in 1988. Lowe has done it all by supporting the BC Lacrosse Association system at the box and field, youth and senior lacrosse levels. From 50-50 sales to the current BC Lacrosse Association Vice President of Operations (and everything in between), Toni’s spirit, passion, dedication and leadership have contributed greatly to the continued success of the provincial association.

Greg Toll is the BCLA’s second President’s Award winner. He was chosen by our peers at the BC Games Society as their President’s Award winner for all the work Greg has done with representing the BCLA at the Summer Games. This is a great achievement for lacrosse, the BCLA and Greg to be thought so highly outside of the lacrosse community. Greg, also is the Chair of the BCLA Minor Directorate and is very involved in the planning of the BCLA Provincial events. Ironically, Greg was BCLA’s choice for the President’s Award in 2004.

In Memoriam

John Joseph Shmyr:

Saskatchewan-born, New Westminster-raised John Shmyr passed away November 11, 2006. John started with the Salmonbellies Juniors 1963 to 1966, earning 82 goals and 29 assists. In 1968, he was a valuable member of the Senior Bellies that captured the National Lacrosse League championship. After achieving 27 goals and 31 assists in 44 senior games, John retired his lacrosse stick to concentrate on a hockey career. His death comes just three years after his brother Paul — also a lacrosse and hockey star — passed away.

Gordon John Pogue:


Lowe and Toll are Sport BC President Award Recipients

The 41st Annual Sport BC Athlete of the Year Awards banquet will be hosted at the Hyatt Regency Hotel in Vancouver on Wednesday March 14, 2007.

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Previous Sport BC Athlete of the Year Award recipients from the BCLA are: David Sod (2001), Jack Crosby (2002), Hugh Tat (2003), Greg Toll (2004), Deb Stocks (2005) and Shawn House (2006). Congratulations to Toni and Greg!
The Canadian Lacrosse Association Passes Transfer Policy

By: David Miriguay

The Canadian Lacrosse Association (CLA) passed a new Player Transfer policy at its 2006 Annual General Meeting. Teams, players and parents of players should be aware of the new policy if a players wishes to move from one of the CLA Member Associations jurisdictions to another or if teams wish to acquire the services of players from outside their member jurisdiction. This article will by no means cover all aspects of the policy and I encourage all interested parties to visit www.lacrosse.ca/transfers.asp to find out more information and to download the Player Transfer Guide. This guide includes the entire transfer policy and summarizes critical clauses of the policy for players, teams and member associations.

The CLA recognizes that all players wishing to play lacrosse in Canada have the privilege to do so provided certain conditions are met. These conditions are not meant to completely restrict the movement of players between member associations; however the CLA recognizes that restrictions are necessary to help with the development of players within members associations. This policy strikes a balance between complete restriction and the free movement of players.

All post-Bantam aged players are required to complete a Transfer Release form. Transfers will only be permitted between the first Wednesday of March and July 1 of each calendar year.

Each member association will submit a list of players to the CLA office before the end of February indicating which players are required to have negotiated releases from their respective teams. A participant may move from one member association’s jurisdiction to another, and be eligible to play under the following circumstances:

The player is not on a negotiation list and he has completed a Transfer Release form whereby the member association signs the transfer form indicating the participant is a member in good standing; (i.e.: not suspended); An agreement to release the player has been reached between the team holding the rights to the individual as indicated on a negotiation list and the team wishing to acquire those rights; The player moves from one member association to another where the primary purpose is not to play lacrosse; Players who have signed a playing card for the current season must receive a release from the team to which he was signed; Players under the age of 18 must have the Transfer Release Form signed by a parent or guardian granting permission for the player to move if the player’s parent or guardian is not also moving.

Players and teams who do not abide by the transfer policy may face suspension and fines.

I again encourage all players and teams to ensure they read the Guide to the CLA Transfer Policy so that they fully understand the nature of this policy. This information is posted on the Canadian Lacrosse Association website at: www.lacrosse.ca/transfers.asp
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By: LacrosseTalk Staff

Victoria Shamrocks Senior A head coach Walt Christianson has been commemorated for his significant contribution to the advancement of sport locally, regionally, nationally and internationally in lacrosse by the city of Trail, BC.

Christianson, born in nearby Rossland, is part of a group of homegrown champions who will be recognized on Trail’s Home of Champions Monument later this year. He is one of six new champions selected to join the roster of 104 citizens recognized on the monument in downtown Trail. Walt will join a list of other sport notables on the monument like: Major League Baseball’s Jason Bay; NFL’s Ray Ferraro, Adam Deadmarsh, Caesar Maniago and Steve Tambellini; and Olympic skiers Kerin Lee Guarino and Nancy Greene Raine.

“I was born and raised in Rossland and played hockey and basketball most of my life. I didn’t start playing lacrosse until I was 18. Rossland and Trail have a great tradition in sports, and as a youth I looked up to many of the great athletes who played hockey and lacrosse in Rossland,” stated Christianson.

Christianson, a product of the lacrosse-rich community of Victoria, played 11 seasons with the Shamrocks and Payless winning two Mann Cup titles (1983 & 1999). Known as a rugged defender, he was a well-rounded player scoring 74 goals and 149 assists in 266 games while spending 546 minutes in the penalty box.

As Shamrocks head coach, Christianson won two Mann Cups in 2003 and 2005. He has also coached professionally in Calgary, Colorado and currently with the San Jose Stealth of the National Lacrosse League. In March 2006, Christianson was honoured as Sport BC’s Coach of the Year.

“It is truly an honour to be nominated to the monument. There are so many great athletes in the area and it is humbling to be included for this honour,” said a humbled Christianson.

Bill Bradley, of Adanac fame, is one of ten new inductees to the Burnaby Sports Hall of Fame. The induction dinner took place February 15 at the Firefighters’ Hall in Burnaby.

Bradley entered senior “A” lacrosse in 1962 with the Norburn club of the old Inter-City League in British Columbia. During the next fourteen years, Bill played in Victoria, Coquitlam, and Windsor, Ontario, as well as Montreal and Maryland of the Professional (original) National Lacrosse League. He earned a reputation as one of the game’s hardest hitting defensive specialists, totaling 784 minutes in penalties. Overall, he amassed 376 goals and assisted on 561 in 498 games, was on the Western Lacrosse Association all-star team seven times and on the Eastern all-star team once. He was inducted into the Canadian Lacrosse Hall of Fame in 1987.

“As reported in the Burnaby NOW, Bill will join the same hall as his most respected coach, he stated, “I’m quite privileged to go up with one of my coaches, Gordie Gimple. I’ve always looked up to him. He was one of my favourite coaches.”
Collegiate Club Training for the Serious Player

By: Brent Hoskins

The SFU Junior Developmental Field Lacrosse Program is designed to train players in a professional environment to best prepare them for a collegiate field lacrosse career. This Developmental Program offers an elite level of instruction for experienced and developing field lacrosse players looking to take their game to the next level. Players will be challenged in an individual and team-learning environment in order to gain a thorough understanding of fundamentals and advanced performance skills.

Practices are coordinated with the SFU Men’s Field Lacrosse program’s Fall training schedule. In addition to on the field practices, athletes involved in the program will compete in competition against top programs from the US as well as from Western Canada.

Each athlete is expected to maintain a level of excellence in the classroom and in turn will receive guidance and information on collegiate academics planning at the secondary level. This program is beneficial to those players wishing to pursue a career in lacrosse at the collegiate level and may be used as part of a player resume when considering post-secondary options.

The program is based out of the SFU Men’s Field Lacrosse Practice Facility at Simon Fraser University.

Some of the skill components the athletes receive during training include: Technical: field lacrosse systems, defending principles, attacking principles, game strategy, Mental: commitment, motivation, intensity and discipline.

“A unique lacrosse experience where field (lacrosse) is finally the number one sport. The 100% commitment to a team sport served to develop the learning curve,” stated lacrosse parent Cam Davis.

With hard work and training came two major accomplishments, one being the Seattle Space Needle Tournament of which the team won the Elite Division going 4 and 1 in the round robin and beating the Tacoma Stax in an overtime final. The second tournament had the club travel to Lancaster, California and play in the Adrenaline Lacrosse Warrior Challenge which featured teams from Washington, Oregon, California, Arizona, Nevada, North Carolina and Canada. The SFU Jr. Development squad had the best second overall record with 4 wins and a single loss to the eventual champs Nor Cal Stax. The team only allowed 13 goals against in 5 games – a testament to a great overall team effort.

The team roster included: Blake Duncan, Michael Pecchia, Grenee Stewart, Jason Lee, Ryan MacKay, Sam Gibson, Cody L’Armee, Josh Wyton, Brent Lauritza, Jake Yonge, Nathan Klein, Chris Tessarolo, Mike Mallory, Ben McIntosh, Ryan Zaiden, Richard Lachlan, Mike Kennedy, Kyle Robinson and Joshua Simons.

“This was a great opportunity for all the players to get a feel for what is taken to bring their field lacrosse career to the next level. Learning the ins and outs of nutrition, traveling as a team, learning collegiate style of field lacrosse, understanding scholastic standards and most of all playing with kids from other associations was great to see,” mentioned Fred Lachlan of Port Coquitlam.

