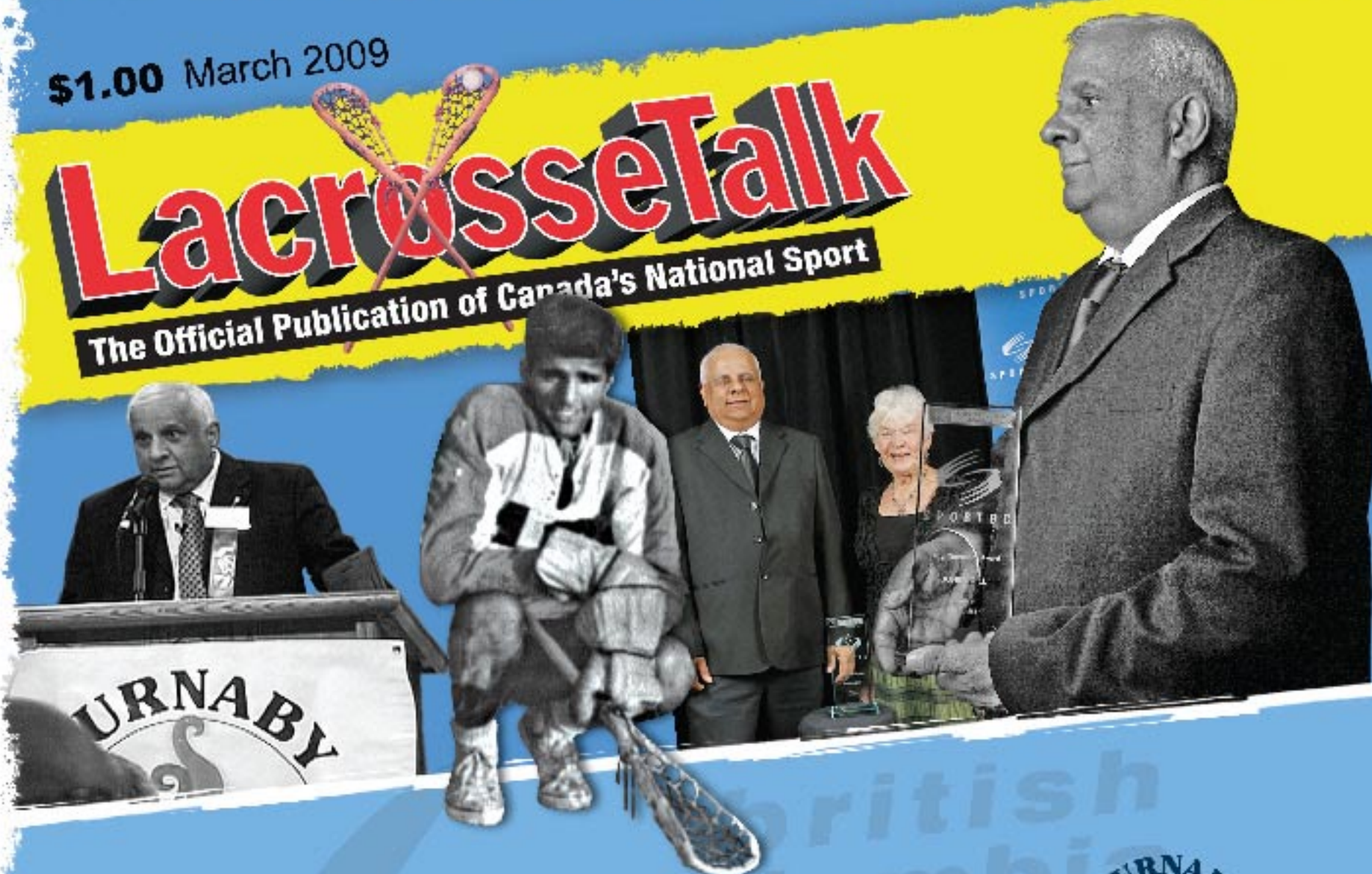


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Gill Hits A Double Hall of Fame Induction



By: LacrosseTalk Staff

If you are a betting man, it would be a safe bet against most people being inducted into any hall of fame in a lifetime. Sports Hall of Fames are reserved for icons and legends of sport to be enshrined for past greatness – like hockey's Rocket Richard, football's Vince Lombardi and baseball's Babe Ruth of the sporting World. Well, for lacrosse, such greats would include the Jack Bionda's, Wayne Goss's and Bobby Allen's of the lacrosse World.

On Tuesday December 2, 2008, the BC Sports Hall of Fame and Museum selection committee announced eight individuals and two teams for induction as part of the 2009 class. BCLA's Sohen Gill was named as one of two Builders to be inducted to the 41st induction class.

"I thought they had the wrong guy," stated a stunned Gill. "I thought they were looking for information about the BCLA and to my amazement it was about me. You expect to be recognized for some things in life, but for something as prestigious as the BC Sports Hall of Fame, it was quite a shock."

As part of the 41st induction class, eight individuals will be honoured, including athletes: Lori Bowden (triathlon), Carol Huynh (wrestling), Chris Loseth (horse racing), Larry Walker (baseball) and Paul Parnell (lacrosse); builders Les McDonald (triathlon) and Sohen Gill (lacrosse); and media person Archie McDonald. Selected in the pioneer category is the Vancouver Dueck Powerglides Wheelchair Basketball Team and in the team category the 2008 Canadian Olympic Men's Rowing Team.

Gill enters the BC Sports Hall of Fame with ex-Salmonbellie great Paul Parnell, joining just nine past lacrosse inductees including Lacrosse Athletes Alex "Dad" Turnbull (1967), Cliff "Doughy" Spring (1967), James Douglas (1967), John Crookall (1967), Jack Bionda (1998) and Wayne Goss (1989). Past Lacrosse Builder Inductees include Douglas Fletcher (1968), William Dickinson (1967) and Merv Ferguson (1978). Only three teams have ever been inducted in the Team Category – they are the 1908 New Westminster Salmonbellies (2003), the 1936 North Shore Indians (1999) and the 1964 Vancouver Carling Lacrosse Club (2005).

British Columbia Lacrosse Association
4041 B Remi Place
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Sohen Gill has managed, coached and administered lacrosse for over 50 years. He has done it all from coaching, washing uniforms, stringing sticks to throwing dances as fundraisers.

"We had a league rule stating we had to have white lacrosse balls and I remember painting balls when they lost their colour," recollected Gill.

He coached and managed Junior and Senior teams from the 1970's to 2000 including the Burnaby Junior A team, the Burnaby Kokanees and Kirby's Klippers (Sr. B), the Coquitlam Senior 'A' Adanacs (70-80's) the Coquitlam Junior 'A' Adanacs and lastly the Maple Ridge Senior 'A' Burrards. His most coveted victory came in 1980 when the Coquitlam Adanac team he managed represented Canada West at the Nations in 1980 World Box Lacrosse Championships and were crowned World Champions.

He has served as the Commissioner & Co-Commissioner of the Western Lacrosse Association (WLA) Senior 'A' Lacrosse League for over 10 years, has held various positions with the Canadian Lacrosse Association and currently in his fourth term as BC Lacrosse Association President.

"Something else I was very proud of was managing the 75 year anniversary of the BC Lacrosse Association display at the PNE," mentioned Gill. "We flew in Don Ashbee, Jack Bionda and John Ferguson as guest speakers – It was an honour being associated with such greats."

But this was just the beginning for this life-long lacrosse volunteer. His number came up twice being named to two halls of fames in less than a week. Gill was left speechless after receiving news of his Burnaby Sports Hall of Fame selection from a friend just two days after the BC Sports Hall of Fame announcement.

"Brian Pound [Burnaby Sports Hall of Fame Board member] called me and said I'd hit the daily double," stated a stunned Gill. "I've spent most of my life in Burnaby and to be honoured by the local Burnaby Sports Hall of Fame is quite humbling."

Sohen has received his due credit over the past few years from his peers. In 2007 he received the CLA's highest honour winning the Lester B. Pearson Award awarded to the person in recognition of his unselfish dedication and outstanding contributions of sportsmanship and distinguished leadership to the game of lacrosse and to the physical and mental development of young Canadians. He was inducted into the Canadian Lacrosse Hall of Fame in 2005 and was the recipient of the highly regarded Sport BC Daryl Thompson Award in 2008. He joins some elite company in all three halls but none as important as the grandfather to his children, the late lacrosse legend, Bill Dickinson.

"It's amazing for my children to have their grandfather being named in all three halls of fame," noted Gill. "There is quite a lacrosse history in our family which has spanned for decades."

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Contributed Photo

Canadian troops in Kandahar receive lacrosse equipment as an early Christmas present

By: Grant Granger
New Westminster News Leader

There's a book that's being passed around the Canadian forces base in Kandahar that's getting a little dog-eared these days. It's called Lacrosse for Dummies.

A shipment of lacrosse sticks, warm-up jerseys, balls and assorted New Westminster Salmonbellies paraphernalia arrived on the base in December. They got to open it Christmas Eve.

"They were really excited," said Tracy Brown, a Burnaby resident who got it all started.

"It was the hockey players that got their hands on it first. Some of them had never tried it so they all had the T-shirts on and went out to the rink right away and started playing with it."

Brown has a friend whose brother, Brent Vanover, is a rabid Salmonbellies fan stationed in Afghanistan. She hooked him up with Salmonbellies president Dan Richardson, who organized the shipment that took about two

months to get there, having to jump several bureaucratic hoops and getting sent to the U.S. postal depot instead of Canada's.

But there was another reason it was a while before they opened up their Christmas presents from the Salmonbellies and started playing the game in their open-air ball hockey arena.

"Their base has been hit really hard with rockets and this was basically the first time they had the gear out and open," said Brown.

Even some American and Australian soldiers have come to check it out. No game was orga-

nized until this time, with the aspiring lacrosse players lining up east versus west. They've all named themselves KAFcomrades. KAF is the air base's designated symbol.

Warrant Officer Tracy Sprague has been acting as the coach. Sprague is a 23-year veteran from Ottawa and this is his fifth posting to Afghanistan. He's got a 15-year-old lacrosse-playing son who is really excited about having his father coach the team, said Brown.

"Just be patient because we're getting hit hard," said Sprague in one of his e-mails to Brown.

They've sent some pictures and intend to shoot some video of their games and post it on the internet.

"They look young," said Richardson. "I was shocked by the age of some of those kids." To be able to see the game we have so much passion for bringing some enjoyment to these guys that are putting their life on the line was a good way to start the new year for myself when I got that e-mail on New Year's Day."

Richardson intends to something, such as an armed forces night, for the troops during the Western Lacrosse Association season. He'd like to involve the Westminster Regiment in some way.

"It's a real good fit," said Richardson.

Brown recently said to Richardson, "I have to buy Brent another Salmonbellies shirt because his is so worn out." Richardson immediately replied, "No, no, no. We'll send him a couple."

Richardson put them in the mail this week, although it's not as large a shipment as the last one he sent to Kandahar that's so well appreciated.

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2009 World Police and Fire Games

By: LacrosseTalk Staff

The World Police and Fire Games are coming to Canada this summer and field lacrosse will be one of the sports being played at the event.

Teams from New York, Toronto, Alberta and BC will compete in the tournament at the Burnaby Lake Sports Complex across the street from Bill Copeland Arena in Burnaby.

The World Police and Fire Games will be held July 31 to August 10, 2009. This event will be drawing more emergency service athletes than the Olympics. There are 40+ venues spread from Whistler to Chilliwack and 60+ sporting events free to attend -- so a great way to get the family out.

Local lacrosse volunteer and athlete, Tom McIntosh, is working to raise the profile of Canada's National Summer Sport at the Games.

"We're excited to have field lacrosse teams from Canada and the USA competing in the tournament," said McIntosh. "We want the BC lacrosse community to come out and enjoy these games with their families."



McIntosh is in the early stages of planning skills clinics for youth athletes as part of the lacrosse tournament. The planned free clinics will offer the athletes the chance to hone their skills and learn new skills from high profile athletes. Out of town teams have already stated their interest in the skills clinics as well local stars from the WLA plan to take part. The lacrosse games get underway July 31 to August 4.

Families can volunteer together or you might have a sport group or school group who need to get their volunteer hours in - think of WPFG!!!! For our lacrosse enthusiasts the Field Lacrosse Sport Venue will be at the Burnaby Lake Sports Complex -- get the guys out to support the sport! So if you know of friends, family, or co-workers who would like to volunteer some of their time for a bit of the summer, please have them register as soon as they can at www.2009WPFG.ca

A Boy, A Stick and a Shamrock

By: Teddy Jenner

The moment will forever be stained into the fabric of my memory; a moment of unbridled excitement and then... complete heartbreak. On the doorstep of history and minutes away from achieving a childhood dream, it was a feeling that I wouldn't wish on my worst enemy.

Moments away from our first ever Mann Cup, I found myself sitting on the bench next to Ryan Ward, who I've played on countless teams with since tyke. What made it even more special was that we, the Victoria Shamrocks, were on the verge of becoming the first team to win the Mann Cup on the road since the Six Nations Chiefs did it back in 1996. After battling back from being completely written off in the 2002 Mann Cup against the Brampton Excelsiors where we found ourselves down 3 games to 1, we had done what nobody thought we could do, we had forced a game 7. Ryan and I had just finished a shift on offense and as we passed the water bottle back and forth we simultaneously looked up at the score board - it read Victoria 6 Brampton 1, and there was just over half a game left to play.... Our eyes widened and Wardo looked at me, "WOW, we're really gonna do this!" And we really were! Then in what seemed like the blink of an eye, WHAM - we lost 9-8. Our youthful joyousness shattered. The Mann Cup had eluded us and our fellow Shamrocks.

That series just added to the lore and luster that comes with being a Victoria Shamrock, one of the most storied franchises in lacrosse.

The nights I experienced going with my family to the old Memorial Arena in Victoria to watch the Victoria Payless were what dreams were made of. Being able to go home after games and mimic the creativity of Kevin Alexander, who, in those days was the John Grant Jr. of his time, often caused my mom to continually tell me to stop bouncing balls off of the wall. Witnessing the aggressive and punishing defense of guys like Bob Cool and Art Webster allowed me to learn that there was more to the game than just scoring.

My eyes had born witness to some of the games best at their best and not all of them Shamrocks. It sparked a fire inside me that grew with every goal scored, every game won and lost and memory after memory. From those early days, I knew I wanted to be a Victoria Shamrock.

The moment I pulled on my first Shamrock jersey was a special one because not only had I fulfilled a lifelong childhood dream but I was now a part of that history, a part of tradition, part of a huge family and even more importantly, I was now walking in the steps of those I looked up to. I was now somebody who was admired by the younger generation of lacrosse fans and players in Victoria. Walking onto the floor after games to see 50 or so kids waiting



Photo: BCLA Archives



Retired Shamrock Andy Turner was the consummate leader for the 'Rocks in the 2000's

for an autograph and a high five was a high and something I always made sure I did, because I was once like them, waiting in the bowels of Memorial Arena waiting to get Gary and Paul Gait's autograph or to shake hands with Tom Marechek.

I was blessed to join the Shamrocks during the time when Vancouver teams weren't allowed to draft Island so I always knew that when the time came, the 4 leaf clover would be on my chest. It's a huge honour to be accepted into the fraternity -- one that not just anyone gets to experience.

Some people may never get the chance to play for their hometown team or the team they've always wanted to play for. I was lucky enough to be able to grow up watching some of the greatest players ever and make my dream come true.

From being on the only undefeated team in WLA history my first year going 19-0-1, to

Continued from Cover article: Gill hits a double hall of fame induction

Gill now has the tri-fecta of being named to three halls of fames, so what's left for Gill to achieve.

"There ain't anything left," laughed Gill. "I'm going to just sit back and enjoy this with my family."

The Burnaby Sports Hall of Fame 2008 induction banquet took place Thursday February 19, 2009. For more Hall of Fame information visit their website at burnabysportshalloffame.ca

The BC Sports Hall of Fame and Museum Hall of Fame induction Banquet of Champions will take place May 13, 2009 at the Vancouver Convention Centre Expansion. Tickets are \$275 each. For more information visit their website at bcsportshalloffame.com

playing with the likes of Jim Veltman, John Tavares, Anthony Cosmo, Derek Malawsky, Dan Dawson and all the other great players to have worn the Green and White, to being a part of the 2003 Mann Cup team which many claim to be one of the greatest Victoria teams ever assembled, to playing on one of the worst teams in Shamrock history, and of course that memorable Mann Cup game 7, I have experienced all the highs and the lows that come with the wild beast that is the WLA.

