



By: LacrosseTalk Staff

The Team BC Lacrosse high performance program was created to offer young lacrosse athletes from BC an opportunity to receive a high level of training and compete at National Championship tournaments. In 2004, the OLA hosted the first true CLA National Youth Box Lacrosse Championship for provincial teams in over two decades. It all started with nine Pee Wee teams in Whitby, Ontario.

Fast forward to 2014. After planned growth and a national focus on youth national competitions, a decade later, the Team BC Lacrosse program has grown to ten teams comprised of both boys and girls teams, both box and field disciplines. That means ten teams competing at national and international tournaments. One group has taken huge steps and impressed many coaches along the way. Take notice, the Team BC U19 Women's Field Lacrosse program is turning heads!

In recent history, few BC Lacrosse Female athletes have been recruited to play lacrosse in the NCAA. One of the more recent players, Savanna Smith (Surrey) is a Senior goaltender at Division I, La Salle. Now, just three years in the making, Team BC added the U19 Women's team to the portfolio and began a transition of introducing Box Lacrosse trained athletes to the Women's Field Lacrosse discipline. A transition that has produced very marketable athletes!

"Team BC's Women Field Lacrosse athletes have made a seamless transition from the Box game to Field," stated Team BC Field Lacrosse Coordinator Reynold Comeault. "There is no question that some of the fundamentals that the girls have learned in the Box game have made them stronger Field players."

Fresh off a gold medal at the 2013 U19 Women's Field Lacrosse National

British Columbia Lacrosse Association
#101 - 7382 Winston Street
Burnaby, BC V5A 2G9



Invitational last July, the Team BC U19 Women's Lacrosse squad attended the deBeer President's Cup Field Lacrosse Recruiting Showcase, November 21-25, 2013 in Orlando, Florida. The 30 grass fields at the ESPN Sport Complex were full of lacrosse athletes and college coaches scouting the next stars for their college lacrosse programs.

The coaching staff and athletes trained hard in the months leading up to the tournament, not only to compete at a high level, but to put on a good performance and get noticed by the college scouts. Their overall successes may have even been a surprise to themselves.

Team BC came out firing in their first two games defeating the New Jersey Elite squad 11-5 and Team IAS (Boston) 17-5. Team BC's defence became more comfortable with the new tactics coaches Dan Stroup, Pat Coyle and Jamie Stewart implemented keeping the competition to 5 goals against each match. The goals came fast and often with a well rounded attack and superior stick skills. Goal scorers included Bianca Santucci, Chloe Nottingham, Kaitlin Browning, Brianna Stroup, Megan Kinna, Harlowe Steele, Shaelyn Ogilvie, Elle Hamilton, Nadine Stewart, Madisen Obrivac, Emily Manville and Nikita Bagg. Most notably, were a pair of backhand goals Selena Lasota netted versus New Jersey.

Ex-U19 Team Canada Men's Field Lacrosse goaltender, and current Limestone College Women's Assistant Coach, Remington Steele, took in much of the President's Cup action and was astounded with Team BC's athleticism and keen sense of utilizing their Box Lacrosse skills.

"You can definitely see where the Box experience pays off," noted Steele. "The ability to handle the ball and finish under pressure was the thing that stood out the most to me. The girls were willing to dodge hard to the goal, absorb contact, and finish the play -- a skill that will definitely help set them apart at the college level."

The next match, Team BC played Team Velocity (Cincinnati) in front of a huge crowd of 125 College Coaches who lined the sidelines to watch Team BC play. The team didn't disappoint as they handily defeated Velocity 11-2 with a fine display of Canadian-style lacrosse. Team BC was lead by stellar goaltending by Regan Eaton who made several great saves on penalty shots. Alexandra Antignani, Ciara Curran and Courtney Gemmel were solid on defence sliding and helping on

continues on page 4

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BCLA Names Award Winners at AGM



Photo: Jeff Gombar

Dan Stroup, winner of the John Cavallin Field Coach of the Award, accepts his trophy from Mike Marshall and Mary McBain.

By: LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the 2013 Annual General Meeting on October 18-20 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 close to 500 participants attended the BCLA Annual Merit Awards Banquet.

This year's Carnival theme proved to be a colourful gala event! This AGM had all the bells and whistles of a festive evening and was another resounding success!

"It's amazing to see how this event has grown over the years and piques the interest of so many volunteers," stated BCLA President Sohen Gill. "I've been attending AGM's for decades and it's great to see all the new faces experience such a quality event."

The 2013 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna

Cable, VP Administration - Don Scott, VP Operations - Greg Toll, VP Performance Programs - Ron McQuarrie, VP Development - Terry Mosdell and Director at Large - Dave Jenkins.

On Saturday October 19, the BCLA hosted the world famous 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 Carnival theme was apparent with many people dressed up in clown garb and colourful clothing - it was quite a gag! Guests were welcomed at the entrance by our knowledgeable fortune teller and boisterous Ring Leader. Many banquet participants dressed up in costumes to celebrate the achievements of the volunteers - none more apparent than the numerous tables full of Salmonbellie and Adanac representatives in their colourful matching costumes!

The evening was once again emceed by lacrosse's own Dave Evans and with co-emcee Paul Dal Monte. The banquet crowd was entertained by the incredible dancing of The Faculty (and friends) hip-hop dancing group. Once again, Paul Winterton created an incredible year-in-review DVD that wowed the crowd.

The BC Lacrosse Association annually presents the BCLA Merit Awards to the many lacrosse volunteers who commit their free time to the sport of lacrosse.

Nineteen Merit Awards were handed out during the 2013 Merit Awards Banquet held Saturday October 19 at the Whistler Conference Centre.

The 2013 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 Mosdell Family (Terry, Bev, Ryan, Krista), Surrey; Hugh Gifford Merit Award (Box & Field Lacrosse-accomplishments of instilling sportsmanship in their players, their leadership and contribution toward improving the image of lacrosse) - Box Lacrosse: Debbie Heard (Burnaby Minor Box Lacrosse) and Field Lacrosse: Jane Dixon (Juan de Fuca Minor Association-Vancouver Island); Ruth Seward Merit

Award (Box & Field Lacrosse-award to recognize an individual at the local level for their voluntary, extraordinary contributions to an association or team) - Box Lacrosse: Tom Kellett (Burnaby Minor Lacrosse Association) and Field Lacrosse: Nicole Ferrie (Vancouver Field Lacrosse); Norm Wright Merit Award (award presented to member of the media who is deemed to have contributed to the promotion of lacrosse) - Dan Olson (Tri-City NOW Newspaper); Dal Martin Merit Award (Trainer of the Year) - Karen Nichol (Coquitlam Senior A Adanacs); Jimmy Gunn Merit Award Senior Official: Greg Pepper (Vancouver Island); Jimmy Gunn Merit Award Minor Official: Andy Watson (Vancouver Island); Jimmy Gunn Merit Award Field Official: Ryan Nose (BCLOA); John Cavallin Merit Award Senior Coach: Peter Thomasen (Port Moody Senior B Lacrosse team); John Cavallin Merit Award Field Coach: Dan Stroup (Women's Field - Port Coquitlam & Team BC); Bill McBain Merit Award Minor Coach: Len Cardiff (Victoria-Esquimalt Minor Lacrosse Association); Art Daoust Merit Award (Box & Field Lacrosse award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially) - Box Lacrosse: Jamie Stewart (New Westminster Minor Lacrosse Association) and Field Lacrosse: Mary Clare (Canada West Senior Men's Field Lacrosse); Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) - Port Coquitlam Minor Lacrosse Association and Minor Field Lacrosse Association of the Year - Pacific Rim Field Lacrosse Association; and the Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship) - Kelowna Kinsmen Club (Kelowna). 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 awarded to longtime official clinician and Chair of the BCLOA, Doug Wright.

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 Presidents' Award Recipients



Photo: Jeff Gombar

Sohen Gill poses with Coquitlam President James Abbott presenting a Presidents' Award to Angela Del Bianco.

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Thirty BCLA Presidents' Award recipients were announced at the 2013 AGM over the October 18-20 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 2013 BC Lacrosse Association Presidents Award winners are as follows:

Manuela Barkovic, Abbotsford Minor Lacrosse Association
Jason Boshard, Richmond Minor Lacrosse Association
Ellie Bradley, Kamloops Minor Lacrosse Association
Mary Brizan, Prince George Senior Lacrosse League
Chris Comeault, BC Intermediate Lacrosse League
Casey Cook, Western Lacrosse Association
Rauvy Dalep, Saanich Lacrosse Association
Heather Davis, Shuswap Minor Lacrosse Association
Angela Del Bianco, Coquitlam Minor Lacrosse Association
Jody di Paola, Pt. Moody Minor Lacrosse Association
Sandy Fletcher, Quesnel Minor Lacrosse Association
Shannon Hankins, Ridge Meadows Minor Lacrosse Association
Bridget Hughes, Vancouver Island Intermediate B League
Gord Johnson, Chilliwack Minor Lacrosse Association
Gina Jung, Cowichan Valley Minor Lacrosse Association
Penni King, Penticton Minor Lacrosse Association
Melody Kurt, Vancouver-Killamey Minor Lacrosse Association
Danna Larsen, New Westminster Minor Lacrosse Association
Drew Larsen, New Westminster Field Lacrosse Association
Chris Locher, North Vancouver Minor Lacrosse Association
Deb Maloney, Peninsula Minor Lacrosse Association
Diane Manojlavic, Delta Field Lacrosse Association
Jim Martin, North Okanagan Field Lacrosse Association
Richard Marty, Ridge Meadows Minor Lacrosse Association

Tara May, Nanaimo & District Minor Lacrosse Association
Tina McIntosh, West Kootenay Minor Lacrosse Association
Kelly McKay, Kelowna Minor Lacrosse Association
Glenn McLoughlin, Pt. Coquitlam Minor Lacrosse Association
Gordon Miller, Burnaby Minor Lacrosse Association
Bryan Poole, Langley Field Lacrosse Association
Ian Poole, Langley Field Lacrosse Association
Dave Ransier, Semiahmoo Minor Lacrosse Association
Terry Ratcliff, Sunshine Coast Minor Lacrosse Association
Amber Robinson, Campbell River Minor Lacrosse Association
Kelly Robinson, Delta Minor Lacrosse Association
Deanna Shaw, Prince George Minor Lacrosse Association
Chris Sheridan, Pacific Rim Field Lacrosse Association
Curtis Smith, North Delta Minor Lacrosse Association
Lynn Spraggs, North Okanagan Minor Lacrosse Association
Myron Sywak, Coquitlam Senior A Lacrosse Team
Randy Tait, Cranbrook Minor Lacrosse Association
Dave Van de Leur, Langley Minor Lacrosse Association
Walt Weaver, BC Junior A Lacrosse League
Kerry Williams, Surrey Minor Lacrosse Association
Rhonda Williamson, Comox Valley Minor Lacrosse Association
Scott Wortley, Mission Minor Lacrosse Association
Travis Wray, Thompson-Okanagan Junior Lacrosse League

Individuals in attendance at the 2013 BCLA AGM were honoured 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.

Lasota, Kinna Northwestern Bound

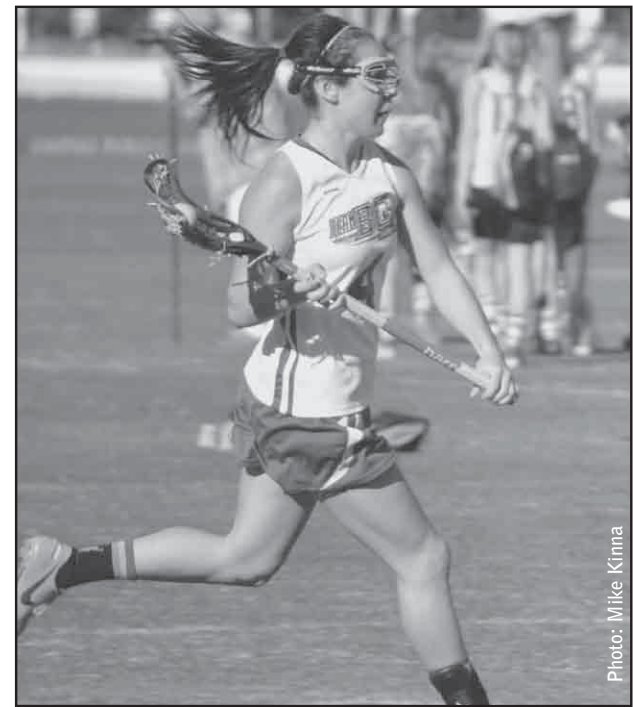


Photo: Mike Kinna

Selena Lasota

By: LacrosseTalk Staff

They grew up playing Box Lacrosse in two different regions of BC on boy’s teams at an early age. Two of BC’s brightest stars, Campbell River’s Selena Lasota and Maple Ridge’s Megan Kinna, have persevered and stuck with lacrosse to be their ticket to college.

In an age when traditionally male dominated sports have been infiltrated by female athletes, lacrosse has followed suit to make Canada’s National Summer Sport more accessible for many and all disciplines. Ironically, in the past decade, Box Lacrosse for all-female teams has grown to be one BCLA’s fastest growing disciplines. Now, Women’s Field Lacrosse has experienced a resurgence of its own.

Enter Lasota and Kinna.

Their stories are similar to many other young girls’ growing up in BC towns where young girls competed on boy’s teams -- Box Lacrosse was no different. Lasota and Kinna were left little choice but to join the boy’s lacrosse teams – a challenging situation that paid off for both.

Both began playing Box Lacrosse at young ages (Lasota-6; Kinna-4 1/2) beside their male counterparts. It wasn’t so much their choice, rather the love for the game each had for lacrosse that drew them to it.

“I grew up watching my brother play lacrosse and I wanted to be able to play the same sport as him,” explained Kinna. “When I tried playing I loved the fast pace of the game, loved the feeling of catching a ball, making a great pass or scoring. I loved every aspect of the game.”

“I didn’t choose to play lacrosse over any sport, it was just the one I had enjoyed the most and ended up playing,” explained Lasota.

Lasota toiled in Box Lacrosse up to Midgets, while Kinna competed in both Box and Field Lacrosse until she was 13 years old, until Female Box Lacrosse was offered in Ridge Meadows as a Bantam.

After years of playing Box Lacrosse with the boys, in the tight confines of the arenas, Lasota and Kinna shed all the equipment for a stick, goggles and cleats and made the transition outdoors. Selena and Megan both made the switch to the outdoor game in 2011.

“When I first got introduced to Women’s Field lax I was so satisfied,” stated Lasota. “I didn’t think I was going to like it as much as I do -- I love it.”

“When I was first introduced to Women’s Field I fell in love with the sport,” said Kinna. “It is a competitive game and I wanted to learn more about it because it was so new to me.”

In 2011-12, the Team BC Women’s Field Lacrosse program was developed to offer more opportunities for female athletes. As registration grew for Female Box Lacrosse participants, there was a thought that many of these Box Lacrosse-trained female athletes would be able to compete at a high level in the Women’s Field discipline. That was a safe assumption!

With the hard work of the BCLA Field Directorate and local associations pushing for Women’s Field Lacrosse participation, development began and athletes took interest.