The program will run again Fall of 2007. Anyone interested in SFU is encouraged to fill out the recruitment link on the SFU Lacrosse website at www.sfulacrosse.ca.

SFU Rely on Freshmen for Leadership

By: LacrosseTalk Staff

SFU Clansmen started the 2007 campaign as a relative unknown talent. Many had written them off after two consecutive seasons of lackluster performances in the Pacific Northwest Collegiate Lacrosse League (PNCLL) final four. The tides have changed in 2007 and opponents will remember the new and improved Clansmen as a youth movement envelops the program.

The 2007 version of the SFU Clansmen field lacrosse team hosts many new talents from across Canada. A talented Freshmen class will step into starting roles and will see plenty of field time at all positions.

“With our recruiting efforts filling voids left from last year’s graduating class and adding much needed depth to our roster looks as deep and as talented as any SFU roster ever assembled,” stated Coach Jeff Cathro.

The lone Senior on the team, attackman Mike Christians (5G, 15A), will lead the Clan offense and will surely vie for all-conference honors. Christians will be a main cog to instill defending principles, attacking principles, mission to a great overall team effort.

If you want to play for Canada’s Team next summer, please fill out our recruitment link on the SFU Lacrosse website at www.sfulacrosse.ca.

“If you have kids coming in from all over the country,” says co-coach Brent Hoskins. “They’ve come ready to work and ready to win.”

Coach Consultant, Jeff Gombar, sees the advantages of a diverse team but stresses the importance of becoming a close-knit group in short order.

“The team has huge potential to compete at a high level,” stated Gombar. “The keys are to grow together through the wins and losses but stay the course as one cohesive group.”

The PNCLL competition will prove to be the toughest in years with the 3-time PNCLL Champions University of Oregon Ducks by far the team to beat with a preseason #7 national ranking. Not only are the Ducks tough but others like Oregon State and Washington will prove a challenge.

At deadline, SFU met the University of Oregon and Oregon State University on the road February 10 & 11 and then hosted the University of Idaho and Gonzaga University February 24 & 25. The remainder of the SFU schedule is as follows: March 3 vs Boise State (Mercer Stadium - 3PM); March 10 vs University of Montana (Western Washington U. - 4PM); March 16 & 17 at the University of Washington Husky Invitational vs University of Rhode Island (March 16 – UW Dempsey Center – 7PM) and Texas Tedi (March 17 - UW Dempsey Center – 7PM) and April 7 vs U of Washington (Barnaby Lake – 1PM). The PNCLL Final Four will be April 29 & 30 with a location TBD and the MCLA National Championships May 9-13 in Dallas, Texas.

If you want to play for Canada’s Team next season, please fill out our recruitment link on our website. For game times re information, please go to www.sfulacrosse.ca.

Zebras Earned Their Stripes

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Mother Nature has hit the high school field lacrosse season pretty hard in BC. Due to other field sports already established in the High School system, field lacrosse is played in the winter, which runs from the last week of November to the first week of March. With the severe weather conditions on the west coast, almost all games have been cancelled as fields have been covered in snow.

The season did get off to a great start with the inaugural Claremont Spartans High School Lacrosse Shootout hosted by Claremont High School in Victoria. Teams from Mercer Island, Washington, the Lower Mainland, Vancouver Island, Kelowna and Edmonton Rush star Jamey Bowen’s lacrosse academy from Edmonton all competed in both junior and senior divisions.

The tournament was very well-organized with ex-NLL and Victoria Shamrock standout Darren Reisig and Dave Bremner and a huge cast of volunteers providing all participants with a memorable experience. Dr. Charles Best won the junior title over host Claremont 11-2 and the senior division was won by Claremont who defeated New Westminster 14-4 in the final game. Both the junior and senior games were played in near blizzard conditions. Very few games have been played since as three different snowfalls have prevented field use.

Teams are training and getting in much needed practice in preparation for the Blue Devil Classic. This year’s tournament will host both junior and senior teams and will be held March 7-10 at Charles Best School (Coquitlam), Cinugus Field (Aquarium Town Centre) and Mercer Stadium (New Westminster).

Not all participants have been confirmed for the 2007 showdown. Victoria’s Claremont will be looking to win their first titles in both divisions coming off a strong showing in their own tournament. New West will be strong in both divisions and will be looking to defend both titles that they picked up in 2006. New West won both titles by 9-8 scores over Charles Best in last year’s finals. Best has added Coach Daren Fringe to the fold and will be out to avenge both losses and will be looking for their first senior title.

Terry Fox and Riverside of Port Coquitlam will be in the hunt. Fox is coming off an undefeated School District 43 season winning championship in 2005-06. Heritage Woods, Pinetree and Centennial will also be looking to do some damage. Vancouver College and the return of St. Thomas More will provide representation from the Independent schools. More, boasts a new head coach in Whitter College grad Craig Feraro, looks to return after a 3-year hiatus when they won the inaugural Blue Devil tournament.

Other schools believed to be participating will be Lord Tweedsmuir, Delta, South Delta, North Delta, Hatatz, Kwantlen, Argyle, Sutherland and Samuel Robertson. A full schedule of the tournament games will be posted on the BCLA website at www.bclacrosse.com.
Ref blows whistle on WLA career
Official leaves just 19 games shy of 600 games

By: Tom Berridge, Sports Editor, Burnaby NOW

Ron Crosato is one whistleblower that everyone is going to miss.

After 31 years of officiating in the Western Lacrosse Association, and a record 27 appearances at the Canadian senior A Mann Cup championships, Crosato has called it quits.

Now just two months short of his 59th birthday and with a young grandson to dote on, Crosato decided to hang up his whistle after 581 games, a mark that leaves him just six games short of the likes of Canadian lacrosse hall-of-fame Paul Parnell, who is second overall in all-time games played in the WLA.

Only Eric Cowieson, the longtime New Westminster Salmonbellies captain with 629 games, has participated in more senior A games, either as a ref or a player.

"Kids I refereed in intermediate, I'm now refereeing their kids in juniors," said Crosato. "The actual reason, without bragging, is I'm going to leave on top with a good rapport with the rest of the people in the game - coaches, commissioners to players - and that's about as good a rapport as you can get, being an official."

In the three-plus decades he has worn the black shirt of the senior A league's on-floor official, Crosato has put up numbers that stand up against those of the greats that have graced the game.

Canadian hall of fame statistician Stan Shillington said it speaks volumes for the kind of generous volunteer Crosato is.

"I like him because I think he was fair. I look at the game and don't give a damn who has refereed before. I just look at who is going to win. I look at who is setting up and who is breaking and he was just a damn good ref," said Shillington. "He has worked for years and years, and he puts on clinics and helped in the minors. They are losing one hell of a hard worker, and I hope the WLA can find a replacement."

Finding a ref with as many miles as Crosato will certainly be a chore.

With Crosato's retirement from the game, Ray Durante, with just 325 league, playoff and Mann Cup appearances, becomes the game's most active official.

"Crosato stepped into lacrosse through the mentorship of Len Coombes, who he worked alongside as a trimmer. They are losing one hell of a hard worker, and I hope the WLA can find a replacement," said Shillington.

Crosato has refereed a record 408 league games and 146 playoff games.

The three-plus decades he has worn the black shirt of the senior A league's on-floor official, Crosato has put up numbers that stand up against those of the greats that have graced the game.

"I would hate to have someone come up and say, you're past it. You know what? That would kill me."

But it always came down to how a player handled himself. He added.

"If you miss a call, just tell us," Alexander said. "We'll cut you some slack. We're not going to execute you."

And they never did. His motivation has always been to be the best. His yardstick - if someone a day or two after - had forgotten who had refereed the game.

"It is the satisfaction of doing a good, fair game and having been seen as not being decided by the two men in black shirts," Crosato said. "He has had some great partners along the way as well."

Bill Duck was with him on the floor the night he broke Gunn's 1942 record for games refereed.

"It's those little things that make a difference to an official. My family was there, and Bill (Duck) had asked to do the game. That was nice," Crosato said.

Dan and Zeickenberg also requested that he be with Crosato when he surpassed the 500-game plateau and again in his final career game last season.

"I would hate to have someone come up and say, you're past it. You know what? That would kill me."

But it always came down to how a player handles himself, he added.

"If he goes to the penalty box without making a song and dance and drawing attention to himself, he's cut you some slack," Crosato said.

For Crosato there will be a lifetime of memories, some better than others.

He might want to forget that brutal game between Victoria and New West in the 1980s that a mad-ways Crosato and Duck were happy to see completed.

Then there was the 1990 Mann Cup in Ontario, where he was asked to do all four games, a rarity for visiting officials.

He officiated the first game of the 1994 Mann Cup between eventual champion New Westminster and Brampton that ended in a bench-clearing brawl at Queen's Park Arena.

But it is perhaps the little things that Crosato... Continued on page 23

### Western Lacrosse Association 2007 Junior Draft

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<td>Langley</td>
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<td>2</td>
<td>Ilja Gagic</td>
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<td>3</td>
<td>Cliff Smith</td>
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<td>Dave Jenkins</td>
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<td>41</td>
<td>Lucas MacNeil</td>
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<td>Tyler Lietz</td>
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<td>Kyle Harris</td>
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<td>Brad Lyde</td>
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<td>62</td>
<td>Adam Leake</td>
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### Minto Cup 2007

Make sure you do not miss out on any of the action. Come watch Junior A lacrosse at its finest when the New Westminster Salmonbellies host the Jr A Champions from Ontario, Alberta and of course British Columbia - Aug. 24th to Sept. 1st.

