

By: LacrosseTalk Staff

With the hockey arenas morphing from the cold igloos 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 good-bye 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 Canisius College and Team Canada coach Randy Mearns. "Lacrosse is life."

The hockey gear now stored away, it was time to rummage through the basement for the next stinky bag of equipment – the very lacrosse gear that held the same stench from the final game the July before. We'd dust off our stick and punch 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-Burrard All-star and current head coach Daren Fridge. "I remember going to the basement of Scoff'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 boards, a

British Columbia Lacrosse Association 4041 B Remi Place Burnaby, BC V5A 4J8



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 swooping 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, slashing 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 terrific attitude, all of which give rise to optimism. It's like a steady shot 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 Cable. "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 craze for some and a calling for others to not only learning the skills to play the game but to experiencing a team sport 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 Hofseth. "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 none more apparent than the longevity of lacrosse alumni



Hall Named Sport BC President's Award Winner

By: LacrosseTalk Staff

The 43rd Sport BC Athlete of the Year Awards and President Award ceremonies took place Tuesday March 24, 2009 at the River Rock Casino Resort and Show Theatre in Richmond, BC. Hundreds of BC's finest athletes, coaches and volunteers were honoured at the prestigious event.

The BC Lacrosse Association 2009 selection for the Sport BC President's Award for Lacrosse was none other than Mike Hall of Surrey.

This quiet, unassuming gentleman with a dry sense of humour, Mike has been an important part of the BC Lacrosse Association. He has served at the Minor Lacrosse Association level in Killarney and Surrey, the Lower Mainland Commission as Treasurer, and has been serving as the BCLA Secretary for the past eight years.

Mike has 23 years lacrosse experience both at the local association level and the BCLA level. He began his lacrosse career as a VP & President for the Killarney Minor Lacrosse Association while coaching in the late '80's. In 1990, he became the Treasurer of Lower Mainland Minor Lacrosse Commission and has held that position ever since. Mike volunteered for the Surrey Minor Lacrosse Association for over ten years and held almost every executive position in the Association. Juggling his Association duties with BCLA duties, Mike has been an integral part of the successes of all groups.

"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 President's Award recipients from the BCLA are: David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll (BC Games) and Toni Lowe (2007), Ron McQuarrie (2008) and Mike Hall (2009). Congratulations Mike!



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

TENN SOULED LACROSSE

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 main 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 turnouts.

"I was very pleased with the enthusiasm and interest from areas outside the Lower Mainland," stated Comeault. "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

Team BC Field and Box Teams Gear up for Nats

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-Rey Comeault (HC) and Justin Bosher (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 Comeault. "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 Milani 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.

"We're starting all over again," stated a grounded Derek Milani. "We will have to be big, fast and win the loose balls to be successful. We're building this team from the goalie 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 job 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."

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.

Provincial Government Congratulates BCLA



Dear Ms. Winterton:

On behalf of the Province of British Columbia, it is my pleasure to acknowledge and congratulate BC Lacrosse Association and its many volunteers for their significant work to advance sport in British Columbia. The recent \$5 million investment in support of the work of the BC Sport Alliance, by the Ministry of Healthy Living and Sport, highlights our commitment to the growth of sport and recreation opportunities

across BC.

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.

Sinceely,

David Galbraith Assistant Deputy Minister

Junior Adanacs to Broadcast All 2009 Home Games

By: Brad Challoner

The 2009 BC Junior "A" Lacrosse season is under way and once again the Coquitlam Adanacs will be broadcasting all home games played at the Coquitlam Sports Centre live over the internet and available world-wide. The A's 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 and On Demand highlight 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 communities that can scout the BC teams before meeting them at Minto.

Broadcasting the games live over the internet is a great opportunity for the entire BCJALL. It offers another way to market and promote the sport, and to interact with its die-hard fans. Players love it as much as anyone. There was a funny story last season of a player that will remain nameless, who was caught by his brother Continued from Cover Article: The Boys & Girls of Summer Are Back!

who still give back as keepers and mentors of lacrosse to the next generations, even though involved well past their playing days.

"Lacrosse is my game and I always looked forward to the coming season," said a proud Salmonbellie Hall of Famer Paul Parnell.

So embrace the new lacrosse season and all it will offer – the traditions, the camaraderie's, the fun, the sweat and the friendships! Respect your opponents, officials, teammates and coaches. But most importantly, respect the game. It is the gift of the Creator and we must all follow in the footsteps of our ancestors to carry on the heritage, beauty and grace of Canada's National Summer Sport and the fastest game on two feet, Lacrosse. Be sure to get out to see live lacrosse action at a box or arena near you. The Mann Cup Senior A National Championship returns to BC September 4-12,

watching his own goals over and over again. Or the game with a line-brawl that garnered the most replay views of any game to date. It's also a thrill for the players to be called up for post-game interviews by the broadcasters. They get a First Star type of feeling, plus a little media practice before some of these players move on to the NCAA or even the NLL.

The league opened on Friday April 24, and the first broadcast from Coquitlam was a 9 to 7 win over Nanaimo on April 26. Every team this year has a fabulous roster of athletes that can provide world-class entertainment. You can find the games via the Adanacs' team link at www.bcjuniorlacrosse.com. If you can't watch a broadcast, make sure to check out these games live all across the lower mainland at an arena near you.

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 Salmonbellie-lifer, he has quietly become one of the hottest 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 'Bellies to an impressive Minto Cup berth, the Jr. 'Bellies 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 Mc-Bride, 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.

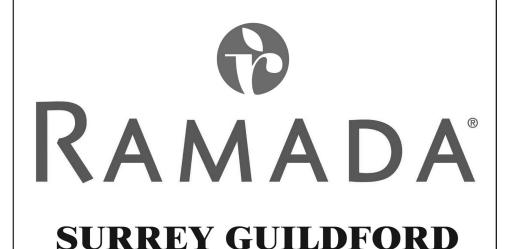
In his 2008 record setting freshman year at Long Island's Stony Brook University, he played in all 14 games receiving honorable mention All-American by the USILA, America East Freshman of the Year and first team All-America East accolades. McBride led Stony Brook in goals (44) and points (55) and finished 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 I player in 2008 -- it was also one goal shy of tying the NCAA

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 Sowell. "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!



Heated Pool, Jacuzzi, Fitness Room

Fully Licensed Restaurant 1-888-958-9988 TEAM RATES

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 ancestry. 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-uncle, 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 Vanoc 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 what better platform than 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 since the bid phase, it took a year and more than $25\,$ meetings to get agreement among the four host 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 hundreds of different bands and different nations, as well as the Metis, on board. It's been a long process that many expected would fail.

It has meant hours and hours of travelling to and meeting in longhouses, sweat lodges and band offices to get support from every region of the country.

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

But now, there is wide consensus that first nations people will participate in and contribute to everything from the pavilion 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 30, getting them involved means new technology. 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 mentored by legendary Squamish Chief Joe Mathias.

It's a theme that he repeats many times during the day we 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 fishing 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

He tells me about the spirit visitor that terrorized his three-year-old son 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 fights, we have to remember that we have to practise 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 years 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 were 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 Mathias spoke about aboriginal rights. It changed

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 Timohoke, live in a large, stylish home on the Squamish reserve in West Vancouver. Joseph's daughter from his first marriage, 11year-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.

(His 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.)



Tewanee Joseph is the Executive Director of the Four Host First Nations.

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, practises. 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 chords were E and A," says Joseph. He learned C and G so he could play Baby Beluga -- Koru's favourite song at

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.spiritofbc.com/sbc_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 not in her husband's future.

"The band will not go on tour," she says. "That's all I know."

May 2009 | **Page 6**

By: Bill McBain

Darcy Rhodes of the BCLA office staff has been working with the CLA office to bring to light all the little snags 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 utilize the system for all their program requirements.

Coach's Corner

It will be interesting to see the final registration numbers this year. In the local area (Kelowna) it appears the numbers have been maintained or experienced some growth. I believe people have realized you need to recruit hard and be creative to take a piece of the sport pie if you want the numbers to grow.

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.

Such an approach is the one run in Kamloops 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 3 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 incidents 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 expand 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 final camp. I like the thoughts of expanding 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.

2009 World Police & Fire Games



With less than three months to go things are heating up for the World Police & Fire Games. Field Lacrosse is making its debut at our games which will showcase athletes from police, fire, corrections and border services. In recent months teams from across the Lower Mainland have been out on the fields practicing and preparing for the event.

The Field Lacrosse tournament will be held on the new Coquitlam Town Centre Sports Complex fields which recently hosted the 2008 ILF U-19 World Lacrosse Championships. Admission to all games are free with no tickets required. This is a great chance to get the family out and cheer on both local and visiting teams.

