By: LacrosseTalk Staff

With the hockey season morphing from the cold ice of winter, the trickle of water could be heard around the recreation centres with the ice melting and the gray polished cement waking from the long cold winter hibernation. Arenas around Canada have been defrosted, the floors dried, swept clean and a new coat of paint added to the lines. Box lacrosse season has arrived!

As a youth transitioning from another sports season, like ice hockey, to the start of box lacrosse, it meant saying goodbye to many friends but also knowing you’d soon see some of them at lacrosse tryouts playing side by side once again.

“As a kid growing up it was like Christmas, excitement, sleepless nights and the anticipation of great things to come,” recalled Carlsbad College and Team Canada coach Randy McNeil. “Lacrosse is life.”

The hockey gear now stored away, it was time to rummage through the basement for the next sticky bag of equipment – the very lacrosse gear that held the same scent from the final game the July before. We’d dust off our stick and punch it in a new pocket. Nowadays, a task much easier with new stick technologies, but back in the day it meant picking the best traditional wooden stick and working it in.

“I put extra attention into the taping of my stick, the positioning of the shooting strings and extra care for my cat gut with popsicle sticks or nails,” reminisced ex-Durand All-star and current head coach Daren Fringe. “I remember going to the basement of Scotty’s with my dad and trying to select the right Etienne-Martin or Super Boy stick from the hundreds that came in from the East.”

Ah, the start of lacrosse season! You know it’s lacrosse season when you see the groups of children walking the streets with stick and ball in tow. Impromptu games pop up in the most opportune places at the schools, back yards and boxes.

The season has begun.

Lying stagnant under a blanket of snow, ice and puddles, the lacrosse boxes (known as a “bowl” in the east) have been brought to life with new boxes, a fresh coat of paint, swept clean and the goal nets with new netting in place. The boxes come alive with action with the next Gary Gait or John Grant Jr. in training. Activity abounds with players equipped like gladiators with scooping sticks as the players break in their new sticks working off the rust of the winter. And the bang, bang, bang of balls against the boards echoing through the neighborhood day after day.

“The first day of lacrosse was always exciting because I had been playing hockey four times a week and was ready for a change,” remembers Surrey native and New York Titan pro Jordan Hall. “I loved playing in the boxes across the lower mainland — they were dusty, dirty and weather worn, but there was nothing like being in them with your friends, hitting, slapping and laughing under the sun. I still train in the off-season in my local beat up lacrosse box.”

The start of lacrosse season means so many different things to many different people — from player registration to tournament planning and from fundraising to selecting teams. Our experiences wouldn’t be fulfilling and long-lasting if it wasn’t for the hard working volunteers giving their time. For some it’s the hard work preparing while for others the eagerness of developing young aspiring athletes.

“The beginning of a new lacrosse season is always filled with great anticipation,” mentioned Langley volunteer Don MacDonald. “Player evaluations reveal not only the physical and mental maturation of familiar players, but usually a fresh face with potential — be it from speed, size or just a fresh attitude, all of which give rise to optimism. It’s like a steady stream of pure adrenaline, every practice and game, until it’s over.”

“The start of the Lacrosse season is always exciting,” exclaimed Prince George’s Myrna Cabe. “Lots of checklists to make sure the start up goes smoothly — and if we have enough coaches, volunteers and officials! But ultimately it is watching the younger players pick up a stick for the first time and the experienced players developing their skills. It is all about giving our athletes an opportunity to play the best and fastest game on two feet!”

Lacrosse is a game for some and a calling for others to not only learning the skills to play the game but to experiencing the game and everything that goes along with it.

“Lacrosse is a game of life skills, meeting many life-long friends and people who really become part of your Lacrosse family,” stated Coquitlam Minor’s Lance Hofsath. “The people in our game are passionate about our sport and simply play or are involved for the love of the game.”

The love of the game is more than apparent than the longevity of lacrosse alumni.

continues on page 4
NLL All-Star, Toronto Rock
2004 NLL Champions Cup Winner
2006 NLL All-Star Game MVP
2 x Mann Cup Winner
2004 & 2005 WLA League Scoring Title

Lewis Ratcliff

STAY COOL AND DRY
COOLSKIN™
WARMSKIN™
STAY WARM AND DRY
Hall Named Sport BC President’s Award Winner

By: LacrosseTalk Staff

Mike Hall accepts the 2009 Sport BC President’s Award from BCLA President Sohen Gill

“Mike was overlooked for years and does so much behind the scenes that we missed him,” explained BCLA President Sohen Gill. “We are honoured to have a person like him with our association receiving his due credit at the Sport BC event.”

Hall, the BCLA Secretary since 1999, has been the “behind the scenes” voice of reason carrying out the BCLA Mission. During his tenure, he has experienced great growth of lacrosse and increased development in areas around BC; no one else can quote the BCLA Operating Policy or Constitution and By-Laws quite like him.

All the hard work Mike has put into the game paid off with being the 2004 selection of the Art Daoust Merit Award as Executive of the Year. But it’s not all about the awards – Mike’s best memories in minor lacrosse are of the road trips to tournaments; the great parents, the good kids and the fun times.

“It is an honour to be chosen as the Sport BC President’s Award recipient and to join the ranks of the previous recipients,” said Hall.

Previous Sport BC Athlete of the Year Award recipients from the BCLA are: David Soul (2001), Jack Crosby (2002), Hugh Tall (2003), Greg Tall (2004), Deb Stocks (2005), Shawn House (2006), Greg Tall (B.C. Games) and Toni Lowe (2007), Ron McQuarrie (2008) and Mike Hall (2009). Congratulations Mike!


By: LacrosseTalk Staff

The Team BC Field Lacrosse programs have completed all regional and final tryout camps for the Team BC Under 19 and Under 16 Selects and Stars teams. Over 190 athletes applied for the U19 and U16 regional camps in the Interior, Lower Mainland and the Island.

Athletes from ages 15-19 were put through physical testing, drills and game situations to test their field lacrosse skills amongst BC’s best. From the regional camps, over 80 athletes were identified to compete at the final camp March 28 and 29 in Ladner.

Team BC Field Lacrosse Technical Co-ordinator and U19 Stars Head Coach couldn’t have been more satisfied with the tournaments.

“I was very pleased with the enthusiasm and interest from areas outside the Lower Mainland,” stated Cornish. “I’m confident that we’ll have even more interest in the coming years based on the success of this year’s camps. The camps allowed us to evaluate players in their own back yard – several players from outside the Lower Mainland that were invited to the main camp may not have otherwise made the trek down to the evaluation camps.”

The identified athletes for these teams improve their knowledge and skills of field lacrosse with added exposure at development camps and being exposed to playing teams from other parts of Canada. The game has changed and the athletes are changing with it.

The Team BC Field Lacrosse team coaching staffs include: U19 Selects-Adam Smith (HC) and Josh Neuman (AC); U19 Stars-Ray Cornish (HC) and Justin Bouher (AC); U16 Selects-Barry Castagner (HC) and Calvin Castagner (AC); and the U16 Stars-Mark Forlin (HC) and Shane Smith (AC).

I think the Team BC approach of evaluating on the bases of physical ability as well as lacrosse fundamentals has promoted the game to new heights,” explained Cornish. “We are certainly seeing more capable athletes who come to the camps far more prepared to compete for spots.”

At the 2008 Nationals, the U19 Selects won gold and the Stars won their consolation match. The U16 Stars won silver while the Selects won bronze. These teams will compete at the First Nations Trophy and Alumni Cups over the Labour Day long weekend, September 4-6, in Winnipeg, Manitoba.

The Team BC Box Lacrosse programs started the identification of athletes in mid-April concluding in June. Some 140 athletes will be identified in four regions of BC including the Interior, Island, Vancouver and the Fraser Valley. The Box program has grown to four teams (Pee Wee, Bantam and Midget) adding the Team BC Female Bantam squad to the portfolio.

The final main camps and locations for each of the teams will be: Bantams-Delta (May 8-10), Pee Wees-Kamloops (June 5-7), Female Bantams-Port Moody (June 12-14), and the Midgets-Langley (June 19-21).

The coaching staffs for all teams have been busy identifying and scouting talent around BC and all are impressed with the talent pools.

“All coaching staffs and volunteers are doing a great job preparing their teams,” mentioned Team BC Box Technical Co-ordinator Mike Marshall. “Team BC will be well represented at the 2009 nationals.”

At the 2008 Nationals, all Team BC teams medaled with a Pee Wee gold, a Midget silver and a Bantam bronze medal. The toughest will be to repeat as National Champions for the Pee Wees.

“I’m really looking forward to the challenge with this group to successfully repeat as the Pee Wee National Champion,” stated head coach Brian Spaven.

The Team BC Bantams have an experienced national’s head coach in Derek Miliani with a 2008 Pee Wee National gold medal on his mantle. Something he’s proud of but knows the hard work it takes to be successful.

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

The Pee Wee, Bantam and Female Bantam teams will compete at the Ontario Lacrosse Festival at Nationals August 2-8 in Whitby, Ontario while the Midgets will compete during the Minto Cup August 23-28 in Brampton, Ontario.

We’re starting all over again,” stated a grounded Derek Miliani. “We will have to be big, fast and win the loose balls to be successful. We’re building this team from the goodie out – it will be a lot different than the past.”

The Team BC Midgets look to make amends from their one goal loss to Ontario in 2008 to take the next step to National prominence. Coach Don MacDonald feels the new look Midgets will be a talented group.