I can say with certainty, I wouldn't have wanted to do it with any different group of guys or for any other team than the Shamrocks!

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Claremont Spartans Fall Shootout

By: LacrosseTalk Staff

The 3rd annual Spartan Shootout successfully took place November 27-29, 2008 in Victoria at Claremont High School, Finlayson turf field and the University of Victoria. This year's event went off without a hitch as compared to the torrential weather experienced in 2007.

A total of twelve teams competed in the 3-day event with five Junior teams including Claremont High School (2 teams), St. Francis Xavier (Edmonton), Mercer Island (Seattle) and Charles Best (Coquitlam); Seven Senior teams included Claremont, St. Francis Xavier, Charles Best, New Westminster, Mercer Island (Seattle), Pinetree and Vancouver College.

In the Junior semi-finals Claremont (red) beat St. Francis Xavier by a goal and Claremont (white) beat Charles Best by 4. In the Senior semi-finals, New Westminster beat Mercer Island in a wild overtime game while Best bettered Claremont 9-7 in another hard fought battle.

In the highly unlikely Junior final game, the split squads of both Claremont teams battled for the tournament title. Claremont (red) beat Claremont (white) in a very surprising matchup which was not predicted. Derek Lecky of Claremont was named tourney MVP.



Photo: Tim Scharnberg

Charles Best Sr. lacrosse team were champions at the 2008 Claremont Shootout High School lacrosse tournament

The Senior final had Charles Best outlast New Westminster 11-10 in another great game that went into double overtime. Robert Church led Best with 4 goals and received MVP tournament honours for the Blue Devils.

The Claremont Spartan Lacrosse Academy has increased its number to 61 student athletes and will be well represented at the 2009 High School field lacrosse tournament sending three squads.

Claremont coaching staff of Darren Reisig, Chris McKay and Brian Spaven will also be competing against high school teams in the Portland area April 3-5 and exposing a top 20 group to a team camp program in Denver later in June.

Gajic Goes Number 1 in WLA Entry Draft

By: Brad Challoner

To one's surprise Burnaby Junior Laker Alex Gajic was the first player selected at the 2009 WLA Entry Draft. The Junior "A" scoring leader (45G, 50A) and MVP was taken first overall by the Langley Thunder on February 10th at the Firefighters Club in Burnaby. The draft consisted of the seven WLA teams taking they're picks from the 2008 graduating class of the BC Junior 'A' Lacrosse League. In total, 67 players were selected in 11 rounds.

Whether Gajic ever suits up for Langley is the big question. The most coveted player coming into the draft, he has two older brothers, Ilija and Nenad, playing for the New Westminster Salmonbellies and rumors were flying that Alex wouldn't play anywhere else. The league states that the only way Alex can end up in a red jersey is if he sits out for two years and becomes a free-agent, or if Langley makes a deal.

New West had the second overall pick and went with the 2008 Top Graduating Player, Curtis Manning (10G, 10A), captain of the baby 'Bellies. Manning, one of the best defenders and transition players in Junior "A" last year is finishing up his senior year with the SFU Clansmen. He was also drafted by the Calgary Roughnecks of the NLL last September. Maple Ridge held the third overall pick and chose Port Moody native Jarrett Davis who finished second in Jr. Adanac scoring last season (25G, 49A). A phenomenal lacrosse



Photo: E. Truant

Curtis Manning was the second overall selection at the WLA draft

talent, Davis scored countless goals in the clutch last year. He'll join his brother Aaron in the Ridge, along with a handful of other young offensive threats that were picked last season. Davis spends his winter playing NCAA Lacrosse with



Bellarmine University in Kentucky. Langley owned the first round. In addition to the first pick, they also held the fourth and fifth overall picks. Adding to their lineup of young offensive talent they chose Salmonbellie teammates Kyle Belton (31G, 29A) and Alex Turner (23G, 40A) respectively. One lefty, one righty, they will complement each other nicely in Langley. Turner is one of the highest ever picks from the Interior of BC. The Kamloops native has already suited up for the San Jose Stealth in the NLL.

Sixth spot belonged to the Coquitlam Adanacs and they chose Cory Conway (9G, 29A) from the Jr. Shamrocks. Conway is a regular in the line-up of the Portland Lumberjax and is a top 20 scorer in the NLL. The Nanaimo Timbermen closed out the first round by selecting 2008 Jr. Shamrock leading scorer and Captain Cayle Ratcliff (34G, 34A). Ratcliff practices with the Calgary Roughnecks in the NLL.

Langley and Nanaimo were the big winners on draft night. The Thunder had 5 picks in the first 2 rounds, while Nanaimo had 4. The Timbermen grabbed the first goaltender at 14th overall, Matt Flindell (88.29% save average, 4.91 GAA), who was Goaltender of the Year playing in Victoria.

Every Junior "A" team was represented with Burnaby leading the pack with 12 drafted players. Coquitlam, New West and Nanaimo each had 10, Victoria and Poco 6, Surrey 3, Delta 2, and the Junior "B" league had 8 players drafted this season. Congratulations to all the players drafted in 2009, and good luck in the WLA!

Christmas wish from a helping hand

By: Tom Berridge, Burnaby NOW sports editor

Sometimes just wearing the right apparel can put a person in the right place at the right time. That's what happened to lacrosse friend and medical mentor Dr. Don Hedges.

Hedges, who is the current president of the Coquitlam Adanacs lacrosse club, has carried on a medical practice in New Westminster since 1990.

On top of that, Hedges has generously given of his time helping various local athletic clubs, as the team doctor for the Vancouver Whitecaps, the Burnaby Lake Rugby Club and the New Westminster high school football team to name a few. He also finds time to mentor pre-med students, while teaching advanced kinesiology at Simon Fraser University.

During the world under-19 field lacrosse championships in Coquitlam last July, Hedges did a favour for a friend and made time to see Tom Hayes, the chair of the International Lacrosse Federation development committee, who had fallen ill during the tournament.

Instead of wearing a Team Canada top, or an Adanacs' shirt, or even the colours of his alma mater, the University of Illinois, to the checkup, Hedges chose to wear a golf shirt from Costa Rica, where he has wintered for the last decade. Hedges' choice of clothing proved serendipitous.

Hayes noticed the shirt and asked Hedges about his knowledge of the Central American country.

"I always travel with a different group. I've taken several pre-med students, some of them more than once...I've made it a point to serve as a mentor for qualified pre-med students who I meet when I teach kinesiology 241 at SFU," Hedges said.

Hayes went on to explain how the ILF was supporting a Costa Rican effort to start up a national field lacrosse team. That was all the prompting Hedges needed.

Hayes put him in touch with Walter Rojas of the Costa Rican team, and Hedges got to work. He donated some sticks, balls and other equipment. Dan Richardson of the New Westminster Salmonbellies and Bill Hicks of the Maple Ridge Burrards also helped out. Jeff Gombar of the BC Lacrosse Association and others chipped in as well.

The donations moved Rojas. "We were overwhelmed by your generous donations," Rojas wrote back. "Right now, when it seems nobody is eager to help anyone else, you are like a ray of hope for us....Today, I can firmly say that the best about lacrosse is the community of players around it."

Hedges took seven lacrosse players with him on the Christmas holiday junket, including Burnaby junior grad Brad Richardson, Ohio State scholar athlete Joel Dalgarno and fourth-year SFU Kinesiology student and former New Westminster junior A captain Curtis Manning. Burnaby junior trainer Scott Alexander was also one of the group members.

The group arrived in Costa Rica on December 20 returning home on January 5.

The plan was to set aside a day during the group's stay to travel to San Jose, the capital of Costa Rica, where they put on a lacrosse clinic for the medical staff and players of the Latin American country.

"It was fun and good for their players, about whom Walter says, 'Our skills mastery is empirical,'" Hedges added.

As the son of a poor, working-class family growing up in Danville, Illinois, Hedges has unselfishly made the very best of his talents, and it shows in those he now mentors.



Photo: Don Hedges

Joel Dalgarno of the Maple Ridge Burrards and Ohio State Buckeyes offers instruction to a Costa Rican lacrosse player.

"It was strange how it came about and a super chance to get involved," Manning said, adding Hedges is unprecedented in his generosity to sports.

Alexander said it even better: "Ever since I've been connected with him (Hedges), he has always thrown this in, or thrown that in....It's pretty inspiring. It kind of makes you re-evaluate what you're connected with."

In fact, for Alexander, watching how Hedges makes a difference in the lives of those around him is understanding how everyone can make a similar impact.

"I'm sure it will be a challenging road to follow but it's been very eye-opening," Alexander added. "That's not all there is in it. It's not just about pay cheques."

For Hedges, it's never been the money. It started at Kerrisdale Arena in 1973 when he witnessed his first game of baggataway.

"I had never heard of the game before I came to Canada, and I don't pretend to understand its effects on those who've had the courage and good fortune to play it, but I see those effects in the athletes and I am inspired by them," Hedges added.

In Memoriam

Charles "Chuck" Morphet, who played in the Mann Cup championships just 26 days after his 17th birthday, passed away in late January. Born in Vancouver on September 13, 1918, Chuck joined brother Bill in the Richmond Farmers' lineup in 1935, the year the squad fell to Orillia in the Canadian finals. After toiling with the Vancouver Burrards between 1937 and 1941, Chuck spent the next four years serving in the Armed Forces, rejoining the Burrards at the end of the 1945 campaign. He ended his playing career with the Indians in 1947. In his 193-game boxla life, Chuck registered 262 points on 167 goals and 95 assists. He was predeceased by his older brother Bill, a Charter member of the Canadian Lacrosse Hall of Fame.

Coach's Corner

By: Bill McBain

The BCLCA with the support of the BCLA are into another busy season of coach training. This season marks the start of the Pre-course Online Coaching Certification program. The Canadian Lacrosse Association Coaching Chair is blessed with the support of the BCLA Executive Director Rochelle Winterton and staff. After the reluctance of the CLA MA/AMA's to endorse the new program at the 2008 CLA AGM, the program may have possibly been tabled. Once returning to BC, the question was raised -- do we need the program and if so, what do we do to make it work for the BCLCA coaches?

The BCLA Technical Director, Darcy Rhodes, is very excited about the potential of the online program applauding the CLA and BCLA for moving forward with online coaching certification. This will be the norm in

future years for all sports while lacrosse takes a front seat with this technology. The BCLA grasped the program and moved forward with the BCLCA and coaches entering the program into the trial stage.

Associations, clubs or individual coaches simply fill out the BCLA Form 200 (Clinic Application Form) and forward it with the training (clinic) fee to the BCLA office. The BCLA office returns a "Password" for each applicant in either the Community Development or Competitive Introduction stream in box lacrosse, men's and women's field lacrosse.

The online program is multi-dimensional, allowing not only coaches to access the pre-clinic material, sign up for clinics and complete their workbooks, but also permitting learning facilitators to log-on and access the clinics they have facilitated and check off the coaches that have passed.

The coach goes online and follows the system through from introduction to completion of the applicable workbook at the end of the season. The question banks are supported online with portions of the coaching manual which addresses the applicable subject matter. Wrong responses require the coach to return to the online material to find the correct answer prior to moving to the next question or page. Once the program sees that the question banks have been successfully completed the coach can click on to the training/clinic schedule and apply to attend a selected session. This request is forwarded to the BCLA Technical Director who places the coach into the applicable session. This information shows up in the coach's profile and allows the coach to complete the online workbook on his/her own pace prior to the next playing season. The completed workbook is electronically sent to the CLA office, marked, and if successful, again automatically

sent to the NCCP data base and be reflected in the coach's passport.

No more chasing clinic fees or workbooks, no more follow-up paper work. Associations, clubs, BCLA office, BCLCA and coaches will have a one stop shop for checking on the progress for all coaches in the program.

The program also contains such resources as: a drill manual, seasonal planner, practice planner, guides for ethics and support to athletes in training and coaching DVD's.

The program, complete with the exception of the training material, is also available to any coach in Canada. You simply click on to the CLA website, click Coaches, click Coaching Online Program read about it and sign up for the applicable fee. This gives you all the professional support listed above without the question banks and work book. Good luck to all who experience this new coaching technology.

Lacrosse Coach Awarded for Efforts

By: Molly McNulty, Terrace Standard

For the second time, Terry Monture has been awarded lacrosse coach of the year for Zone 7 in the province.

Monture was nominated during the coaches special session in early fall and the first time he was awarded the coach of the year was back in 2006.

Shelley Anderson, president of the Terrace division of BC Lacrosse, says that in his short time as a lacrosse coach, he brought the Zone 7 team in Terrace three golds and two silvers at provincials.

"He's done very well for sure...He's always constantly striving to improve himself and his coaching abilities to inspire kids to new heights," says Anderson.

The award was presented to Monture at the Terrace Minor Lacrosse year end banquet ceremony held on November 23.

"He was surprised," says Anderson. "Wasn't expecting it, it was nice to catch him unaware."

Monture has been coaching lacrosse since the local league began about five years ago but he has been a coach of many other sports for more than 25 years, listing off basketball, hockey and soccer as sports he loves as well as coached.

"He's done very well for sure...He's always constantly striving to improve himself and his coaching abilities to inspire kids to new heights"

Monture believes he was awarded because of all the time and effort he puts into lacrosse.

"I helped BC Lacrosse do clinics in Hazelton...helped with a clinic they did in Terrace as well," says Monture.

It's not awarded to coaches who just coach, it's those who do the extra bits.

Monture is not alone - he has assistance from Shane Anderson and Steve Buick, who has been his assistant coach for the past two years.

"It's important to have good people around you, I hadn't been around it [lacrosse] for 35 years, just played it as a kid," says Monture. "I knew how to play it, how to teach the skill level."

Monture says that Buick has been playing lacrosse for 35 years and that it definitely makes it easier when you get a guy and lacrosse is his thing.

Monture is Iroquois and says that the game of lacrosse is a sport that is in his blood and growing up in southern Ontario, the sport was very big.

"I have a lot of passion for it, it's great sport for the young kids of Terrace."

As for the next season Monture says that the 2009 Midget B lacrosse will be the best team he's ever had.

"It should be the best year, this group is going to be spectacular," says Monture. "This

year everyone that's playing has minimal two years experience."

And with an average of only five to six games a year before provincials, players with experience will really help the team succeed.

Monture says that the difference at provincials is that the teams they are up against have played 40 games in the season. With very few teams in the area, the Terrace team has to travel to Prince George for games and to Kitimat to play against the senior men's team.