If you would like to get involved as an official or volunteer please email Chuck Lamont, Field Lacrosse Sports Coordinator at fieldlacrosse@2009wpfg.ca

For further information about this and other World Police & Fire Games events please visit: www.2009WPFG.ca

In Memoriam

Connie McBride: This long-time New Westminster Salmonbellie volunteer and parent passed away on December 20, 2008 after a long battle with cancer. Connie was very involved in the box and field lacrosse communities as a registrar and referee allocator – and was one of the group of parents involved in the development of the New Westminster Warlocks youth field lacrosse programs in the early 1990's. Connie was a big fan of lacrosse and never missed a game with her husband Martin watching her sons Jordan and Jimmy play for their Salmonbellie teams. She will be sadly missed.

Lorne Charles 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 family 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.



Gordon Gair (centre) was inducted into the Canadian Lacrosse Hall of Fame in 1969

Gordon Gair: It regrets me to inform the lacrosse world of the passing of Canadian Lacrosse Hall of Fame great, Gordon Gair April 23, 2009.

Gair, who played parts of 16 seasons in the OLA Senior A series, mostly with Mimico Mountaineers still stands 4th all-time in career regular season goal scoring with 709 to his credit, plus another 101 playoff goals, giving him 810 career all-time goals placing him still 10th in all-time goal scoring.

Gord, was the top point-getter in senior A in both 1936 while with Mimico Mountaineers and again in 1946 when he potted 100 goals for

the Barrie Lakeshores and still holds the league record for most goals in one game with 14 in a game against Orillia Terriers on August 24, 1946 nearly 63 years ago.

Gordon is predeceased by three brothers, Norman, Lloyd "Toad" and Jack Gair, with both Norm and Jack both inducted into the Canadian Lacrosse Hall of Fame. He also had two first cousins Angus and Ken Dixon who are both also members of the Canadian Lacrosse Hall of Fame. Gord is survived by a son, Dr. Graeme Gair and grandson Jackson Gair, both of whom played and still play lacrosse.



Auto Sales

Over 150 Quality Cars & Trucks!!

Call 604-291-7355 Or Visit US @

6951 Hastings Street Burnaby





ICBC VEHICLE HISTORY REPORTS

Auto Body

Expert Collision Repairs & Paint Work Since 1982

6951 HASTINGS ST BURNABY, B.C.

dy Shop: 604-298-7



Email Us Info@milaniautobody.com



Dr. Don Hedges

By: Stan Shillington

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."



Dr. Don Hedges

Mind you, the rascally rabbit is juiced by a battery while diligent Don is fueled by his passion for sports and a resolve to keep athletes physically fit.

Aside from his busy medical practice, he donates his spare hours as a team doctor for lacrosse, soccer, rugby and high school football teams. Oh, yes, he's also president of the Coquitlam Adanacs lacrosse club and is an associate professor of Kinesiology at Simon Fraser University.

Oddly, his cluttered life-style is not something he envisioned while growing up in his Danville, Illinois, hometown. Far from it!

At age 18, Don became the first member of his family to seek higher education when he enrolled at the University of Illinois as a psychology major in 1968; however, after two years, he left school for financial reasons and moved to California.

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

"I went to SFU thinking I'd be a Ph. D and academic in Kinesiology -- I had never heard of the word before," chuckled Hedges. "Then, Dr. Laura Jensen, a physician teaching an anatomy course in Kinesiology, suggested I should go to medical school. I laughed out loud -- the sons of poor auto mechanics in Illinois do not go to medical school, but two weeks later, she put an application form for UBC medical school in my hand. To humour her, I applied (and) as an 'early accept'."

Now a Canadian citizen, Hedges attended the UBC medical school between 1979 and 1983, all the time supporting himself by working 30 hours a week as a research assistant at SFU. As if this weren't enough, he continued attending classes at SFU during his first two years at UBC working

on a scholarship towards a Master's degree in Kinesiology. He published his thesis but, unfortunately, the demands of medical school prevented him from defending the thesis.

Hedges interned at the Ottawa Civic Hospital in 1983-84 and then completed training in environmental medicine at the Defense and Civil Institute of Environmental Medicine in Downville, Ontario, before returning to SFU as an assistant professor in Kinesiology.

Eventually, he decided to become a physician full-time, eventually joining a New Westminster clinic specializing in addiction medicine still, he continues to teach Kinesiology 241, Sports Injuries Prevention and Rehabilitation, at SFU.

But how did he ever get mixed up with lacrosse, soccer and rugby -- sports he never had heard of as a youth?

"From the age of three, I was watching and playing basketball," Hedges explains with his ever-present smile. "When I moved to Canada in 1973, a friend took me to a Burrards game at Kerrisdale Arena. I think I saw every Burrards game for the next 10 years. I was hooked! Lacrosse is the perfect marriage between the physicality of hockey and the intelligence and teamwork of basketball."

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 Nadasdi 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 also 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 Team Canada Lacrosse teams in the 2002 and 2004 Heritage Cup games and the 2003 and 2007 World Indoor Lacrosse Championships, and, oh 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 Salmonbellies, 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

"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 1987 while the BCLA awarded him with the Top Trainer honors in 1986, the Executive of the Year trophy 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.'

british columbia lacrosse association 2009 ANNUAL GENERAL MEETING & SPECIAL SESSION TIMELINES



Field Directorate Special Session Timeline

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

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

Apr. 2 Deadline for Executive Reports to be submitted to the BCLA Office Deadline for Budget to be submitted to BCLA Office Deadline for Registration Forms to BCLA Office Deadline for Nomination Forms to BCLA Office

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

BCLCA and BCLOA Special Session Timeline

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

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

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

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

Sept. 3 Deadline for Registration Forms

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

BCLAAnnual General Meeting Timeline

(BCLAAGM, Minor Directorate, Senior Directorate)

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

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

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

Sept. 14 Deadline for BCLCA, BCLOA Minutes to office

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

Sept. 22 Deadline for booking Hotel for AGM

Sept. 29 Deadline for AGM Registration Forms

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



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 opportuni-

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

"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 Salmonbellie Governor Walt Weaver, "in the past the all star game was fine, but this way the graduating players will be put on a silver platter for the professional and college teams who want to check them

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. Profiling 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 BC-JALL 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.bcjunioral acrosse.com for the latest news regarding the

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

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**

June 27, 2009

Heritage Fashion Show Royal City Centre

July 1, 2009

Canada Day Fireworks Westminster Quay

July 25, 2009

Heritage Picnic City Hall

August 22, 2009

Evening Under the Stars at the New Westminster Museum and Archives

150th Celebrations Office

26 Eighth Street | 604-515-3848 www.newwest150.ca | newwest150@newwestcity.ca

newwest150.ca

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 feel Jack would be proud to support. 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 The BCLA members will strive to build 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

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.

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

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.



10 convenient locations in BC to serve you BETTER

www.mapleleafstorage.com

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

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

The New West Seniors dropped a 9-5 decision to Best in a repeat of the Spartan shootout 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.

Day three saw the Claremont teams arrive. They opened with a Senior Tier 1 victory over the Hyacks of New West, 8-5. The Spartans followed that up with a 9-5 win over the Best Seniors. Claremont Juniors opened with a 9-7 win over New West but then lost 14-2 to Best.

On day four, the Pitt Meadows roll came to an end in a lop-sided loss to Claremont, 13-2. The New West Juniors avenged their 2 goal loss to Claremont by beating the Spartans 8-4.

The Junior final had Best defeat New Westminster Hyacks, 11-5. Best clearly dominated the tournament outscoring their opponents 54-20 in five games. The Blue Devils earlier 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.

The Senior Tier 1 semi-finals came down to Claremont meeting New West and Best battling Pitt Meadows. Claremont narrowly defeated New West eking out an 8-7 victory while Best had little trouble with the upstart Pitt Meadows squad 14-5.

Familiar foes, Best and Claremont faced off in the Senior final match. A tight defensive



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

battled ensued as each team felt each other out in the first quarter on a cold rainy afternoon. Best's ball possession was a major key to their successes winning the small battles for ground

"To stop there (Claremont's) offense we just played containment defense and we really controlled the ball off the face-offs," explained Head Coach Derek Lowe.

