December 14, 2004 was the day the NLL announced that the Vancouver Ravens would not be playing in the 2005 NLL season. It was a sad day for many who followed the Ravens after three seasons of entertaining professional lacrosse in BC.

Stars like Gill, Stroup, Reisig and Maetche were the toast of BC Lacrosse fans and were the face of our team. It has been nearly a decade since the cheers echoed in GM Place and professional lacrosse was part of the Vancouver sports scene – now we have something new to cheer about!

There was a blog written on the Vancouver Province website a while back that was titled, “If you build it, maybe they won’t come” and it was a general commentary on how the Washington Stealth had build a great product and yet, they still weren’t drawing very strong attendance numbers.

Through those up-and-down four years of existence in the Pacific Northwest, there was constant criticism that the National Lacrosse League failed to do the right thing -- instead of landing the Stealth in the state of Washington; they should have brought them an hour and a half north to the lacrosse hot bed of British Columbia.

Well, now these same critics finally got their wish. League commissioner George Daniel has always said that a return to BC was one of the league’s top priorities and he’s made good on that promise. “British Columbia is one of the great hotbeds of lacrosse and now, thanks to Stealth owners Bill & Denise Watkins, the NLL is back in BC to stay.”

To stay could be a point of contention as nobody would have thought the Vancouver Ravens would have left town when the team was ‘averaging’ 10,000 fans a game and making the play-offs on a consistent basis, but they did. So, what will make this foray into professional lacrosse different?

One of the biggest issues the now defunct Ravens faced was hefty rent prices at the downtown Vancouver arena, and with the Stealth now playing out of the Langley Events Centre (LEC), the hope is a lower overhead and new location will help create a much longer stay.

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Continues on page 4
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STEALTH.COM  STEALTHLAX
By: LacrosseTalk Staff

New Westminster, BC – Eleven new members and one team have been named for induction into the Canadian La-
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The new inductees include: Builders Ron Crosato (Tsaw-
swan, BC) and Ron Winterbottom, Sr. (St. Catharines, ON); Box Lacrosse Players Dallas Eliuk (Portland, OR), Dwight Maetche (Coquitlam, BC), Bill Gerrie (Burlington, ON) and Randy Mears (East Amherst, NY); Veteran Players Larry Henry (Tsayuswan, BC), Bill Armour (Bailieboro, ON) and John “Joeey” Todd (Coquihalla, ON); and Intermediate Box Lacrosse Players Dallas Eliuk (Kelowna, BC) and Keith “Mac” McLennan (Winnipeg, MB) and the 1958-59 & 1962 New Westminster Salmonbellies in the Team Category.

The new inductees will bring the number of those honoured in lacrosse’s national shrine to 487 – 144 Builders, 214 Box Play-
ers, 84 Field Players and 45 Veterans (those who played prior to 1975). There are 17 teams inducted in the Canadian Lacrosse Hall of Fame Team Category.

The formal induction banquet and ceremonies will be held November 9, 2013 at the Firefighter’s Club in Burnaby, British Columbia. For additional information please visit the Canadian Lacrosse Hall of Fame website at canadianlacrossehalloffame.org or contact Tony Glavin, Canadian Lacrosse Hall of Fame Chair, at Cell: (604) 833-7717 or E-mail at glavin@ggclaw.com.

LacrosseTalk mourns the loss of Ron Winterbottom, Sr. (St. Catharines, ON) – This true pro for the Buffalo Bandits where he won two championship cups in 366 regular season and playoff games scoring once and adding 154 points with the Outlaws, Burnaby Lakers and Coquitlam Adanacs. For additional information please visit the Canadian Lacrosse Hall of Fame website at canadianlacrossehalloffame.org or contact Tony Glavin, Canadian Lacrosse Hall of Fame Chair, at Cell: (604) 833-7717 or E-mail at glavin@ggclaw.com.

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LacrosseTalk British Columbia Lacrosse Association

Fall 2013 | Page 4

Flintoff, Jones, Stroup and Caruth Win BCLA Scholarships

By: LacrosseTalk Staff

The BC Lacrosse Association is proud to announce Melissa Flintoff (New West), Gaby Jones (New West), Danita Stroup (Port Coquitlam) and Marc Caruth (North Vancouver) as the 2013 BCLA scholarship recipients. Flintoff was the Dorothy Robertson Scholarship recipient, Caruth the Wayne Gross Scholarship recipient, while Stroup and Jones received Ted Fridge Scholarships.

Melissa Flintoff has been heavily involved in the New West lacrosse community for a number of years. She has played minor lacrosse with the Salmonbellies family and has been a remarkable representative of the organization as a coach, referee and volunteer.

Flintoff is not only and avid competitor on the floor, but also gives his time off the floor volunteering at clinics, tournaments, timekeeping and assisting with apparel sales for the association. Melissa has proven to be a student in high standing balancing academic responsibilities with community activities. She also offers her time child-minding and plans to further her education at Douglas College to become a Pre-School teacher.

Gaby Jones is a lacrosse fanatic playing both box and field lacrosse in New West and is a member of the Team BC Women’s Field Lacrosse Team. This box and field lacrosse athlete not only competes hard, but also gives back to the sport she loves. She has coached Novice and Pee Wee girls and umpired all age levels of girl’s field lacrosse.

Jones is involved in many activities and is a person others are drawn to because of her leadership qualities. Gaby is an honour roll student and understands the importance the balance of academics and sport and intends to pursue her post-secondary education at American International University in Springfield, Massachusetts.

Danita Stroup comes from a lacrosse family with Hall of Famer and long-time WLA and pro star, father Dan Stroup. Danita has made her mark on the sport on her own as an accomplished box and field player growing up in Port Coquitlam. She has played Women’s Field Lacrosse for over five seasons and is a member of the Team BC Women’s program.

Stroup is following her parents by giving back to lacrosse and is currently coaching a U12 girl’s field team in Poco. In the community, Danita has volunteered her time at Female Box Provincials as well as numerous charity fundraising events. She’s also taken part in the Terry Fox Run and Walk for Breast Cancer to raise money.

She even found time for school maintaining a high grade standard while training for lacrosse and traveling to tournaments. Danita accepted a scholarship to attend Long Island University in Brooklyn, New York where she will study nursing and of course play lacrosse.

Marc Caruth is a product of the North Vancouver Minor Lacrosse Association playing lacrosse since the age of 7; he’s now a member of the North Shore Intermediate team.

A referee for over five seasons, Marc recently refed in his first Provincial Championships. He is currently paying it forward as a coach to youth lacrosse players in his association.

Away from lacrosse, Caruth attended Argyle Secondary and was a key participant in many clubs (Schools for Africa Club, Best Buddies, Environment Club and Vancouver Model United Nations) often taking on leadership roles. Away from school, he regularly volunteered at the Vancouver Food Bank and assisted raising funds for the Heart & Stroke Foundation. Caruth will be attending UBC and studying Engineering.

Congratulations to all four scholarship and bursary recipients and good luck in your future scholastic endeavors.

Continued from Cover Article: NLL Back in BC

By: Teddy Jenner & LacrosseTalk Staff

According to reports, season ticket sales have been good for the Stealth’s inaugural season at the LEC. With Stealth promotions at the Minto and Mann Cups and other community events, the hope is that more lacrosse fans, and new, will plan for tickets as the season nears.

Every minor association should get behind and support the Stealth who has one of the most active, youth programs in the league. The Stealth will be very active in the local community both with schools and minor associations, leagues and teams but it’s ultimately up to the associations and parents to showcase the highest level of pro lacrosse to their children.

“Since the day we announced the move we have been very warmly received - everyone seems extremely excited to have the National Lacrosse League back in BC,” stated President and GM Doug Locker. “We are very grateful to the many people who have offered assistance and especially appreciative of the support we have received from the BCLA, BCLALL and the WLA.”

Kids who want to be professional hockey players want to see their idols and dreaming of the day that they’ll be the professionals on the floor.

The NLL has built it and they have come. The Stealth need to be welcomed home with open arms and fanfare. Lacrosse fans have been longing for the best of the best to return and now they have their wish. The NLL has come through for us, and all that’s left is to fill the Langley Events Centre and keep them here for the long run.

“For most, it’s a dream come true to be able to play in front of friends and family every week,” stated Locker. “For our team members from BC, the ability to represent the province is an extra special bonus that they are really looking forward to.”

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Gait Named Women’s National Team Director

Victoria’s Gary Gait was appointed National Team Director for Women’s Field.

By: CLA

OTTAWA, ON, August 21, 2013 - Gait, a name synonymous with lacrosse, more specifically with Canadian lacrosse, is making its way back to the Team Canada Lacrosse family. The Canadian Lacrosse Association (CLA) announces the appointment of Gary Gait as the new National Team Director for Women’s Field.

Gait, a native of British Columbia, is the latest addition to the CLA’s national team strategy that is taking shape in an effort to ensure long term sustainability and to maintain quality national programming for developing players.

Gait joins Johnny Mouradian, the CLA National Team Director for Box Lacrosse and David Huntley, the CLA National Team Director for Men’s Field Lacrosse. Each National Team Director oversees the national team program staff, guides the player identification and selection process, monitors team members and oversees the planning for their respective discipline at the national level in conjunction with the National Team Chair, Dean French, and CLA VP of International Competition, Stewart Begg.

Many familiar with Canadian lacrosse are well aware of the experience, passion and knowledge of lacrosse Gait is bringing with him to this role.

“Gary knows lacrosse; he has experience as both a player and coach at all levels - he has a pulse on what is going on in our game,” commented Stewart Begg, CLA VP of International Competition. “Sure we all know him from his playing days on the field, but he’s not new to the women’s game - he’s actively on the sidelines, he’s aware of what’s going on. Gary is a great fit with the National Team program - I look forward to working with him and seeing just where we can take the women’s field program. He carries a tremendous amount of respect from and for the game’s women.”

Canadian born and bred, Gait started his lacrosse career in his BC hometown of Victoria in the minor league system. After a successful playing career, including being a 4-time (’90, ’94, ’98, ’06) national team player, Gait took to the sidelines in another capacity, taking on both management and coaching positions. He is not new to Team Canada Lacrosse management either, having held the role of head coach for the 2007 gold medal winning Men’s Indoor team and the 2003 and 2008 U-19 Men’s Field silver medalist teams.

