

\$1.00 January 2011

# LacrosseTalk

The Official Publication of Canada's National Sport

## BC Greats Named to 4 Halls of Fame 10 Inductions!



Mike Reelie, Athlete  
Coquitlam Sports  
Hall of Fame



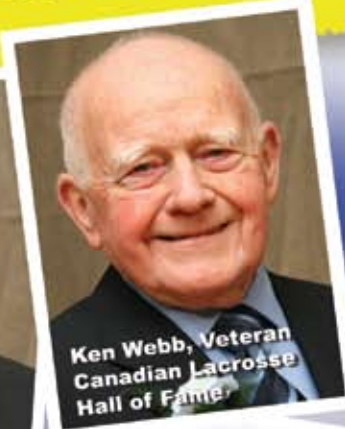
Tyson Leies, Box Player  
Canadian Lacrosse  
Hall of Fame



Ken Thomas, Box Player  
Canadian Lacrosse  
Hall of Fame



Bob Stewart, Builder  
Canadian Lacrosse  
Hall of Fame



Ken Webb, Veteran  
Canadian Lacrosse  
Hall of Fame



Les Wingrove, Builder  
Coquitlam Sports  
Hall of Fame



Gary Gait & Paul Gait, Athletes  
Victoria Sports Hall of Fame  
BC Sports Hall of Fame



Victoria Seaspray/Royal Waxmen  
Victoria Sports Hall of Fame



1980 Coquitlam Adanacs  
Coquitlam Sports Hall of Fame



By: LacrosseTalk Staff

2010-11 was an Olympic year for the BC Lacrosse community with many lacrosse greats being honoured for their lacrosse achievements. The Canadian Lacrosse Hall of Fame, the Victoria Sports Hall of Fame, the new Coquitlam Sports Hall of Fame and the BC Sports Hall of Fame honoured eight lacrosse people and two teams from BC.

The Canadian Lacrosse Hall of Fame held their induction ceremony November 13 in Burnaby's Firefighter's Club. BC Lacrosse people named for induction into the hall were builder Bob Stewart, box lacrosse players Tyson Leies and Ken Thomas, and veteran player Ken Webb.

Bob Stewart (Burnaby) devoted over 60 years to lacrosse as a player, coach, manager, general manager and team executive member in minor lacrosse to the Western Lacrosse Association. Stewart started his lacrosse career in 1947 in North Burnaby when Val Roche first put a wooden lacrosse stick in his hands. He played for the PNE Indians/Mount Pleasant Legion Junior teams from 1954-1956 winning three BC Championships and two Minto Cups in 1954 and 1956.

Stewart got his first taste of coaching youth teams at Vancouver's Renfrew Box before coaching teams in South Burnaby in the early 1970's. Bob was lured back to lacrosse in 1986 to join the Junior 'Bellies as the GM and held that post until 1992. In 1993, he accepted a new challenge with the Senior Salmonbellies as GM until 1996, but remained active with the Senior 'Bellies for many years after.

"It's a great honour being inducted and something I never thought about happening," stated an unassuming Stewart. "You get involved (in lacrosse) because you enjoy it and all the great people – you don't do it to get in the hall."

**British Columbia Lacrosse Association**  
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Tyson Leies (Victoria) played his Junior A lacrosse for the St. Catharines Athletics in the early 1990's; winning two Minto Cups in 1990 and 1991 before moving west to Victoria. Leies was known for his flamboyant offensive abilities and was a talented scorer. In 13 Western Lacrosse Association (WLA) seasons for the Shamrocks he was selected an all-star 5 consecutive seasons from 1994 to 1997 taking WLA MVP honours in 1996. Tyson played in four Mann Cups winning three rings in 1997, 1999 and 2003. In 336 WLA regular season and playoff games, Leies scored 442 goals and 429 assists for 871 points with 1021 penalty minutes.

"I feel very fortunate to be part of the 2010 class," said Leies. "I can honestly say this is the greatest achievement in my lacrosse career. I'm truly honoured and humbled -- I still can't believe that I have joined this group of lacrosse greats!"

Ken Thomas (Port Coquitlam) honed his lacrosse skills with the Coquitlam Junior Adanacs from 1985-88. A 1989 Richmond Outlaw draft selection, Thomas spent two seasons in Burnaby and ten seasons with the Burrards from 1991-2000. This born leader was a crafty playmaker and known for pin-point passing. He came out of retirement to play for the Coquitlam Adanacs in 2001 and won his only Mann Cup ring. This five-time all-star was in the top ten of WLA scoring in five seasons. In 329 WLA regular season and playoff games, Thomas scored 183 goals and 589 assists for 772 points.

"Being named to the Hall of Fame has given me a great opportunity to thank everyone that has been an important part of my life, on and off the floor," said the humble Thomas.

Ken Webb (Surrey) was just 11 years old when he was given an old lacrosse goal stick by the Patrick family at the Denman Arena. Ken was hooked after watching older boys playing field lacrosse at Dunbar West Memorial Park. He won two Vancouver City finals with the Point Grey Midget club and a Juvenile provincial championship in 1941. In 1943, Ken joined the Richmond Seniors of the Inter-City League at 17 years of age netting 33 goals in his first full season. Webb lined up with the Navy team in 1944 and spent the next nine seasons with the Richmond Farmers finishing his career in Vancouver. He played in two Mann Cups with Vancouver losing twice to Peterborough. During his 214-game career, Ken racked

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# British Columbia Lacrosse Association

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## Chetner, Reid and Wilkie - Community Sport Heroes

By: LacrosseTalk Staff

Dan Chetner (Penticton), Randi Reid (Courtenay) and Dave Wilkie (Victoria) were the latest BCLA volunteers to be recognized by the Sport BC Community Sport Hero program.

The Community Sport Hero® Awards was created by Sport BC in 2001. These awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. The commitment and leadership of people like Dan have allowed athletes and communities to grow and shape sport in BC and inspire others to become involved in sport.

Dan Chetner has been involved with the Penticton Minor Lacrosse Association (PMLA) as a coach since 1999. Since then, he has continued to coach at all levels while serving on the PMLA Executive since 2001 as President, Coach Co-ordinator and Field lacrosse Director.

During his time with the PMLA, the lacrosse program has grown to include field lacrosse. His development initiatives included free "Fun Lacrosse" and "Try a Sport" programs that increased the number of lacrosse participants in the PMLA by 20% during his tenure.

In 2008, Dan was the PMLA Presidents' Award recipient acknowledging an individual in their community who has demonstrated outstanding dedication and commitment to lacrosse. He has coached many minor teams to medals in BCLA Provincial Championships. Dan was also an Assistant Coach for the Zone 2 field lacrosse team at the 2010 BC Summer Games and is currently Chair of the Thompson/Okanagan Minor Lacrosse Commission.

"Receiving the award is very satisfying and it means a lot to me," said Chetner. "I volunteer my time because I love the game of lacrosse and I appreciate seeing the kids being active and having fun with the game and their teammates. It is very rewarding to be specifically acknowledged by Sport BC and the BCLA as a volunteer for the sport of lacrosse."

Randi Reid began volunteering for the community soccer association in 1997. In 2004, lacrosse returned to the Comox Valley and she became the association's first Registrar. Randi remained Registrar in year two; unfortunately the executive went through growing pains and because of the hard work of a few executive

members, the season and association were saved.

In 2005, Randi got involved with the North Island Field Lacrosse Association and was the league Secretary the following season. In 2007, she helped form the Senior division within the CVMLA while maintaining her commitment to the Minor divisions.

A few years ago, Randi took on the role of Referee Allocator and Secretary. In 2009, she was elected CVMLA President and plans to run again this year. Randi has also been team manager for both lacrosse and hockey teams and helped in various positions in each sport over the years.

Dave Wilkie is an unassuming BC Lacrosse Association volunteer. His hard work behind the scenes tends to go undetected -- the lacrosse community is fortunate to have him as a volunteer.

Dave has 23 years lacrosse experience starting in 1988. He's been involved with mini-tyke to Junior B teams as a coach and manager. In 1995, Dave joined the Juan de Fuca Minor Lacrosse Association executive where he held many positions including President. During his tenure the association grew to over 400 participants.

He was a member of the Vancouver Island Commission (11 years) and was the chair in 2003. He played an integral role in developing four new lacrosse associations on Vancouver Island over that time.

Dave's cherished achievement was being the general manager of the Team BC Pee Wee team that took silver at the 2004 Pee Wee Nationals.

Dave was the Minor Directorate Vice Chair (2006 & 2007) then became Chair (2008) until this year. He has spent numerous hours volunteering at the BCLA Box Lacrosse Provincial events over the last 9 years mentoring his peers.

"I am honoured to receive this award -- it is great to be selected for this honour for doing something that I have enjoyed doing all these years," stated Wilkie.

Congratulations Dan, Randi and Dave and to all volunteers that make a difference in the lacrosse community.



Dan Chetner was honoured as BCLA's recipient of the Community Sport Hero Award in Penticton.



Randi Reid was honoured as BCLA's recipient of the Community Sport Hero Award in Courtenay.

## High School Championships March 7-11

By: Shawn House & LacrosseTalk Staff

The tenth annual BC High School Field Lacrosse Championships will be held March 7-11, 2011. The event is again hosted by Dr. Charles Best Secondary School and games will be held in Coquitlam and New Westminster.

This year's tournament will host up to twenty teams; twelve Senior Varsity and eight Junior Varsity teams from the Lower Mainland and Vancouver Island.

The 2011 event will have the perennial top guns Claremont Spartans back to defend the Senior (tier 1 & 2) and Junior Varsity titles. Claremont had a clean sweep in 2010 with the Claremont Juniors defeating Best 9-8 in an incredible comeback; the Spartan tier 1 Seniors

met old rival New West Hyacks and rolled on to an 11-8 win in the final. In the Senior Tier 2 final Claremont battled STM to an 8-4 victory.

Look out for a strong Claremont High School program coached by ex-Shamrock and NLL star, Darren Reisig. The Claremont HS program is a lacrosse academy that includes sport in the daily curriculum and the Spartans have been busy perfecting their trade. The Grade 12 Spartans just returned from Ultimate Performance Lacrosse tournament in Baltimore posting an impressive 4 win-2 loss record. The highlight of the weekend was a 9-4 victory over Georgetown Prep (perennial US high school powerhouse) in front of a sideline full of college coaches and spectators. Other wins were against all star teams from New Jersey, Virginia, and Washing-

ton, while losses were to teams from Baltimore and Philadelphia.

This year's big three Senior Varsity teams will include Best, New West and Claremont with Heritage Woods in the rear-view mirror. Other contenders may include St. Thomas More and Delta. Claremont won the Spartan Shootout, their annual tournament in November. They narrowly defeated Best by a goal in the semis and then eked out a 1 goal overtime victory in the Final versus New West. Other teams in the Senior division will include Burnaby North, Delta, Centennial, Riverside, Terry Fox, Heritage Woods, St. Thomas More, Vancouver College, Pitt Meadows, Sands and North Delta.

The Junior division has seen some growth and will see Best, Claremont and Heritage

Woods (the only Junior teams in last year's tournament) joined by New West, Centennial, Pitt Meadows, and new entries from Terry Fox and Samuel Robertson.

Countless players in the tournament have gone on to play NCAA Div. 1, 2 and 3 in the past several years with many more committed to attend college in the future.

This year will also hopefully have a women's field lacrosse division as organizers try and get this exciting sport into high schools in BC. If there are any girls' teams interested in competing in the tournament or any additional tournament information required, please contact Tournament Co-ordinator, Shawn House shawnhouse@shaw.ca or call 604-524-3063 or 604-461-5581.

# Can the Minto Cup Stay in the West?



Coquitlam Adanacs celebrate their team first Minto Cup in 2010. The A's look to repeat in 2011.

By: Brad Challoner

1826 days, 5 years, half a decade, call it whatever you like – that is how long the Minto Cup was kept away from BC. Sure westerners caught a glimpse when New West hosted in 2007, or when Victoria made it to the finals in 2008. But it was 5 long years before the Coquitlam Adanacs ended Ontario's bear-hug around the trophy and won it for not just them, but for the entire province last August. BC won't just hand the trophy back at the 2011 Minto Cup in Alberta either. With 25 returning players from Coquitlam and New West with Minto experience, 7 of the league's top 10 leading scorers and an awesome crop of Intermediate's on their way up, the Minto Cup may have a home on the sandy beaches of the West Coast for years to come.

The best chance for the holy grail of Junior A lacrosse to stay out west is for the defending champion Coquitlam Adanacs to repeat – and it's possible. The A's are favorites under the helm of Curt Malawsky. Curt's trend-setting brand of high-pressure, NLL intense defense may have won the A's the title, and most of the key pieces of that defense are returning. The majority of Coquitlam's 256 regular season goals are back as well. Minto Cup MVP Robert Church returns from his sophomore year at Drexel University; Intermediate call-up Wesley Berg enters his first full

season of Junior A; and the A's will await the fate of last year's superstar Mark Matthews. The 20 year-old import put up 66 points in just 10 regular season games and added 34 in the playoffs. The A's also made headlines in November acquiring Victoria Shamrocks 2010 leading scorer, Casey Jackson. Captain Matt Beers will be missed on and off the floor, however look for unsung hero Marty Dinsdale to wear the "C" and become the heart and soul of the team. The only thing that Coquitlam is missing at this point is goaltending after graduating all three starters. If the A's can import a goaltender they will be this entire country's favorites for a repeat.

The other strong chance BC has at keeping the Minto is the storied New Westminster Salmonbellies. The Adanacs may have the prestige and the ability to attract imports and trades, but it's the Bellies that have the best returning class. Reigning BCJALL MVP Tyler Digby returns from Robert Morris after a lacrosse and football seasons. With another year of football strength and conditioning training under his belt, this 6-4, 220 pound power forward will be virtually unstoppable down low. The Bellies may also bring back forward Cody Bremner. The former Nanaimo player was part of a blockbuster trade deadline deal last season and with a graduation season to go, we will soon find out if he was just a loaner or if he'll stay in the Royal City. The Bellies also bring

back the goaltending tandem of Brandon Mulligan and Frankie Scigliano, who allowed a combined 136 goals against last season. Guys who caught fire late in the season and during the Minto run like Keegan Bal and Leif Mydske are back, as is the recent NLL draft pick and Minto Cup all-team member Travis Irving who may be the biggest thorn-in-side player in the league. After being fired from the Adanac's bench after 2009, head coach Dan Perreault didn't get his revenge on the A's in 2010...2011 may be a different story.

