



By: LacrosseTalk Staff

In the light of the Vancouver 2010 Olympic Games, one can only marvel at the achievements the athletes delivered that captivated us all for two weeks. Countless memories of iconic sporting feats and the will to succeed will be etched in our minds forever. We cheered on our Canadian athletes wearing everything red and white, down to the red Hudson Bay Company mittens.

Like many millions of Canadians across this vast country, we sat glued to the TV for two weeks watching and waiting for the next medal to be won; none as memorable as Sidney Crosby's golden goal for ice hockey gold. A goal heard across Canada; a goal that made us all proud Canadians!

Canadian Patriotism reached epic proportions and touched a little Canadiana in us all. The thought of lacrosse being played in the Olympics may have crossed the minds of many lacrosse enthusiasts over the years, none so topical than during the Olympics. Imagine Gary Gait, John Grant Jr. and Brodie Merrill playing for Olympic gold in front of a stadium of 70,000 spectators.

"After watching and supporting the 2010 Olympics in Vancouver, I couldn't help but think of the possibility of lacrosse being an Olympic sport," said Team Canada defender Brodie Merrill. "It would be an exciting sport to add from a spectator's perspective, but it would also be a great example of true athleticism. This would help reinforce the integrity and spirit of the games. It will obviously take a commitment to developing and exposing the game in more countries."

Interestingly enough, lacrosse, the field version had a presence at past Summer Olympic Games. It was once a sport that had been contested for medals in the 1904 (St. Louis) and 1908 (London) Summer Olympic Games.

British Columbia Lacrosse Association
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In the 1904 Games, Canada, represented by the Winnipeg Shamrock Lacrosse Club, won the gold medal with an 8-2 victory over the USA. A second Canadian team, represented by an all Mohawk Indian team finished with the bronze medal. Canada and Great Britain were the only combatants in the 1908 Games where Canada earned the gold medal by defeating Great Britain 14-10 in a single match.

Lacrosse would never compete for Olympic medals again but would be showcased as demonstration sports in 1928 (Amsterdam), 1932 (Los Angeles) and 1948 (London). In the 1928 Games, Canada placed first, Great Britain second and the USA third; in 1932, Canada placed first over the USA; and in 1948, Great Britain placed first over the USA.

62 years has passed since the last lacrosse game took to the field at an Olympic Games. There is a vision by the Federation of International Lacrosse (FIL) to one day have lacrosse gain Olympic status – a goal that will entail many years of work. Part of the criteria mandates that any new sports contemplating inclusion into the Olympics must be played in 40 countries to join the Sport Accord. The Sport Accord is an umbrella organization that helps screen sports for potential Olympic consideration.

"I'm feeling pretty confident we'll reach the 40 countries soon and will meet the criteria," said FIL Director Tom Hayes. He added the International Olympic Committee's (IOC) old requirement of seventy-five teams competing on four continents was likely not attainable.

"We're on the right track – it's just a matter of when we will get into the Olympics," stated an excited Hayes. He added sports must wait seven years once admitted into the Olympics before actually playing in the Games.

When asked what year he envisions lacrosse to be part of the Olympic Games, Hayes said, "Optimistically 2020; realistically 2024; disappointingly 2028; we'll then have well over the required number of countries."

The current FIL World Championships are the highest level of International competitions held every four years around the World. There are five World

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British Columbia Lacrosse Association

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BC sends 7 to U19 Team Canada Camp

By: LacrosseTalk Staff

The Canadian Lacrosse Association Women's National Team Program announced on March 6, 2010 the players who have been selected to continue with the Canadian U19 National Squad.

Following the four-day camp held at ACTS in Orangeville, Ontario (Feb. 12-15) and the completion of the selection process, Head Coach Scott Teeter (Buffalo, N.Y.) and his staff Tami Rayner (Oshawa, ON), Kateri Linville (South Bend, Indiana) and Scott Tucker (Gaffney, S.C.), turn their attention to the next phase of a busy competitive summer season.

Seven of BC's finest Women's Field Lacrosse talents attended the Canadian Under 19 National Squad camp -- a fete in itself, this is the first time in recent history that this many Under 19 athletes have had the opportunity to compete for a spot on Canada's U19 National Women's Field Lacrosse team.

BC athletes that participated amongst the 52 athletes at the selection camp were: Alyssa Andres (Victoria), Arianna Augustine (Duncan), Sierra Bonner (White Rock), Ashley Bull (Langley), Ellie Delich (Coquitlam), Alexandra Lund-Murray (New Westminster) and Sara Walters (Burnaby). Their experiences at this camp will only inspire more BC athletes to strive and compete at the national level.

While three BC players competed on the National Team in 1995, and one BC player in 1999, there has been no western player make the final cut since.

As more BC athletes take their box skills into the field and learn the intricacies of the women's game, their lacrosse knowledge and skills are easily adapted to be successful outdoors. This "hybrid-athlete" has the skills of two lacrosse disciplines, and once the field lacrosse knowledge is learned, they will prove to be an asset to any team.