2009 BC Lacrosse Coaches Clinic Schedule

DATES	COURSES	VENUE & CITY	Start Times
Mar. 20-21 *Mar. 21	Competitive Intro/Level 2 Community Development/Level 1	Kwantlen College Univ. Langley, BC	Fri. 6PM/Sat. 9AM Sat 9:00 AM
Mar. 28-29 *Mar. 28	Competitive Intro/Level 2 Community Development/Level 1	Hassen Arena Armstrong, BC	Sat. 9AM/Sun. 9AM Sat. 9:00 AM
Mar. 27-28 *Mar. 28	Competitive Intro/Level 2 Community Development/Level 1	Coll. of New Caledonia Prince George, BC	Fri. 6PM/Sat. 9AM Sat. 9:00 AM
Mar. 27-28 *Mar. 29	Competitive Intro/Level 2 Community Development/Level 1	Malaspina University Nanaimo, BC	Fri. 6PM/Sat. 9AM Sun. 9:00 AM
Apr. 3-4 *Apr. 5	Competitive Intro/Level 2 Community Development/Level 1	Juan de Fuca Rec Ctr. Victoria, BC	Fri. 6PM/Sat. 9AM Sun. 9:00 AM
Apr. 10-11 Apr. 11	Competitive Intro/Level 2 Community Development/Level 1	Cranbrook, BC Cranbrook, BC	Fri. 6PM/Sat. 9AM Sat. 9:00 AM
Apr. 18	Community Development/Level 1	West Kootenay	Sat. 9:00 AM
May 1-2 May 2	Competitive Intro/Level 2 Community Development/Level 1	Douglas College New West, BC	Fri. 6PM/Sat. 9AM Sat. 9:00 AM
May 8-9 May 9	Competitive Intro/Level 2 Community Development/Level 1	Esquimalt Rec Ctr. Victoria, BC	Fri. 6PM/Sat. 9AM Sat. 9:00 AM

All CMD-Level 1 clinics are NOW 1-day sessions
All CPI-Level 2 clinics are 2-day sessions

Community Development & Competitive Introduction = \$100

*Community Development (CMD)/Level 1 Clinic Dates = \$22.50
(Price only applicable for Mar. 21, 28, 29 and April 5 CMD clinics)



For more information call Technical Director Darcy Rhodes at the BCLA, 604-421-9755 or visit www.bclacrosse.com

2009 BC Lacrosse Officials Clinic Schedule

Lower Mainland Clinics

Date	Courses	Venue & City	Time
Mar. 28	entry, 1, 2	TBA, Abbotsford	8:30AM-4PM
Mar. 29	entry, 1, 2	Douglas College, New West	8:30AM-4PM
Apr. 18	entry, 1, 2	Kwantlen Univ. College, Richmond	8:30AM-4PM
Apr. 19	entry, 1, 2	Douglas College, New West	8:30AM-4PM

Interior Clinics

Mar. 29	entry, 1, 2	TBA, Penticton	9AM-4PM
Apr. 12	entry, 1, 2	Tournament Capital Ctr, Kamloops	9AM-4PM

Vancouver Island Clinics

Mar. 28	entry, 1	Vancouver Island Univ., Nanaimo	8:30AM-4PM
Mar. 28	level 2	TBA, Victoria	8:30AM-4PM
Mar. 29	entry, 1	TBA, Victoria	8:30AM-4PM
Mar. 29	level 2	Vancouver Island Univ., Nanaimo	8:30AM-4PM

North Clinics

Mar. 28	entry, 1	Quesnel	8:30AM-4:30
Mar. 29	entry, 1	Williams Lake	8:30AM-4:30
Apr. 4	entry, 1	Mackenzie	8:30AM-4:30
Apr. 5	entry, 1	Aimhi, Prince George	8:30AM-4:30
Apr. 25	entry, 1	Fort St. John	8:30AM-4:30

Clinic Costs: Entry Level = \$30; Level 1 = \$45;
Level 2 = \$60; Jerseys = \$25

For more information call: BCLA Technical Director Darcy Rhodes
604-421-9755 or visit www.bclacrosse.com

PEPSI BCLA 2009 Youth Field Provincial Results

By: LacrosseTalk Staff

The PEPSI BCLA Field Lacrosse Provincial Championships took place February 19-22 at the Mission Sports Park. Twenty-six teams from Vancouver Island, the Lower Mainland and the Interior competed for youth field lacrosse supremacy in the Under 16 and Under 19 age groups.

New Westminster held off a talented Adanacs squad 11-8 in the Under 19 Tier 1 gold medal match after a 6-6 deadlock in round robin play. The Under 19 Tier 2 title went to the Mission Mud Dawgs after a miraculous come-from-behind 8-7 victory. Mission came back after a six goal deficit to beat Valley Attack (Abbotsford). In the Under 16 age group, the Tier 1 Ridge Meadows team beat a tough Adanacs side 10-8 while the Under 16 Tier 2 Victoria club hit gold beating the previously unbeaten Adanacs 7-6.

Bronze medal game scores were: Under 19 Tier 1 – Pacific Rim 11-10 over Delta Footmen; Under 19 Tier 2 – North Island 9-7 over Victoria; Under 16 Tier 1 – Pacific Rim (Victoria) 11-7 over New Westminster; and Under 16 Tier 2 – Delta Footmen over New Westminster 9-4.

The Warrior Sports Canada Most Valuable Player award selections were: Under 19 Tier 1 - Blake Duncan (New Westminster); Under 19 Tier 2 – Joel Mitt (Mission); Under 16 Tier 1 – Brett Austin (Adanacs); and Under 16 Tier 2 – Chas Bevan (Victoria). The SUBWAY® Team Sportsmanship award went to the Under 16 Tier 2 Adanacs.

The U19 Tier 1 Warrior Fairplay Awards were: Curtis Sim (Adanacs), Carlton Schuss (Delta), Jesse Darby (New West), Kyle Sawyer (Pacific Rim) and Brock Whitely (Port Coquitlam). **U19 Tier 2 Warrior Fairplay Awards were:** Jesse Silk (Mission), Kaymen Petersen (North Island), Josh Kaiser (South Fraser), Andrew Davies (Valley Attack) and Blair Pinnock (Victoria). **U16 Tier 1 Warrior Fairplay Awards were:** Cory Cop (Adanacs), Chris Case (Kamloops), Alex Margetson (Langley), Spencer England (New West), Calvin Decker (Oceanside), Tom Arsenaault (Pacific Rim), Brenda Bloom (Ridge Meadows) and Dan Rose (South Fraser). **U16 Tier 2 Warrior Fairplay Awards were:** Dallas Roy (Adanacs), Tyler Moleschi (Delta), Zac Jones (Langley), Cole Zambon (Nanaimo), Luke Darby (New West), Carson Schmitz (Richmond), Clayton Finley (South Fraser) and Evan Bates (Victoria).

The Warrior Fair Play Coaches were: U19 Tier 1 Fair Play Coach: Tony Delmonico (Adanacs); U19 Tier 2 Fair Play Coach: Brent Boutilier (Mission); U16 Tier 1 Fair Play Coach: John Wall (Oceanside); and U16 Tier 2 Fair Play Coach: Aaron Wildgrove (South Fraser). **The Warrior Fair Play Official** was Ed Moffat. **The SUBWAY® Team Sportsmanship award** went to the Under 16 Tier 2 Adanacs coached by Scott Hansson, Ryan Boivin and Matt Wilson.

The PEPSI BCLA Field Lacrosse Provincial Championships took place February 26 – March 1 at the Burnaby Lake Sports Complex. Thirty teams from Vancouver Island, the Lower Mainland, the Interior and Prince George competed for youth field lacrosse supremacy in the Under 12 and Under 14 age groups.

The Adanacs held off a talented Pacific Rim (Victoria) squad 10-6 in the Under 14 Tier 1 gold medal match after a 2-2 draw in round robin play. The Under 14 Tier 2 title went to the Nanaimo Raiders in an all-Island final. The Raiders out-paced the Mid-Island team 13-10 in the win. In the Under 12 age group, the Tier 1 New Westminster team beat a tough Port Coquitlam side 8-6 while the Under 12 Tier 2 Ridge Meadows club hit gold beating Valley 8-5.

Bronze medal game scores were: Under 14 Tier 1 – Victoria 10-9 over New Westminster; Under 14 Tier 2 – Burnaby 7-6 over Adanacs; Under 12 Tier 1 – Pacific Rim (Victoria) 7-4 over Adanacs; and Under 12 Tier 2 – Kamloops over Nanaimo 7-6.

The Warrior Sports Canada Most Valuable Player award selections were: Under 14 Tier 1 – Brendan Zoehner (Adanacs); Under 14 Tier 2 – Matt Shannik (Burnaby); Under 12 Tier 1 – Marcus Davis (Pacific Rim); and Under 12 Tier 2 – Jeremy Boshier (Kamloops). **The SUBWAY® Team Sportsmanship award** went to the Under 14 Tier 2 Prince George team.



U19-Junior Tier 1 Gold - New Westminster Warlocks



U19-Junior Tier 2 Gold - Mission Mud Dawgs



U16-Midget Tier 1 Gold - Ridge Meadows Rams



U16-Midget Tier 2 Gold - Victoria Field Lacrosse



U14-Bantam Tier 1 Gold - Adanacs



U14-Bantam Tier 2 Gold - Nanaimo Raiders



U12-Pee Wee Tier 1 Gold - New Westminster Warlocks



U12-Pee Wee Tier 2 Gold - Ridge Meadows Rams

The U14 Tier 1 Warrior Fairplay Awards were: Kyle Anderson (Adanacs), Ryan Vogrig (Burnaby), Reece Callies (Langley), Jason Delgrosso (New West), Braden Barr (North Okanagan), Colin Bashford (Pac Rim), Michael Messenger (South Fraser) and Max Byng (Victoria). **U14 Tier 2 Warrior Fairplay Awards were:** Conner Stroup (Adanacs), Dawson Campbell (Burnaby), Sean LeFebvre (Mid Island), Scott Bauer (Nanaimo), Jake Bourel (New West), Domenico Sia (Prince George), Riley Lo (Richmond) and Tysen Stoddart (South Fraser). **U12 Tier 1 Warrior Fairplay Awards were:** Michael Lucarino (Adanacs #1), Rielly Bietenbeck (Langley), Hayden Goss (New West), Nick Preston (Pacific Rim), Sam Shiel (Port Coquitlam), and Bradyn Rosset (Victoria). **U12 Tier 2 Warrior Fairplay Awards were:** Simone Fortier (Kamloops), Gabby Jensen (Mission), Curtis Novak (Nanaimo), Iain Varley (New West), Griffin Whyley (North Island), Mitchell Kinna (Ridge Meadows), Riley McLaughlin (South Fraser#2) and Braeden Lundy (Valley).

Warrior Fair Play Coaches were: U14 Tier 1 Brad Hara (Burnaby); U-14 Tier 2 Scott Stroup (Adanacs); U12 Tier 1 Jason Kump (Langley); and U12 Tier 2 Alex Lohr (Mission). The Warrior Fair Play Official was Ted Baranyai. **The SUBWAY® Team Sportsmanship award** went to the Under 14 Tier 2 Prince George team coached by Bill Barwise and Karl Peet.

Thank you to all the sponsors, partners and volunteers that made it all happen! Sponsor thanks to: PEPSI Bottling Group, Warrior Sports Canada, SUBWAY, STA and Wilson International Products. Thanks to the many volunteers: Brent and Jane Boutilier, Dirk and Tricia Rachfall, Doug Simons, Barb Calve, Beth McLucas, Tom Stiles, Mike Crondahl, Alex and Laurie Lohr, Neil Derksen, Peter Knight, Joel Mitt, Phyllis Faubert, Leah Newcombe, Brenda Bromley, Brad Hara, Nancy Zoehner, Jody Weatherby, Gil Lowe (officials), Adam Smith (coaches), Les Smith, Paul Winterton, and all first aid attendants. Our apologies if we missed you -- our volunteers make these events the best for our athletes. We applaud you for your work! Thank you for your commitment to lacrosse.

Lacrosse Ambassadors Taking Sport to Africa



(Kevin Rothbauer, Cowichan Citizen)

Lissa and Kane Punnett pose before heading to Africa

By: Kevin Rothbauer, The Citizen

The goodwill of the Cowichan Valley Lacrosse Association is about to spread to Africa.

Two representatives of the CVLA: founding executive member Lissa Punnett and her son, intermediate player Kane Punnett, headed to South Africa to volunteer with the Keiskamma AIDS Treatment Program in the village of Hamburg. The Punnetts will be teaching the sport of lacrosse to children and teenagers in the community, as well as helping with an organic garden at the facility.

As part of the CVLA's efforts to support the program, a fundraiser held at the end of January, featured a dance and silent auction at the Moose Lodge.

Lissa Punnett's sister was working at the facility and informed her of the need for activities for the youth in the community, many of whom have been orphaned because of AIDS.

"There are lots of kids there with no parents," she said. "You have teenagers raising three or four of their siblings."

Because the community is lacking in terms of opportunities for physical activity, Punnett decided to try teaching Canada's national summer sport as part of an after-school program. The British Columbia Lacrosse Association got on board with the CVLA, providing sticks, balls and duffel bags for the program.

In addition to taking lacrosse to the small African community, the Punnetts also plan to contribute to the AIDS Treatment Program by helping with an organic garden.

"We wanted to do something that is long-lasting," said Lissa. "We asked them where would be a good place for money to go, and they said that food is a huge issue, so we thought we could contribute that way."

The Punnetts placed orders for seeds and gardening equipment requested by the program, and will deliver the items at the same time they go to teach lacrosse. Through business donations and the Jan. 31 fundraiser, Lissa hoped to raise \$5,000, all of which will go towards the organic garden.

Paul Parnell Considers Himself a Lucky Man

By: Tom Berridge, The Record

Paul Parnell considers himself a lucky man.

The game of lacrosse gave the Peterborough, Ont.-born athlete a home in the Royal City, a wife and family, a career in the fire department and a storied 15 years as one of the greatest New Westminster players of all time.

"Lacrosse has been good to me," said the 70-year-old Parnell. "I guess I got my job because I played lacrosse. I wound up as the fire chief, and that was an honour."

But the honour of watching the 5-9 left-hander night-in and night-out plying the hardwood floor at Queen's Park Arena was the Royal City's alone.

For two decades, Parnell starred first with Cliff Sepka on the then-named New Westminster O'Keefes and later with Wayne Goss on the Salmonbellies.

Parnell was named an all-star 14 times in his career, including eight first-team honours. He helped New Westminster win five Mann Cups, earning MVP honours in the Canadian senior A championships in 1970 and '72.

Parnell was also the Western Lacrosse Association MVP in 1965 and playoff MVP and coach of the year in 1972 when he did double duty as the 'Bellies player/coach.

In 16 WLA seasons with Victoria and New West, Parnell garnered a total of 921 goals, a record that still stands today.

His lifetime league 112 hat tricks and 73 three-goal games are also unmatched WLA records. Parnell shares the lifetime Mann Cup record of nine hat tricks with greats Jack Bi-onda and Kevin Alexander.

But perhaps the record that stands Parnell apart from the rest is his record of 195 consecutive games played from June 29, 1961 to Sept. 24, 1965.

In 1972, torn ankle ligaments and a badly swollen eye didn't stop Parnell from leading the Salmonbellies over Brantford in a four-game sweep.

One season, a wily doctor decided to put Parnell's sprained ankle in a cast as the only way to keep him off the floor. "He knew I'd play otherwise," quipped Parnell.

But, at 37 years of age, Parnell finally retired after back troubles set in.

Parnell went on to become fire chief in the New Westminster fire department.

It was a far cry from the days in Peterborough when Parnell was still working on his game.

Back in Peterborough, a young Parnell would wander down to the end of the street and fire balls repeatedly at a target on the back wall of a hardware store.

He got so good he could hit that target eight times out of 10 and the storeowner never once yelled at him to stop, when the clatter of pots and pans hanging on the inside walls told him Parnell was out back again practicing.

"I think he was trying to encourage me. He never said anything," joked Parnell.

Depite his steadily improving shot, Parnell still regarded himself as a "ball ragger."

It was not until 1961, when the Salmonbellies paid a so-called king's ransom of \$200 to Victoria for Parnell's rights, that he felt he had come into his own.

"62 is when I started to reach my potential as a goal scorer," he said. "I scored more, I had a heavy shot, and I started to pick the corners. The coach put me on the odd-man, and on the odd-man, you get lots of goals."

In fact, he potted 108 of them, as well as 272 assists, over his league and playoff career.

But the highlights of Parnell's career are not what some might expect.

He remembers his first Mann Cup in 1957 when he was 19 years old and called up by Peterborough.

It was the series that never was when the team was disqualified for their refusal to not play without a player the Canadian Lacrosse Association deemed ineligible.

Their hotel and return flight were revoked, and the Easterners had to cobble together enough money on their own to take the train back home.

In 1969, Parnell joined New West in his old hometown but lost the Mann Cup in seven



(Larry Wright, The Record)

Ex-Salmonbellies superstar Paul Parnell will be inducted into the BC Sports Hall of Fame at May 2009 ceremony

15 years as one of the greatest New Westminster players of all time.

"Lacrosse has been good to me, I guess I got my job because I played lacrosse. I wound up as the fire chief, and that was an honour."

games in a series the Salmonbellies should have won.

"In 1970 back in New Westminster, we played Peterborough and won in four straight and I won my first Mike Kelly award," Parnell said.

Parnell grew up in the age of the wooden stick, no helmets and home-made fibre board for protection.

"When we played, our defence could score too. There was no 30-second clock and you had time to work one-on-one to get a shot away. But both games have their good points. But I think our game was the best because we used wooden sticks and you had to work them in, and no one wore face masks," Parnell said.

He also played intermediate football, considered a step below, and he played junior B hockey as well.