“I am very excited to take the next step with the CLA and help the Canadian women’s lacrosse program compete at the highest level.” said Gait upon his acceptance of the role.

Gait’s accolades is a large list, his illustrious career expands beyond his playing years; as current head coach for Syracuse University’s women’s field team, Gait took his team to the NCAA Div I final four this year, a trip he’s led the team to three other years since his start in 2007. He has been named the “Big East Women’s Lacrosse Coach of the Year” twice (2011 & 2012) and named the ‘NCAA Women’s Lacrosse North Region Coach of the Year in 2008 and 2012.

Dean French, National Team Chair for the CLA expressed how Gait’s involvement at the National Team level will pay dividends with women’s field lacrosse, and lacrosse in general, across Canada. “Gary was a great asset to the national team program both as a player and coach. Stepping into this role, Gary recognizes that a successful national program will help us to continue growing women’s lacrosse across Canada. I am really looking forward to working with him and seeing where the program can go.”

His first task in the role will be working with the National Team Chair and VP of International Competition to name the 2015 U-19 Women’s Field head coach, who will lead the team towards a world title in Edinburgh, Scotland July 23-August 1, 2015.

Gait will be stepping into the role following a long and successful tenure from the previous National Team Director for Women’s Field. The CLA wishes to express its sincere gratitude to long-time Director, Joanne Stanga, for her years of dedication and commitment to the Team Canada women’s field program.

Vernon’s Drabiuk Honoured

BCLA’s Latest Community Sport Hero

By: LacrosseTalk Staff

North Okanagan Minor Lacrosse Association’s Amy Drabiuk was the latest BCLA volunteer to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards presented by Teck honours outstanding sport volunteers in communities across British Columbia. The awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level.

Through our relationship with Teck, we are able to travel to 8 communities per year across British Columbia and celebrate sport volunteers in local communities, Vernon, being the choice for April 2013!

Amy Drabiuk has actively volunteered for the past decade for the Shuswap and North Okanagan Minor Lacrosse Association (NOMLA). She began as the Shuswap Minor Association scheduler and a Tyke team mentor before being selected as Vice President. She served as registrar, tournament co-ordinator and multiple team managers before accepting the President’s position from 2005-2007.

In 2008, Drabiuk joined the NOMLA and didn’t miss a beat serving as Pee Wee team manager. She increased her work load as an elected Association Head Ref and Ref Allocator, then accepted the Zone 2 Secretary role from 2008-2011. As NOMLA scheduler (2009-2010), Amy added manager of the U14 Field Lacrosse team. In 2011, she became NOMLA Vice President and was the catalyst hosting the 2011 BCLA ® SUBWAY Box Lacrosse Provincials.

Drabiuk has served as the NOMLA President and continues to support the growth of Field Lacrosse and is still helping out at the zone level, for box and field.

“I was really excited to be recognized for my contributions to lacrosse,” said an elected

Congratulations Amy!
The 2013 Minto Cup, emblematic of Junior A Lacrosse supremacy, took place August 17-26 at historic Queen’s Park Arena. The four-team National Championship format had the Ontario champs, Whitby Warriors, BC champs, Coquitlam Adanacs, Alberta champs, Okotoks Raiders and the BC runners-up, New Westminster Salmonbellies compete for the 70th Minto Cup.

In the opening period was a close battle, but eventually ‘Bellies Connor Robinson opened the scoring at 1:51 of the first. The Adanacs Cole Shafer tied the score, only to be answered by Whitby’s Josh Byrne. New West rebounded with a goal by Bryan Ireland at 7:35 of the first, then a string of goals by Jordi Smith followed by a marker by MacDonald 39 seconds later to go up 5-3 at 8:12 – again short lived as Alex Bohl and Eli McLaughlin scored late in the second two minutes apart to putting the ‘Bellies up 6-5. Shanks (second of the game) tied the score at six as he put it past Scigliano with 1:22 remaining in the second. Josh Byrne (second of the night) gave the ‘Bellies a 5-4 lead with five minutes left. Game 4 was deadlocked at 6-6 after 30 minutes.

In the final period, New West tightened up the defense as the Warriors pressed, but it was Whitby who scored points in the final three minutes by Knight and Keenan. New West couldn’t counter a single goal by Stewart to make it a 15-5 win. The game was over.

The ‘Bellies came out flying and managed to score three goals in the first 2:56 taking a 5-3 shortfall into a 6-5 lead to the delight of New Westminster supporters. But the Warriors railed and traded goals late into the third. Every time the ‘Bellies took the lead, Whitby found a way to counter. Quinn Smith scored at the 12:28 mark of the period only to be answered by Whitby’s Josh Byrne with a goal under five minutes left. Game 4 was deadlocked at 10-10 after 60 minutes.

The never-say-die Warriors clearly came to win and if one simply wasn’t enough, they scored another. Graeme Hossack scored Whitby’s next goal, then got the insurance marker 1:10 later from Austin Shanks to seal the 2013 Minto Cup title. Penalties played a huge role with the Warriors a perfect 5 for 5 on the power play, New Westminster was 0 for 2.

LacrosseTalk
British Columbia Lacrosse Association

By: Steve Erickson & Bruce Nolte

The 2013 Minto Cup MVP was Whitby’s Dan Lintner, named 2014 Minto MVP.

Three straight goals by Knight, O’Connor and Shanks to make it an uphill battle for the ‘Bellies. Luke Gillespie counted one for the ‘Bellies late in the period making it 9-3, when Patrick McCrory added another with under a minute remaining making it 10-3 lead heading into the final period.

The Warriors added three more to the ‘Bellies one to finish off New Westminster in game 4. Josh Byrne made it 10-4 early in the third period, but the Warriors Dan Lintner and Michael McDonald notched a pair completing his hat trick in a 13-4 lopsided win to take game three.

The Final

The week kicked-off with OLA Commissioner Dean McLeod stating “we’re the underdogs going into this Championship but we brought a good group of guys to battle.”

Clearly an understatement to say the least!

For New West, there was no tomorrow, and for the Warriors, it was to prove they were indeed the 2013 Canadian champ.

Whitby’s Curtis Knight opened the scoring at the 7 minute mark only to be answered twice by Quinn Smith and Anthony Malcolm just 2 seconds apart for a 2-1 ‘Bellies lead. Michael MacDonald tied the game at two with 19 seconds left in the first.

Like in the first, Knight scored the period’s first goal again, while Whitby’s power play proved dominant as they took advantage of the odd-man situation two more times by Knight and Keenan. New West could only counter a single goal by Stewart to make it 5-3 Warriors after 40 minutes.

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Lintner (2G, 4A) saved the best for last, while Keenan, Michael MacDonald and Reilly O’Connor all had one goal and three helpers on the night. The Salmonbellies got a stellar performance from Nathan Stewart (1G, 5A), Jeremy Boshier (2G, 1A) and Anthony Malcolm each scored a pair. Warrior’s Alexis Buque made 51 saves while ‘Bellies Franki Scigliano turned away 54.

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New CLHOF Chair Elected

By: Paul Horn

The Canadian Lacrosse Hall of Fame has a new chairperson. Long-time chairman, Randy Radonich, stepped down at the Hall of Fame’s Annual General Meeting on June 24, 2013 and New Westminster native Tony Glavin was elected to fill the role.

Glavin is a Vancouver-based lawyer who has been a member of the CLHOF board for 3 years. He is active in the lacrosse community as a coach, a master’s agent, for a number of professional lacrosse players and as a board member for the Professional Lacrosse Players Association. Glavin has played a lead role in the Hall’s development of a new location in 2014, working with the City, the architectural design firm and funders to realize that vision. “I’ll be honest,” he says, “It is not going to be easy to fill Randy’s shoes. He knows everyone in the lacrosse world and he is an encyclopedia of every detail about the Hall. We’ll miss him, but we cannot thank him enough for his service.”

Asked about his priorities in the role, Glavin explains that the new location is an opportunity for the Hall to make some strategic developments. “We don’t just want a new building, but a chance to really revitalize a number of new initiatives. Our new logo and website; an overhaul of our governance structure; and new marketing and fundraising initiatives are just part of that work, and we will be building on them.”

Radonich, a builder who is well-known to all in the lacrosse community, retired from the Coquitlam Fire Department last year and has been looking forward to creating more free time for himself and his family. He had been chair since 2004. “My aim was to be make sure this board was as strong as possible before I moved on,” explains Radonich, “And I think we have a very strong group now, so this is the right time. We have the right mix to make the move into the new Hall.”

Both men agree that the Hall is well served by a strong board. Corinne Perriman will continue as Secretary and David Soul remains as Treasurer, while David Lancaster has agreed to take on the role of Vice-Chair. Rounding out the board are David Stewart, Candy, Murray Lehman, Bob Stewart, Rick Wood, Jeff Glavin, Terry Blair and Paul Horn. “Randy’s approach was to really respect the skills and knowledge of each director,” explains Glavin, “And, with the talent we have, I think that’s the right way to go.” But Glavin also recognizes that the Board is open to hearing from new candidates with diverse skills. “We want people who represent all the best of lacrosse from all across this country,” he says, “The Hall is all about the best, so it deserves to be governed by the very best. Randy is a driven and motivated person, and we are going to need more like him.”

New Canadian Lacrosse Hall of Fame Lacombe.

Tony Glavin New Canadian Lacrosse Hall of Fame Lacrosse Chair.
Burrards and Adanacs Win Intermediate Titles

By: LacrosseTalk Staff

The 2013 Intermediate A and B provincials were held Augus 2-4 at Cam Neely/Planet Ice Arena in Maple Ridge, BC. Eight teams competed in the round robin event with four teams in the A division and four on the B side.

This Intermediate A and B Provincial Championships proved to be very tight with the exception of only one lop-sided score – a testament to great parity in the BC Intermediate leagues.

In Intermediate A, the action, the Ridge Meadows Burrards and the Richmond Roadrunners advanced to the Intermediate A gold medal game. Richmond was a clean 3-0 and while Delta had 2 wins and 1 loss after the round robin. The Burrards averaged a 9.8 decision at the hands of Richmond and defeated the Roadrunners 12-6 in the gold medal game. In the Intermediate A Bronze medal game, Victoria outlasted the Coquitlam Adanacs 12-11 to claim third place. In round-robin play, the Adanacs had earlier beaten the Shamrocks 12-7.