“The Team BC Midgets will be comprised of a more diverse group of players,” stated Coach MacDonald. “This will ultimately help elevate the team rather than the reliance of individuals at critical moments of a big game. To improve and win gold will take a real collective team effort.”

The newest addition to the National tournament in 2009 will be the Female Bantams. The outlook for this team is very positive with some exceptional lacrosse talent – the bigger challenge will be to build a cohesive team concept. Coach Richard Browning has high hopes for his team.

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

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Jordan McBride Nominated for Olympic Torch Relay

By: LacrosseTalk Staff

New Westminster Senior A Salmonbellies young gun, Jordan McBride has experience plenty in his 22 years of life and lacrosse. None more interesting than getting the nod as the BCLA nomination for a chance of being a torchbearer for the Olympic torch relay. The BCLA has been asked by 2010 Legacies Now to nominate a person from our association and McBride’s character was nothing short of admirable.

“Yes, I accept,” stated an elated McBride at college. “I am honored that the BCLA has chosen me.”

McBride has played all his lacrosse in New Westminster from a youth to present. A 2004 graduate of New Westminster Secondary School and a Salmonbellies lifer, he has quietly become one of the highest-present-day prospects from BC. His successes are true measures of his hard work ethic and his “nothing but business” attitude toward lacrosse and life. You may not know too much about him, but his credentials are nothing short of impressive.

After leading the 2007 baby “Bells to an impressive Minto Cup berth, the Jr. “Bells were a last-second goal away from the Minto Cup final versus Burnaby. In hindsight, it may have been the ring that got away. But for McBride, it’s not about the rings; it’s about what it takes to get there.

In 2008, he was drafted to his hometown team the Sr. Salmonbellies where as a rookie he impressed everyone leading his team in points (24G, 50A) and coming second in WLA scoring.

In his 2008 record setting freshman year at Long Island’s Stony Brook University, he played in all 14 games receiving honorable mention All-American by the USILA, America East Freshman of the Year and first team All-American East accolades. McBride led Stony Brook in goals (44) and points (55) and finished third in the nation in goals per game (3.14). Jordan set a school record netting 10 goals versus Delaware which was the most goals scored by any division 1 player in 2008 – it was also one goal shy of tying the NCAA record.

Currently a sophomore, McBride calmly has gone about his business and taken the NCAA Div 1 team by storm. At press time, he leads all Seawolves scoring with 37 goals and 8 helpers (45 points).

“From day one, Jordan has had a tremendous impact on our program,” stated Stony Brook Head Coach Rick Sovell. “His ability to score goals speaks for itself. Despite all his on field success, he carries himself in a humble way that has garnered great respect among his teammates. A leader by example, but when he speaks the team is quick to listen and respond. He is the cornerstone of our program and someone I truly enjoy coaching.”

But it’s not about achievements and accolades and being noticed – it’s about the hard work, determination and love of the sport that sets Jordan apart from many. His love for the game is unparalleled and his commitment to being his best, unquestionable.

McBride is the picture of what all young lacrosse players should aspire to be and that is just one of the many traits that sets Jordan apart from the crowd. Good luck Jordan!

Junior Adanacs to Broadcast All 2009 Home Games

By: Brad Chalmon

The 2009 BC Junior “A” Lacrosse season is under way and once again the Coquihalla Adanacs will be broadcasting all home games played at the Coquihalla Sports Centre live over the internet and available world-wide. The Adanacs were the first Junior “A” Lacrosse team in Canada to take advantage of this innovative technology and will enter their third season in doing so this season, in addition to the live games, the website will also offer archived games as well as original team content area on cemanca Reignnight packages that viewers will be able to watch whenever it’s convenient for them, with the ability to pause, fast forward and rewind.

As interest in the sport continues to spread, viewers have been tagged all over B.C., across Canada, into the U.S. and even Australia. More and more players from outside the Lower Mainland are entering the league through the draft, and the webcasts allow them to see what they’re up against while living in smaller communities without Junior “A” clubs. Also, a large majority of the viewers are from Alberta and Ontario and McBride has been asked by 2010 Legacies Now to become one of the hottest present-day pros and someone I truly enjoy coaching.”

For the past few years, we’ve been saying that we want BC to be the healthiest region ever to host an Olympic and Paralympic Games. This is a goal we can achieve when organizations such as BC Lacrosse Association emphasizes the importance of sport in our lives and how it contributes to healthy living and a renewed sense of community through the work you do to engage and support athletes, coaches, officials, and volunteers.

Today I wish to highlight your involvement with the BC Games Society, and the BC Summer Games, in showcasing your developing athletes, working to certify coaches, and recruiting and training qualified officials for this biennial multi-sport event, making the Games an integral part of the development of your sport.

Your organization obviously sees the Games as an athlete development opportunity, with participation from eight and six Zones respectively for Box and Field competitions, at the 2008 BC Summer Games. It is also evident that your organization utilizes the Games for the development of coaches; all Zones with athletes had a fully certified Head Coach.

The provincial sport system sees the BC Games as the entry point in the development stream for these three important components of any sport. Utilizing the BC Games in such an effective manner is sure to grow your sport across BC, while supporting our emerging elite athletes and coaches.

Please convey my best wishes and congratulations to the BC Lacrosse Association membership for your woderful work. I wish you continued success in all your sporting endeavours.

Sincerely, David Gallbraith
Assistant Deputy Minister
A Matter of Respect

Tewanee Joseph sees the 2010 Games as an opportunity for the Four Host First Nations to welcome the world to their traditional territory on their own terms.

By Daphne Bramham, Vancouver Sun

Tewanee Joseph is a corporate-looking guy in a very uptown suit. But looks can be deceiving.

The executive director of the Four Host First Nations for the Olympic Games is also the lead singer in a blues/rock band.

Hidden by his long sleeves is a Maori tattoo of a whale on his right arm -- recognition of his father's lineage. Maori believe the whale lives in the physical and non-physical world.

On Joseph’s left arm, there’s the wolf, the symbol of his Squamish mother’s clan with its long line of male and female hereditary chiefs and mask dancers.

“It’s from a grand-nack, who was honoured by a California tribe with the name Tewanee, that Joseph got his name.

His name and his rather exotic look reflect a mixed ethnic and cultural heritage, making him a perfect person for a job that requires bringing people together.

But it’s more than a job for Joseph, it’s his passion. He dreams of pulling off one of the largest re-brandings in Canadian history.

Through first nations’ involvement in the Olympics, Joseph wants to move visitors and Canadians’ understanding of aboriginal people beyond the stereotypes.

What he wants people to understand is that Canada is not only a land of immigrants. Its first people have rich histories, complex belief systems and unique cultures, which are their touchstones in the contemporary world.

The Olympics, in Joseph’s view, are the first nations peoples’ first contact with the world on their own terms.

“We are welcoming the world to our traditional territory in a way that we feel comfortable... We’ve been fighting for over a hundred years to have a say on our own traditional terms. We have been respected by Vance and throughout the [Olympic] bid phase. It’s about time. And we are here to do this together.”

The Olympics are also an opportunity to provide aboriginal youth with incentive to aim for greatness.

“We have such a rich culture, and now is our chance to show who we really are, not in the political arena and not in the courts. And that’s where we’ll have better platforms to do athletics as a way to inspire our kids and create a legacy to help inspire them by seeing our community involved in something they’re going to be proud of?”

A LONG PROCESS

It has not been easy. While Olympic organizers have included first nations in every phase of the bid, they have been involved in one of the largest re-brandings in Canadian history.

Through first nations’ involvement in the Olympics, Joseph has devoted hundreds of hours getting agreement among the four host first nations -- the Squamish, Musqueam, Lil’wat and Tsleil-Waututh -- about how they would participate in the Games.

Joseph has been in meetings to get agreement among the four first nations since the bid phase, it took a year and more than 25 meetings to get agreement among the four first nations -- the Squamish, Musqueam, Lil’wat and Tsleil-Waututh -- about how they would participate in the Games.

“From there, Joseph spent hundreds of hours getting agreement of different bands and different nations, as well as the Metis, on board. It’s been a long process that many expected would fail.

He has spent hours and hours of travelling to and meeting in longhouses, sweat lodges and band offices to get support from every part of the country.

It has meant listening for hundreds of hours to band members, elders, and band councils as they voiced their concerns and worried about what participating might mean for them.

But, there is now a wide consensus that first nations people will participate in and contribute to everything from the promotion to the torch relay to educational programs that the four host first nations are developing.

The showcase is the $3.5 million Four Host First Nations Pavilion, which will be set up on the Queen Elizabeth Theatre concourse. There, visitors will see both traditional and contemporary aboriginal artists, dancers and singers from every region of Canada.

Since more than 30 per cent of first nations people are under 20, getting the word out and involving them means new technology and hard work. Auditions for some of the pavilion’s entertainers will be done through YouTube. The Four Host website has downloadable ringtones of everything from elders’ songs to Inuit throat singers.

“I’ve learned not to forget our teachings,” says Joseph, who was raised mainly by his grandmother and “aunties” and main-tored by legendary Squamish Chief Joe Mathias.

“Now that they’re dying it’s time that we step up and educate kids... It’s a theme that he repeats many times during the day they spend together.

As he talks and drives his SUV, Joseph opens a piece of cloth carefully wrapped around a juniper root, a gift from an elder in northeastern Ontario whom he had visited recently.

He tells me about his grandfather Edward Sparrow, a Musqueam, who was a runner and a witness in the famous court case that recognized running as a constitutionally guaranteed right for aboriginal people.

Joseph tells me about a carver on Vancouver Island, whose masks are so powerful that they jump off walls. One was recently found alongside a road.