"And I'm still playing hockey," Parnell said. "I'm not playing masters' lacrosse because I can't run anymore. Otherwise, I'd probably still be playing that, too."

Parnell is a charter member of the Canadian Lacrosse Hall of Fame and the Peterborough and District hall.

He will be joining Goss in the BC Sports Hall of Fame when the 41st annual induction ceremony takes place at the newly opened Vancouver Convention Centre expansion, May 13.

"I would like to see Cliff Sepka in the hall. I gelled with Wayne Goss, too, when he came on. You basically just know what they're going to do. You have to know the game to do that," he said.

Third Years a Charm

By: Jen Mutas

On Sunday February 8, 2009, the Wilson Center in Port Coquitlam was the stage for the **Third Annual Free Agent Midget Draft** for the BC Junior A Lacrosse League. This was the second year the event was hosted in Poco, and with each year the draft is getting better and better- just like the eligible players.

The first pick of the 2009 Midget Draft went to the Langley Thunder who chose **Reegan Comeault** from the Ridge Meadows Association. According to notes, Comeault has a great outside shot, likes to distribute the ball well, and is great off ball picks. Langley head coach Jamie Scott feels these skills will bring more depth to the intermediate program.

“He’s a dominant player and a quarterback we were looking for to help us facilitate that role on the Intermediate A team and progress into Jr A. We wanted someone with enthusiasm and heart to provide an extra push for the senior players on our team. Overall we are very very happy with our picks.”

Second overall, the Coquitlam Adanacs picked **Eddy Patron** from Port Moody. Patron is attributed to have a creative edge, is a dedicated player, and likes to get inside the play.

“When I’m on the floor I like to get open and find space,” said Patron, “I’m pumped the Adanacs chose me and I can’t wait to play at a senior level with competition. I want to bring my offensive skills to the team and take it from there.” For the third pick, the Delta Islanders chose **Brandon Rouse** from the Langley Association.

“Rouse is an all around great player with a defensive mind, which will work well with our organization,” said Delta Governor Jim Canil.

Fourth pick went to the hosts of the draft- the Poco Saints, and they took right handed forward **Matt Delmonico** from Port Moody. Matt is excited to have the current Saints players help him advance his skills.

“They have great ‘D’ with a lot of returning players this year; I’m really looking forward to everything about moving up to the next level.” Nanaimo picked fifth on the afternoon, and decided on **Tyler Berkholtz** from the Penticton Association. Timbermen head


coach Tyson Leies said the reports out of the Interior this year were very good, and had a big factor in their first round choice.

“Traditionally players from the Okanagan and the Interior were picked in later rounds due to travel issues and commitments, but their caliber of play up there is awesome. We wanted to build up our size and skill and at the same time bring someone in with a good attitude- Tyler will help us with that, we are extremely pleased with the pick.” Sixth overall pick went to the Salmonbellies, who chose **Dylan Quinn** from Ridge Meadows to add to their transition play and provide defensive depth. The Victoria Shamrocks had the seventh pick of the first round, and brought in **Kurtis Green** from the Saanich Association. Green likes to play the perimeter, and won a silver medal for box lacrosse at the 2008 Summer Games in Kelowna. Green’s teammate at the Summer Games- Ethan Garland was chosen eleventh overall (2nd round) by the Nanaimo Timbermen. Final pick of the opening round went to the Timbermen who took **Quinn Smith** from Kamloops. Aside from the pick shuffling, the only bit of action came in the third round when Nanaimo traded their pick to New Westminster in exchange for Trevor Gains and a second round pick in 2010; subsequently, the ‘Bellies picked Brandon Bull from Langley. In the fourth round New West picked Eric Ambercrombie from Ridge Meadows and was immediately challenged by a couple of teams. The ‘Bellies insist the player wasn’t on the draft list because of injury, and the matter will be discussed at the next Governors meeting. The Burnaby Lakers didn’t part take in any draft action until the sixth round when they chose **Jesse Harrington** 45th overall, who is said to be a fast player who is strong on the outside. All in all the draft went forward with **seventeen rounds, and 111 picks all together** with Port Coquitlam making the last selection. Reegan Comeault becomes the first number one draft pick in its three year history to be a forward (2007 #1 pick- goalie Devon Winters to the Surrey Stickmen, and 2008 #1 pick- goalie Ben Harris to the Burnaby Lakers)



Ridge Meadows Midget Reegan Comeault was chosen first overall in the 2009 BCJALL Midget draft

A big thank you to the hosts Poco Saints, Brad Challoner for broadcasting the draft on the JuniorA website, all teams and personnel involved, and CONGRATULATIONS to all 111 players who were drafted!



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Lacrosse at Perry's Prospect Super Camp

By: LacrosseTalk Staff

The BC Lacrosse Association (BCLA) participated in the 2nd Perry's Prospects Super Camp Saturday January 10 at the Richmond Olympic Oval. The event provided the BCLA the opportunity to introduce lacrosse to children who were CTV contest winners and others who may not have otherwise been inclined or able to play the sport.

Six other sports participated in the annual event; Basketball, Gymnastics, Sport Fit, Soccer, Badminton and Run/Jump/Throw. The children ranged from 9-12 years of age and were split into different groups identified as Vancouver professional sports teams and all were given different coloured t-shirts to keep. Each group consisted of 35-40 participants and spent 24 minutes at each session.

All 300 kids were split into groups had the opportunity to participate in seven different sports stations to have some fun, learn some new skills and perhaps try out a sport they've never tried before.

CTV covered the event during the Sunday afternoon NFL Football games and cut in during the games for live Super Camp updates. Full coverage of the day's events aired on the evening CTV news later that day.

"The co-ordination of the camp was perfect with all stations located in the middle of the Olympic Speed-Skating Oval," stated Rhodes. "The facilities were incredible."

At the lacrosse station, participants were taught basic skills of Inter-crosse; trapping,

The event provided the BCLA the opportunity to introduce lacrosse to children who were CTV contest winners and others who may not have otherwise been inclined or able to play the sport.

scooping, cradling, passing, catching and shooting. After the skills were introduced, relay races and games completed each session. CTV Sportscaster, Perry Solkowski, visited the BC Lacrosse station a few times, with live TV cut-aways for the TV broadcast.

Assisting Darcy Rhodes (BCLA Technical Director) with instruction were current and past Western Lacrosse Association players Kyle McEwen, Ryan McEwen and Steve Hay. Ironically, Ryan and Kyle were poster boys for the 2007 BCLA poster and Steve Hay was on the 2008 poster adding for a busy autograph session.

"The energy of the children throughout the day was incredible," said Rhodes. "Every kid wanted to learn how to play lacrosse and had a lot of fun."

The BCLA set up a display at the event and drew plenty of interest from the parents viewing the Super Camp.

During the event, each child received a nutritious lunch served by McDonald's. Following the event, the children and their parents/guardians are invited to ice skate on the Richmond Olympic Oval ice surface and all participating kids took home a goodie bag full of surprises! The BCLA also conducted a draw for a Warrior Lacrosse stick to one of the lucky participants.

Perry Prospect Super Camp was organized by CTV in partnership with KidSport and partially brought to you by the Richmond Olympic Oval, KidSport, McDonald's and Nike Canada.



Photo: Pete Cline

BCLA Technical Director Darcy Rhodes hands out a Warrior lacrosse stick to a lucky camp participant

Dickson No Longer a Saint

By: LacrosseTalk Staff

The New Westminster Junior Salmonbellies have been busy in the off-season bolstering their roster for the 2009 campaign. One of the most desirable BC Junior A Lacrosse League free agents in recent memory will now be wearing the red, blue and white of the Royal City.

BCJALL All-star Curtis Dickson of Port Coquitlam will don the 'Bellies jersey this year. Dickson, a product of the Port Coquitlam minor system spent three seasons with the Jr. A Saints prior to sitting out the 2008 campaign. As a Saint, Dickson played 53 regular season games netting 80 goals and 83 assists for 163 points. His nearly 2-point per game average was tops for the Saints as he lead the team in scoring in 2005, 2006 and was sixth in 2007 only playing 12 games due to field lacrosse commitments at Delaware.

In the 2007 regular season he potted 12 goals and 24 assists in 12 games for PoCo averaging 3 points per game. He had 10 goals and eight helpers in five playoff games that year. Dickson with his 6-foot-2, 190-pound frame, will be a nice addition to the transition-style baby 'Bellies.


"Being able to sign one of the premiere Junior players in Canada is a reflection of our organization and shows that he [Dickson] has the confidence that we are committed to winning and putting the best possible team on

the floor every night," mentioned 'Bellies Governor Walt Weaver.

Dickson will join the 'Bellies after his NCAA field lacrosse season with the University of Delaware Blue Hens. Last season with the UD, Dickson adapted to the college field game well after recovering from injuries to become one of the team's most reliable offensive forces netting 21 goals and 7 assists on 54 shots in 15 games. As a freshman, he helped lead the Hens to the Colonial Athletic Association title and a spot at the NCAA Final Four tournament. He was also a nominee for the Tewaaraton Trophy as the top men's player in the NCAA. So far in the 2009 campaign, Dickson has 11 goals in three games leading the Hens team scoring.

Dickson is arguably one of the top Canadian talents playing D1 NCAA college field lacrosse south of the border. His box lacrosse skill and field lacrosse endurance will bring a superior skill set to the table as the 'Bellies vie for the BCJALL title, albeit for half a season and playoffs.

"Curtis is an elite lacrosse athlete with the ability to get the key goals in close games," explained Weaver. "We feel we have a strong team with a good mix of core players that should keep us near the top of the league through the early part of the season and when Curtis returns from school he will provide us added leadership."



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TEAM RATES

No. 3 Simon Fraser Midseason Report

By: William Howard, SFU Lacrosse Media Relations

In their fifth season under Co-Head Coaches Jeff Cathrea & Brent Hoskins the, 2008 PNCLL Champion, Simon Fraser University men's lacrosse team has reached the mid-point of their 12-game regular season schedule posting a PNCLL conference record of 4-0 and an overall record of 6-0.

Simon Fraser entered the 2009 season ranked No. 5 in CollegeLAX.us Prodigy MCLA Div. 1 Preseason Top 25 Poll. The Clan opened the season with three wins at home over conference rivals Boise State University (18-1), Washington State University (28-2), and University of Idaho (15-5). Fraser then moved to No. 3 nationally after a two-game out-of-conference (OOC) road trip with victories over previous No. 3 Brigham Young University (17-14) and preseason No. 22 University of Utah (15-6) before returning home to defeat University of Washington 18-9.

A consistent Top 10 national contender from 1997-2003, No. 3 marks the highest that Simon Fraser has been ranked since May 2000 when the Clan were ranked No. 3 heading into the USLIA National Championships. Last season, SFU re-emerged to national prominence climbing from No. 24 to No. 5 before losing 9-8 to then No. 4 Brigham Young University in the MCLA Quarterfinals. Simon Fraser has ranked in the Top 25 since the inception of the MCLA National Championship format in 1997.

The Clan has outscored their opponents 111-37 in 2009. The six opponents that Simon Fraser has faced this season have combined to post a 12-15 (.444) record. SFU is 2-0 versus opponents ranked in the MCLA's Div. I Top 25. Undefeated at home in 2009 (4-0), the Clan have extended their home winning streak to 13 games dating back to April 1, 2006.

Cathrea & Hoskins continue to build one of the most talented rosters in the MCLA. Simon Fraser's 2009 roster features only five seniors with three freshmen, eight sophomores and seven juniors. Through seven games, the Clan's starting line-up has consisted of five sophomores, four juniors and one senior with all twenty-five players registering minutes.



2008 SFU Captains pose with PNCLL Trophy (L-R Calvin Castagner, Ben Johnson, Curtis Manning, Adam Foss)

Known for their high powered offense, the Clan lead the nation in scoring in 2009 averaging 18.5 goals per game. Leading Fraser on offense has been a trio of juniors. Attackman Ben Towner, a 2008 MCLA 1st Team All-American, currently leads all Clan players with 35 points (25g, 10a) and sits 3rd in the MCLA in both goals and points per game. Towner is followed by captains, Adam Foss at attack with 30 points (12g, 18a) and 2008 MCLA 1st Team All-American midfielder Russel Thomas with 25 points (19g, 6a). Junior midfielder Kevin Riley and sophomores Chris Tessarolo and Ben Davies have added strong secondary scoring for the Clan with 20 points (13g, 7a), 12 points (11g, 1a) and 10 points (9g, 1a) respectively.

Leading the Clan's back end is senior captain LSM Curtis Manning who was an MCLA 1st Team All-American in 2008. Sophomore Luke Genereux returns to provide Manning with very capable back-up. As a freshman, Genereux was named to the 2007 PNCLL All-Conference 1st Team before sitting out 2008 to coach

overseas.. At long pole, a trio of sophomores in Curt Brown, Nathan Clare, and Matt Miyashita have anchored the Clan defense. Senior's Calvin Castagner and Matt Brascia with the addition of freshman Dan Patterson make Fraser's defense one of the deepest in the MCLA. Junior captain Ben Johnson and sophomore James Poelzer continue to log heavy minutes at defensive mid-field, often drawing the task of shutting down the opponents top midfield line. Junior Mike Ripley and Sophomore Dean Stewart have split equal time in net the past five games backstopping the Clan to a 6-0 record.

Six games remain on the 2009 regular season schedule, including one versus the No. 12 ranked University of Oregon (April 3) and one game versus an OOC opponent on the road against University of Arizona (April 12). The Clan have one home contest remaining versus Portland State University (March 28 "Senior Day") and also play pivotal conference matchups on the road versus Oregon State University

(April 4), Montana (April 25) and Gonzaga University (April 26).

The PNCLL Final Four Conference Championships will take place May 2 & 3 at Curtis High School in Tacoma Washington. The MCLA National Championship Tournament is May 12-16 at Dick's Sporting Goods Park in Denver, Colorado.

SFU's men's lacrosse is in its 13th season and competes in the Men's Collegiate Lacrosse Association (MCLA). Coaches Cathrea & Hoskins look to lead the Clan into the PNCLL Final Four Conference Championships for the 12th time in team history. The team has captured seven Conference Titles (1997, 1998, 1999, 2000, 2001, 2003 and 2008) and has earned eight National Championship appearances, placing 2nd in 1999 and most recently reaching the 2008 Quarterfinals. The Clan are proudly sponsored by Firststar Performance Apparel, Riddell Helmets and Gait Lacrosse. For further information on Simon Fraser men's lacrosse please visit www.sfulacrosse.com.

The Dobbie Boys

By: Stan Shillington

What an introduction to senior lacrosse! Just 21years-or-age, Dane Dobbie burst onto the Western Lacrosse Association scene in 2008, capturing the scoring title in just his rookie season.

An outstanding achievement but, what the heck, he was merely following a family tradition -- get your early training in Fergus, Ontario, and then sharing your skills with fans right across Canada.

In the beginning, there was Grandpa Bob Dobbie.

Robert Dobbie was born in Fergus on January 2, 1933, and began playing lacrosse as a 12 year-old youngster. Within six years, he was playing seven nights a week with three different clubs -Intermediate in nearby Acton and Juvenile and Senior "A" in Fergus.

By the time he turned 21 in 1974, the Fergus senior club dropped back to Intermediate, prompting Bob to line up with Hamilton's senior Tigers.

Then, the West Coast came calling. Victoria Shamrocks contacted him several times, urging him to "Go West, young man!" and take up employment that awaited him in a shipyard; but, as Bob later admitted, "it was the trip west" that enticed him.

With other transplanted Easterners in the lineup (Peewee Bradshaw, Nip O'hearn, Jack



Dane Dobbie of Coquitlam Sr Adanacs was the 2008 WLA co-Rookie of the year

Bionda and netminder Geordie Johnston), the Shamrocks swept past Peterborough four-one to capture the 1957 Mann Cup.

Later, Cupid swept Bob back to Fergus where he married Lois and resumed work with a hometown company. He lined up with the Fergus Thistles, now back in senior lacrosse, for the 1956 season.

The following year, the Dobbies bundled up their three-month-old son Larry and headed back to Victoria where he earned his second Mann Cup ring in a Shamrock uniform.