"I think the main difference between players from the east and west is that many of those from the east have been playing field lacrosse now for 5-6 years, so their game sense is sharper that translates to improved reaction time and speed of play," explained Joanne Stanga, Director of Women's National Team Programs. "The western players who were recently selected to the squad are extremely athletic and competitive but now need to focus on their individual skills and game play. With a heavy competitive schedule this summer we should expect to see great improvements in the quality of their play."

"The talent level has risen to a new level," stated U19 National Head Coach Scott Teeter. "The girls that are coming through the system have started playing the sport at a much younger age. With the increasing numbers of players and teams, the opportunity for game play has risen, which has raised the player's talent and skill levels."

As with most elite teams at this level, it is easy to identify the most talented players that can compete at the international level. The more important task is assessing the talent of the athletes and selecting the final roster that best suits the needs and fills the roles of the squad.



Photo: Sym Smith

BC U19 Women players pose at training camp (L-R): Ellie Delich, Sierra Bonner, Ashley Bull, Joanne Stanga (CLA), Alyssa Andres, Adrianna Augustine, Sara Walters, Alexandra Lund-Murray.

"It is not only selecting the best and most talented players for our team, it is selecting who is best for our system," commented Coach Teeter. "This is a positive direction for Team Canada and it will help us advance further at the next World Cup."

The first Canadian Women's U19 program was kicked off 16 years ago (1994) in preparation for the very first U19 World Championship held in Haverford, PA in 1995. Canada has now competed at four World U19 events, finishing fourth twice ('95, '07) and winning bronze twice ('99, '03).

In the 2007 World Championships hosted in Canada at Peterborough's Trent University, Team Canada finished in 4th place after a spirit-crushing 9-8 loss to England in the bronze medal game. A game that could have easily gone in Canada's favour will surely be motivation to the 2011 team.

"The ultimate goal for our program is to advance further in the medal round," said Teeter. "So with us winning bronze at the 2009 Senior Women's Championship, our goal is to get into the gold medal game. If you can get that far, anything can happen -- the goal is the gold medal."

With the goal of gold and improving their performance over previous years, the likelihood of meeting the powerhouse USA team in the medal round is very real. Canada has not come within 10 goals yet losing four times to the USA (1995: 15-2; 1999: 17-7; 2003 21-6; and 2007 17-7).

A daunting task, perhaps, but on any given day against any team anything can happen.

The roster of 35 was released on March 6 with two BC athletes, Sierra Bonner and Ashley Bull, making it to the next phase.

"When I finally got my call from Coach Teeter and he told me that I made it into the next phase, my reaction was, 'Yes, thank you!'" said an elated Bonner. "I've never been so excited to get the chance to play lacrosse. By making this next step I will be playing against some of the best NCAA Division 1 teams in the US. I've learned so much already that I know only good can come from this experience."

"Both players have a great amount of potential that my staff and I see," explained Teeter. "If they reach their full potential, they have a great opportunity to be a part of Team Canada and have an impact on our success. They are paving the way for future Western Canadians in the sport of Women's Field Lacrosse."

The 35 athletes selected were: Jacqueline Boissonneault (Brooklin, ON), Sierra Bonner (New Westminster), Ashley Bull (Langley), Samantha Cock (Terra Cotta, ON), Jordyn Constance (Calgary), Lauren Crape (Calgary), Julie Cryderman (Bowmanville, ON), Cian Dabrowski (Amaranth, ON), Katie Donohoe (Peterborough), Taylor Edwards (Keene, ON), Klaya Fitzpatrick (Orangeville), Abbey Friend (Canandaigua, NY), Rebecca Hilker (Bowmanville), Tawnie Johnson (Caledonia, ON), Taylor Landry (Whitby, ON), Casey Lyons (Georgetown, ON), Jordan Lyons (Peterborough), Karli Mackendrick (Whitby), Madison McDonald (Whitby), Jaime McDonnell (Toronto), Jordan McDonnell (Toronto), Kaylin Morissette (Bowmanville), Sheehan Mulholland (Calgary), Mackenzie Neal (Orangeville), Sarah Oor (Uxbridge, ON), Lindsey Palmer (Whitby), Savannah Pearce (Calgary), Tori Quinn (Orangeville), Cassie Raglan (Peterborough), Sofia Robins (Stevenson, MD), Taylor Smith (Ashburn, ON), Tenyka Snider (Caledon, ON), Jessica Tessman (Whitby), Carly Wilson (Fergus, ON) and Brynne Yarranton (Toronto).

Final roster of 18 will be selected by November 2010 at the latest. The 18 member Canadian Team will compete at the FIL U19 World Championship in Hanover, Germany in August 3-13, 2011.

2010 BCLA Provincials & BC Games



By: LacrosseTalk Staff

The BCLA is gearing up for a great summer of lacrosse. The 2010 Box Lacrosse Provincials are set on four fronts: Bantams on July 7-11 in Richmond; Females on July 8-11 in Port Moody; Midgets July 14-18 in Mission and the Pee Wees on July 21-25 in Delta.