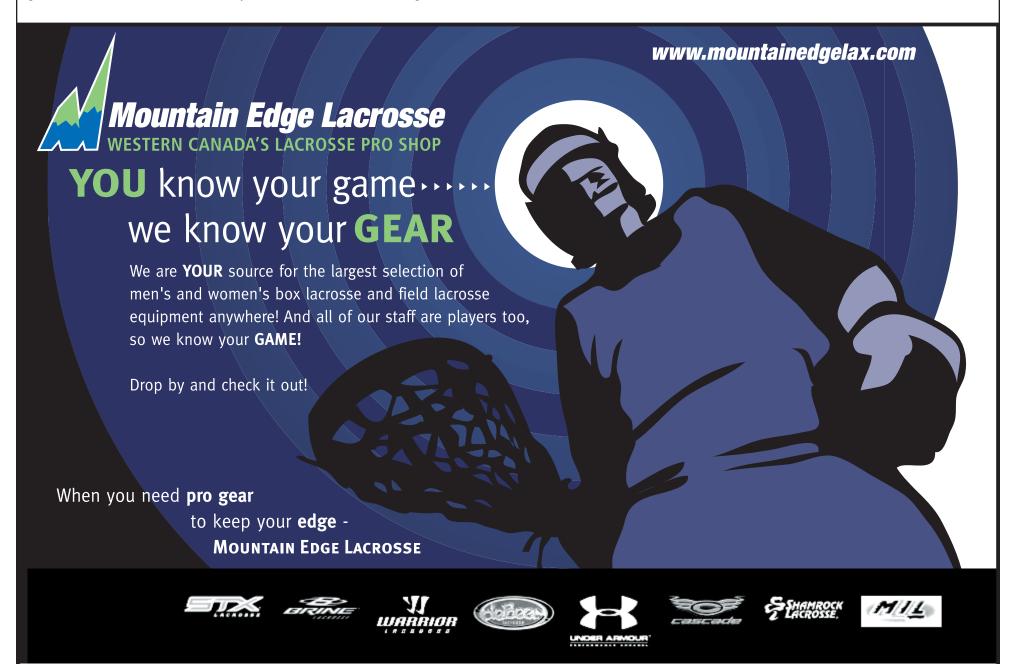
The Spartan defense was forced to play long periods of defense and Best was able to take advantage of their mistakes. Quarter scores were 2-1 after one, 5-3 Best at half. Best took control of the game at the start of the final frame with a 7-4 lead. The devils then broke it open and never looked back scoring two quick goals off the ensuing face-offs to roll to 12-4 win in the final. This marked the first Senior title for Best. Robert Church from Best was named MVP in the Senior Division.

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

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 worked hard to make the tournament a great

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



British Columbia tel: (604) 464-7621 #403, 1515 Broadway Street Port Coquitlam, B.C.

Alberta tel: (403) 692-3007 #109, 7004 MacLeod Trail S.E. Calgary, Alberta

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 BCLA), 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 Hamburg, the home base of our journey. The Keiskamma Trust operates in this town and we quickly 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 literally 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 Eddy's Hockey

Shop. The land in Hamburg is relatively flat and you could often see at great distances the red and blue hats bopping about in the community, worn by the children. They brought them to each lacrosse game and took great pride in their ownership!

While in Lesotho, we attended the Malealea Lodge where we played lacrosse with the local teenagers and had a blast! It started to rain and then thunder, but that didn't stop them from playing! Here, we donated a set of soccer jerseys to one of the local teams. They were so thrilled that the jerseys all matched. Plus, the gold and black on the jerseys are the colours of the Kaiser Chiefs, a pro soccer team they all adore. We also made some donations to the Malealea trust of children's clothing, craft supplies and toiletries and cash.

I travel a lot and I know that people, including myself, are interested in where others come from. We have brought our lacrosse sticks on most of our vacations and we always get surrounded with people who want to play. It was incredible to have a whole set sticks this time. I absolutely love lacrosse and I know that any time I have ever had the opportunity to play, or introduce it, it is always well received. Sometimes with language barriers, the best way to get people to understand something from your culture is to introduce a sport -- I can't think of a better Canadian game. Interestingly, when you give kids lacrosse sticks they don't want to put them down -- it was no different with the African children.

One girl said to me "I don't like this game", I was surprised -- she then smiled at me and said "I love it!" The incredible thing is that despite the poverty, the sickness and the hunger, the children smiled as they played, they laughed and they begged to play some more! It was time for them to forget about their troubles and to have

They all wanted the whistle and to be the referee -- once they became familiar with the rules,



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

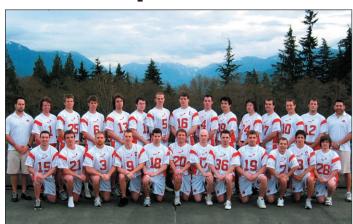
they started to question me, the ref! I let some children try reffing and they soon found out that it was not so easy! It was hysterical, watching them try to sort stuff out with hand gestures in a language we could not understand. Sometimes the kids would show up to play in their Sunday's best clothes, right after church. I have never seen so many pretty outfits out on a lacrosse field. I can still hear them yelling "cradle, cradle" – as they imitated us!

People are always trying to do something "big" to make a difference in someone's life. It is the little things, like pulling out some lacrosse sticks and a few balls and letting kids be kids that make a huge difference. We need to focus on fun, which is what we did. No one kept score, no one got upset.

Children, if we allow them to, can teach us a lot. We learned a lot. My son (Kane) and I are different for having done this, in a good way. We will both make different choices in our lives because of this experience. I hope that if nothing else, our journey may inspire others to look at the global community and do something good.

At every step of our journey we were learning -- learning how much we are the same but how very selective and different the governments of the world are in relation to providing basic needs and rights to their citizens. We have all come home with a great appreciation of where we were born and the rights we have and enjoy in Canada. This journey has affected us all in many ways, all of them meaningful, thoughtful and inspiring.

SFU Prepares for Championship Tournaments



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

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 hoist the Clan's 8th PNCLL Conference Championship and qualify for the MCLA's National Championship Tournament May 12-16 in Denver, Colorado. SFU finished the 2009 regular season with a PNCLL conference record of 9-0 and an overall record of 11-0.

Ranked No. 5 in the Prodigy MCLA Division 1 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 (18-1), Washington State University (28-2), University of Idaho (15-5) and pivotal road wins versus then No. 3 Brigham Young University (17-14) and No. 22

University of Utah (15-6). In the second poll, SFU climbed up one spot to No. 2 after another convincing home win over the University of Washington (18-9), passing previous No. 2 Chapman University and sitting one spot behind the 2009 MCLA National Champions, University of Michigan. With four consecutive bye weeks in March, the Clan would fall

in the polls to No. 3. After defeating Portland State University (24-0) 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 (22-4). A consistent Top 10 national contender from 1997-2003, No. 2 remains the highest that Simon Fraser has been ranked since 2000. SFU has ranked in the Top 25 every poll 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 75-77 (.493) record with SFU going 3-0 versus opponents ranked in the MCLA's Div. I Top 25.

Coaches Cathrea and Hoskins reached a milestone with the Clan's 24-0 win over Portland State 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 (.794) 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 from 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 19.73 goals per game, including 16 goals per game versus ranked opponents. Leading Fraser on offense has been a trio of juniors. Ben Towner leads all Clan players at attack (55g, 15a); followed by fellow attack Adam Foss (28g, 34a) and midfielder Russel Thomas (30g, 10a). 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 sophomores Curt Brown, Nathan Clare and Matt Miyashita starting on closed defense. The Clan are experienced off the bench with sophomore Luke Genereux at LSM and senior defenders Matt Brascia, Calvin Castagner and freshman Dan Patterson. Junior Ben Johnson and sophomore James Poelzer have played the bulk of the minutes at defensive midfield with Johnson handling the majority of face-offs. Freshmen Ryan Hodge and junior Aidan Inglis provide Johnson with two very capable backups in relief at the face-off box.

11-0 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 Conference Championships as the top seed. SFU handily beat Oregon State University 16-2 and won the title with a 11-7 victory over the Oregon Ducks. SFU will play in the MCLA National Championship Tournament May 12-16 in Denver.

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 SFU at the PNCLL Final Four capturing seven titles while earning eight National Championship appearances, placing 2nd in 1999. The Clan are proudly sponsored by Firstar Performance Apparel, Riddell Helmets and Gait Lacrosse. For further information on Simon Fraser men's lacrosse please visit www.sfulacrosse.com or follow the Clan on Twitter at http://twitter.com/fraserlacrosse.

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

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 BC 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 Beausoleil First Nation in Georgian Bay Ontario. As a youth she grew up playing box lacrosse for the

Midland Minor Lacrosse Association from Tyke to Intermediate. She learned the game well with two older brothers and a younger sister who all played as youths.