Tickets prices have been set as follows:

- **Round Robin Games** - $15.00
- **Semi-Final/Final** - $20.00

There will be limited assigned seating so order early.

Order your tickets by contacting the Canadian Lacrosse Association at (613) 260-2028 or via e-mail at: minto@lacrosse.ca

For more information on the event such as the schedule of games, please visit www.lacrosse.ca/mintocup.asp.
By: LacrosseTalk Staff

The 2008 Team Canada Men's Under 19 lacrosse program has announced the appointment of Gary Gait as the head coach of the 2008 version of Team Canada. Gait, arguably the world's best lacrosse player, returns as head coach after a 19-10 gold medal game loss to the USA in the 2003 tournament in Torrance, Maryland. The 2008 U19 Under 19 Men's World Championships will take place July 3-13, 2008 in Coquitlam, BC.

Gary Gait (Colombus) and a host Team Canada alumni will make up the coaching staff to lead Canada to their world championship. The coaching staff includes: Gary Gait as the head coach of the 2008 version of Team Canada; Jim Gow (BC) as an assistant coach of the 2006 World Champion Canada; Jeff Gombar (BC) as the goalkeeper for the 2006 World Champion Canada men's squad.

McComb (2006). Huntley will add an offensive perspective to the coaching staff to lead the U19's at the 2008 World Championships. Huntley's coaching experience includes playing for the Canadian National Field Team and is currently a coach with the PLL Portland Lumberjacks. He is also currently an assistant coach of the 2006 World Champion Canada men's squad.

The camp is open to all players born after August 31, 1988. There will be three regional camps from April to September with a final camp in October. The camp dates and cities are: BC Camp (Burnaby) - April 6-7; Ontario Camp (Mississauga) - June 30-July 1; Prairie Camp (Saskatoon) - Sept. 15-16. The final selection camp date is October 5-7 in Coquitlam, BC.

The Executive is made up of a four member staff from across Canada including Tim Barrie, Tony Lloyd, Jim Gow and Al Luciuk.

For additional camp information please contact: Tim Barrie (Ontario) at 905-579-4199 and email t.barrie@rogers.com; Tony Lloyd (Ontario) at 905-579-4199 and email t.lloyd@rogers.com; Jim Gow (BC) at 250 592-3002 and email jgow@sympatico.ca; and Terry Lu6mail@shaw.ca; and Terry Luciuk (Prairies) at (306) 652-7002 and email lu6mail@shaw.ca; and Terry Lloyd (Ontario) at 905-579-4199 and email t.lloyd@rogers.com. Visit the Team Canada Men's Under 19 program website at www.meritpre.com/U19.

By: Stan Shillington

2007 ANNUAL GENERAL MEETING & SPECIAL SESSION TIMELINES

Field Directorate Special Session Timeline

May 24 Notice of Field Directorate Special Session
All blank forms Registration, Operating-Policy Changes must be mailed out

June 27 Deadline for changes for Field Directorate Operating Policy into BCLA Office

July 12 2nd Notice Operating-Policy Changes circulated (in mail)

July 26 Deadline for Executive Reports to be submitted to the BCLA Office
Deadline for Budget to be submitted to BCLA Office
Deadline for Registration Forms to BCLA Office
Deadline for nominations of awards (BCLA/BCLA)

Aug 11 Field Directorate Special Session at Douglas College 10:00 AM 4:00 PM

BCLA and BCLA Special Session Timeline

June 28 First Notice of BCLA/BCLA Special Session
Forms circulated Registration, Policy Changes, Agenda, Awards

July 25 Deadline for BCLA/BCLA Operating Policy Changes to the BCLA Office

Aug 9 2nd Notice Operating-Policy changes circulated for BCLA

Aug 23 Deadline for Executive Reports/Budget to be submitted to the BCLA Office
Deadline for nominations of awards (BCLA/BCLA)

Aug 30 Deadline for Registration Forms

Sept 8 BCLA Special Session at Douglas College 9:00 AM-4:00 PM
BCLA Special Session at Douglas College 9:00-4:00 PM

BCLA Annual General Meeting Timeline (BCLA/AGM, Minor Directorate, Senior Directorate)

July 23 First Notice of Annual General Meeting
Forms for changes to the Constitution/Policy & By-Laws
Hotel Information and Order Form
Award Nomination Forms
Letter re: policies on who pays for delegate fees, travel, etc.

Aug 28 Deadline for Constitution/By-Law changes into the office.
Deadline for BCLA, Senior, Minor Operating Policy changes to change the status of a motion into the office.
Deadline for Award Nomination forms into the office.

Sept 7 Deadline for all Executive Reports/Budgets for Annual Report
Deadline for BCLA, BCLA Minutes to office

Sept 12 2nd Notice/Mailing of changes to the Constitution/By-Law & Operating Policies

Sept 25 Deadline for AGM Registration Forms
Deadline for booking Hotel for AGM

Oct 12-14: 2007 BCLA AGM, Whistler, B.C.
Core Training for Lacrosse

By: Jeff Cathrea

Core Training for Lacrosse

By: Jeff Cathrea (B.Sc. Kinesiology) operates Catch 22 La-X-Training/Conditioning, a lacrosse specific strength, speed and conditioning program for box and field lacrosse athletes.

With another box lacrosse season approaching, upon us athletes must begin to physically prepare themselves to out perform and outlast their opponent. So how does one begin to build the strength and the speed to rise above their competitor? The answer lies within your core.

The ‘core’ is a group of trunk muscles, which acts as the central power zone of the body. Comprised of the transverse abdominal muscles, psoas major (PC) muscles, multi- fidi, and the diaphragm, the core acts as a power link to coordinate optimal recruitment of the muscles involved in dynamic movements by stabilizing body segments so that another segment can generate power. Simply put, having a strong and stable core allows you to move your body in its most efficient pattern, and the more efficient your body moves, the more strength and power you will be able to produce. In addition to increasing your performance, a strong stable core will also help to decrease the likelihood of injuries, especially to your low back, hips, knees and ankles.

Having a strong core will lead to a handier faster shot, increased sprinting speed, increased balance and increased strength, especially while fighting through picks and while in traffic.

So now that we have identified why it is important to have core strength, how do we train core strength? Although there are many different exercises that help to target the core group of muscles, the challenge in the beginning is being able to isolate the contraction of your core group. It becomes important to recognize that your transverse abdominal (TA) muscles are much different than your rectus abdominals (RA) as your RA muscles run up the deep abdominal muscles. By strengthening these hidden muscle groups you will have found yourself a hidden weapon that will allow you to outlast and outperform your competitor.

Some of the most effective exercises used to target the core muscles can be performed by using your own body weight and a Swiss ball. Remember, with these exercises it is important to keep a neutral spine while performing the specified movement. The number of reps and sets are determined by how long you are able to hold your core tight as you are trying to re-educate your body to do movements with the involvement of your core.

So next time you are contemplating doing some crunches to finish off your workout, try substituting a simple core routine to strengthen the deep abdominal muscles. By strengthening these hidden muscle groups you will have found yourself a hidden weapon that will allow you to outlast and outperform your competitor.

Next time you are contemplating doing some crunches to finish off your workout, you should feel the deep abdominal muscles. By strengthening these hidden muscle groups you will have found yourself a hidden weapon that will allow you to outlast and outperform your competitor.

So next time you are contemplating doing some crunches to finish off your workout, try substituting a simple core routine to strengthen the deep abdominal muscles. By strengthening these hidden muscle groups you will have found yourself a hidden weapon that will allow you to outlast and outperform your competitor.

Nominate Field Lacrosse Volunteers NOW!

While we're still in Field Season, we would like to give you the opportunity to nominate some of your dedicated volunteers for the 2007 BCLA Merit Awards while the season is still fresh in your minds. Field Lacrosse Merit Award Categories include:

- Hugh Gifford (Manager of the Year)
- Ruth Sewards (Outstanding Volunteer at the Local Level)
- Art Daugh (Executive Volunteer)
- Leon Hall (Youth Field Lacrosse Association of the Year)
- Jimmy Gunn (Field Referee of the Year)
- John Cavallin (Coach of the Year)

The Award Winners will be presented during the 2007 BCLA Annual General Meeting Banquet on October 13, 2006. Your volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

For more information or to download the nomination forms, please visit the BCLA Website at: www.bclacrosse.com or contact the BCLA Office (604) 421-9755

Ken Matheson — outstanding athlete, war hero, businessman, gentleman — passed away by his DFC in an investiture at Buckingham Palace on July 13, 1945:

His aircraft often sustained heavy damage from enemy flak, but Squadron Leader Matheson and his crew always made it safely home. In all, he flew 50 sorties against enemy targets, logging 281 hours.

Matheson joined the airforce, eventually reversed the results in 1939, winning its first B.C. title, only to fall to Sty Catharines in midstream) 5 - Finally, breathe.