Inaugural Team BC Coach Naomi Walser and Team BC Field Lacrosse Coordinator, Reynold Comeault, introduced the first Team BC Women’s Field Program in 2011. The program

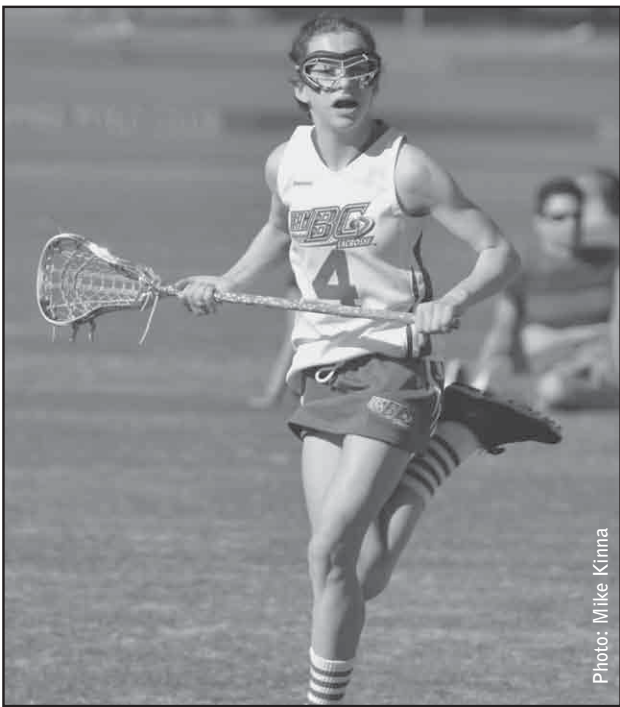


Photo: Mike Kinna

Megan Kinna

introduced athletes to Women’s Field Lacrosse, included travel to competitions and increased athlete exposure to college and international opportunities. It was a perfect marriage of Box Lacrosse trained athletes using their Box skill sets in transition to the Women’s Field Lacrosse discipline.

Both Lasota and Kinna have become seasoned athletes and leaders of the Team BC U19 Women’s Field Lacrosse team. The team has successfully competed at tournaments in Florida, California and Ontario while turning many heads along the way. Both athletes are still learning the nuances of the outdoor game, and ironically, both were recruited to arguably the top NCAA Women’s Field Lacrosse program at Northwestern University.

“I first knew after the assistant coach at Northwestern emailed Rey Comeault asking to talk to me (after the 2012 Florida trip),” said Lasota. “I felt so happy. I’ll never forget when Rey told me about the email he had gotten.”

Kinna, on the other hand, felt at a young age that college may be an option for her as she looked up to Team BC teammates like Ellie Delich and Ashley Bull who were being scouted by NCAA colleges. She had a number of schools recruiting her before opting for Northwestern.

“I looked up to them a lot,’ remembered Kinna. “They were so talented at the game and always included the younger players like me. They were also box players. I felt confident playing with them -- watching and playing with them made me feel like I could do it too!”

There are many commonalities between these two athletes, one major link being their early introduction to Box Lacrosse which has been a great catalyst in their skill development in Women’s Field Lacrosse.

“Box Lacrosse has given me a huge advantage with my hands,” said Lasota. “Growing up using the stick with a deep pocket really allowed players to swing and sway their stick to maximize their deception.”

“I think that playing Box Lacrosse early and playing with the boys helped me so much, it enabled me to develop my stick skills with the flat pocket of the girl’s Field Lacrosse,” explained Kinna.

Both will attest you have to be equally committed to working hard in the classroom as well as on the field to get noticed. But, with their limited exposure to Women’s Field Lacrosse, they have had to work extra hard to perfect their lacrosse skills.

So what advise do Lasota and Kinna have for any lacrosse players who aspire to use lacrosse as a tool to obtain a college scholarship?

“My advice it to play hard and train hard,” said Lasota. “Get out with your stick every day to work to be better than you were the day before.”

“I think it takes lots of extra commitment on and off the field, and you need to get the best grades that you can in school,” mentioned Kinna. “Make practices and games count and focus to the best of your abilities. Most of all get involved with the recruitment process – it’s a lot of fun and you should enjoy the experience.”

Lasota will enter Northwestern in 2014, while Kinna in 2016. They will surely pave the way for many more athletes looking south of the border.

“Both girls are leaders in their own way and really raise the bar every time they hit the field,” stated Team BC Women’s Field Coach Dan Stroup.

Continued from Cover Article: Team BC Girls WOW! US Coaches

By: LacrosseTalk Staff

several key occasions.

Team BC faced their best opposition in the Predators from Indianapolis. A few too many breakdowns and unforced turnovers resulted in a tight see-saw battle ending in a 9-9 score. On the last day, the ladies ended on a positive note and dominated Team Storm (Florida) and executed their full field pressure strategy to perfection. Team BC’s relentless pressure created numerous Storm turnovers which lead to transition goals for Team BC. The ladies were down 3 goals before they kicked it into gear -- then went on to score 9 unanswered goals ending the game by a score of 13-5.

“The girls played unbelievable and settled down nicely after a nervous start, but they found their feet afterwards and played great,” said Head Coach Dan Stroup.

Playing a hybrid style game of Box and Field Lacrosse, the scouts were impressed with the pin-point passes and aggressive style of play.

“We basically played a Box style pick and roll game off ball, pushing the ball in transition like we were using the 30 second shot clock,” explained Coach Stroup.

In the end, Team BC Staff received strong interest on no fewer than eight players from Division 1 college coaches with almost all athletes making a college connection of some sort. Many of the scouts stated in their opinion that Team BC was the best team at the event!

“I was incredibly impressed by Team BC’s performance,” mentioned Limestone Coach Steele. “It was the overall consensus of the college coaches that they were the best team at the tournament. You already see many of Canada’s top men’s Box players making headlines in the college game -- it’s only a matter of time it will start to happen more and more in the women’s game.”

Team BC Field Lacrosse Coordinator Rey Comeault was overly impressed with all aspect of Team BC’s performances at both ends of the field, but noted there is still room for improvement.

“Their tenaciousness when pressuring the ball carriers was very evident and the single most transferable strength of our team -- our ride was without question the most dominating part of our team game,” stated Comeault.

Coach Stroup also knows more hard work defending and better decision making will be the focus in preparation for future competitions.

“To get to next level we will need to keep working on our team and individual defence and make better decisions, when to push the ball on transition, when to shoot and when to slow it down,” stated Stroup.

But this trip was not all about wins and losses or goals and assists; it was about performing in front of arguably the largest gathering of Women’s College Lacrosse scouts across the USA and have the Team BC athletes on a stage to be seen by these coaches.

Comeault and the Team BC coaching staff were approached by numerous schools including Ohio State, Northwestern, Syracuse, North Carolina, Stanford, Duke, Stony Brook, Drexel, Canisius, San Diego State, Long Island, New Hampshire, Iona, Limestone, Pfeiffer, Beloit, Columbia and Whittier.

“They (the college coaches) were pleasantly surprised with our athletes,” said Coach Stroup. “They seemed eager to talk to us after each game -- I would be talking to one coach and 5 others were waiting to speak to me about our athletes. By day two of the event, everyone knew about us.”

“I can’t tell you how proud I am of these girls and the staff,” commended Stroup. “They were awesome!”

Burnaby Hall Calls MacKay, Dal Monte and Lakers



Paul Dal Monte coached the Burnaby Junior A Lakers to three Minto Cup titles from 1995-2003.

By: LacrosseTalk Staff & Grant Granger

The Burnaby Sports Hall of Fame has named their 2013 inductees with lacrosse leading the class with two players and a team.

Lacrosse Athlete Alex MacKay (lacrosse, soccer), coach Paul Dal Monte and the 1998 Minto Cup Champion Burnaby Junior A Lakers will represent the lacrosse community as six individuals and one team have been chosen to be the 2013 inductees into the Burnaby Sports Hall of Fame. Former PGA golfer Jim Nelford headlines the inductee class along with athlete Darlene Currie (basketball) and builders Merv Magus (high school sports) and Benjamin Sebaran (cricket).

Alex MacKay, considered one of the best defensive players in lacrosse, played on two Mann Cup championship teams and coached two Mann Cup champions.

Lacrosse great John Cavallin, thought highly of MacKay as the "best defenseman ever". High praise, indeed, for a quiet, unassuming ex-fireman who went from pick-up games on an East Vancouver school playgrounds to greatness in both soccer and lacrosse. That lacrosse career produced one trip to the Minto Cup championships and five to the Mann Cup finals, three as a player and two as a coach.

Alex spent all of his free hours playing pick-up soccer and baseball games on the Lord Nelson School grounds. Then, one day, some of his chums showed up with lacrosse sticks; Alex was hooked.

MacKay carried the Hastings Bluebirds team to the Minto Cup finals in 1947 only to lose to a powerful St. Catharines squad. The following year, Alex joined the Vancouver Burrards, which went on to a Mann Cup victory in 1949 and a tough, seven-game loss in 1951.

Alex set lacrosse aside between 1956 and 1959 to concentrate on his all-star soccer career with Vancouver Firefighters and the New Westminster Royals in the elite BC summer league. He returned to the Vancouver Lacrosse Club in 1960 for two seasons as a player and three more as the coach. The successful reunion led to Mann Cup victories in 1961, 1963 and 1964.

MacKay played a total of 272 games in his senior lacrosse career that involved ten full

seasons over a 14-year span, registering 116 goals and 122 assists. He was inducted into the Canadian Lacrosse Hall of Fame in 2007.

Paul Dal Monte played his Junior A lacrosse for the powerhouse Burnaby Cablevision from 1976-79 winning three consecutive Minto Cup Championships in 1977, '78 and '79. He went on to play Senior A for the storied New Westminster Salmonbellies from 1981-1993 where he competed in six national titles, winning three Mann Cup rings. He parlayed those successes to become a great coach that made an everlasting impression on dozens of athletes that played for his Burnaby Lakers Junior A squads.

Dal Monte coached the Junior Lakers from 1995 to 2003 winning eight provincial championships and three national titles in his tenure. He was also an assistant for the Team Canada Men's Box Lacrosse team at the Heritage Cup in 2002 and the world championships in 2003 which Canada won. He went on to be head coach and director of lacrosse operations for the professional Vancouver Ravens team of the National Lacrosse League from 2001 to 2004. In his 3 years with the Ravens, he amassed a regular season record of 24 wins and 24 losses while losing two playoff games.

Dal Monte played a major role as a Special Events Project Manager in bringing the NLL back to BC with a pre-season match in 2011. Paul helps out individual teams whenever asked and is currently working in conjunction with the BCLA conducting professional development sessions for coaches throughout BC.

"I was a member of the Burnaby Cablevision team that was an inaugural inductee into the Burnaby Sports Hall of Fame, so to be going in again as coach of the 1998 Burnaby Lakers Minto Cup Championship team, as well as an individual for coaching, makes this a very special honour," explained Dal Monte. "I know my father would have been very proud. It's also a special privilege to be joining my uncle, Lou Moro, one of the first inductees, and my co-coach Dr. Dave Lough, and the late Jack Crosby."

The 1998 Burnaby Junior A Lakers - Dal Monte's 1998 Burnaby Junior A Lakers team was named Sport BC team of the year in 1998 as Minto Cup Champions. The Lakers won all 25 of their regular season league games outscoring their opponents 383-147 with 11 players finishing in the top 30 of league scoring. They went on to sweep Coquitlam in the first round and Port Coquitlam in the second before defeating Ontario champion Six Nations Arrows in five games in the best-of-seven Minto Cup final. Dozens of players under Dal Monte's tutelage with the Junior Lakers went on to great college, professional, national and international lacrosse careers.

The banquet will be held at the Metrotown Firefighter's Hall on February 27, 2014. Tickets are currently on sale with additional ticket information available by emailing tickets09@shaw.ca, call 604-436-1672 and visit the website at <http://www.burnabysportshalloffame.ca>.

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BCJALL - Delta's Destiny for 2014

By: Brad Challoner

There were many small steps to get there, however the Delta Islanders took a giant leap as an organization when alumnus Logan Schuss was the first overall pick in the 2013 National Lacrosse League Entry Draft of the Minnesota Swarm. That moment was 11 years in the making.

Wright Named Mr. Lacrosse



Doug Wright was the recipient of BCLA's highest honour as Mr. Lacrosse in 2013.

By: LacrosseTalk Staff

The BC Lacrosse Association's 2013 selection for BCLA's most prestigious award, the Tom Gordon plaque, was none other than BC Lacrosse Officials Association (BCLOA) Chair, Doug Wright.

The Tom Gordon Plaque is BCLA's highest honour for "Mr. or Ms. Lacrosse" for the outstanding achievement of an individual.

"It certainly has put the Delta Islanders on the map," said Islander's Governor Gary McBride. "While we may not be a household name like the Salmonbellies or Orangeville, Logan's success at Ohio State, and I am sure this year in the NLL, has made the kids in the community more aware of the game of lacrosse and the potential opportunities to play in college, the WLA and the NLL."

"I am truly grateful to have been selected for this award by the BCLA and was more than a little surprised by this tremendous honour," stated the humbled Wright.

Doug Wright has been a lacrosse lifer as a player, coach, official and educator. Wright comes from a lacrosse rich family as his father and older brothers all played. This Richmond Minor Association product played lacrosse throughout his youth and finished with the Delta Islanders Junior B club in the early 1990's.

Wright has been a mainstay with the BCLOA starting as a referee in 1985. A decade later, he became a clinician offering his expertise in the education of BC officials. Other roles Doug took on during his tenure were Zone Official Co-ordinator, the Vice Chair of Officials for Minor Box Lacrosse and Master Course Conductor for Officials.

In 2005, he joined the Canadian Lacrosse Association National Officials Certification Program Committee that oversees the continuous revision and development of referee training materials. Wright served on the BCLOA Executive and clinician for years. He has been a main cog educating referees and proudly served as the BCLOA Chair, overseeing the officials of BC – a position he held from 2008-2013.

"As a player, coach and referee I have benefited from the hard work and dedication of countless volunteers and I would like to thank all those people who devote their time and effort to our game, it is their work and example which led to my love of this sport and to my desire to give back to a game which continues to give me so much."

Two current Delta players recognizing potential pro careers are Cody Nass and Eli McLaughlin. The BCJALL's leading point scorer (125) and goal scorer (60) respectively, were both traded late in the 2013 season from Delta to New Westminster to help the 'Bellies compete for a Minto Cup. Both players are returning to the Islanders for 2014 and both believe their best shot at a championship is with Delta this season. The righty Nass, and lefty McLaughlin, form one of the best one-two punches in Canada, and their quick cross-floor ball movement causes absolute fits for opposing defenses.

Nass and McLaughlin aren't the only ones showing faith and returning for a second tour of duty with the Islanders. Greg Rennie is returning as head coach and assistant GM after spending 3 seasons coaching the Richmond Intermediate "A" team. McBride is expecting different results this time around from his coach. "When Greg was first hired 5 years ago it was with a team that certainly needed to find a new direction in the junior "A" ranks. Greg began the process of making changes and over the past years the positive changes have continued each of the succeeding years. Greg's experience coaching with the Richmond organization and developing young talent will simply now move to junior "A" where we expect he will have a very successful season."

From the players, through the coaches, to upper management, the Islander organization is bursting with confidence for the very first time, and that is finally making Delta an appealing place to play for high-end import and free agent players, a big reason for success amongst top junior lacrosse teams. "Our success against Coquitlam in 2012 and a pretty good year in 2013 has players now realizing that Delta has

a great shot at the Minto Cup over the next years," said McBride. "Our new head coach certainly has his pulse on the talent in the province and is well known by kids and parents for his passion for the game. We certainly expect a very competitive camp and a large number of players will be fighting for spots on the roster. I am sure there will be some great surprises ahead for the upcoming season."