Delta Islanders were the hottest team in the second half of the 2010 season. The old core of this historically notorious penalty ridden team is gone and a new batch of young snipers is ready to take over. The 2010 Isles scored a league second best 215 goals led by Rookie of the Year Mike Mallory's 87 points. With their old core graduated, this is now Logan Schuss's team. The Ohio State Buckeye scored 45 points in just 9 games last season. One of the best players left in the BC league, Logan can score from absolutely anywhere and can make pinpoint no-look passes at will. Ryan Keith also quietly put in 27 goals in 2010, just enough to garner him some floor time with the WLA Timbermen. The Islanders have been transformed from a perennial goon squad into a high-tempo, shoot-first offensive minded team. Delta won their first franchise playoff series last season and they should win a couple more in 2011.

Not looking at a Minto Cup in 2011, but choosing to focus on rebuilding are the two teams from Vancouver Island. The 2011 Junior 'A' Victoria Shamrocks will look a lot like the 2010 Intermediate 'A' Shamrocks with the tidal wave of 19 year olds moving up to the Junior ranks. The positive is that the 2010 Intermediate squad were provincial champions in a very competitive league. They know how to win and could be contenders as soon as next season.

Up the island is Nanaimo, the Timbermen's 6th season in the league was their best yet. They set a franchise record in points, beat Victoria for the first time in club history, and got a playoff win against those same Shamrocks. Unfortunately the trend in Nanaimo is to set these incremental goals, and they've lost too much to graduation to have any impact in 2011. They will once again fight for pride and perhaps set a franchise goal of finishing higher up the standings than the Shamrocks for the first time.

Interested eyes should also take a peek at the Langley Thunder in 2011. There have been rumblings they would love to host the 2013 Minto Cup at their beautiful Langley Events Centre. With the largest number of draft picks over the past few seasons, a very young squad and a sophomore coaching staff, it will be interesting to watch this 3 year plan unfold.

1826 days, 5 years, half a decade, call it whatever you like – the way the BCJALL looks these days, the Minto Cup may never be away that long again.

## Continued from Cover Article: BC Icons Enshrined in Halls of Fames

By: LacrosseTalk Staff

up 302 goals and 101 assists for 403 points.

"It's an indescribable feeling and the best thing to ever happen to me," said a proud Webb. "It was a shock [when told of his induction] and I'm really proud of it."

The first inductees into the Coquitlam Sports Hall of Fame were during the induction ceremony Tuesday, November 23, 2010 at the newly renovated Coquitlam Sports Centre's Hall of Fame lobby. The BC Lacrosse community was well represented with an athlete, a builder and a team inducted at the inaugural ceremony.

In over 40 years as a coach and/or manager, Les Wingrove has promoted skill development and good sportsmanship. He has coached at every level -- with his minor teams going on to win seven provincial crowns. He managed and coached at both the junior and senior Adanac levels, including a Mann Cup championship in 2001, and a handful of other Minto Cup and Mann Cup appearances. In 2003, he was inducted into the Canadian Lacrosse Hall of Fame as a builder.

Reflecting on past achievements, Les was proud of the 1986 and 1988 Jr. A teams that went to the Minto Cup and Mann Cup appearances in 1993, 1998, and 2007 – but his best lacrosse moment was winning the 2001 Mann Cup and bringing it to Coquitlam for the first time.

"It was a thrill to be inducted into the Coquitlam Sports Hall of Fame and recognized in the inaugural induction alongside the world class athletes and builders from Coquitlam," said a happy Wingrove.

The face of the Coquitlam senior Adanacs for 16 years, Mike Reelie was their heart and soul. The Coquitlam native established a junior boxla record of 500 points (291 assists -- a record that still stands) in 106 games. In his first season as a se-

nior, he was named the WLA's Rookie of the Year in 1980, and anchored Coquitlam for 15 years, accumulating 717 points over 477 games. Reelie competed in two Mann Cup championship series, and was instrumental in the Adanacs' victory in the 1980 Nations Cup final. He is also a member of Canada's Lacrosse Hall of Fame.

"It's a real honour to be selected by the CSHOF as one of the original inductees into the newly renovated Coquitlam Sports Centre -- a building that I have grown up using. I just wish that my dad [Lorne Reelie] could have been there in person -- I know his spirit was there and he is always proud of my awards," stated a proud Reelie.

In the team category, the Coquitlam Senior Adanacs 1980 World Nations champions were inducted. In the inaugural Nations Cup box lacrosse world championship, the local Adanacs rose above a tough group of opponents to cart off the crown. The Adanacs edged out the North American Natives in a nationally televised game at Vancouver's Pacific Coliseum winning the first world box lacrosse championship.

"That team peaked at the right time against the world's best lacrosse players and were deserving of their world championship title," mentioned Adanac team GM Sohen Gill.

The Victoria Sports Hall of Fame Board of Directors hosted their 2010 induction event November 6, 2010 at the Pacific Institute for Sport Excellence. Lacrosse icons Gary and Paul Gait and Victoria Seaspray/Royal Waxmen team were honoured that night.

Gary and Paul Gait were widely regarded as two of the best to ever play the games of box and field lacrosse. Between them, they've won every major lacrosse championship title possible including: Canadian Minto and Mann Cups, National Lacrosse League titles, NCAA National Field Lacrosse champions, World Field Lacrosse champions and MLL titles. They have been inducted into the National Lacrosse League Hall of Fame, NCAA

Lacrosse Hall of Fame and the United States Field Lacrosse Hall of Fame.

"Growing up in Victoria was a special time in my life. I loved playing lacrosse there and I consider myself a proud representative of the city I still call home! It is truly an honor to be inducted into the Victoria Sports Hall of Fame," said Gary Gait.

Victoria Seaspray/Royal Waxmen Field Lacrosse team was formed in 1981 under the direction and organization of Chris Hall. In their inaugural year, they won the prestigious Western States tournament at Stanford University and went on to win a second tournament in Portland. The same year they won the BC Championships and were undefeated for the entire season. The team went undefeated for 77 games over their first 4 years. Seasprays won their first Canadian Field Lacrosse Championship in 1984 and went on to win six titles the next 7 years.

"The Seasprays/Waxmen team was one of the greatest teams in the history of Canadian lacrosse," stated ex-player and coach Chris Hall. "In my mind, we were able to achieve that plateau with our Brogden Cup [North American Club title] victories against the very best club teams in the US. We are proud of what we accomplished and hope that we paved the way for others to follow in our footsteps."

The final feather in the collective lacrosse hat was the January 10, 2011 BC Sports Hall of Fame induction announcement that Victoria's Paul and Gary Gait will be inducted in the 2011 class of the BC Sports Hall of Fame. The Gaits will join athletes Trevor Linden (hockey), Maelle Ricker (snowboarding), Lauren Woolstencroft (skiing); builders Mike Jones (wrestling) and Audrey Williams (figure skating); the BC members of the 2010 Canadian Olympic Men's Hockey Team; the 1933 Chinese Students Soccer Team in the pioneer category; Tom Larsheid (media); and Marty Zlotnick as the W.A.C. Bennett Award recipient.

Congratulations to all hall of fame players, builders and teams inducted in their specific halls of fames in 2010-11.

# BCLA Aboriginal Development Continues

By: LacrosseTalk Staff

The BC Lacrosse Association has been actively developing lacrosse programs in Aboriginal Communities throughout BC for the past six years. A project to introduce development in 2008 was undertaken by the BC Lacrosse Association through a partnership with 2010 Legacies Now and the Aboriginal Youth Sport Legacy Fund and the Canadian Lacrosse Association.

In 2009, Hazelton, Nisga'a, Terrace, Kitimat, Prince Rupert, Hartley Bay and Queen Charlottes were targeted. The response was so positive, the BCLA wanted to reach further Aboriginal communities and teach the skills of lacrosse. The good work has continued, as well as the funding, to spread the lacrosse word to more Aboriginal communities in 2010-11.

**Squamish, Pemberton, Lillooet, Cache Creek:** The first phase of the 2010 project began March 15-18 with instructional sessions in the Sea-to-Sky corridor conducted by BCLA Aboriginal Developer, Bryan Baxter. Eight schools were targeted with sessions including a brief lesson in the history of lacrosse, skill development and drills and concluded with information on the benefits to continue to play lacrosse.

The first two schools of the tour were at the Squamish Elementary and Stawamus Elementary Schools in Squamish. One hundred twenty-seven students participated in the sessions and were excited to learn a new sport. Day 2, the tour visited Brackendale Elementary and Signal Hill Elementary in the Squamish/Pemberton region in Sea to Sky country. Seventy-seven Brackendale and Signal Hill Elementary students were run through the skills. A package of sticks and balls were left behind for the Brackendale students to continue to use during their gym time. Day 3, the tour continued north to Lillooet at Cayoosh Elementary and George M. Murray Elementary where ninety students were introduced to lacrosse. The final day ended up at Cache Creek Elementary School where seventy-six students took part in the sessions.

"I always find the school Inter-crosse trips to be most rewarding," mentioned developer Bryan Baxter. "The young athletes just love to learn a new sport like lacrosse and the joy they experience is precious. It is my experience that the bigger the accomplishment by the young athlete -- the bigger the smile."

**Burns Lake:** The next phase of Aboriginal Development had the BCLA's Bryan Baxter travel to Burns Lake September 10-12. The trip brought the sport of lacrosse to the Community of Burns Lake with a mandate of targeting the Aboriginal population.

September 11, Baxter delivered the Community Development coaching course to four coaches in the Burns Lake School District. All coaches will be influential in delivering physical education to the aboriginal communities surrounding Burns Lake. One of the new coaches, Daniel Deschamps, is the Recreation Co-ordinator for Burns Lake and will surely

**"The young athletes just love to learn a new sport like lacrosse and the joy they experience is precious."**

**- Bryan Baxter**

continue to offer lacrosse to the youth in his community.

The next day, three Inter-crosse sessions were scheduled for three age groups of student-athletes ranging from ages 6-16 years; thirty-six student-athletes took part in this session.

A full set of equipment was left for the Burns Lake youth and a promise from Daniel Deschamps to run one session per week in the Lakes Secondary gymnasium will prepare the athletes for lacrosse sessions in the arena. The local First Nations communities are to be targeted in the area to train and prepare to travel to Prince George and compete.

"It is great to have a person like Daniel take the lead and help build a new sport in the Burns Lake area," mentioned Baxter. "He has a vision and maybe one day soon these athletes will compete in games versus Prince George."

**Prince George/Quesnel:** The final phase of the Northern Aboriginal Development Program visited Prince George and Quesnel November 3-5. Bryan Baxter was assisted by BCLCA clinician and developer Bill Barwise from Prince George.

Bryan and Bill attended the Aboriginal Choice School in Prince George and conducted Inter-crosse sessions for ninety-two Aboriginal students. Day 2 they travelled to Quesnel's Red Bluff Elementary School where one hundred twenty four students were put through the skills and their final session was at Riverview Elementary School in Quesnel where forty-seven students learned about lacrosse.

In a separate session, Baxter and Barwise conducted a field lacrosse skills session in Prince George for the youth athletes of the area.

This has been a great experience for the BCLA and the BC Aboriginal Communities. With the exposure of lacrosse to the students and community leaders in these regions it will have a positive and lasting impact on the popularity of the sport for many years.

All of the equipment used was left as a legacy in selected areas; each received a bag of thirty Warrior sticks and balls and, each school received copies of the history of lacrosse book, the DVD for Inter-crosse Instruction as well as the Inter-crosse Instruction Manual. In total, almost 700 students were introduced to lacrosse.

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# BCLA Superheroes AGM Merit Awards



Cowichan Valley accepts the Leon Hall Merit Award for top Minor Box Lacrosse Association.

By: LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the Annual General Meeting October 15-17, 2010 in Whistler, BC. Every year this event includes meetings for various directorates, a lacrosse trade fair, a hospitality social gathering and the Annual Merit Awards Banquet. Over 250 delegates were registered for the meetings and 450 participants attended the BCLA Annual Merit Awards Banquet.

This year's "Superhero" theme proved to be a stupendous hit. We view our volunteers as our Superheroes after managing a successful year of lacrosse activities in a challenging economic time. This AGM was a year in the making, and by all reports from our members, a resounding success!

"The BCLA staff planned another memorable AGM," stated BCLA President Sohen Gill. "There were delegates in attendance I had not seen in a number of years; this was great to see!"

The 2010 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna Cable, VP Administration - Gerry Van Beek, VP Operations - Greg Toll, VP Performance Programs - Ron McQuarrie, VP Development - Terry Mosdell and Director at Large - Dave Jenkins.

On Saturday October 16, the BCLA hosted the annual buffet breakfast for the delegates, families and sponsors. Over 350 people attended the breakfast in preparation for meetings and the afternoon AGM.

In the evening, the gala BCLA Merit Awards Banquet took place on the main stage at the Whistler Conference Centre. The Superhero theme was apparent with many people dressed up in superhero costumes. The guests were welcomed at the entrance by the "fallen victims" and the ever-so-lively, Lurk. Numerous banquet participants dressed up in costumes to celebrate the achievements of the volunteers; none more

apparent than the three tables of Super Salmon-bellies in Superman attire.

The evening was emceed by Super Dave Evans and his sidekick KidSport Boy Pete Quevil-lon. The banquet crowd was entertained by the antics of Stick Man and Ball Boy, Dr. Lacrosse, coupled with Lurk and martial arts specialists Org and Miss Stick Girl and the annual year-in-review DVD.