And, so, it came as no surprise that many younger players were given a chance to display their war, often keeping the veterans on their toes (or on the bench). To illustrate, only four members of the 1933 first-year teams — Ken and Max McDonald, Jim Gifford and Slack McCranor — made it to the 1936 season. Ken Matheson, who joined the senior Adanacs in the sophomore year, was the lone 1934 player addition to join the original in 1935.

The development of local lacrosse pre-season and in season conditioning programs out of the Performance Institute located within Burnaby’s Rinks. For more info on these programs or for online training programs please visit www.catch22lax.com or call 604 291 9941. Remember, don’t just train...La-X-Train!

By: Stan Shillington

Ken Matheson was a born competitor.

It mattered not that the opponent might be bigger, stronger, or even deadly; for Ken, it was the competition that he had to give his best.

Kenneth Albert Matheson was born in Calgary on May 14, 1914, but raised in New Westminster where the Mathesons dominated lacrosse and the Adanacs Basketball Club ruled the hoop scene.

Ken enjoyed both pastimes.

In 1933, the 12-man game gave way to seven-man box lacrosse. A quick meeting of the minds ested and the Adanac Basketball Club came to the Adanacs.

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In 1933, the 12-man game gave way to seven-man box lacrosse. A quick meeting of the minds ested and the Adanac Basketball Club came to the Adanacs.
Tigers Remember near-tragedy

By: Roger Knox, Morning Star Staff

Celebration one day. A near-disaster, which ended safely in an Alberta corn field, less than 24 hours later.

A pair of Kelowna pilots saved the 1976 Interior Lacrosse Association – went 38-1 that Tigers of '76 – champions of the four-team Gary, and a defence anchored by Kendall, the snipers Jeff Shirley, Terry Mosdell, Gilles Lapointe and the Back row of the plane, savouring his first cabin, playing cards. Kendall was sitting in the

"I thought they were going to be 12 to 14-year-old kids. I didn't have any idea who the Vernon Lodge Tigers were," laughed Lapointe, now 62, the owner and founder of Kelowna Flightcraft. "When I saw them coming out of the Kelowna Airport towards the plane, they had long hair, they were in their 20s, and their knockles were dragging on the ground. A real shockum bunch of guys, but all very nice individuals."

Lapointe had returned to Winnipeg from a side trip to Oklahoma City in time to see the Tigers win the title, and shared in their victory celebration before calling it an early evening to prepare for the flight home.

"These guys, the next day, they are so hung over, they had about 14 cases of beer, which I said they couldn't take all of it back, and about 15 baskets of Kentucky Fried Chicken. This is rare in the morning. They hadn't been to sleep yet," said Lapointe.

The DC-3, which used to belong to multimillionaire Conrad Hilton, was loaded up. The DC-3, which used to belong to multimillionaire Conrad Hilton, was loaded up. The DC-3, which used to belong to multimillionaire Conrad Hilton, was loaded up. The DC-3, which used to belong to multimillionaire Conrad Hilton, was loaded up.

After a routine takeoff, Lapointe, accompanied by co-pilot Bill Jurome, decided to refuel in Lethbridge for the final part of the trip home. Just after takeoff, Lapointe smelled smoke in the front of the airplane.

"It was a smell like paper burning," he recalled. "I thought it might have been the heater, which I had on. I turned it off, but the smoke smell kept coming." "It was a smell like paper burning," he recalled. "I thought it might have been the heater, which I had on. I turned it off, but the smoke smell kept coming.

Some of the players were in the aisle of the cabin, playing cards and Kendall was sitting in the back row of the plane, savouring his first Canadian title, when he noticed fire coming from the cockpit.

"He came running down the aisle with a look of sheer horror on his face. I never forget that look," said Kendall. "He was stepping on one or two of the guys to try and get over them."

"I noticed smoke coming from the washroom," said Lapointe. "I felt the door and, holy, it was hot. I hit the fire bell, got back on the radio and said we had a fire on the airplane.

"I told the players to 'get down, I have to land the plane now. We were at 10,000 feet. Lapointe cut the power and the plane went down to 1,000 feet in less than four minutes. He was at the edge of the Rocky Mountain foothills when he sent out a Mayday call.

At this point, the smoke in the cabin was so thick that players couldn't see the person sitting next to them. Players were grabbing their sticks and trying to bust-out the windows.

"Everybody had taken off their shirts and covered their faces," said Zecchel, the team's star 22-year-old goalie. "The pilot dropped the fuel, spun the plane around and headed back to the Prairies."

Lapointe was informed by team management the players were choking in the back because of the thick smoke in the cabin, so he had the players open the emergency exits to allow the smoke out, then told them to hit the floor.

As the plane broke through the clouds, Jurome spotted a corn field.

"I told the pilot to turn on the right, just over some power lines, and touched down," said Lapointe. "There was a great big ditch about 20 feet in front of us. I slammed full power on, and we hopped over the ditch, plumked down and landed up the backs."

"I told everybody to get out of the plane. I didn't have to ask them twice. 'The guys all had their lacrosse sticks, holding them like they were guns."

"Guys were jumping head first out of the plane, doing shoulder rolls," said Kendall. "I'll never forget that look."
A Tradition To Celebrate (1937-2007 Burrards)

By: Stan Stirling

Every sport — baseball, football, hockey, soccer, etc. — embraces the continuity of a handful of teams to sustain the tradition of the game.

The Burrard Lacrosse Club proudly celebrates this time-honoured custom in the 2007 season with the organization’s 70th consecutive senior lacrosse campaign in Western Canada.

It may be true that there were times when the Burrards were called the Burrards of Westerns or Combines or Pils or Carlings and that home was where you found it — the Fenno’s, Agrodome, Coliseum, Kerrisdale, Surrey or Maple Ridge; despite these changes dictated by a new venue or the economics of the day, everyone knew that, behind the survival tactics of commercialism, the team was still the Burrards.

Bill Cudler, Les Dickinson, Ed Bayley and some of their old cronies from the Burrard Liberal Association conceived the need for a new club in the Inter-City Lacrosse League (ICLL) in the Fall of 1935, thus giving birth to the Blue Baby nine months later. The original sponsor was Ed Irvine whose only advertisement was a Maltese cross on the uniform, the symbol of a popular soft drink of the day.

With franchise in hand, the founders set out to recruit players. Les Dickinson, who was named coach, naturally went after his young son Bill. The Pacific Blue Beavers, a club guided by Ed Bayley from juvenile to senior in the 1936-37 season, had folded and in providing the Burrards with more young talent, added to the mix were a few veterans to settle most of the team’s problems. The Burrards were now ready for the boxla wars.

The 1937 team was a solid, exciting foundation to build a tradition of excellence. Bill Dickinson, Chuck and Bill Marshall, Walt Lee, George Gray, John MacDonald, Joe Jenkinson, Roy Cavallin, Bert Bryant, Bill Chestnut, Roy Hope, Harvey Olson and Walt Ross. Filling the gaps in the shorthanded lineup were the likes of Les Davy, Cec McGavin, Bo Bradford, Jumbo McLean, Russ Proctor, Roy Hartney, Bob James, Bill Walker, Jack Smith and Len Woodward.

In the next year or two, the Burrards recruited cornerstone for the foundation — John Cavallin, John Dale, Pat Thaul and Don Matheson. It was a fun ride to the top — from league basement in 1937 to the Mann Cup final in 1940. Unfortunately, St. Catharines proved to be the wretched stepmother and the Cinderella Burrards were forced to wait until 1945 to gain the national title.

Les Dickinson lavished the coaching chores after the 1940 season to Ed Irvine who was later followed by Ed Bayley and Chuck Jones before John Dale guided the unit to the 1945 Mann Cup with a mixture of returning Second World War servicemen and youngsters like Bo Bradford, Bill Harris, Emie Smith, Frank Lee, Earl McDonald, Harry Buchanan and Roddy McLeod.

The Burrards took part in some of the most memorable lacrosse battles with Adanacs and Salmonarmies between 1946 and 1948 before the boys in blue, now under rookie coach John Cavallin, captured a second national championship.

By now, the club was known officially as the Burrard Westerns. Faced with a number of retirements and the collapse of the Richmond Farmers’ franchise, the 1951 Vancouver club was renamed the Combines — not very original, but somebody must have liked it. In any case, it didn’t last long. Soon it was back to the Burrard moniker for a spell before a brewery marriage resulted in name changes to Pils and Carlings.

The teams of the 1960’s were something to behold. Built by coach Jack McKinnon and polished by Bob Marsh and Alex Mackay, Vancouver captured the Mann Cup in 1961, 1963, 1964 and 1967. It was a fantastic decade through it all, there remained the desire to get back to the Burrard name.

In 1970, Colin Cruickshank, Bill Dickinson and George Black, as president, vice-president and coach respectively, again adopted Burrards as the official team name. Pride stabled Burrards as a boxla power with which to contend, but it took until 1975, under coach Ross McDonald, to win the Mann Cup once again. The feat was repeated in 1977.

Fourteen times the Burrards have fought for the Mann Cup — eight times they have succeeded.