Both Box Lacrosse and Field Lacrosse will be played at the 2010 BC Summer Games July 22-25 in Langley. Eight box teams and six field teams will represent their zones and compete for medals in the round-robin competitions. Check out the BC Games website for additional BC Games information at www.bcgames.org

Team BC Field Prepare for Nationals



By: LacrosseTalk Staff

The Team BC Field Lacrosse program has completed all regional and final tryout camps for the Team BC Under 19 and Under 16 teams. Over 150 athletes applied for the U19 and U16 regional camps in the Interior, Lower Mainland and Vancouver Island.

Athletes from ages 15-19 were put through physical testing, drills and game situations to test their field lacrosse skills amongst BC’s best. From the regional camps, over 80 athletes were identified and invited to compete at the final main camp March 20 and 21 in Coquitlam at the Town Centre Sports Complex.

The Under 19 and Under 16 Team BC Field Lacrosse teams will compete at the First Nations Trophy and Alumni Cup over the Labour Day long weekend, September 3-5, in Saskatoon, Saskatchewan.

Different from past years, the Team BC program will select only one U19 and one U16 team that will compete at nationals. In the past few years, BC has sent four teams to nationals: the U19 Selects and Stars teams as well as the U16 Selects and Stars.

“I was very pleased with the camp turnouts considering we are essentially only selecting two teams for the nationals,” stated Team BC Field Lacrosse Technical Co-ordinator Reynold Comeault. “The numbers are down slightly however I believe the caliber of the players is greater. We’re looking forward to pursuing the travel team concept in the fall which will add a new dimension to our program.”

Team BC looks to improve on their 2009 second place finishes after losing to Ontario in both U19 and U16 National title games. Comeault would like nothing more than to win both national titles and he feels the depth of both coaching staffs will pay dividends.

Team BC Box Teams Look for Improvement

By: LacrosseTalk Staff

The 2010 Team BC Box Lacrosse programs will start the athlete identification process in early May and concluding in June. Over 380 athletes will be identified in four regions of BC including the Interior, Island, Vancouver and the Fraser Valley.

After a 2009 season of silver linings, the Team BC Box programs will be shooting higher in 2010. If the 2-year cycle of the program is consistent, gold should once again be within our grasp!

The final main camps and locations for each of the teams will be: Bantams-Campbell River (May 7-9), Pee Wees-Kamloops (June 4-6) and the Female Bantams-location TBA (June 11-13). The Midgets will conduct their athlete identification during the 2010 BC Summer Games competitions in Langley; while concluding with a one day camp on July 26.

The coaching staffs for all teams have been busy at work starting the identification process and planning the make-up of their teams.

“All coaching staffs and volunteers will be putting their best foot forward to prepare their individual teams,” mentioned Team BC Box Technical Co-ordinator Brent Boutilier. “Team BC will be well represented with the hopes of reaching lofty goals at the 2010 Nationals.”

The Box program has grown to four teams including the Pee Wee, Bantam and Midgets and adding the Team BC Female Bantam squad in 2009. The Female Bantams came the closest to winning gold in a heartbreak 4-3 loss to Ontario; the Pee Wee’s and Bantams also falling short to Ontario 6-3 and 11-7 respectively, while the Midgets won a bronze winning 7-6 over a tough Alberta team.

The Team BC Bantams have an experienced national’s head coach in Derek Milani winning a Pee Wee gold in 2008 and

“Our edge will be brought forward by these two coaching staffs,” stated Comeault. “Each is very competitive and understands what it takes to succeed. They have both had success coaching at high levels and offer a wealth of experience as leaders and individuals.”

The Team BC Field Lacrosse team coaching staffs will be headed by Under 19 Head Coach Neil Dinsdale of Coquitlam. Dinsdale has coached in the Adanac Field Lacrosse club for a decade winning numerous Provincial titles. His assistant coaches include Senior Salmonbellie Shane Bennett; ex-Junior A player and long-time youth field coach Jarret Bradley and Bishop’s University graduate Austin Dalgarno. The Under16 Team BC program will be lead by former Under 19 Team Canada Head Coach, Scott Browning of Victoria. Scott brings years of experience from coaching box and spending many years in the Pacific Rim Field lacrosse program. He will be assisted by WLA leading scoring and arguably one of the best NLL scorers in history, Lewis Ratcliff.

“I think our team is a very talented group this year, full of players with great leadership qualities,” stated U19 head coach Neil Dinsdale. “It is our job to bring them together in August and create a team first attitude, ready to compete for a National Championship.”

Leadership and talent will be two characteristics both Team BC teams will draw on to be successful in 2010. With more athletes playing field lacrosse at younger ages, their field knowledge continues to improve.

“I would say this group knows the game better,” mentioned U16 head coach Scott Browning. “I have been around a bit, so if you go back 10-12 years, most definitely these guys understand the game tactics much better.”