Walser and her sister were introduced to women's field lacrosse in their teens and played with Team Ontario winning four straight National titles. In 1994 they were also selected to represent Canada, as a demonstration sport at the 1994 Commonwealth Games. Her field lacrosse resume continued to grow making the first Junior Canadian Team in 1995 and the Women's Senior Canadian National Team in 1997.

Now a transplanted easterner, Naomi lives in BC and is expanding her horizons with the sport

"When I moved out west I didn't really know where to play anymore," explain Walser. "I was too old to play in the minor leagues . . . and wasn't exactly keen on the idea of trying out for a senior men's team just so I could play recreationally."

As a student at Langara, she was enrolled in the Aboriginal Studies Program. She researched a term project on lacrosse programming and was able to put the theory into practice with youth around the East Vancouver area through the Aboriginal 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

The organizations have partnered to address the inequity 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.

The program goals are: to increase the number of qualified female coaches starting at the club and provincial level and moving toward the national and international level in the future; to create more opportunities for women to have access to coaching experiences and to support female coaches in their pursuit of greater coaching skills, and/or attaining a higher level of certification.

Recently Naomi was selected to represent the first Haudenosaunee Women's National Team at World Cup 2009 in Prague, Czech Republic. The Haudenosaunee Nation team who will compete at the FIL World Cup in Prague from June 11-28, 2009.

Walser was chosen as one of ten apprenticementor matches in BC and looks forward to the challenges of the higher pursuits in coaching.

"I do know that my personal coaching goals range from grass roots to high-performance, and until I feel the absolute need to take one aspect out . . . I will take pride in 'talking lacrosse' with all those interested in learning," noted the new coaching apprentice.

With another World Cup experience and the pursuit of growing her lacrosse knowledge to new heights, Walser will represent the lacrosse community well in the years to come and many more athletes will be the recipient of her gift.



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

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 Ab-

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 Mississagua.

"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 treated the ruling as if it was a personal attack against us and it only motivated us more." The Pioneers opened the championships with a 16-2 demolition of the Coquitlam Beerhunters 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 Tri-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



Ladner Pioneers - 2009 Canada West Field Lacrosse Provincial Champions



CWFL All Stars (L-R) Sean Tyson, Derek Lowe, Bret Mydsky, Carlton Schuss, Reese Bailey, Tom Johnston, Jeff Callard. Front Row Owen MacNabb, Logan Schuss, Chris Manwaring

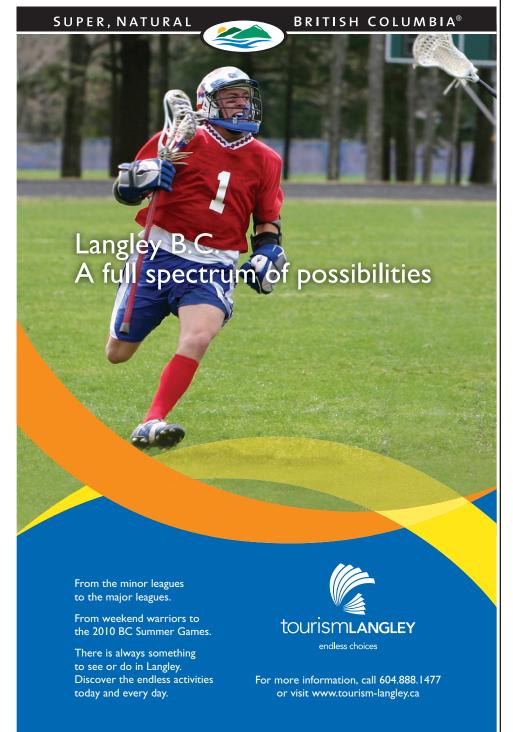
> MVP honours. Logan Schuss sealed the victory -- scoring his fifth goal of the contest with 24 seconds remaining.

Jason Jones added a hat trick, while Bryan Safarik, Lemire and Carlton Schuss, with a pair, also scored. Safarik, a member of the Colorado Mammoth of the National Lacrosse League, flew in from Denver to help out his team for the weekend.

Owen McNabb (defender), Logan Schuss (midfield) and Carlton Schuss (attack) were named to the tournament all-star team.

Other Pioneer players included Aaron Zader, Brandon MacNeill, Richard Singer, Shawn Williams, Toby Paton, Tim Winter and goalies Kevin Moleschi and Trevor Andres.

Canada West Field Lacrosse Provincial Allstars were: Goalie-Tom Johnston (Whalley); Defense-Owen MacNabb (Ladner), Sean Tyson (John B Pub), Brett Mydsky (Beerhunters #2); Midfield-Logan Schuss (Ladner), Derek Lowe (John B), Chris Manwaring (Ladner); Attack -Carlton Schuss (Ladner), Reese Bailey (Whalley), Jeff Callard (Whalley).





Naomi Walser

Lacrosse Takes Over Arena



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

Aldergrove Star - Sports

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 for events.

Over the next few weeks and months, a number of special events, opening ceremonies,

and inaugural games will be held at the LEC, and everyone is invited to be the action, be the audience as various areas of the Centre open up and user groups and sports teams settle into their new home

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 when he came on board a couple of years ago. The team, which was previously known as the South Fraser Stickmen, previously played out of Surrey

"We wanted to move to Langley regardless, and then we heard rumblings about the new Langley Events Centre," Rose said. "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 skills override their ages. This is the first season that they have played in Langley, and the team has been practicing at the Sports Box at McLeod Athletic Park.

Moving to 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 for 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 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 Chiefs 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.



LacrusseTalk
The Official Publication of Canada's National Sport

SUBWAY® Restaurants LacrosseTalk National Rankings

(Pre-season 2009) Senior A Lacrosse Top 7

- 1 Brampton Excelsiors
- 2 New West Salmonbellies
- 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 Salmonbellies 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

B.C. LACROSSE ASSOCIATION EVENTS - 2009

Team BC Box Lacrosse Provincial Team <u>Main Camps</u>

Pee Wee - Kamloops June 5-7

Female Bantam - Pt Moody June 12-14

> Midget - Peninsula June 19-21

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 17-22 Edmonton, Alberta

Minto Cup August 21-30 Brampton, Ontario

President's Cup August 24-29 Six Nations, Ontario

First Nations/Alumni Cup September 4-6 Winnipeg, Manitoba

> Mann Cup September 4-12 BC Host



Way To Go!

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 lacrosse Richard was close behind! He never played lacrosse but has played numerous sports including football, rugby, soccer and hockey – coaching many of these sports at the high school level.

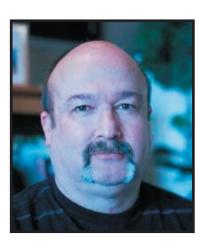
He started volunteering at the executive level in 2005 as a Vice President with PGMLA and is currently the interim President. He has held the Zone 8 Director position for 3 years offering his knowledge and expertise of youth sports. Richard was an integral part of organizing the Zone 8 team that competed 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 Pee Wee 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 any time he gets the opportunity to watch his sons play lacrosse.

Congratulations Richard!!

B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award



Richard Paciejewski

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





 $@\ 2009\ Dodor's\ Associates\ Inc.\ SUBWAY @\ is\ a\ registered\ trademark\ of\ Dodor's\ Associates\ Inc.$

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.

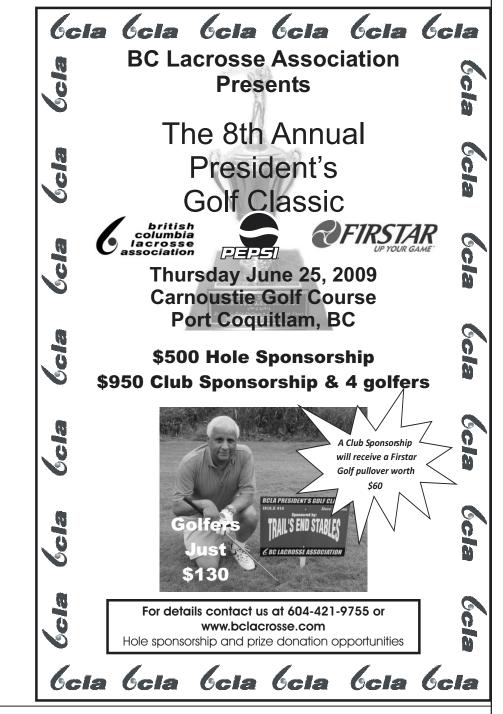
To show support for the Canadian Armed Forces in Afghanistan, last December, the Salmonbellies and their partners shipped lacrosse equipment and apparel over to our serving troops. This July, the Salmonbellies will



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 MacGrotty, Seats for Soldiers Chairman or Lieutenant Colonel Karen Baker-MacGrotty, HLCol RWestmr R at 604-526-2988.