The glory has been further polished by eight players named the Mike Kelly winner as the Mann Cup’s Most Valuable Player — Frank Lee (1945), Don Matheson (1949), Bill Barbour (1961), Gord Gimble (1963), John Cervi (1967), Ron Pundor (1975) and Doug Haynes and Mike Smith (tied 1977).

And we mustn’t forget the only shutout in the history of the Mann Cup — Don Hamilton’s blanking of Brampton 13-0 on September 23, 1961.

Lacrosse, like any other sport, has suffered through highs and lows of popularity but, through the dark times as well as the good, the stars have always glimmered.

There will always be debate over who was the best player to wear the Burrard uniform and the argument certainly won’t be settled here. But the Canadian Lacrosse Hall of Fame has recognized 53 players who have worn the blue colours — 36 of whom spent virtually all of their productive years with Burrards, 13 who had brief forays before moving on to other clubs and four who actually belonged to opposing teams but were picked up by Vancouver for Mann Cup play.

As a leader in the game of lacrosse, it should come as no surprise that the seed of creation, although fertilized and nurtured in New Westminster where the Hall of Fame is located, was actually implanted by the Burrards.

Look back, if you would, to 1968 — three full years before the Royal City enthusiasts applied to the Canadian Lacrosse Association for the Hall of Fame charter. An article appeared in the July 5, 1960, Vancouver pro- gram under the heading of “Anyone for a Lacrosse Hall of Fame?” which stated, in part: It is high time that these former stars are toast- ed for their contributions to Canada’s national game. Once a player retires from lacrosse, his name becomes only a slight memory or it’s forgotten altogether — to forget them would be a crime.

Forty-eight names representing box and field lacrosse and builders of the game were hon- ored in 1966 as charter members. They, along with first-year inductees, found a place of hon- our at the official opening of the Hall on May 17, 1967. Each year since, new names have been added — the stars of yester-year and their exploits would not fade into oblivion.

In 1998, a “Team” category was added for the Hall to honour. The 1961 - 1967 Vancouver organization was inducted the fol- lowing year. In 2004, the 1945 team was also inducted into the British Columbia Sports Hall of Fame.

Seventy years of glory — happy birthday and continued success.
Saskatchewan Lacrosse Association

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Big River, SK
S0J 0E0
(h) (306) 548-2181
Email: lamothe@sasktel.net

Central Lacrosse Association
(Sask & area)
Contact: Brad Cameron
P.O. Box 100
Yorkton, SK
S0G 6A0
(h) (306) 548-2181
Email: brad@canada.com

Estevan Lacrosse Association
Contact: Evan & Kerri Handley
1925 Dieppe Crescent
Estevan, SK
S4A 1X2
(h) (306) 634-9036
Email: hamster@sasktel.net

Maple Creek Lacrosse
Contact: Ron Martens
Box 497
Maple Creek, SK
S0N 1N0
(h) (306) 665-4552
Email: rommartens56@hotmail.com

Melfort Lacrosse
Contact: Gordon Gray
Box 2834
Melfort, SK
S0E 1A0
(h) (306) 752-5398
Email: gray.gordon@nesd.ca

Yorkton Lacrosse Association
Contact: Callie Rooney
Box 2831
Melville, SK
S0A 4P9
Email: crooney@sasktel.net

14 & under age divisions:
Contact: Jerry Wadrich
522 David Knight Way
Saskatoon, SK
S7K 5M4
(h) (306) 933-1149
Email: julianwadrich@sasktel.net

Saskatoon Box Lacrosse Association
– all ages
Contact: Randy Trobak
1111 Ave G. North
Saskatoon, SK
(S) 4X 4H5
(h) (306) 642-5437
Email: bsecundiak@hotmail.com

Saskatoon Field Lacrosse Association
15 & over age divisions:
Contact: Mike Surcon
211 Hall Crescent
Saskatoon, SK
(S) 4X 4H5
(h) (306) 642-5437
Email: crooney@sasktel.net

Queen City Men’s Field Lacrosse
Contact: Mike Surcon
211 Hall Crescent
Saskatoon, SK
(S) 4X 4H5
(h) (306) 642-5437
Email: crooney@sasktel.net

Swift Current Lacrosse Association
Contact: Doug Johnson
45 Bluebird Crescent
Swift Current, SK
591 0V9
(h) (306) 773-1045
Email: bsecundiak@hotmail.com

Weyburn Lacrosse Association
Contact: Cory Abel
774 Elm Crescent
Weyburn, SK
4X 4H5
(h) (306) 842-3995
Email: abel@accesscomm.ca

Whitecourt Lacrosse Association
Contact: Brad McEwen
Box 953
Whitecourt, SK
S0N 5J0
(h) (306) 735-2820
Email: abel@accesscomm.ca

Yorkton Lacrosse Association
Contact: Callie Rooney
Box 2831
Melville, SK
S0A 4P9
Email: crooney@sasktel.net

Proud Sponsors of the Saskatchewan Lacrosse Association
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It’s funny how one small decision can lead to such an amazing role in life.

When I first walked into the Kinsmen arena 7 years ago, with my 11 year old son to sign him up in a sport I have never even heard of before, I never would have dreamed it would have taken me to where I am so many years later. I have seen a lot of changes, met a lot of great people and continually get surprised every year on how our numbers grow, our coaches become so much better and we become much stronger, not only as an organization as a whole.

We have truly come along way with only just a small handful of people; but the amount of passion in these people is obviously enough to give us our strength of moving forward and continuing in the progress in this incredible game.

We had an amazing 2006 season with all provincial titles. Congratulations go out to all teams!

• Pee Wee Provincial Champions – Saskatoon Exterminators
• Tournament MVP – Hunter Wongstedt
• All Stars – Nolan German, Sam Murphy and Hunter Wongstedt
• Bantam Provincial Champions – Saskatoon Sevens
• Tournament MVP – Brett Boyko
• All Stars – Brett Boyko and Jonathan Romm
• Midget Provincial Champions – Saskatchewan Green Machine
• Tournament All Stars – Keegan Striehy and Luke Acton.

I am sure I have missed many many more names and players to add to this most incredible resume of extreme talent, this is why Saskatoon will host our first annual Banquet and Awards night, a chance to honor our homegrown talent at the end of next years play. Something so as an executive our most proud to be able to host.

As far as our 2007 season goes, this is going to be a great season. As usual we have our Pee Wee Silver Stick, Novice Festival and the Justin Sproat Memorial Tournament which is sure to be even more of a success then in the past. Also in 2007 we will host the Pee Wee Provincial.

So kids get your sticks warmed up, practice your moves and get ready for the best lacrosse season EVER!!! Looking forward to seeing all of you soon.

Bob Sullivan
SBLA President

Registration Year of birth and Fees

<table>
<thead>
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<th>Year</th>
<th>Fee</th>
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<tr>
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<td>1999 &amp; under</td>
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For players requiring Kids Sport please contact by phone 220-7199.

AGM Meeting
Feb 4 2007
Starts 7 p.m.
Cosmo Civic
3130 Laurier Dr

For bingos please call Geri @ 384-4667

Registration Dates
West Side
Feb 18 2007
7 - 10 p.m.
Cosmo Civic
3130 Laurier Dr

Registration Dates
East Side
Feb 19 2007
7 - 10 p.m.
Lake wood Civic
1635 McKercher Dr

Check out the
Saskatchewan Lacrosse Association
Official Website at www.sasklacrosse.net

2007 Calendar of Events
Tentative as of February 2, 2007

March
2-4 Tentative SLA Development Weekend in Saskatoon

April
13-14 Box Lacrosse CBET Competitive Coach - Introduction in Saskatoon

13-14 Box Lacrosse CBET Competitive Coach - Introduction in Regina

TBA

May
TBA

TBA

TBA Peeve & Bantam Storm Provincial Team Open Selection Camps

TBA

TBA Peeve & Bantam Storm Provincial Team Final Selection Camps

25-27 Justin Sproat Memorial Peeve Box Lacrosse Tournament in Saskatoon

June
1-3 Intermediate Men’s Field Provincial Championships in Regina

8-10 Silver Stick Peeve Box Lacrosse Tournament in Saskatoon

16-17 Prince Albert Daily Herald Novice Peeve Bantam Box Lacrosse Tournament

22-24 Peeve Box Lacrosse Provincial Championships in Saskatoon

22-24 Novice Box Lacrosse Provincial Festival in Saskatoon

23d Tyke Box Lacrosse Festival in Saskatoon

July
6-8 Midget Box Provincial Championships in Moose Jaw

13-15 Bantam Box Provincial Championships in Regina

13-15 Junior Men’s Field Provincial Championships in Moose Jaw

August
5-11 Peeve Box National Championships in Whitby, Ontario

5-11 Bantam Box National Championships in Whitby, Ontario

22-26 Founder’s Trophy – Junior B Box National Championship in Kamloops, BC

September
A1L-2 First Nations Trophy – Junior Men’s Field Nationals in Kitchener, Ontario

A1L-2 Alumni Cup – Intermediate Men’s Field Nationals in Kitchener, Ontario

October
5-7 Senior Men’s Field Nationals in Coquitlam, BC

26-28 SLA Annual General Meeting at the Temple Gardens Mineral Spa in Moose Jaw

Please view SLA web site at www.sasklacrosse.net for an updated version of this Calendar of Events!
The Saskatchewan Lacrosse Association will be forming Peewee & Bantam Box Lacrosse Provincial Teams in 2007.