The 2010 BCLA Merit Award recipients were as follows: Ted Fridge Family Spirit Award (presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially) – The Leies Family (Tyson, Toni, Connor, Megan and Amelia) of Victoria; Hugh Gifford Merit Award (Box Lacrosse-accomplishments of instilling sportsmanship in their players, their leadership and contribution toward improving the image of lacrosse) – Les Wingrove, Coquitlam Senior Adanacs; Tom Gordon Plaque (an individual who has done the most for lacrosse in the past year; British Columbia's Mr. or Mrs. Lacrosse) – Angie Schwan, BCLA Minor Directorate/Delta Minor and Dave Wilkie, BCLA Minor Directorate; Ruth Seward Merit Award (Box Lacrosse-award to recognize an individual at the local level for their voluntary, extraordinary contributions to an association or team) – Warren Goss, New Westminster Minor Lacrosse; Norm Wright Merit Award (award presented to member of the media who is deemed to have contributed to the promotion of lacrosse) – Tom Berridge, Royal City Record/Burnaby NOW; Jimmy Gunn Merit Award (Senior Official) – Mark Tymchuk, Victoria; Jimmy Gunn Merit Award (Minor Official) – Heather Foulds, BCLOA; Jimmy Gunn Merit Award (Field Official) – Lee Brien, Lower Mainland; John Cavallin Merit Award (Senior Coach) – Curt Malawsky, Coquitlam Junior Adanacs; John Cavallin Merit Award (Field Coach) – Chris Manwaring, Richmond Youth Field; Bill McBain Merit Award (Minor Coach) – Lorne Winship, Cowichan Valley; Art Daoust Merit Award (Award toward fostering and promoting the game, improving the image and stature of

lacrosse at their level and provincially) – Dirk Rachfall, Pacific Coast Field League/New Westminster Field; Dal Martin Merit Award (Trainer of the Year) – Christina Martinello and Teresa Agar, Coquitlam Junior Adanacs; Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) – Cowichan Valley Minor Lacrosse; Leon Hall Merit Award (Minor Field Lacrosse Association of the Year) – Richmond Field Lacrosse; and the Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship) – SUBWAY Restaurants of BC.

And the most prestigious BCLA Merit Award an individual can receive, the Tom Gordon Plaque given to an individual who has done the most for lacrosse in the past year, was shared by two incredible volunteers Angie Schwan and Dave Wilkie. Both have made their mark in their home associations over the years and are now guiding the Minor Directorate to new levels.

"Wow, I'm honored to have been chosen with the likes of Dave Wilkie -- he is an inspirational man with such a vast amount of knowledge that I truly hope I can follow well in his footsteps," mentioned Tom Gordon Plaque co-winner Angie Schwan. "Knowing how much time each volunteer in every association puts in to make their own programs run, I am humbled to receive this award. I know there are many people putting in so many hours to make BC Lacrosse as a whole run as well as it does."

"It really is something to be selected for such a high honour as this," stated a proud Dave Wilkie. "I'm proud of the work we have completed in minor lacrosse and this award caps off a memorable term with the Minor Directorate."

Congratulations to all merit award recipients, President's Award winners and executive members for their continuous hard work in making lacrosse one of the greatest sports organizations in BC. In the SPIRIT of the game, we thank you!



## BCLA Sponsors Step Up in 2011

By: LacrosseTalk Staff

SUBWAY new BCLA Provincial title sponsor – Firststar gets involved

The BCLA has been busy on the fields and floors as well as off preparing for another great season of development, action and experiences. The 2011 season will offer new challenges and opportunities in the sponsorship realm to best help deliver all BCLA initiatives.

The BCLA would like to proudly mention three of BCLA's major sponsors for their continued support of BCLA events and programs. It is their generosity that makes our lacrosse experiences that much more special.

SUBWAY Restaurants of BC has supported the BCLA for the past 9 years. They have played a major role feeding all Field and Box Provincial Championship participants by offering \$5 SUBWAY Cash Cards each year. In 2010-11, SUBWAY entered into a new level of sponsorship to take over the title sponsorship of the BCLA Field and Box Lacrosse Provincial Championships. A position formerly held by PEPSI for over a decade, the Provincial title was considered by SUBWAY for a year before accepting their new role.

"SUBWAY Restaurants are pleased to continue their association with BC Lacrosse by sponsoring the Provincial Championships again in 2011," said Cam Iverson. "We think lacrosse is a fantastic game and fits our mandate of supporting those leading a healthy lifestyle through participation in amateur sports."

Not only does SUBWAY offer a great meal, but a healthy choice of food to our participants. SUBWAY will also take the lead in sponsoring the SUBWAY Zone Player of the Year program

offering scholarships to 8 Midget zone representatives as well as continue their support of the Team Sportsmanship Award and SUBWAY Way to Go advertising program.

Warrior Sports Canada has played a major role with the BCLA when Brine Canada was taken over in 2007. 2011 will mark the fifth year Warrior has supported the BCLA and they continue to grow together, especially with the Team BC Box and Field Lacrosse elite programs.

"We are delighted to be the sponsor of multiple BCLA initiatives and we are dedicated to playing our part to encourage increasing the participation in and awareness of Canada's National Summer Sport," stated National Sales Manager-Warrior & Brine Lacrosse Jason Ryan.

Doug Thom of Firststar Sport Inc. has been involved in sports for many years and has done business with the BCLA for well over a decade. Firststar is a company that produces technical training apparel and other clothing lines bearing the Firststar brand. Thom and Firststar have partnered with the BCLA on many programs including the BCLA golf tournament, fundraising initiatives, Team BC programs, Provincial Game MVP awards and the BCLA AGM. 2011 will mark a new level of sponsorship with Firststar taking a leading role in producing a high quality box lacrosse official's jersey and stepping up to be the title sponsor of the Firststar Game MVP award sponsor for all Field and Box Lacrosse Provincials.

"Firststar and the BCLA have built a long-standing relationship – the opportunity to be involved with a traditional grassroots amateur sport as lacrosse is a perfect fit for us," stated Firststar President and ex-soccer star John Catliff.

# Sponsors Flock to AGM Lax Fair

By: LacrosseTalk Staff

Every year during the BC Lacrosse Association Annual General Meetings, the BCLA hosts a fun and interactive lacrosse fair trade show to connect the lacrosse community with BCLA sponsors, partners and friends of lacrosse.

The Western Lacrosse Association annually sponsors the enjoyable Hospitality Suite during the BCLA Lacrosse Fair trade show at the Delta Whistler Village Suites. The Friday evening event offers the participants a social event to connect with other lacrosse people, while the displayers meet important decision makers representing teams, associations and leagues across BC. Everyone is treated to refreshments provided by the WLA and BCLA.

Thirteen companies were represented at the event and met the lacrosse community forging new business connections.

"We are grateful for the displayers who attend our small event," said BCLA Marketing Director Jeff Gombar. "These companies see the importance in connecting further into the lacrosse community – this event is as direct marketing a company can get with the BCLA. There was a lot of interest this year, if not for a

few late cancellations, we would have had 16 displayers!"

The Lacrosse Fair displayers included: Big Kahuna Sport Company (Dean Longstaff), Washington Stealth Lacrosse Team (Dave Evans and Rick Lum), Levy's Source for Sports (Chris Levis), Charter Bus Lines (Neil Loomer), ProJoy Sportswear (Dave Laughlin), GAIT Lacrosse (Jason Rabjohn and Greg Hanson), Sport Teams Accommodation (Neville Devir), X-treme Sports Gear (Randy Clough), Team Pages Inc. (Derek Story), Mountain Edge Lacrosse (Mike and Jaana Critchley), Prestige Travel (Zahia Kirby), Warrior Sports Canada (Jason Ryan), and newcomer Textile Innovations (Darren Wood) of Port Coquitlam.

"The AGM lacrosse fair was a perfect way to connect to the lacrosse community," stated Textile Innovations co-owner Darren Wood. "I've coached and played lacrosse for many years, now we can connect on a business level with many past acquaintances."

GAIT and deBeer Lacrosse has been a mainstay in this event for many years, but Jason Rabjohn of Rawlings Canada (Ontario) visited for the first time and was overly impressed.



Chris Levis and wife Shelley represent Langley's Levy's Source for Sports at the AGM Lax Fair.

"The BCLA AGM's were more than beneficial to Gait and deBeer Lacrosse," mentioned Fall Team Sports representative Rabjohn. "Anytime you get to rub shoulders with the decision makers of the Associations, it's a win-win situation. It was a great time for us to preview our 2011 product, get feedback from

our target market and to get a feel for how the game is doing in the west."

The BCLA AGM Lacrosse Fair occurs once a year at the Annual General Meetings in Whistler. For additional information for the October 14, 2011 event, please contact Jeff Gombar, BCLA Marketing Director, at jeff@bclalacrosse.com or 604-421-9755 (Ext. 3).

## Simon Fraser Look to Reload in 2011



By William Howard,  
SFU Lacrosse Media Relations

After reaching the 2010 MCLA National Championship semi-finals, the Simon Fraser University men's lacrosse team will have one of the youngest rosters in the MCLA in 2011 (12 freshmen, 7 sophomores, 1 junior and 4 seniors). The talented freshman class joins an already strong sophomore group from 2010 -- Clan Co-Head Coaches Jeff Cathrea and Brent Hoskins look to their underclassmen to reload rather than rebuild.

In preparation for the 2011 season, SFU placed a great deal of emphasis on re-introducing team systems and philosophies. Fraser's 2010 fall season consisted of 20 on-field practices over seven weeks ending in October before moving into the off-season phase in November where they focused on small group sessions and team strength and conditioning.

In addition to the practice schedule, SFU played four fall scrimmages aimed at gaining valuable preseason experience. Highlighting the Clan's 2010 fall scrimmage schedule was a three day road trip to Northern California versus WCLL opponents. After opening the trip with a one-goal loss to Sonoma State (10-9), the Clan posted wins over UC Davis (17-2) and Chico State (9-7), to go 2-1 on the weekend. Fraser also played their annual "Red vs White" Alumni Game which saw the 2011 Clan suffer their second one-goal loss (13-12) against an impressive roster of past SFU greats from the last 15 seasons.

Despite losing seven starters to graduation, SFU was ranked second in the PNCLL preseason poll. University of Oregon topped the poll with all eight first-place votes and 64 total points, while the Clan was a unanimous decision at #2 with 56 points. An experienced Clan squad finished at the top of the PNCLL during the 2010 regular season with a perfect 4-0 record before falling to Oregon (14-8) in the PNCLL Conference Championship. SFU won back-to-back PNCLL Conference Championships in 2008 and 2009 and have won eight Conference Championships over the last fourteen seasons.

After posting a combined 30 wins with only 3 losses the two previous seasons, Fraser had an uncharacteristic slow start to 2010, starting the season with a 2-6 record before going 7-2 to end the regular season and earn an at-large

bid to the MCLA National Championship tournament. As the No. 10 seed, the Clan upset No. 7 Florida State (9-6) and No. 2 Colorado State (12-11 OT) before falling to No. 3 Arizona State (19-9) in the MCLA semi-finals.

When asked about last season and the impact that it had on this past fall, Co-Head Coach Brent Hoskins commented that "last year we returned an experienced line-up that had won consecutive conference championships and reached the MCLA quarterfinals the past two seasons. Our veteran core had worked extremely hard to achieve this level of success but this can also pose a challenge in terms of how to approach the following season as guys have already sacrificed the blood, sweat and tears and just want to get back to the start of the season. Last fall felt considerably different than the two before and we were simply not prepared to compete versus the best teams in the MCLA at the start of the season."

Hoskins went on to say "to the credit of our leadership group and the young men on our roster we clawed our way back from a poor start and a disappointing result at our conference tournament to two games short of a national championship. There wasn't a magic formula to turning things around; we simply had to get back to working hard and making the sacrifices that result in elite teams being successful."

Co-Head Coach Jeff Cathrea added "at the end of the year there were a lot of things to look back and be proud of but the most valuable lesson heading into 2011 was that our underclassmen got to experience firsthand what makes teams successful at the collegiate level and most importantly the little things that separate the teams at the top. There seemed to be a much greater sense of urgency again this past fall and guys were pushing each other every day to get better."

While Cathrea and Hoskins both alluded to a return to an attention to detail they also commented on a renewed commitment to trying to switch things up throughout the fall, including an increase in team building exercises and other "fun" team activities, to ensure that the team stays motivated and continues to build on the early momentum throughout the year.

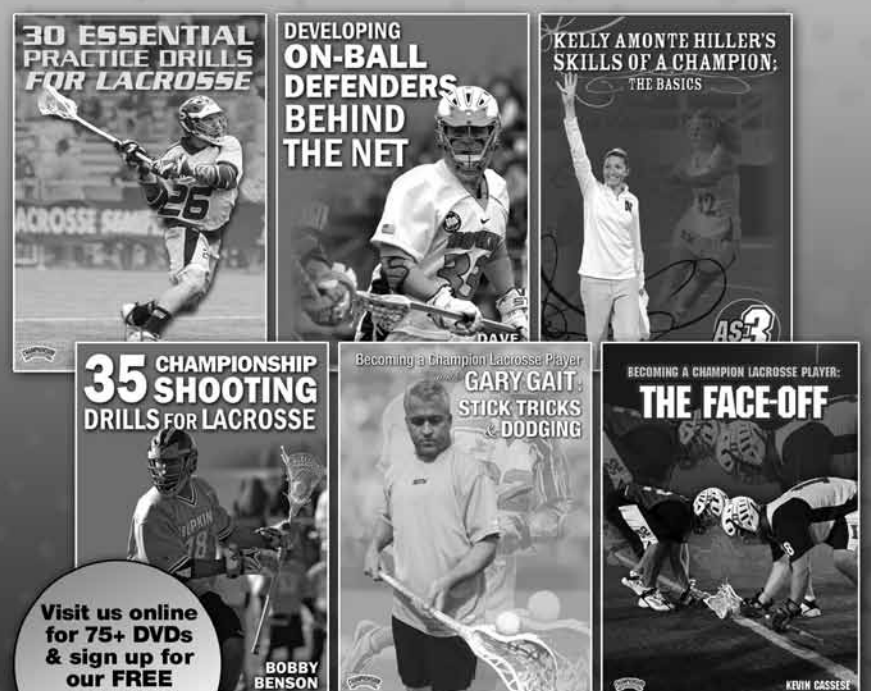
With 11 players returning and the potential for 12 plus incoming freshmen, perhaps the most notable addition to Fraser's 2011 roster

will be the return of face-off specialist Ben Johnson who will re-join the Clan after sitting out the entire 2010 season due to injury. Johnson received PNCLL All-Conference Second Team honors as a sophomore in 2008 and was named a MCLA Second Team All-American and PNCLL First Team All-Conference selection during his junior year in 2009. SFU will also return three starters and four PNCLL

All-Conference selections in 2011, including two MCLA All-America Honorable Mentions. Returning players that collected hardware in 2010 are Nathan Clare, Colton Dow, Luke Genereux and Chris Tessarolo. Senior's Clare and Genereux are expected to anchor the Clan's defense while fellow senior Chris Tessarolo and sophomore Colton Dow are both expected to start on attack this spring.

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# In Memoriam

**Chris Brereton.** A longtime game statistician for lacrosse and hockey has succumbed to cancer. Chris Brereton, 55, was involved in the Western Lacrosse Association for over 25 years, scoring 242 senior games as well as countless junior-level matches. He also recorded, and carefully updated, player career statistics for the Maple Ridge Burrards. During the winter months, Chris was the official statistician for the University of BC Thunderbirds hockey games. Chris passed away October 4, 2010.