“The 2013 Intermediate Provincial Teams once again provided some excellent, entertaining lacrosse,” stated BC Intermediate Lacrosse League Chairman Gene Regier. “The games went very well – one could flip a coin and any one of these teams had a good chance to win.”

In the Intermediate B tournament, Coquitlam went undefeated with three wins, Juan de Fuca had two wins and a loss, Port Moody with one win and two losses, while Delta was winless in round robin play. The Coquitlam Adanacs and Juan de Fuca advanced to play in the Intermediate B gold medal game. The A’s defeated Juan de Fuca 10-5 in the round robin but made the gold medal game something to remember in an evenly contested gold medal game. The Island squad pushed Coquitlam to the brink, but it was the Adanacs that eked out a 6-5 win for the gold. This was the fifth year in a row Juan de Fuca played for gold, but this year, fell one goal short. In the Intermediate B Bronze medal game, the Port Moody Thunder defeated the Delta Islanders 10-8 to claim third place.

“The Maple Ridge Burrards Intermediate A and B clubs were very organized,” stated Intermediate B Commissioner Barb Laprise. “They worked very hard to put this together – as in all it was one of our best Provincials! The games were played with good sportsmanship, and for all teams, was a great way to finish their season in a positive way.”

The 2013 Provincial Awards for the BC Intermediate A League are as follows. All-stars: Brett Kujala (Maple Ridge), Ty Klarner, Port Coquitlam, Tyler Vogrige (Richmond), Jesse Gillespie (Maple Ridge), Zac Christianson (Victoria) and goaltender Connor David (Maple Ridge). League Champions: Maple Ridge Burrards. Top Scorer: Tyler Vogrige (Richmond). Most Sportsmanlike Player: Jyden Campbell (Richmond). Most Sportsmanlike Team: Coquitlam Adanacs. Top Goalie: Connor David (Maple Ridge). Commissioner's Award: Steve Klarner (Port Coquitlam). Coach of the Year: Jamie Flores (New Westminster) and MVP: Matt Hamilton (Victoria).

The 2013 Provincial Awards for the BC Intermediate B League are as follows. All-stars: Trevor Chernoff (Coquitlam), Brant Hicks (Richmond), Jake Holland (Ridge Meadows), Jared Best (Coquitlam), Scott Whitaker (Port Moody), and goaltender David Manly (Coquitlam). League Champions: Coquitlam Adanacs. Top Scorer: Jake Holland (Ridge Meadows). Most Sportsmanlike Player: Nick Kozierivsky (Langley). Most Sportsmanlike Teams: Langley Warriors. Top Goalie: Gino LoGiannco (Port Coquitlam). Commissioner’s Award: Paula Hicks (Ridge Meadows). Coach of the Year: Rob Glancy (Coquitlam) and MVP: Trevor Chernoff (Coquitlam).

Junior Adanacs Retire #23

By: Adanacs Website

On Wednesday June 5th, 2013, the Coquitlam Junior Adanacs Family honoured the late Trevor Winogrow and the retirement of his jersey #23.

The Junior Adanacs, the Coquitlam Minor Lacrosse Association, Alumni, ex-teammates, friends and family took in the event in support of Trevor Winogrow’s Family to honour the great Adanacs star.

Trevor played in the Coquitlam Minor Lacrosse Association for twelve years from 1972-1983. He was fortunate to play at the top level through those ten divisions and he won gold medals at seven BC Championships and silver in the other three.

Trevor was well respected as a referee and coach in the Coquitlam Minor Lacrosse Association and believed in giving back to minor lacrosse after he graduated from the association. After minor, Trevor went on to play a year of Intermediate A where he won another BC Championship, then moved on for four years Coquitlam Junior Adanacs where his team won a BC Championship and played in two Minto Cups.

Winogrow won many awards in his Junior career including: 1985 Junior Adanacs Most Inspirational Player, 1987 and 1988 Junior Adanacs MVP, a two-time BC Junior A League Most Inspirational Player, and a Minto Cup 1st All-Star team selection.

Trevor finished his Junior A lacrosse career having played 104 regular season games, scoring 100 goals and 245 assists for 345 points — fourth in the all-time Junior Adanacs regular season stats. While playing Junior A, Trevor also attended Whitteer College in California where he won a Western Collegiate Lacrosse League Championship and was named to the First All-Star Team.

After his Junior career ended in 1988, Trevor was a first round draft pick for the Coquitlam Adanacs. He also accumulated many honours at the Senior level including: 1989 Coquitlam Adanacs Rookie of the Year, 1990 Coquitlam Adanacs MVP, 1990 WLA Maitland Trophy-Winner and WLA All Star League selection, 1991 Coquitlam Adanacs Most Courageous and Inspirational Player and 1992 Coquitlam Adanacs MVP.

Trevor’s lacrosse career was cut short due to an Achilles tendon injury in the 1993 Mann Cup. During his shortened Senior A career he played in two Mann Cups in 1988 and 1992.

Trevor established a very successful career at the City of Coquitlam where he rose from being a summer employee in the Water Department to the General Manager of Corporate Services. He truly loved the game of lacrosse and his dad, Les, believes it set the tone for a very successful life. It was lacrosse that taught him the values of team play, work ethic, and trying your best to succeed.

His teammates and coaches remember him as a leader and the hardest working player on the floor that pushed teammates to always be the best they could be!

The Coquitlam Minor Lacrosse Association and the Junior Adanacs Lacrosse Club was the start of that process and Trevor cherished his memories there.

The Adanacs Family honoured Trevor Winogrow and his Family retiring jersey #23 to be hung up in the Coquitlam Arena rafters forever!

A Tribute to Mike Gates

By: Stan Shillington

A lacrosse wizard once dubbed “Pearly Gates, the Equilibrium Kid,” has been inducted into the Coquitlam Sports Hall of Fame.

The late Mike Gates – player, coach and community worker – was honoured June 20, 2013, during a ceremony attended by a score of former teammates.

Gates was first introduced to the game of lacrosse by Port Coquitlam sportman Doug Rowland but, with no junior or senior teams in the Tri-City area, Mike began a three-year tour of duty with minor lacrosse after he graduated from the association. For the next seven years, Mike rose to the top of his game, winning All-Star status in all seven seasons, claiming three scoring titles and winning two Most Valuable Player awards. Then a severe leg injury prior to this 1972 season cut short his active lacrosse career at 509 goals and 609 assists for 1,113 points in 427 senior games. Always an energetic individual, Mike continued to coach youngsters in soccer and lacrosse in both Coquitlam and Port Coquitlam and served, with distinction, on the Port Coquitlam City Council for 20 years.

In 1977, Mike was inducted into the Canadian Lacrosse Hall of Fame. Unhappily, Mike passed away in August, 2006; but the memory of his contributions to sport in his community remains. The Coquitlam Sports Hall of Fame, established in 2010, now adds Mike Gates to its honour list.
2 Gold, 2 Silver, 2 Bronze at Box Nationals

By: LacrosseTalk Staff

All six Team BC Box Lacrosse teams fared well at national tournaments bringing home two gold, two silver and two bronze medals for their efforts. The two national titles came from the Female Midget and Junior teams who were dominant in their national tournaments!

This year, three different cities across Canada hosted youth National Lacrosse events. The Female Nationals were held July 23-28 in Halifax, Nova Scotia; the Pee Wee and Midget boys’ August 5-10 at Ioqiuins Park in Whitby, Ontario; and the Bantam boys August 3-7 in Winnipeg, Manitoba.

Female Juniors – 2013 marked the first year the Female Juniors competed in the Box National tournament, and no better way to christen the event with a great result. The Team BC Female Juniors had a fair number of players that had already experienced Nationals the prior three seasons, which proved to be a huge asset in their preparations. Coach Blair Bradley was so impressed with the dedication of his team and staff.

“I have one word, collaboration – I had two great assistant coaches and an incredible team manager help me run this team,” praised Coach Bradley.

The Juniors ran the table and were a perfect 5-0. Team BC scores were: 12-1 over Alberta, 7-1 over New Brunswick, 13-2 over Nova Scotia and a 7-6 hard fought battle over Team Ontario. BC carried their momentum into the finals and completely dominated all aspects of the gold medal game and handily beat Ontario to the tune of 12-4. Team BC top scorers overall were Ashley Bull (5G, 7A), Kyra Bradley (10G, 7A) and Sidney Young (7G, 2A). Goaltenders Kirsten Walter and Alexander Sullivan posted 2.33 and 3.13 goals against averages respectively.

“We did it with all 18 players,” praised Coach Bradley. “The golden victory was indicative of our hard work – this team was relentless!”

Female Midgets – The Midgets also had a perfect 5-0 record in their National tournament. Team BC scores were: 10-1 over Alberta, 10-1 over Team Ioqiuins, 17-3 over Nova Scotia and a tight 6-2 victory over Team Ontario. BC kept their winning ways into the finals; never let their archrivals Ontario get close and walked away with their second gold in two years beating Ontario 7-2 in the title game. Team BC top scorers overall were Harlowe Steele (9G, 3A), Christel Blaes (6G, 6A) and Annie Morrison (4G, 7A). Goaltenders Bianca Ballarin and Samantha Thomson posted 1.67 and 2.00 goals against averages respectively.

“It was an honour coaching twenty fantastic young women who came together as terrific in- dividual elite athletes,” said Coach Teresa Kup- pan. “They were focused on our goal to bring home the gold medal from the first practice until the end of the gold medal game. Overall, it was truly an amazing experience with new friendships and life long memories.”

Female Bantams – Hopes were high for a sweep of gold’s in the Female Nationals.

The Bantams posted a 5-1 round robin record in their tournament with many close games. Team BC scores were: 12-0 and 11-2 over Nova Scotia, two 4-0 wins over Alberta, and a split with Ontario with a 6-4 win and a 3-1 defeat. BC was confident team heading into the finals against Team Ontario, but their eastern counterparts proved too strong and defeated Team BC Female Bantams 5-2 in the finals. Team BC top scorers overall were Keeley O’Neill (10G, 2A), Raechel Beaulieu (5G, 5A) and Megan Stewart (1G, 8A). Goal- tenders Emily Nelson and Candace McDoel posted 1.67 and 2.08 goals against averages respectively.

“The girls represented Team BC incredibly well and had a great experience at Nationals,” said Coach Jason McDoel. “This was a close-knit group that came together in a very short time, but fell short of the ultimate goal. I’m very proud of this team.”