The Peewee Storm will travel to Whitby, Ontario for the Peewee National Championships scheduled for August 5 - 11, 2007.

The Bantam Storm will also travel to Whitby, Ontario for the Bantam National Championships scheduled for August 5 - 11, 2007.

Management/Coaching of Teams:
The Saskatchewan Lacrosse Association is pleased to announce the appointment of the volunteer manager positions for the 2007 Minor Box Provincial Teams.

The 2007 Bantam Storm Box Provincial Team will be managed by Kim Maher of Regina. Kim has a wealth of experience in volunteering in lacrosse and hockey most notably acting as the QCMBL registrar for a number of years and acting as the 2004 & 2005 Peewee Storm Provincial Team Manager and the 2006 Bantam Storm Provincial Team Manager. Kim was actually chosen as the 2004 SLA Volunteer of the Year and will be a great acquisition to the success of the 2007 Storm.

The 2007 Peewee Storm Provincial Team still requires a Manager.

The SLA thanks Kim for taking this volunteer position that will provide 40 athletes and their parents with a positive memorable experience to cherish for the rest of their lives.

The coaches of both these teams should be determined by the time this LacrosseTalk issue is published but were not finalized at the submission deadline. Please view the SLA website at www.sasklacrosse.net

Team Selection Camps:
The dates and locations of the team selection camps have now been determined and are posted on the SLA web site. We look forward to seeing many players take advantage of this opportunity to further their knowledge and skill of this great game!

SLA Membership Fees
The Saskatchewan Lacrosse Association (SLA) requires each player, coach, and official to submit a $25 membership fee each time he/she registers as a player, coach, and/or official with the SLA within our fiscal year (April 1 – March 31). This fee must be paid separately for athletes who play, coach and/or officiate lacrosse in different sectors.

For example:
If your son/daughter plays box and field lacrosse, then you will be required to pay $25 for each sector - $25 SLA fee for box sector and $25 for the field sector. In fact, if your son/daughter also officiates or coaches, then your local club may be paying this $25 fee again on behalf of him/her.

What does your Saskatchewan Lacrosse Association membership fee include?
• Insurance – approx. $5 per person
• Newsletter – approx. $5 per person
• CLA membership – approx. $3 per person
• Provincial Championships
• Provincial Teams
• Administration
• Coaching Development
• Officiating Development
• Additional Canadian Lacrosse Association (CLA) charges for coaching/officiating development
• Promotion & Development of lacrosse throughout Saskatchewan

The revenues collected from the $25 membership fee are essential fees to support the sustain-
Wanted – a few good teams from across Canada!!

If you’re making plans for the summer, you might want to include the Calgary Canada Day 2007 Lacrosse Tournament. Last year’s edition was declared a huge success with 69 teams entered from all across Canada. Victoria, Kelowna, Burnaby, Surrey, Regina, Saskatoon, and Toronto represented their respective provinces with the balance of the teams from all around Alberta. While the lacrosse was outstanding, the tournament is more than that. Canada Day celebrations, a free Stampede breakfast, entertainment and some great competition kept the players’ busy all three days. To see the winning teams and information on the 2006 event, go to http://www.okotokslacrosse.com/canada.htm.

And if you thought the 2006 tournament was a great event, 2007 is promising to be even better! Again, all games will be held in Calgary’s East Soccer Center where seven playing fields will be used at any one time. The games get underway on Saturday, June 30th so Friday the 29th can be used as a travel day for those teams who are not local. The tournament is for teams in the A and B category of the following boys’ divisions: novice, peewee, bantam and midget. Maximum teams per category is 10, so please note that we have a limited amount of spots available.

Opening day on Saturday will kick off with a free Stampede breakfast for all teams and officials. Sunday is Canada Day and everyone will be celebrating the occasion all day at the soccer centre. On Monday, it’s back to business – playoff time!! The fun doesn’t stop with the end of the tournament. Tracey Kelusky - captain of the NLL’s Calgary Roughnecks – and other NLL and MLL players will be hosting the 1st Annual Field Lacrosse Camp for two to three days of intensive clinics. This camp will hit the field on Tuesday, July 3rd. Watch our website for more information to follow. Of course, if you’re making the trip to Calgary, you and your family are also invited to stick around and take in the Greater Outdoor Show on Earth. The Calgary Stampede takes over the city just a few days after the tournament on July 7th. Please contact Ernie Antonchuk at emcee@platinum.ca for more information on the 2007 Canada Day Lacrosse Tournament or visit our website ongoing updates at http://www.okotokslacrosse.com/canada07.htm.

Saskatchewan Lacrosse Association Apparel

Lacrosse Shorts - $25
Hyper Apparel Sask Lacrosse Shirt - $30

Adult M, L, XL

Available in black/blue/red

L.C. Shorty

Please view the SLA web site for the complete listing of clothing apparel available: http://www.sasklacrosse.net

Silver Stick Peewee Lacrosse Tournament

- 3 games + playoffs
- June 8th to 10th, 2007
- $300 entry fee
- 16 team limit

For details check our website at http://www.sasktelwebsite.net/lacross/silver.html or call (306) 384-3466

Tier III Provincials a Big Success

Neill Fitzpatrick

(Editor’s Note: This article missed the deadline for the last edition of Lacrosse Talk)

The culmination of a lot of hard work and determination took place in the summer of 2006 at the Chestermere Arena as the Tier III Provincial Tournament took place. The host team was the Vermilion Venom. The other teams that were able to advance to the tournament were the Vermilion Roar, the Medicine Hat Sun Devils, and the Hornets and the Mavericks from Calgary.

The tournament action led up to an exciting final between the Mavericks and the Sun Devils from “The Hat.” Despite finishing the regular season without losing a game, the Sun Devils fell to the Mavericks in the gold medal match. The Vermilion Roar captured third place and the bronze medals.

Along with the overall awards, individual honours were also presented to the outstanding players of the tournament as chosen by the coaches and players of the opposing teams. The MVP for the tournament was Marc-Andre Filion of Vermilion.

The MVP for the championship game was Kyle Moore, the goaltender of the Mavericks while the Top Scorer award went to Jake Hayes and the Best Goals Against Average award was picked up by Strathmore Venom Goaltender Jeff Page.

The Provincialals were also significant for the unveiling of the new trophy for Tier III lacrosse supremacy in Alberta. The Ciscoria Cup was donated by Andrew and Connie Down-Ciscoria of Calgary. This tournament organizers want to thank the Ciscoria family for their donation and also say the event would not have been possible without the efforts of Strathmore Lacrosse and Jodi Flannigan of Vitality Sports (www.vitalitysports.ca).

The fun doesn’t stop with the end of the tournament. Tracey Kelusky - captain of the NLL’s Calgary Roughnecks – and other NLL and MLL players will be hosting the 1st Annual Field Lacrosse Camp for two to three days of intensive clinics. This camp will hit the field on Tuesday, July 3rd. Watch our website for more information to follow. Of course, if you’re making the trip to Calgary, you and your family are also invited to stick around and take in the Greater Outdoor Show on Earth. The Calgary Stampede takes over the city just a few days after the tournament on July 7th. Please contact Ernie Antonchuk at emcee@platinum.ca for more information on the 2007 Canada Day Lacrosse Tournament or visit our website ongoing updates at http://www.okotokslacrosse.com/canada07.htm.

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Tier III Provincial Tournament MVP Marc-Andre Filion - Vermilion Roar
Golden Memories of Red Deer Summer Games

Neill Fitzpatrick

(Editor’s Note: It’s been nearly a year since the city of Red Deer hosted the Alberta Summer Games, but for many of the athletes who took part, the memories are as fresh as if the Games had been held just yesterday. The many peevee lacrosse players who competed are no exception. In particular, it was a “golden summer” for the young athletes who represented Zone 4, the host zone, with many of them from the host city, Red Deer. The “Orange Crush” battled through a tough tournament and was able to come together as a team to capture the gold medal in the final. Some of those players put their Summer Games memories down on paper for Lacrosse Talk. In their words, here’s what they remember from the summer of 2006.)

Bradgen Madill: “What an Experience!”

When I found out I got asked to try out for the Alberta Summer Games Lacrosse team I said “YES!” When I arrived at the tryouts, I had to get through three or four cuts in order to make the team. I knew this would be a hard team to make because most of the top players from the Red Deer area were there. When I made the team, I realized it would be a lot of hard work but with the guys we had on our team it was going to be a lot of fun. We had to go through a two week training camp to get ready for the real thing: the Summer Games. We did a lot of things together as a team. In addition to learning how to play together as a team, we went to a movie, went bowling, and one of the best team building events I’ve ever been to: an Edmonton Eskimos football game. Because Coach Stearns knew the coach of the Winnipeg Blue Bombers, the Bombers signed a football and gave it to our team. We saw the cheerleaders too, which wasn’t too bad!