Advertise with Us! * Tournaments * Fund Raisers * Retailers * Camps For details contact Jeff at:

jeff@bclacrosse.com or 604-421-9755

RICHMOND UNCOVERED.

See thousands of reasons to visit Richmond, British Columbia.



Unwind At Over 26 Brand-Name Hotels.

Home to the Vancouver International Airport, Richmond Olympic Oval, and just steps from East meets West shops in the Golden Village.



Dive Into Extensive History And Adventure.

Discover the Historic Fishing Village of Steveston, featuring two National Historic Sites and plenty of galleries and museums.



Be A Busy Body.

Go on a whale-watching adventure, light incense at a Buddhist Temple, bike seaside dykes or check out our festivals and events.



Taste Culinary Temptation In Every Direction.

Award winning chefs conjure up delights at over 200+ authentic Asian restaurants, fresh West Coast seafood, and family-style establishments.

Thousands of things to discover. Daily.

We welcome all the players and families of the British Columbia Lacrosse community to UNCOVER more hidden gems at tourismrichmond.com. Looking to book your accommodation? Call us at 1.877.247.0777



Aboriginal Youth Sport Legacy Fund Expands Lacrosse Program for Youth in Northern B.C.

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 Ringrose, manager of community engagement for 2010 Legacies Now. "We

Vancouver, B.C. (April 7, 2009): More than 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.



New Westminster Senior Salmonbellies 2nd Annual Summer Lax Camp

Queens Park Arena



Camp Dates

June 29 - July 3, 2009 (Pee Wee Boys, Pee Wee Girls & Bantam Girls)

July 6 - July 10, 2009 (Bantam Boys, Midget Girls & Midget Boys)

More information and camp registration at:

www.salmonbellies.com

Learn from NLL/WLA Stars like: Jordan Hall, Nenad and Ilija Gajic, Cliff Smith, Craig Conn, Ian Hawksbee, Jordan McBride and many more Senior and Junior Salmonbellies.

> I hour of box lacrosse I hour of field lacrosse I hour of Fitness each day

New West Residents \$125 Non-Residents \$150 (Girls) & \$175 (Boys)

BCLA Volunteer Leadership Support Group at work

By: Carol Greene

The newest committee of the BC Lacrosse Association, the BC Lacrosse Volunteer Leadership Technical Support Group, was created in the Fall of 2008. A committee has been struck including many seasoned lacrosse volunteers including: Myrna Cable, Angie Schwan, Roxanne Seaton, Janet Schulstad, Doug Simons, Carmen Schmidbauer, Bev Gilliam and I, Carol Greene.

The immediate role of this support group is to assess the current environment of volunteer resources available to the BCLA membership and look at the gaps in information and resources at this time. We plan to identify and prioritize key areas of volunteer and resources

The start of the process will include creating a more substantial "Best Practices" menu, and job descriptions/timelines which will help in standardizing member responsibilities and expectations. This will lead to a better understanding of duties for positions like Presidents, Vice Presidents and other executive positions to name a few.

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

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 Riddoch 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 Whitby, Ontario where he was an official for both Pee Wee and Bantam National Gold Medal Games. In 2006, 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 Pelletier (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 Renner were 2009 lacrosse recipients of these awards. Congratulations Dan and Scott.

Advertise with us!



Tournaments * Retailers * Fund Raisers * Camps

For details contact Jeff at: jeff@bclacrosse.com or 604-421-9755

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)

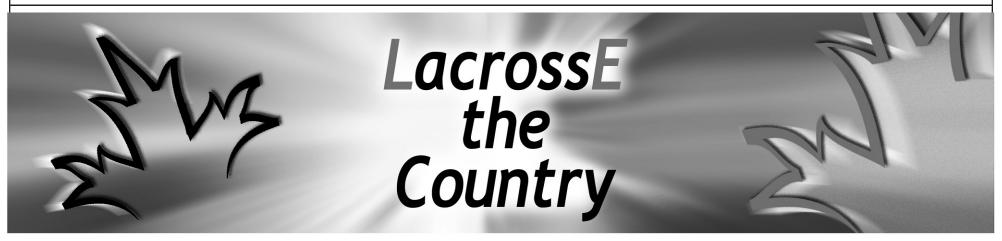
The Award Winners will be presented during the 2009 BCLA Annual General Meeting Banquet next October 2009. Our volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

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

	Day	Month	Date	Visitor	Home	Time	Arena
	Fri	Apr	24	Victoria	Nanaimo	8.00	Nanaimo
	Sat	Apr	25	Victoria	Delta	5.00	Ladner
	Sun	Apr	26	Nanaimo	Coquitlam	5.00	Coquitlam
	Sun	Apr	26	Delta	Burnaby	7.00	Burnaby Lake
	Wed	Apr	29	Burnaby	Coquitlam	8.00	Coquitlam
	Thur	Apr	30	Poco	Langley	8.00	Langley
	Sat	May	2	Victoria	Delta	7.30	Ladner
	Sun	May	3	Victoria	Burnaby	1.00	Copeland
	Sun	May	3	Nanaimo	New West	5.00	Queens Park
	Tue	May	5	Coquitlam	New West	8.00	Queens Park
- (Wed Thu	May	3	Langley Burnaby	Coquitlam	8.00 8.00	Coquitlam
	Sat	May May	9	Poco	Langley Delta	7.30	Langley Ladner
_	Sat	May	797 [Nanaimo	Victoria	/t.od /	Duncan
	Sun	May	16	Victoria	Coquitlam	5.00	Coquitlam
•	Sun	May	10	Langley	Burnaby	7.00	Copeland
	Sun	May	10	Nanaimo	New West	5.00	Queens Park
	Tue	May	12	Burnaby	New West	8.00	Queens Park
	Wed	May	13	Poco	Langley	8.00	Langley
	Fri	May	15	Coquitlam	Poco	8.00	Poco
	Sat	May	16	Langley	Victoria	5.00	Bear Mtn
	Sat	May	16	Nanaimo	Burnaby	5.00	Copeland
	Sun	May	17	Poco	Burnaby	7.00	Copeland
	Sun Sun	May	17	Delta New West	Victoria	5.00	Bear Mtn Nanaimo
	Thur	May May	17	Coquitlam	Nanaimo Langley	5.00 8.00	Langley
	Fri	May	20	New West	Poco	8.00	Poco
	Sat	May	21 22 23	Nanaimo	Langley	4.00	Langley
	Sat	May	23	Burnaby	Delta	7.30	Ladner
	Sun	May	24	Delta	Nanaimo	5.00	Nanaimo
	Sun	May	24 24	New West	Burnaby	7.00	Copeland
	Sun	May		Poco //	Victoria	5.00	Bear Mtn
	Tue	May /	26	Delta	New West	8.00	Queens Park
	Wed	May	27	Poco	Coquitlam	8.00	Coquitlam
	Thur	May	28	New West	Langley	8.00	Langley
	Fri	May	29	Delta	Poco	8.00	Poco
	Fri	May	29	Burnaby	Nanaimo	7.00	Nanaimo
	Sat	May	30	New West	Victoria	5.00	Bear Mtn
	Sat Sun	May May	30 31	Langley Victoria	Delta Poco	7.30 5.00	Ladner Poco
	Sun	May	31	Coquitlam	Nanaimo	5.00	Nanaimo
	Tue	June	2	Delta	New West	8.00	Queens Park
	Wed	June	3	New West	Coquitlam	8.00	Coquitlam
	Fri	June	5	Langley	Nanaimo	8.00	Nanaimo
	Fri	June	5	Burnaby	Poco	8.00	Poco
	Sat	June	6	Langley	Victoria	5.00	Bear Mtn
	Sat	June	6	Coquitlam	Delta	7.30	Ladner
	Sun	June	7	Victoria V	Burnaby	5.00	Copeland
	Sun	June	7	Nanaimo	Poco	5.00	Poco
	Tue	June	9	Poco	New West	8.00	Queens Park
	Wed	June	10	Langley	Coquitlam	8.00	Coquitlam
	Thur Fri	June	11 12	Delta	Langley Poco	8.00 8.00	Langley Poco
	Sat	June June	13	Coquitlam Burnaby	Victoria	5.00	Bear Mtn
	Sat	June	13	Nanaimo	Delta	5.00	Ladner
	Sun	June	14	Coquitlam	Burnaby	7.00	Copeland
	Sun	June	14	Victoria	Langley	5.00	Langley
	Sun	June	14	Poco	Nanaimo	5.00	Nanaimo
	Tue	June	16	Burnaby	New West	8.00	Queens Park
	Wed	June	17	Delta	Coquitlam	8.00	Coquitlam
	Fri	June	19	Langley	Poco	8.00	Poco
	Sat	June	20	Coquitlam	Victoria	5.00	Bear Mtn
	Sat	June	20	Nanaimo	Langley	5.00	Langley
	Sat	June	20	New West	Delta	7.30	Ladner
	Sun Sun	June June	21 21	Victoria Delta	New West Nanaimo	5.00 5.00	Queens Park Nanaimo
	Sun		21	Poco	Burnaby	7.00	Copeland
		June	23	Coquitlam	New West	8.00	Queens
		June	24	Nanaimo	Victoria	8.00	Bear Mtn
	Wed	June	24	Burnaby	Coquitlam	8.00	Coquitlam
	Thur	June /	25	Delta	Langley	8.00	Langley
	Fri	June	26	New West	Poco	8.00	Poco
	Sat	June	27	Poco	Victoria	5.00	Bear Mtn
	Sat	June	27	Burnaby	Delta	7.30	Ladner
	Sun	June 🥒	28	Langley	Burnaby	7.00	Copeland
	Sun	June	28	Coquitlam	Nanaimo	5.00	Nanaimo
	Sun	June	28	New West	Victoria	5.00	Bear Mtn
	Tue	June	30	Langley	New West	8.00	Queens Park
	Thur Fri	July July	2	New West Delta	Langley Poco	8.00 8.00	Langley Poco
	Sat	July July	3 4	Nanaimo	Poco	5.00	Poco
	Sat	July	4	Coquitlam	Delta	7.30	Ladner
	Sun	July	5	Victoria	Coquitlam	5.00	Coquitlam
	Sun	July	5	Burnaby	Nanaimo	5.00	Nanaimo
		-		=			