**Tony Halters** passed away on Friday November 5, 2010, at 83 years of age, in Keremeos, BC. He had a long history with the Vancouver Minor Lacrosse Association and took over as the Senior B commissioner in 1976. He was the Commissioner of the Senior B Lacrosse League from 1976 to and 1986; with the exception of 1983. He held that position in 12 years and in 1988, stepped down and replaced by Doreen Norris.

**Larry McNabb**, a well-known sports and community leader in Nanaimo, passed away December 24, 2010. Born in Canwood Saskatchewan, on November 5, 1939, McNabb moved to the Hub City at the age of 17. He later spent 15 years playing hockey in minor professional leagues while spending his summers involved in lacrosse. In 1968, he participated in 26 games with the Victoria Shamrocks, gathering one goal and five assists – oh, yes, and 104 minutes in penalties. Following his retirement as an active player, McNabb took up coaching Nanaimo teams in both sports, as well as spending 25 years as an elected city councilor as a chairman of the Parks, Recreation and Culture Commission for two decades.

**James Gareth “Bud” Parry**, born on January 29, 1938, passed away November 3, 2010 following a courageous battle against lung cancer. Bud was a long-time supporter of Vancou-

## Alfie Davy

By: Stan Shillington

He was a small man in stature but, on the lacrosse floor, he stood out like a grant.

Just five-foot-four and 135 pounds, Alfie Davy dominated the game during the transition from the field to the smaller confines of an indoor “box.”

A charter member of the Canadian Lacrosse Hall of Fame, the diminutive warrior captured the scoring titles in 1933 and 1934 on his journey to an amazing career total of 511 goals and 138 assists in 178 senior league and playoff games.

Born November 11, 1912, in Davyroyd, Saskatchewan, he moved with his family to New Westminster at a young age and soon became engrossed with lacrosse.

It was inevitable that Alfie, along with brothers Les and Harold (more commonly known as “Mousy”), would don the Salmonbellies’ colours.

Former teammate and fellow Hall of Famer, Jack Wood, once recalled that Alfie could go against players much bigger than

## Les Norman

By: Stan Shillington

Les Norman, a lacrosse netminding icon, passed away December 13, 2010, just 11 days following his 71st birthday.

Leslie D. Norman was born in Sexsmith, Alberta, but developed his lacrosse prowess in the Burnaby minor system from Pee wee to Juvenile “A”. Then, at age 17, he took up the netminding chores for the Junior Salmonbellies and Junior Pastimes.

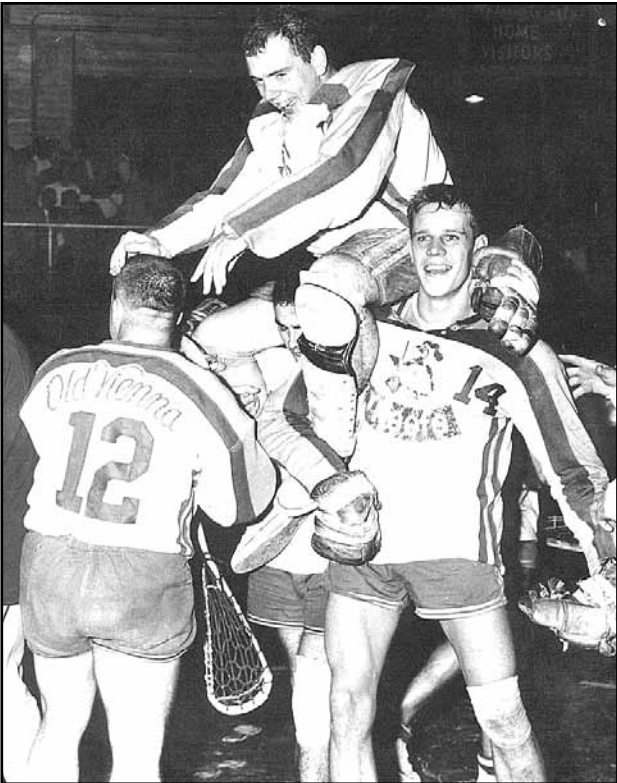
Desperate to halt a one-win, six-loss season’s start in 1959, the senior ‘Bellies came calling on the 19-year-old. While continuing to play in the Junior circuit. Norman became instrumental in the taking the senior Fishman to a 10-game winning streak and, eventually, the Western title. Next came the Mann Cup in which he played all four games in New Westminster’s sweep over Peterborough.

Petes’ coach, fabled goaltender Moon Wootton, was suitably impressed, commenting “that kid Norman is some goalie. He’ll be getting the name I’ve had for some years.”

And, indeed, he did!

That first season saw him continue playing Junior games, 11 in all, while taking part in 18 Senior games -- a career start that saw him win Rookie-of-the-Year honours, a Mann Cup ring and a First All-Star Team rating.

His 370-game career had numerous peaks, with only a few valleys, but the biggest highlight came on May 3, 1962, when



Mike Gates #14, Ron Loftus #12 and teammates, hoist Les Norman after shutout win over Victoria in 1962.

ver senior lacrosse. The brother of Hall of Famer, Bob Parry, Bud was also an active player in his younger days, participating in 15 Senior “A” games with Vancouver and Burnaby.

him because “he was so close to the ground that it was hard to knock him off his feet.”

“He was fast, he was a great stick handler, a good shooter, and he wasn’t scared of anything.”

Wood added that, despite winning the 1933 and 1934 scoring titles, Davy’s greatest season was probably 1937, that is until he suffered an arm fracture. Although forced to miss 11 of the team’s 28-game schedule, Alfie still garnered 64 goals and 22 assists.

Davy still owns four scoring records: Most goals in a Mann Cup game (12 on Sept. 27/34); Most goals in a single season’s playoff (52 in 1934); Most goals in a single season, league and playoff combined (133 in 1934); and Most goals in two consecutive games (16 in 1937).

Alfie retired his stick in 1940 and later moved to Grand Forks. It was there that a freak accident in June, 1984, took his life.

Police, at the time, said Alfie had parked his car in front of his house when it began to roll backwards. He tried to stop the vehicle but was run over in the attempt.

Les blocked 27 Victoria shots to register the first shutout in Inter-City Lacrosse League regular season play.

“Wow, what a night!” Norman understated following the game. “I’m a nervous wreck and exhausted. My hands are still shaky.–”

But his career was anything but shaky. His competitiveness was legendary. He never hesitated to attack the opponents verbally or with a good, stiff check. If his teammates dared to doddle, they became the recipients of his vociferous bellowing. By game’s end, his voice was often reduced to a raspy growl.

Someone once wrote that Norman was “quiet and reliable” and was “quietly confident.”

“I was never quiet,” shouted an annoyed Norman. “How could anybody write that?”

Good question -- he was anything but quiet.

Norman earned seven all-star ratings, five on the first team. In addition, he was named the league’s Most Valuable Player in 1961, the playoff MVP in 1962 and the Mann Cup MVP in 1965, as well as being named the league’s top goalie three times.

When he retired following the 1971 season, Les had blocked 9,958 of 13,141 shots fired his way for a lifetime 75.8 per cent save average.

The three time Mann Cup winner was inducted into the Canadian Lacrosse Hall of Fame in 1989.

# 1950 Minto Cup Fiasco

By: Stan Shillington

It was a Canadian championship, worthy of recognition as an event to determine the “Best of the Best” in the nation.

Unfortunately, the 1950 Minto Cup series was stained with discourteous ignorance and indifference by Canadian and BC Lacrosse executive supposedly in charge of the competition.

The problem began the moment the St. Catharines Athletics stepped off the train in Vancouver on a Saturday morning, a scant few hours before the first game was to be played.

The only official to meet them was CLA Vice President Bill Easterbrook. The only other person to show up was Lee Dickinson, coach of the 1949 Minto Cup champs, Eagletimes.

For some reason, no hosting BCLA executives were available to greet the visitors or even arrange for the players and equipment to be transported to their hotel for a short rest before they played the first game a few hours later.

Dickinson was disgusted for, when his Eagletimes went to Owen Sound the previous year, basic transportation, accommodations and entertainment on off-days was all handled by the host association.

He quickly scrambled around to get enough vehicles to help transport the players and equipment to their hotel.

But to the credit of St. Kitts’ coach Doug Cove, he made to adverse comments for public conception; rather, he would let his team display its class on the playing floor.

Each club was allowed to add two players to the roster, the Athletics taking a pair from Brampton and the Vancouver Burrards and two from Eagletimes.

However, for the 700 fans attending the first game, it was a struggle to tell one player from another -- no programs, or even printed lineups, was available.

St. Catharines wasted little time to dispel any frustrations that might have festered because of the West Coast welcome.

Three minutes into the game, 3-0 the score.

Led by the hat tricks of Ted Howe and Len Caruso, the Easterners outshot Vancouver 49-27 on the road to an 18-9 victory.

In the second contest, now with only 250 fans in attendance, Vancouver introduced a zone defense that slowed the St. Kitts’ speedy attack -- but not for long.

Burrards held a 2-1 lead after one period but, after the visitors had a second period adjustment, fell behind 6-2. The final scored was 14-9, with Howe once again leading the victors with a three-goal effort.

The third contest followed the pattern of the previous two frays, with St. Kitts racking up 17 goals to Vancouver’s eight -- a three-game sweep.

Newspaper columnist Eric Whitehead observed: “It was a travesty of a championship spectacle. If the object is to kill the Minto Cup competition for all time, then this series is a huge success.”

But the screw-up bug again raised its ugly head.

After VP Easterbrook presented St. Catharines with the Cup, the team celebrated before catching the train home the following morning.

That’s when the team was informed it would have to stop off in Winnipeg to play the Manitoba All-Stars in a second Minto Cup final. After all, the cup was a challenge trophy!

St. Kitts arrived in Winnipeg in the late afternoon of Sept. 16 and went directly to the city’s Olympic rink for an 8:30 p.m. game, the first in a best-of-three series.

The Ontario boys ran up an 8-0 lead before the three-day train trip began taking its toll. Regulation time ended 15-15 but, somehow, the Easterners found enough energy to eventually win 21-16.

St. Catharines took the second -- and hopefully, the final -- game 9-7 two days later and, again, were awarded the Minto Cup.

St. Catharines returned home with the Canadian title and, happily -- despite predictions to the contrary -- the annual Minto Cup competition did not die.



# VIFL Making Youth Field Fun

By: Marnie Evans, U8/10 Commissioner



Vic Field and Mid-Island U8 and U10 field players competed at the 2010 VIFL Jamboree.

Vancouver Island is working on developing Youth Field Lacrosse. This season we had two Under 10 teams and one very large Under 8 team -- this became a bit of concern for us as what does this hold for our future development of lacrosse on the Island.

A few of us got together and developed a program to inspire players on the Island to participate and play field lacrosse. This year we ended our regular season with a winter jamboree. We co-ordinated mini games for the U8 and U10's on the turf field in Duncan. Teams played shortened 8-minute quarters with drop down boards on the goals to make the goal area smaller and they made the U10's take bounce shots on goal against the younger U8's. Lunch was supplied for all participants, coaches and managers who took part in the event. Every player and coach also receive a winter jamboree t-shirt to wear with pride.

It was a day of many smiles, happy parents, and many comments of how everyone couldn't wait to do it all over again next year. This was a great way to end the first season for many play-

ers and will surely turn them on, and hopefully others, to play field lacrosse next season.

Part of our development program is to build the awareness of field lacrosse during the box lacrosse season. Part of our marketing includes setting up display tables at the box tournaments, visit elementary schools in the spring and teach the skills and fun of lacrosse. We also want to educate new parents about the sport of field lacrosse and show the advantages for those that are box players, that participating in field lacrosse is a great way to learn more skills and will help their box lacrosse development.

Thanks to Sports Traders we raffled off a toonie lacrosse stick raising some money for the group. The Victoria Shamrocks donated an authentic game jersey and the Nanaimo Timbemen donated a box of ball caps for the raffle. The Mid-Island and Victoria Youth Lacrosse Associations donated money to offset the cost of referees and field time.

For further information please contact Marnie Evans at 250-338-0739 and email [evandale@telus.net](mailto:evandale@telus.net).

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# Team BC Field Splits in Maryland



Team BC poses on tour in Washington DC.

By: LacrosseTalk Staff

The Team BC Field Lacrosse program is building off the successes of the 2010 season. The U19 and U16 Team BC teams that competed at the First Nations Trophy and the Alumni Cup this past Labour day weekend, collected silver medals – each losing in the national championship games by a single goal.

As more and more lacrosse athletes are enrolling in lacrosse academies and prep schools south of the border, the Team BC program identified the need to continue more high performance competitions and introduced a new traveling field lacrosse squad in the fall of 2010.

The Team BC U16 field lacrosse travel team was formed and trained at an elite level while playing high level opponents in US tournaments.

“The idea of the traveling squad was to build on the positive experiences of our field

lacrosse athletes and continue to expose the talent to coaches in the USA,” mentioned Team BC Field Co-ordinator Rey Comeault. “These athletes are at the impressionable age [16-17 years] and are immersed in the college recruitment process -- travel to the US tournaments will increase their chances of making a college connection.”

Some 200 plus Canadian field lacrosse athletes are competing in varsity lacrosse programs at US colleges – a far cry from the 20 or so a decade ago. It is apparent those numbers will continue to grow as more US college coaches see the advantage of the Canadian box-trained athletes who become impact field lacrosse players.

“Canadian field lacrosse athletes are highly sought after commodities by the US coaches,” mentioned Team Canada bench and goaltender coach Jeff Gombar. “After we won a world championship title [2006] the US coaches wondered what made the Canadian athletes

that much better -- they all want the next Gary and Paul Gait.”

When comparing past Men’s National squads in the early years, there was maybe 1 or 2 players that had any college field lacrosse experience as compared to the 2010 Team Canada squad which had only 2 or 3 athletes that had not played college lacrosse.

On November 13, Team BC played in the UP Lax fall shootout in Annapolis, Maryland. Team BC won two and lost one game beating Fighting 4 (New York) 8-4 and Coast to Coast (Texas) 9-3, while dropping the final game to the Colorado Thunderbolts 9-6.