Pee Wee – The Pee Wees ended up in third place after the round robin with a 6 win, 2 loss record. Team BC scores were: 23-0 over Quebec, 11-0 over Alberta, 15-2 over Saskatchewan, 2-2 over New Brunswick, 8-2 over Manitoba, 16-3 over Nova Scotia and two losses to the Iroquois 4-1, and 6-5 to Ontario. Team BC top scorers overall were Ben Stewart (17G, 13A), Dylan Ford (12G, 10A), Adam Noakes (9G, 13A) and Jacob Dunbar (9G, 9A).

Team BC met Team Ioqiuins in the semi-finals and handed them their second loss in a row with a gutsy 5-3 victory punching their ticket to the gold medal game versus Ontario. Team BC battled hard but Ontario proved to be too much and handed BC a 9-1 loss in the final game.

“The Bantam team did not win the gold medal, but are pleased with the silver,” stated Coach Tyson Lene. “I had a great time teach- ing and learning from the kids. It was an expe- rience I will never forget and a team I would love to go to battle with anytime.”

Midgets – The Midget team placed third aft- er the round robin with a 5 win, 2 loss record. Team BC scores were: 12-0 over Nova Scotia, 9-2 over New Brunswick, 9-3 over Quebec, 7-4 over Alberta, 10-5 over Manitoba, and 8-1 and 2 losses to Ontario and Ioqiuins respectively. Team BC top scorers overall were Riley Philip- pins (8G, 11A), Keegan Bell (11G, 6A), Cory Sinclair (11G, 3A), and Carter Dickson (5G, 9A).

Team BC met Team Ioqiuins in the semi- finals and were thumped 10-3 and relegated to the Bronze game. Team BC put all their work boots and touched out an 8-7 victory over the Albertans.

“It was hard not playing for the gold, but our boys went back to work after a tough loss to bring home a bronze,” said Coach Mike Kap- pan. “The Midgets gave it their all but couldn’t overcome some great eastern teams.”

Team BC Box Lacrosse Coordinator, Mike Marshall, praised all teams and their incredible effort and commitment towards cohesive goal.

“Participating in six Box National Championships this year, we came away with gold, 2 silver and 2 bronze – quite an accomplishment and a tribute to all the athletes and coaches who competed,” commented Team BC’s Mike Mar- shall. “Our focus each year is improving our skill level in order to successfully contend at the highest competitive level. We are definitely trending in the direction of excellence.”

"Participating in six Box National Championships this year, we came away with 2 gold, 2 silver and 2 bronze – quite an accomplishment and a tribute to all the athletes and coaches who competed," commented Team BC’s Mike Mar- shall. “Our focus each year is improving our skill level in order to successfully contend at the highest competitive level. We are definitely trending in the direction of excellence."
Lacrosse Goal
Get that extra goal for practice with Bownet’s full-size Lacrosse goal. Portable and lightweight, it’s perfect for camps, clinics and the backyard.
- Weight: 25 lbs
- Bag Size: 44” x 10” x 8”
- Box Weight: 30 lbs
- Box Size: 50” x 10” x 9”
- Set Up Time: 80 sec

Halo
The Bownet Lacrosse Halo is a portable free-standing net that fits around any manufacturer’s Lacrosse Goal. The Halo gives you a 3” protective barrier with no clips or brackets:
- Ideal for Camps and Clinics
- Recommended for U14 and under
- Portable backyard goal
- Bag Size: 53” x 10” x 9”
- Set Up Time: 85 sec (2 people)

Men’s/Women’s Crease
The Bownet Portable Crease is a one-of-a-kind new product that allows you to have a Lacrosse Crease on any surface. Designed to work on turf, grass or the gym floor. Great for practice and youth tournaments. Fits around any manufacturer’s Lacrosse Goal. No tools needed and sets up easily in seconds. Good for any age group: youth, high school, club or college. Bright orange for visibility.
- Comes with free 10” x 1” round case
- Size: 18” Dia (17” Dia Women’s)
- Weight: 8 lbs
- Bag Size: 30” dia x 1” (28” dia x 1” Women’s)
- Set Up Time: 30 sec

Barrier Net
The Bownet Barrier Net is a one-of-a-kind new portable sports barrier that works great for every sport. Not only can you corral the balls you can also divide your field off from other sports. The key to the product design is the “bow” in the poles, which allows the poles to flex, and puts less stress on the net. Comes complete with net, ground frame, stakes and composite Bow Poles. Unique design makes it the most portable barrier net available. No tools needed.
- Huge net measures: 27” wide x 114” tall
- Use it as a backstop, barrier net or for field division
- Breaks down in about 1 minute
- Includes: Roller Bag for easy transport
- Durable and Stable
- Weight: 44 lbs
- Set Up Time: 80 sec (2 people)

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Be sure to check out other products for: Soccer, Baseball, Football, Field Hockey & Volleyball.
In Memoriam

By: LacrosseTalk Staff

Erwin Bargen, January 23, 1940 - August 20, 2013. It is with heavy hearts and deep sadness that we announce the passing of Erwin Bargen. Erwin was a longtime lacrosse referee. He will be strongly missed by all of his close family and friends.


Kenneth Neil Buchan. Ken passed away peacefully at home in the presence of his family on May 29, 2013. Born John George Calvin Barclay, in Regina on August 20, 1934, Jack was still a youngster when his family moved to the Newton district of Surrey.

It was there, as a seven-year-old, that he began playing lacrosse. Soon, he was partnered on a line with Cliff Sepka and Ivan Stewart. What a combination – Jack was a blond and cocky bantam rooster; Ivan was a dark and nimble speedster, and Cliff proved to be a skilful, silent leader.

All quite different, proving the theory that opposites can attract. They began as the Newton Nuts, winning five provincial, minor league titles and then, maturing into adulthood as the Royal City’s Regal Trio, capturing one Minto Cup, three Mann Cup championships.

Indeed, it was an extremely colourful climb together into manhood.

Eager to enter lacrosse’s junior division, Jack and Ivan joined a Chilliwack team in 1953; however, they soon transferred to the New Westminster Salmonacs and a reunion with Sepka.

That was all it took to carry the Royal City club to the Minto Cup finals and, despite the fact that all but one player came down with an attack of food poisoning, they were still able to beat Long Branch for the Canadian title.

The trio, along with several other teammates, turned senior with the Salmonbellies in 1954. The Mann Cup medals came in 1958, 1959 and 1960.

The on-floor collaboration ended in 1965 when Barclay and Stewart joined the newly-formed Coquitlam Adanacs. Both ended their playing careers with the Portland, Oregon, version of the Adanacs in 1968.

During his teenage years, Jack also became an accomplished boxer, capturing the Golden Gloves championship four times and winning a place on the Canadian boxing team in the 1954 British Empire Games.

But it was lacrosse that dominated his adult life. Over the 15-year senior lacrosse span, the original Regal Trio accumulated 2,463 points, of which Barclay claimed 429 goals and 266 assists.

Oh, yes! Jack also racked up 1,119 minutes in penalties.

In 1978, Jack Barclay was inducted into the Canadian Lacrosse Hall of Fame.

Kenneth Clarke, passed away May 8, 2013 at age 57. Clarke was a longtime Port Moody Minor Lacrosse Association volunteer and later Coquitlam Adanacs executive member that gave all of his volunteer time to lacrosse. He is sadly missed by many.


Don Martin, passed away on July 11, 2013. He was a member of the 1953 New Westminster Salmonacs that overcame a food poisoning attack to capture the Minto Cup. Born in the Royal City on February 5, 1934, Don moved through the local lacrosse minor system onto the Junior Salmonacs’ squad that travelled east in a quest of the national title. Don scored three goals in the tournament, including one in the final game. Don later played in 12 games with the Senior Salmonbellies before placing all his efforts into coaching and refereeing youngsters in the Surrey lacrosse and hockey systems.

Robert Plank, late of Cloverdale, BC, passed away suddenly at home on June 27, 2013, at the age of 42 years. Plank was an exceptional lacrosse coach to many young athletes in Surrey.

Ron Simpson passed away August 24 in Victoria. He was involved in Saanich Minor Lacrosse and Victoria Senior Lacrosse.

Richard Edgar (Dick) Thomas, longtime member of the Canadian Lacrosse Hall of Fame Board of Governors, passed away August 19, 2013. Born April 15, 1936, the Vancouver-native spent his entire life playing and later volunteering his expertise in numerous sports as lacrosse, hockey, soccer, baseball and softball. Dick coached and/or managed kids teams from 1972-1983. He spent 38 years as an officiating official at the Vancouver Canucks NHL home games, over 20 years as a governor and treasurer with the Canadian Lacrosse Hall of Fame, served on boards for several teams including the Vancouver Barrards (1970’s), Coquitlam Jr. Adanacs (1980’s), helped the various WLA teams and a volunteer worker at the 2010 Vancouver Olympic Games.

Lukas Whibley, passed away tragically August 9, 2013. Whibley was a high school football athlete at Ballenas in Parksville and an avid lacrosse player for the Nanaimo Timbermen Intermediate A team.

Jack Barclay

By: Stan Shillington

Black Jack Barclay, the pugnacious fireball on one of the most feared lines in Western senior lacrosse history, passed away May 29, 2013.

Born John George Calvin Barclay, in Regina on August 20, 1934, Jack was still a youngster when his family moved to the Newton district of Surrey.

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Lukas Whibley, passed away tragically August 9, 2013. Whibley was a high school football athlete at Ballenas in Parksville and an avid lacrosse player for the Nanaimo Timbermen Intermediate A team.
By LacrosseTalk Staff

The 2013 SUBWAY® BCLA Box Lacrosse Provincial Championships took place during the month of July in four centres around BC. The 2013 Provincials had 110 teams with over 2300 athletes, coaches and volunteers participating in the championships.

The events and locations were: Pee Wee and Female Pee Wee Provincials July 10-14 in Kamloops and Coquitlam, the Bantam Provincials July 17-21 in Delta and the Midget Provincials July 24-28 in Port Coquitlam.

The 2013 SUBWAY® BCLA Box Lacrosse Provincial medal winners were as follows.


**Bantam Girls - Gold:** Port Coquitlam #2, Silver: Port Coquitlam, Bronze: Burnaby; Bantam B-Gold: Vancouver, Silver: Coquitlam, Bronze: Vernon; Bantam A1-Gold: Salmonbellies #2, Silver: East Kootenay, Bronze: West Kootenay.