Western Lacrosse Association 2009 Schedule									
DATE	DAY	HOME		AWAY	TIME				
May 15	Friday	Maple Ridge	at	Burnaby	7:45				
May 17	Sunday	Victoria	at	Maple Ridge	6:45				
May 21	Thursday	Coquitlam	at	New West	7:45				
May 22	Friday	Langley	at	Victoria	7:45				
May 22	Friday	Nanaimo	at	Burnaby	7:00				
May 23	Saturday	Burnaby	at	Coquitlam	7:45				
May 23	Saturday	Langley	at	Nanaimo	7:00				
May 24	Sunday	New West	at	Maple Ridge	6:45				
May 27	Wednesday Thursdav	Coquitlam	at	Langley New West	7:45				
May 28 May 29	Friday	Victoria Burnaby	at _at	Victoria	7:45 7:45				
May 30	Saturday	Maple Ridge	at	Coquitlam	7:45 7:45				
May 30	Saturday	New West	at	Nanaimo	7:00				
May 31	Sunday	Langley	at	Maple Ridge	6:45				
June 4	Thursday	Burnaby	at	New West	7:45				
June 5	Friday	New West	at	Victoria	7:45				
June 5	Friday	Langley	at	Burnaby	7:45				
June 6	Saturday	Maple Ridge	at	Langley	7:45				
June 6	Saturday	Nanaimo	at	Coquitlam	7:00				
June 10	Wednesday	Nanaimo	at	Langley	7:00				
June 11	Thursday	Langley	at	New West	7:45				
June 12	Friday	Coquitlam	at	Burnaby	7:45				
June 12 June 13	Friday Saturday	Maple Ridge	at	Victoria Nanaimo	7:45 7:00				
June 13	Saturday	Victoria New West	at at	Coquitlam	7:00 7:45				
June 14	Sunday	Burnaby	at	Maple Ridge	6:45				
June 17	Wednesday	New West	at	Langley	7:45				
June 18	Thursday	Maple Ridge	at	New West	7:45				
June 19	Friday	Nanaimo	at	Burnaby	7:45				
June 19	Friday	Langley	at	Victoria	7:45				
June 20	Saturday	Nanaimo	at	Coquitlam	7:00				
June 21	Sunday	Coquitlam	at	Maple Ridge	6:45				
June 24	Wednesday	Coquitlam	at	Langley	7:45				
June 26	Friday	New West	at	Burnaby	7:45				
June 26	Friday	Nanaimo Manda Dida	at	Victoria	7:45				
June 27 June 27	Saturday	Maple Ridge Victoria	at	Nanaimo	7:00 7:45				
June 28	Saturday Sunday	Langley	at at	Coquitlam Maple Ridge	6:45				
July 2	Thursday	Coquitlam	at	New West	7:45				
July 3	Friday	Victoria	at	Burnaby	7:45				
July 4	Saturday	Burnaby	at	Nanaimo	7:00				
July 4	Saturday	Maple Řidge	at	Coquitlam	7:45				
July 5	Sunday	Victoria	at	Maple Ridge	6:45				
July 8	Wednesday	Coquitlam	at	Victoria	7:45				
July 9	Thursday	Nanaimo / A	at	New West	7:00				
July 10	Friday	Langley	at	Burnaby	7:45				
July 11	Saturday	New West	at	Nanaimo	7:00				
July 11	Saturday	Victoria	at at	Langley	7:45 7:45				
July 11 July 12	Saturday Sunday	Burnaby Nanaimo	at	Coquitlam Maple Ridge	6:45				
July 16	Thursday	Victoria	at	New West	7:45				
July 17	Friday	Maple Ridge	at	Burnaby	7:45				
July 18	Saturday	Burnaby	at	Langley	7:45				
July 18	Saturday	Coquitlam	at	Nanaimo	7:00				
July 19	Sunday	New West	at	Maple Ridge	6:45				
July 22	Wednesday	New West	at	Langley	7:45				
July 24	Friday	Burnaby	at	Victoria	7:45				
July 25	Saturday	Maple Ridge	at	Nanaimo	7:00				
July 25	Saturday	Langley	at	Coquitlam	7:45				
July 29	Wednesday	Nanaimo	at	Langley	7:00				
July 29	Wednesday	Coquitlam	at	Victoria	7:45 7:45				
July 30	Thursday Saturday	Burnaby Victoria	at at	New West Nanaimo	7:45 7:00				
Aug 1	Jaiuluay	viololia	aı	Nananno	1.00				



Yuen Stars with Varsity Blues

By: John Chidley-Hill

Anthio Yuen can see a difference in styles between eastern and western Canadian lacrosse

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 CUFLA 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 \boldsymbol{U} of \boldsymbol{T} and playing in CUFLA.

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

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

"CUFLA teams that have great stick skills and game vision. The game play is also different, with the CUFLA 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 the weather

"The only issue I have with the CUFLA 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.



Port Coquitlam's Anthio Yuen in CUFLA in eastern Canada in the autumn is action for the Toronto Varsity Blues

"I decided to bring my lacrosse equipment over but wasn't sure about playing originally," he said. "I actually missed training camp, and it wasn't until I bumped into one of the players on campus [that I] formally heard about the team."

Although U of T and CUFLA are different from his home in British Columbia, Anthio Yuen is enjoying playing lacrosse in Ontario.

"The experience has been great."

Chris Sanderson – Canada's Field General

By: LacrosseTalk Staff

Chris Sanderson comes from a long line of Sanderson's in the lacrosse community of Orangeville, Ontario. A family rich in lacrosse tradition, he is the cousin of current NLL players Josh, Phil, and Nate, and is the nephew of both former Wings GM Lindsay Sanderson and Calgary assistant coach Terry Sanderson.

Sanderson has etched his own mark in lacrosse as a Junior A box lacrosse standout with the OLA Orangeville Northmen winning the 1993 Minto Cup. But it was the field game that vaulted Sanderson's career learning the game on his own and accepting a scholarship to play NCAA Division 1 lacrosse with the University of Virginia.

"I'm pretty much self-taught -- I remember a gym teacher in grade 9 showing us a taped game. I think that was the first time I saw the sport," explained Chris. "It got me interested and I went to lacrosse camp in the US in the summer after grade 11. The next thing I knew, I was playing at the University of Virginia."

At UVA he lead the Cavaliers to two NCAA Final Four's in the mid 1990's. Sanderson and the Cavs were only seconds away from winning the national title in 1996 against Princeton, only to lose 13-12 in the first minute of overtime to the Tigers.

"Losing that way was disappointing, but, given my limited field lacrosse experience before UVA, just playing at that level was an accomplishment for me," stated Sanderson.

Like most Canucks, Sanderson would finish his college season and play summer box lacrosse back home. The next step was to practice his trade as a pro. He had three stops in the National Lacrosse League from 1999-2003 with the Baltimore Thunder. Philadelphia Wings and New Jersey Storm, winning a World Championship with the Wings in 2001.