Surprises or not, the Islander's are returning not just two of the best players in junior, but another young sniper in Evan Messenger who netted 36 goals in his rookie season last year. The 6'2" lefty with another year of bulk should draw some defenders away from McLaughlin. The Isles also have an embarrassment of riches to choose from between the pipes (6 goalies started a game in 2013) and an in-your-face d-core that has become a trademark of the organization.

So, is a Minto Cup actually a realistic goal in 2014? "In 2009 Jim Canil, who deserves a great deal of credit for starting the Junior "A" program, asked myself [McBride], Tyrone Docherty and Dave Lemire to come on board to have a review of where the team was, where it wanted to go and how to get there. From the beginning our goal was to be playing in the Minto Cup within 5 years. So, 2014 is within the 5-year framework and we expect nothing less than to be there this season and the seasons ahead. The team is talented, young, hungry and dedicated to achieving the goal. We have a great GM/President in Bruce Davidson, and an outstanding coaching staff and management team who will do what they can to help the kids achieve their goal. The Delta Islanders want their name on a Minto Cup."

The BCJALL season gets underway the final week of April.

Hedges Named Top Doc



Dr. Don Hedges of the Coquitlam Adanacs was named CASEM Community Sport Medicine Physician of the Year.

By: LacrosseTalk Staff

On Wednesday December 11, 2013, the Canadian Academy of Sport & Exercise Medicine (CASEM) announced that Dr. Don Hedges was awarded the CASEM Community Sport Medicine Physician of the Year for 2013.

Hedge's commitment to sport medicine at all levels is exceptional and exemplifies why this award was created by CASEM some years ago – his leadership in sport medicine both at the community level in Vancouver speaks for itself.

Dr. Hedges, or Doc, as many know him, has been the lacrosse player's doctor for over two decades. He has been involved with the Coquitlam Sr. Adanacs for 27 years as team physician, president and director. Hedges has offered his services to various lacrosse groups including the professional Vancouver Ravens, Team Canada Men's Box Lacrosse teams, numerous Junior A teams and served as the academic advisor and physician of the SFU Men's Field Lacrosse program.

In addition, Hedges has assisted in the development of lacrosse in Costa Rica and offered his services wherever needed. He has also served as team physician for other sports teams including the Vancouver Whitecaps and 86'ers (21 years), Burnaby Lake Rugby Football Club (24 years) and the New Westminster High School Football team.

Doc will be recognized by the CASEM Board at the Annual General Meeting in Quebec in June 2014.

"Thank you to the people who make sports medicine a joy and a great privilege," mentioned a humbled Hedges. "My immense gratitude, especially to the athletes for whom I've had the great privilege to serve for over 28 years and still have the opportunity to serve for however long I can."

Congratulation Doc!

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.

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1882–1886 ...Forgotten Beginnings



Photo: The Daily Colonist Online Archive

Vancouver Lacrosse Club, ca. 1889-90 with the Alhambra Cup.

1882–1886 ...Forgotten Beginnings

By: David Stewart-Candy, CLHoF

The first 'organised' lacrosse game played in British Columbia (between teams representing two different cities) occurred on Saturday, August 28, 1886; played at Beacon Hill Park between the Vancouver and Victoria clubs, the visiting mainlanders won by the score of 3-1 – or three "games" to one, in the old-style nomenclature used at the time.

However, while this particular match has gone into the history books as the first lacrosse game played in the province, the game's roots in British Columbia actually go back by four years to 1882.

On Thursday, February 16 of that year, an athletic club was organised in Victoria that included lacrosse as one of its sports. This was then followed by a highly-publicized match

played at Beacon Hill Park on Saturday, June 17, 1882 – although it was essentially a scrimmage game between two teams made up from the mostly-inexperienced players of the Victoria Athletic Club. There are also newspaper records of a match in Victoria involving an unidentified collegiate team played a few weeks later as well as a photograph in the provincial archives dated from almost exactly a year later in 1883, taken in Victoria, of an unidentified lacrosse team in that city.

The National Game finds its feet 1886-1890

By: The Daily Colonist, Victoria (March 19, 1889)

In the years between the 1886 Beacon Hill match (discussed in a previous post) and the formation of the British Columbia Amateur Lacrosse Association (BCALA) in 1890, lacrosse clubs would make haphazard arrangements for

challenge matches – usually to be held on such popular, public holiday events as Empire Day or Dominion Day.

As in 1886, there was only one match reported played in 1887 – played between Victoria and Vancouver on Dominion Day with Victoria winning by two goals / "games" to none.

Vancouver Lacrosse Club was formally organized in 1888. The first practices were held on the sawdust at the Hastings Mill yard but it soon became apparent that more suitable playing grounds were required. Through the efforts of Al Larwill, AE Beck, and CG Johnson work began on clearing the Cambie Street grounds which became the first home for athletic clubs in the city.

New Westminster newspapers reported the formation of a lacrosse club in that city on May 12, 1888, but local fans would have to wait another year before the first ever lacrosse game played in the Royal City.

The 1888 season saw multiple challenges being issued back and forth between the Victoria and Vancouver clubs. In August, Kamloops played host to a match between the Victoria Lacrosse Club and Vancouver Lacrosse Club during the Canadian Pacific Railroad picnic held there. Won 3-2 by Victoria, the match took around three hours duration to complete. At one point, high winds and a dust storm interrupted play and it took fifty minutes to complete play for the final "game".

The following spring saw Vancouver Lacrosse Club put forth the Alhambra Cup for competition – originally to be won by the team winning the most matches played in Vancouver, although as the playing season progressed, the Vancouver club would sometimes announce

beforehand that, regardless of location, the upcoming game would count towards Alhambra Cup competition.

On June 8, 1889, the visiting Vancouver team dispatched an inexperienced New Westminster side with a 3-1 result in the debut of lacrosse for the Royal City. From such inauspicious beginnings that Saturday afternoon, no one in attendance could have known they had just witnessed the birth of what would become arguably one of the most legendary lacrosse clubs in all of competitive sports.

After some wrangling, Vancouver and New Westminster ended up making the trip in September to the Kamloops CPR picnic to play; in the meanwhile, Victoria stayed home uninvited and sulking, feeling snubbed by the two other teams.

Concerns over betting at the final Alhambra Cup match in October 1889, which ended in a 2-2 draw, and disagreements between Vancouver and New Westminster over rules and player eligibility to play for what they deemed the 'championship', led some people to look at the example of Eastern Canada – for example, usage of a set code of rules like those used by the Manitoba Lacrosse Association. This encouraged them to look towards forming their own provincial association. A week before Christmas of 1889, during a dinner hosted by the president of the Vancouver Lacrosse Club for his players, discussion about the formation of a provincial association was brought up. The move towards formal, organized lacrosse would start to take shape in the spring of 1890.



Salmonbellies vs the World:

How the Hall of Fame Helped Build the Next Great Lacrosse Book

By: Paul Horn

For most people reading this, lacrosse is more than a game. It's a huge part of our lives and our communities. But while the game of hockey is a well-recognized part of our Canadian fabric, lacrosse gets a lot less press. That's why it is highly notable whenever a book is published about Canada's official summer sport. Bruce MacDonald's new book, *Salmonbellies vs the World*, is a rare find because it tells the story of the great game through the eyes of its most successful team and it does so with tremendous respect for all of lacrosse. Despite the title, the book is about the Bellies and their greatest rivals. It features incredible images and describes the game from the view of the players and builders who have embedded it into our consciousness.

MacDonald interviewed and collected images from many sources, including the Canadian Lacrosse Hall of Fame. The Hall worked with him as he brought in professional photographer, Phillip Chin, to immortalize some of our most important artifacts. It was a terrific experience to partner with the author, and it showed just one of the ways that the Canadian Lacrosse Hall of Fame works to preserve and share our collective lacrosse heritage.

We caught up with Bruce and asked him to tell us a bit more about the book and about his experience in working with the Hall of Fame:

CLHoF: This book clearly represents a major undertaking. It has been done with very high production values. What made you so devoted to this particular subject matter that you were willing to invest that sort of time and effort?

MacDonald: There's no simple answer as to why I was willing to invest time and effort in the book. In 1963 my parents bought an old house in New Westminster across the street from Queen's Park Arena. On Thursday nights, when the Salmonbellies played, cars completely filled the parking lot and the overflow parked on nearby avenues and lanes, including the lane behind our house. You could hear car doors and people talking as they walked to the Arena. Once a game was underway you could hear the feet of the players pounding on the Arena's wooden floor. It sounded like very distant thunder. You could hear air horns and noisemakers and you always knew when the Salmonbellies scored by the eruption of cheering and whistling. By 1969 or so I was attending games. The Salmonbellies were particularly strong during the late '60s and the mid-'70's. This was the era of Paul Parnell, Wayne and Ed Goss, Ken Winzowski, Steve d'Easum, Larry Henry, Al Lewthwaite and goalie Joe Comeau. Watching the team play, it seemed to me, that they were defending the honour of New Westminster through lacrosse. These memories, emotions and thoughts stayed with me for the next 30 plus years. With the team's 125th anniversary approaching, I jumped at the chance to dig deep into public archives along with people's memories and scrapbooks to compile a Salmonbellies history. It's also the history of New Westminster, the history of much of Canadian lacrosse, and, of course, it was a vehicle for me to explore why I feel the way I do about the team.

CLHoF: As one reads the book, it becomes apparent that the history of lacrosse is intrinsi-

cally connected to the history of Canada. In your opinion, what does lacrosse mean to the history of Canada?

MacDonald: I'll answer your question with a question. How many First Nations' cultural traditions made such an impression on Europeans that to this day those traditions are actively practiced across cultures, races, languages and creeds in Canada? Lacrosse is the only thing that comes to my mind. So, lacrosse is a living link to the earliest days of Canada. When someone picks up a lacrosse stick he or she is participating in the "Creator's Game." Who is this "creator"? Some people might understand "creator" to mean God. I'll let your readers draw their own conclusions, but I will say that this may explain why lacrosse has been described as a "religion" in certain parts of Canada! Another idea about lacrosse's importance to the history of Canada occurs to me. I would argue that lacrosse is to Canadian sport what the CPR is to transportation; it joins BC to eastern Canada. It's no coincidence that the trophy emblematic of senior men's lacrosse supremacy was donated by Sir Donald Mann, a CPR railway tycoon.

CLHoF: The images and stories in the book show that the Canadian Lacrosse Hall of Fame played a big role as a resource for the book. Tell us about how the Hall contributed. And tell us about how you located and

worked with other resources, such as Larry Power and Stan Shillington.

The Canadian Lacrosse Hall of Fame was instrumental in the creation of the visual content of the book. The hall is the repository of many of the most important artifacts bearing witness to Canada's passion for lacrosse. I can't speak highly enough of the enthusiasm and support all of the hall's directors demonstrated for the Salmonbellies book. They understood from the outset that it was not just a history of one team, but an objective history of Canadian lacrosse. In particular, I'd like to thank Randy Radonich and Tony Glavin for their efforts. At one point, the hall opened their doors to our photography team for three days running, entrusting us with many old, valuable and irreplaceable items. Our photographer, Phillip Chin, generously donated a large measure of his time and talent on these photographs. His photos are shared by the book and the hall. It's one example of the cooperation and assistance of the hall in the creation of the book. Historians and statisticians Stan Shillington, Larry Power and David Stewart-Candy also deserve a huge amount of credit in the creation of the book. No stats, no story!

Thanks to Bruce MacDonald for his time. If you're interested in a copy of Salmonbellies vs the World, it can be purchased at Black Bond Books and on Amazon.

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Nicknames in the Hall of Fame

By: Paul Horn

Every athlete knows that there are few accolades as meaningful as a nickname. A true nickname is granted by our teammates or coaches; has a story behind it; and shows that one is valued and respected by their mates... even if the name sounds like a bit of a poke to outsiders.

Lacrosse has always been a hotbed of very interesting nicknames, both for teams and individuals. There are still lots of folks out there who simply add a "y" at the end of a player's name, but a real lacrosse nickname is much more original. Often, a nickname starts out as a good-natured jab, but ends up being adopted as a badge of honour.

Some of the very first inductees to the Hall came with nicknames that were more widely known than the player's true appellations. Who would remember that Newsy Lalonde was Edouard to his parents? A Montreal and Vancouver star, Newsy earned his name simply by having worked in a newspaper plant, but it could just have easily have been because his name was plastered all over the papers as a hockey and lacrosse star. He was also known for being one of the meanest S.O.B.s ever to play the game, hated by his opponents and teammates alike.

On the other end of the spectrum was New Westminster veteran, Gordon "Grumpy" Spring, whose nickname appears to be a bit of irony because he was actually known as a very jovial teammate. His brother, Cliff also owned a unique moniker. With a name like Doughy, you might have thought he was soft, but that hardly applies to a man whose career spanned 32 years (both on the field and in the box) without gloves or pads.

The list of Hall of Fame inductees is a litany of curious nicknames, and sometimes all we

can do is wonder at how they were earned. Was Alex "Dad" Turnbull called Dad because of his prematurely retreating hairline and the fact that he looked older than his years? His nickname, and indeed his exact age, remains a mystery to this day. And what about Clarence "Biscuits" Peele, Tom "Sharkey" Gifford, Walter "Mush" Thompson or Roy "Pung" Morton?

Great nicknames are not just part of the past, but also a great tradition that continues with our more recent inductees. There's Johnny "Gypsy" Mouradian, Derek "Jammer" Keenan, Tom "Hollywood" Marechek, Tom "Slick" Wreggit and Craig "Howie" Stevenson. 2007 was a good year for nickname inductees as we added both a Milkshake and a Bucket (Elmer Lee and Alex Mackay, respectively). In 2001, we inducted Eric "Eddie" Cowieson, who apparently earned his nickname after an unflattering haircut left him resembling Eddie Munster. Perhaps he should have talked to another 2001 inductee, Oliver Bomberry, about borrowing his "Cap." But 1997, included the inductees with the coolest of nicknames, like Dave "Dude" Durante, Judy "Punch" Garlow, Bob "Buff" McCready, George "Duke" Savage and, perhaps strangest of all, William "Whoopie" Arthurs.

In some cases the story behind the name ought to be better-known. For example, a whole generation grew up watching The Lone Ranger and got to know inductee Harry "Tonto" Smith by his more well-known Hollywood name, Jay Silverheels. And what about Byron "Boss" Johnson, the World War one-era goalkeeper for Vancouver? His nickname came from the Anglicization of his Icelandic name Björssi (Little Byron) and had nothing to do with his temperament. Ironically, in 1947 he did literally become the boss of British Columbia when he was elected as Premier.

Team nicknames also tell us a great deal about our history. The Vancouver Burrards were so named because of the First Nations band that lived in the area surrounding what is now the Port of Vancouver, but the name was so entrenched that it stuck as the team moved first to Surrey and then to Maple Ridge. The Oshawa Green Gaels' name is a nod to the Gaelic history of their region and the Six Nations Chiefs and Peterborough Timbermen both pay homage to their community histories. A few are a lot more cryptic. For example, what, precisely, is an Excelsior? The word "excelsior" is an old-fashioned adjective meaning "higher" and so, like all great nicknames, it has become a thing unto itself. An Excelsior is, quite simply, an excellent lacrosse player from Brampton, Ontario.

And, by the same measure, what is a Salmonbellie? The name isn't even spelled correctly for crying out loud! Perhaps by now you know the story of the Vancouver



fishmonger who long ago heckled the New West Lacrosse Club during a heated match by yelling, "Git there, you salmonbellies!" Hard to believe, but salmon was food for poor folks in that era and thus the dig, but the New West team did what many greats have done since and took the name as their own. The rest, as they say, is history.