The 2013 SUBWAY® Team Sportsmanship award went to the Pee Wee C West Kootenay Wolfpack team, Female Midget Prince George Posse team, the Bantam A2 Nanaimo Timbermen and the Ridge Meadows Burrards Midget B team. The Warrior Tournament MVP’s were as follows.

Pee Wee girls MVP-Jennifer Hanney (New Westminster), Pee Wee A1 MVP- Kipp Guthrie (New Westminster), Pee Wee A2 MVP- Braided Washington (Ridge Meadows), Pee Wee B MVP- Justin Geddie (Vic-Esquimalt) and Pee Wee C MVP- Henry Bibby (Vancouver). Bantam girls MVP-Megan Stewart (Ridge Meadows #2), Bantam A1 MVP-Wil- liam Clayton (Ridge Meadows), Bantam A2 MVP-Will McLean (Campbell River), Bantam B MVP-Liam O’Connor (Vancouver) and Bantam C MVP-Jace Canada (Penticton). Midget girls MVP-Aliison Shanks (New Westminster #2). Midget A1 MVP-Brodie Gillespie (Port Coquitlam), Midget A2 MVP-Tre Leclaire (Semiahmoo), Midget B MVP-Austin Pugh (Campbell River), Midget C MVP-Garth Kennedy (Quesnel) and Junior girls MVP was Sidney Roy (Coquitlam).

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

Game MVP award necklaces; to Silver Ridge Promotions for producing great hoodies and t-shirts for all lacrosse fanatics; Sports Action Pictures for shooting photos at all mainland Provincials and STA for assisting team travel for all BCLA Box and Field lacrosse Provincial Championships.

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### 2013 SUBWAY BCLA Box Lacrosse Provincial All-Star Teams

**Female Junior All-Stars**
Sidney Roy (Coquitlam 2)
Gabrielle Jones (New West 1)
Kirsti Shanks (New West 2)
Megan Kinna (Ridge Meadows)

**Female Midget All-Stars**
Bianca Santucci (Coquitlam)
Santana McIntyre (Nanaimo)
Nadine Stewart (New West 1)
Alison Shanks (New West 2)
Nikita Bagg (Port Coquitlam)
Serafina Sta (Prince George)

**Female Bantam All-Stars**
Kendal Sands (Coquitlam)
Taylor Olson (Nanaimo)
Kelsey Towers (Port Coquitlam)
Ryleigh Sadler (Port Moody)
Nicole Pahnke (Ridge Meadows 1)
Ashley Kingsbury (Ridge Mdw 2)

**Female Pee Wee All-Stars**
Jenna Mele (Coquitlam 1)
Reagan McKenzie (Coquitlam 2)
Alyssa Macdonald (Nanaimo)
Jennifer Hannay (New West)
Mackenzie Blair (Port Coquitlam 1)
Daniella Stroup (Port Coquitlam 2)

**Midget A1 All-Stars**
John Hoftesh (Coquitlam)
Taylor Martyn (Cowichan Valley)
Liam Finnigan (Juan de Fuca)
Quinn Beavis (Langley)
Ryan Wilkinson (New West)
Ryland Rees (Port Coquitlam)

**Midget A2 All-Stars**
Evan Tiechurst (Coquitlam)
Clark Pickup (Juan de Fuca)
Josh Bosher (Kamloops)
Cameron Moleworth (New West)
Carson Rees (Port Coquitlam)
Davis Goodman (Semiahmoo)

**Midget B All-Stars**
Nicholas Dawson (Coquitlam 2)
Taylor Arbour (Campbell River)
Brandon Turnbull (Langley)
Sam Ortick (North Delta)
Luke Russi (Oceanside)
Brogan O’Brien (Prince George)
Ross Radomski (Ridge Meadows)
Kalen Davedyuke (Shuswap)

**Midget C All-Stars**
Bryce Johannes (Langley)
Nick Seal (Mission)
Julian Moreno (Nanaimo)
Camilo Trujillo-Sanchez (N. Shore)
Robert Rou (Port Coquitlam)
Garth Kennedy (Quesnel)
Eric Silver (Vanderhoof)
Matt Anderson (West Kootenay)

**Bantam A1 All-Stars**
Jalen Chaster (Coquitlam)
Michael Calvert (Delta)
Caleb Kueber (Juan de Fuca)
Caleb Pearson (Langley)
William Malcolm (New West)
William Clayton (Ridge Meadows)

**Bantam A2 All-Stars**
Sajun Shokar (Burnaby)
Nolan Fair (Campbell River)
Mathew Alcorn (Kelowna)
Garrett Watson (Nanaimo)
Johnathon Wittmeier (Fr. George)
Cole McMillan (Port Moody)
Ryan Jensen (Richmond)
Brett Lven (Surrey)

**Bantam B All-Stars**
Israel Bain (Abbotsford)
Luke Hutchings (Cowichan Valley)
Zander Cozine (Cowichan Valley)
William Matwichyna (Delta)
Kyle Olsen (Langley 2)
Haden Dickens (North Delta)
Drew Bannister (Shuswap)
Corvin Mack (Vancouver)

**Bantam C All-Stars**
Matthew McGeorge (Abbotsford)
Landon Russell (Quesnel)
Nicholas Dawson (Coquitlam 2)
Taylor Arbour (Campbell River)
Brandon Turnbull (Langley)
Sam Ortick (North Delta)
John Ettel (Peninsula)
Jace Canada (Pentiction)
Alexander Lafort (Port Coquitlam)

**Pee Wee A1 All-Stars**
Matteo Tack (Burnaby)
Adam Noakes (Coquitlam 1)
Jake Morin (Juan de Fuca)
Noah Armitage (New West)
Dylan Ford (Ridge Meadows)
Ryan Sheridan (Saanich)

**Pee Wee A2 All-Stars**
Adam Bland (Juan de Fuca)
Nolan Virgo (Kamloops)
Colten Wayslenko (Kelowna)
Joshua Zary (Nanaimo)
Mitchell Sandberg (North Delta)
Brady Sprague (Port Moody)
Braeden Washington (Ridge Mdw)
Austin Galbraith (Richmond)

**Pee Wee B All-Stars**
Thomas Vela (Burnaby)
Dylan Christensen (Campbell River)
Rhys Porteous (Delta)
Connor Ward (North Shore)
Corey Cunningham (Prince George)
Carter Sheridan (Ridge Meadows)
Jackson Alexander (Vic-ESquimalt)

**Pee Wee C All-Stars**
Laurelle Weisbrod (Delta)
Rowan Miller (N. Okanagan)
Keagan Fletcher (Kamloops)
James Kitney (Saanich)
Braeden Service (Sunshine Coast)
Paddy Hess (Vanc. – Killarney)
Addison Miller-Gauthier (Vanderhoof)
Reece Whitehead (West Kootenay)
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Team BC U16 Three-peats

Team BC U-16’s win their third Alumni Cup National Field Lacrosse title in a row.

By: LacrosseTalk Staff

Team BC Field U19 and U16’s prepared for the 2013 Field Lacrosse Nationals with lofty goals of nothing less than Gold! With high hopes leading into the Labour Day Weekend Classic, both teams represented Team BC to the highest standard!

The Alumni Cup and First Nations Trophy National Field Lacrosse Championships were held in Longueuil, Quebec August 30-September 1, 2013.

Team BC U19 – The U19’s prepared well for nationals and a willingness to improve over their bronze medal finish in the 2012 First Nations Trophy. New head coach, Ian Poole, and assistants Bryan Poole and Richard Cambrey were ready for the challenge to improve on their 2012 result.

The U19’s ended up with a 3 win, 1 loss round robin record. Team BC defeated ILA 21-11, Saskatchewan 9-4 and 23-1 over Quebec. Their only loss came from the hands of Ontario 14-8. Team BC scored 61 goals for while allowing 30 against.

Coach Poole injected some new game strategies to be a fast-paced run and gun team, to capitalize on fast breaks and odd man situations. This open brand of lacrosse calls for incredible ball pursuit, ball control and quick movement, but can lead to opening up transition against ball pursuit, ball control and quick movement, thus to be a fast-paced run and gun team, to

BC jumped ahead 12-2, only for Ontario to get a three in a row to make the score 9-2. The third quarter was a repeat of the second as BC battered Ontario 12-2, only for Ontario to get a two back to back to make it 12-4 after three.

The final frame proved to be a see-saw battle but as the game wore on, time ticked away and Team BC’s discipline play and well-rounded attack proved to be too much for Ontario. BC won 14-8 and repeated their successes in the National Championships – a fact BC has never accomplished until now under Coach Travis Gillespie and Scott Browning.

“Winning this year’s Alumni Cup is very rewarding and speaks to the strength of the young lacrosse programs in BC, and the Team BC program,” said coach Scott Browning. “Each year we select young talented athletes that are committed to doing what it takes to win, who make sacrifices, fill roles, and play our team system as a cohesive unit. The 2013 season’s dedication and hard work made us all proud!”

Browning was overly proud of his team winning another National title away from home and without their actual head coach, Travis Gillespie, but was instrumental in preparing the athletes well prior to Nationals.

“The win was nice, very tough not being there but I knew we were prepared,” said a proud Gillespie. “As a staff we installed a very disciplined and structured system. This year we saw a change in BC field lacrosse – from the very first tryout we saw a higher level of skill, attention to detail and a willingness to learn. This third win validates our year’s hard work, our beliefs and our demanding approach.”

This disciplined approach invested in the U16’s today will surely reap benefits for future U16 and U19 programs and will be the catalyst for more Team BC athletes following a path to higher education while using lacrosse as the tool.

Of course no system can produce results without the right players. These athletes took control and chose to commit to winning -- they ran, sprinted, lifted and learned on our team. They thrilled us at each other and each held each other accountable.

“It has been a real blast coaching these ‘mini-men’, said Gillespie. From a couple NCAAs offers in one year, to now having 4-5 commits before they graduate grade 11 is a testament to the players and the program.

Team BC Field Lacrosse Coordinator, Reynold Comeau, couldn’t be more proud the program has evolved at all levels.

“The results attained by Team BC at the 2013 Field Lacrosse Nationals was a true testament to the hard work and diligence that the players, coaches and managers of both the U16 and U19 teams contributed,” said Comeau. “More importantly, however, I have the most respect for the way in which Team BC represented our Province, our Club, our Class, our Organization, excellence and passion.”