But, now it was time to settle down in his Ontario hometown. Bob stayed in playing shape with the Intermediate Fergus club for two years before joining the Brampton Excelsiors for three seasons and two more trips to the Mann Cup playoffs, albeit an unsuccessful venture.

After retiring as an active player, Bob spent 10 years refereeing senior and professional lacrosse games as well as conducting clinics and coaching youngsters like his son Larry.

Like his dad, Larry was a natural athlete, picking up an unbelievable 1,076 points in four

years with the Elora Junior "A" and "B" teams between 1975 and 1978. During this period, he also got into 25 games with the Fergus senior squad, picking up another 81 points.

But, after just 10 Senior "B" games in 1979, Larry packed away his stick and gear.

On December 1, 1986, Larry became the proud father of a youngster be named Dane, who, obviously, was destined to play lacrosse.

In 2002, Midget-aged Dane picked up 43 points in 11 games before joining the Elora Junior "B" team for two seasons -- and 167 points.

Then, like Grandpa Bob, Dane was bitten by the travel bug, heading West to join the Burnaby Lakers Junior "A" organization. In the three years between 2005 and 2007, Dane accumulated 299 league and playoff points to help Burnaby go to the national championships each season, winning once.

Coquitlam selected Dane in the first round of the overage draft and the Adanac fans couldn't have been happier.

In his rookie 2008 season, Dane captured the scoring title with 75 points in 18 games, shared the rookie-of-the-year honours with New Westminster goalie Tyler Richards, led the Three-Star game standings and was named to the First All-Star Team.

Bob Dobbie scored 426 goals and 161 assists for 587 points in 282 senior games and, in 1984, was inducted into the Canadian Lacrosse Hall of Fame.

Perhaps, someday, his grandson will match, or better, his achievements.

Salmonbellies Repeat as Florida NDP Champs

By: LacrosseTalk Staff

For the second year in a row the New Westminster Salmonbellies were crowned champions of the Tournament of Champions junior field lacrosse tournament in Florida. This marked the first repeat champions in Tournament of Champions history.

The Tournament of Champions highlighted twenty-seven high school aged club lacrosse teams from around North America (USA and Canada) during the three day event January 2-4, 2009 at the Wesley Chapel District Park in Pasco County, Florida.

The Salmonbellies compiled a flawless tournament record with six straight victories before reaching the finals. Tournament scores were: 19-2 over Bamalax; 11-5 over Steel City Selects (PA); 18-3 over Tampa Bay Fire; 10-7 over Connecticut Hurricanes; 13-4 over Greene Turtle Fells Point (MD); and 8-7 over Headstrong Lacrosse Elite of Philadelphia in the semifinals.

There may have been some lop-sided scores but, Head Coach Jarret Bradley had a confident crew who were prepared to defend their title.

“Coaching a team with this much talent you have to be confident,” confirmed Bradley. “We were never over confident and approached each game although it was the finals. Being defending champs we knew that teams were gunning for us but I think that helped our confidence as the tournament went on.”

New West reached the finals after a tight semifinal match with Headstrong (PA) which

was great preparation for the Maryland Lacrosse Club in the finals -- a game that would prove to be a tale of two halves.

“We played horrible in the first half – there were few high points in the first half, but our defense and goaltender managed to keep the game tight,” explained the head coach. “In the second half we finally started to pick up the loose balls and things started to happen. Once we started to play with the drive to win everything seemed to come together.”

The Salmonbellies were victorious edging the Maryland Lacrosse Club 8-7 in the finals. With time running out, the winning goal was scored by attackman and tournament MVP Brandon Goodwin.

“The whole team went crazy and I couldn’t believe we were so close to defending the national championship,” said an elated Goodwin. “I was just glad it went in.”

But the humble New West product knew his efforts were only as good as his team’s efforts.

“It was a fantastic honour to win the [MVP] award but this was a team victory,” said Goodwin. “Every player on our team picked it up after halftime and I happened to be in the right spots at the right time.”

Also scoring in the final for New Westminster were Reid Mydske, Matthew Dinsdale, Tyler Digby, Richard Lachlan and Kevin Schoemaker.

New West scored four goals in a five-minute span to take its first lead of the game, 7-6, with 8:16 remaining after trailing 4-2 at half-time. Even though they were the defending



The Salmonbellies field lacrosse team is the first repeat champion at the tournament of Champions

champions, the Salmonbellies weren’t even considered one of the top five seeds heading into the tournament.

“I think after last year, teams have started to respect the Canadian version of field lacrosse,” noted Bradley. “By playing at a high pace we force the opposition to make mistakes and that’s exactly how we scored the final goal.”

This year’s version of the Salmonbellies only had seven returning players from the 2008 championship team and was a cohesive combination of athletes from New Westminster, Coquitlam and Port Coquitlam.

The Canadian hybrid version of field lacrosse is a mix of box and field lacrosse – a brand more coaches are trying to employ south of the border. A version that is different from the US traditional variety of lacrosse that it is receiving more respect by purists. You just have to look at the 2009 Salmonbellies field team that is now the first repeat champs of the Tournament of Champions to confirm our version is successful.

“We as a TEAM are National Champions,” summed up Coach Bradley.

B.C. LACROSSE ASSOCIATION EVENTS 2009

- Box Lacrosse Coach Clinics
Clinic list inside paper
- Box Lacrosse Official Clinics
Clinic list inside paper
- Team BC Box Lacrosse Player Applications
Due April 9, 2009
- Team BC Field Lacrosse Provincial Team
[Main Camp](#)
- Under 16 & Under 19 Selects and Stars
March 28-29, 2009
- Team BC Box Lacrosse Provincial Team
[Main Camps](#)
- Bantam - Delta
May 8-10, 2009
- Pee Wee - Kamloops
June 5-7, 2009
- Midget - Peninsula
June 19-21
- Bantam Girls Port Moody
June 12-14



Way To Go!

Gerry Van Beek (BCLA VP Administration)

It all began in 1975, the first year Gerry was encouraged to play lacrosse in Burnaby. Short of missing a few seasons to start a family, Van Beek has been involved as a player, coach ref and administrator for over 4 decades.

Gerry began volunteering with Port Coquitlam Minor when he started coaching his son Rob in 1990. He coached in PoCo every season from 1990 up to the time Rob graduated from Junior A in 2006.

He not only added his input behind the bench but served on the executive as the PCMLA Head Coach and President for eight years. In 2000, Gerry and his PCMLA executive were the Leon Hall Award recipient as BCLA Minor Association of the Year.

Gerry got more involved at the provincial level as a coach clinician and BCLCA Chair (1999-2005) while coaching Intermediate and Junior A teams. He also sat on the CLA Board for 4 years as Box Sector Chair. Once his CLA tenure was complete, he was elected to the BCLA executive as the VP of Administration – a position he holds today. Gerry currently is the GM of the WLA’s Langley Thunder.

Van Beek has remained active as a master’s box and field player as far back as 1996. His best memories as a player includes the trip to Ontario as a youth; as a coach, his Midget and Junior teams; and as an administrator winning the 2000 Association of the year award.

Congratulations Gerry!!

B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award



Gerry Van Beek

The SUBWAY “Way To Go!” Volunteer award is offered to any BC Lacrosse volunteer who best exemplifies the meaning of community and sport. This person goes over and above the call of duty in the BC Lacrosse community.



british columbia lacrosse association



Youth & Collegiate Field Lacrosse take Centre Stage at 3rd Annual Maple Leaf Awards

By: William Howard, SFU Lacrosse Media Relations

On Saturday, January 24th, the Simon Fraser University (SFU) men's field lacrosse program hosted the third annual Maple Leaf Awards in the Panorama Ballroom at Westwood Plateau Golf & Country Club. Set high above Coquitlam on Eagle Mountain, a crowd of approximately 225 lacrosse enthusiasts from throughout British Columbia attended the annual awards dinner and silent auction that has quickly become one of Canada's premier lacrosse events. Presented by Firststar Performance Apparel, Gait Lacrosse and Riddell Helmets, the black tie evening continued to celebrate Canada's national summer sport by recognizing youth and collegiate field lacrosse in British Columbia.

Similar to the NCAA's Tewaaraton Gala, the Maple Leaf Awards are the first event of its kind in Canada. Scott Rintoul, from the TEAM 1040 Sports Radio in Vancouver, returned for his third year as the evening's Master of Ceremonies where, in his opening address, he discussed the continued rise of Simon Fraser as one of the leading collegiate field lacrosse programs in North America, compiling a 25-4 record (.862) since 2006. The Clan has posted a mere two losses each of the last two seasons, losing twice to national runner-ups, University of Oregon, in 2007 and twice to national semi-finalists, Brigham Young University, in 2008.

After the evening's opening address, guests were treated to a three course plated dinner before celebrating the evening's award winners. The awards presentation recognized the 2008 BCLA Provincial Champions for all levels of youth field lacrosse while ushering in the upcoming collegiate season by introducing Simon Fraser's incoming 2009 freshman class, and celebrating SFU lacrosse 2008 team award winners, PNCLL All-Conference and MCLA All-American league honors recipients. New to the evening's program, the Awards Dinner & Silent Auction also acknowledged individual player awards for the 2008 summer and fall rosters of the Burnaby Mountain Selects Elite Touring Teams that competed in Denver, New York, Charlotte, Baltimore and Florida. Eighty-three players in grades 9-12 from Vancouver's Lower Mainland, Island and BC Interior were selected to play for the Selects in 2008, a program designed to train elite student-athletes in a professional environment to best prepare them for a collegiate field lacrosse career.

The evening's most moving moment came as SFU recognized rising junior, Matt Esaw, who will forego his senior year of eligibility in 2009 to serve overseas in the Canadian Armed Forces. Esaw left for Canadian Forces Base Edmonton on February 1st where he will participate in six months of training before his scheduled departure to Afghanistan in September. The Clan lacrosse tradition is to award

a player with his "Red" Away Jersey at either the completion of his academic degree or end of his four year eligibility as a player. In a very emotional presentation, Esaw received a standing ovation from all those in attendance as he was awarded his "Red" #27 jersey, a moment that will continue to serve as an inspiration for his teammates.

Concluding the memorable evening was a keynote interview with one of the game's biggest stars, Brodie Merrill. Deemed the "Best Lacrosse Player in the World" by Inside Lacrosse Magazine in 2006, Brodie is a star in both the NLL and MLL. Brodie talked about his time at Georgetown University where he was a two time All American in 2004 and 2005 and finished his NCAA career as a Tewaaraton Trophy finalist, an award given to the top American college lacrosse player. He also discussed his approach to the game and dedication to hard work that made him the first pick in the 2005 NLL Entry Draft, en route to being named both the 2006 NLL Rookie of the Year and Defensive Player of the Year, MLL Rookie of the Year in 2005 and back to back Major League Lacrosse Defensive Player of the Year in 2006 and 2007. Merrill also talked about his experience on the International stage where he helped the Canadian men's national lacrosse team to an historic win at the 2006 World Lacrosse Championship in London, Ontario. Brodie had an outstanding tournament, being named Best



In Support of Youth & Collegiate Field Lacrosse in B.C.

Defender and earning All-World honours. Currently, Brodie plays for the Portland LumberJax in the NLL, Rochester Rattlers in the MLL, works for Reebok and is the assistant athletic director at The Hill Academy in Ontario.

In addition to the event's silent auction, a lucky winner walked away with airfare for two to New York with Cathay Pacific as the grand prize for the Balloon Pop. Proceeds raised from the Maple Leaf Awards benefit the SFU Lacrosse endowment fund and youth and collegiate field lacrosse in BC.

For a complete list of award winners or more information on Simon Fraser Lacrosse or Burnaby Mountain Selects please visit www.sfulacrosse.com or www.selectslacrosse.com.

B.C. High School Field Lacrosse Championships

By: Shawn House and LT staff

With much of the field lacrosse fields under a cold blanket of winter, the 2008-09 high school field lacrosse season has been snowed under. But preparations for the season finale are in full gear and a little snow won't cool the enthusiasm of these passionate laxers.

The eight annual BC High School Field Lacrosse Championships was held March, 9-13, in Coquitlam and New Westminster. The event is once again hosted by Dr. Charles Best Secondary School and games will be held in Coquitlam and New Westminster.

This year's tournament saw seventeen teams in Varsity and Junior Varsity from throughout the Lower Mainland and Vancouver Island.

Based on the Claremont High School Spartan Shootout Lacrosse Tournament, Best will be the top seed followed by New Westminster and Claremont. This year's top three Senior Varsity teams (Best, New West and Claremont) look tough and it will be anyone's bet who will come out on top. The number 3 seed, Claremont Spartans, will be looking to be only the only school to "three-repeat" as high school champions in tournament history.

Claremont swept both Varsity and Junior Varsity titles in 2008 with a Varsity 12-8 victory over New Westminster Hyacks and a Junior Varsity 10-6 win over Heritage Woods. Gleneagle was the only other school to win back-to-back BC high school championships in 2004 and 2005.

Spartan Head Coach Darren Reisig's squad has continued to work hard this season, but will

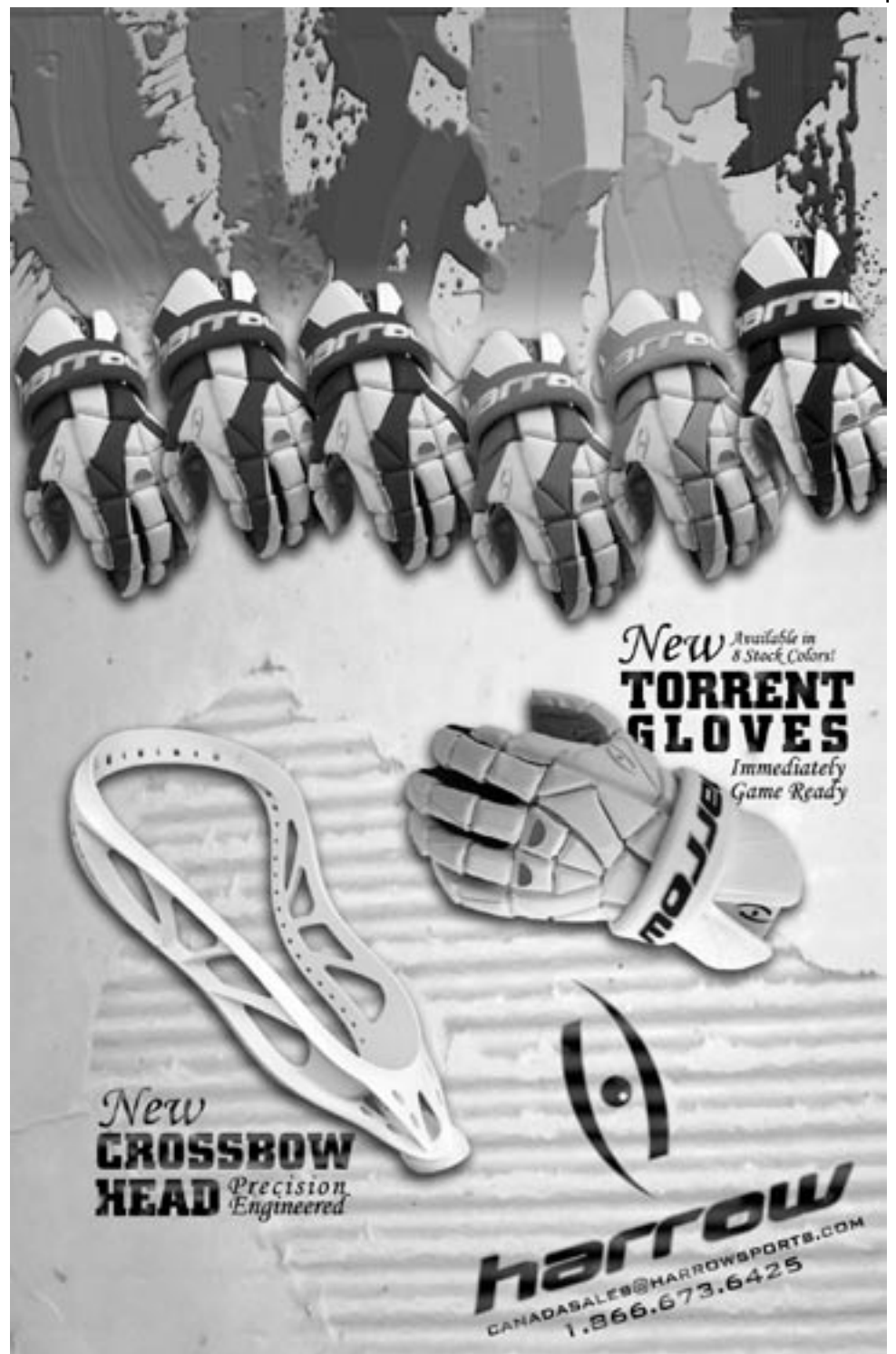
have their work cut out for them after finishing in 3rd place at their own tournament. The loss of nine grade 12 students to graduation has made this year more of a challenge for the Spartans. But this was one team that travelled to compete at the Ultimate Lacrosse Shootout held in Annapolis, Maryland in November. The Spartans played all star club teams from all over the Eastern States and did extremely well - they won 5, lost 2 and tied 1.