He tells me about the spirit visitor that Joseph met elsewhere. Only two sons Koru, who has already been chosen by his maternal grandfather to succeed him as a hereditary chief of Alert Bay.

A FOURTH CAREER

Koru’s mother, Rae-Ann White, had heard the spirit child at night playing with toys in the house. So she brought in an elder who did a smudge in the house to speed the bad spirit on its way.

“It reminded me that when we get busy with our own rights, we have to remember that we have to practice our own traditions,” says Joseph.

“We have to look after ourselves.”

Only 36, Joseph’s current gig is his fourth career: He’s been a high-level lacrosse player, whose team won four national championships and he competed at the 1994 Commonwealth Games in Victoria.

At 21, Joseph was all set to go to San Diego State University on a lacrosse scholarship. Only two sons earlier, there had been a summer-long standoff that pitted a Mohawk warrior society against the Quebec provincial police and 4,000 heavily armed military troops. At issue was land and the expansion of a golf course. Over that long summer, one police officer was killed by “friendly fire.”

Shortly before he was to leave for college, Joseph went to a meeting where Matthews spoke about aboriginal rights. It changed his life.

He passed on the scholarship, enrolled at Capilano College and ran for Squamish band council. Joseph was the youngest councillor ever elected and he stayed on for eight years. They were the “toughest years” of his life and taught Joseph that he could make changes for himself and his children by breaking the cycle of dependency.

By the time he left the council, he’d had it with going cap in hand to ask for help. Joseph concluded that only he could make things better for himself.

“You can’t wait for the council, the government or someone else to solve your problems,” he says.

It’s something he wants other first nations kids to realize. But Joseph says they need something or someone to inspire them. They need the confidence to understand that they are capable of greatness. But they also need to know that achieving it requires both hard work and discipline.

Joseph started a public relations, marketing and strategic planning firm -- Tewanee Consulting Group -- whose clients are mainly first nations bands and aboriginal organizations. His wife is one of the partners.

Joseph, White and their two sons, Koru and year-old Timo- hoke, live in a large, stylish home on the Squamish reserve in West Vancouver. Joseph’s daughter from his first marriage, 11-year-old Melina, lives with them part time.

The band builds only 15 houses a year and has a waiting list of more than 500. Joseph and White weren’t prepared to wait. So they designed their dream home and paid for it themselves.

(Their mantra of self-reliance has put him at odds with some aboriginal groups and some individuals even on his own reserve. Last summer, Joseph was charged with assault after another band member allegedly threatened Joseph’s family. The charges were dismissed.)

The home’s first floor is taken up with fitness machines, guitars, a drum kit and computers. From here, Joseph runs his company, writes music and plays guitar to relax. It’s also where his band, Bitterly Divine, practices. The group is made up of six friends from the reserve. In the last three years, they’ve played more than 120 gigs, including one at the Yale.

Music is in Joseph’s DNA. The father he’s never met was a musician. His maternal ancestors were dancers who performed at special rituals. His maternal grandfather played the trumpet in the reserve’s band and his great-grandfather was the band’s conductor.

But until his first son was born, Joseph had never played guitar or sung.

“My first chortles were E and A,” says Joseph. He learned C and G so he could play Baby Beluga -- Koru’s favourite song at the time.

Fortunately, the baby also loved Chuck Berry. A POLITICAL FUTURE?

Last spring, before Joseph left for Beijing to see how organizers were getting ready for the Summer Games, band member Wilson Williams handed him a notebook and told him to write some lyrics.

One of his first songs, Sanctuary, is about growing up on Vancouver’s notorious Downtown Eastside.

“Walking down the river banks/My sights are there on the rusted shore/I see you there/The face of ancient tolls.”

Joseph gave one of his songs -- Spirit of B.C. -- to the 2010 Legacies Now program of the same name. It’s being used to help promote community innovation, pride and excellence. (www.spiritoffbc.com/sha_song.php)

Even though his job will end with the Games, Joseph says for the first time in his life, he has no plans for the future. “It’s tough for me because I like to know what’s next.”

Politics would seem a natural fit. Joseph hedges when asked, saying he has not really thought about it.

But with two children under four, White is clear about what’s next. They’ll be spending more than 120 gigs, including one at the Yale.

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Lacrosse Talk

By: Bill McBain

Darcy Rhodes of the BCLA office staff has been working with the CLA office to light up all the little sparks in putting the new online coaching system into reality. With his assistance we now have in place a system that not only prepares coaches for their training portion but one which enables coaches previously trained to sign up and complete their workbook online. Coaches wishing to challenge the community development in any discipline can do so online. The last chapter to be completed is the ability for candidates in the apprentice program to also undertake the system for all their program requirements.

Lorne Reilly:
Born April 2, 1936.

With regret we report the sudden passing of Lorne Reilly. Lorne was born in Vancouver, grew up in Burnaby and settled to start a family in Coquitlam. Reilly was one of the founders of the Coquitlam Adanac Lacrosse Club and a long time Finning employee. He was a fixture in the Coquitlam Arena behind the Adanacs goal with his tammy at every Adanacs home game. Lorne will be sadly missed by friends and the entire lacrosse community. He is survived by his loving wife Pat, children Mike, Patricia, Sandy, Joe and Stacey and thirteen grandchildren.

A bright light is the fact that good associations who have the athletes as their first priority still attract new participants. Parents who are blessed with elite status athletes in most cases are those who have stepped up to the plate to run associations and commissions. They also have come to the realization if you don’t start to nurture the athletes and families of those athletes with new ideas and well run programs you will cut off the plant that feeds you.

So such an approach is the one run in Kuro-loops for the Tyke/Mini-Tyke divisions. Beau Bradley has put in place a program where kids come to learn the game and have fun. Their night of fame is not a full lacrosse game but one which is directed at leading the kids through a series of skill development coated with mini-games. Beau has turned this system and the parents into the tools required to attract people into the sport. They also have a component that allows for those who choose to pull out a group with the opportunity to play the full game when required for participation in festival type weekends along with those who participate in J on 3. This system in my mind is as close to the intention of the Long Term Athlete Development (LTAD) as I have seen. It certainly pales the systems that still insist that little people at this age should be treated the same as those athletes playing in the WLA and the NLL.

The formation of the teams who will ultimately carry the Team BC colors at the youth Nationals is well under way. Regional camps in the four areas of BC have offered a great forum for identifying the lacrosse talent which will participate in the final main camps in May and June.

After being directly involved since day one and speaking only on Team Interior, from where I sit changes need to occur. In rare incidences an athlete from the Interior may be selected at the Pee Wee and Bantam level for the final roster. Athletes from the Interior however at the Midget age have fared better. Does this mean we should scrap the system, or should we become smarter and put in place a system which addresses the situation? What would that look like? My thoughts would be extend the system currently in place or run a program whereby the Team BC technical group selects individual athletes from the Interior through a series of evaluations for attendance at a trial camp. I like the thought of extending the system, and turning the process into a combination coaching, officiating, administration and player selection type symposium. If the camp was expanded to include workshops for all the above including the administrators it could become a forum by which the whole Interior (and other areas) could participate and the program would provide a bang for your buck.

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Dr. Don Hedges

By: Stan Shillington

May 2009

LacrosseTalk British Columbia Lacrosse Association

You could be forgiven if you mistake Don Hedges for the Energizer Bunny.

Well, perhaps the ears are different, but they both have one, very obvious similarity – they both “Just Keep Going.”

As a student at Danville Community College, Don was a football player and a basketball player. By the time he enrolled at the University of Illinois in 1968, he left school for financial reasons and moved to Downville, Ontario, where he worked at a theatre and print shop before deciding to return to school, a decision that ultimately framed his future life.

In 1973, Don headed north to Vancouver where, as a landed immigrant, he worked at a theatre and print shop before deciding to return to school, a decision that ultimately framed his future life.

“Lacrosse is the perfect marriage between the physicality of hockey and the intelligence and anticipation of the football game for the next 10 years. I was hooked!”

In 1985, while instructing Kinesiology at SFU, Hedges met Coquitlam Adanacs’ John Hedlund, who suggested he join the lacrosse team as team physician. He accepted the invitation and, two years later, also took on the job as team president.

Don’s reputation as a dedicated sports doctor quickly grew. In 1987, Adanac defender Marc Nadnads recruited Hedges as the team doctor for the Burnaby Lake Rugby Club (nee Burnaby Buffaloes), followed a year later by him accepting the same chores with the Vancouver Whitecaps (nee 86’ers) soccer club.

Since then, he has donated his time and medical skills to the New Westminster high school football team, the Vancouver Ravens’ three-year-life in the National Lacrosse League, the BCLA and Canada Lacrosse teams in the 2002 and 2004 Heritage Cup games and the 2005 and 2007 World Indoor Lacrosse Championships, and, yes, any lacrosse team requesting medical aid during a game or championship series.

Hedges’ latest project was to help support a Costa Rica effort to establish a national lacrosse team. With the BCLA and the Salmonbelleis, Burrards and Adanacs teams chipping in sticks, balls and other equipment, Hedges took seven players and physiotherapist Karen Nichol to Costa Rica over the 2008 Christmas holiday to help develop lacrosse in the Central American country.

“It was a wonderful experience,” he reflected. “I plan to organize a similar event next December and help in other ways if I can.”

Hedges’ generosity of his time and efforts has not been overlooked by the lacrosse community. The Western Lacrosse Association named him the Executive of the Year in 1988 and, in 2007, the Tom Gordon plaque as “Mr. Lacrosse.”