Chris parlayed his skills to be one of Canada's finest field lacrosse goaltenders of all time. He was a member of the 1998, 2002 and most

recently the 2006 Senior Men's Team Canada squad - taking top honours as All-World Goaltender at the 2006 ILF World Championships while backstopping Canada to its first World title since 1978.

"Before the World Games in 1998 and 2002, I always got the sense that Canada was playing for silver," said Sanderson referring to the winning ways of the Americans. "Then in 1998, I think the team realized that we had a legitimate shot at winning. So, for me, earning the gold in 2006 felt like we had finally accomplished what we had been working up to in 1998 and 2002. Next to winning the Minto Cup, I would say winning the world championships in 2006 is the biggest highlight of my career."

His coaching resume is impressive as he was an assistant coach with the 1999 U19 Team Canada men's team, winning silver in Australia. In 2004, Sanderson took the step into the professional coaching ranks and signed as an assistant coach with the NLL Philadelphia Wings. He is in his fifth season with the Wings, currently under head coach and close friend David Huntley.

Late in 2008, he was thrown a shot that would

Chris was diagnosed with a grade IV glioma, malignant brain tumor, Glioblastoma Multiforme in December 2008 and had extensive surgery at Duke University December 22, 2008.

"I made it a personal goal to get through the initial phase of treatment -- brain surgery, radiation, and the first cycle of chemotherapy -- and make it back onto the bench to coach the Wings this season," explained Chris. "I knew the timing would be tough."

Family and friends stepped in to help with some of his work obligations and incredibly, he has carried on his family duties and a few short weeks after surgery, he was back on the bench coaching the Wings at their home opener. A place Sanderson is at his best in the thick of the battle, albeit donning his renowned red blazer

and wearing a protective helmet. For Sanderson, he wouldn't have it any other way.

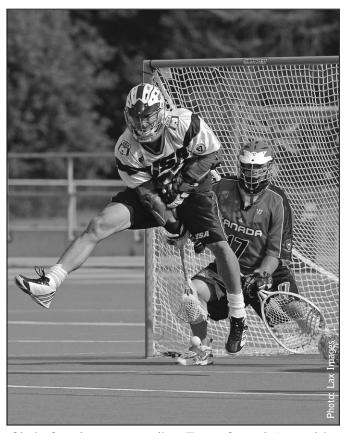
"I think my family and the Wings organization was a little thrown when I announced that I wanted to fly to Buffalo for that first game (January 3)," said Sanderson. They were able to talk me out of it but I refused to miss the Rochester game the following weekend."

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 David Huntley. "As good as it was to see him on the bench it was even more uplifting to see the warmth and admiration our opponents extended to Chris in the handshake line and our fans and others exhibited from the stands."



Chris Sanderson guarding Team Canada's goal in 2006 World Cup enroute to Canada's first World title since 1978

So Sanderson and his army march 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

Eliuk & Veltman Inducted to NLL Hall of Fame

By: NLL

Two great players enshrined as Class of 2009 joins 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 biggest 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 wanted 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 Bartley, 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 life lessons that he learned from the game of lacrosse. "Savor every moment. Enjoy the successes, be open to learn from 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 fans in Toronto applauded 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 balls 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 177 goals and 556 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."

LACROSSE TIMING SYSTEMS

SHOTCLOCKS and TIME OF GAME CLOCKS



Largest Supplier in Canada!

Features:

- Portable and lightweight
- Less than 10 lbs for a complete set, inc remote & sirens
- Sturdy anodized aluminum frame (scratch resistant)
- All solid state with approved radio frequency remote transmitter
- Compact 14" x 16" x 2" with hi-output 11" LED numbers
- Unique Sirens Waterproof, Super Loud, Distinct Sounds
- Programmable Shot Clocks 1-99 secs; Time Clocks 1-99 mins
- Super Brite LEDs 100,000 hours life
- Hard wired equipment with control console is available
- 2-year Limited Warranty

Field of Dreams

By: Jason Donville

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 young players can of course draw inspiration from the likes of Paul and Gary Gait, Tracy 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, these ultra elite athletes 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 always 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 feats in the US. However, the sheer breadth and depth of the Canadian contingent might be surprising to many. According to data derived from US collegiate lacrosse programs, there are 152 Canadians playing in the NCAA in 2009 (75 in Division I; 39 in Division II, and 38 in Division III). These players come from across Canada with seven provinces represented 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 Canadian passport.

So how have the Canadians performed down south this year? In a word - fantastic! As of April 20, 2009, the Canadians have collectively scored 1,530 goals or just over 10 goals per player and this group has assisted on 716 goals. Finally, while most of these players were recruited for their scoring prowess they evidently haven't forgotten how to play defense as evidenced by the fact that they have picked up 2,246 ground balls.

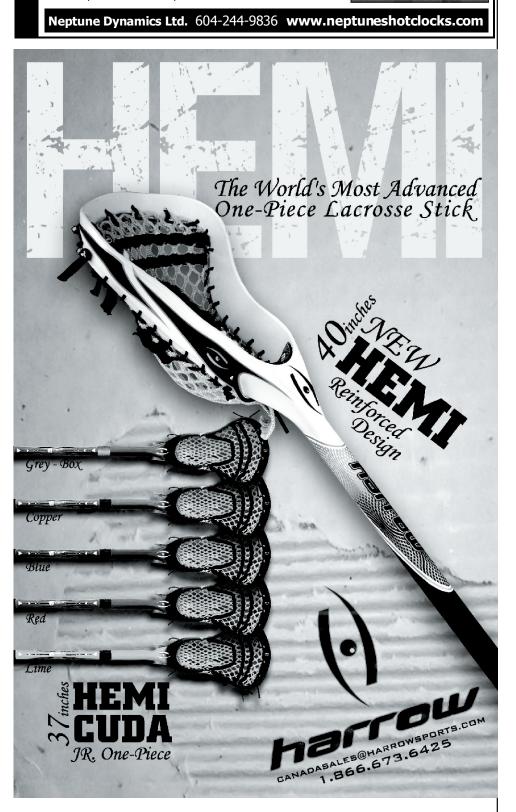
Of course, while the Canadians in aggregate have performed well, the individual accomplishments are where this story really comes alive. Bryant University's Zach Greer (Whitby, ON) is #1 in NCAA Div I scoring with 41 goals and 24 assists for 65 points in 14 games. People familiar with Greer's story will recall that he was originally recruited by Mike Pressler to play at Duke University and then Pressler was fired as result of the Duke

Lacrosse incident. Evidently Greer never forgot his loyalty to Pressler and chose to attend Bryant University to pursue his MBA. This decision coincided with Bryant's move from Div II to Div I and Greer's performance this year in part helped Bryant achieve a winning record (10-5).

Greer was not the only student athlete to have a big year in 2009. While Greer finished first in the NCAA in scoring, Port Coquitlam's Joel Delgarno also had a great run with Ohio State. Delgarno currently stands fifth in NCAA scoring with 29 goals and 22 assists. Over four years he has scored 203 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 champion Syracuse 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 Iannuci and now they are talking about McBride's 32 goals in 11 games and Card's 26 goals in 11 games. There are a few other Canucks on Long Island with names like Crowley, Campbell, and Belton who are having pretty good years as well.

While goal scorers seem to get lots of glory, aspiring student athletes should not forget the bigger picture. Joel Delgarno is a two time scholar athlete and academic All-American at Ohio State, while pursuing a degree in consumer studies. Garrett Billings of Langley has 32 goals in 14 games but is also majoring in economics at the University of Virginia, one of the top academic schools on the US east coast. Michael Howe (St Catherines) plays long pole for Cornell and is studying engineering while Zach Greer is completing his MBA at Bryant.

Not all of the 152 Canadians playing lacrosse in the NCAA are stars. However, at a certain level all of these players are living a dream which includes the pursuit of a wonderful education, a chance to travel and the fellowship that comes from being part of a team. The Canadians playing in the NCAA are also providing vicarious thrills for the parents, coaches and friends who have seen these boys develop and are watching their progress with a tremendous degree of pride. And whether they realize it or not, these players are also doing one other thing. They are sending a message to the next generation of young lacrosse players in Canada that says "yes your dreams are attainable and yes there is a school and a team out there that is looking for a player just like you".



Toronto Nationals Season Preview

By: John Chidley-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 in a 16-6 victory over the Denver

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 MLL's first ever Canadian team.

"Toronto is a GREAT city and I look forward to the many weekends there this sum-

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 Knighthawks 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 fourtime 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 are secondary."