Do you know any great nicknames or the stories behind them? Find us on Facebook and share your story. And, don't forget that you can help us find our next great inductees. Anyone can nominate players, builders and teams. Check out our website at www.canadianlacrossehalloffame.org for the procedure.

A League of Their Own

Intermediate lacrosse gets green light in north region

By: Jason Peters, PG Citizen Staff

A new lacrosse league that will bridge the gap between the minor and senior levels will begin operation in the spring of 2014.

The formation of the Cariboo Central Interior Intermediate Lacrosse League was confirmed during a weekend meeting in Prince George. The league, for 17- and 18-year-olds, will have teams in Prince George, Mackenzie, Quesnel and Williams Lake and is planning its opening weekend for April 26-27 in Williams Lake.

Glen (Moose) Scott, who is already commissioner of the Prince George Senior Lacrosse Association, has taken on the same role with the intermediate league.

"A lot of the younger lacrosse players, after they graduate out of midget, they're looking at coming into the senior league and playing against players that are, say, six-foot-one or two and weigh maybe over 200 pounds," Scott said. "And these young players may only be five-foot-five and weigh 155 or something. They may get a little intimidated having to go from midget right into senior lacrosse but this way they've got a two-year period where they can play against players in their own age group and of their own calibre. It will help develop them as better lacrosse players and get them ready for the senior leagues."

The senior lacrosse association helped facilitate the formation of the new league. Others involved included Steve Murphy and Charlene Dahl of Mackenzie, Lisa Scott of Quesnel and Bob Mills of Williams Lake. In Prince George, Shelley Sivell is working on behalf of the league as a coordinator.

Sivell, whose lacrosse-playing son Andrew will be in the intermediate age group next season, said interest in the league is high in Prince George.

"There's a lot of excitement," she said. "I think we have 16 to 18 kids that are pretty high-calibre that are interested, that have said, 'Yes, I will definitely play.'"

Sivell said the new league will "definitely" fill a niche in Prince George.

"The kids that have been playing since they were six, they get to Grade 10, when they're 16, and all of a sudden if they really want to keep playing and are of that calibre, they have

to go to Vancouver or [play senior in Prince George]. This league is a good thing. I know that the minor lacrosse people whose kids are coming up, they're very excited."

Glen Scott said an average of 20 to 30 intermediate-aged players have suited up for PGSLA teams in each of the past few seasons.

He said talk of an intermediate league began about four years ago. At that point in time, the Prince George junior B Posse was still in existence but more and more potential Posse players were heading south to play at the intermediate level so they could make a transition into the B.C. Junior Lacrosse League. The junior Posse fizzled out and that left to the current void between minor lacrosse and senior lacrosse.

Scott said the need for a regional intermediate league was never clearer than in April of this year when former pro players Chris Gill and Dan Stroup were in Prince George to instruct at a skills clinic.


"I was there with a couple of other people from Prince George senior lacrosse and we were looking out at the floor in Kin 3 in the afternoon session and we had 55 bantam and midget players out on the floor," Scott said. "We just looked at each other and said, 'We've got to do something or we're going to lose all these players eventually.'"

Details surrounding the intermediate league are still being finalized. But, under the current plan, each team will play nine regular-season games, followed by playoffs. The league champion will then attend the intermediate provincial championship tournament, normally held in the Lower Mainland in August.

For the most part, regular-season games will be grouped together and will move from city to city each weekend. Scott said the ideal spot for games in Prince George is Kin 1, which has been rebuilt and is scheduled to open early next month.

Scott Anderson, a PGSLA veteran who coached the Prince George midget Posse last season, has expressed interest in guiding the city's new intermediate club. The team name has not yet been chosen.

In Mackenzie, Quesnel and Williams Lake, names that have been suggested are, respectively, the Crushers, Wildfire and Warriors.




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Gill Named Burrards Head Coach

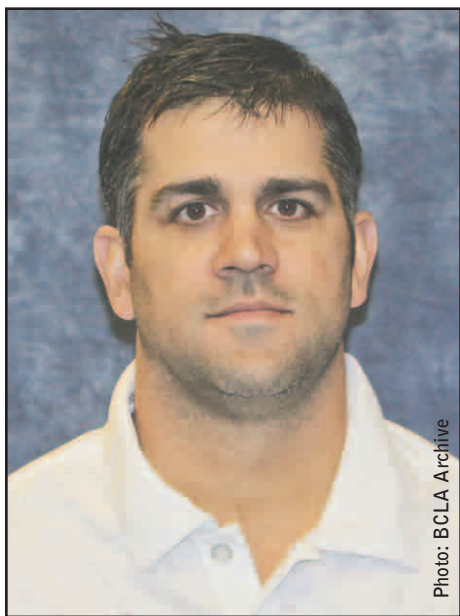


Photo: BCLA Archive

Ex-Burrard star Chris Gill has been named Maple Ridge Burrards' newest Head Coach.

By: Neil Corbett, Maple Ridge News

Chris Gill was one of the great B.C. lacrosse players of his generation. Next season, he'll start proving himself as a coach.

Gill has been named the new bench boss for the Maple Ridge Burrards, beginning in the 2014 season.

He takes on a Burrards team that is considered well stocked with young talent, but still learning how to win.

Gill knows the Burrards well. He has played with many of the guys, has coached against them when he was an assistant with the New Westminster Salmonbellies for two seasons, and the Pitt Meadows resident has watched his hometown team as a fan in the stands.

Gill likes the talent level.

"They've had a good team the last few years, they have drafted well. The pieces are in place, player-wise."

He likes the team toughness.

"They're all men. They know what it takes."

He likes having leading scorer Curtis Dickson.

"He's the best player in the world."

Really?

"Look what he puts up there – he's a stud. You ask 30 coaches, and 20 would pick him to start their team."

Despite those assets, the Burrards ended the season a ship on the rocks.

The losing record of eight wins and 10 losses does nothing to describe the highs and lows of last season. The Burrards started the campaign 4-1, and were talked about as one of the elite teams in the Western Lacrosse Association.

But they scuffled into mediocrity by mid-season, and finally collapsed with a stretch of five straight losses in their last six games that knocked them out of the playoffs. Four of those five critical losses were by a single goal.

Gill believes the team needs better focus and mental toughness. He has concrete plans, but wouldn't tip his hand in the media.

"You put players in the right place at the right time, and let players be players."

The Burrards brass heard his ideas, and obviously liked them.

Gill takes over from Daren Fridge, who retains half of his title of head coach/general manager.

"Chris' craftiness around the crease will now transfer in his role as head coach. He interviewed very well and has some very creative plans to address some of our challenges from last season," said Fridge.

"We were looking for a dynamic leader with valuable experience at the highest level of lacrosse, and Chris is exactly what we are seeking."

The Gill name alone brings credibility to the Burrards. He's virtually lacrosse royalty. His father Sohen Gill is in the B.C. Sports Hall of Fame, which calls him "the hardest-working man in B.C. Lacrosse." He was inducted as a builder. Among Sohen's many exploits at every level of the game, he spent five years as the coach and manager of the Burrards.

The younger Gill racked up 482 goals and 351 assists in 282 WLA games. His teams made the playoffs nine times and he was a Mann Cup finalist on two occasions.

On top of that, he had a decorated National Lacrosse League career with stops in Baltimore, Toronto, Vancouver, Colorado, Edmonton and Calgary. Along the way, he raised the Champions Cup three times and he recorded 557 points in 173 career NLL games. He retired from the NLL in 2010 from Colorado Mammoth.

"Chris is the consummate professional," said Mammoth president Steve Govett. "He played his role over the course of his entire career as well as any of the best to ever play the game. I'm quite certain he's destined for the hall of fame."

Gill agreed the Burrards coaching position is a great opportunity for a new coach looking to make his mark.

"A hundred per cent – you don't want to go to a team that is on its last legs. You want a team that's young and eager and wants to win. If you want to coach in this league, this is where you want to be."

"I'm excited to be part of the team, and we're looking at taking a run at the Mann Cup this year, and for the next 10 years," he added.

"It seems like the season's a long way away, but I can't wait for it to start."

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Team BC U16 Baltimore Trip



Photo: Stephen Coombs

Team BC U16's impressed college scouts at Baltimore tournaments in November.

By: LacrosseTalk Staff

The Team BC U16 Field Lacrosse travel squad took off in early November 2013 on their annual east coast lacrosse trip to attend the Up-Lax and Aloha lacrosse recruiting tournaments in Baltimore, Maryland. This trip proved to be their busiest playing eight games in three days.

Once the team arrived, the coaches and staff visited Towson University for a school visit where they were shown the academic buildings, stadium, weight room, locker room and brand new basketball arena. All three Towson men's lacrosse coaches and their volunteer assistant took time to guide Team BC around and answered questions.

The first game was meant as a warm up game in order for the U16's to shake the rigors of travel out of their systems – they met Arch Bishop Spaulding's JV (U16 team). Even though, most of their better players play other sports in the fall, it was a nice warm up game

with Team BC handling ABS easily in all areas. The up tempo pace and quick ball movement proved to be too much as the U16's bettered Spaulding by over ten goals.

In game two, Team BC was pitted against the strong Hill Academy (Ontario). The Hill is coached by arguably one of the best defensive

players in the world, none other than Orangeville's Brodie Merrill. Team BC matched up well and put on a good display for the scouts, but The Hill ended up winning a close game in the end.

Day one at UPLax Team BC met True IL (Illinois) and was ready for action, scoring early and often and left no doubt about who was the better team. True IL did manage a few goals with the unofficial score at 12-4 when the whistle blew. Scoring was again spread out.

Game two was against a top Washington, DC school, Dematha. Team BC played a sloppy game with many dropped balls, missed passes and poor displays of defense. Like the Hill game, Team BC played catch up but lost by a score of 12-8.

Game three of the day had Team BC play on a familiar field against Blue Mountain (Pennsylvania). After the poor outing against Dematha, a good rebound game was in

store. Team BC moved the ball well and impressed the 25 or so coaches lined up to view the match. All players got into the action and even a couple poles factored in to the scoring. Several players, who were already committed to colleges, re-impressed their future coaches while other players caught the eyes of some new scouts.

On the final day at the Aloha Lax tournament, game one pitted Team BC against One More Lacrosse of Woodbridge, Connecticut. The U16's played a well rounded game to go on and win 12-6. Game two was against Lax World 2016, a team of mainly 15 year old athletes. Team BC dominated all aspects of the game and let up at the end scoring close to 20 goals.

The final game of the day and trip matched Team BC against Arch Bishop Spaulding Varsity team. Team BC started off poorly and for the first half showed little effort and got behind early. The U16's rebounded in the second half and made things interesting to get within three goals en route to a 12-9 defeat.

A few very strong college connections were made with some of the Team BC athletes with schools like UNC, Penn State, Brown and Stony Brook amongst others.

After all is said and done and the games have been played, Head Coach Travis Gillespie continues to assist the athletes while communicating with college coaches.

"I would guess that I get an average of 20 phone calls, 30 texts and 20 emails per week from coaches," mentioned Coach Gillespie. "Some coaches contact me more than others and some are 'one-offs'. It is extremely time consuming, but I know that if I ignore



these contacts then it's only making it harder for the players to find opportunities."

Gillespie believes that no matter what school attempts to contact an athlete, always have the courtesy to reply and keep open lines of communication. ... "YOU NEVER CLOSE A DOOR."

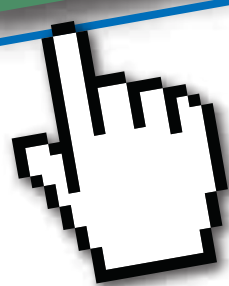
"When a small school you have never heard of you tries to contact you, you make contact back," explained Gillespie. "Listen to what they say and stay in touch."

Gillespie's biggest message to his athletes in the college recruitment process is to keep active and don't sit back and wait to get recruited.

"Players that create videos, research schools, go to recruiting events, write their SAT's, and work on their grades are the ones that I see going to the NCAA," noted Gillespie. There are too many top Box and Field guys that think coaches will come to them. Each person's path is a little different."

As the Team BC program grows, so does the outlook to assist as many athletes as possible to help them along the path to realize a college opportunity.

"As the years pass, I am finding that more college coaches are making direct connections with Team BC asking questions regarding specific players, said Team BC Field Lacrosse Coordinator Reynold Comeault. "I believe this is a testament to the growth and development of the Team BC Program and to the ability of our players."

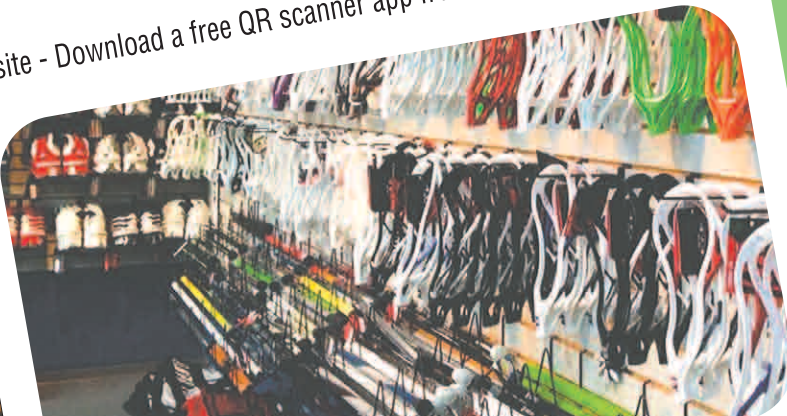


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Team BC U14's Cali Trip



Team BC U14 team competed at the Adrenaline Tournament in Del Mar (CA) in January.

By: LacrosseTalk Staff

The newest member of the Team BC family, the U14 boys Field Lacrosse team took to the field and competed at their first tournament, the Adrenaline Lacrosse Tournament in Del Mar, California January 3-5, 2014.

Over 120 teams of various age groups from around North America competed at the 3-day event. Head Coach Rich Catton of New Westminster was quite upbeat as the athletes, and coaches, learned a lot in their first tournament wearing the Team BC colours.

In five games, Team BC U14's won one game, tied one and dropped three contests versus older U15 competition. In the opener, they met the eventual tournament champions, RCMS Silver (Tuscon, AZ), and lost a lopsided 12-3 game. Things didn't get any easier next game under the California sun losing 10-4 to the LA Lazars (Los Angeles).

With two games under their belt, Team BC began to get their game legs and came close to their first victory, but ended up deadlocked at 8-8 versus Team ADVNC (San Francisco), then dropped a close game to Mustangs U15 Gold (Alberta) 7-4. In the final game, Team BC pulled up their socks and played their best game beating Team 3D Selects (San Francisco) 8-4.

"Every one of the boys improved as the weekend went on, and played their hearts out in the final game against the 3D Club," stated Coach Catton. "It was fantastic to see them play a complete game as a team."

With a major influx of American select lacrosse programs being formed, the Team BC U14 program is a huge benefit to the entire Team BC family in the long-term growth of athletes and coaches for future competitions.

"I thought we learned a lot about ourselves as coaches, and players playing against the different competition," mentioned Coach Catton. "It takes time for a team to find its identity, identify its strengths and correct its weaknesses. This group of boys was very coachable, and the coaching staff was happy with the progress they made."

The first crack at the U14 Field program was a great experience by many and a perfect fit to feed future U16 and U19 Field

programs. Team BC Field Lacrosse Coordinator, Reynold Comeault was impressed with the first big step.