“More than anything else, I’m involved in the game for the players,” Hedges explained. “Some of them have become great friends over the years and it’s been a tremendously rewarding experience to watch them grow up, have families and become successful in careers.”
Queens Park to Host
2009 Prospects Game

By: Jen Mutas

Lacrosse is advertised as the fastest game on two feet with the perfect combination of intensity, physicality, and agility. For those players who decide to pursue the game into a potential career, the Junior ‘A’ league is the stepping stone to bigger and better opportunities.

For the first time in league history the BCJALL will be holding a Prospects Game to show off the talent the eight teams have been brewing.

“We really want to put the focus on the third year players who have aspirations of playing in the WLA and NLL,” says New Westminster Salmonbellies Governor Walt Weaver, “in the past the all star game was fine, but this way the graduating players will be on a silver platter for the professional and college teams who want to check them out.”

Finding the perfect time in the season to hold the Prospects Game was a bit of a challenge for the BCJALL.

“We have been talking about doing this game for a couple of years now,” says Weaver, “but quite a few guys play college ball which means they aren’t back until the end of May, then at the end of the season teams don’t want to hand over their star players because of playoffs and the threat of injury. The league has compromised on July 1 to hopefully eliminate any problems.”

Since this will be the first game of its kind for the league, it’s anyone’s guess on what the outcome will be.

“This will be a work in progress type of event,” Weaver says with an optimistic tone, “the goal is to have it be an annual event, see what the interest is, and gauge the response from there. Prosetting these kids will benefit all associations from minor lacrosse all the way up to professional, it will help build the sport in BC and you never know, the Rocky Mountain and Ontario leagues might just pick it up too.”

Particulars for the Prospects Game are as follows: each of the eight teams in the BCJALL will nominate a maximum of five players to send to the game. If a team can’t fill those spots there will be a run over of players from other squads. There will be a total of eighteen runners and two goalies and when all the players are nominated they will be shuffled in order of playoff positioning. The league will announce the coaches and players by mid June; keep an eye on www.bcjuniorallacrosse.com for the latest news regarding the match.

The game is to be held at the historic Queens Park Arena on July 1, 2009 at 5:00 pm.

For any information relating to the 2009 BC Junior ‘A’ Prospects Game, please contact BCJALL Media Communications, Jen Mutas 778-228-9075.

Throughout the year a variety of community events and activities celebrating our 150th anniversary are taking place in the Royal City.

We invite you to celebrate with us!

June 20, 2009
Heritage Neighbourhood Trolley Tour

July 27, 2009
Heritage Fashion Show
Royal City Centre

July 1, 2009
Canada Day Fireworks
Westminster Quay

150th Celebrations Office
26 Eighth Street | 604-515-3848
www.newwes30.ca | newwest30@newwestcity.ca

GET YOUR HOUSE IN ORDER!

BCLA members and their families receive 25% off their first month’s rent when a valid BCLA registration document is presented upon renting a locker.*

*Some restrictions apply—ask us for details.

In Memory of Jack Crosby
“Mr. Lacrosse”

The BC Lacrosse Association (BCLA) Members have created the Jack Crosby Endowment Fund in honour of the man whose name is synonymous with Lacrosse in the City of Burnaby, throughout British Columbia, and across Canada. As an athlete, coach, volunteer, and mentor, Jack has touched many lives within the lacrosse community and beyond.

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

This is an investment for our lacrosse community to become self-reliant; a fund that will benefit our grandchildren’s children; a legacy that will continue to “pay it forward” forever; a future for lacrosse that we feel Jack would be proud to support.

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

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

Jack Crosby Endowment Fund Donations can be sent to:
The Vancouver Foundation (BCLA Jack Crosby Endowment Fund) Suite 1200-555 West Hastings Street Vancouver, BC V6B 4N6

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Best Bests High School Field Lax

By: Shawn House & LacrosseTalk Staff

The 9th Annual High School Field Lacrosse Provincial Championships finally took place March 23-27 in Coquitlam and New Westminster after a two week delay. The tournament was a scaled down version from the 17-team event due to inclement snow conditions.

Eleven Varsity and Junior Varsity teams took part in the tournament at Coquitlam’s Dr. Charles Best School and Mercer Stadium in New Westminster. Senior teams included Best, Claremont 1 and 2, Burnaby North, Terry Fox, Pitt Meadows, New Westminster and Pinetree while Best, New Westminster and Claremont competed in the Junior division.

The Charles Best Blue Devils took both titles in the Senior and Junior divisions. This is the second time in two years that two teams from the same school won both Junior and Senior titles at this tournament. In 2008, Claremont Spartans swept both championships. A new format to the 2009 tournament included a Tier 2 Senior division.

Once the games began, it was clear that there was no shortage of desire on the part of the teams trying to win a championship.

The tournament opened with New West and Pitt Meadows squaring off in a Tier One match up. Pitt Meadows had a team that had shown promise two years ago at the tournament and they were out to prove that they belonged with the big three of Charles Best, Claremont and New West. Pitt opened with a surprising victory over NW by a score of 11-9. Terry Fox opened the Tier two division by dropping a 9-6 game to Pinetree. Pinetree then beat Burnaby Best Bests High School Field Lax

North 6-2 to open the first day with a 2-0 record.

The New West Seniors dropped a 9-5 decision to Best in a repeat of the Spartan shoot out final from November. Best’s celebration was short lived as they dropped their next match to the surprising Pitt team 11-7. Best’s Juniors defeated the New West two games in a row, 10-4 and 9-5.

On day four, the Pitt Meadows roll came to an end in a lop-sided loss to Claremont, 13-2. The New West Juniors then beat Best’s Senior team 11-7. The Blue Devils later beat the Hyacks in the round-robin 10-4. This marked the third Junior title for Best. Wesley Berg from Charles Best was selected MVP of the Junior division.

In the Senior Tier 2 final Terry Fox battled Claremont 2 to a one-goal 7-6 victory for the Tier 2 title. This was the first ever Senior Tier 2 title for Fox. Richard Lachlan of Terry Fox was selected MVP of the Senior Tier 2 Division.

Thank you to Mountain Edge Lacrosse and Warrior for their sponsorship of the MVP awards and to Great West Graphics for their donation of tournament MVP t-shirts. Also, a hearty thank you to all the scorekeepers and timekeepers and officials that participated to make the tournament a great success.

The 2010 tournament date is tentatively booked for March 2-6, 2010.

Charles Best win 2009 high school Sr tier 1 title with a 12-4 victory over Claremont

“it felt good to watch the guys pull it together and put the strategies we worked on to use,” said an elated Lowe.

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Lacrosse Goodwill in South Africa

By: Lissa Punnett

It has taken some time to reflect on our African journey. Without generosity of many (including the HLA), this journey would not have been as meaningful. It meant a great deal to us to take the good wishes and the generous donations from our community and to share them with the children and the communities in South Africa and Lesotho. The benefits were incredible!

Our first stop in Capetown and we soon found out how involved the locals were in their community. One of their causes was a sports and reading program in a large inner city school in Capetown where some of the teenagers from the 3 million residents who live in the townships surrounding the city attend. They organized volunteers to supervise and support an organized soccer league for the teenagers and a reading and math help program. What is hard to imagine for us is that this school had no desks, chairs, books and very few teachers, let alone extra-curricular programs. Most of the teenagers are orphans or are being raised by single parents who struggle to provide them with the care and basics. We were taken with their enthusiasm and dedication.

After a journey up the South African coast we arrived in Hambourg, the home base of our journey. The Keiskamma Trust operates in this town and we got involved in the community activities.

The teenagers headed to the schools to play lacrosse with the kids in the after school programs. That was a huge success. We were taken by storm and surrounded with enthusiasm. We soon became known for the game in the community and it was impossible to escape the growing interest in our canadian game. We played lacrosse on the beach, in the school yards and at the local community fields. It was really well received and we could often be found negotiating more times and spaces to play in. We always gave some of the kids baseball caps that were provided by Mark at Ed's Hockey Shop. The land in Hambourg is relatively flat and you could often see at great distances the red and blue hats hopping about in the community, often with the children and the communities in South Africa and Lesotho.

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Lissa Punnett (top-left) and son Kane (top-right) pose with some children they taught lacrosse while visiting South Africa this year.

SFU Prepares for Championship Tournaments

By: William Howard

In their fifth season under Co-Head Coaches Jeff Cathrea & Brent Hoskins, the Simon Fraser University men’s lacrosse team prepares to host the Clan’s 20th PCCLL Conference Championship and qualify for the MCLA’s National Championship Tournament May 12-16 in Denver, Colorado. The Clan finished the 2009 regular season with a PCCLL conference record of 9-0 and an overall record of 11-0.

Ranked No. 5 in the Prodigy MCLA Division I Preseason Poll, Simon Fraser has re-claimed their spot as one of the nation’s top college lacrosse programs. Released by CollegeLAX.us, the Clan moved up two spots to No. 3 in the first poll of the 2009 season, with three wins at home over conference opponents Boise State University (18-18), Washington State University (28-28), University of Idaho (15-5) and pivotal road wins versus No. 3 Brigham Young University (17-14) and No. 25 University of Utah (15-4). In the second poll, SFU climbed up one spot to No. 2 after an unconvincing home win over the University of Washington (18-9), pasting No. 2 Chapman University and sitting one spot behind the 2009 MCLA National Champions, University of Michigan, with four consecutive by weeks in March, the Clan would fall in the polls to No. 3. After defeating Portland State University (24-4) in their final home game, SFU would remain at No. 3 with important conference wins over No. 11 University of Oregon (16-12) and Oregon State University (20-3). The Clan would finally reclaim the No. 2 spot behind Michigan before winning their final two regular season games on the road versus University of Montana (24-8) and Gonzaga University (22-2). A combination of No. 10 national contender from 1997-2003, No. 12 remains the highest that Simon Fraser has been ranked since 2000. SFU has ranked in the Top 25 most polls since the inception of the MCLA National Championship format in 1997.