New Westminster Hyacks, who lost to Best in the Spartan Shootout, will be looking to avenge that loss and put their names back on the trophy for a third time. Many of these athletes played for their community team and competed at the Tournament of Champions in Florida this January. They competed against some of the top talent in all of high-school lacrosse from across the U.S. The New West squad was successful and was the first team to repeat as Tournament of Champions National champs. Look out for the Hyacks!

Host Charles Best Blue Devils will be looking to put their names on the senior trophy for the first time ever with a strong team that hopes to put it all together. With a Spartan Shootout title under their belts, the Blue Devils are a confident squad playing at home. With the loss coach Daren Fridge, new Head Coach Derek Lowe, will have some big shoes to fill. This local lacrosse star is no stranger to a high level of lacrosse competing with the WLA's Maple Ridge Burrards and the Portland LumberJax of the NLL. Lowe will prepare his group well and guide his troops to a strong finish.

Other contenders include Heritage Woods, Pitt Meadows, St. Thomas More and Delta. Also fielding teams will be Burnaby North, Vancouver College, Pinetree, Terry Fox and Riverside. Other potential competing schools include Tweedsmuir, Kwantlen, Sands, Seaquam, McNair and Samuel Robertson.

At press time, this tournament was cancelled due to snowy weather and may be re-scheduled at a later date.



Truant is New WLA Commissioner

By: LacrosseTalk Staff

After 10 seasons serving as the Western Lacrosse Association Commissioner and Co- Commissioner, Sohen Gill has passed the reigns to lacrosse enthusiast Ernie Truant.

Truant, a long-time supporter of lacrosse has been involved in the sport for over 37 years in various roles. His first job was as a coach in the South Burnaby Minor Lacrosse Association where he coached his son Al.

"I was very involved in hockey and a friend asked if I thought of putting my son into lacrosse – well, we fell in love with it ever since," explained Truant.

After joining the North Burnaby Minor Lacrosse Association in the 1970's, Ernie continued to coach under the watchful eye of the late great Jack Crosby.

Moving through the coaching ranks, Ernie coached the Burnaby Jr. A Lakers in 1988 with

Hall of Famer Bob Salt -- but bigger and better things were ahead for this lacrosse-lifer.

He returned to the bench in 1992 with the New Westminster Jr. Salmonbellies. In the third year of his tenure, Truant and ex-Simon Fraser University Basketball head coach Stan Stewardson, built a team that would compete for and win the 1994 Minto Cup in seven games.

"Not too many people knew I was the head coach of that team," mentioned Ernie. "Stan was an incredible coach to work with. The Minto Cup was a fantastic experience I will never forget."

Earlier that Spring prior to the Minto Cup, Ernie had the scare of his life while watching a lacrosse game at Queens Park Arena. Sohen Gill happened to be at that same game and offered some advice that would change Truant's life forever.

"Sohen came up to me and said geez Ernie you look as white as a sheet," remembered Truant.

Little did Ernie know that he had suffered a heart attack and was hours away from near death.

"If it wasn't for him [Gill] I wouldn't have known I was having a heart attack," said Truant. "He kinda saved my life – I've always been grateful to him for that."

Truant would stay close to lacrosse helping the odd team as they needed a coach or executive help, but his love was staying close to the



Photo: Jeff Gombar

Ernie Truant is the 2009 WLA Commissioner

WLA game as he held the role of WLA Game Commissioner for over 7 seasons.

So why take on the overall commissioner job?

"I've been a game commissioner for some time and feel I can handle the job [Commissioner] while adding a few things I've learned over the years," said Truant.

Truant will serve the WLA Commissioner duties very well working closely with his old friend Sohen Gill. Ernie will surely be open to any advice Gill may offer in the next chapter of his lacrosse experiences.

"I enjoy all aspects of lacrosse and it's a great sport – we hope everyone comes out this season and enjoys some of the best lacrosse players in the World," said Truant.

Lough Chosen to Burnaby Hall

By: LacrosseTalk Staff

Long-time and former coach of the storied Burnaby Junior A Lakers, Dr. Dave Lough, was inducted into the 2008 class of the Burnaby Sports Hall of Fame.

Lough learned his trade in eastern Canada and excelled in Junior lacrosse under the watchful eye of arguably the greatest coach of his time, the legendary Jim Bishop of the Oshawa Green Gaels.

Dr. David Lough has sent more Junior A lacrosse teams to consecutive Minto Cup finals than any other coach in the history of

box lacrosse. Lough guided the Burnaby Lakers to 12 Minto Cup championships, winning five times in 1998, 2000, 2002, 2004 and '05. In 13 seasons as a co-coach of the Junior A Lakers, Lough's only losing season was the first season in 1995. During his tenure, Lough fashioned a career league record of 248 wins and just 36 losses, winning 10 regular season titles from 1996 to 2002, and again in 2004 and 2006 through '07. In the playoffs, the Lakers were almost unbeatable, taking 12 straight BC titles, winning 82 times and losing just 15. In 12 consecutive appearances at the Minto, under Lough, Burnaby featured in 10 final title series or games in a row. His overall career coaching record with the Junior A Lakers was 365 wins and 81 losses.

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Looking Ahead to the '09 BCJALL Season

By: Brad Challoner

The ice is still in at most arenas around the province but every BC Junior “A” Lacrosse League team is training for 2009. This year is special as the first group of Midget draftees from ‘07 will finally enter the league. It will still be a war for first as New West, Victoria and Coquitlam battle it out, but the rest of the league is wide open. Nanaimo will make a strong push for fourth, and the Langley Thunder (ex-South Fraser Stickmen), will look for new beginnings in their new home, the Langley Events Centre. The first game is still over a month away, but we would like to weigh in and take an early look at the teams and see what each team will look like come May.

The New Westminster Salmonbellies are the favourites heading into 2009. They made a big splash this off-season signing University of Delaware and ex-Poco Saint standout Curtis Dickson. Dickson sat out the 2008 box season but amassed 153 points over three Junior “A” seasons. He’ll be joined by a strong group of returning players including Kevin Crowley, Eric Lewthwaite and goaltender Ray Hodgkinson. This is the team that played for the Minto Cup in 2007 with many players who were rookies back then who are now 21 year-old vets.

The 2008 Minto experience will help the Victoria Shamrocks who will battle for first. They made it as far as a team could go by reaching the Minto Cup final and losing. That experience left a bad taste in the mouths of skilled players like Matt Yager, Mike Pires and Joel Henry who will look for redemption in ‘09. Off season signings Nate Clare and Ben Towner make their offence even more lethal. The Rocks return a solid defensive core but will have to fill the big shoes of graduating Goalie of the Year Matt Flindell.

Coquitlam lost a lot of fire power to graduation but with strong drafting and player development they will still finish near the top. Returners Jordan Weir and Mike Krgovich combined for 28 power play goals last season. Matt Beers will step in as the undisputed leader of the defense and rookie Robert Church, who led Intermediate “A” in scoring, will add to the goal scoring punch. The A’s have the best bench with Head Coach Dan Perrault returning for another season while adding Dwight Maetche bringing years of NLL goaltending experience that will help the A’s back end.

Rounding out the top four will be the Nanaimo Timbermen. Their fifth season in the league will be their best season to date. A new ownership group is in place with Tyson

Leies, Forbes Mitchell, Paul Meakes and Dave Bremner.

“We feel with the young talent we have signed, the upcoming draft and with good people in place, we will be the team to be reckoned with this season,” noted Coach Leies.

Superstar Cody Bremner finished second in goal scoring last season and took home rookie of the year honours just ahead of his teammate Colton Clark. Jonathan Diplock will be a team leader in his fourth season -- Ryan Forslund and Matt Wray will add leadership as veterans.

The Delta Islanders could surprise a lot of people this season and make a playoff run. Greg Rennie, the new bench boss, is a well respected member of the lacrosse community in Delta and has had success in all levels. Returning home are Dane Stevens and Jason Jones who were dealt at the deadline last season. They will run the offence with Robbie Campbell works the left side. Intermediate star Logan Schuss should make a seamless jump into Junior joining his brother Carlton. The Islanders are a crash and bang kind of team and will push Poco, Langley and Burnaby based on their toughness alone.

The Port Coquitlam Saints have some offensive upside. Jordan Flaman, Darcy Cummings and Trevor Evans are the top guns, but all three players may have a tougher time against tough the D’s of a Coquitlam or New West. It will be interesting to watch their 2007 draft picks, as this may be the first team to really benefit from the draft.

Everyone said 2008 was going to be the end of the Burnaby Lakers dynasty and they still managed to get to the league finals. They only have a couple players left from the good ole days in Shaun Dhaliwal and Matt Miyashita and the third set of new coaches in as many years. Burnaby has struggled at the Intermediate ranks the past few years but the have always remained resilient and know what it takes to win. They’ll have to keep their fingers crossed that some of there 2007 draft picks can step in the line up and make a difference. There is an outside chance they miss the playoffs for the first time since...my memory doesn’t go back that far.

It’s a new beginning for the Langley Thunder. Unfortunately they might still be a few seasons away from big successes. A team that has taken the draft very seriously they hope their picks from 2007 will make an impact. They have the benefit of Head Coach Jamie Scott who coached their Intermediates last season, who knows the talent coming up. One thing Langley doesn’t lack is heart, and Scott will have his players running for 60 minutes. It’s a new era for Junior “A” lacrosse in BC with players from every corner of the province participating this season. Promotion is at an all-time high with some teams broadcasting games on the internet or through local cable channels, so get out and support your local Junior “A” team. There is plenty to be excited about. We’ll see you in the summer heat.

Western Lacrosse Association 2009 Schedule

DATE	DAY	HOME	AWAY	TIME
May 15	Friday	Maple Ridge	at Burnaby	7:45
May 17	Sunday	Victoria	at Maple Ridge	6:45
May 21	Thursday	Coquitlam	at New West	7:45
May 22	Friday	Langley	at Victoria	7:45
May 22	Friday	Nanaimo	at Burnaby	7:00
May 23	Saturday	Burnaby	at Coquitlam	7:45
May 23	Saturday	Langley	at Nanaimo	7:00
May 24	Sunday	New West	at Maple Ridge	6:45
May 27	Wednesday	Coquitlam	at Langley	7:45
May 28	Thursday	Victoria	at New West	7:45
May 29	Friday	Burnaby	at Victoria	7:45
May 30	Saturday	Maple Ridge	at Coquitlam	7:45
May 30	Saturday	New West	at Nanaimo	7:00
May 31	Sunday	Langley	at Maple Ridge	6:45
June 4	Thursday	Burnaby	at New West	7:45
June 5	Friday	New West	at Victoria	7:45
June 5	Friday	Langley	at Burnaby	7:45
June 6	Saturday	Maple Ridge	at Langley	7:45
June 6	Saturday	Nanaimo	at Coquitlam	7:00
June 10	Wednesday	Nanaimo	at Langley	7:00
June 11	Thursday	Langley	at New West	7:45
June 12	Friday	Coquitlam	at Burnaby	7:45
June 12	Friday	Maple Ridge	at Victoria	7:45
June 13	Saturday	Victoria	at Nanaimo	7:00
June 13	Saturday	New West	at Coquitlam	7:45
June 14	Sunday	Burnaby	at Maple Ridge	6:45
June 17	Wednesday	New West	at Langley	7:45
June 18	Thursday	Maple Ridge	at New West	7:45
June 19	Friday	Nanaimo	at Burnaby	7:45
June 19	Friday	Langley	at Victoria	7:45
June 20	Saturday	Nanaimo	at Coquitlam	7:00
June 21	Sunday	Coquitlam	at Maple Ridge	6:45
June 24	Wednesday	Coquitlam	at Langley	7:45
June 26	Friday	New West	at Burnaby	7:45
June 26	Friday	Nanaimo	at Victoria	7:45
June 27	Saturday	Maple Ridge	at Nanaimo	7:00
June 27	Saturday	Victoria	at Coquitlam	7:45
June 28	Sunday	Langley	at Maple Ridge	6:45
July 2	Thursday	Coquitlam	at New West	7:45
July 3	Friday	Victoria	at Burnaby	7:45
July 4	Saturday	Burnaby	at Nanaimo	7:00
July 4	Saturday	Maple Ridge	at Coquitlam	7:45
July 5	Sunday	Victoria	at Maple Ridge	6:45
July 8	Wednesday	Coquitlam	at Victoria	7:45
July 9	Thursday	Nanaimo	at New West	7:00
July 10	Friday	Langley	at Burnaby	7:45
July 11	Saturday	New West	at Nanaimo	7:00
July 11	Saturday	Victoria	at Langley	7:45
July 11	Saturday	Burnaby	at Coquitlam	7:45
July 12	Sunday	Nanaimo	at Maple Ridge	6:45
July 16	Thursday	Victoria	at New West	7:45
July 17	Friday	Maple Ridge	at Burnaby	7:45
July 18	Saturday	Burnaby	at Langley	7:45
July 18	Saturday	Coquitlam	at Nanaimo	7:00
July 19	Sunday	New West	at Maple Ridge	6:45
July 22	Wednesday	New West	at Langley	7:45
July 24	Friday	Burnaby	at Victoria	7:45
July 25	Saturday	Maple Ridge	at Nanaimo	7:00
July 25	Saturday	Langley	at Coquitlam	7:45
July 29	Wednesday	Nanaimo	at Langley	7:00
July 29	Wednesday	Coquitlam	at Victoria	7:45
July 30	Thursday	Burnaby	at New West	7:45
Aug 1	Saturday	Victoria	at Nanaimo	7:00