"Off the heels of their introduction to the Team BC Field Lacrosse program, we are pleased with the experience these people had at a major recruiting showcase event -- this is the first step



in getting these players noticed," explained Comeault.

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A photograph of two lacrosse players in action on a green field. One player is in the foreground, wearing a black jersey with "BURNABY" and the number 25. The other player is slightly behind him, also in a black jersey. They are both wearing helmets and holding lacrosse sticks. The background shows a grassy field and some trees.

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Canada Invades Space Needle Lacrosse Shootout



The Claremont U18 team was perfect winning the U18 Space Needle Shootout in December.

By: LacrosseTalk Staff & Walax.com

TUKWILA, Wash. – Over 1,400 youth, middle and high school-aged lacrosse players including many of the top NCAA prospects in the Northwest converged on Tukwila on December 6-8, 2013 weekend for the 10th annual Space Needle Shootout. The annual event presented by WALAX.com has grown with the sport to become the region's largest lacrosse tournament with 72 individual teams from Washington, Oregon, Idaho and British Columbia taking part.

Out of the 72 teams from around the Pacific Northwest, 27 teams hailed from clubs in Victoria, the Interior and Metro Vancouver, BC.

U12 – Youth (16 teams): Adanacs (BC), Bellevue (WA), Bridge City (OR), Delta (BC), Honey Badgers (WA), Kamloops (BC), Lake Oswego (OR), Mercer Island (WA), Outlaws (OR), Pac Rim (BC), Rhino (OR), Ridge

Meadows (BC), South Sound Starz (WA), Surrey (BC), Valhalla (WA) & Victoria (BC).

U14 – Middle School (20 teams): Adanacs (BC), Bellevue (WA), Bend (OR), Bridge City (OR), Eastside Maniax (WA), Honey Badgers (WA), Issaquah (WA), Lake Oswego (OR), Lax NW (OR), Mercer Island (WA), Okanagan (BC), Outlaws (OR), Pac Rim (BC), Pentiction (BC), Rhino (OR), Ridge Meadows (BC), Sawtooth (ID), South Sound Starz (WA), Valhalla (WA) & Victoria (BC).

U16 – High School (20 teams): Adanacs (BC), Bellevue (WA), Delta (BC), Honey Badgers (WA), Issaquah (WA), Kamloops (BC), Lakeridge (OR), Lax NW (OR), Mercer Island (WA), Okanagan (BC), Outlaws (OR), PoCo (BC), Rhino (OR), Ridge Meadows (BC), Seaspray (BC), Seatown Kings (WA), South Sound Starz (WA), Surrey (BC), Valhalla (WA) & Victoria (BC).

U18 – High School Elite (16 teams): Adanacs (BC), Bellevue (WA), Claremont (BC), Delta (BC), Honey Badgers (WA), Issaquah (WA), Lake Oswego (OR), Langley (BC), Lax NW (OR), Mercer Island (WA), Outlaws (OR), Rhino (OR), Sawtooth (ID), Seaspray (BC) South Sound Starz (WA) & Valhalla (WA).

Along with play at the youth (U12), and middle school (U14) levels, the tournament attracted players from many of the top high school and club lacrosse teams in the region at the U16 and U18 levels along with representatives from a number of colleges and college recruiting events.

University of Denver Men's Lacrosse Coach Bill Tierney attended and conducted youth and high school coaching education clinics at the event. Tierney, one of collegiate lacrosse's legendary coaches, has been a mentor to many BC lacrosse players at Denver – none more so than Burnaby's Matt Brown, who starred at DU (2002-2005) and is the current Associate Head Coach under Tierney.

Stony Brook commit McLean Chicquen and Eddie Smith, led Claremont Secondary School past Issaquah 10-4 for the U18 title at the Space Needle Shootout, Sunday, December 8. Claremont joined the Coquitlam Adanacs, which won the U16 and U12 titles along with the Honey Badgers (Bellevue), which won the U14 title game as 2013 champions at the Northwest's largest lacrosse tournament.



In the U18 championship, Chicquen, a senior midfielder, contributed three goals and an assist while Smith, a junior attackman, had two goals and two assists, as Claremont dominated Issaquah 5-1 at the half before adding another five in the second to cruise to victory.

Claremont's box knowledge and constant push in transition made Issaquah play a defensive game with few quality offensive possessions. Despite its possessions, Issaquah was unable to test Claremont senior goaltender Mitch Gurney who had just five saves playing in a starting role for the first time.

“The competition was good but, after coming back from an eastern trip we had experienced some high level teams already, so I think we were a little more prepared and organized than some of the other teams,” noted Head Coach Daren Reisig.

Claremont went undefeated in the round robin winning 8-3, 14-1, and 14-1. They beat Bellevue 13-4 in semi-final and then Issaquah in final.

"Little things were the difference for us - ground balls, pace we played at, communication and team D as well as our ability to ride very well and create turnovers," noted Reisig. Those factors, combined with our style of offense that demands constant movement and six threats rather than one, led to our success for the weekend."

Earlier this year, Claremont went undefeated at the NW Invitational on Mercer Island while competing for titles in both the BC High School Field Lacrosse Provincial tournament and last June's Denver Shootout in Colorado. The Spartans will be a frontrunner in the 2014 BC High School Field Lacrosse Championships this March to recapture the BC High School title.

In other Space Needle Shootout championship action on Sunday, the Coquitlam Adanacs U16's defeated the Port Coquitlam Saints 7-6 in overtime, while the Honey Badgers (Bellevue) recorded a 10-6 win over the Coquitlam Adanacs in the U14 championship game. In the U12 title game, the Coquitlam Adanacs defeated the Honey Badgers 9-1.

Vancouver Field Lacrosse and RBC Sports Day



Special guest Dennis Joseph of the Squamish Nation poses at ceremonial face-off.

By: LacrosseTalk Staff

The Vancouver Field Lacrosse Club hosted a Lacrosse Sports Day event in conjunction with the BC Lacrosse Association on November 30, 2013. The Vancouver U12 and U14 Field Lacrosse teams played games as part of this CBC Sports day event.

RBC Sports Day in Canada, presented by ParticipACTION, CBC and True Sport, was held this year on Saturday, November 30 in communities from coast to coast to coast. This national celebration of sport, from grassroots to high-performance, is an opportunity for all Canadians to celebrate the power of sport, build community and national spirit and facilitate healthy, active living.



Vancouver Field Lacrosse proudly show their support for the RBC Sports Day last November.

“The goal is to bring additional awareness to Lacrosse [Field & Box] as Canada’s National Game and one of the best moral, physical and mental games for youth of Indigenous and non-Indigenous athletes in Canada, alongside hockey,” stated event coordinator and VKMLA volunteer Erin Kingston. “The roots of Canada are unique and lacrosse has been played for centuries.”

VKMLA's U12 and U14 Field Lacrosse teams held friendly games and provided a fun atmosphere of lacrosse games, draws, skill competitions and a BBQ. It started as a wet cool night, and then the rain stopped in time for the games to begin.

A short ceremony was conducted prior to the games with special guest Dennis “Denny” Joseph of the Squamish Nation. Denny was an ex-Vancouver Barbarian Field Lacrosse goaltender that backstopped the Barbarians to two Victory Cup National titles in 1992 and 1994. His words of wisdom and ceremonial faceoff were well respected and received by all in attendance.

Many thanks go out to the VKMLA, Erin Kingston, prize and food donors and all the parent volunteers that made this a reality.

BCLA Recognizes Kelowna Kinsmen Club

By: Kelowna Minor Lacrosse Association

The Kelowna Kinsman Club was recently awarded the Provincial Public Service Award by the British Columbia Lacrosse Association at its annual general meeting in Whistler.

The Kelowna Kinsman Club was nominated by the Kelowna Minor Lacrosse Association for their outstanding financial support and volunteer service. They were up against some tough competition for the Irvine-Calder-Nevard Merit Award for Outstanding Public Service, but prevailed to win the prestigious award.

The Kelowna Kinsmen partnered with Kelowna Minor Lacrosse in 2008 to create the free Learn to Play Program. The program was designed to give children exposure to Canada's national summer sport.

With childhood obesity on the rise, it is important that our community offers free opportunities for children to get active and involved. The Kinsmen Learn to Play Program consists of several sessions of 90 minutes at the CNC fields (Kelowna). Kelowna Minor Lacrosse coaches, older players and Kinsmen volunteer their time for the program. The Kelowna Kinsmen Club has enabled children to participate in lacrosse, keep active, meet new friends and travel to other communities.

The club has also donated thousands of dollars and many volunteer hours to Kelowna Minor Lacrosse. We thank you for your ongoing support and commitment to minor sports in our community.

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Team BC Announces 2014 Box Lacrosse Head Coaches

By: LacrosseTalk Staff

The BC Lacrosse Association (BCLA) is proud to announce five Head Coaches for the Midget, Bantam, Pee Wee, Female Midget and Female Bantam 2014 Team BC Box Lacrosse Programs.

The 2014 Team BC Box Lacrosse Head Coaches are: Midget-Curt Malawsky (Maple Ridge), Bantam-Rich Catton (New Westminster), Pee Wee-Daren Fridge (Coquitlam), Female Midget-Dan Stroup (Port Coquitlam) and Female Bantam-Chris Gill (Pitt Meadows). The Female Junior team Head Coach is still to be determined.

All coaches bring a wealth of experience and are products of the BCLA, BC Junior A Lacrosse League and Western Lacrosse Association. All coaches have professional, national and international lacrosse experience, let alone coaching youth lacrosse in their communities.

“The BCLA and the Team BC Program are very excited to have such an outstanding group of successful and quality coaches leading our Team BC athletes towards the 2014 National Championships,” said BCLA VP Performance Programs, Ron McQuarrie. “This year we had many very good coaching candidates apply to be Team BC Head Coaches.”

The Team BC Lacrosse Program is a high performance lacrosse program for Box and Field Lacrosse athletes in BC. The Team BC Lacrosse Program consists of six (6) Box Lacrosse squads (Midget, Bantam, Pee Wee, Female Junior, Female Bantam, Female Midget) and four (4) Field Lacrosse squads (Men’s U19, U16, U14, Women’s Field U19). In 2014, Team BC will also be participating in the North American Indigenous Games in Regina this July. These teams are selected from hundreds

of athletes across BC and compete at National Championships against other Provincial teams.

The 2014 Box Lacrosse (Midget/Bantam/Pee Wee) Nationals will take place August 4-9, 2014 hosted by New Westminster and Coquitlam Minor Lacrosse Associations. The 2014 Female Box Lacrosse (Junior/Midget/Bantam) Nationals will be August 6-9, 2014 in Whitby, Ontario.

For Team BC - Box Lacrosse athlete tryout information and applications, please visit the BC Lacrosse Association website at www.bcla-lacrosse.com and click on the Team BC page. Direct Link is <http://bcla.centraldesktop.com/bcla/doc/2097169/w-Minornationalsmainpage>.

For information about the BC Lacrosse Association programs and services, please visit our website www.bclacrosse.com or call 604-421-9755.

Officials and Assessors Selected for Worlds

By: CLA

OTTAWA, ON, November 14, 2013 - The Canadian Lacrosse Association (CLA) is proud to announce the roster of Canadian officials who have been chosen to represent Canada at the 2014 FIL World Men’s Lacrosse Championships taking place in Denver, CO, July 10-19, 2014.

The following are the Blue Division officials in alphabetical order, with hometown

- Lee Brien – Burnaby, British Columbia
- Brent Coulombe – Welland, Ontario
- Scott McMullen – Dartmouth, Nova Scotia
- Ryan Nose – Surrey, British Columbia
- Ian Wilson – Saskatoon, Saskatchewan

The following are the Red Division officials in alphabetical order, with hometown

- Nathan Adams – Saskatoon, Saskatchewan
- Adam Crowe – Edmonton, Alberta
- Miek Drake – Newcastle, Ontario
- Greg Fancett – Wasaga Beach, Ontario
- Shawn Grenier – Fonthill, Ontario
- Dave Hallett – Sydenham, Ontario
- Ryan Metcalfe – Toronto, Ontario
- Kody Moleschi – Delta, British Columbia
- Terry Mosdell – Surrey, British Columbia

The following are the alternate officials in ranked order, with hometown

- Steve O’Shaughnessy – Fredericton, New Brunswick
- Ryan Dutkus – Welland, Ontario

The following are the selected assessors in alphabetical order, with hometown:

- Brian Huntley – Etobicoke, Ontario
- Frank Lawrence – St. Catharines, Ontario
- Alan Sleightholme – Surrey, British Columbia

The CLA and our officiating sector are very proud of the accomplishment of these officials in being selected to officiate at a World Championship and take pride in knowing that each official will represent our country in the very best spirit, both on and off the field.

High School Championships March 3-7

By: LacrosseTalk Staff

The 13th annual BC High School Field Lacrosse Championships will be held March 3-7, 2014 in New Westminster and Coquitlam.

The event will be hosted by New Westminster Senior Secondary (S.S.) with the Tier 1 games at Mercer Stadium and Queen’s Park in New Westminster and the Tier 2 games at Dr. Charles Best and Fridge Field in Coquitlam.

This year’s tournament will likely be the largest ever as the sport continues to grow in the high school system. This year we have new

teams from Maple Ridge SS, R.E. Mountain SS, Hatzic SS, Point Grey SS and Langley SS.

Last season’s tournament marked the first time that a Tier 1 and a Tier 2 Division was offered in both Senior and Junior action. The result was a very competitive tournament with many close, exciting games.

Perennial power Terry Fox will be looking to hold on to their Senior Tier 1 title, but will likely face some stiff competition from Claremont, New West, Best and Centennial. Other Senior teams will include two-time Tier 2 champs from Holy Cross, Heritage Woods, Hatzic, Riverside, St. Thomas More, Langley, R.E. Mountain and Vancouver College. Most of these schools also have Junior teams.

This year we have the largest Jr Tier 1 pool yet, with 6 teams. The usual favourites Best, Centennial, New West and Terry Fox will be joined by Pitt Meadows and Port Moody. The Terry Fox Jr team will be looking to continue

their title run in 2014. The Jr Tier 2 level has teams from Maple Ridge, Vancouver College, Point Grey, Delta and South Delta.

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, competing athletes have committed to colleges like Penn State, Stony Brook, Pfeiffer and Canisius.

There are plans for a Women’s Field Lacrosse division in the future as organizers try and get this exciting sport into more BC high schools. If there are any girls’ teams interested competing in the tournament or any additional tournament information needed, please contact Tournament Co-ordinator, Ken Bowman kbowman@sd40.bc.ca or ckbowman@shaw.ca. For information on the BC High School Lacrosse Program please contact Paul Enkelmann @ mrpe@shaw.ca.

SFU Fall Recap and Season Outlook



By: Casey Foster, SFU Lacrosse Marketing & Communications Assistant

BURNABY, BC (January 2, 2014) – As the new year of 2014 dawns, the MCLA season draws closer. The Simon Fraser men’s lacrosse team has been gearing up all fall in preparation for their twelfth season under Head Coach Brent Hoskins and are more than excited to return to the action as the season begins this spring. After falling early in the PNCLL Conference Championships to eventual champions Oregon State in 2013, the Clan will definitely be looking to come out stronger than ever in 2014

The fall-ball season began in early September and ended late November. During this time the Clan practiced on and off-field together, connecting as team through new dynamics. As October came about, the team got to battle for friendly bragging rights as the prospective 2014 roster squared off in the second annual Fall Showcase Intra-Squad Game on Terry Fox Field at SFU. Team White bested Team Red 11-8 in a back and forth fight for glory.