More importantly will be the ability of both teams to come together as a cohesive group in such a short period of time and compete at a high level.

“Our strength is that we will have a well balanced team, with guys who can play multiple roles,” said Browning. “The challenge with these types of groups is instilling a team strategy and game plan in a short time with limited training and preparation.”

“Our goal is to win the First Nations Trophy and Alumni Cup,” mentioned Comeault. “Finishing second in 2009 and losing both title matches will be motivation enough for our teams.”

Bantam silver in 2009; if history repeats itself, we should expect gold in 2010.

“Last year’s team was big and wasn’t as athletic as we needed to be,” stated Milani. “I’m looking for a team with speed and smarts mixed in with some size. Ontario’s best players were small and great decision makers; I’m looking forward to working with this group.”

The Team BC Midgets look to build on a disappointing third place finish in 2009. Coach Brian Spaven feels the new look Midgets will be a talented group and hopes a home court advantage will work into our favour.

“I am really looking forward to working with this age group and the chance to bring home the gold as the host for this year’s Midget Nationals,” said Spaven. “There is a lot of talent at this age group. We are looking for athletes that are fit, have a good level of skill, lacrosse sense, attitude, discipline and commitment. What a great way to finish off your minor career by winning the National Midget Championship in your home province.”

The Team BC Female Bantams were the newest addition to the National tournament in 2009. If it we’re for a few last minute heroics by Ontario, these girls would have brought home the gold. The outlook for this team is very positive building on last year’s achievements. Coach Kevin Robinson looks to build a tight, cohesive group.

“One of the important goals for the coaching staff to achieve is to look for athletes who have a good positive attitude and are willing to come together as a team,” mentioned Robinson. “The players that show they are capable of hard work and team spirit will stand a good chance to make the team. At the end of the day the players will gain new friendships that can last well into the future.”

Continued from Cover Article:
Lacrosse the World

By: LacrosseTalk Staff

Championships, four of which are of the field variety including Senior Men, Senior Women, Under 19 Junior Men and Under 19 Junior Women; and one indoor competition for Men’s Box Lacrosse.

Until 1986, lacrosse World Championships had only been contested by the United States, Canada, England and Australia, with Scotland and Wales also competing in the women’s edition. The international growth continues to increase with more teams competing at the World Championships. Twenty-two countries compete at the 2006 Men’s World Championships; eleven nations at the 2007 U19 Junior Women’s World tournament; twelve countries at the 2008 U19 Junior Men’s World Championships; and sixteen nations competed at the 2009 Women’s World Cup. The 2007 World Indoor Box Lacrosse Championships in Halifax played host to seven nations; up to six more countries have indicated an interest in playing at the 2011 event in Prague, Czech Republic.

It is evident lacrosse has flourished around the world and has been noted as one of the fastest growing sports. Whether it is the allure of dressing like a gladiator or running gracefully on a field in the sun, the game is being played more globally than ever and in places you’d least expect. In 2006, the Canadian Senior Men’s team met Team Finland in a play-in game, albeit a lopsided victory for the Canucks. But it is the exposure for these developing countries to experience the highest level of competition which will fuel further development of lacrosse in their homeland.

“We’re really rolling development-wise where we’re heading in the right direction,” stated Hayes. At past FIL meetings [in the 1990’s] we never really talked about development, now it’s a major part of our meetings.”

The growth around the world can be attributed to many things including the internet; expatriates bringing the sport from their homeland, word of mouth, or as simply as watching a movie. It was documented in a 2006 interview with a Finnish National Team member that some of their players saw lacrosse in the movie “American Pie.”

“First of all, the internet has had a major impact...it’s unbelievable,” mentioned Hayes. “I received an email from Thailand today and I can respond immediately. Another factor is the availability of watching lacrosse on TV not just in North America but around the world...it’s spreading like wildfire in Europe.”

But majority of the global development of lacrosse has to be attributed to the hard work of the FIL Development Committee. FIL Lacrosse expansion knows no borders. European growth has jumped to twenty-two member countries with Belgium as the newest member. The FIL development committee is currently involved with Hungary, Guatemala, India, Puerto Rico, Belize, Brazil, Peru, South Africa, China, Thailand and Turkey as emerging lacrosse playing countries. These nations are all in the initial stages of development.

“We [FIL] just sent out equipment packages to countries like Turkey, Russia, China and Thailand with assistance from the “Big 6” [Canada, USA, England, Australia, Iroquois Nations and Japan] with donations to the FIL for gear for player and officials clinics,” explained Hayes.

In all, there are twenty-five full member nations and eleven associate member nations. The FIL development committee is working with a total of thirty-three nations worldwide that are currently developing lacrosse programs.

Some 30 teams will compete at the 2010 Senior Men’s World Championships. New competing countries that will face-off in Manchester this July will be Argentina, Norway, France, Mexico, Poland, Austria, Slovakia and Switzerland. Down the road, who knows what country we’ll see revolutionize the global game of lacrosse and push Canada and the USA for world lacrosse supremacy.