I can all say about the tournament was that every game was really hard because we were playing some of the best players in Alberta. Every game was like an all-star game, but we just kept winning. Our team ended up in the gold medal game against Zone 5. (Editor’s note: St. Albert, Sherwood Park, Fort Saskatchewan) They had a tough team and we knew we would have to play our best to beat them. By the end of the second period we were down by one goal. This was the first time we had been behind in any of our games. Our coaches didn’t panic and they didn’t change the game plan, they just told us they had confidence in us and they said they knew we could do it. In the end, our coaches were right. We scored two goals in the third period and won one of the most exciting game I have ever been a part of. Our team went crazy as we jumped on our goalie and began to celebrate. The arena was packed with people and it was amazing. Our team was sweaty and tired, but we had done it! We had won a provincial gold medal! This was one of the proudest moments of my life.

Adam Ferguson: “Summer Games = One Word: AMAZING!”

Tryouts started around June. They were tough and very nerve-wracking. After the first day, I remember telling my dad that I wanted to make that team. He told me that he went to the Winter Games when he was a kid and how much fun he had. That caused me to be even more determined to make it. Once the Roster was finalized, I was excited for two reasons: #1. I made it! #2. I was friends with nearly the entire team!

When the Games got going, it was a real blast. Every team from every sport from every zone was put into classrooms of schools around the city. After that there were the Opening Ceremonies, which were interesting and entertaining. I liked the fact that you did everything as a team and there was a zero percent possibility of being bored.

Our lacrosse team, Zone 4, to be exact, was quite successful. We ended up defeating Zone 5 for the gold medal. We were all overwhelmed with joy! The part I liked the most was hanging out with the guys, plus the fact that our title is Summer Games Lacrosse Champs! The Games ended with the Closing Ceremonies. This time we were sad because you knew it was over. Some advice: if you ever get the chance to do something as awesome, you should do it, because you never know what’s going to be a once-in-a-lifetime experience.

Jordan (Hemi) Hemstad: “My Summer Games Experience”

Being part of the Zone 4 Alberta Summer Games lacrosse team was awesome. If anybody has the chance to try out for Summer Games, it’s worth it. The tryouts were tough and challenging for all participants. As a team, we played a couple of exhibition games before the Summer Games, including one against Team Alberta. Because our team was such a great bunch of guys with coaches who were fun and really helpful, we won every game including the Gold Medal game. Scoring the winning goal in the Gold Medal game was nerve-wracking. Another thing that was special for me was that my parents drove all night after going to Saskatchewan for a wedding, in order to be back in Red Deer to watch me play in the Gold Medal game. The funnest part was that I didn’t know they were back until I saw my mom taking our picture after the game!

The Zone 4 team consisted of: Ryan Beatson, Tyler Bell, Troy Christensen, Tommy Cubbertson, Tucker Dougherty, Brock Embory, Orrin Farries, Adam Ferguson, Jonathon Finnigan, Anthony Finnigan, Logan Fisher, Shane Gasser, Jodan Hemstad, Collin Jeffries, Tanner Lomnose, Braden Maddill, Ron Shadu, Braden Sparks and coaches Ole Stearns, Lawrence Farries, and Dan Jeffries.

ALA office information

The mailing address is:
Alberta Lacrosse Association Office
Penny Page Centre
11759 Golf Road
Edmonton, AB T5M 3K6
Email: ala_lax@telus.net
Outside of Edmonton Area: Toll Free 1-866-696-7694
Edmonton Area: 780-422-0030
Check out our website: www.albertalacrosse.com
Contact: Lisa Smith, Executive Director

LacrosseTalk Alberta Lacrosse Association

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During the spring of 1973, Wayne Finck invited the Rendale, Ontario Midgets to Halifax to partake in a planned four-team tournament. Rendale was one of several teams that had hosted Wayne’s midget team on a ten-day trip the year before; now the idea was to return the hospitality. Word quickly spread throughout southern Ontario and by July, eight teams were on the way east! In addition to four local teams, squads from St Catharines (2), Peterborough, Rendale, Woodbine, North End, Whitby (2) gathered in Canada’s best hospital town to play lacrosse.

The local community rallied around the event. The president of Lacrosse Nova Scotia in 1973, John Bear, arranged for Petro Canada (the forerunner of Petro Canada) to donate the championship trophy. The result was the creation of the Lobster Trap, which continues to be one of the most unique awards in all of sport. The Lobster Trap was competed for annually well into the eighties but as lacrosse faded in Nova Scotia so did the tournament. Following the last competition in 1985, the beautifully crafted Lobster Trap rested in several al spots, among them the basement and stairwell at Sport Nova Scotia! In 2004, Wayne Finck found the trophy and had it refurbished and placed on display.

The tournament was then resumed in July 2004 after a hiatus of 19 years. As Lacrosse has returned to Nova Scotia so has the Lobster Trap Tournament! In 2005, a tournament committee headed by Bob Friesen worked diligent-ly to restore the legacy of the Lobster trap to its former stature as one of the Nova Scotia’s pre-eminent sports events. For more information including the dates and times of the 2007 version of the Lobster Trap 2-5 Aug please visit www.lacrosse.ns.ca for registration forms and contact info.

Records are few and far between. If you know the missing tournament champions, please help us complete the records and you can win a free weekend pass to the tournament.

Past Champions are:
- 1973 Peterborough
- 1974 Peterborough
- 1975 Unknown
- 1976 Hamilton
- 1977 Enidale
- 1978 Peterborough
- 1979 Enidale
- 1980 Unknown
- 1981 Unknown
- 1982 St Johns
- 1983 Unknown
- 1984 Unknown
- 1985 Unknown
- 2004 Dartmouth Bandits
- 2005 Calgary Axemen
- 2006 Dartmouth Bandits

Fig Newton

On Aug 3-6, 2006, Midget Lacrosse Teams from Nova Scotia, New Brunswick and Alberta came together for the annual Lacrosse Nova Scotia Lobster Trap Tournament. Hosted by the Dartmouth Bandits at the Shannon Park Arena since 1973 when Peterborough won the first twelve-team competition, this Lacrosse tournament is the longest running lacrosse event in the Maritimes.

Registration for the first season was excellent with approximately 80 players signing up to play. But, as any lacrosse volunteer knows, the players are just the beginning. Ian and Greg managed to find some like-minded parents and Lakeland lacrosse had an executive to help organize the season. The goal of the first season was to introduce the players and coaches to the game by teaching the proper skills, techniques and rules. Thanks to the volunteers and sponsors, equipment was purchased, from nets to shot clocks to goalie gear and more. Despite the challenges, everyone knew the association was headed in the right direction and soon Cold Lake hosted its first-ever lacrosse exhibition game between the Vermilion Roar and the Lloydminster Brutes. The action in the exhibition game attracted pictures with Lakeland’s inexperience, but eager lacrosse players. The lacrosse game and post-game barbecue were a huge success allowing the community a chance to see how the game of lacrosse is played.

Season #2 in 2006 saw the introduction of the Lakeland Lacrosse Association’s new logo. A design competition was held that generated a lot of great ideas. The executive settled on Ronda Mahners submitted “HEAT” name and logo. The 2006 season would see the Lakeland Lacrosse Associations “HEAT” compete in the Wheatland Lacrosse League for the first time against other communities in the northeast such as Kincairney, Vermilion, Lloydminster, Wainwright, and Vegreville. Lakeland was represented by Novice, PeeWee, Bantam and Midget teams. 2007 will bring season #3 for Lakeland and all the volunteers, players and coaches are looking forward to even bigger and better results for all the Lakeland teams.

For information on upcoming registration for 2007 and more on Lacrosse Nova Scotia, check out our website at www.lakelandlacrosse.ca.
2007 World Indoor Championship Update

Marcello Nolasco

**WEEKEND CHAMPIONSHIP TICKET PACKAGES** for the Warrior 2007 ILF World Indoor Lacrosse Championship are available now at the Halifax Metro Centre. They include tickets for all 20 games at the Warrior 2007 World Indoor Lacrosse Championship. Full tournament packages are available for all 20 games at the Warrior 2007 ILF World Indoor Lacrosse Championship. Tickets for adults, which include all round-robin games and the weekend games are $197.00, service charges included. Tickets for youth 12 and under are $127.00, including service charges. Tickets are on sale at the Halifax Metro Centre box office (902-451-1221) or on line at www.ticketsatlanic.com

**WEEKEND CHAMPIONSHIP PACKAGES** include eight (8) games, with the quarters, semi, all medal games and the Final. See all nations play on the Victoria Day Weekend of May 18-20.

The weekend games are $197.00, service charges included. Tickets for youth 12 and under are $127.00, including service charges. Tickets are on sale at the Halifax Metro Centre box office (902-451-1221) or on line at www.ticketsatlanic.com. For $94 for adults and $54 for Youth 12 and under, (services charges included).

Accommodation Packages are available from the Delta Hotel, our partner, or stay with the teams on campus at St. Mary’s University Residence starting at $389 a bed per night. Call Delta Hotels at 1 888 423 3582 or Saint Residence starting at $30 a bed per night. Call the teams on campus at St. Mary’s University from the Delta Hotel, our partner, or stay with under, (services charges included).

**Tickets are on sale at the Halifax Metro Centre box office (902-451-1221) or on line at www.ticketsatlanic.com.**

**2007 World Indoor Championship Update**

** That ’73 Canada Games team made a spectacular run to the championship game, where Nova Scotia surprised everyone by taking the Silver medal, losing to powerhouse British Columbia in the gold-medal game.