The next day, Team BC competed in the Warrior fall ball tournament at St Paul’s School in Baltimore. Arguably a tougher field of competitors, Team BC won one and lost two games, losing to Team Dakota (North/South Dakota) 6-5 despite controlling the play and out chancing them, defeated St. John’s DC (Washington DC) 8-7 and met the #3 nationally ranked host St. Paul’s in the last game. Team BC came out flat in the first half and was down 7-1 and was perhaps intimidated by the opposition. The team fought back and never gave up and put together a strong second half only to lose 9-7.

Head coach, Scott Browning and assistant Derek Milani selected a mix of athletes from the mainland, island and interior for the trip. They were pleased with the outcome and the new connections players made with college coaches.

“Overall this was a great experience for the guys individually and a good start for the Team BC U16 travel program,” stated Head coach Scott Browning. “The 2011 version of the team has just been selected, and will be training for Nationals in September and plan a return visit to the Baltimore area recruiting camps in the fall of 2011.”



The goal was to compete at a high level, showcase the Team BC talent and make some college

connections. There were a lot of coaches at both events. Many of the players have had follow up contact from various schools and the coaching staff has been contacted for references on players as well.

NCAA schools of note that scouted Team BC games included: Limestone, Stony Brook, Johns Hopkins, Salisbury, Lehigh, Cornell and Maryland. One such NCAA coach who had a vested interest in the Canadian talent was Alberta native and Lehigh University assistant coach Taylor Wray.

“In today’s NCAA recruiting landscape it is so important for these kids to get the opportunity to be seen by college coaches and to get some more experience playing the field game against some great competition,” said Wray. “Field lacrosse in Canada has come so far over the last few years and a big part that is due to programs like Team BC. The talent on the team was great and I look forward to keeping an eye on many of these players over the coming months.”

The roster of athletes were: Braden Barr (Clarence Fulton), Blaine Boomer (South Kamloops), Rhys Burnell (Yale Secondary), Brad Dolbec (Maple Ridge Secondary), Tyler Klarnier (Blue Ridge School), Mitch Klarnier (Blue Ridge School), Alex Magni (Prince of Wales), Jacob Moran (Heritage Woods School), Kristian Mousseau (Claremont Secondary), Johnny Pearson (RE Mountain), Keegan Rittinger (Charles Best), Cole Seidel (Pleasant Valley), Matthew Symes (Centennial School), Cory Wong (Britannia Secondary), Parker Sahota (Robert McMath Secondary), Robin Lowenberger (Charles Best), Chris Nasato (New West Secondary) and Michael Messenger (Lord Tweedsmuir).

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# Jr A's & Malawsky Up for Sport BC Awards

By: LacrosseTalk Staff

The BC Lacrosse Association submits nominations for the annual Sport BC Athlete of the Year Awards. This year, the 2010 Minto Cup champions, Coquitlam Jr. Adanacs team and their inspirational head coach, Curt Malawsky, have been nominated for the team and coach categories.

Curt Malawsky grew up steps from Smith Lacrosse Box in Coquitlam where he honed his skills as a youth. His hard work ethic transpired into success wherever he played leading up to the Western Lacrosse Association or professionally in the National Lacrosse League. Now, all that lacrosse knowledge he's gained is paying off and being paid forward as a coach.

2010 marked Malawsky's return to Coquitlam where he grew up and played lacrosse for majority of his career. He returned behind the bench with his alma mater Coquitlam Junior "A" Adanacs as the head coach.

Malawsky's intensity behind the bench exudes confidence amongst players and he demands the most out of his players – and gets it! His attention to detail and teaching his athletes the finer points of the game are paramount. The additional hours he and his staff put in this season scouting, practicing, and strategizing gained his Junior Adanacs every possible competitive edge en route to a successful season.

The 2010 Adanacs dominated all facets of the 21-game 2010 BCJALL regular season scoring a league leading 256 goals (12.1 goals per game while yielding a stingy 132 goals (6.3 goals against) – a testament of championship



Curt Malawsky.

teams garnering great offensive output and a tough team defense. A most outstanding statistic had the Adanacs

tally 401 assists on 256 goals scored or an average of 1.5 assists per goal, promoting excellent team play-making. The A's took advantage of odd-man situations netting 61 regular season power

play goals (almost 3 per game) – tops in the BCJALL.

The A's won the 2010 BC Junior A Lacrosse League (BCJALL) regular season title with a record of 19 wins, 1 loss and 1 tie; lost one playoff game to win the BC Junior Lacrosse League title; and went undefeated in the Minto

finals beating Orangeville Northmen 2-0 in a best-of-three Minto Cup final series to win the 2010 Minto Cup. This was the club's first ever Canadian Junior "A" Lacrosse Minto Cup National Championship in their 45 year history and finished with an overall record of 30 wins, 2 losses and 1 tie. Other firsts included a first ever Minto Cup win on home soil and a first-ever Minto Cup tournament MVP in Robert Church (Coquitlam Adanacs).

Provincially, the A's were the top ranked BCJALL team in BC all through the regular season, except for one week, while nationally,

they were ranked in the top 3 or better for 11 weeks of the SUBWAY LacrosseTalk National rankings. They remained a number 2 rank most of the season.

For his efforts, Curt Malawsky was the BC Lacrosse Association's John Cavallin 2010 Senior Coach of the Year award recipient at the 2010 BCLA Merit Award banquet in Whistler.

The 2010 45th Sport BC Athlete of the Year Awards Ceremony will take place February 24, 2011 at the River Rock Show Theatre in Richmond. Ticket information is available at the Sport BC website at sportbc.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 2011 BCLA Merit Awards while the season is still fresh in your minds. 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 (Field Coach of the Year)**

The Award Winners will be presented during the 2011 BCLA Annual General Meeting Banquet next October 2011. 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










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# Women's Lax Cutting Teeth



Women's field teams play a friendly match in Burnaby.

By: LacrosseTalk Staff

Women's field lacrosse is still finding its way in the boxla dominated west in BC. A once dominant talent pool of women field lacrosse players that filled rosters of Canadian National teams in the 1980's, has given way to redeveloping athletes and limited numbers making our National squads. But times may be changing!

BC Women's field lacrosse participation numbers grew 37% from 2008-2009 dipping slightly in 2010. Many of these athletes are relatively new to

the outdoor game, but have plenty of raw talent and athleticism to compete at an advanced level.

Many of the athletes grew up playing box lacrosse and the mix of the box stick skills and creativity learning the nuances of women's field lacrosse makes a pretty well rounded athlete.

Now that the female box lacrosse numbers are pushing on 850 participants, there will hopefully be more of these players trying the field game and see where their talents can take them – maybe it could be their ticket to college!

Women's field lacrosse opportunities at colleges and universities in the USA are on the rise. More and more Canadians are considering attending schools south of the border to compete at high levels. In the NCAA, there are 91 Division 1 schools, 57 Division 2 schools and 201 Division 3 schools competing. There is also club lacrosse in the US Lacrosse Women's Division Intercollegiate Associates (WDIA), a national organization of 200 plus non-NCAA, college women's lacrosse programs organized and run by US Lacrosse.

The participation numbers are not enormous and the number of competitions may be few, but the drive of a select few athletes and volunteers are producing some very good raw talent that will take women's field lacrosse in BC to new levels.

The Vancouver women's team and the Pacific Coast Field Lacrosse League girl's teams played an exhibition friendly game at Burnaby Lake Sports Complex in November. The Vancouver women's team played a select team of U15's. The first half of the game was played by the Pacific Coast league girls U15 team -- the women won that part of the game by a score of 4-2. The second half was played with the select team of U19 Pacific Coast League girls and they won that half of the game. Ashley Bull from PCFLL U19 girl's team was named MVP midfield defender.

The games just flew by with many of the players saying "that was so much fun!" That's all that matters, so all goals were achieved. Everyone had a great time and there are plans for similar competitions next season.

Thanks to Naomi Walser and her talented team for an entertaining game. These women are awesome role models and demonstrated the true spirit of BC Lacrosse - Sportsmanship, Passion, Integrity, Respect, Innovation, and Trust. All are truly appreciative of the women that volunteer their time to coach to get our youth athletes to the next level.

Thanks to Brad Hara for providing the field time for both games and covering the field costs; to the PCFLL executive for supporting this event and making the changes as needed; to all the coaches who assisted the girls team; to the Umpires Katie Howes and Andrea Jones for generously volunteering their Umpiring time and thanks to Brenda Lund- Murray (NW U12 Coach) for video-taping the game.

Plans for the summer of 2011 include an exhibition match for the BC Under 15 girls who will play a touring English High School varsity team in July.

# BCLA Presidents' Award Recipients

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Thirty-five BCLA Presidents' Award recipients were announced at the 2010 AGM over the October 15-17 weekend.

The Presidents' Award is to promote and celebrate the spirit of volunteerism by annually giving BCLA organizations an opportunity to acknowledge and thank an individual who has demonstrated outstanding dedication and commitment to lacrosse within their organizations. Each nomination is the selected winner for their local community senior league or minor box lacrosse or youth field lacrosse associations.

The 2010 BC Lacrosse Association Presidents' Award winners are as follows:



New Westminster Minor's Rich Peterson (L) accepts President's Award from Sohen Gill and Jamie Stewart.

Debbie Achtzner (Vancouver Island Intermediate B League), Lance Andre (Ridge Meadows Minor Lacrosse), Shirley Bains (Vancouver Island Senior C League), Bill Barwise (Prince George Minor Lacrosse), Brenda Bromley (Pacific Coast Field Lacrosse League), Kim Davies (Surrey Minor Lacrosse), Reg Elgie (Pacific Northwest Junior B League), Harry Ferguson (BC Junior A League), Kelly Frech (Nanaimo & District Minor Lacrosse), Maureen Garland (Pacific Rim Youth Field Lacrosse), Keith Hagedorn (Juan de Fuca Minor Lacrosse), Lynn Hanley (North Okanagan Minor Lacrosse), Derek Hedican (Thompson-Okanagan Junior B League), Lori Hitchcox (Victoria Women's Field Lacrosse), Colleen Houlihan (Comox Valley Minor Lacrosse), Chris Jackson (Saanich Minor Lacrosse), Trish Keizer (Langley Youth Field Lacrosse), Tom Kellet (Burnaby Minor Lacrosse), Dan Mason (Richmond Lacrosse), Rhonda Maximick (North Island Youth Field Lacrosse), Wayne McDonald (Vancouver Minor Lacrosse), Neil McIntosh (Prince George Senior C League), Krys

Meadows (Langley Minor Lacrosse), David Miller (Pt. Moody Minor Lacrosse), Kevin Mills (Campbell River Minor Lacrosse), Lori Morgan (Peninsula Minor Lacrosse), Rich Peterson (New Westminster Minor Box Lacrosse), Mary Pichette (Delta Youth Field Lacrosse), George Prince (Prince George Senior C League), Barry Riback (BC Intermediate A League), Suki Sandhu (New Westminster Girls Field Lacrosse), Fiona Stratton (BC Intermediate B League), Brande Terris (Nanaimo Youth Field Lacrosse), Garrett Ungaro (Coquitlam Minor Lacrosse), Kim Vincent (Delta Minor Box Lacrosse), Terry Willis (Semiahmoo Minor Lacrosse), Lorne Winship (Cowichan Valley Minor Lacrosse), Linda Wiseman (Pt. Coquitlam Minor Lacrosse) and Scott Wortley (Mission Minor Lacrosse).

Each individual was honoured at the 2010 BCLA AGM in a short ceremony during the Merit Award Banquet and received a nice watch from a representative of their league or association to commemorate their volunteer achievements. Thank you for all you do for lacrosse.

## BC Lacrosse Association 2011 EVENTS

**BCLA Coach Facilitator Training Session**  
January 29, 2011  
Douglas College  
New Westminster

**BCLA Official Facilitator Training Session**  
February 12, 2011  
Douglas College  
New Westminster

### Field Lacrosse Provincials

**U12/U14/U16/U19 Tier 1**  
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**U12/U14/U16/U19 Tier 2**  
February 24-27, 2011  
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# Way To Go!

## B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award



Terry Monture

**Terry Monture** (Terrace Coach & Developer)  
Terry was a multi-sport athlete as a youth growing up in Ontario. A High School basketball coach saw the traits of a coach in Terry; he soon became a player-coach. From that point, coaching has been an important part of Monture's life.

In the early 2000's, Terry and his son moved to Terrace. He immediately entrenched himself in the sports community as a coach of numerous sports and a personal trainer. His love for lacrosse has made Terrace well-known for competitive minor lacrosse teams; albeit playing a limited game schedule.

Terry has been a mainstay in many young athletes' lives challenging them to reach high goals. His mentorship is unique caring for each athlete individually. This Competitive Introduction Coach (Level 2) had a very successful 2009 season; a Midget B Gold medal and Provincial title; a Pee Wee C Provincial Bronze medal; and the recipient of the BCLA Zone 7 Coach of the Year Award. He was also the head coach of the 2010 BC Summer Games Box Lacrosse team representing Zone 7.

Terry played a key part in the 2009 BCLA Aboriginal Northern BC Development Program instructing skill development sessions and continues to make regular visits to these areas.

Terry feels his mission in life is to coach. His passion for sport runs deep and his athletes are better for it. Monture takes it upon himself annually to purchase a trophy for every player from every team he's coached over the years. Just a nice way to show how much he cares!

Congratulations Terry!

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.





# MANN CUP 1989

By: Stan Shillington

Ontario's Brooklin Redmen flew west in 1989, determined to retain the cherished Mann Cup and, in doing so, being crowned the 1980's "Team of the Decade."

Opposing the Easterners in their quest for glory were the Fishmen of New Westminster, a team eager to sink their hooks into that bubble of optimism.

Excited fans filled old Queens Park Arena to witness the battle for the senior lacrosse championship of Canada.

Could the Gary Gait-led Redmen capture their fourth national title in five years or would they fall victim to the star-studded hometown Salmon-bellies? After all, the 'Bellies played spoilers before.....remember?

Brooklin first invaded the Royal City in 1985 and, with an incredible 6-5 victory in the seventh and final series game, carried off the Mann Cup.

Embarrassed, New Westminster converged upon the Redmen home the following season and, like a typical Hollywood adventure script, took back the Mann Cup in six games.

One each -- the stage was now set for a 1987 Queens Park Arena rubber-match. And was it ever a dandy!

The first six games were split three games apiece, with the Royal City home-townners scoring a mere four goals more than the Easterners. But, when the seventh and final game came to an end, it was the visiting Redmen clinging to a 9-8 margin.

Most fans expected the two adversaries to continue to do battle in 1988, but the Coquitlam Adanacs monkey-wrenched such thoughts by dumping the 'Bellies 4-3. Later, the Adanac steam engine was derailed by the Redmen juggernaut.