“We’re now in Central America...believe it or not we [the FIL] got an email from Mongolia and Tibet.”

Team BC newcomer Dave Wilfong takes the helm of the Pee Wees in 2010. Dave brings a wealth of lacrosse knowledge from his playing days in Ontario and BC as well as coaching in the WLA.

“Our desire is to bring a high level of excellence to the Pee Wees emphasizing a basic skill development with team-play, stated Head Coach Wilfong. “We hope to offer a great experience that will help the athletes in their future lacrosse development.”

The Pee Wee, Bantam and Female Bantam teams will compete at the Ontario Lacrosse Festival at Nationals August 1-8 in Whitby, Ontario while the Midgets will compete August 23-28 in Coquitlam.

BCJALL 2010 Preview

By: Brad Challoner

The last time that a BC team won the Minto Cup in BC, the Vancouver Ravens were in the NLL, Gary Gait hadn't retired yet (the first time), and Colin Doyle was still a loved player on this side of the country. It was 2004 and the Burnaby Lakers won their 4th cup in 8 years at Bill Copeland Arena in Burnaby. The Lakers won again in 2005, but since then a BC team hasn't won a Minto at all. With the influx of BCJALL players taking over NCAA Field Lacrosse and the NLL, 2010 in Coquitlam needs to be the year that the west proves it is the best. So who has the best shot of taking BC to the top of the lacrosse world?

Coquitlam Adanacs: BC's 2009 Minto representative ran through the regular season at 20-1 but came up short against host Brampton and eventual champion Orangeville Northmen. Clearly disappointed with what he saw out east, General Manager Ken Wood fired his head coach Dan Perrault after three winning seasons with the club, and hired the last coach to win a Minto for BC, Curt Malawsky. This year the A's return the league's 2009 top goaltender, Dan Lewis. 2009 MVP and Rookie of the Year, with an amazing 107 points, Robert Church will return another year wiser and more refined after spending the winter at Drexel University. And

21 year-old Matt Beers joins the club after playing a full season of pro-ball for the Washington Stealth. The A's have also brought in John Canil, a bruiser from the Delta Islander's. A defence that saw the best of the best in '09 and will return bigger, faster and stronger in 2010.

New Westminster Salmonbellies: If there is a team with a bitter taste in their mouth and something to prove it's the New Westminster Salmonbellies. After the A's fired Dan Perreault, he quickly found work with the red fish and make no mistake, Dan wants to win. His players will be fired up too after bowing out to the A's in the league finals last year. Pre-season reports have the 'Bellies importing some Ontario talent to help get the job done. Slipping on the red, white and blue in lacrosse is the equivalent to a Montreal Canadien or New York Yankee sweater. It oozes tradition in a sport that's built on it. And playing your home games on the wooden floor amongst the lacrosse ghosts in Queens Park Arena is another boost.

Delta Islanders: This will be the strongest team that the Islanders have put on the floor in years. Head Coach Greg Rennie has crafted a truly gritty squad that teams absolutely hate playing against. And they can score too. 52 power-plays goals were 2nd in the league last year. The offence will be run by the brothers Schuss, Carlton and Logan who combined for

63 goals last season. Logan will be entering into his first full year of Junior A after drawing into a handful of games in '08-'09. Another scoring threat, Robbie Campbell arrives back from Stony Brook of the NCAA for his final year of Junior. If the Islander's can stay out of the box, they may have their best finish in franchise history.

Victoria Shamrocks: If any team suffers from the loss of the 2009 graduating class, it will be the 'Rocks. They need to make up the 113 goals provided by Matt Yager, Joel Henry, Mike Pires and Kory Kowalyk, who all went high at the WLA draft, and are all expected to suit up in the NLL at some point. Casey Jackson and Karsen Leung will pick up the bulk of the offensive load for Victoria; another team with a long tradition of success that always puts a competitive athletic team on the floor. If Victoria's defence can play disciplined lacrosse, they can easily contain some of the leagues top snipers.

Nanaimo Timbermen: At 8 wins and 13 losses, Nanaimo had their best season to date in 2009, but they still might not have enough for a top four finish. They will play for the first time without Jon Diplock who was the team's go-to guy since its inception and his leadership and inspiration will be missed. They do have one of the best one-two punches in the league with Cody Bremner and Colton Clark but it might not be enough to steal any games. A team that tends to run a transition game rather than offence-defence might be tired out by the Coquitlams' and New Wests' of the league.

Burnaby Lakers: 2009 was supposed to be the year that Burnaby fell out of the top four but they surprised again. Coach of the Year Mike Kuppen brought out the best in his young squad and they even put up quite the thrilling playoff series against Coquitlam. Riley Lowen led the league with 48 goals in '09 to win the league's outstanding achievement award. Jackson Decker was their best player in the playoffs and if the

Lakers can get solid goaltending out of Vernon's Brodie MacDonald they could finish even higher. Burnaby has a knack for playing disciplined lacrosse and beating you on the power-play, so taking a swing at these guys could bite you the wrong way.