The Clan outscored their opponents 217-64 in 2009. The eleven opponents that Simon Fraser faced this season combined to post a .493 record with SFU going 3-0 versus opponents ranked in the MCLA’s Div. I Top 25.

SFU Clansmen are 2009 PCCLL Champions beating University of Oregon 11-7 in the finals

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Coaches Cathrea and Hoskins reached a milestone with the Clan’s 24-0 victory over Portland State University as the victory was their 50th as Head Coaches at SFU. At the end of the 2009 regular season, the Clan are now 54-14-7 (79%) on Cathrea & Hoskins’ watch after setting the school record for wins in a career (41) and wins in a season (16) in 2008.

SFU’s 2009 roster features only five seniors with three freshmen, eight sophomores and seven juniors. Goaltenders, junior Mike Ripley and sophomore Dean Stewart have split time in net the last ten games with each player seeing two quarters of action.

SFU continues to attract top recruits from across Canada and has begun to attract attention on the USA. The Clan’s 2009 roster features seventeen players from BC, three from Alberta, one from Saskatchewan, two from Ontario and one from Texas.

The Clan has once again been “road warriors” with 7 of their 11 wins coming away from home. 2009 saw the Clan travel to Utah, Washington, Oregon and Montana.

The Clan has re-ignited their traditional high powered offense in 2009 averaging 19.75 goals per game, including 16 goals per game versus ranked opponents. Leading Fraser on offense has been a trio of juniors. Ben McKenzie leads all Clan players at attack (55g, 15a); followed by fellow attack Adam Foss (28g, 34a) and midfielder Russe Hart (30g, 11a). Sophomore attack Chris Tessarolo, sits fourth in team scoring (22g, 8a) with junior Kevin Riley rounding out SFU’s top five (17g, 15a). With the offense receiving most of the attention, the Clan has quietly assembled one of the strongest defenses in the MCLA holding opponents to a mere 5.82 goals per game. Leading SFU on defense has been senior LSM and All-American, Curtis Manning with two very capable back- men Johnson with two very capable back-ups in relief at the face-off box.

11-6 in 2009 marks the fifth time in program history that the Clan has gone undefeated in the regular season. With a 9-0 conference record, the Clan entered the PNCLL Final Four capturing seven titles while coming eight National Championship appearances, placing 2nd in 1999. The Clan are proudly sponsored by Frasier Performance Apparel, Riddell Helmets and Gait Lacrosse. For further information on Simon Fraser men’s lacrosse please visit www.sfalacrosse.com or follow the Clan on Twitter at http://twitter.com/fraserrlacrosse.

SFU men’s lacrosse is in its 14th season and competes in the Men’s Collegiate Lacrosse Association (MCLA). 2009 will mark the 12th appearance for the Clan at the PNCLL Final Four capturing seven titles while coming eight National Championship appearances, placing 2nd in 1999. The Clan are proudly sponsored by Frasier Performance Apparel, Riddell Helmets and Gait Lacrosse. For further information on Simon Fraser men’s lacrosse please visit www.sfalacrosse.com or follow the Clan on Twitter at http://twitter.com/fraserrlacrosse.
The Lacrosse Apprentice

By: LacrosseTalk Staff

We’ve all seen or heard of the made for TV reality show “The Apprentice”. Donald Trump stars in the show putting a select group of young 20-something up-and-coming business-types through the rigors of corporate America in order to find the brightest new stars in today’s world of business.

Enter, the Lacrosse Coaching Apprentice, Naomi Walser.

The Coaching Mentor/Apprentice program, established by PROMOTION Plus in partnership with the BC Games Society and the Coaches Association of B.C. provides support and opportunities for female coaches to develop and enhance their coaching skills in conjunction with the BC Games. First offered for winter sports in conjunction with the 2008 BC Winter Games, female apprentice coaches and mentors participated in both the 2008 BC Winter and BC Summer Games in various capacities.

The program will match a female apprentice coach with a mentor coach (NCCP Level two certified) and the two of them will work towards the apprentice’s participation at the 2010 BC Games.

Naomi Walser is a proud member of the Beau-soleil First Nation in Georgian Bay Ontario. As a youth she grew up playing box lacrosse for the original Youth First program.

“I have been working towards building my skills and I feel the coaching program is a perfect opportunity to help form a solid base”, she noted. “I feel as though I understand the commitment and determination that is required of high performance athletes, and would love to help create this amazing opportunity for others”.

The organizations have partnered to address the iniquity in the number of female coaches in the sport system. The Coaching Mentor/Apprenticeship program will match experienced coaches with female apprentices who are interested in pursuing a career in coaching and/or in developing their training to a higher level.

Pioneers Bring Home Provincial Title

Senior men’s field lacrosse team overcomes shorthanded line-up to earn opportunity to defend national crown

By: Mark Booth, The Delta Optimist

Even a little adversity couldn’t prevent the Ladner Pioneers from breaking through at the Provincial Senior Men’s Field Lacrosse Championships in Abbotsford.

The Pioneers produced a 13-11 overtime win over the Whalley Ballers for their first-ever B.C. title. The result wasn’t a surprise given Ladner is the reigning Canadian champion after its win last fall at the nationals in Calgary. However, the locals did have to overcome a last minute ruling that limited the number of young age players eligible for the tournament and left them with just a 13-man roster.

Now, the Pioneers will get the opportunity to defend its national crown later this year in Mississauga.

“We learned seven of our players were ineligible a week before the tournament,” said player/coach Greg Rennie. “It left us scrambling a bit for enough bodies but the guys played unreal. We were short-handed but the guys pitched in and left them with just a 13-man roster.”

The Pioneers opened the championships with a 16-2 demolition of the Coquihalla Haudenosees 2. A spot in the semi-final was clinched with a 15-6 victory over the Vancouver Barbarians – led by four goals from Chris Manwaring. Logan Schuss and Rennie each added hat tricks, while Tanner Lemire scored twice. Carlton Schuss also scored. Ladner continued to dominate in the semi-finals – this time producing a 12-6 win over the City John B Pub. Carlton Schuss and Manwaring each netted five goals, while Logan Schuss also had a five point game, including a pair of tallies.

The final was deadlocked at 11-11 at the end of regulation time. Manwaring scored what proved to be the game winner, with 2:49 remaining in the first overtime period, to nail down tournament
Lacrosse Takes Over Arena

The Langley Entertainment Centre opens for the 2009 Langley Thunder Junior and Senior A Lacrosse season.

It’s a sport that combines the excitement of hockey with the action of basketball, and there’s a healthy dose of rugby thrown in for good measure. Too. And starting in late April, audiences will be able to experience it in the exciting atmosphere of an arena setting.

The Langley Thunder Junior A lacrosse team moved into its new digs at the Langley Events Centre and the team played its first home game in the Centre’s new arena on Thursday, April 30. The public is invited to see the Township’s new centre for sports, recreation, and entertainment.

“Lacrosse is one of those sports that once people have witnessed it, they keep coming back for more,” said Brock Rose, general manager of the Junior Thunder.

The Langley Events Centre, located at 7888 - 200 Street, is a 240,000 square foot facility that will provide a venue for all kinds of sports and entertainment events, concerts, trade shows, and exhibitions. The Centre features a 3,900-plus seat indoor spectator arena bowl which has the capacity to hold up to 6,500 people.

Over the next few weeks and months, a number of special events, opening ceremonies, and inaugural games will be held at the LEC. It opens its doors to a host of other teams and sports and groups around the region.

The Junior Thunder is eager to play in the new arena, said Rose, a Langley resident who was determined to bring the team to his home community. “The timing was outstanding.”

The Junior Thunder is made up of players from Langley, Surrey, Maple Ridge, and Abbotsford, who range in age from 18 - 21, although there are two younger players on the team whose birth certificates are in dispute. Ages are in their first season that they have played in Langley, and the team has been practicing at the Sports Box at McLeod Athletic Park.

The Langley Events Centre is exciting for the team, as having its own home base means that the team and audiences will benefit from a standard -and early -game time. The Junior Thunder will play the majority of its games on Thursdays at 7:30pm, which means youngsters will likely be able to attend, even if they have school the following day.

“It’s early enough to allow families to come out,” said Rose, who also noted that lacrosse is “affordable entertainment.” Tickets are only $10 for adults, $5 for youth and seniors, and children under 12 get in free.

Rose expects that the Junior Thunder’s games, coupled with all that new Events Centre has to offer, will bring in people from throughout Langley and surrounding communities. “This is a central location in the Lower Mainland, and we want to create some excitement,” he said. “People will want to come see this mini GM Place, which has free parking and is within shouting distance from home.”

The prime location will not only attract audiences, but also potential players, said Rose, who also runs a younger team which can feed into the Langley-based Junior Thunder.

“Within the Langley community we are seeing a big support for lacrosse,” he said. “On opening night, come out and support our team.”

Sports fans will be able to catch more lacrosse action when the Langley Thunder Senior A team moves into the Langley Events Centre and plays its first home game on Wednesday, May 27 at 7:45pm.