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 in 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 MLL'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



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

outdoor game," said Walters, who added that "I am hoping the Nationals draw well and fans appreciate the game, as this will help spread outdoor lacrosse in Canada."

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

"To win an MLL championship. If you are not playing to win and be the best, you are wasting your time."

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 'Necks have been steady all year and after a solid 5-0 record they easily donned the Western crown. Conversely, the Titans fought like dogs 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 Bandits was unreal and every time he held the ball in his stick you could feel the electricity in the building rise. His 17 point display against Toronto on Valentine's Day was a monstrous effort! He was unstoppable as he broke Derek Malawsky's single game assist record with 13. He put on a clinic that night toppling the

once believed unbeatable single game record formerly held by the formidable John Grant. The orange-shoed assassin was hot all season, recording ten points or more in three games.

Another record surpassed this year was Josh Sanderson's single season assist record of 71. Sanderson's name is still attached to the record; but now he has some company at the top. Joining Sanderson is Dan Dawson of the Blazers, with both dropping an awe-inspiring 74 assists in 2009. It was exciting to watch two of the greatest set-up men in the league showcasing their talents and both will need to be even more on point next season if they want to hold the title of top playmaker solo!

Also standing out in the minds of NLL fans this season is the play of the two highly touted rookies; Rhys Duch of San Jose and Daryl Veltman of Boston. Both players came to the show amidst a lot of hype and neither backed down for one minute. If it wasn't for a flu bug keeping Veltman out for one game, we could have seen a much tighter race for rookie scoring leader. Duch played a starring role in the Stealth's offense this winter and he transitioned to the NLL as smoothly as he took to the WLA this past summer. Gavin Prout, of the Colorado Mammoth, who threw down an insane 82 points back in his first campaign with the old New York Saints, saw his rookie scoring record fall to Duch who put up an impressive 31 points over his last five games of the season, to finish the year off with 89 points. Both Duch and Veltman will have to step it up in the big lights of the play-offs if their regular season stats are to be worth mentioning.

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 O. Add to that Anthony Cosmo in net and the likes of Mitch Belilse, Paul Dawson, Jack Reid and Kyle Ross on D and they were nearly unstoppable, with their no surrender attitude almost winning them the East.

Showcasing 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.

Lacrosse Talk - May 2009 BCLA Phone # 604-421-9755 Publisher – British Columbia Lacrosse Controller – Rochelle Winterton Managing Editor – Jeff Gombar BC Editor - Jeff Gombar Cover - Cybereyes Images

*Feature Writers -Jeff Gombar, Stan Shillington, Bill McBain, Brad Challoner, Daphne Bramham (Vancouver Sun).

*Contributing Writers – Teddy Jenner, Shawn House, William Howard, Jen Mutas, NLL, Jaff Cathrea, Daniel Hughes, Carol Greene, Lissa Punnett, Aldergrove Star, Mark Booth (The Delta Optimist), Jason Donville, John Chidley-Hill.

*Contributing Photographers – BCLA Archives, Sport BC, CUFLA, Sideline Hotshots, Dan Brodie Photography, stkphoto, AnnaRita Best, Terry Kirstiuk, Lax Images, Jason Kennedy, Laima M. Pakstas.

Layout and Typography Creative Plus Solutions info@creativeplussolutions.com

Advertising Sales Jeff Gombar jeff@bclacrosse.com (604) 421-9755, fax (604) 421-9775

The distribution of Lacrosse Talk to members of the BCLA is a benefit of membership.

If you do not want to continue receiving Lacrosse Talk, please write the BCLA Privacy Officer at 4041B Remi Place, Burnaby, BC, V5A 4J8 and request that your name be removed from the Lacrosse Talk mailing list.

"We acknowledge the assistance of the Government of Canada through the Publications Assistance Program toward our mailing costs."

Canadä

Publication mailing agreement Publications mail agreement no. 40038752

Return undeliverable Canadian addresses

British Columbia Lacrosse Association

4041B Remi Place Burnaby, BC V5A 4J8 info@bclacrosse.com

This organization is Supported by





The BCLA wishes to acknowledge the support and contributions of the Ministry in all its endeavours





Lacrosse **Fitness** 101:

The Road to Recovery

By: Jeff Cathrea, B.Sc. Kinesiology

The ability to recover from exercise, an intense game or hard practice 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. Daily 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 sport 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 ports 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 upmost 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

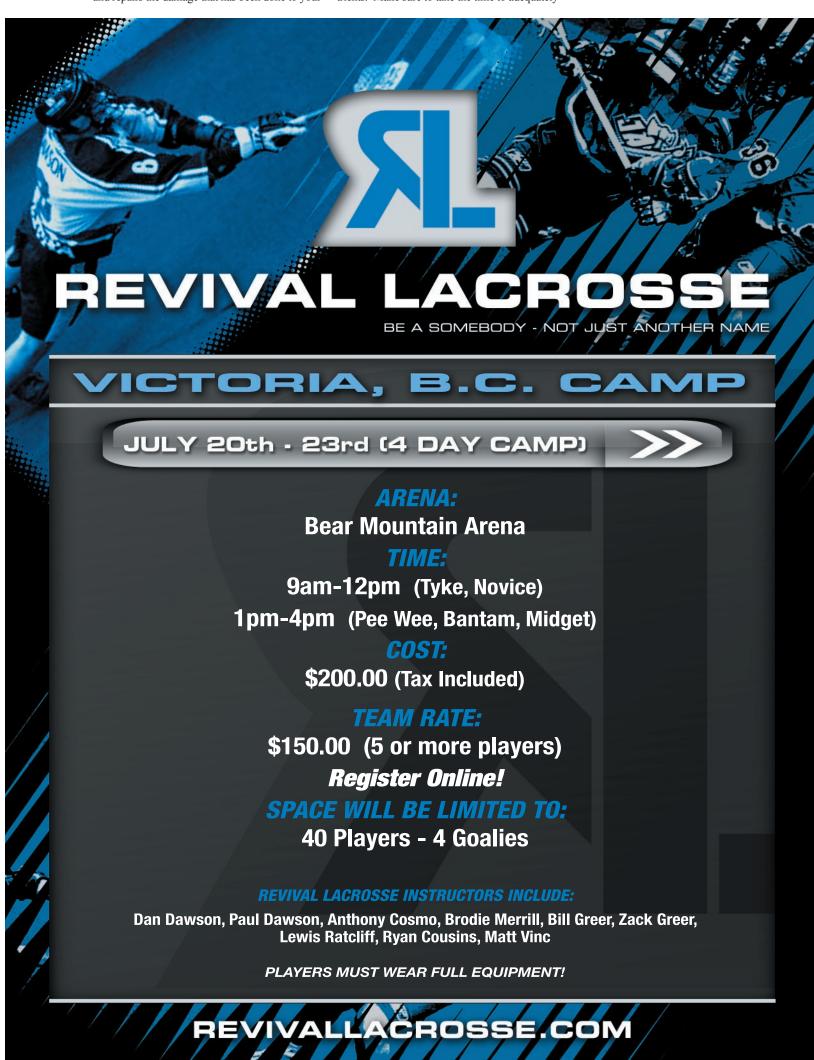
Do recovery workouts. By performing a very light, high rep workout the day after an intense training session and getting some blood into the muscles, you can actually accelerate your ability to recover. Perform exercises just using your own body weight to help stimulate blood flow. Light non impact cardio 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

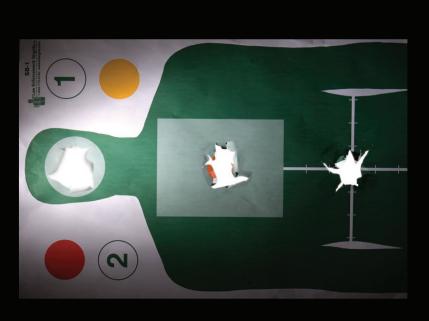
stretch as stretching helps to promote circulation and relaxation, both vital for optimal recovery.

Listen to your body. Every ten 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 fresh and ready to train hard again.

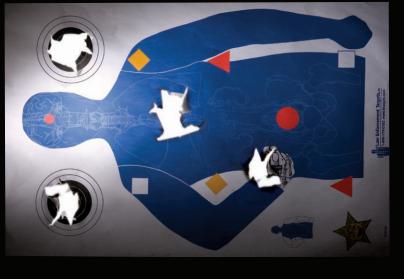
Remember, training is only half of the equation. Without proper recovery techniques your progress will never be optimal. Start incorporating these techniques today and you will notice a substantial improvement in your performance and energy levels.

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!









STIFFI



bulls-eye accurate