Port Coquitlam Saints: With the appointment of Nick Delmonico behind the bench, the Saints have taken a step in the right direction. Delmonico has a great lacrosse mind with boat loads of experience. He knows what the team needs to improve on, and will implement those changes immediately. Scott Jones flew under the radar to post a league third best 44 goals last season, playing on an impressive power play unit that scored almost a quarter of the team's goals. Translate that into some 5 on 5 play and tougher defence and the Saints could make more than a small stride in 2010.

Langley Thunder: The Langley Thunder are doing absolutely everything they can to be successful in this league. They are innovative in their drafting (over 100 players in 4 years), their importing (NCAA American born players), their web and community-presence, but it hasn't yet translated onto the floor of their beautiful Events Centre. Langley had over 100 players at camp from every corner of BC and the US, they've tried new coaches, Langley has tried everything in the hopes that these dividends will eventually pay off. 2010 won't be the year, but the building blocks are there.

Coquitlam has the bye into the Minto as the host and that open seed could go to any team that wants it bad enough. One thing is for sure, everyone in BC wants the Minto Cup to belong to the BCJALL. The parity will help as whoever gets there will have seen better competition to prepare for the eastern representative. In the next few months we'll learn a lot, so get out to your local barn, support your BC Junior A team, and lets bring the Minto back to where it belongs.

Date	Home	Away	Time	Venue
23-Apr	Port Coquitlam	Langley	8:00 PM	Poco Rec Centre
24-Apr	Delta	Langley	7:30 PM	Ladner Arena
24-Apr	Nanaimo	Coquitlam	7:00 PM	Nanaimo Ice Centre
25-Apr	Port Coquitlam	Victoria	5:00 PM	Poco Rec Centre
25-Apr	Burnaby	Delta	7:00 PM	Bill Copeland Arena
27-Apr	Langley	Burnaby	7:30 PM	Langley Events Center
01-May	Victoria	Coquitlam	5:00 PM	Bear Mountain Arena
01-May	Delta	Nanaimo	5:00 PM	Ladner Arena
02-May	Nanaimo	Port Coquitlam	5:00 PM	Nanaimo Ice Centre
02-May	Burnaby	Coquitlam	7:00 PM	Bill Copeland Arena
04-May	New West	Langley	8:00 PM	Queens Park Arena
05-May	Delta	Port Coquitlam	8:00 PM	Ladner Arena
06-May	Langley	Nanaimo	7:00 PM	Langley Events Center
08-May	Victoria	Burnaby	5:00 PM	Bear Mountain Arena
08-May	Delta	New West	7:30 PM	Ladner Arena
09-May	Burnaby	Nanaimo	5:00 PM	Bill Copeland Arena
09-May	Langley	Victoria	5:00 PM	Langley Events Center
11-May	New West	Port Coquitlam	8:00 PM	Queens Park Arena
13-May	Nanaimo	Victoria	7:30 PM	Island Savings Centre
14-May	Port Coquitlam	Burnaby	8:00 PM	Poco Rec Centre
15-May	Victoria	Delta	5:00 PM	Bear Mountain Arena
16-May	New West	Victoria	5:00 PM	Queens Park Arena
16-May	Burnaby	Langley	7:00 PM	Bill Copeland Arena
18-May	Langley	Port Coquitlam	7:30 PM	Langley Events Center
18-May	New West	Delta	8:00 PM	Queens Park Arena
19-May	Coquitlam	Burnaby	8:00 PM	Coquitlam Sports Centre
21-May	Nanaimo	Langley	8:00 PM	Nanaimo Ice Centre
22-May	Victoria	Langley	5:00 PM	Bear Mountain Arena
22-May	Port Coquitlam	Nanaimo	5:00 PM	Poco Rec Centre
22-May	Delta	Burnaby	7:30 PM	Ladner Arena
23-May	Burnaby	Victoria	5:00 PM	Bill Copeland Arena
25-May	Coquitlam	Delta	8:00 PM	Coquitlam Sports Centre
26-May	Coquitlam	Langley	8:00 PM	Coquitlam Sports Centre
27-May	Langley	New West	7:30 PM	Langley Events Center
28-May	Nanaimo	Burnaby	7:00 PM	Nanaimo Ice Centre
28-May	Port Coquitlam	Delta	8:00 PM	Poco Rec Centre
29-May	Delta	Victoria	5:00 PM	Ladner Arena
30-May	Victoria	Port Coquitlam	5:00 PM	Bear Mountain Arena
01-June	Victoria	Nanaimo	7:30 PM	Bear Mountain Arena
01-June	New West	Coquitlam	8:00 PM	Queens Park Arena
02-June	Coquitlam	Port Coquitlam	8:00 PM	Coquitlam Sports Centre
04-June	Port Coquitlam	New West	8:00 PM	Poco Rec Centre
05-June	Victoria	New West	5:00 PM	Bear Mountain Arena
05-June	Nanaimo	Langley	5:00 PM	Nanaimo Ice Centre
05-June	Delta	Coquitlam	7:30 PM	Ladner Arena
06-June	Coquitlam	Victoria	5:00 PM	Coquitlam Sports Centre
06-June	Burnaby	Port Coquitlam	7:00 PM	Bill Copeland Arena
08-June	Langley	Coquitlam	7:30 PM	Langley Events Center
08-June	New West	Burnaby	8:00 PM	Queens Park Arena
10-June	Nanaimo	New West	7:00 PM	Nanaimo Ice Centre
10-June	Langley	Delta	7:30 PM	Langley Events Center
11-June	Port Coquitlam	Coquitlam	8:00 PM	Poco Rec Centre
12-June	Victoria	Burnaby	5:00 PM	Bear Mountain Arena
12-June	Delta	Port Coquitlam	7:30 PM	Ladner Arena
13-June	Coquitlam	Nanaimo	5:00 PM	Coquitlam Sports Centre
13-June	Langley	Victoria	5:00 PM	Langley Events Center
13-June	Burnaby	New West	7:00 PM	Bill Copeland Arena
15-June	New West	Langley	8:00 PM	Queens Park Arena
16-June	Coquitlam	Delta	8:00 PM	Coquitlam Sports Centre
17-June	Langley	Burnaby	7:30 PM	Langley Events Center
18-June	Nanaimo	Victoria	8:00 PM	Nanaimo Ice Centre
19-June	Victoria	Coquitlam	5:00 PM	Bear Mountain Arena
19-June	Delta	New West	7:30 PM	Ladner Arena
20-June	Nanaimo	Port Coquitlam	5:00 PM	Nanaimo Ice Centre
20-June	Burnaby	New West	7:00 PM	Bill Copeland Arena
22-June	Langley	Coquitlam	7:30 PM	Langley Events Center
22-June	New West	Port Coquitlam	8:00 PM	Queens Park Arena
23-June	Coquitlam	New West	8:00 PM	Coquitlam Sports Centre
25-June	Nanaimo	Delta	7:00 PM	Nanaimo Ice Centre
25-June	Port Coquitlam	Langley	8:00 PM	Poco Rec Centre
26-June	Victoria	Delta	5:00 PM	Bear Mountain Arena
26-June	Burnaby	Nanaimo	5:00 PM	Bill Copeland Arena
27-June	New West	Victoria	5:00 PM	Queens Park Arena
27-June	Burnaby	Coquitlam	7:00 PM	Bill Copeland Arena
30-June	New West	Nanaimo	7:00 PM	Queens Park Arena
30-June	Coquitlam	Port Coquitlam	8:00 PM	Coquitlam Sports Centre
30-June	Delta	Langley	8:00 PM	Ladner Arena
02-July	Port Coquitlam	Burnaby	8:00 PM	Poco Rec Centre
03-July	Delta	Nanaimo	5:00 PM	Ladner Arena
04-July	Nanaimo	New West	5:00 PM	Nanaimo Ice Centre
04-July	Port Coquitlam	Victoria	5:00 PM	Poco Rec Centre
04-July	Burnaby	Delta	7:00 PM	Bill Copeland Arena
06-July	Coquitlam	Nanaimo	7:00 PM	Coquitlam Sports Centre
07-July	Coquitlam	New West	8:00 PM	Coquitlam Sports Centre