**HEAD COACHES NAMED FOR WARRIOR 2007 WORLD ILF INDOOR LACROSSE CHAMPIONSHIP NATIONAL SQUADS**

A long list of experienced NLL coaches have been named to squads in preparation for the Warrior 2007 ILF World Indoor Lacrosse Championship. Gary Gait, head coach of the Colorado Mammoth of the National Lacrosse League, will assume the same role with Team Canada; as they defend their 2006 World Indoor Lacrosse Championship. Calgary Roughnecks coach Chris Hull will coach Team England. Minnesota Swarm coach Duane Jacobs will coach the信息系统在 2006年的比赛中。

The tournament was held as a selection camp for the Warrior 2007 World Indoor Lacrosse Championship. Calgary Roughnecks coach Chris Hull will coach Team England. Minnesota Swarm coach Duane Jacobs will coach the信息系统在 2006年的比赛中。

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**AUSTRIAN INDOOR LACROSSE CHAMPIONSHIP SEEN AS SELECTION CAMP FOR TEAM AUSTRALIA AT WARRIOR 2007 WORLD ILF INDOOR LACROSSE CHAMPIONSHIP** *(Adelaide, Australia) - Tim Fry lead the Victoria Rage with five points (four goals and one assist) over the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse Tournament in Adelaide, South Australia. The Victoria Rage defeated the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse Tournament in Adelaide, South Australia. The Victoria Rage defeated the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse Tournament in Adelaide, South Australia. The Victoria Rage defeated the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse Tournament in Adelaide, South Australia. The Victoria Rage defeated the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse Tournament in Adelaide, South Australia.

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During an exciting championship weekend at Acadia University in Wolfville Nova Scotia, the Maritime University Field Lacrosse League hosted the Metro Minor Field Lacrosse League Championships to create a concentrated weekend of Lacrosse that the Maritimes has never seen before! Under the gracious hosting of Trevor Avery and the Acadia Xmen, all Halifax minor field lacrosse teams came together in the picturesque town of Wolfville to endure a warm weekend of hospitality and competition despite the frigid temperatures!

On the MUFLL side of the competition, Saturday’s semi-finals saw the Dalhousie Tigers down the UNB Generals 15-6 and the St FX X-Men drop the host Acadia Xmen 16-7. Following the awards banquet Saturday night, the St Francis Xavier Xmen captured their first MUFLL championship and Scotiabank Cup beating the defending champion Dalhousie Tigers by a score of 10-6 at Acadia University in Wolfville. The X-Men opened the first half with a vengeance, winning the majority of the draws and charging every loose ball all over the field. The X-men offence continued their strong performance grinding the Dalhousie defenders down and feeding the open man. Karl Augustin and Jamie MacDonald had 2 goals each in the first half creating an X-Men lead of 6-3 at half-time. The second half was a different story for the Tigers as they came out controlling the play and scoring more than 12 minutes of the third quarter in the offensive zone. Despite the pressure, the X-Men defence played well allowing only one goal in the quarter. Dalhousie cleared their way back into the game in the fourth quarter and a goal by Kevin Ostrovsky with 17 minutes left brought the Tigers within one. However, the X-Men gathered strength from bitter memories of last year’s final game, netting 3 goals in the last 10 minutes and walking away with their first MUFLL championship 10-6. Karl Augustin was named MVP of the tournament and was the leader for the X-Men in every area of the game. “This was our goal all season long,” said Coach Smithson. “I can’t say enough about these guys, they gave everything they had and played with heart.”

During the weekend, the Maritime University Field Lacrosse League hosted a season finale banquet and announced the 2006 award winners and the 2006 TELUS men’s field lacrosse first team all-stars as selected by the MUFLL coaches and League executives. Each winner received a plaque to take home with them. The TELUS All Star Team members are:

Goalie
Tyler Nordrup – UNB Generals

Defence
Ian Cameron – Dal Tigers
Ben Sweet – StFX X-Men
Andrew Knight – SFX X-Men

Midfield
Matt Redden – SFX X-Men
CJ Morrison – Acadia Xmen
Karl Augustin – SFX X-Men

Attack
Lee Frittingham – Acadia Xmen
Nick MacLellan – SMU Huskies
Franz Chirnside – UNB Generals

2006 MUFLL Champions St. Francis Xavier X-Men

2006 U13 Champions - Huskies

2006 U16 Champions - X-Men

Head coach Wayne Mallett building blocks on the back end. Tyler was also the starting goalie for Team New Brunswick in the Ross Victory Cup this season. Tyler will be returning next year to the Generals and will be looking to continue his strong performance and bring the Generals a MUFLL championship.

Dalhousie Tiger Ian Cameron is the Harrow Defensmen of the Year for the second year in a row. After fracturing his forearm in the off-season, Ian was unsure if his lacrosse skills would measure up to last year. Ian never missed a beat! In every game he marked the top offensive players and led one of the best defensive units in the MUFLL. Ian was also named to Team Nova Scotia for the Ross Victory Cup where he started all five games for his province. Ian had this to say about this award “It was a huge surprise to be named Defensive Player of the Year and a First Team All-Star for a second straight season. I didn’t feel that I had had the same kind of year that I did first year as I was rebounding from surgery but it is always nice to get the recognition and I am extremely honoured.” Ian will be returning to the Tigers next year and plans to play for team Nova Scotia again this summer.

For the second year in a row Brendon Smithson of the 5-1 St FX X-Men captured the 2006 Coach of the Year. Smithson lead the X-Men to their best season at 5-1 and their season grand finale as the MUFLL champions. The X-Men finished second in goals for and a league-best 40 goals against. Smithson was also named coach of Team Nova Scotia for the Ross Victory Cup where he was recognized as the first team all-star coach of the tournament.

Karl Augustin of the St FX X-Men is the 2006 Adanac Lacrosse MVP of the Year. Karl is the captain of the St FX X-Men here was the biggest part of the X-Men success. “Karl can do everything from scoring, clearing, lose balls, draws and defence” said Coach Smithson. Karl was also part of the Team Nova Scotia Ross Victory Cup team and was named assistant captain of the team. Karl proved his leadership and dedication in the playoffs leading the St FX X-Men to their first MUFLL championship. “Last years loss in the finals really was the real driving force for me. I knew we had a talented team, so I had to do everything in my power to make sure we took home the cup this year. Everything I did on and off the field was for this team and in the end we won the championship. It was nice to receive a little recognition as the MVP of the league but the championship was the goal.”

On the Metro Minor Field Lacrosse League side, all four Under 13 and Under 16 teams played a double loss format playoff on the wind ravaged Acadia sports fields. Parents and spectators wrapped themselves in sleeping bags and blankets to hold off the wind while the brave athletes ran around the field. Acadia University did an excellent job hosting the championships and included a welcomed warm lunch for all potential University candidates. All the athletes were impressed with the Acadia facilities and enjoyed their campus tours.

In the Under 13 championships, Lawrence Taylor’s Huskies held off a rapidly improving Grant Sampson Xmen in an exciting final game to win 8-3. Wayne Finch from Adanac Lancers and Justin Smith from Warrior Sports were on hand to present the Adanac Trophy to the league champions. Coach Taylor now has his name on both the U13 and the U16 plaques! On the Under 16 side, Beau Leightizer’s Xmen used the well-like characteristics of keeper Mitch Hampson to build a fast turnaround offence and hold off a charging Huskie team coached by Pierre Clement.
Lance Isaacs
By Stan Shillington

He was just 30 years of age, in apparent good health, and involved in an exciting lacrosse match — suddenly, he collapsed.

Minutes later, with his Toronto Marlboro teammates watching in stunned disbelief, Lance Isaacs was dead.

Born on the Six Nations Reserve in Ontario, Lance displayed unusual skill and sportsmanship as he and brother Bill rose to stardom with teams in both Canada and the United States.

While still youngsters, the brothers joined Stratford’s Haldimand Rifles of the Ontario Amateur Lacrosse Association, eventually capturing the 1932 Intermediate championship.

During the winter months, the Isaacs and other Six Nations’ athletes toiled with the Rochester Iroquois club in the New York State League. Then, in 1935, both lined up with the Burlington Combines for two seasons before joining the Toronto Marlboros.

On July 19, 1937, the black pall of mortality fell over Maple Leaf Gardens.

Lance showed no signs of ill-health during his many shifts with line-mates Bill Brunskill, Sinley Young and brother Bill. But, as the players made their way into the dressing room at halftime, Lance suddenly sat down on the end of the rubbing table, grabbed his chest, and uttered “Hey.”

With that, he fell over backwards in what his shocked teammates thought was a faint. Minutes later, while cradled in his brother’s arms, Lance passed away from what was determined to be heart failure.

Garden officials immediately called off the game and gave the 600 spectators passport checks for a future game. The opposing team, Brampton Excelsiors, paid tribute to the memory of Lance Isaacs by allowing the game to stand as a regular contest, the score being 7-5 for Marlboros at the halfway mark.

It was a magnificent sporting gesture on the part of Excelsiors as Lance Isaacs had scored the seventh and final Marlboro goal just 54 seconds prior to the completion of the second period.

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