Brooklin now had three titles under its belt in the past four years and eagerly sought to make that four-in-five.

But things didn't go as planned. Led by Ben Hieltjes' hat trick, the 'Bellies dominated the first game with a convincing 9-3 win. In the second

meeting, New Westminster took an early lead, but, crushed by an 8-1 middle stanza Redmen onslaught, the BC boys fell 12-8.

Hieltjes again registered a three-goal performance in Game Three leading his Royal City crew to a 10-5 victory. The winning way continued the following night with a 12-9 'Bellies win.

Former Victoria superstar, Gary Gait, brought New Westminster's success to a halt in Game Five by blasting five goals behind 'Bellies net-minder Shawn Quinlan. Series now stood at 3-2 for the home-boys.

Game Six had the packed house on pins-and-needles, with the lead advantage flipping back and forth ever the first two periods, the 'Bellies holding a slim 5-4 edge entering the final 20 minutes,

But, hold on, there was an unscheduled interruption at 13:59 of the second frame when a scuffle broke out amongst players and coaches on both benches.

Four policemen quickly arrived to clear away fired-up spectators from behind the Redeem team bench. Meanwhile, two players from each team and an assistant New Westminster coach were ejected from the game.

When the smoke finally cleared and the third period was allowed to proceed, the local heroes stunned their foes five-goals-to-none for a 10-4 eventual victory and, of course, the Canadian title.

Unhappily for the Ontario club, the honour of "Team of the decade" slipped out of its grasp into the eager clutches of the Royal City hosts.

The 'Bellies had just taken their third title (1981, 1986 and 1989) in seven Mann Cup appearances between 1980 and 1989 outclassing the Brooklin club's three titles in five appearances.

But both teams, for the decade, gave fans of lacrosse a memory not to be forgotten -- 14 New Westminster wins to 12 by Brooklin in the four memorable meetings, with the 'Bellies also holding a slim edge in goals scored, 232 to 223.

How exciting could it get?



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# Coaches Corner LTAD: Women's Box Lacrosse Initiative

By: Duane Bratt, CLA National Resource Person for Coaching

Women's box lacrosse is the fastest growing segment of the sport. Barely existent at the turn of the 21st century, by 2010 there were almost 3,000 women playing in separate female-only leagues across Canada. The growth of minor lacrosse for females led naturally to the creation of major lacrosse. Junior leagues have been operating for several years and even (in the case of Ontario and Alberta) senior women's lacrosse. Although, a name change is probably in order since it is tough to call twenty-somethings seniors! Further reflecting the growth of the female box game was the creation in 2009 of the first minor nationals for bantam girls with participating teams from BC, Alberta, Ontario, and New Brunswick. In

2010, these teams were joined by the Iroquois. From July 23-28, 2011, New Westminster will be hosting not only the bantam girls, but also the midget girls.

This growth has not been without its problems. Many of the coaches and referees for women's box remain male. In 2010, there were only about 300 female coaches and about 200 female referees. There simply has not been sufficient time for players to graduate into coaching and refereeing. In addition, the rules of women's box vary greatly across the country. Some provinces do not distinguish between males and females when it comes to rules, but others have special rules for females. This is especially true with regards to contact.

Lacrosse for Life, the CLA's Long-Term Athlete Development (LTAD) model, identi-

fied a series of shortcomings with the current state of lacrosse. One of the most important shortcomings was that "training and competition programs designed for males are imposed on females." This led to the consequence that "female athletes do not reach their potential." Therefore, the LTAD committee has launched a women's box lacrosse initiative that begins its work in January 2011. Representatives from across the country, plus an outside expert, noted Kinesiologist Dr. Vicki Harber from the University of Alberta, will meet to discuss and make recommendations to the CLA Board of Directors concerning all facets of the women's box lacrosse game. This initiative has a number of key items on its agenda. First, it will examine the question of whether women's box lacrosse is just a subset of regular box lacrosse, or whether

it is deserving of its own status as a separate discipline (just like Men's and Women's Field). Second, at what age should players be segregated based upon gender? Third, what should be the national rules for women's box lacrosse? In particular, at what age (if any) should contact be introduced? Fourth, how should coach's manuals be revised to include information on the special physical and mental attributes of female athletes? Should there also be changes to the technical and tactical information? Finally, how can participation numbers for players, coaches, and referees be expanded? The objective of the women's box lacrosse initiative is to capitalize on the great gains that the game has already seen, and to find ways of furthering that growth. It is an exciting time to be a female box lacrosse player!

## 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, ceiling of your athletic potential 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, at the end of a session, ensure the most efficient recovery rate by setting the table for replenishing fuel sources lost during activity. 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 de-

crease in blood volume and an increase in blood salt concentration. Both of these occur when you sweat. Research has shown your body will absorb and retain more fluid when electrolytes such as sodium are added to whatever you are drinking. Consuming water dilutes the sodium in your blood and shuts off your thirst mechanism, so you drink less and tend not to hydrate fully. A simple sports drink, even diluted can help to accomplish this.

Post Activity Nutrition - Take a post activity shake or snack. The job of post-exercise nutrition is to regain hydration status, replenish electrolytes, replace carbohydrate and provide protein for muscle repair and antioxidants to reduce cellular damage. To help reduce the stress hormone cortisol, which literally eats away at muscle tissue, a simple shake containing a 2:1 ratio of carbs : protein will curb this hormone as well as aid in the shuttling of nutrients to the muscles, thus commencing the recovery process. Refueling 30 minutes post activity will allow for the 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 repair.

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

Get a massage - Therapeutic massage or active release techniques such as foam body rolling, releasing trigger points or using a muscle stick helps the body recover from the stresses of strenuous exercise, and facilitates the rebuilding phase of conditioning. The physiological benefits of massage include improved blood and lymph circulation, muscle relaxation, and general relaxation. These, in turn, lead to removal of waste products and better cell nutrition, normalization and greater elasticity of tissues, deactivation of trigger points, and faster healing of injuries. It all adds up to relief from soreness and stiffness, better flexibility, and less potential for future injury.

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.

### In Memory of Jack Crosby "Mr. Lacrosse"



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

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

and these funds will be used to support Innovative projects and programs that will address the needs of BCLA members.

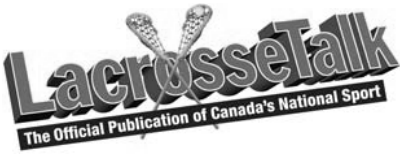
This is an investment for our lacrosse community to become self-reliant; a fund that will benefit our grandchildren's children; a legacy that will continue to "pay it forward" forever; a future for lacrosse that we feel Jack would be proud to support.

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

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

**Jack Crosby Endowment Fund Donations can be sent to:**  
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# Burrards Hicks Steps Down

By: LacrosseTalk Staff

The backbone and glue of the Maple Ridge Burrards Senior A Lacrosse Club has decided to leave the game of lacrosse after 10 years at the helm. Bill Hicks, the do-it-all leader of the Burrards, resigned his positions of Governor, Treasurer, Assistant GM and Director of the team on December 13.

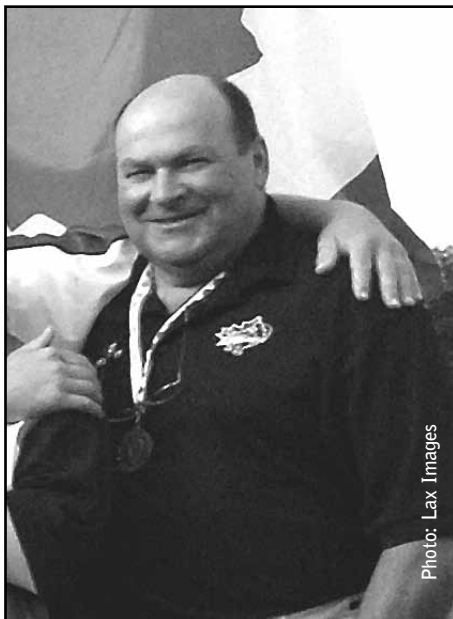
Hicks has been involved in lacrosse and hockey most of his life as his son Dar moved through the sports system. Bill coached hockey and sat on many executives over the years in Port Moody.

"The great rapport with all the players and volunteers that stepped up to support the Burrards – that's what it was all about," mentioned Hicks.

In 1997, Hicks lead a management team and secured the 1998 Team Canada Men's Field Lacrosse program leading up to the 1998 World Cup of Lacrosse in Baltimore, Maryland. Without a doubt, Hicks and his group took Team Canada to new levels that have yet to be matched.

His goal was not only to build the best National teams possible, but to do it in a way that the players wouldn't have to pay out of their own pocket to play for their country. He was successful on both fronts!

At the 1998 Games in Baltimore, Canada met the USA in the World Cup final in one of the most memorable finishes in all of sports. Canada was down and out and was dominated by the USA 12-3 at halftime. Canada mounted one the most incredible comebacks in sport



Bill Hicks winning a world championship with Team Canada in 2006.

history tying the USA 13-13 in the last minute of regulation only to eventually lose in O.T.

In 2002, Team Canada under the Hicks regime, took Team Canada to Perth, Australia where Canada was favoured in a year when no pro field lacrosse players could participate in the World Games. Canada would bring home another silver medal.

The 2006 Team Canada program was the most successful in putting together the best team possible, forming a cohesive group and finally achieving greatness by winning the World title. This feat was 10 years in the making and a chance for Hicks to leave the program as a World Champion – and he did!

To top it off, Bill Hicks said it all "What a ride.....what a finish!"

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Photo: BCLA Archives

Curtis Dickson was the first BC player chosen in the 2011 NLL Entry Draft.

By: LacrosseTalk Staff

The 2010 National Lacrosse League Entry Draft took place September 8, 2010 in Toronto at the Westin Harbour Castle Hotel. Rochester Knighthawks held the first overall selection in the 2010 Entry Draft and wasted no time picking Syracuse University standout Cody Jamie-

# Dickson, Davis & Irving Top BC Players in NLL Draft

son. Ironically, Rochester chose Sid Smith as the first pick in the 2009 draft from Syracuse.

Three of the nine first round selections played junior lacrosse in the BCJALL. The top BC player chosen in the 2010 NLL Entry Draft was Port Coquitlam's Curtis Dickson, chosen 3rd overall by the Calgary Roughnecks. Dickson played collegiately for the University of Delaware Blue Hens where he set a UD career record with 162 goals and being one of five finalists for the prestigious Tewaaraton Award as the nation's top player. In 12 games with the WLA Maple Ridge Burrards, Dickson, the 3rd leading team scorer, netted 18 goals and 16 helpers for 34 points.

Jarrett Davis, out of Bellarmine University, went fifth overall to the K-hawks. Davis finished his career at Bellarmine with 39 goals and 44 assists. Davis looks to help jump-start the Knighthawks' offense but can also play a key transition and defensive role if needed. A teammate of Dickson's, he lead the Maple Ridge Burrards in scoring last season. In 18

games, Davis potted 24 goals, 49 assists for 73 points and was named to the WLA 2nd All-Star team.

Buffalo Bandits chose Junior Salmonbellies product Travis Irving in the 9th spot in the draft. In the 2010 campaign, this 6-4, 200 pounder defender netted a goal and an assist while spending 81 minutes in the penalty box and will surely add a physical presence to the Bandit back line.

More than 60 players were selected in the six-round Entry Draft, which featured the best young talent from NCAA lacrosse programs at US colleges and universities as well as Canada's junior lacrosse system.

Final results from the 2010 Entry Draft, presented by Marc Mesh are below.

FIRST ROUND: 1. Rochester - Cody Jamieson - Syracuse University; 2. Boston - Kyle Rubisch - Dowling College; 3. Calgary - Curtis Dickson - University of Delaware; 4. Minnesota - Andrew Sutor - R.I.T.; 5. Rochester - Jarrett Davis - Bellarmine University; 6. Calgary -

Dan MacRae - R.I.T.; 7. Boston - David Brock - University at Albany; 8. Calgary - Brandon Ivey - Orangeville, ON; 9. Buffalo - Travis Irving - New Westminster, BC; 10. Rochester - Ryan McClelland - Colgate University.

SECOND ROUND: 11. Colorado - Ned Crotty - Duke University; 12. Rochester - Josh Ruys - Burlington, ON; 13. Buffalo - Ben McCullough - SUNY Potsdam; 14. Toronto - Glen Bryan - Orangeville, ON; 15. Minnesota - Scott Rodgers - University of Notre Dame; 16. Toronto - Sean Robinson - Hobart College; 17. Calgary - Derek Hopcroft - Bellarmine University; 18. Minnesota - Josh Gillam - Dartmouth College; 19. Philadelphia - Brodie MacDonald - Coquitlam, BC; 20. Philadelphia - Max Quinzani - Duke University; 21. Buffalo - Wayne Van Every - Six Nations, ON.

THIRD ROUND: 22. Colorado - Ken Clausen - University of Virginia; 23. Philadelphia - Christian Scuderi - Hofstra University; 24. Rochester - Scott Johnston - Burlington, ON; 25. Philadelphia - Justin Pennington - Rutgers University; 26. Boston - Matt Quinton - Roanoke College; 27. Minnesota - Ryan Hurley - Cornell University; 28. Edmonton - John LaFontaine - Whitby, ON; 29. Edmonton - Alexander Kedoh Hill - Six Nations, ON; 30. Toronto - Rob Hellyer - Orangeville, ON; 31. Washington - David Joyce - Coquitlam, BC.

FOURTH ROUND: 32. Calgary - Jordan Sealock - Robert Morris University; 33. Philadelphia - Ryan Nizolek - University of Virginia; 34. Toronto - Kyle O'Brien - Dowling College; 35. Boston - Martin Cahill - University of Delaware; 36. Boston - Brock Armour - Towson University; 37. Buffalo - Holdon Vyse - Six Nations, ON; 38. Edmonton - Cameron Holding - Florida Southern College; 39. Calgary - Nick Bilic - Coquitlam, BC; 40. Toronto - Michael McNamara - Six Nations, ON; 41. Washington - Brian Carroll - University of Virginia.

FIFTH ROUND: 42. Colorado- John Rae - Barrie, ON; 43. Philadelphia - Parker McKee - Duke University; 44. Rochester - Marty Hill - Six Nations, ON; 45. Minnesota - John McClure - Dowling College; 46. Boston - Tyler Collins - Colgate University; 47. Buffalo - Jimmy Purves - Six Nations, ON; 48. Edmonton - Jarrett Toll - New Westminster, BC; 49. Calgary - Greg Hallett - Calgary, AB; 50. Toronto - Ryan Dilks - Six Nations, ON; 51. Washington - Chris Seidel - Coquitlam, BC.