Besides the two lacrosse teams, the LEC will also be home to the Langley U16 hockey team, the North Langley Basketball Association’s Steve Nash Youth Basketball League, the Vancouver Titans of the International Basketball League, the Langley Gymnastics Foundation, Trinity Western University’s men’s and women’s basketball and volleyball teams, Basketball BC, the Langley School District, RE Mountain Secondary School, and the Tourism Langley Visitor Information Centre.

Way To Go!

B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award

Richard Paciejewski (Prince George Minor VP)

Richard Paciejewski is like many good Canadian parents who got involved with sports when their children become active. He started his involvement in lacrosse when his three sons began playing in the Prince George Minor Lacrosse Association and has been there for about 10 years.

Living across the street from the famed Doig Family, it was inevitable the Paciejewski boys could escape an early introduction to the game. Richard was close behind! He never played lacrosse but has played numerous sports including baseball, soccer and hockey – coaching many of these sports at the high school level.

He started volunteering at the executive level in 2005 as a Vice President with PGMILA and is currently a interim President. He has held the Zone 8 Director position for 3 years offering his knowledge and expertise of youth sports. The Junior A program is an integral part of organizing the Zone 8 team that competed in the 2008 BC Summer Games in Kelowna.

In 2006, Paciejewski was part of the host committee for the Bantam Provincials and is currently a Provincial Supervisor for the 2009 PEEV Provincial Championships in PG. His hard work has not gone unnoticed as he was selected as the Prince George Minor Lacrosse Volunteer of the year in 2007. Richard’s most enjoyable lacrosse experience is the opportunity he gets to watch his sons play lacrosse. Congratulations Richard!!

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 on and above the call of duty in the BC Lacrosse community.

B.C. LACROSSE ASSOCIATION EVENTS - 2009

Team BC Box Lacrosse Provincial Team Main Camps

Pee Wee - Kamloops
June 5-7

Female Bantam - Pt Moody
June 12-14

Midget - Peninsula
June 18-21

Pee Wee & Bantam Nationals
August 2-8, 2009

Female Bantams
August 4-8, 2009

Whitby, Ontario

Midget Nationals
August 23-28, 2009

Brampton, Ontario

Founder’s Cup
August 17-18

Edmonton, Alberta

Minto Cup
August 21-30

Brampton, Ontario

President’s Cup
August 24-29

Six Nations, Ontario

First Nations/Alumni Camp
September 4-6

Winnipeg, Manitoba

Mann Cup
September 9-12

BC Host

SUBWAY® Restaurants
LacrosseTalk
National Rankings
(Pre-season 2009)

Senior A Lacrosse Top 7
1. Brampton Excelsiors
2. New West Salmonellans
3. Peterborough Lakers
4. Coquitlam Adanacs
5. St. Regis Indians
6. Victoria Shamrocks
7. Brooklin Redmen

Junior A Lacrosse Top 10
1. Orangeville Northmen 0-0-0
2. Victoria Shamrocks 2-0-0
3. Six Nations Arrows 0-0-0
4. Coquitlam Adanacs 1-0-0
5. Brampton Excelsiors 0-0-0
6. New West Salmonellans 0-0-0
7. St. Catharines Athletics 0-0-0
8. Akwesasne Indians 0-0-0
9. Burlington Chiefs 0-0-0
10. Edmonton Miners 0-0-0
Salmonbellies Seats for Soldiers

On Thursday July 16, the New Westminster Senior Salmonbellies Lacrosse Club and The Royal Westminster Regiment will be co-hosting the first annual “Seats for Soldiers” night at Queen’s Park Arena in New Westminster. That evening, the WLA Salmonbellies will be up against one of their biggest rivals, the Victoria Shamrocks.

Anyone with an association to the military, along with their families, is invited to attend. Come dressed in your uniforms, legion or regimental blazers and bring your families free of charge to enjoy an evening of lacrosse.

The Salmonbellies, formed in 1889, have long been one of the fixtures in the Western Lacrosse Association, winning 24 national championships in its 120 year history. In 1928, although Lacrosse was considered a demonstration sport, they won the Olympic Gold Medal.

To show support for the Canadian Armed Forces in Afghanistan, last December, the Salmonbellies and their partners shipped lacrosse equipment and apparel over to our serving troops. This July, the Salmonbellies will show their appreciation once again by treating anyone with a military affiliation to experience the excitement of the best lacrosse in the World.

“Based on the success of the Operation Salmonbellies, the feedback and feeling of goodwill that came from a simple request from a Bellies fan was overwhelming,” explained Salmonbellies President and GM Dan Richardson. “As an organization we talked about it and decided we needed to do more and the “Seats for Soldiers” idea was born.”

Doors open at 7:00 PM and the game begins at 7:45 PM. Pre-game activities include a military display expo featuring our current vehicles, equipment and weapons used in Afghanistan along with a BBQ and beverage garden. Intermissions will feature military entertainment, giveaways and fundraising activities to support the Military Family Resource Centre and The Royal Westminster Regiment Fund.

For information contact: Dave MacGearty, Seats for Soldiers Chairman or Lieutenant Colonel Karen Baker-MacGearty, HLCol RWestmr R at 604-526-2988.
Aboriginal Youth Sport Legacy Fund Expands Lacrosse Program for Youth in Northern B.C.

Vancouver, B.C. (April 7, 2009): More than 1,100 youth in Northern B.C. communities will participate in lacrosse programs thanks to funding from the Aboriginal Youth Sport Legacy Fund. The B.C. Lacrosse Association will receive $15,000 to expand its lacrosse programs in Terrace and Kitimat, and develop new programs in Nisga’a, Haida-Gwaii, Prince Rupert and Hartley Bay.

“The Province of British Columbia is proud to support programs like this one, which reach out to Aboriginal youth, giving them opportunities to participate in sport and lead healthy lifestyles,” said Hon. Michael de Jong, Minister of Aboriginal Relations and Reconciliation.

Established in 2002 by the Province of British Columbia, Squamish Nation, Lil’wat Nation and the Vancouver 2010 Bid Corporation, the Aboriginal Youth Sport Legacy Fund is administered by 2010 Legacies Now. Successful applicants include new and existing programs which encourage youth participation in sport through traditional activities, healthy living and cultural celebrations.

“Providing B.C.’s youth with long-term programs which have a positive affect on their future is an important goal of the Aboriginal Youth Sport Legacy Fund,” said Katherine Rinnrose, manager of community engagement for 2010 Legacies Now. “We don’t want these to be one-off programs; we want to support these programs and make certain they become community legacies for the youth of tomorrow.”

The B.C. Lacrosse Association has offered programs in Aboriginal communities throughout B.C. for the past five years. Its mission is to help youth develop, compete, train, have fun, and succeed in the sport of lacrosse. These new programs will run until October and will offer leadership, mentoring and employment opportunities for the youth.

“Providing successful and sustainable programs to First Nation communities requires that we introduce the program one group at a time with instructors who share the same culture,” said Rochelle Winterton, executive director of the B.C. Lacrosse Association. “Our primary goal is to reach out to these children and affect change in remote First Nation communities.”

The Aboriginal Youth Sport Legacy Fund also offers high-performance athlete grants and post-secondary scholarships for Aboriginal youth in B.C. To date, the program has distributed more than $950,000 to support sport and recreation opportunities for B.C. youth. For more information on the Aboriginal Youth Sport Legacy Fund, visit 2010LegaciesNow.com.

By: Carol Greene

BCLA Volunteer Leadership Support Group at work

We will take a look at how a new volunteer may learn how to score keep, time keep, and what may be expected from a team manager. Other tools may help show how an association could manage volunteer retention and recruitment, deal with conflict management, risk management, and set up a program to assist new volunteers to lacrosse.

This committee is currently contacting a wide cross-section of seasoned and new BCLA volunteers to acquire information and query as to what will help best serve the volunteers in the lacrosse community.

As chair of this committee I would like to thank all those who have volunteered to help out, as I know you all have very busy lives.

As for me it is great be back in a more active role with the BCLA. Although this committee has a big job ahead it is very exciting to be a part of the future growth of the great sport of lacrosse.

I would like to thank all those who have so willingly participated in our questionnaire thus far. Your input and feedback is invaluable in our data collection phase. If we have not contacted someone in your community, we hope to reach you over the next few months.

Nanaimo and Kelowna Honour Local Sport Volunteers

By: LacrosseTalk Staff

The 4th Annual Sport Achievement Awards event took place February 7, 2009 at the Coast Bastion Inn in Nanaimo. This event honours the sport community in celebration of sports excellence.

Lacrosse was very well represented at this event with five individuals and teams nominated for various awards. In the Official of the Year category, Cody Riddoch and Jim Turley were finalists with Cody winning this award. Cody has been a referee for lacrosse for over 7 years and has officiated all over BC. He has been a referee for provincial competitions including Pee Wee, Bantam, Midget and Girl’s lacrosse teams. Last year he was selected as an official for the BC Summer Games and officiated the Midget Gold Medal Game. He also got the opportunity to travel to Whitehorse, Ontario where he was an official for both Pee Wee and Bantam National Gold Medal Games.

Cody received the Nanaimo Lacrosse Referee of the Year Award and in 2008 he received the Zone 6 Officials Award from the BCLA.

Other lacrosse achievers who were nominated as finalist for various awards were: Gord Cawthorne (Grassroots Coach of the Year finalist), Bryden Pellerite (Male Junior Athlete of the Year finalist), and the Nanaimo Bantam Girl’s Lacrosse Team in the Junior Team of the Year category. Congratulations to all who were nominated and to Cody Riddoch for his achievements.