Marc-Antoine Pion-Freuguen, Quebec

Midieul de terrain / Midfield

Brodie Jorgenson, Saskatchewan

Marc-Antoine Pion-Freuguen, Quebec

Mitch Wales, Ontario

LacrosseTalk

British Columbia Lacrosse Association

Fall 2013 | Page 15

U19 Women Golden

Team BC Women win first ever National title. The team seen here with Team Canada.

By: LacrosseTalk Staff

The Jenny Kyle Cup was competed for Canadian U19 Women’s Field supremacy from 1992-1997 and dominated by Team Ontario. For the first time in 16 years, the CLA returned the U19 Women’s Field Lacrosse Nationals from mothballed to host an invitational competition.

The 2013 Women’s Field U19 National Invitational took place in Oshawa, Ontario over two days – July 16 & 17. The event was played alongside the FIL Women’s World Championships. Three teams competed for the title of National Invitational Champion -- two from Ontario and BC.

The U16’s ended up in first place in the Red division after the round robin with a 3 win, 0 loss record. Team BC scores were: 14-13 overtime victory over Team ILA, an 11-7 win over Ontario and a 23-1 win over Alberta scoring 48 goals for and yielding 21 goals against.

Team BC’s all-star selections included Brodie Gillespie (attack), Dylan Foulds (midfield) and Ryland Reese (defense) were named to the tournament all-star team.

BC was in familiar territory in the gold medal match versus their 2011 and 2012 opponent Team Ontario. The clash was one of many that BC has been on the right end of with two national titles in the past two years!

Scott Browning’s mantra of “hull possession being 75% of the field game” couldn’t have been more apparent in this match.

BC owned the ball early with the first five possessions, which included takeaways, multiple ground ball battles and end line possessions on shots – the Team Ontario offside at that point hadn’t the ball. At the 10 minute mark, Team BC held a 4-0 lead – Ontario only had one short possession. Ontario scored their first goal 13 minutes into the first but was quickly countered to make the score 5-1. First quarter ended 6-2.

Team BC continued to dominate ball possession with a quick start to the second half scoring three in a row to make the score 9-2. Ontario netted a late goal to finish the half at 9-4. The third quarter was a repeat of the second as BC jumped ahead 12-2, only for Ontario to get a two back to back to make it 12-4 after three.

The U16’s were a man-down before the nationals even took to the field with the absence of Head Coach Travis Gillespie, but returning coaches Scott Browning and Bert Marshall were more than ready for the challenge!

“Overall, I was very pleased with our team’s performance, the guys worked hard and never quit,” commented Coach Poole. “We all realized that we didn’t perform our best in the finals, but we know what we need to do to compete.”

Team BC’s all-star selections included Chase Fraser and John Phillips on midfield and attack respectively.

Team BC U16 – The U16’s were a man-down before the nationals even took to the field with the absence of Head Coach Travis Gillespie, but returning coaches Scott Browning and Bert Marshall were more than ready for the challenge!

By: LacrosseTalk Staff

The 2013 Women’s Field U19 National Invitational took place in Oshawa, Ontario over two days – July 16 & 17. The event was played alongside the FIL Women’s World Championships. Three teams competed for the title of National Invitational Champion -- two from Ontario and BC.

Team BC trained under the realm of coaches Naomi Walser, Dan Stroup and Jamie Stewart and has taken the program to new levels. They have served notice that BC Women’s Field Lacrosse athletes are exceptional and can compete at a high standard!

“These girls were all keen, they wanted to play more lacrosse and really wanted to be at these nationals,” stated Coach Naomi Walser.

So much so is that three athletes on the Women’s Field squad did double duty and competed in the Female Midget Box National the week after in Halif...
Junior Lacrosse Alive and Well in Okanagan

By: Warren Henderson - Kelowna Capital News

Much like the growth of one of his own children, Dan Wray has watched the Thompson Okanagan Junior Lacrosse League survive its share of bumps and bruises on the way to becoming a healthy teenager.

Founded by Wray in 2000, the junior B circuit recently kicked off its 14th season with five teams competing—Kelowna Raiders, Armstrong Shamrocks, Kamloops Timberwolves and South Okanagan Flames.

Just as it was in the beginning, Wray said TOJLL continues to provide a quality lacrosse environment for players aged 16 to 20.

“The numbers of players and teams have fluctuated over the years, but we still have a great product,” said Wray, the commissioner of TOJLL. “We have five solid teams and some really great people in place, so we’re pretty happy with where we’re at right now.”

“Kamloops won the provincial title last year,” he added, “so that tells you how strong our league is.”

Wray first launched the concept of organized lacrosse for players in Grades 11 and 12 with an intermediate league in the Interior for three years in the late 1990s.

Then in 2000, with a large and talented crop of 1983-born talent coming out of the midget ranks, Wray felt the time was right to launch a junior B circuit for players in the valley.

“I wanted to expose the game to people in the Okanagan and give our young players a place to play after the minor level,” Wray said.

Three of the teams were based in Kelowna—the Rutland Raiders, Kelowna Dragons and Kelowna Bisons.

Over the years, the number of junior B teams in the Central Okanagan was eventually whittled down to one—the Kelowna Raiders—due to a dearth of players enrolling at the junior level.

Like so many other sports over the last few years, Wray said it’s been a constant battle to keep adequate numbers of kids in minor lacrosse.

“It’s been a rocky ride at times and some of it has been economics,” Wray said. “Parents tend to put their kids in sports that are cheaper, like soccer.”

“Hockey has also taken its toll on lacrosse a little bit in that a lot of kids are now playing hockey 12 months of the year, so a lot don’t play both sports anymore. Hockey is more of a business in that way.”

“Lacrosse...we’re still the Canadian original, a grassroots national sport,” he added. Still, Wray said there are many positive indicators coming from Kelowna’s minor lacrosse system which, in turn, will benefit both of Kelowna’s junior and senior programs in the future.

After years of dwindling registration, Wray said the Kelowna Minor Lacrosse Association executive is finding creative ways to restore interest in the game and drive the numbers back to workable levels.

“The (KMLA) is working really hard and they’re bucking the trend of the last few years,” said Wray. “Alina Brownlee has done a great job as president and they’re moving things in the right direction. With the losses of players other minor sports are having, we’re very happy with the way lacrosse is coming along.”

2013 BCLA Box Lacrosse Provincial Junior Fair Play Award Winners

Female Junior
Sidney Roy (Coquitlam 2)
Lauren Stewart (New West 1)
Linny Butler (New West)
Lisa Ayres (Ridge Meadows)

Female Midget
Victoria Vieira (Coquitlam)
Shaelynn Ross (Nanaimo)
Zoe Lowen (New West 1)
Kirsten Hackett (Nanaimo)
Cassie Lucatorto (Port Coquitlam)
Kaitlyn Logeard (Prince George)

Female Bantam
Kristen Davies (Coquitlam)
Shayla Fritton (Nanaimo)
Ashley Blundell (Port Coquitlam)
Megan Beattie (Port Moody)
Nicole Pahnke (Ridge Meadows 1)
Ashley Kingsbury (Ridge Meadows 2)

Female Pee Wee
Jeneca Bowering (Coquitlam 1)
Maya Bottego (Coquitlam 2)
Kaitlyn Dymtruk (Nanaimo)
Erica Malcolm (New West)
Mackenzie Blair (Port Coquitlam 1)
Vanessa Evanic (Port Coquitlam 2)

Coaches & Official
Tony Malcolm
Russ Currie
Bill Barwick
Wes Eaton
Nikka Bagg

Midget A1
Kristopher Zmioliski (Coquitlam)
Colin Wilshin (Cowichan Valley)
Zack Homer (Juan de Fuca)
Quinn Beavis (Langley)
Sam Stevens (New West)
Will Kinnard (Port Coquitlam)

Midget A2
Owen McGillicou (Coquitlam)
Dallan Brooks (Juan de Fuca)
Keiran Anderson (Kamloops)
Scott Wooley (New West)
Josh Wray (Port Coquitlam)
Sam Ranieri (Semiahmoo)

Midget B
Daniel Healic (Coquitlam 2)
Dylan Sparling (Campbell River)
Brandon Turnbull (Langley)
Jake Liebisch (North Delta)
Erik Johnston (Oceanside)
Andrew Sevill (Prince George)
Mathew Kurylyk (Ridge Meadows)
Mason McCune (Shuswap)

Midget C
Aiden Johnston (Langley)
Ridge Muirhead (Mission)
Julian Moreno (Nanaimo)
Wayland Mathias Joe (North Shore)
Miguel Joseph (Port Coquitlam)
Garth Kennedy (Queensland)
Jaydine Syrotiuk (Vancouver)
Troy Niergiiff (West Kootenay)

Pee Wee A1
Matteo Tack (Burnaby)
Drew Rank (Coquitlam 1)
Casey Wilson (Juan de Fuca)
Cedar Rutherford (New West)
Reece Hansford (Ridge Meadows)
Dylun McGuinty (Nanaimo)

Pee Wee A2
Jesse Obee (Juan de Fuca)
Tanner Koroluk (Kamloops)
Aedan Alfonso (Kelowna)
Brody Clarke (Nanaimo)
Erik Dzoll (Port Moody)
Will Carriere (Ridge Meadows)
Brandon Fagan (Richmond)

Pee Wee B
Nathan Chaus (Burnaby)
Carson Foy (Campbell River)
Keegan Kozack (Dawson Creek)
Ammon Adshade (North Shore)
Haydn Lozynsky (Prince George)
Tristen Parkin (Ridge Meadows)
Matt Campbell (Shuswap)
Brendan Mackay (Vic-Esquimalt)

Pee Wee C
Conlan Lennard (Delta)
Aidan Spragge (N. Okanagan)
Kassidy Neil (Kamloops)
Parker Cote (Nanaimo)
Chris Riedbrough (Sunshine Coast)
Henry Bibby (Van-Killarney)
Darren Bou (Vancouver)
Brian Martin (West Kootenay)

Coaches & Official
Jim Weir, Steve Bishop, Chad Phillips, Chris Bowman & Trenton Horsley (Official)
Russ Heard netted over 1,000 points in his 13-year WLA career.