SIXTH ROUND: 52. Colorado - Mark Farthing - Peterborough, ON; 53. Philadelphia - Max Pomper - University of Virginia; 54. Boston - Chase Williams - Bellarmine University; 55. Minnesota - Steve Waldeck - Stonybrook University; 56. Toronto - Sean Gillies - R.I.T.; 57. Buffalo - Elija Printup - Six Nations, ON; 58. Edmonton - Eric Lewthwaite - New Westminster, BC; 59. Toronto - Zack Boychuk - Delta, BC; 60. Buffalo - Jordan Costa - Mississauga, ON; 61. Washington - Dan Lewis - Coquitlam, BC.

## BC Boys Hit The Road for 2011 NLL Season

By: Teddy Jenner

With the New Year comes a new lacrosse season and new names to locate or learn. BC lacrosse fans are still waiting for the day the NLL returns; until then they will follow their favourite players from a bit of a distance. Even though the NLL and Vancouver haven't come to terms BC is still well represented throughout the league. 2011 will be another year where the boys from the WLA and BCJALL make a big impact on the game.

There were three local boys taken in the first round of the 2010 draft and while they look to make names for themselves in the big league don't think the rest of the recently drafted western products are out in the weeds. With NLL rosters being bumped up two spots this year from 16-18, teams have room to add extra power to their lineup each week. However the loss of the Orlando Titans this past off-season means that some 20 players who had jobs last year are without this year.

The battle will remain the same for rookies and vets, GM's around the league are looking for a few things right off the bat and that is players coming to camp in top shape. Teams don't have the luxury of a long drawn out training camp. With most teams starting camp as December rolled through, they have roughly four weeks to get their rosters finalized and everyone on the same page. A month may not seem like a lot of time, and it really isn't. Teams cram in two practices a day, some inter squad scrimmages and maybe the odd pre-season tilt with another club.

The biggest BC name drafted this year was Curtis Dickson. Dickson had a fantastic rookie season with the Maple Ridge Burrards in the WLA this summer after finishing up his

final year at the University of Delaware. The Calgary Roughnecks are extremely excited for what Dickson can bring to the table. Long time Roughneck captain Tracey Kelusky and Josh Sanderson were traded in the off-season so they'll be looking to Dickson to step in and have an immediate impact. Nick Bilic, who came off a Minto Cup summer with the Coquitlam Adanacs, is also in Roughnecks camp and looks to join a defensive unit that fits right into his style of play. The up tempo, aggressive pressure style D is something Bilic is used to as his summer coach is also one of his new NLL coaches, Curt Malawsky. "Both guys came into camp in great shape and worked real hard"

Dickson's Maple Ridge teammate, Jarrett Davis was a first round selection of the Rochester Knighthawks and will look to crack an already stacked offensive right-handed side that includes, Craig Point, Shawn and Scott Evans and Mike Accursi. While not an easy task, Davis has never been one to back down from a challenge and will do all he can to impress new Knighthawks' head coach Mike Hasen. After finishing 5th in WLA scoring this past summer with 73 points, Davis knows what it takes to play with the big boys, but the NLL is another level up. Showing up to camp in top condition is something coach Mike Hasen was really looking for in his players and Davis was probably in the best shape of his life for the opening of Knighthawks camp, 'he finished 2nd to Matt Vinc in the beep test on the 1st day of training camp.

"He has come into camp in shape and has shown his athletic side, which is good, but he also came to camp with the intention of showing us that he can play in this league, and he can, which is even better. He sees the floor very

well and is able to create opportunities and then find the open man and also finish. Each time on the floor we are expecting more from him and so far he has delivered."

Another name that some were surprised to see as a high draft pick was New Westminster Jr. Salmonbellies' Travis Irving. Irving was selected 9th overall by the Buffalo Bandits and is a prototypical Bandit-ball type player; big, aggressive and very physical. He had a fantastic Minto Cup this summer and obviously impressed Bandits head coach Darris Kilgour to take a chance on him.

The team that was most active in the NLL draft picking up local boys was the closest team to BC, the defending NLL champions the Washington Stealth. The Stealth were very quiet in the offseason only making a few deals and both of those saw them bring BC boys into the line-up, Jeff Moleski and Bobby Snider plus BC transplant Chris McElroy. Cracking the defending champs roster was going to be tough enough already but when you add three quality NLL names it becomes even harder. GM Doug Locker knew he wanted to upgrade the third string goalie and he went and picked up Chris Seidel and Dan Lewis from the Minto Cup winning Jr Adanacs. A little friendly rivalry between teammates never hurt right? You just have look at their starting goaltenders of Matt Roik and Tyler Richards who tag-team the net for the New Westminster Salmonbellies.

The 2011 NLL season is upon us and while there still isn't a team in BC, we are well represented league wide. So be sure and follow along as your favorite WLA and BCJLA players take to the turf.



# Canada Rising Ranking Canada’s Up and Coming High School Lacrosse Stars

By: JP Donville

It is no longer a secret. Canadian lacrosse players and the Canadian style of lacrosse are well known and well regarded parts of the US collegiate lacrosse scene. Over the past decade the number of Canadians playing in the NCAA has gone from a trickle (just over 20 players in 2000) to a torrent (more than 200 Canadians are expected to play in the NCAA in 2011).

So where are these lacrosse players coming from? The 2010 Canadian Field Lacrosse Championships, in Saskatoon, Saskatchewan in early September highlighted the fact that these players are coming from all over the country. Sure, Ontario as expected won both the U16 and U19 National Championships. However, British Columbia lost both gold medal games by a goal and Saskatchewan and Alberta put in strong performances throughout the tournament and served notice that Canada’s excellence in lacrosse extends well beyond the Greater Toronto Area and Metro Vancouver.

Given Canada’s box lacrosse history, it should not have been surprising to see players at the Nationals who possessed superb stick skills. However, what has become abundantly clear to those who have followed the development of the game over the past decade is that Canadian lacrosse players are no longer simply box lacrosse players who learn to play field lacrosse once they arrive in the US. Canada is now producing large numbers of experienced field lacrosse players who are capable of using the specific strategies and tactics of the field lacrosse game to their advantage rather than simply resorting to “box lacrosse on grass”.

Besides being a showcase for our national game, the Canadian Field Lacrosse Championships were also important for another reason. With the World U19 Championships now just two years away, this year’s Nationals represented a first look at players who hope to represent Team Canada and Team Iroquois in Finland in 2012. Canada has won gold at the men’s worlds twice (1978 and 2006) but has never won a single game over the US at the U19 age group. As important, in the current age group (players born in 1993 and later) Team Iroquois has dominated Team Ontario and Team BC on a consistent basis. Thus, in 2011 the Iroquois team has a legitimate chance to win at least a silver medal and perhaps even knock off the US for gold. Team Canada on the other hand will put forward a team consisting of players that have been playing field lacrosse for many years and will combine the best talent from all of the provinces. The 2012 FIL U19 World Championship will therefore feature at least three teams that legitimately believe that they can win the gold medal, with many of the players that are expected to star on two of those teams described below.

### About the rankings

Anyone who has read Michael Lewis’ superb book Moneyball will know that there is a great deal of inefficiency and uncertainty when it comes to ranking high school athletes. This is because of the great inconsistencies that exist from league to league and geographic region to geographic region.

In Canada we are relatively lucky because we hold national championships in both box and field lacrosse on an annual basis and this allows us to watch the best players in Canada play head-to-head in annual competitions. That said, while the recent Canadian Field Lacrosse Championships were one such showcase our national championship does not have an exclusive lock on the Canadian talent pool. Team Iroquois, which did not field a team for this championship might have easily won it given the depth of talent in grades 10, 11 and 12 in Six Nations and Akwesasne. Other players missed the national championships because they were tied up with other overlapping commitments including the Minto Cup which ran through most of August.

As such, this survey has gone to great lengths to speak with the key lacrosse coaches at the various provincial lacrosse associations to ensure that the “Canada Rising” rankings reflect the breadth and depth of Canadian field lacrosse talent, regardless of whether such talent showed up at the 2010 national box and field championships or not. In the preparation of this report, input was sought from leading coaches involved with the provincial U16 and U19 field lacrosse teams throughout Canada as well as top Canadian and US prep schools (Hill Academy, Claremont, St Michaels, Salmon River, Vimy Ridge, Blue Ridge) and coaches running elite travel teams in Canada (Burnaby Mountain Selects, Elev8, Edge, Kanienkehaka Krunch). The support of these coaches has been greatly appreciated while the author of this article accepts all responsibility for any errors of accuracy or omission.

### Canada’s Rising Seniors – the class of 2011

Regardless of birth year, Canada’s rising seniors are defined as those student-athletes who intend to enter university for the 2011-2012 school year. This group includes players who have already committed to such Division I programs as Denver,

Georgetown, Ohio State, Cornell, Princeton, North Carolina, Maryland, Lehigh, Albany, Drexel and Bryant.

1. Wesley Berg (Attack; Coquitlam; Committed to Denver)
2. Warren Hill (Goalie; Six Nations/Hill Academy)
3. Reilly O’Connor (Attack; Oshawa/Hill Academy; Committed to Georgetown)
4. Reegan Comeault (Attack; Maple Ridge; Committed to Ohio State)
5. Patrick Corbett (Midfield; Burlington/Hill Academy; Committed to Lehigh)
6. Dan Taylor (Attack; Calgary; Committed to Lehigh)
7. Mitch Chapman (Defense; Oshawa/Brewster Academy; Committed to Bryant)
8. Mike MacDonald (Attack; Halton Hills/Trinity Pawling; Committed to Princeton)
9. Corey Shires (Attack; Nanaimo/Claremont; Committed to Loyola)
10. Sean Young (Defense; Oakville/Tabor Academy; Committed to Towson)
11. Jesse King (Midfield; Victoria/Claremont; Committed to Ohio State)
12. Hank Delisle (Midfield; Akwesasne/Hill Academy)
13. IStefan Diachenko (Attack; Clarington)
14. Chad Tutton (Attack; Oshawa/Hill Academy; Committed to North Carolina)
15. Kyle Trolley (Midfield; Peterborough/Culver Academy; Committed to Lehigh)
16. Mason Pynn (Midfield; Victoria/Claremont; Committed to Stony Brook)
17. Justin Goodwin (Defense; New Westminster)
18. Patrick Root (Defense; Hamilton/St Andrews; Committed to Drexel)
19. Brian Cole (Midfield; Oakville/Hill Academy; Committed to Maryland)
20. Tyler Garrison (Midfield; Coquitlam/Charles Best)
21. Luke Gillespie (Defense; Maple Ridge)
22. Luke Laskiewicz (Midfield; Oshawa/Westminster Prep)
23. Davin Lindsay (Attack; Oshawa; Committed to Bryant)
24. Jon Rohn (Midfield; Saskatoon)
25. Steve Ferdinandi (Attack; New Westminster)

### Canada’s Rising Seniors - The Next 25

1. Jaime Dowell (Defense; Halton Hills/St Michaels; Committed to St. Lawrence)
2. Will Chiasson (Goalie; Victoria/Claremont)
3. Dylan Politt (Midfield; Abbotsford)
4. Kody Te Kenawa (Defense; Coquitlam/Blue Ridge; Committed to Albany)
5. Riley McGillis (Goalie; Peterborough/Kent)
6. Will Glover (Midfield; Oakville/Abbey Park)
7. Tyler Buchan (Attack; Burnaby)
8. Erik Turner (Midfield; St. Albert; Committed to Cornell)
9. Matt Worlidge (Attack; Burlington; Committed to Robert Morris)
10. Dylan Gatt (Attack; Welland/Notre Dame)
11. Mac Tomkinson (Defense; Barrie)
12. Sam Clare (Midfield; Ladner)
13. Drew Millikan (Midfield; New Westminster)
14. Alex Degagne (Attack; Ottawa/St. Michaels; Committed to Rutgers)
15. Ben Saklofsky (Midfield; Kamloops)
16. Aiden Yonge (Midfield; Burnaby)
17. Jack Donnelly (Defense; Mimico/Hill Academy)
18. Justin DaSilva (Defense; Coquitlam)
19. Joey Ravary (Attack; Oshawa/Fr Leo Austin)
20. Anthony Malcolm (Attack; New Westminster)
21. Reese Robinson (Attack; New Westminster)
22. Brendan MacDougall (Midfield; Six Nations)
23. Sam Goodwin (Defense; Victoria/Claremont)
24. Trevor Cyr (Midfield; Clarington; Committed to Seton Hill)
25. Cory Ashmore (Midfield; Barrie)

### Canada’s Rising Juniors – the class of 2012

Regardless of birth year, Canada’s rising juniors are defined as those student athletes who intend to enter university for the 2012-2013 school year. This group includes a number of highly skilled players at each position but with extreme depth at the defense position.