The City of Kelowna and Pacific Sport also recognized some of the best and brightest in the local sporting community. Community Sport Hero Awards were given to twenty-four local volunteers and sports administrators for their accomplishments and contributions for sport in their community. Lacrosse volunteers Dan Wray and Scott Remmer were 2009 lacrosse recipients of these awards. Congratulations Dan and Scott.

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Zebras Earned Their Stripes
So Can You!
Become a BC Lacrosse Referee Now!

Be a Leader

Great Part-Time Job

Professional Development

New and Experienced Referees
are Welcome for:
Box Lacrosse
Men’s Field Lacrosse
Women’s Field Lacrosse

Contact the BCLA at 604-421-9755 or Email info@bclacrosse.com

Nominate Field Lacrosse Volunteers NOW!

While we’re still in Field Season, we would like to give you the opportunity to nominate some of your dedicated volunteers for the 2009 BCLA Merit Awards while the season is still fresh in your minds. Field Lacrosse Merit Award Categories include:

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

The Award Winners will be presented during the 2009 BCLA Annual General Meeting Banquet next October. Our volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

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

Western Lacrosse Association 2009 Schedule

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Yuen Stars with Versatility Blues

By: John Chilley-Hill

Antho Yuen can see a difference in styles between eastern and western Canadian lacrosse teams. Yuen is one of the most experienced varsity lacrosse players in Canada, having played with Simon Fraser University in the Men’s College Lacrosse Association and the University of Toronto in the Canadian University Field Lacrosse Association.

“I feel that SFU, because they compete with American teams, plays more of an American style of play compared to U of T and the other CUAFLA teams,” said Yuen in a recent email.

“One major difference is possession time, with more shots being taken amongst CUFLA teams.”

A product of the Port Coquitlam Saints’ Intermediate and Junior A teams, Yuen also played senior ball with the Maple Ridge Burrards before attending SFU and then moving east to U of T and playing in CUAFLA.

“The experience has been great,” said Yuen. “There are a lot of great players in [CUAFLA], including some with extensive indoor and outdoor experience.”

He’s enjoyed the contrast in play style as well.

“CUFLA teams have that great tight skills and game vision. The game play is also different, with the CUAFLA having more of a ‘run and gun’ style of lacrosse,” he said. “I feel that the players in the MCLA have great ball protection and offensive strategy.”

Representing Canada was just one of the benefits of playing in the all-American MCLA.

“The competition was also very good, and there are some very strong, fast, and athletic players in the league,” said Yuen. “[SFU’s] lacrosse program is also very good and it helped me become both a better player and student.”

The CUFLA experience has also been very good for Yuen, letting him travel through Ontario and Quebec and meeting new challenges on the field.

“I have also enjoyed playing against some great competition,” he said, “and the players and the coaching staff at U of T have been great, friendly and welcoming.”

His one complaint with playing in eastern Canada in the autumn is the weather.

“The only issue I have with the CUAFLA is the bitter cold that grips Ontario/Quebec making practices and games rather chilly. However, I’m from the west coast so I suppose everyone is used to it [in Ontario].”

After graduating from SFU, Yuen was accepted for a graduate program at U of T and considered playing lacrosse for the Varsity Blues.

“Losing that way was disappointing, but, for Sanderson, he wouldn’t have it any other way.

“I think my family and the Wings organization was a little thrown when I announced that I wanted to go to Buffalo for that first game (January 3),” said Sanderson. “They were able to talk me out of it but I refused to miss the Rochester game the following weekend.”

The Wings had a roller-coaster year ending the season with a 7-9 record and missing the final playoff spot in the Eastern Division. It was a season where they learned from experiences, but a season of motivation and perspective with Sanderson in the dressing room.

“On a psychological level, there was something important about getting back on the bench,” explained the Wings assistant coach. “It wasn’t always easy, especially as my treatment progressed and I found myself coaching and traveling right in the middle of radiation and chemo, but I am thrilled that I was able to coach the entire season.

“Words cannot describe how everyone felt to have Chris back on the bench,” mentioned Wings head coach Darryl Hurrley. “As good as it was to see him on the bench it was even more uplifting to see the warm and admiration our opponents extended to Chris in the handshake line and our fans and others exhibited from the stands.”

So Sanderson and his army marched along with his wife, Brogann and two little girls Stevie and Clementine behind him every step of the way.

“Next to my family, lacrosse is my number one passion and priority,” said Chris.

And by the way, that Wings home opener may have been a loss, but we were all big winners seeing Chris back on the bench.

For anyone wishing to stay up to date on how Chris is doing, click on to his Caring Bridge website at www.caringbridge.org/visit/chris-sanderson

Chris Sanderson guarding Team Canada’s goal in 2006 World Cup enroute to Canada’s first World title since 1978.
Eliuk & Veltman Inducted to NLL Hall of Fame

By: NLL

Two great players enshrined as Class of 2009 honorees Hall of Fame

Dallas Eliuk and Jim Veltman were inducted into the National Lacrosse League Hall of Fame on Saturday March 7, 2009. The ceremony took place at Pepsi Center in Denver as part of All-Star Weekend.

During his induction speech, Eliuk told the story of how he first became a goaltender as a 6-year old while playing lacrosse in his hometown of Vancouver. “Back then, they always put the big- gest kid on the team in the net, which certainly wasn’t me. Our starting goalie got hurt just before the end of a period. We’re in the locker room and the coach when around the room, asking each player if they preferred to play goalie. I was always taught to be positive and have a can-do attitude. So I said, ‘Yes, I can.’ I was put in goal for the rest of the game, and we won the game. I’ve been a goaltender ever since. I discovered that it was a position where I could make a real difference in the game.”

Eliuk also stated, “More than any other position, a goaltender is judged most by his ability to win.”

Veltman also praised many of his past teammates and coaches, including the late Les Barlow, whom he now joins in the Hall of Fame. “To all of the players I’ve played against, thank you. You forced me to play at my highest level and pushed me to play better than I played the game before.”

Veltman closed his speech with some little lessons that he learned from the game of lacrosse. “Savor every moment. Enjoy the successes, be open to the failures. Respect and take care of The Creator’s game.”

Both were fierce competitors who’ve faced each other in five championship games throughout their careers. Veltman told the story of how Eliuk played so well in the 2001 Championship Game that he ‘stole’ a win for the Wings, who defeated Toronto 9-8. “We deserved to win that game, but Dallas, we just could not figure out how to get past you that night. The loss in Toronto jeopardized your performance that night.”

Eliuk’s NLL career lasted 18 seasons including 15 in Philadelphia and 3 season winding down his career in Portland. He played in 237 games scoring 1 goal and 119 assists. He logged 10,939 minutes allowing 2,220 goals past him, making 7,130 saves, with a lifetime goals against average of 12.18 and a 76.26% save average. Eliuk was on four NLL championship teams.

Veltman’s NLL career spanned 16 seasons starting his career in Buffalo (5 years) and 11 season in Toronto with the Rock. He played in 219 games, scoring 17 goals and 550 assists for 733 points. He was best known for his loose ball capabilities known as “Scoop” gathering 2747 balls. Veltman won eight championship rings, 3 with Buffalo and 5 with Toronto.

Field of Dreams

By: Jason Davaille

There are 152 Canadians playing men’s field lacrosse in US Universities and the numbers are just now starting to surge.

Playing lacrosse in the USA has increasingly become the dream of young lacrosse players throughout Canada. Those players can choose from dozens of programs that range from the likes of Paul and Gary Gait, Trace Kelusky, Brody Merrill and others who have played in the US college system and then gone on to further stardom in the NLL, MLL, and Team Canada.

However, there are ultra elite athletes that might also convey the impression that only our finest athletes are wanted down south. Perhaps a more meaningful point of reference for our up-and-coming student athletes are the 152 Canadians who are playing NCAA lacrosse in the US today.

Indeed, it may come as surprise to many lacrosse fans that there are so many Canadians playing lacrosse in the US in 2009. We have al- ways known about the high profile players who were at the top of the Junior A box lacrosse leagues in Canada and then went on to repeat similar success in the US. However, the sheer breadth and depth of the Canadian contingent might be surprising too. According to data derived from US collegiate lacrosse programs, there are 152 Canadians playing in the NCAAs in 2009 (75 in Division I; 39 in Division II, and 38 in Division III). These players come from across Canada with seven provinces represen- ted by at least one player. Also included in the list are two players from Six Nations and one well-known goalie (Remington Steele) who grew up in Dallas but proudly carries a Northwest bloodline. Those young players can look to the up-and-coming student athletes the 152 Canadians playing in the USA Universities and the numbers are just now starting to surge.

While goal scorers seem to get lots of glory, aspiring student athletes should not forget the bigger picture. Joel Delgarno is a two time college All-American and academic All-American at Stony Brook playing lacrosse in Long Island, NY. Only a year or two ago people were talking about the exploits of Rhys Duch and Athan Iannucci and the year or two ago people were talking about the exploits of Rhys Duch and Athan Iannucci and the top academic schools on the US east coast. Delgarno currently stands fifth in NCAA scoring with 29 goals and 22 assists. Over four years he has scored 301 points and now ranks second all time amongst Buckeye scorers. Syracuse’s Stephen Keogh (Toronto Beaches), has also put up big numbers scoring 37 goals so far this year. Defending NCAA champ Ontario is ranked #2 in the latest NCAA poll. Stony Brook’s Jordan McBride (New Westminster) and Hofstra’s Jay Card (Caledon) carry on the tradition of great Canadian box lacrosse players playing in Long Island, NY. Only a year or two ago people were talking about the exploits of Rhys Duch and Athan Iannucci and now they are talking about McBride’s 32 goals in 11 games and Card’s 26 goals in 11 games.