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Western Lacrosse Association 2010 Schedule

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

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BCLA 2010 Youth Field Provincial Results



Under 12 Tier 1 Provincial Gold Medalists New Westminster.



Under 14 Tier 1 Provincial Gold Medalists Pacific Rim.



Under 16 Tier 1 Provincial Gold Medalists New Westminster.



Under 19 Tier 1 Provincial Gold Medalists New Westminster.



Under 12 Tier 2 Provincial Gold Medalists Delta.



Under 14 Tier 2 Provincial Gold Medalists Mid-Island.



Under 16 Tier 2 Provincial Gold Medalists Richmond.



Under 19 Tier 2 Provincial Gold Medalists Pacific Rim.

By: *LacrosseTalk Staff*

The BCLA Tier 2 Field Lacrosse Provincial Championships took place February 19-21 at the University of Victoria. Twenty-seven teams from Vancouver Island, the Lower Mainland and the Interior competed for Tier 2 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The Under 12 Delta Footmen handily beat Richmond Roadrunners 8-1 in the Under 12 Tier 2 gold medal match; the Under 14 title went to the Mid-Island Lightning in a 13-6 victory over the Kamloops Rattlers. Richmond out-paced the Valley Attack team 10-8 for the Under 16 gold and in an all-Island Under 19 Tier 2 final, Pacific Rim (Victoria) edged the Nanaimo Raiders 13-12 for the gold medal after a 9-9 deadlock in round robin play.