Day	Month	Date	Visitor	Home	Time	Arena
Fri	Apr	24	Victoria	Nanaimo	8.00	Nanaimo
Sat	Apr	25	Victoria	Delta	5.00	Ladner
Sun	Apr	26	Nanaimo	Coquitlam	5.00	Coquitlam
Sun	Apr	26	Delta	Burnaby	7.00	Burnaby Lake
Wed	Apr	29	Burnaby	Coquitlam	8.00	Coquitlam
Thur	Apr	30	Poco	Langley	8.00	Langley
Sat	May	2	Victoria	Delta	7.30	Ladner
Sun	May	3	Victoria	Burnaby	1.00	Copeland
Sun	May	3	Nanaimo	New West	5.00	Queens Park
Tue	May	5	Coquitlam	New West	8.00	Queens Park
Wed	May	6	Langley	Coquitlam	8.00	Coquitlam
Thur	May	7	Burnaby	Langley	8.00	Langley
Sat	May	9	Poco	Delta	7.30	Ladner
Sat	May	9	Nanaimo	Victoria	7.00	Duncan
Sun	May	10	Victoria	Coquitlam	5.00	Coquitlam
Sun	May	10	Langley	Burnaby	7.00	Copeland
Sun	May	10	Nanaimo	New West	5.00	Queens Park
Tue	May	12	Burnaby	New West	8.00	Queens Park
Wed	May	13	Poco	Langley	8.00	Langley
Fri	May	15	Coquitlam	Poco	8.00	Poco
Sat	May	16	Langley	Victoria	5.00	Bear Mtn
Sat	May	16	Nanaimo	Burnaby	5.00	Copeland
Sun	May	17	Poco	Burnaby	7.00	Copeland
Sun	May	17	Delta	Victoria	5.00	Bear Mtn
Sun	May	17	New West	Nanaimo	5.00	Nanaimo
Thur	May	21	Coquitlam	Langley	8.00	Langley
Fri	May	22	New West	Poco	8.00	Poco
Sat	May	23	Nanaimo	Langley	4.00	Langley
Sat	May	23	Burnaby	Delta	7.30	Ladner
Sun	May	24	Delta	Nanaimo	5.00	Nanaimo
Sun	May	24	New West	Burnaby	7.00	Copeland
Sun	May	24	Poco	Victoria	5.00	Bear Mtn
Tue	May	26	Delta	New West	8.00	Queens Park
Wed	May	27	Poco	Coquitlam	8.00	Coquitlam
Thur	May	28	New West	Langley	8.00	Langley
Fri	May	29	Delta	Poco	8.00	Poco
Fri	May	29	Burnaby	Nanaimo	7.00	Nanaimo
Sat	May	30	New West	Victoria	5.00	Bear Mtn
Sat	May	30	Langley	Delta	7.30	Ladner
Sun	May	31	Victoria	Poco	5.00	Poco
Sun	May	31	Coquitlam	Nanaimo	5.00	Nanaimo
Tue	June	2	Delta	New West	8.00	Queens Park
Wed	June	3	New West	Coquitlam	8.00	Coquitlam
Fri	June	5	Langley	Nanaimo	8.00	Nanaimo
Fri	June	5	Burnaby	Poco	8.00	Poco
Sat	June	6	Langley	Victoria	5.00	Bear Mtn
Sat	June	6	Coquitlam	Delta	7.30	Ladner
Sun	June	7	Victoria	Burnaby	5.00	Copeland
Sun	June	7	Nanaimo	Poco	5.00	Poco
Tue	June	9	Poco	New West	8.00	Queens Park
Wed	June	10	Langley	Coquitlam	8.00	Coquitlam
Thur	June	11	Delta	Langley	8.00	Langley
Fri	June	12	Coquitlam	Poco	8.00	Poco
Sat	June	13	Burnaby	Victoria	5.00	Bear Mtn
Sat	June	13	Nanaimo	Delta	5.00	Ladner
Sun	June	14	Coquitlam	Burnaby	7.00	Copeland
Sun	June	14	Victoria	Langley	5.00	Langley
Sun	June	14	Poco	Nanaimo	5.00	Nanaimo
Tue	June	16	Burnaby	New West	8.00	Queens Park
Wed	June	17	Delta	Coquitlam	8.00	Coquitlam
Fri	June	19	Langley	Poco	8.00	Poco
Sat	June	20	Coquitlam	Victoria	5.00	Bear Mtn
Sat	June	20	Nanaimo	Langley	5.00	Langley
Sat	June	20	New West	Delta	7.30	Ladner
Sun	June	21	Victoria	New West	5.00	Queens Park
Sun	June	21	Delta	Nanaimo	5.00	Nanaimo
Sun	June	21	Poco	Burnaby	7.00	Copeland
Tue	June	23	Coquitlam	New West	8.00	Queens
Wed	June	24	Nanaimo	Victoria	8.00	Bear Mtn
Wed	June	24	Burnaby	Coquitlam	8.00	Coquitlam
Thur	June	25	Delta	Langley	8.00	Langley
Fri	June	26	New West	Poco	8.00	Poco
Sat	June	27	Poco	Victoria	5.00	Bear Mtn
Sat	June	27	Burnaby	Delta	7.30	Ladner
Sun	June	28	Langley	Burnaby	7.00	Copeland
Sun	June	28	Coquitlam	Nanaimo	5.00	Nanaimo
Sun	June	28	New West	Victoria	5.00	Bear Mtn
Tue	June	30	Langley	New West	8.00	Queens Park
Thur	July	2	New West	Langley	8.00	Langley
Fri	July	3	Delta	Poco	8.00	Poco
Sat	July	4	Nanaimo	Poco	5.00	Poco
Sat	July	4	Coquitlam	Delta	7.30	Ladner
Sun	July	5	Victoria	Coquitlam	5.00	Coquitlam
Sun	July	5	Burnaby	Nanaimo	5.00	Nanaimo



Canadian Women’s Roster Named for 2009 World Cup



Ottawa, Ontario, February 16, 2009 -- The 18 players selected to represent Canada at the 2009 FIL World Cup (Federation of International Lacrosse) in Prague, Czech Republic, June 18-27, 2009 were recently announced by Team Canada Head Coach, Lisa Miller.

Leading the way for Team Canada will be Dana Dobbie (’03-U19), two-time ACC Player of the Year, 2008 leader in draw controls, eclipsing the NCAA single-season record with 123, and one of three 2008 Tewaaraton Award finalists for the Lacrosse Player of the Year.

Returning Team Canada veterans include Tami Rayner (Jones) (’95-U19, ’97, ’01, 05), Kylee White (Reade) (’95-U19,

’01, ’05), Jess Brownridge (’99-U19, ’01, ’05) and Lindsey Hart (’99-U19, ’01, ’05).

In a lead-up competition in San Diego, Team Canada was defeated by the four-time and defending NCAA Division 1 Champions, Northwestern University, and earned a victory against currently ranked 19, University of Denver.

The Women’s World Cup competitions have been held every four years since 1982. In the 27- year history of the event, Canada has finished as high as 3rd. Canada is currently ranked 4th based on their performance at the last World Cup held in Annapolis, Maryland in 2005.

Team Canada will open their World Cup competition against the defending Champions, Australia, on Thursday, June 18th.

The 2009 Team Canada roster includes: Katie Brooks (Winchester, MA/University of North Carolina ’09), Jessica Brownridge (Whitby, ON), Alana Chan (Omeme, ON/George Mason ’09), Christine Comeau (Whitby, ON/Longwood University ’09), Vanessa Cox (Newton, MA/MIT-coach), Dana Dobbie (Guelph, ON/Loyola College-coach), Crysti Foote (Suffern, NY/Columbia University-coach), Julie Foote (Suffern, NY), Abbey Friend (Canandaigua, NY/Richmond University ’09), Amanda Friend (Canandaigua, NY), Kalley Greer (Whitby, ON/Tenafly, NJ), Katie Guy (Whitby, ON), Kristen Haldeman (Watertown, MA), Lindsey Hart (Vineland, ON/University at Albany-coach), Brooke McKenzie (Redwood City, CA/Stanford University-coach), Tami Rayner (Oshawa, ON), Brittany Scott (Albany, NY/University at Albany-coach), and Kylee White (London, ON/Loyola College). Alternates include Caitlin Fifield (North Babylon, NY/Richmond University ’10) and Sierra Smith-Hart (Whitby, ON/University of Louisville ’11). The 2009 coaching staff will consist of Head Coach Lisa Miller, Head Coach (Harvard University) and assistants Amy Bokker (Stanford University) and Lisa Kloidt (Hamilton College), manager Lynz Keys (Virginia Tech) and Athletic Therapist Jay Hart.



CUFLA Announces All-Star Teams and Award Winners

By: Tim Murdoch

Jay Thorimbert headlines CUFLA’s 2008 league awards. A senior at the University of Guelph, Thorimbert won CUFLA’s Outstanding Midfielder for 2008 and was named the league’s Most Valuable Player. Thorimbert plays in the National Lacrosse League for the Boston Blazers and he is a product of the Niagara Thunderhawks’ Junior B box lacrosse program.

Josh Wasson earned Honorable Mention as CUFLA’s league MVP. Wasson was the league’s high scorer for 2008, notching 34 goals and 15 assists for 49 points during the regular season. Wasson plays for the Toronto Rock in the NLL, and he also won two Mann Cups (’06, ’07) with the Peterborough Lakers Jr. A team.

Brock University’s Reid Acton and McGill University’s Brendan Farrer share the 2008 Most Valuable Defensive Player. Brock’s Acton was also selected the league’s Rookie of the Year for 2008. Acton was a member of Canada’s Under-19 Team in 2008 and attended the Westminster School in the US. Farrer is a native of Oakville, Ontario and plays Junior A box lacrosse for the Burlington Chiefs.

Luke LaCava, a junior attackman at McGill University won the league’s 2008 Outstanding Attackman award. LaCava led all players with nine goals in the CUFLA 2008 playoffs and was named the Under Armour Player of the Game in McGill’s runner-up finish in the national championship. LaCava played high school lacrosse at New Jersey prep school power, the Lawrenceville School.

CUFLA’s Outstanding Goalie for 2008 is Calvin Thomas from Trent University. Thomas’ sparkling 7.5 goals against average was second best in the league in 2008, and he led his team to the semi-finals of the national championship.

Jesse Thomas and the Trent University program were named the 2008 Coaching Staff of the Year. Trent went undefeated at 10-0 in CUFLA East and earned a trip to CUFLA’s Final Four in just its second year in the league.

The prestigious award for Most Valuable Graduating Player will be shared by McMaster University’s Tommy Hurley and Bishop’s University’s Audi Glass. Hurley, a perennial CUFLA All-Canadian, has been the key to McMaster’s on-field success over the past four years. Glass, a native of Ohio, led the Bishop’s Gaiters’ defense and proved to be a dominating force on Long Stick Midfielder.

Established in 1985 the Canadian University Field Lacrosse Association (www.cufla.org) is Canada’s premier university lacrosse league and features student-athletes from ten universities across Ontario (Brock, Carleton, Guelph, Laurentian, McMaster, Queen’s, Toronto, Trent, Western, Wilfred Laurier) and two universities from Quebec (Bishop’s and McGill). The league



Guelph Gryphon attacker turned back by a McGill defender in 2008 CUFLA action

features several players from the ranks of the National Lacrosse League and plays a fall season that culminates in the Bagattaway Cup, the Canadian university national championship.

CUFLA All-Canada 2008 Team - All Canada West at attack -- Kenny Burst, Brock University; Chad Evans, Brock and Justin Wilson-Kirby, University of Guelph. At midfield -- Jay Thorimbert, Guelph Jordan Coffey, Brock and Tony Walker, McMaster University. Drawman -- Jay Thorimbert, Guelph. Defensive midfield -- Mike Cameron, Guelph. Long-stick midfield -- Tait Johnson, McMaster University. On defense -- Reid Acton, Brock; Mike Gillan, Guelph and Fishleigh, Guelph. Goalkeeper -- Marc Nano, University of Western Ontario.

All Canada East at attack -- Nick Moreau, McGill University; Luke LaCava, McGill and Mike Dube, Bishop’s University. At midfield -- Josh Wasson, Trent University; Scott Bailey, McGill and Mac O’Brien, Trent. Drawman -- Jackson Gair, Bishop’s. Defensive midfield -- David Pinckney, McGill.

Long-stick midfielder -- Audi Glass, Bishop’s. On defense -- Audi Glass, Bishop’s; Brendan Farrer, McGill and Strat Allen, Queen’s. Goalkeeper -- Calvin Thomas, Trent.

CUFLA 2008 League Awards were: Most Valuable Player: Jay Thorimbert, Guelph; Honorable Mention-MVP: Josh Wasson, Trent; Most Valuable Defenseman (tie): Reid Acton, Brock & Brendan Farrer, McGill; Outstanding Midfielder: Jay Thorimbert, Guelph; Outstanding Attackman: Luke LaCava, McGill Outstanding Goalie: Calvin Thomas, Trent; Rookie of the Year: Reid Acton, Brock; and Coaching Staff of the Year: Jesse Thomas and his staff at Trent University.

Bill Barbour

Down Memory Lane with Stan Shillington

Bill Barbour was a rough, rugged lacrosse athlete, most often playing brilliantly but, at times, with bull-headed irascibility.

Either way, his unpredictable demeanor always excited Vancouver fans and irritated the foe.

William Donald Barbour was born in Comox, BC, on July 25, 1935, but spent his formative years in Vancouver’s East end Renfrew district.

A natural athlete, he soon caught the eye of the community’s soccer and lacrosse guru, Pop Phillips. And, while Bill excelled at baseball and soccer, he had a preference for the rough-and-tumble boxla game.

Although a few weeks shy of his 17th birthday, Bill joined Jack McKinnon’s Junior Futurity squad in 1952, the forerunner of the 1954 and 1956 Minto Cup champions.

After enjoying one national and two provincial victories, Bill turned senior in 1956 with Vancouver -- but the fans already had an inkling of what to expect. In 1954, the senior PNE Indians called him up for a game, Bill obliging with a hat-trick. Six more “call-up” games in 1955 resulted in another 11 goals.

Then came 1956 -- his first, full year at the senior level produced 50 goals in 27 games, plus 105 minutes in penalty time. He was the unanimous choice for Rookie-of-the-Year honours.

As a goal scorer, a power-play set-up man and a hard-hitting defenseman, Bill was outstanding, but he did have an Achilles heel -- his mouth and temper.

In 1958, he was suspended for 10 games for manhandling a referee, and, two years later, was fined \$100 and suspended eight games for publicly criticizing league officials. Only two other players were assessed more misconduct penalties in Western senior lacrosse history.

A back injury also plagued Bill during his 13-year career, limiting him to just six games in 1962, nine games in 1964 and none in 1965.

Bill was a major cog in Vancouver’s 1961 victory over Brampton for the Canadian title. In doing so, he was named the Mann Cup series’ Most Valuable Player. He was also a valuable member of three more Vancouver Mann Cup championship teams -- 1963, 1964 and 1967.

Over his 346-game senior career, the three-time All-Star accumulated 676 points on 398 goals and 178 assists. Oh, yes, his penalty minutes totaled 865. He was inducted into the Canadian Lacrosse Hall of Fame in 1985.

Unhappily, Bill Barbour passed away on December 4, 2008.

Bantam Girls join National Tournament stage in 2009



Bantam Girls will compete for the first time at Nationals at the Ontario Lacrosse Festival August 4-8

By: LacrosseTalk Staff

The 2009 minor box lacrosse season on the national stage will feature the addition of the Bantam Girls to the Youth Box Lacrosse Nationals format for 2009. The Bantam Girls championship will bring provincial teams together from across Canada to compete for the first all-female box lacrosse national title.

The Bantam Girls National box lacrosse tournament will be played along side the Pee Wee and Bantam National tournaments this August. The Pee Wee event was resurrected in 2004, while the Bantams the year later have run annually at the Ontario Lacrosse Festival. The Midget Nationals was revived for the first time last summer in Calgary after being moth-balled since 1992.

The move made by the Canadian Lacrosse Association (CLA) to feature a national championship for Bantam Girls will allow female players to develop and excel in the sport at

an elite level, and advance the structure of lacrosse nation-wide.

“One of the key goals in the CLA strategic plan is to increase participation by women in lacrosse,” reported CLA President Joey Harris. “One of the fastest areas of growth is in girls playing box lacrosse. We feel that that the transition of skills between the box game and the women's field game will develop much like it has with the men, providing more opportunities for women to play whichever form of lacrosse they prefer.”

This year, up to seven MA's or AMA's have indicated intention to participate in the Bantam Girl's national, including the Lacrosse Associations of Alberta, British Columbia, Iroquois, Saskatchewan, Ontario, Nova Scotia, and New Brunswick. By targeting the Bantams is a true indication that there are plenty of 13 and 14 year old girl box lacrosse participants.

“As with any new program, you look where the likelihood of success is greatest,” explained

Harris. “The committee felt that this age bracket would be the best based on the number of players currently playing in the various provinces.”

“The future of women's box lacrosse looks promising,” said CLA General Manger David Miriguay. “The addition of more championships will be based on the ability of our provinces to field teams in other age groups. I could see us having a Midget event in a couple of years with the caveat that the aging girls are also being replaced at the lower age categories to continually feed the system.”

In 2006, CLA Member Associations reported approximately 2,272 girls were playing in female box lacrosse leagues, not including girls on boy's teams – which would increase the overall number of girls in box lacrosse. In 2007, that number was 2606 with a small drop reported for 2008 of 2312 girls.

A female competing in box lacrosse was nothing new as many would be placed on boy's teams. But once a certain age their participation would drop off, girls would leave the sport and not be retained. But since the late 90's, the growth of all female teams competing against each other has grown. And there may be a method to develop our women with the indoor game and transition them at some point to women's field lacrosse.

“The key is getting the girls to pick up a stick and embrace the game of lacrosse, explained Harris. “This is a great opportunity for women playing a form of lacrosse in general. Once that is done, and like the boys, they will look at the field game and give it a try.”

One only needs to look at the men's and women's field lacrosse national teams. At some point, most of those athletes grew up with box lacrosse and honed their skills outdoors at the club and or collegiate level. This could be the needed boost for women's field



lacrosse to help grow the numbers nation-wide.