Spirits and confidence were high as the team once again made their annual fall trip to Northern California. The Clan started the trip off with a bang, facing fellow MCLA challengers Sonoma State. Simon Fraser fell short in this battle under the California sun, losing 11-9. The Clan quickly righted the ship defeating Diablo Valley College (club, 12-5 W), and Notre Dame de Namur (NCAA DII, 12-7 W). Performance benchmarks were set, worked for, and achieved during the excursion, and much growth was seen from this budding Clansmen team.

The fall season came to a close with another SFU alumni game. The 2014 roster ended up besting the alumni squad composed of the great names of previous Clan stars, and everybody celebrated together at a post-game fundraiser dinner.

A look towards the spring shows the Clan competing once again against some of the MCLA’s toughest and strongest opponents. Competition commences north of the border on February 8 and 9 as Simon Fraser plays host to conference opponents Western Washington and Portland State. The Clan then hit the road to meet Brigham Young University (BYU, Feb 15) and Boise State (Feb 16) on the blue “smurf turf” of Boise State’s football stadium. Travel will continue for Simon Fraser as they are then scheduled to meet the University of Washington Huskies at UW on February 22. Arguably the biggest game of the year for the Clan is scheduled for March 1 as the Oregon Ducks will travel to SFU for this huge conference matchup. The home stand will continue as the Clan will host Idaho on March 7. Simon Fraser will hit the road again for March 16 and 18 meetings with Utah and Oregon State, respectively, in Oregon. A few days later, the Clan will board a flight southbound for the desert to face the University of Arizona, Arizona State University, and Illinois under the desert sun in Arizona March 20-23. The last home game of the year will be held on March 29 as the Clan will face Washington State. Hitting the road for the remainder of the season, SFU will meet the Texas Longhorns in Oregon on April 13, and finish the season in Montana versus the Montana Grizzlies on April 26.

A strong group of freshmen joined the capable ranks of the Clansmen this fall. Incoming transfer Tyler Kirkby (Burnaby, BC) had a very promising fall at attack after transferring from Bellarmine (NCAA DI), and freshman goalie Jeremy Lashar (Burnaby, BC) will be a strong backup goaltender to returning senior Darren Zwack (Sherwood Park, AB). 2014 promises to be another exciting campaign for the Clan as they will battle in the MCLA for a PNCLL Conference Championship and National Title.

ABOUT SIMON FRASER MEN’S LACROSSE

Simon Fraser University men’s lacrosse is in its nineteenth season in 2014 and competes in the Men’s Collegiate Lacrosse Association (MCLA). The Clan have captured a record eight PNCLL Conference Titles (1997, 1998, 1999, 2000, 2001, 2003, 2008 and 2009) and are tied for fifth all-time with ten MCLA National Championship tournament appearances, placing 2nd in 1999 and most recently playing in the 2010 MCLA Semi-Finals after reaching the Quarterfinals in 2008 and 2009.

SFU’s Christian Friesen Memorial Award

By: LacrosseTalk Staff

The Christian Friesen Memorial Award at Simon Fraser University (SFU) supports students who have demonstrated high standards of leadership, teamwork and performance on the lacrosse field.

Over the past few years, the endowment fund has grown and now has a balance in excess of \$40,000. SFU is currently disbursing 4% which means the fund provides approximately \$1,500 annually to a deserving student athlete.

To date, three recipients have received Chris’ award including Luke Genereux (2011), Max Weselowski (2012) and Sam Clare (2013).

A new recipient will be selected in January 2014.

SFU Lacrosse also wanted to take this opportunity to inform you of the recent partnership with Adrenaline Sports and the Burnaby Mountain Selects organization, regarding socks that bear Chris’ initials and his “Be the Best” logo. Chris loved his lacrosse socks and they are great for sports and for just lounging around.

If you’re interested in purchasing a pair of socks, please contact randy@wardell.biz. They are \$12 each. Full net profits (\$3.20/pair) will be re-directed back into the Christian Friesen Memorial Award at SFU. Thanks for honouring Chris with a gift to his fund.

Through Lacrosse, Empowerment for First Nations

A century ago, aboriginal players drew thousands to games. Now the new generation keeps tradition alive.

By: Megan Stewart

Like his father and grandfather before him, Dennis «Denny» Joseph prefers to string the mesh basket of his own lacrosse stick. His favourite one, the box lacrosse stick the 56-year-old goalie calls his «bread and butter,» is a hybrid piece of equipment dating back to the 1990s.

Joseph's box stick has long since been replaced, exchanged for a field lacrosse stick since he left his box team about 10 seasons ago. Besides, one side of the baskets triangle is snapped in two. «I clubbed a guy,» says Joseph, his quiet voice rising as he laughs. «My crease was my own, man. To this day, I tell guys to stay out of my crease.»

Box lacrosse -- the indoor version of the ball and stick field game that originated with the Iroquois (now known as the Haudenosaunee, or Six Nations Confederacy) -- is a violent and uniquely Canadian sport, born of a desire to make use of iceless hockey arenas in summer-time. It's now the country's national summer sport, with a popularity that is deep but narrow.

And in British Columbia, where the sport as we know it today was introduced 150 years ago, lacrosse is empowering a new generation of aboriginal athletes.

Sport diplomacy

Lacrosse in B.C. wouldn't be what it is for aboriginal athletes today if it wasn't for Andy Paull. A visionary coach, union leader and native rights activist with the Squamish First Nation, Paull recognized lacrosse as a powerful tool to unite the Squamish nearly a century ago as they were being displaced from their own territory by colonialists who denied them equal rights, means of self-representation, and criminalized their traditions. The Squamish found pride, agency and entertainment in a lacrosse team, the North Shore Indians.

«It was more about community and people's passion for the game, passion that still exists today for players who play under the North Shore Indians jersey,» says Joseph, who won the Presidents' Cup national box lacrosse championship with the Indians in 1985 and 1993, as well as field lacrosse national championships with the Vancouver Barbarians in 1992 and 1994. Joseph is also Paull's maternal great-grandson.

Among the Squamish, Paull used lacrosse to tap into a broader indigenous identity when First Nations in Canada were actively being assimilated and intentionally denied their humanity. He recruited Iroquois from across the country to play for the North Shore, forging relationships that carry on today. Paull, who formed the Native American Indian Brotherhood (which went on to become the Assembly of First Nations), was also building connections with the dominant white society.

«He was extremely brilliant, Andy Paull,» says Allan Downey, a historian who studies the rise of Squamish nationalism in relation to lacrosse. Downey is a member of the Nak'azdli First Nation near Fort St. James, a PhD candidate at Wilfrid Laurier University, and a box lacrosse player who played for the Burnaby Lakers in 2010.

«Aboriginal players are actually on the outside of the development of lacrosse in British Columbia,» Downey explains. But Paull changed that.



Turner Seward (left) with his father, Sam Seward.

Born in 1892 near the town of Squamish, he came of age at a time when the potlatch was outlawed. The legal profession he sought to practice was barred to a man like him, as long as he held Indian status. During his childhood, lacrosse was primarily played by white men and had yet to become the pride of the Squamish Nation as it would four decades later. In the early 1890s, the B.C. Amateur Lacrosse Association banned anyone but white athletes from its membership.

In 1920, Paull organized the all-native lacrosse team to appear at one of many so-called Indian sports days, a fair for mainstream society to marvel at what many believed to be a dying race. The Aboriginal athletes were a tremendous draw wherever they went.

«People wanted to see Aboriginal athletes because of the prevailing belief that Aboriginal peoples were going to disappear. They would come by the thousands,» Downey says.

For the next decade, 12,000 fans were said to cram into the 10,500 seats at the Denman Arena in Vancouver's West End to see the team that became the North Shore Indians. The ban against Aboriginal players was quietly removed from the rulebook, as the Victorian-era values favouring amateurism made way for sports capitalism.

«This was quite ironic, given the fact non-Aboriginal Canadians are taking an Aboriginal game, claiming it as their own and then they end up barring the very people who gave it to them,» Downey says. «[Paull] saw sport as an opportunity to continue what he was doing. And he loved the game, there is no question about that. He really connected, and so did the Squamish.

«They connected lacrosse to an Aboriginal game and that's what really appealed to him -- here the Squamish were playing a game that had been played in indigenous communities, including the Squamish, since time immemorial. They were just reconnecting with it.»

«They were applauding, just roaring»

The broken stick Joseph cherishes is on display in his basement, along with 80-odd jerseys. One is framed, as well as a dozen sticks, black-and-white photographs and a participation medal from the 1932 Los Angeles Summer Olympics where the North Shore Indians went to play lacrosse as a demonstration sport.

That same team, bolstered by cross-country recruits from the Six Nations, travelled to Toronto in 1936 as the first all-native team to contend for the national Senior A championship, the Mann Cup. The Indians lost the series one game to three, falling to the two-time defending champions from Orillia. More than 36,000 fans attended the four games they played at Maple Leaf Gardens.

Joseph idolized the men who played for the '36 Indians, and those he watched as a child at the PNE Forum and the North Vancouver arena now known as the Harry Jerome Sports Centre. The North Shore Indians were still a draw, and

their fans shook arenas with drumbeats and songs.

Among the players he watched was his uncle and Canadian lacrosse hall-of-famer Stan «Bunny» Joseph Jr., the son of a '36 Indian, who was named the league's outstanding goaltender four times and was named MVP once. He had a .707 career save percentage, a mark akin to today's professional players.

«I could barely peer over the boards and when he hit the floor -- I found out this later from the people who played with him -- they let him run out by himself and there was maybe 800 people in the stand and everybody just stood up,» Joseph says, who has framed one of his uncle's jerseys. «They were applauding, just roaring. I was like, 'I want to do that.'»

Joseph doesn't play box lacrosse with the Indians anymore, but he competes as a grandmaster at field lacrosse tournaments with the Shape Shifters, a team that takes the important Squamish figure of a two-headed serpent for its emblem instead of the profile of a Plains man in a feather headdress.

He competes alongside the same guys he grew up with playing stick-and-ball games on the Squamish reserve. A decade after his championship season with the Indians, he turned his back on box lacrosse because of political disagreements between some team organizers and the band council, on which he has sat since being elected in 1989.

Joseph now plays field lacrosse alongside Sam Seward, also 57, who still coaches the Indians, which counts his 22-year-old son Turner on the roster. «Growing up, we always had elders come in to talk to us between periods,» Seward says. He's a two-time Canadian champion and a face-off specialist. «I was thinking we didn't have that anymore, but my wife said to me, 'You're the elder now.'»

The popularity of the sport among the younger Squamish is in a slump, Seward says. It's a sentiment numerous older players agree with. The work ethic isn't what it was, they say. «I'd like to see our North Shore Indians be contenders again,» says Seward. «We have to get more players coming out from the res. I'd like to see more of our own guys playing. We get a little more support when we have players from the res.»

«They were taught First Nations people were wiped out entirely»

Of the 16,000 athletes registered with the B.C. Lacrosse Association, 711 self-identify as Aboriginal. The legacy of the North Shore Indians can be measured today, in part, by the numbers of elementary and secondary students learning about lacrosse through the B.C. Lacrosse Association and their partnership with the Aboriginal Sport, Recreation and Physical Activity Partners Council.

In two years, B.C. Lacrosse has certified 89 Aboriginal coaches and 21 referees while educators like Naomi Wasler have together made over 100 visits to B.C. schools and talked to nearly 4,000 boys and girls about the sport she's been playing since the age of four and knows as the Creator's Game.

Wasler is an elite athlete from the Beausoleil First Nation near Georgian Bay, Ontario

who represented Canada on the junior and senior field lacrosse teams. This summer at the 2013 World Cup, she competed at the international championship for another nation, the Haudenosaunee.

«Lacrosse is the only sport in the world that has all-native teams that compete as a nation because of the history,» she says. Competing in the Czech Republic, some Europeans marvelled at her, just as they had gaped at Aboriginal athletes in Paull's day.

«They were taught First Nations people were wiped out entirely,» she says. «They would touch us and they couldn't believe we existed.»

Wasler, 36, has lived in B.C. for 15 years and will coach the U16 Team B.C. boys lacrosse team at the North American Indigenous Games next summer in Regina. Sam Seward was also teaching lacrosse in the region's schools and he travelled to Cowichan for the 2008 Indigenous Games.

One of the players selected to the U16 team for 2014 is Corvin Mack, a 14-year-old Wet'suwet'en midfielder who skipped a grade and plays midget for the Vancouver Burrards. He's making a transition from a box goaltender to a midi on the field, partly because he likes to run, but mostly because field lacrosse is the fastest-growing collegiate sport in North America. Scholarships are available for thousands of athletes, more than any time in the sport's history.

Mack says he was a short, chubby kid who needed a reason to run around. «My dad heard that lacrosse is the fastest sport on two feet,» he says. Lacrosse isn't an essential part of his Aboriginal identity, but the Indigenous Games are bringing more opportunities to compete and train, he adds.

After only one year playing field lacrosse, 17-year-old Selena Lasota, who grew up in Campbell River and is of the Katzie First Nation near Pitt Meadows, signed with Northwestern University, the continent's most accomplished women's varsity lacrosse team and the defending 2013 NCAA Division I champions.

Like Wasler, Lasota grew up playing box lacrosse with her older brothers and her Aboriginal heritage becomes more meaningful to her identity as a lacrosse player as she learns more about the sport, she says. «I think representing [myself] as an Aboriginal person, but also as a Canadian player is really cool.»

Mack and Lasota are promising Aboriginal athletes and two members of a new generation of lacrosse player. Wasler and Seward pique the interest and hone the skills of countless more when they put on workshops at B.C. schools. Some Aboriginal kids who'd never heard of lacrosse know immediately how to cradle the ball and handle the stick with very little instruction, Seward says. This behaviour is known as a «living blood memory» to Downey, the academic who studies lacrosse and its significance in Aboriginal society.

«Your Aboriginal identity in your blood has this memory inside of it. And lacrosse is part of that,» Downey says. «It's something that connects Indigenous nations across North America. You really start seeing the re-empowerment of Indigenous communities through this game.»

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Cable and MacAulay – Community Sport Heroes



Tony Cable – Community Sport Hero Award in Prince George.



Jeff MacAulay – Community Sport Hero Award in Mission.

By: LacrosseTalk Staff

Prince George Minor Lacrosse Association’s Tony Cable and Mission Minor Lacrosse Association’s Jeff MacAulay were the latest BCLA volunteers to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards presented by Teck honours outstanding sport volunteers in communities across British Columbia. The awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. Through Sport BC’s relationship with Teck, Sport BC travel to 8 communities per year across British Columbia and celebrate sport volunteers in local communities. Prince George and Vernon, being the choice for September and November 2013!

In 1987, Tony Cable began his lacrosse journey in Mackenzie, BC when his sons Scott and Shawn were introduced to lacrosse – and he’s never looked back. He coached youth teams in Mackenzie and provided administrative assistance to these teams while helping his association host lacrosse weekend events.

In 1993, the Cables moved to Prince George and instantly got involved in Prince George Minor Lacrosse. Tony coached a few seasons, but it was what he gave back at to the association and surrounding communities that made him a cog in developing lacrosse in the north.

From 1995 to present, Tony has been a part of the Zone 8 Summer Games Team, holds the chair position in the Great White North Lacrosse Commission and has volunteered for WLA and professional lacrosse games in PG. Each summer, Tony volunteers as a supervisor at lacrosse weekends and BCLA Provincials around BC and is a proud organizer of a Guinness World Record – for the longest marathon lacrosse game in 2012.