In a cruel touch of irony, Heard retired after the 2000 season and the Adanacs went on to win a Mann Cup the following year.

“If I was glad Coquitlam won (the Mann Cup),” he said, adding he’s been asked why he didn’t play one last season.

Heard’s answer tells you all there is to know about the man.

“When I played, I always thought I could get in better shape, but there’s a point you realize, you’re just holding on.

“I felt I couldn’t contribute like I had been able to. At the end of my career, my shoulders were hurting, my back was hurting, my knee was hurting.”

And at the end of the day, it was about winning something with your fellow soldiers.

Heard grew up in the New Westminster program and when he entered his junior draft year in 1984, he and many of his Royal City teammates were taken by the fledgling Outlaws franchise that moved to Burnaby after four seasons.

“It’s funny some things stand out, but a lot of those years run together,” Heard said.

But the years he cherishes are 1990, ’91 and ’93, the seasons he went to the league finals with his buddies.

“You know what? You want to win a Mann Cup with the guys you battled with,” he said.

Heard did eventually share a Championship Trophy with the pro Toronto Rock in 2000.

Heard’s jersey retirement is the first such celebration in the 25-year history of the Laker franchise.

The ceremony will take place on Friday, July 5 prior to the start of the WLA game against his former hometown New Westminster Salmonbellies.

That weekend will also coincide with the Jack Crosby memorial all-star novice tournament in Burnaby.

“It’s a great honour. When you play, you don’t think about those things, but when it happens it’s great. It’s nice of (Burnaby) to do that.”

Then, in keeping with his unique sense of humour, Heard added, “I’m guessing it’s going to be at the start of the game, so I probably won’t have that much time (to speak), which is probably good for everybody.”

Executive of the Year Dr. Don Hedges (Coquitlam), Maitland Trophy-Outstanding Play Sportsmanship Assistance to Minor Lacrosse-Neil Tyacke (New Westminster), Commission Trophy-Most Valuable Player-Curtis Dickson (Maple Ridge), Gord Nicholson-Defensive Player Brett Mydske (Langley), Three-Star Award-Curtis Dickson (Maple Ridge), League Top Scorer: Curtis Dickson (Maple Ridge), Fred Woooster-Unsung Hero-Justin Salt (Burnaby) and the Bill Ellison Award for Playoff MVP Jeff Shattler (Victoria Shamrocks).
By: LacrosseTalk Staff

On Thursday June 19, 2013 the BC Lacrosse Association hosted the 12th Annual President’s Golf Classic, honouring Canadian Lacrosse Hall of Famers from BC at Golden Eagle Golf Club in Pitt Meadows, BC.

The BCLA takes great pride in bringing the lacrosse community together with players, coaches, fans and friends of lacrosse for a day of golf and a chance to reconnect. The weather was the wettest day we have ever experienced in our 12 years – but 90 sponsors, lacrosse friends and players alike braved it out and competed in the Texas Scramble event.

Each hole was sponsored by a company of which the BC Lacrosse Association is very grateful for their support. They included; IMPACT Canopies, Eagle Painting & Decorating, GoodLife Fitness, Sports-Can Insurance, BCLA, Mr. Mikes Steakhouse & Bar, Warrior Sports Canada, Coquitlam Senior Adanacs, Beachcomber Hot Tubs, Delta Whistler Village Suites, Coastal Web Press Company, Treasure Cove Casino, Freedom 55 Financial, Pacific Fasteners and Finitir Sports. Thank you for your continued support!

The golf shirts were sponsored by Firstar Sports Inc. and Whistler Water and Good4U Drinks Co. (Beaver Buzz) provided all the beverages during the day. A special thanks to Thrifty Foods-Austin Station for their sponsor-ship of all the long-drive and closest to the hole promotions, as well as, the fruit and cookies at registration and to Old Dutch Chips for additional munchies.


The BCLA Putting Contest was won by Coquitlam’s Peter Veltman winning the $100 Deluxe Seafood Vancouver prize. The Hole #13 Whistler Golf getaway package included a round of golf and one night stay at the Delta Whistler Village Suites went to Jake Mauritzen. Mr. Mikes and Guy Flintoff brought out their BBQ and make the most tasty burgers for golfers and Freedom 55 representatives conducted their golf draw.

The men’s Threfly Foods closest to the hole award was won by Bob House, while Dane Dobbie smoked a huge drive to win the Thrifty Foods long drive contest. For the ladies, Carolyn Bodnar was closest to the pin, while Kim Harvey had the long drive. And last but not least, the winning foursome, scoring 13 under par, was the Coquitlam Adanac team foursome including Peter Veltman, Dane Dobbie, Jon Harnett and Jesse Guerin.

Thank you to all the participants and volunteers like Sohen Gill, Bev Mosdell, Corinne Perriman, Gloria Signer, the BCLA staff and the GEGC staff for making this a great event. Be sure to keep June 20, 2014 free in your calendar for next year’s event. I promise, no RAIN!!
Coaches Corner Coaching and Professional Development

By: Duane Bratt, CLA National Resource Person

Going to a coaching clinic, completing an evaluation workbook, taking the “Make Ethical Decisions” online test, and having an in-person evaluation of your practice are all important steps in your coaching career. But they should not be the end. Continuous improvement and lifelong learning should be the mantra of every lacrosse coach. There is always a new tactic, drill, teaching tool, equipment advance, or method to improve physical or mental abilities that coaches can learn.

This type of professional development is going to become more formalized for lacrosse coaches. Over the past number of years, the Coaching Association of Canada (CACA) has worked in collaboration with its partner sports, including the Canadian Lacrosse Association (CLA) to develop a Professional Development (PD) component to the National Coaching Certification Program (NCCP) for coaches of all sports in Canada. This can be accessed at http://www.coach.ca/files/NCCP_Policies_Implementation_Program-Feb2013.pdf (Sections 9-10, pages 9-14).

This is a program that will allow coaches to earn points for all coaching activities including, but not limited to: active coaching, First Aid courses, concussion awareness, coaching sector meetings (province and national), attending coaching clinics, completing evaluation procedures (i.e., workbooks, online tests, in-person evaluations), becoming a lacrosse learning facilitator or evaluator, attending coaching conferences.

As can be seen, there are many, many ways of getting PD points. Let’s just look at attending coaching clinics. This could be an NCCPC lacrosse clinic (i.e., a competitive-introduction certified coach taking a competitive-development clinic), an NCCPC clinic in another sport (i.e., hockey or soccer), a non-NCCPC PD lacrosse clinic (i.e., a symposium hosted by the BCLA, the US Lacrosse convention, etc.), or a non-lacrosse coaching clinic (i.e., how to increase mental skills or footwork in a multi-sport context).

The CLA coaching sector with representatives from all MAs/AMAs will be meeting in October, also joined by CACA representatives, to determine the number of points each coach will be required to earn and over what period of time. This implementation plan will then be presented to the CLA Board of Directors at the November AGM and the mandatory maintenance of certification goes live on January 1, 2014.

At this point in time, the PD program will be made available to all coaches, but only certified coaches are required to maintain their certification. Since we only require certification at competitive-introduction and competitive-development, the number of coaches who will be mandated to maintain certification through PD will be a small percentage of the overall pool of coaches. There is a window in which to maintain your certification or require going through the recertification procedure. However, simply being an active coach will get you a lot of the way there. In addition, many professions (and coaching should be treated as a profession whether you are paid or not) require maintenance of their certification. You wouldn’t want a doctor, teacher, or truck driver to acquire their certification twenty years ago and not require them to maintain their certification in some formal fashion.

Initiating a formal PD program for lacrosse, besides being a CACA requirement, will have three additional benefits. First, lacrosse coaches will be encouraged to continuously improve their coaching knowledge which will, in turn, greatly benefit their players. Second, coaches who are already continuous learners will be given credit for their activities. Third, lacrosse organizations will begin to create additional PD opportunities for coaches.

The 2013 SUBWAY® BC Lacrosse Zone Players of the Year were announced earlier this summer. Each of the 8 lacrosse zones from across BC nominated an athlete who best exemplifies what it takes to be a top athlete on and off the floor.

The following Midget aged athletes were selected as their Zone Player of the Year in 2013. Zone 1-Matt Barzilay ( Cranbrook), Zone 2- Glennia Hogarth ( North Okanagan), Zone 3- Nikita Bagg ( Port Coquitlam), Zone 4- Cody Tracy ( Surrey), Zone 5- Paul Richard ( North Shore), Zone 6- Jordan Wendt ( Victoria-Esquimalt), Zone 7- Jason Vee ( Vanderhoof) and Zone 8- Jesse Wallace- Webb ( Williams Lake).

Each 2013 SUBWAY® BC Lacrosse Zone Players of the Year received a custom embroidered Firstar jacket and a $ 500 scholarship for the accolade. The BC Lacrosse Association (BCLA) members have created the Jack Crosby Endowment Fund in honour of the man whose name is synonymous with Lacrosse in the City of Nanaimo, throughout British Columbia, and across Canada. As an athlete, coach, and mentor, Jack has touched many lives within the lacrosse community and beyond.

The Jack Crosby Endowment Fund will provide a sustainable future for the lacrosse community who play, coach, volunteer, referee, and enjoy the game of lacrosse throughout BC. Charitable donations will be invested in the principle of this trust fund. These donations will never be touched and will be a growing investment managed by the Vancouver Foundation. Interest of 5% per year will be allocated to the BCLA.

These funds will be used to support innovative projects and programs that will address the needs of BCLA members. This is an investment for our lacrosse community to become self-reliant, a fund that will benefit our grandkids to children, a legacy that will continue to “pay it forward” forever; a future for lacrosse that we feel Jack would be proud to support.

To make a charitable donation to this fund, please make cheques out to the Vancouver Foundation referencing the BCLA Jack Crosby Endowment Fund in the memo line.

The BCLA members will strive to build this Endowment so that we who share the passion for Lacrosse today will leave a lasting legacy for the game of lacrosse throughout British Columbia.

 SUBWAY® BCLA Lacrosse Zone Players Announced

In Memory of Jack Crosby

Mr. Lacrosse

Pride is palpable when it comes to Victoria’s game

By: Jack Knus, Times Colonist

Derek Finster a jacket and a $500 scholarship for being named to this prestigious award. The overall 2013 SUBWAY® BC Lacrosse Zone Player of the Year was Zone 4 representative, Cody Tracy of Surrey. Cody, in addition to the custom Firstar jacket, received a $1000 scholarship for the accolade.