“The number of women playing women's field lacrosse has been slightly decreasing over the last few years,” commented Harris. “We feel lacrosse can mirror what has happened in hockey where women's youth hockey has exploded due to the increased opportunity to play girls and the success of the women's national team program. While some women's field “purists” feel this is a threat to their version we feel it is an opportunity to bring more girls into lacrosse which would spill over into both versions.”

Team BC's first Bantam Girls Head Coach, Richard Browning, has coached girl's box lacrosse in New Westminster since its inception some 8 years ago and is looking forward to the challenge.

“It's exciting for the kids and a great opportunity,” mentioned Browning. “One of the reasons I got involved was I felt comfortable and have been involved with the girls game for some time.”

The outlook for the Team BC Bantam Girls team is very positive with some exceptional lacrosse talent -- the bigger job will be to build a cohesive team concept.

“In terms of expectations, I think there is a good outlook towards it [the team] and there's a group of good athletes,” said Browning. “The task for the coaches is to determine the type of team and bring them together.”

The Bantam Girls Nationals will run alongside the Pee Wee and Bantam National tournaments at the Ontario Lacrosse Festival at Whitby's Iroquois Park. The Pee Wee and Bantam boys tournaments run August 2-8 while the Bantam girls August 4-8.

“We're looking forward to seeing some outstanding athletes and great lacrosse teams,” said Ontario Lacrosse Festival Marketing Director Ron MacSpadyen. “TV coverage is lined up for the finals and we really believe this tournament is adding a unique flavour to the Ontario Lacrosse Festival.”

The addition of the Bantam Girls will prove to be a great success and will be the catalyst to larger participation at future tournaments.

“It gives them [the girls] a goal to shoot for,” said Browning. “It's a great stepping stone hopefully they can keep building on it.”

Dallas Eliuk Announces Retirement

Goaltending great retires after 18-year career in Philly & Portland

Dallas Eliuk announced his retirement on Tuesday, following a legendary 18-year playing career. He played 15 seasons in Philadelphia before playing the final three seasons of his career in Portland. Eliuk will remain with the LumberJax as a coach.

After a distinguished 18-year professional indoor lacrosse career that includes four Championships, nine All-Pro Awards and two championship game Most Valuable Player Awards, future hall-of-fame goalie Dallas Eliuk has decided to retire, the Vancouver, British Columbia native announced.

“After 38 years of play in the sport I love, I have the utmost respect for lacrosse and an unwavering desire to serve the game, my team and the fans,” said Eliuk. “As the utilization of



Eliuk in action with the WLA Burnaby Lakers in the early 1990's

my goaltending has been greatly diminished, and in view of the challenges the franchise has faced over the last few seasons, I've made the decision to support the Jax this year through assistant coaching and continued ambassadorship of the sport in schools and the community.”

“I'm also looking forward to a few less blows to the face and head as my wife and I prepare for the arrival of our first child this spring.”

athleticism to the goaltending position and never cheated with big, oversized equipment. Every save Dallas made in the NLL was made honestly and with flare. He will obviously be missed as a player but certainly never forgotten.”

Citing family reasons, Eliuk requested a trade to Portland shortly before the franchise began play during the 2006 season. In his first year with the team in 2006, Eliuk guided the Jax

The NLL's all-time saves leader with 6,356 saves and the first player to appear in 200 games, Eliuk spent his first 15 seasons with the Philadelphia Wings. With the Wings, Eliuk earned All-Pro Honors from 1992-2000, won four Champion's Cups (1994, 1995, 1998, 2001), earned the Champion's Cup MVP award twice (1998 and 2001) and appeared in every All-Star game through 2006.

“Dallas Eliuk is the greatest goalie to ever play in the NLL,” said Portland Head Coach/General Manager Derek Keenan. “He was a pioneer in lacrosse. He brought

to an 11-5 record, making Portland the first expansion team to ever win its division. During the historic season, Eliuk stopped 76.8% of the shots he faced and only allowed 11.09 goals-per-game.

A year later, Eliuk again posted solid numbers, finishing with a goals-against-average of 12.24 and stopping 76.24% of the shots he faced. The 2007 season also represented the ninth time during Eliuk's career that he made 400 saves or more during the season.

During his final season in 2008, Eliuk saved his best performance for his last. In the West Division Championship, Eliuk stepped in for the injured Matt Disher and stopped 35 of the 43 shots he faced as Portland won the West Division Title 16-12 over the Calgary Roughnecks. The West Division Championship epitomized Eliuk's playing career. In 24 career postseason games, Eliuk stopped 76.41% of the shots and only allowed 11.71 goals-per-game.

In addition to his 6,356 saves, Eliuk retires with a career saves percentage of 76.24% and a career goals-against-average of 12.24. Eliuk was also an eight-time All-Star in the Western Lacrosse Association, a five-time Playoff MVP, three-time Goaltender of the Year, and one-time MVP.



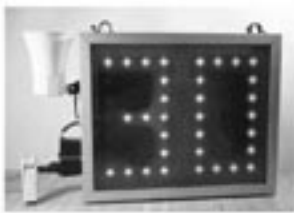
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Lacrosse Fitness 101: 2 Minutes for Speeding

By: Jeff Cathrea, B.Sc. Kinesiology

Remember the anti-speeding ad campaign “Speed Kills”? These ads were used to remind people to slow down while driving. Well, in the sport of lacrosse, these ads certainly ring true, speed does kill, it kills your opponent. So how does an athlete get fast if they are not naturally blessed with blinding speed or lightning fast quickness? The answer lies in your SAQ’s.

Speed, agility and quickness (SAQ) drills are exercises that train the neuromuscular system to activate your fast twitch muscle fibers. Your nervous system needs conditioning the same way your muscular system or aerobic system needs training. By developing your nervous system to become more efficient, essentially what you are doing is teaching your body how to activate its full potential of muscle fibers for a specific movement. Once your body is able to turn on all the muscle fibers of a muscle body, the movement is going to become much more efficient as a direct result of increased nervous system activation. This increased efficiency will lead to increased speed, a quicker first step and lightning fast reflexes.

So how does one effectively train the nervous system? The golden rule for developing speed and quickness is this: “In order to get fast, you must train fast.” This may sound very simplistic (and it should), however, many athletes fail to adopt this strategy while speed training. Consider this, if athletes need to perform each drill to the fastest of their current athletic potential, then how long should each maximal effort last for? To answer this it is important to realize which energy system is responsible to fuel fast twitch muscle fiber activation.

The first energy store used in explosive movement is creatine phosphate (PCr). This energy source is stored in muscle cells and is burned up in approximately 4-10 seconds of explosive activity. Therefore, any movement pattern that is designed to be concentrated on increasing speed should not be performed any longer than 10 seconds. This does not sound like a long time, but consider that most elite level lacrosse players take less than 10 seconds to sprint the full length of the floor! Because it takes approximately 2-2.5 minutes for the body to naturally replenish the PCr stores, rest time should follow a 1:12 to 1:20 work (exercise) to rest ratio. The number of sets of movement patterns will depend on the current fitness level of each athlete, but can range from 5-12 sets of 4-10 seconds of movement. Speed training can be implemented 3-5 times a week into regular training sessions or practices.

What types of exercises can I use to train speed? Essentially the answer lies within your (or your trainer’s) imagination. Find out which movement patterns you are performing slow while playing and mimic these movements in explosive 4-10 second intervals. The movements should start out basic to begin with by using both feet or hands (for example, a side to side bounding motion), leading to more complex patterns where the bounding distance can increase and finally progressing to single foot or hand patterns. Finally, it is important to remember the golden rule of speed training when implementing speed drills into workouts or practice. “In order to get fast, you must train fast”. So make sure these drills are done directly after warm up at the beginning of your training session of practice not at the end as to achieve the full speed potential of each movement.

By following my recipe for speed, not only will you develop blazing speed, awesome lateral movement and blinding quickness but you will become trained assassins, killing your opponents with speed.

Sweat Box: Just in time to gear up for this box lacrosse season, Catch 22 is offering lacrosse specific speed, agility and skill instruction on field at BC’s premier lacrosse retailer, Mountain Edge Lacrosse in Port Coquitlam. This revolutionary program costs \$200 +GST for 8, 60 minute sessions. Each first time participant will receive a free Catch 22 T-Shirt with their registration. Each athlete will learn technique and strategies to improve upon their speed, shooting, agility, strength, sprint technique, defensive strategy and much more. For more details visit www.catch22lax.com or email laxtraining@shaw.ca. Remember, don’t just train...La-X-Train!

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2009 ANNUAL GENERAL MEETING & SPECIAL SESSION TIMELINES



Field Directorate Special Session Timeline

Mar. 4 Deadline for changes for Field Directorate Operating Policy into BCLA Office

Mar. 19 2nd Notice/Operating Policy Changes circulated (in mail)

Apr. 2 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 Nomination Forms to BCLA Office

Apr. 18 Field Directorate Special Session at Douglas College 10:00 AM 4:00 PM

BCLCA and BCLOA Special Session Timeline

July 6 First Notice of BCLCA/BCLOA Special Session
Forms circulated - Registration, Policy Changes, Agenda, Awards

July 29 Deadline for BCLCA/BCLOA Operating Policy Changes to the BCLA Office

Aug. 12 2nd Notice/Operating Policy changes circulated for BCLOA

Aug. 27 Deadline for Executive Reports/Budget to be submitted to the BCLA Office
Deadline for nominations of awards (BCLCA/BCLOA)

Sept. 3 Deadline for Registration Forms

Sept. 12 BCLCA Special Session at Douglas College 9:30 AM-4:00 PM
BCLOA Special Session at Douglas College 9:30 AM-4:00 PM

BCLA Annual General Meeting Timeline

(BCLA AGM, Minor Directorate, Senior Directorate)

July 24 First Notice of Annual General Meeting
Forms for changes to the Operating Policy/Constitution & By-Laws
Hotel Information and Order Form
Award Nomination Forms
Letter re: policy on who pays for delegate fees, travel, etc.

Sept. 2 Deadline for Constitution/By-Law changes into the office.
Deadline for BCLA, Senior, Minor Operating Policy changes to office
Deadline for Award Nomination forms into the office.

Sept. 11 Deadline for all Executive Reports/Budgets for Annual Report

Sept. 14 Deadline for BCLCA, BCLOA Minutes to office

Sept. 16 2nd Notice/Mailing of Changes to the Constitution/By-Law & Operating Policies

Sept. 22 Deadline for booking Hotel for AGM

Sept. 29 Deadline for AGM Registration Forms

Oct 16-18: 2009 BCLA AGM - Whistler, B.C.

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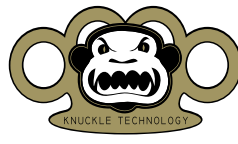
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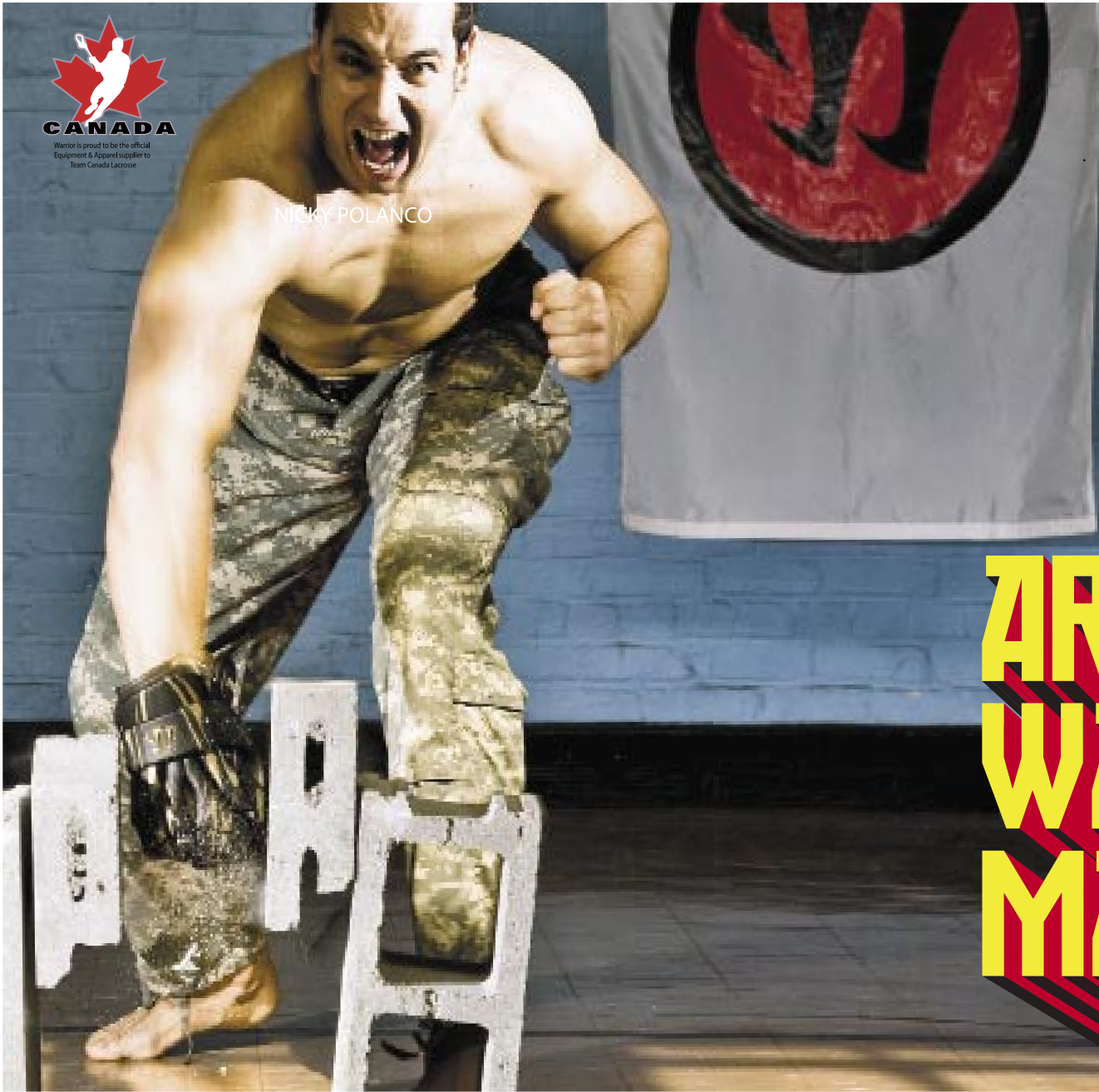
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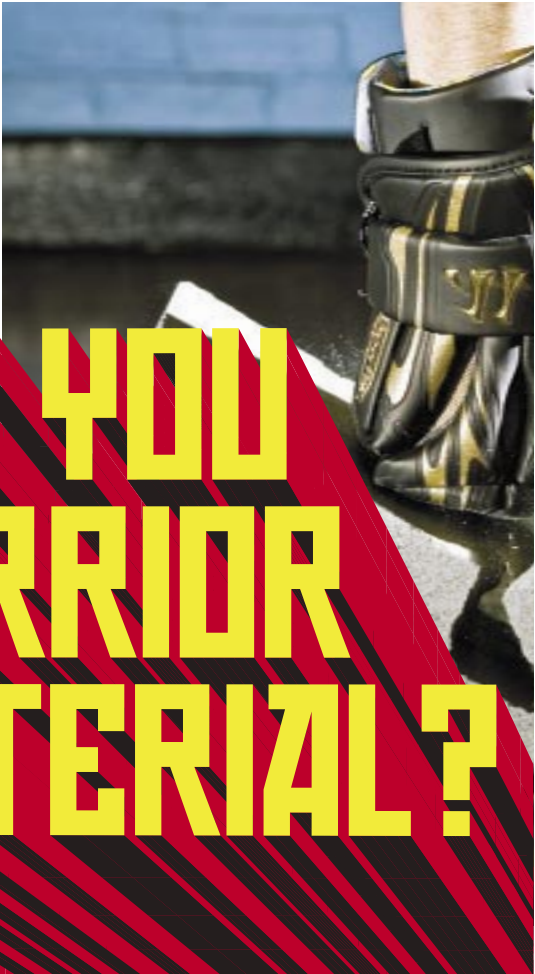
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