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Toronto Nationals Season Preview

By: John Chisley-Hill

The last time Joe Walters was on a Major League Lacrosse field he was hoisting the Steinfeld Cup above his head as the game’s Most Valuable Player, having led the Rochester Rattlers to an 18-6 victory over the Denver Outlaws.

Since then, the Rattlers have moved north of the border to Toronto to become the Nationals. Once again, Walters is an integral part of the team, and is excited to be a part of the NLL’s first ever Canadian team.

“Toronto is a GREAT city and I look forward to the many weekends here this summer!”

In early April there was another big announcement coming out of Toronto: Gary Gait, one of the greatest lacrosse players of all time, was joining the Nationals for the 2009 season.

“Gary is one of the best to ever play the game. It has been an amazing opportunity to play with him this season with the Knight-hawks and I am thrilled that he is on board with the Nationals so we can continue being teammates. He has so much knowledge and experience to pass along. I am spoiled in a way.”

In addition to winning the Steinfeld Cup and being named game MVP, Walters was a four-time NCAA All-American with the University of Maryland and a finalist for the Tewaaraton Trophy in his final year with the Terrapins.

Despite all this personal success, he has only one goal for 2009.

“Winning the MLL championship. Personally, I will do everything I can to help our team win, accolades and secondaries!”

With most of the championship roster returning, plus Gary Gait, the Nationals are again a contender.

“I strongly believe that last year’s Rochester Rattlers was the best team ever assembled,” Walters said in a recent email interview. “We had a great mix of Canadian and American players, including some of the best players at each position.”

Although Canadian players and fans are used to box lacrosse indoors, Walters is happy to educate people about the field game.

“This was my first year playing the National Lacrosse League, for the Rochester Knighthawks, and I was one of the few Americans on the team playing a Canadian style of lacrosse,” Walters said. “I am actually excited to be one of the few Americans again on a Canadian influenced team, but this time being the ‘veteran’ and teaching these guys a few things about the outdoor game.”

Fans of the NLL or box lacrosse shouldn’t expect to see many fights; field lacrosse is a more wide-open, athletic version of the game.

Walters wants to emphasize that the NLL’s style of play is distinct from the NCAA and Canadian University Field Lacrosse Association’s game.

“Unlike the college game, there is a shot clock, so that helps speed up the game, which typically is the indoor fans complaint about the outdoor game,” said Walters, who added that “I am hoping the Nationals draw well and fans appreciate this game, as we will help spread outdoor lacrosse in Canada.”

There’s a lot to be excited about for the Toronto Nationals 2009 season whether it’s Walters playing with Gary Gait or introducing field lacrosse to a new country, but Joe Walters only wants one thing.

“Win an MLL championship. If you are not playing to win and be the best, you are wasting your time.”

Joe Walters seen here in a Rochester Rattlers uniform will compete with the new Toronto MLL team.

The Race to the Finish

By: Teddy Jenner

The play-offs are in full swing as the National Lacrosse League looks for its next Champion. Eight teams are vying for a shot to call themselves the Best of the Best and going into the post season, all eight have a legitimate chance to take home the Champion’s Cup.

The regular season was rich with highs and lows, great performances and record setting nights. With so much going on every weekend, it was hard to decide which game to focus on and sometimes, tuning in to one game, meant missing another that turned out to a match for the ages!

When the smoke finally cleared on the 2009 season, we saw the Calgary Roughnecks and the New York Titans atop their respective divisions. The “Neces have been steady all year and with a solid 10-5 record they easily demoted the Western crown. Conversely, the Titans took licks dog’s all season long and were only able to call themselves Eastern leaders on the final weekend of the season after they beat the Minnesota Swarm and the Boston Blazers took out the Buffalo Bandits.

It was a season of memorable moments showcasing Eastern based players for the most part but coast to coast we witnessed some insane play all year long. Mark Steenhuis of the Minnesota Swarm and the Boston Blazers took the final weekend of the season after they beat the Toronto Rattlers.

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Overall the 2009 season was a very tight and exciting race. The last week of play saw epic battles for the final play-off spots in both divisions. The Edmonton Rush were one quarter away from making their first play-off appearance in franchise history, proving they may just be one key acquisition away from being a contender in this league. The Minnesota Swarm struggled at home and it cost them a play-off spot during their first run in the Western conference. Portland was a real surprise to everyone outside of the locker room. Many expected them to flounder with the loss of Dan Dawson but they didn’t miss a beat coming into the post season a favorite to move on to the Western Finals. Matt Disher, Lumberjax goalie, is being considered for MVP and may have the honor of being the first Western based goalie to win it! In the East, the big story of the year was the play of the newest NLL franchise, the Boston Blazers. Led by Dawson, who had a unbelievable year this team also benefited from the emergence of players like Gary Binning, Brendan Thenhaus, Matt Lyons and Veltman on. Add to that Anthony Cosmo in net and the likes of Mitch Bellise, Paul Dawson, Jack Reid and Kyle-Ross on D and they were nearly unstoppable, with their no surrender attitude almost winning them the East.

Showing the best in the world, the NLL post season promises to be nothing if not intense! Definitely show stopping and an excellent lead in to the WLA season starting in a just a few short weeks.

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The ability to recover from exercise, an intense game or hard workout, is one of the determining factors to any athlete’s long term performance success. Being able to successfully recover from such high intensity activities will allow your body to be fully charged, rested and ready to perform at its highest peak the next time you step on the field or hit the gym. Here are some helpful tips to allow for optimal recovery.

Practice good eating habits. Unlike nutrition dictates the health status of your body, plus the amount of training you can withstand and adapt to. What you eat and drink every day sets your athletic potential. If you eat poorly on a daily basis, your athletic potential ceiling will be low. Maintaining daily optimal health through a nutritious diet will do more to speed your recovery from workouts than any other factor.

Nutrition during activity. Fueling and hydrating properly during exercise will put you, at the end of a session, in the best possible shape, needing the least total recovery. For easy workouts of less than an hour, water will suffice. For workouts lasting longer than one hour you should consume a sports drink containing carbohydrates, electrolytes and possibly protein (if your GI system is receptive to this). Hydration and electrolyte replacement: Your body’s thirst drive depends on two things: a decrease in blood volume and an increase in blood salt concentration. Both of these occur when you sweat. Research has shown your body will absorb and retain more fluid when electrolytes such as sodium are added to whatever you are drinking. Consuming water dilutes the sodium in your blood and shuts off your thirst mechanism, so you drink less and tend not to hydrate fully. A simple sports drink, even diluted can help to accomplish this.

Post Activity Nutrition. Take a post activity shake or snack. The job of post-exercise nutrition is to regain hydration status, replenish electrolytes, replace carbohydrate and provide protein for muscle repair and antioxidants to reduce cellular damage. To help reduce the stress hormone cortisol, which literally eats away at muscle tissue, a simple shake containing a 2:1 ratio of carbs: protein will curb this hormone as well as aid in the shuttling of nutrients to the muscles, thus commencing the recovery process. Refueling 30 minutes post activity will allow for the utmost absorption of nutrients into the muscle tissue. If you miss this window, it can take up to 48 hours to fully replenish your energy stores. All the more reason to prepare a post activity shake.

Take a contrast bath after training. After consuming your post activity shake; use this method of bathing in order to stimulate recovery. Begin by submerging yourself in hot water for 30-60 seconds. Immediately jump into a tub of ice cold water for 30-60 seconds. Repeat this process for up to ten minutes. The contrast in temperature causes rapid vasodilatation and vasoconstriction of the circulatory system, thus acting like a pump to quickly pump out old blood and wastes and new blood and nutrients to and from your muscles. This can also be done in the shower, which is more practical for most people.

Practice good sleeping habits. Take a Nap. Naps are a great way to speed up your recovery. During sleep, your body releases growth hormone and repairs the damage that has been done to your muscles during intense workouts. Taking a 20 to 45 minute nap once a day is a great way to see faster results. However, do not sleep longer than 45 minutes as you will wake up feeling groggy and more fatigued.

Get 8-10 hours of sleep each night. Sleep is vital for recovery. Sleep is when your body does its best repairing and rebuilding. Skimp on sleep and you will delay recovery. Through the course of a night’s sleep, you cycle through several phases. During the slow-wave stage, growth hormone is released by the pituitary gland, stimulating tissue repair.

Do recovery workouts. By performing a very light, high rep workout the day after an intense training session and getting some blood into the muscles, you can actually accelerate your ability to recover. Perform exercises just using your own body weight to help stimulate blood flow. Light impact cardio exercise for 30-45 minutes will help to flush out your body of unwanted wastes as well as increase circulation to help deliver nutrients. Make sure to take the time to adequately stretch as stretching helps to promote circulation and relaxation, both vital for optimal recovery.

Listen to your body. Every two to twelve weeks, your body will start to break down and demand a rest. Signs of this could be chronic stress, illness, injury and burnout. Taking a week off will actually allow you to get stronger and come back fresher and ready to train hard again.

Remember, training is only half of the equation. Without proper recovery techniques your progress will never be optimal. Start incorporating these techniques today and you will notice a substantial improvement in your performance and energy levels.

Sweat Box: Catch 22 is now running box lacrosse speed and conditioning programs out of Mountain Edge Lacrosse in Port Coquitlam. For more info on these programs or for online training programs please visit www.catch22lax.com or call 604 309 2944. Remember, don’t just train….La-X-Train!
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