Brodie Gillespie, a member of the Port Coquitlam Saints Mid 1A team, was named the SUBWAY® BCLA Midget Provincial Championship MVP. He was integral part of the 2013 Mid 1A gold medal winning team at the Mid 1A Provincial in Port Coquitlam. Brodie received a custom Firstar jacket and a $500 scholarship. Congratulations to all award recipients.

Victoria is fighting for the Mann Cup. The modern version still offers a down-to-earth element. They were all working class people.” To me, it suited the Shamrocks crowds of the old days, he says. “There was a multicultural aspect to lacrosse,” saidJuan de Fuca MLA John Horgan. As a boy, he played in Saanich with kids who came down from the Turtle Bay. Lots of Indo-Canadian, too. “It was relatively speaking, as was white as the ice. Lacrosse was always hockey’s poorer cousin. It didn’t require a lot of expensive equipment, just a stick and maybe some newspapers for padding. That suited Horgan, whose father used to work the penalty box at Shamrocks games, but died when the MLA was an infant.

It’s a no-frills type of game was evident in the Shamrocks crowds of the old days, he says. “They were all working class people.” The sponsors were often construction companies, electrical contractors and the like.

The modern version still offers a down-to-earth environment. It’s a T-shirt and ball-cap crowd at Bear Mountain. No one is seen as the score. The concessions sell three kinds of pizza and nine of beer, including Lucky Lager, God bless ‘em. There are no mole chicken burritos or veggie bowls like at Rogers Arena. The players — skilled, fast, tougher than trigonometry — go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning. The pride is palpable (when Victoria played Langley in the western final, Horgan tried unsuccessfully to go to work on Monday morning.
Two Teams, One Goal

By: NLL.com

Defense helps Rochester hold on to lead, repeat as world champions

The 2013 National Lacrosse League season ended the way it began – with a one-goal game – as the Rochester Knighthawks became the first NLL team in a decade to hoist the Champion’s Cup in back-to-back years with a riveting 11-10 road win over the Washington Stealth in the 2013 NLL Championship Game presented by Reebok before a sold-out Langley Events Centre in British Columbia on Saturday.

Knighthawks forward Cody Jamieson won the Reebok Championship Game MVP trophy for the second-straight year after recording a hat trick and six points (3+3). He became the sixth player in history to win multiple title game MVPs and just the second to win them in back-to-back years.

Jamieson, who missed the second half of the Division Semifinal with an ankle injury but impressively returned for the East Division Final, played through pain again this weekend.

“It’s hurting right now,” Jamieson told NLL.com. “At the start of the game in warmups, it was hurting. Once you get into the game, adrenaline just takes over and you forget about it.”

The Stealth made their third title game appearance in the last four years and their “season of redemption” after missing the playoffs last year with a 4-14 record came up just one goal short.

“In any sport the only team that can say their season was a success is the team that wins the championship,” Stealth head coach Rhys Duch told Magazine.com. “But I don’t think our season not being a success should be considered a failure.”

Down by a goal, Washington raced up the floor with less than 10 seconds left before Duch, who led the NLL with 45 goals this season, got off a desperation sub-shot with two seconds left but Knighthawks goalie Matt Vinc, the 2013 NLL Goaltender of the Year, made the save to seal the victory.

At the end of the game I just wanted to be big,” said Vinc told the Rochester D&C. “On the first shot I did that, and the other one I reacted low and I was fortunate enough to read it right: I think it was a fun way to end the year. I can’t say enough about our defense in the second half. It wasn’t the prettiest one, but we’ll take it.”

Just as Jamieson was injured coming in, Duch was limited by a lower-body injury as well but still managed a hat trick against the stingy Knighthawks defense.

“In all fairness to Rhys, you guys have to know of something,” Stealth head coach Chris Hall told the Everett Herald. “It’s not an excuse, it’s not anything like that, but for Rhys to be able to play in this game tonight was a monumental effort. On Monday, he had 10 percent flexion in his leg. He had a huge, deep charley horse in his left quad and right up to game time we didn’t know how mobile he was going to be or if he was even going to be able to play.”

Knighthawks forward and 12-year NLL veteran Dan Dawson, one of the most prolific scorers in the league’s postseason history, won his first title in his fourth try.

“This makes it a little bit extra special whenever you can win something with your own blood,” Dawson said. “To win this with him is a little bit extra special. But as far as I’m concerned I’ve got 25 brothers in that room.”

The FIL awards the 2018 World Championship to England

By: The FIL

The Federation of International Lacrosse (FIL) is proud to announce that the English Lacrosse added: “The Federation of International Lacrosse (FIL) is the international governing body for men’s and women’s lacrosse. The FIL currently has 47 member nations and holds five World Championships (women’s and men’s field, women’s and men’s U19 field and men’s indoor). The FIL is responsible for the governance and integrity of all forms of lacrosse and provides responsive and effective leadership to support the sport’s development throughout the world. For more information on the FIL, please visit www.filacrosse.com.”

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Man oh Mann -- Rocks Season Over

By: Janice Huckin

The Shamrocks waited 8 years for another chance at the Mann Cup and now, they will wait at least one more as they fell 8-5 to the Six Nations Chiefs in game 6, dropping the series 4 games to 2. Friday September the 13th was indeed unlucky for the Rocks.

Matt Vinc and Brandon Miller got the starts in goal for the home and visiting teams respectively. It was a full house at Bear Mountain Arena and very hot on the floor. Speaking of hot, the Chiefs scored on an early power play marker by Kasey Beimies at the 1:46 mark in the first frame. The Chiefs then opened up a 2-goal lead at 9:28 when their leading scorer in the series, Cody Jamieson, found the back of the net from the dotted line. That goal came just after they had successfully killed off a minor penalty and clearly gave the visitors some momentum.

Finally, the Rocks brought the fans back to their feet at 12:20, as Cory Conway fired a hard shot behind Six Nations goalie Brandon Miller. Conway added his second at 17:40, powering to the crease to tie things up at 2-2 and that was how the period ended. Shots on goal were also even at 13.

Goals came in waves to start the middle frame, as Six Nations scored a pair. Steven Keough scored on a hard shot from well out at 2:19 and Beimies added his second power play goal of the night at 8:35 to open up another 2-goal lead. The Shamrocks wave rolled as they managed to open up a 5-4 lead, as they netted three straight goals in a span of 5 minutes and 46 seconds.

First, Nolan Heavenor converted a transition break into a goal at 11:40. Heavenor, one of those hard working players, that doesn’t always get the payoff, netted a big goal that changed the momentum for the Rocks. Scott Ranger knotted the game at four with a bullet to the top corner from the dotted line at 14:34. Before the period ended, Jeff Shattler got in close to give the Shamrocks the 5-4 lead, with under three minutes remaining.

Throughout the series, it seemed that Six Nations was the fresher team as the games drew late into the third period. In fact, in game 6, again the final period was Victoria’s Achilles heal as Six Nations scored all four goals in the period.

Only one goal came in the first half of the period, as Cody Jamieson picked up his second of the contest at 9:48 with a delayed penalty about to be called on Victoria, and the extra Chiefs player on the floor. That tied the score at five. The Rocks couldn’t seem to find the net – although they found Chiefs goaltender Miller. Six Nations added three late tallies, Colin Doyle notchted a goal at 16:29, Craig Point thirty-one seconds after the ensuing faceoff at 17:00, then, Jamieson collected his hat trick at 18:08, which eventually broke the Shamrock’s back!

For the Shamrocks, Cory Conway led the way with a pair of goals and received player of the game honours. Singles came from Jeff Shattler, Nolan Heavenor and Scott Ranger. Derek Lowe, who played only sparingly, had a pretty strong game with a pair of assists and brought some needed energy to the line-up -- Rhys Duch and Mitch Jones also had a couple of helpers.

Cody Jamieson was again outstanding for the victorious Chiefs, as he picked up 7 points on 3 goals and 4 assists. Jamieson was named the Six Nations player of the game and also earned the Mike Kelly Memorial Award as Mann Cup Most Valuable Player. Kasey Beimies had a pair of goals with singles from Colin Doyle, Craig Point and Steven Keough.

It was an unfortunate finish to the season for the Shamrocks and their fans; a season that saw some great games and some entertaining performances. Without a doubt, the best team won the series this year but . . . . . . there’s always next year.

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Team Canada Drops Worlds to USA

By: LacrosseTalk Staff

The FIL Senior Women’s Lacrosse World Championships took place July 10-20, 2013 in Oshawa, Ontario. Nineteen countries competed for women’s world lacrosse supremacy from Australia, Austria, Canada, England, Finland, Germany, Haudenosaunee, Hong Kong, Ireland, Israel, Japan, Latvia, Netherlands, New Zealand, Scotland, South Korea, Sweden, USA and Wales.

Team Canada won three and lost one in the round robin portion of the tournament. Team Canada scores were: Game 1: Canada 12 vs. Australia 11, Game 2: Canada 11 vs. England 6, Game 3: Canada 18 vs. Wales 5, and Game 4: Canada 2 vs. USA 13. Canada handily beat Israel in the quarter-finals by a 17-5 score, but was thumped 19-5 by powerhouse USA in the World Championship Game.

FIL Silver Medalist, Team Canada, received a further honours with Dana Dobbie (attack) and Katie Guy (defense) were two Canadians named to the All-World Team. Six USA players were named to the All-World Team at the athlete’s banquet following their gold medal performance against Canada.

Three of the four attackers chosen were from the American roster, with captain Lindsey Munday and record-breaking linemates Katrina Dowd and Katie Rowan joined by Canada’s Dana Dobbie. Midfielder Sarah Albrecht, defender Amber Falcone and goalkeeper Devon Wills were also named All-World.

Katie Guy (defense) joined Dobbie as All-World honorees from host Canada, while Australia put three – midfielders Hannah Nielsen and Stacey Morling Sullivan and defender Alicia Wickens – on the list. England, which finished fourth in the tournament, had midfielder Laura Merrifield honoured.

USA players were named to the All-World Team. Six Canadians named to the All-World Team. Six Canadians were named to the All-World Team. Six Canadians were named to the All-World Team. Six Canadians were named to the All-World Team. Six Canadians were named to the All-World Team.

The BCLA wishes to acknowledge the support and contribution of the Province of British Columbia.
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