1. Johnny Powless (Midfield; Six Nations)
2. Seth Oakes (Attack; Akwesasne/Salmon River)
3. Derek Searle (Defense; Hamilton; Committed to Cornell)
4. Challen Rogers (Midfield; Coquitlam)
5. Michael Messenger (Midfield; Langley)
6. Holden Cattoni (Midfield; Calgary; Committed to Johns Hopkins)
7. Kyle Jackson (Midfield; Samia/Hill Academy)
8. T.J. Sanders (Attack; Orillia/Millbrook; Committed to Penn State)
9. Max Fredrickson (Attack; Victoria/Claremont)
10. Brennan Donville (Goalie; Oakville/St. Michaels; Committed to Cornell)

11. Cole Shafer (Attack; Coquitlam/Charles Best)
12. Aaron Moroney (Defense; Oshawa/Millbrook; Committed to Towson)
13. Luc Magnan (Defense; Winnipeg/Hill Academy; Committed to Robert Morris)
14. Jordan Cunningham (Midfield; Victoria/Claremont)
15. Ryan Fournier (Midfield; Ottawa)
16. Ky Tarbell (Attack; Akwesasne/Salmon River)
17. Nathan Stewart (Defense; New Westminster)
18. Korin Sunday (Defense; Akwesasne)
19. Kanattio Adams (Defense; Akwesasne; Committed to Cornell)
20. Nathan White (Attack; Peterborough)
21. Stu Martin (Defense; Six Nations)
22. Dan Williams (Defense; Hamilton)
23. Tyler Albrecht (Midfield; Oakville/St. Michaels; Committed to Cornell)
24. Mike Morris (Attack; Oakville/Salisbury; Committed to Johns Hopkins)
25. Paul Rakoczy (Defense; Burlington)

### Canada’s Rising Juniors - The Next 25

1. Brody Pepper (Midfield; Victoria/Claremont)
2. Robin Lowenburger (Defense; Coquitlam/Charles Best)
3. Chris (Bud) Lowans (Attack; Orangeville/Culver Academy)
4. James Rahe (Midfield; Langley)
5. Quinn Powless (Midfield; Six Nations/Salmon River)
6. Blaine Boomer (Midfield; Kamloops)
7. Eric Fannell (Attack; St. Catharines)
8. Ty Fleury (Defense; Edmonton/Hill Academy)
9. Jake Withers (Midfield; Peterborough)
10. Mike Fournier (Goalie; Orangeville)
11. Griffen LeClaire (Attack; White Rock/Hill Academy)
12. Reed LeClaire (Attack; White Rock/Hill Academy)
13. Kyle Whitlow (Midfield; Orillia/Hill Academy)
14. Austin Thorarinson (LSM; Saskatoon)
15. Eric Kimmerly (Defense; Oshawa)
16. Derek McLeod (Defense; PacRim)
17. Brendan Miller (Attack; Orangeville/Hill Academy)
18. Rhys Burnell (Midfield; Abbotsford)
19. Tyler Barrett (Goalie; New Westminster)
20. Ray Banister (Midfield; Okotoks/Hill Academy)
21. Zach Herreweyers (Attack; London)
22. Ty Kirkby (Attack; Burnaby)
23. Sean Tyrell (Attack; Calgary)
24. Ryan Zwolinski (Defense; Toronto Beaches/St. Michaels)
25. Brandon Murphy (Defense; Saskatoon)

### Canada’s Rising Sophomores – the class of 2013

Regardless of birth year, Canada’s rising sophomores are defined as those student-athletes who intend to enter university for the 2013-2014 school year. This group includes a number of highly skilled players at each position but is extremely deep at the midfield position. The rising sophomore group only includes the first 25 players for 2013. All thus far are uncommitted to any colleges.

1. Joe French (Attack; Mimico/St. Michaels; Committed to Georgetown)
2. Jake Bomberry (Midfield; Six Nations)
3. Josh Johnson (Attack; Six Nations)
4. Jordan Green (Midfield; Victoria/Claremont)
5. Riley Glemnitz (Midfield; Maple Ridge)
6. Zach Currier (Midfield; Peterborough/Culver Academy)
7. Jordan Getz (Midfield; Calgary)
8. Chris George (Defense; Akwesasne)
9. Hayden Johnstone (Goalie; Toronto Beaches/Westminster)
10. Nic Nesbitt (Goalie; Burlington/Salisbury)
11. Reece Cailless (Midfield; Langley)
12. Austin Shanks (Attack; Clarington/Brewster)
13. Davis Reykdal (Attack; Red Deer)
14. Dean Ferris (Midfield; Elora/Culver Academy)
15. Kyran Clarke (Attack; Port Coquitlam/Terry Fox)
16. Dalston Day (Attack; Akwesasne)
17. Gianni Bianchin (Midfield; Burlington)
18. Brad Hoffman (Defense; Delta)
19. Jackson Hulbert (Midfield; Oakville)
20. Nathan Mackenzie (Defense; Guelph)
21. Connor Stroup (Goalie; Coquitlam)
22. Brett Kujala (Attack; Ridge Meadows)
23. Cam Milligan (Attack; Peterborough)
24. Ryan Johnstone (Attack; Orangeville/Hill Academy)
25. Brodie Jorgenson (Midfield; Saskatoon)



# Ed Comeau Named Canada's HeadCoach

By: Neil Stevens - Team Canada media contact at loose47@live.com

Ed Comeau will be Canada's head coach and Derek Keenan and Paul Day will be the primary assistant coaches for the world indoor lacrosse tournament in Prague next May.

Glenn Clark is the goaltending coach and Jim Milligan is video coach.

"These are talented and experienced coaches to rely on in our quest for a third consecutive world championship," general manager Johnny Mouradian said in making the announcement Friday.

Comeau was an assistant coach when Canada won the previous two world indoor titles.

"I am honoured to be selected as head coach," says the 45-year-old Hamilton resident. "I look forward to working with the rest of the coaches, the management team and the Canadian Lacrosse Association as we assemble the team that will represent Canada in Prague.

"Team Canada has had great success at past world championships. We understand the challenges we face from the other competing nations and we'll work hard to once again bring the gold medal back to Canada."

Comeau also was on the coaching staff of Canada's world-champion 2006 field team and has coached in the pro indoor National Lacrosse League for the last 13 years, earning honours as GM and coach of the year along the way.

He was an assistant Toronto Rock coach on four NLL championship squads, was head coach of the Rochester Knighthawks when they won the NLL title in 2007, was GM-head coach of the NLL's Orlando Titans until that team ceased operations last summer and he has signed on as an assistant coach with the Colorado Mammoth for the 2011 season. He also coaches the McMaster University field lacrosse team, which is in the national finals in Toronto this weekend.

Keenan, a resident of Oshawa who is currently GM-head coach of the NLL's Edmonton

Rush, also has won all the major NLL managing and coaching awards, and he worked alongside Comeau with the Rock before taking control of NLL teams in Anaheim, Calif., Portland, Ore., and now Edmonton.

Day, who is from Peterborough and who currently is an assistant coach with Rochester, was head coach of the Knighthawks when they won the NLL title in 1997. Comeau was one of his assistants that year and the two also joined forces in Orlando last season. Day also is a former GM-head coach of the Rush.

"The coaching familiarity we have with one another will be a huge asset on the Team Canada staff," says Comeau. "We know each other well and that'll help us with this team."

Clark of Stouffville, Ont., is a former defenceman and head coach of the Toronto Rock.

Milligan has been an assistant coach with several NLL teams and with the Canadian senior champions, the Peterborough Lakers.

Comeau has an all-star staff to co-ordinate.

"Ed is going to be leading a coaching staff that already has a strong chemistry and that's a big advantage for Team Canada," says executive director Dean French.

Comeau's previous involvements with national teams and Mouradian's return in the same GM's role the native of St. Catharines had with Canada's silver-medal field team earlier this year bodes well for the 2011 project, adds French.

"The national program really benefits from the leadership continuity that Mouradian brings us at GM and that Comeau brings as our head coach," says French.

More than 75 players are bidding for roster spots and they'll be scouted during the NLL season that begins in January. After selections are announced in the spring, a camp will be held in Prague prior to the start of the world tournament.



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**National Rankings**  
(2011 Pre-season Ranking)

**Senior A Lacrosse Top 7**

- 1 Peterborough Lakers
- 2 New West Salmonbellies
- 3 Brampton Excelsiors
- 4 Victoria Shamrocks
- 5 Coquitlam Adanacs
- 6 Six Nations Chiefs
- 7 Maple Ridge Burrards

**Junior A Lacrosse Top 10**

- 1 Coquitlam Adanacs
- 2 Orangeville Northmen
- 3 Six Nations Arrows
- 4 New West Salmonbellies
- 5 Whitby Warriors
- 6 St. Catharines Athletics
- 7 Brampton Excelsiors
- 8 Victoria Shamrocks
- 9 Delta Islanders
- 10 Okotoks Raiders

## CUFLA Announces 2010 Award Winners



Vancouver's Jishan Sharples was selected to the CUFLA All-Canadian at defensive midfield as a second year player.

By: John Chidley-Hill

Attackman Mike Dube of the Bishop's University Gaiters headlines the list of the Canadian University Field Lacrosse Association's 2010 LaxShack All-Canadian teams and award winners.

Dube, from Brockville, Ont., was selected as CUFLA's Most Valuable Player after tying with Carleton University's Tim Bergin as the league's scoring champion. Dube was also selected to the East Division's LaxShack All-Canadian team and named the league's Outstanding Attacker.

Bishop's potent offence revolved around Dube. In 10 regular season games he scored 29 goals and tied with Bergin at 39 points. Dube increased his productivity in the postseason, netting 10 goals and setting up three others in two playoff games.

The McMaster University Marauders' coaches and trainers were named CUFLA's Coaching Staff of the Year after winning the Baggataway Cup.

Led by head coach Ed Comeau, the staff of Jason Tallevi, Serge Bianchin, and Shawn Maloney directed their program to a 5-5 regular season record and then playoff upsets over the University of Guelph, Bishop's and Brock University to win the CUFLA championship.

Rounding out the CUFLA awards list were Outstanding Graduating Player Justin Wilson-Kirby (Guelph), Outstanding Rookie Michael

Budwala (University of Toronto), Outstanding Midfielder Dustin Dunn (Brock), Most Valuable Defensive Player Greg Hartnett (Bishop's) and Most Valuable Goaltender Jeremy Snider (Guelph).

The All Canada West Division LaxShack All-Canadians were on Attack: Kevin MacRory (McMaster), Matt Evans (Brock), Justin Wilson-Kirby (Guelph). Midfield: Dustin Dunn, Brock, Andrew Stoner (Guelph), Mike Teeter (Guelph). Faceoff Specialist: Kyle Kropman (Brock). Defensive Midfield: Devin Sartor (Brock). Long Stick Midfield: Brad Galante (Guelph). Defence: Kyle Andrews (Guelph); Jon French (McMaster); Eric Pitre (Western) and Goalkeeper: Jeremy Snider (Guelph).

The All Canada East Division LaxShack All-Canadians were on Attack: Mike Dube (Bishop's), Corey Fowler (Carleton), Tim Bergin, (Carleton). Midfield: Raj Wasson (Carleton), Ryan Besse (McGill), Shane Davidson (Carleton). Faceoff Specialist: Josh Bean (Trent). Defensive Midfield: Jishan Sharples (McGill). Long Stick Midfield: David Hogarth (McGill). Defence: Greg Harnett (Bishop's), Sepp Stephens (McGill), Tim Sawa (U of T). Goalkeeper: Guy Fox, McGill.



### Lacrosse Talk – August 2010

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

\*Contributing Writers: Jeff Gombar, Stan Shillington, Brad Challoner, Duane Bratt, Jeff Cathrea, William Howard, Marnie Evans, JP Donville, John Chidley-Hill, Neil Stevens, Teddy Jenner.

\*Contributing Photographers: Lax Images, Birds Eye Photography, Jeff Gombar, Sport BC, Shane Mousseau, Sukicam Photo, Marnie Evans, BCLA Archives, Andrew Dobrowolsky, McGill Athletics & Recreation, Scope Photography, Victoria Sports Hall of Fame archives, Paul Horn.

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4041B Remi Place  
Burnaby, BC V5A 4J8  
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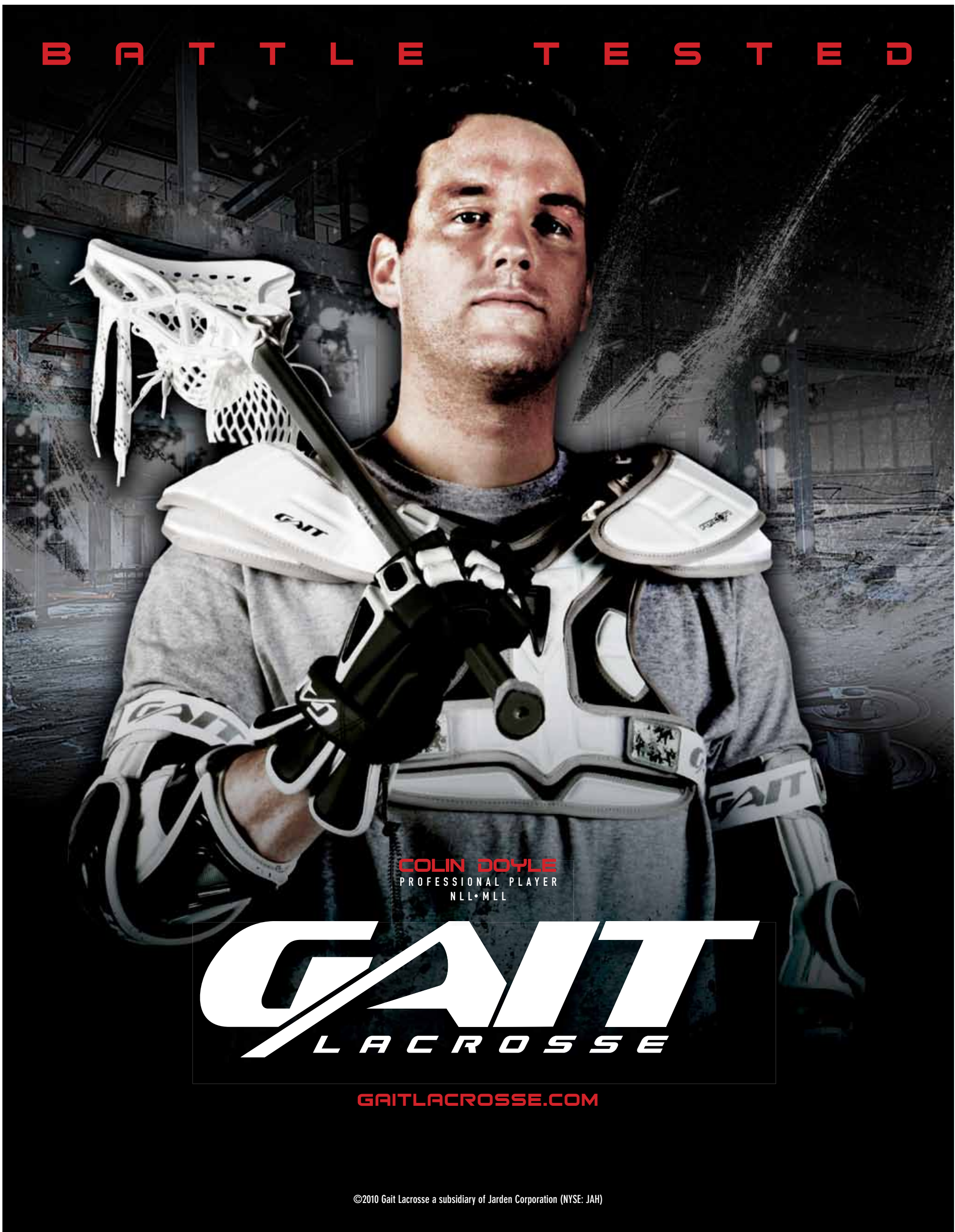
This organization is Supported by  
the Province of British Columbia



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



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