“I was very honoured to receive the award and I appreciate the nomination,” mentioned Cable.

Jeff MacAulay started lacrosse at the age of five and played at all levels until Junior in Richmond. In his early 20’s, he jumped right into coaching and has been close to the game ever since.

After 5 years of playing Senior B, he moved the family to Mission, and in 1999, he got back

behind the bench coaching his son in Mini-tykes. Two years later, he joined the Mission Lacrosse Association (MLA) executive as a director to assist the growing association. MacAulay has served on the executive every year in a variety of positions including director, referee, head referee, head coach, equipment manager and VP. He is currently the MLA President.

Jeff has coached every year, sometimes more than one team, and has taken teams to Provincials winning various medals. MacAulay has served on the BCLA coach’s disciplinary board

and continues to annually develop lacrosse at Hatzic Elementary School introducing students to the sport.

“It was an unexpected honour to have been nominated for the Community Sports Hero Reward,” stated MacAulay. “I have been involved in Lacrosse for 46 years, first as a player and then as a coach and executive member. I feel lucky to still be involved in a sport that I love so much and it makes me feel good to be able to volunteer in the community where I live.”

In Memoriam

By: LacrosseTalk Staff

Beebe Dolores Gueho, 88, along with her late husband Victor, served for two decades on the Coquitlam Adanacs’ executive body.

Doug Manning, 80, was the New Westminster City Administrator for a number of years, but still found time to act as treasurer for both the senior and junior Salmonbellies’ teams. He also took great pride following the successful senior lacrosse careers of his son Steve and grandson Curtis.

Bill Scuby, who played his first senior lacrosse game 74 years ago, passed away on November 22, 2013.

Born January 6, 1923, in Battle Creek, Michigan, he moved with his family to New Westminster where he attended Duke of Connaught High School. Like many Royal City youngsters during the 1930’s, Bill took up the game of lacrosse, eventually tending goal for the Knights of Pythias junior team.

In 1939, at the age of 16, Bill was called up by the Salmonbellies to fill in for regular Pete Anthony. He made such an impression that,

one year later and still only 17, Bill became the ‘Bellies’ full time netminder. He competed in the 1942 Mann Cup playoffs in which the ‘Bellies beat Lachine-Ville St. Pierre Combines 2-0 in the semi-finals but lost the finals 3-1 to Mimico-Brampton.

Like many athletes of the day, the Second World War put placed his sporting activities on hold until 1945. Then, the following year, Bill again led his Royal City squad to a Mann Cup final only to lose 3-0 to St. Catharines. At the age of 24, with only 104 senior games on his record, Bill left the game to begin a long, and successful, business career in Prince Rupert and Victoria.

Tom ‘Mad Dog’ Smith. The Bellie family, and lacrosse in general, lost one of our own with the passing of Tom ‘Mad Dog’ Smith at the age of 59. Tom started his minor lacrosse and hockey career in North Surrey before joining our junior Bellie team in 1972 when were located at the North Surrey Recreation Center. He played for the Junior Bellies and the Sr. Kirby’s Klippers as well as coaching and being involved with the Salmonbellies Alumni.

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Way To Go!

Gene & Judy Regier (Intermediate A & B Leagues)

In 1986, Gene and Judy Regier got involved with lacrosse with the White Rock Minor Lacrosse Association when their son Craig began lacrosse – they’ve never looked back!

Gene and Judy have been a husband and wife volunteer team for decades. In White Rock, Gene coached and was the association Treasurer, while Judy was Registrar and Secretary. She soon accepted the Lower Mainland Commission Secretary position.


In 1990, the Regier’s moved to the South Fraser Intermediates – Gene coached and Judy was Secretary. In 1999, Judy became BC Intermediate A League Statistician & Secretary, the next year, Gene followed and took over as Chair and Commissioner. Judy included Minor & Senior Directorate Secretary duties to her portfolio!

In 2007, both attempted to step down from the BCILL, but they couldn’t let go, and jumped back on board managing multiple executive positions in 2008 – the two have been inseparable and have continued their roles since then.

The Regier’s have volunteered their summers to lacrosse for some 30 years. The BC Intermediate A & B Provincial Championships on BC day weekend, is an event that is near and dear to them. Their overall devotion to lacrosse and years of commitment are second to none. They were the 2006 recipients of the Ted Fridge Family Award.


Congratulations Gene and Judy!

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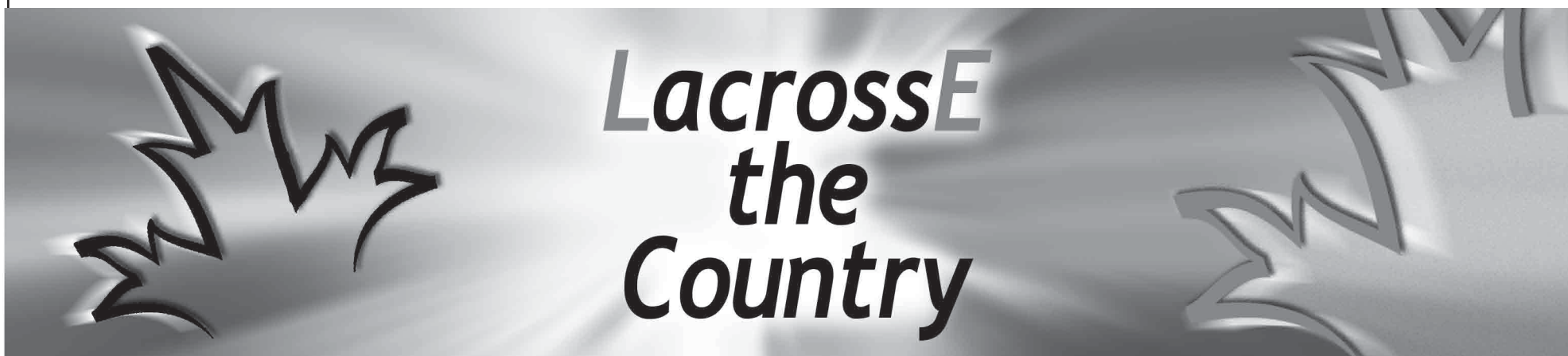
The SUBWAY “Way To Go!” Volunteer award is offered to any BC Lacrosse volunteer who best exemplifies the meaning of community and sport. This person goes over and above the call of duty in the BC Lacrosse community.



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Canadian Lacrosse League Takes Shape for 2014 Season



By: CLAX

The Canadian Lacrosse League (CLax) will enter into the 2014 season with a five team league featuring the Barrie Blizzard, Durham TurfDogs, Ohsweken Demons, Niagara Lock Monsters, and a travel team based out of Southwestern Ontario called the SouthWest Cyclops. Additionally, each team will play one game versus the Tuscarora Tomahawks based out of Cattaraugus, New York over the course of the season. The 2014 season will begin in early February and will consist of nine games plus play-offs.

The new shift in league structure reflects a focus on team and league sustainability. The remaining teams from the 2013 season will continue to grow their already strong lacrosse communities by building on their consistent attendance from last season. The Southwestern Ontario

team will be a strictly travel team this season in hopes that they will find a permanent home in 2015. Their home games will be played at a variety of locations including Wilmot and the Iroquois Lacrosse Arena.

CLax Representative Chris Newsome said, "By ensuring teams are located in markets with a solid fan base in appropriate venues, we

are giving these teams and the league a solid chance to succeed." He continued, "The Canadian Lacrosse League will continue to grow as an organization and a business. We remain

dedicated to developing players and promoting the sport of lacrosse in our communities. We believe that sport builds strong youth and we value the importance of youth athletics and the power of sport within our communities."

The Barrie Blizzard, Durham TurfDogs, Ohsweken Demons, Niagara Lock Monsters and the Southwest Cyclops enter the 2014 CLax season.

New Owners Announced For the Canadian Lacrosse League

The Canadian Lacrosse League (CLax) is pleased to announce that a new ownership group has purchased the league.

The new owner, Canadian Lacrosse League Holdings Inc. is a collaboration of Rodney Hill, the owner of the Ohsweken Demons and Charlesway Corporation Ltd., the owners of the Niagara Lock Monsters and the Barrie Blizzard. Together, this group is dedicated to seeing the league continue to grow the sport of

lacrosse. They are passionate about the importance of youth athletics and the power of sport within the community, while continuing to embrace the CLax focus of developing players and promoting the sport.

Despite the ownership change, League Founder, Paul St. John will continue with the league as a Special Advisor to the new owners.

Ownership representative Jay Tober said, "We are very excited about being involved in this fantastic league, and we look forward to continuing to grow the league, its players and the sport of lacrosse."

New Westminster Wins Ross Cup

By: LacrosseTalk Staff

BC hosted the Ross Cup and Victory Trophy over the Thanksgiving weekend in Langley, BC. Four teams competed for the Men's Lacrosse titles. Ontario defeated Alberta 9-8 to win the Victory Trophy while New Westminster outlasted Whalley 13-11. Tournament MVP was Mark Negrin while MVP Goalie was Ross Manson, both of New West.



Photo: Tricia Rachfall

New Westminster wins their first Ross Cup National Title in 2013.

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2016 U-19 Worlds Name Directors, Develop Online Presence



By: Andy Watson

Planning continues in earnest as the director team for the FIL 2016 Under-19 World Men's Lacrosse Championships tournament have been announced.

As previously announced, Cliff Pascas returns as the event chair, while returning directors include Garth Cambrey (finance and sponsorship) and Jane Boutilier (logistics). New to the team are Dirk Rachfall (tournament director) and Andy Watson (marketing and communications).

Meanwhile, the team is working on an online presence with the development and updating of the official web site and creation of social media channels. When the 2016 Championships come to Coquitlam in 2016, expect the world to be watching: literally.

Organizers plan to invest time and effort into developing a multi-platform online strategy, utilizing the website www.2016worldlax.com and various social media channels.

"In order for us to ensure fans are getting timely updates about the tournament – whether it's breaking news, ticket sales, or changes in scores – we want the world to be able to stay in touch," said Cliff Pascas, once again the chair for the tournament. "Following on a successful

tournament in 2008, we believe we can enhance our communications and marketing presence with the 2016 games."

Fans can follow the latest on the games on Twitter @U19Lax2016 and on Facebook at: www.facebook.com/2016FILU19Lax

There are also plans to create an online Flickr gallery, stream games on a pay-per-view basis and create a YouTube channel for video highlights.

Fans will also be able to search on Twitter by looking up the following hashtags:

- #U19WorldLax2016
- #U19Lax2016Canada
- #U19Lax2016

Twitter and Facebook will also offer exclusive content and contests with ticket giveaways.

Tournament organizers are also exploring the option of live blogging all Blue Division games.

The official web site – 2016worldlax.com – is live and will be updated regularly beginning in 2014 with new stories, profiles and news about volunteering, tickets and schedules leading up to the tournament.

CLA Announces Comeau's Return to the Bench for 2015 Team Canada

By: CLA

Hamilton's own Ed Comeau will return as bench boss for Team Canada Lacrosse's 2015 indoor team who will compete to defend its title in Onondaga Nation (Syracuse, NY) and Buffalo, NY at the next FIL World Indoor Lacrosse Championship September 18-26, 2015.

Comeau, currently assistant coach for the Colorado Mammoth in the National Lacrosse League (NLL), is returning to the Team Canada Lacrosse coaching staff for the fifth time. He has been an intricate part of the Team Canada family serving as a member of the coaching staff of the 2006 world champion senior men's field team, as assistant coach in 2003 and 2007 and head coach in 2011 for the world champion men's indoor teams.

Now in his 16th year as a coach in the NLL, Comeau joined the Mammoth as an assistant coach in the 2011 season. Over his 16-year professional coaching career, Comeau has a total of five NLL Champion's Cup titles, has twice served as the head coach of the East Division in the NLL All-Star Game and has earned GM and coach of the year awards. Prior to his current position, he was an assistant coach for the Toronto Rock on four NLL championship squads, was head coach of the Rochester Knighthawks when they won the NLL title in 2007, and was GM-head coach of the NLL's New York and Orlando Titans. "Our Team Canada selection committee was totally satisfied with the leadership, game knowledge and high level of professionalism

that Eddie delivered with the coaches and players who won gold at the last World Games in Prague" explained Team Canada Director Johnny Mouradian. "We are very pleased to announce that Eddie will remain as our Head Coach and once again lead the best lacrosse players in the world."

Dean French, Chair of Team Canada Lacrosse echoed Mouradian's statement, adding "Eddie's a great lacrosse coach but he's an even better person. He's everything you want in a national team coach; we look forward to seeing him and the entire coaching staff in action as we set Team Canada's sight on another world championship title."

Comeau is not the only returning face behind the Team Canada bench, as the successful 2011 Team Canada coaching staff of Derek Keenan, Paul Day and Glen Clark will also step back into their roles.

Derek Keenan - Offensive Coach Keenan, a resident of Oshawa (ON), is currently the General Manager and Head Coach of the NLL's Edmonton Rush. He has won numerous managing and coaching awards in the NLL during his time in Toronto, Anaheim, Portland and Edmonton. In addition to his professional coaching career, Keenan is the head coach for the Whitby Warriors, 2013 Minto Cup champions, of the Ontario Junior 'A' Lacrosse League.

Paul Day - Defensive Coach Day, from Peterborough (ON), is currently an assistant coach for the NLL's Rochester



Knighthawks and is entering his 15th season with the team (1995-2005, 2009-Present). For three seasons (2006-08), he served as the Head Coach and General Manager of the Edmonton Rush.

Glenn Clark - Goalie Coach Clark of Stouffville (ON) is a former defence-man and head coach of the Toronto Rock. His role with Team Canada is not limited to the bench; in addition to his coaching duties in 2011 he was member of the 2003 gold medal Team Canada and 2002 Heritage Cup Team. In addition to playing for Team Canada, Clark's playing career also includes three-time Mann Cup Champion (CLA's Senior "A" National Championship), assistant captain of the Toronto Rock (1999, 2000, 2002, 2003, and 2005) and three-time NLL All-Star.

Sean Ferris - Team Coordinator A Burlington (ON) native is currently an Assistant Coach for the NLL's Colorado Mammoth, a position he's held since 2010. Prior to his time on the bench for the Mammoth, he held roles as Assistant Coach for Orlando/New York Titans from 2008-2010, Assistant Coach for the Rochester Knighthawks from 2004 - 2008, and Head Scout for the Toronto Rock from 1999-2004. As an athlete he played both field and box lacrosse in the Burlington minor and Junior "A" lacrosse system. He was a member of two

President's Cup (CLA Senior "B" National Championship) championship teams with the Fergus Thistles Majors (1990 and 1992) and competed for the Mann Cup as part of the 1996 Six Nations Chiefs team.

"We've been here before, coaching Team Canada with a collective goal and focus; knowing each other and our coaching styles the way we do will be a huge asset as we lead Team Canada towards another world championship title" said Comeau. "The selection of Derek, Paul, Glen, and the addition of Sean as Team Coordinator, allows me to feel confident that I will be surrounded by the best of the best on the bench in 2015."

The past three FIL World Indoor Lacrosse Championships (WILC) have concluded with Team Canada versus the Iroquois Nationals in the battle for the gold and the World Championship title. Canada has come out victorious in all three matches and remains the current World Champion for Indoor lacrosse. With the gold medal win at the last world championship, held in Prague, Czech Republic in May 2011, Canada improved to 17-0 in world championship indoor play beating the Iroquois Nationals for the third straight time in a WILC final, this time by a score 13-6.

Canada Edges Iroquois 12-11 in Lacrosse Thriller

By: Neil Stevens

MONTREAL _ The Canada-Iroquois lacrosse rivalry is boiling.

The rivalry was getting hot the last time they met in 2011 in Prague where Team Canada prevailed 13-6 to take world indoor gold, and it was sweat-till-you-drop time Sunday afternoon when Team Canada pulled out a 12-11 victory over the Nationals in front of a Center Bell crowd of 7,500.

"We knew we'd have our hands full," said Team Canada coach Ed Comeau. "Luckily, we pulled one out."

Stephan Leblanc scored four goals, Jordan MacIntosh and Dan Dawson got two each and Ryan Benesch, Cory Vitarelli, Kevin Crowley and Jordan Hall one each. Matt Vinc went the distance for the goaltending win.

Roger Vyse of the Nationals was set up alone in front of Vinc with 15 seconds left. Vinc was off balance after scurrying back into his crease. Seconds earlier, with Canada in possession of the ball, he'd started towards his team's bench for an extra attacker so the last seconds could be killed off by ragging the ball. But the Nationals got it back and Vyse had a chance to tie it and force overtime.

"It happened so fast," said Vinc. "I was just trying to get back into the net. He tried to go five-hole on me. Luckily, I had my stick there. I slipped back into the net and the ball might have looked like it went in but it didn't."

For the Nationals, Jeff Shattler, Johnny Powless, Roger Vyse and Vaughn Harris scored two each and Tom Montour, Jeremy Thompson and Randy Staats one each. Mike Thompson was in goal for half for the Nationals and Angus Goodleaf played the second half.

"They're a good team," said Vinc. "They have great offensive guys and their goalies played well. It's going to be hard fought every time we play them. It's all about pride."

It was 7-7 at halftime.

Only two goals were scored in the third quarter and Leblanc produced both. Crowley and Dawson scored early in the fourth to put Canada up 11-7, but the Nationals came storming back. Vyse scored at 5:06 of the fourth and Powless beat Vinc from in close during a two-man advantage at 7:56 to set up a tight finish.

Vyse put in a bouncer at 11:10, Hall replied at 12:55 and Harris made it 12-11 with 59 seconds remaining with Goodleaf out for an extra attacker. Benesch was on Canada's bench when Vyse got the ball with 15 seconds left. He said he closed his eyes.

"I didn't want to watch," Benesch said in the victors' dressing room. "Vino made an unbelievable stop. The guys is a freak athlete. Only he could make that save. I guess we should be hugging him right now."

Hall was on the floor when Vinc saved the game.

"I thought, 'Oh, no, then oh, yes,' pretty quickly," he said. "The way Matt had to back-pedal I thought for sure it was going to be a goal but he made a great save."

Canada had a 49-39 shots advantage in winning the Heritage Cup.

Hall scored the winning goal.

"We knew the Iroquois were going to be good," he said. "They always are. It turned into a little bit of a track meet which I think favors their style. But we managed to squeak one out."

Leblanc was one relieved yet satisfied athlete as he pulled on his street clothes.

"You couldn't have asked for a more exciting game," he said.

His third-quarter goals were a key to the win.

"I was in the right place at the right time," he said. "Dan Dawson through me a nice pass for an empty-side goal and another one was a



Team Canada Box Captains Jordan Hall, Dan Dawson, Sandy Chapman pose with Jamie Batley and the Heritage Cup.

five-hold squeaker. Sometimes the ball falls your way."

Benesch, Vitarelli and defence-man Mike Grimes were among first-time Team Canada players.

"It's an honor to play for Team Canada and I'm glad I got to be here to play this game with all the other amazing players," said Benesch, who'd never played previously for Canada.

Does he want to do it again?

"Definitely," he said. "I'd love to be on this team for the worlds. It's a couple of years away yet but we'll see what happens, but it's definitely something that will be on my mind."

The Onondaga Nation of New York State is host in 2015. Canada went 17-0 in winning the first three world indoor championships.

"I'm grateful to have been a part of this," said Vitarelli. "Any time you can wear your



country's colors, it's definitely an honor. I hope to be a part of it in the future. I know there are a lot of great players but I'll hope for the best."

Said Grimes: "It was a great opportunity to wear the country's colors. It was an exciting one-goal game for the fans. It was a great opportunity for me to play with a couple of buddies with whom I won the Minto Cup with in Shawn Evans and Cory Vitarelli. This game was just a lot of fun."

The Heritage Cup was first contested in 2002 and meant to be an annual prize. Canada retained it in 2004, but it hadn't been up for grabs again until Sunday.

A youth game was played before the main event and Team Canada Under-17 defeated an Iroquois side 13-8.

Stealth Solidify Broadcast Team



By: Vancouver Stealth

The Vancouver Stealth have announced their broadcast team for the 2014 season which will feature Jake Elliott, Brad Challoner and Kevin Alexander. Elliott will be the play-by-play voice this year as Challoner slides into a unique slot between the benches as color commentator. The Stealth’s Director of Player Development and lacrosse legend, Kevin Alexander will act as an analyst for the broadcast team.

Both Elliott and Challoner bring a wide variety of broadcasting experience to the table. Challoner called the NLL Champions Cup Final game last year, at the Langley Events Centre. He started as the voice of the Coquitlam Junior “A” Adanacs in 2007 where he called 3 Minto Cups in addition to 2 Mann Cups.

Elliott has over 10 years of broadcasting experience having done play-by-play for the NLL’s Minnesota Swarm, the Langley Thunder of the Western Lacrosse Association and many Mann Cups.

“Being back in my hometown and working in my local market is definitely beneficial for me and working at the LEC which is kind of like my second home,” said Elliott.

“I am thrilled to be back in the booth with the Stealth and to have the chance to present this powerful sport to the people of Vancouver. Some of the best lacrosse players in the world hail from the Lower Mainland and Vancouver Island and having pro lacrosse back in this hotbed is going to be a real treat for the fans,” said Challoner.

One of the best lacrosse players the sport has ever seen will be behind the microphone as well, as Kevin Alexander should add a unique element to the broadcast, as an analyst,

“I think we have a great group for the broadcasts this year. I’ve done games with both Jake and Brad and both are very good at what they do,” said Alexander.

“We hope to keep our current fans enlightened & informed, as well as create some new Stealth fans.”

Alexander was recently inducted into the BC Sports Hall of Fame for his efforts on the lacrosse floor this past September. He netted 797 goals and 584 assists in only 300 career games which included the Western Lacrosse Association (WLA) regular season, playoffs and the Mann Cup. Alexander also led the Victoria Shamrocks to two Mann Cup Championships in 1979 and 1983.

Needless to say Alexander brings an impressive résumé of lacrosse knowledge along with some past experience behind the mic, which is something fellow broadcaster Jake Elliott is especially excited about,

“Kevin is someone I’ve known for the majority of my life and he was someone I idolized as a player back when I was watching as a kid, so it’s pretty neat,” said Elliott.

The broadcast team will be together for all Vancouver Stealth home games. All broadcasts can be found on the Lacrosse Network on YouTube and are free of charge. The games will be streamed live and archived on the site.

Coach’s Corner Lacrosse Skills Matrix

By: Duane Bratt, CLA National Resource Person

Lacrosse for Life, Canada’s Long-Term Athlete Development blueprint, identified the basic skills that players needed to develop at each stage of their lacrosse development. But there was a lack of detail in the description of each skill; clearly they needed to be fleshed out. A subsequent step in the LTAD process was creating a lacrosse skills matrix. At an initial meeting in Fall 2013 in Toronto, I, in consultation with our LTAD facilitator Richard Way, led a group of technical experts from across Canada in taking a first cut at creating a lacrosse skills matrix.

Skills were divided into eight categories: history/culture, life skills, social, mental, physical, technical, goaltending-technical, and tactical. Within each category, 7-36 distinct skills were identified. For the goaltending-technical the skills were stance, angles, stopping inside shots, stopping outside shots, passing, loose balls, and communication. These skills were then applied to the stages of development, ie., active start, fundamentals, learning/training to train, learning/training to compete, learning/training to win, and active for life. Linking the skills and the stages of development was done through *introducing* a skill, *developing* a skill, *refining* a skill, *perfecting* a skill, and *maintaining* a skill. For example, scooping is introduced at the active start stage, it is developed during the fundamentals and learning to train stages, refined during the training to train stage, perfected during the training to train and learning/training to compete stages, and maintained during the learning/training to win and active for life stages.

Once the matrix has been completed, each skill will be further developed through 13 progressions with specific indicators of performance: Intro-Entry, Intro-Developing, Intro-Perform, Developing-Entry, Developing-Developing, Developing-Perform, Refining-Entry, Refining-Developing, Refining-Perform, Perfect-Entry, Perfect-Developing, Perfect-Perform, and Maintaining. To further explain, here are the indicators for scooping during the refining progressions.

Refining-Entry: scooping a moving ball while moving with moderate contact;

Refining-Developing: scooping along the boards and in corners with moderate contact, protect ball in a variety of body positions, and protect ball using a variety of two-handed techniques;

Refining-Perform: scooping a moving ball while moving and along boards/in corners on

a highly consistent basis and increased pace with moderate contact, ability to use one hand on stick.

The Intro progressions focus on proper mechanics, but what separates the developing, refining, perfecting, and maintaining progressions is the ability to do a skill with speed, under pressure (including contact), and in a highly consistent basis. This skills progression identifies what “good” looks like at each stage. It gives coaches a resource to determine when

players have acquired and mastered skills and are ready to move to the next stage.

A completed skills matrix and a skills progression framework will ensure that *Lacrosse for Life* is based on detailed foundation skills at each stage. The matrix will be used as a foundation for coaching curriculum, design of training and competition, and as a guide for athlete development and selection. In the end, all coaches, clubs, provincial associations, and the CLA will benefit from the development of a skills matrix.

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- 1 Six Nations Chiefs
- 2 Victoria Shamrocks
- 3 Brooklin Redmen
- 4 Peterborough Lakers
- 5 Burnaby Lakers
- 6 Brampton Excelsiors
- 7 Maple Ridge Burrards

Junior A Lacrosse Top 10

- 1 Six Nations Arrows
- 2 Coquitlam Adanacs
- 3 Whitby Warriors
- 4 New West Salmonbellies
- 5 Brampton Excelsiors
- 6 Victoria Shamrocks
- 7 Orangeville Northmen
- 8 Calgary Mountaineers
- 9 Burlington Chiefs
- 10 Delta Islanders



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Vancouver Stealth - One Team for the Entire Province



Hall of Famer Wayne Goss is honoured at the Vancouver Stealth's home opener. The Stealth beat Minnesota 8-5.



Vancouver Stealth's Rhys Duch runs past Minnesota defender en route to an 8-5 opening night victory at the Langley Events Centre.

By: Teddy Jenner

While giving an interview during half time of the Philadelphia Wings - Buffalo Bandits game, National Lacrosse League commissioner George Daniel, who was in attendance for the Vancouver Stealth home opener, said that while during the summer season everyone has their own club team (WLA) to cheer for, the Stealth is a team for the entire province.

I never even thought about it like that. Then it got me to thinking of the Vancouver Canucks slogan of "We are all Canucks" and how I mock the self indulgent, chest pumping statement because - who are they to tell me who to cheer for. But, maybe it's a double edged sword. Suddenly I found myself thinking, "We are all Stealth!"

Sitting high above the Langley Events Centre turf, I pondered what was to come in the hours following the opening face-off for the Vancouver Stealth's first home game versus the Minnesota Swarm. The Stealth is a franchise that has been to three of the previous four National Lacrosse League Champions Cup Finals, winning one and losing the other two by a goal apiece. This team is a proven perennial powerhouse squad and has a ton of potential to succeed.

As lacrosse fans slowly began trickling into the newest home of the Stealth, a smile crossed my face as I thought, "Ok this really has a chance here." But of course it does right? I mean, BC is the second largest lacrosse player market in the world and we just happen to produce some of the best players in the world. No doubt, Vancouver should be the perfect market for professional lacrosse.

Stealth General Manager Doug Locker, has been with the team since their early days in San Jose, California. He isn't too concerned about attendance and those who say they can see the same players in the summer. "Seventy percent of our game day roster is from BC and that should excite local lacrosse fans," comments Locker who has seen this franchise stumble at the gate for far too long.

"We've had a great response from people in the local market who are excited to see the Stealth and watch professional lacrosse here in BC." Locker also notes that at any given time Western Lacrosse Association and BC Junior A Lacrosse League fans will be able to see nearly twenty of their favourite summer ballers, every night out at the LEC.

For the Stealth to have success, Locker and owner Denise Watkins want everyone to be on board, and from the looks of the crowd on opening night, it's well on its way to happening. From here, it's not just the responsibility of the Stealth to get you to the game, that onus lies with you; the local lacrosse fans, coaches, play-

ers and parents, let alone the sport fanatics at large.

The team is working hard at building community with their pre-game festivities for fans of all ages.

Three hours before every home game, fans are invited to attend a Stealth Pre-Game Festival in the LEC Fieldhouse. Fans can use their game day tickets to get into the Pre-Game Festival to see the Stealth Bombshells perform, along with Bomber the Fox and much more.

A nearly sold out first ever home opener at the LEC is a fantastic start in BC, now let's continue to build support for the product and sell out every Stealth game.

This team is built around BC born players. The best thing about that, is that the future of our game can see the best of the best do what they do right in their own backyard.

Goaltender Tyler Richards is considered one of the top two or three goalies in the game today and has been with the Stealth his entire pro career. Any young hockey goalie would love to watch Roberto Luongo close up, so it's only natural that young and future lacrosse goalies would want to do the same with Richards and the rest of the Stealth team. There is no better way to increase ones level of play than by emulating the pros!

This truly can become BC's team if we shake off any negative connotations of the team being 'way out in Langley' and just go and show the game the support it deserves.

The atmosphere at an NLL game is full of excitement, music, lights and entertainment. The action on the floor is even more intense and drama-filled. Just look at last year's Champions Cup final between the Stealth and the Rochester Knighthawks. The game sold out within a week of being announced it would be at the LEC - and the play had everyone biting their nails and sitting, sometimes standing, on the edge of their seats, right to the final whistle.

The National Lacrosse League is back in BC and for everyone's sake, let's make it as successful as it can be. With our support, the Stealth could be so successful, that the demand will be there and 5,500 seats will be filled every game.

It shouldn't be a pipe dream, it should be the ultimate goal because let's face it; We ARE all Stealth.

Vancouver's season opener was a 13-12 loss to the Colorado Mammoth in Denver. The



Stealth home opener (January 11) was a near sell out with a crowd of over 5,000 cheering fans at the LEC. The locals did not disappoint and won a spirited 8-5 match

over Minnesota. Vancouver played host to the Colorado Mammoth (January 17) and returned the favour by handing the Mammoth a 14-13 loss. The next day, the Stealth travelled to Cal-

gary to play their western foes and came up on the short end of a 15-12 score.

The Vancouver Stealth hosts seven more 2014 regular season home games at the Langley Events Centre versus Edmonton Rush (Jan. 25), Colorado Mammoth (Feb. 8), Calgary Roughnecks (March 21), Buffalo Bandits (March 29), Toronto Rock (April 5), Philadelphia Wings (April 19) and the Calgary Roughnecks (April 26). All games start at 7:00 PM, except the Buffalo Bandits game with an 8:00 PM start. Tickets available at Ticketmaster.



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