Bronze medal game scores were: Under 12 – Kamloops 10-3 over Mission; Under 14 – Pacific Rim 12-8 over Valley Attack; Under 16 – Delta 12-6 over New Westminster; and Under 19 – Pacific Rim over the Adanacs 5-3.

The Tier 2 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Dallan Mazar (Mission); Under 14 – Brennan Stothers (Mid-Island); Under 16 – Chance Koughahn (Oceanside); and Under 19 – Evan Lovestead (Adanacs).

The U12 Tier 2 Warrior Fair Play Awards were: Taylor Lintott (Adanacs #4), Taylor Goundry (Delta), Wyatt Henry (Kamloops), Dallan Mazar (Mission), Josh King (Pacific Rim #2), Kieran McKay (Richmond), Jacob Marty (Ridge Meadows) and Noah Holler (Victoria). U14 Tier 2 Warrior Fair Play Awards were: Tim Turnbull (Adanacs #2), Jordan Lively (Adanacs #3), Carter Rokosh (Kamloops), Reid Veuger (Mid-Island), Marcus Davis (Pacific Rim #2), Brett Gemmell (Port Coquitlam), Brenden Green (Richmond) and Ryan Molina (Valley). U16 Tier 2 Warrior Fair Play Awards were: Denis Clark (Delta), Andrew Buchanan (New West), Mason Limb (N. Okanagan), Robert Tickell (Oceanside), Derek McLeod (Pacific Rim), Eric Dick (Northern BC), John Bailey (Richmond) and Cory Lehti (Valley). U19 Tier 2 Warrior Fair

Play Awards were: Nick Healey (Adanacs), Ross Radcliffe (Nanaimo) and Seth Lucas (Pacific Rim).

The Tier 2 Warrior Fair Play Coaches were: U12: Harpeet Grewal (Mission); U14: Sean Gallant (Adanacs #4); U16: John Wall (Oceanside); and U19: Tyler Radonich (Adanacs). The Overall Warrior Fair Play Official was: Cody Moleschi. The SUBWAY® Team Sportsmanship award went to the Under 16 Tier 2 Prince George Posse team coached by Bill Barwise.

The BCLA Tier 1 Field Lacrosse Provincial Championships took place February 25-28 at the Burnaby Lake Sports Complex. Twenty-four teams from Vancouver Island and the Lower Mainland competed for Tier 1 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The New Westminster Under 12 team defeated the Adanacs of Coquitlam 8-3 in the Under 12 Tier 1 gold medal match; the Under 14 title went to Pacific Rim (Victoria) in an 8-3 victory over the Port Coquitlam Saints. New Westminster

out-paced the Adanacs 9-5 for the Under 16 gold and once again, New Westminster took the Under 19 Tier 1 final with a 12-6 win over Victoria for the gold medal.

Bronze medal game scores were: Under 12 – Port Coquitlam 8-5 over Victoria; Under 14 – Langley 11-7 over Ridge Meadows Burrards; and Under 16 – South Fraser 11-8 over Pacific Rim.

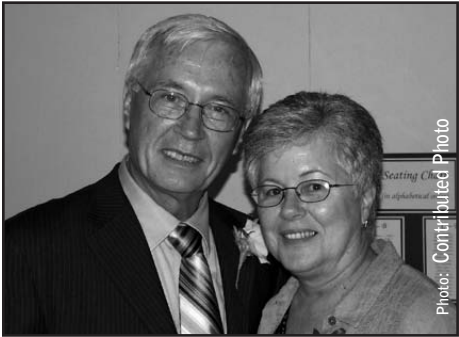
The Tier 1 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Dylan Chand (Adanacs); Under 14 – Tyler Pace (Port Coquitlam); Under 16 – Reese Robinson (New Westminster); and Under 19 – Blake Duncan (New Westminster).

The U12 Tier 1 Warrior Fairplay Awards were: Jansen MacBride (Adanacs), Justin Digby (New West), Kurtis Young (Pacific Rim), Joel Edger (Port Coquitlam), Grant Zelenick (South Fraser), Christal Blesch (Valley Attack) and Liam Finnigan (Victoria). U14 Tier 1 Warrior Fair Play Awards were: Matthew Martin (Langley), Teague Isbister (New West), Matt Hamilton (Pacific Rim), Adam Boyer (Port Coquitlam), Andrew Gresham (Ridge Meadows) and Kiefer Hagedorn (Victoria). U16 Tier 1 Warrior Fair Play Awards were: Nic Cirillo (Adanacs), Quinton Bradley (Burnaby), Brett Dobray (Langley), Anthony Malcom (New West), Connor Jensen (North Shore), Derek Lecky (Pacific Rim), Patrick Butler (South Fraser) and Sam Tschritter (Victoria). U19 Tier 1 Warrior Fair Play Awards were: Brad Haddon (Adanacs), Will Greschke (Delta), Dustin Easton (Langley), Ken Gurney (Mission), Spencer England (New West), Nick Stone (Ridge Meadows) and Adam Bakular-Evans (Victoria).

Warrior Fair Play Coaches were: U12 Tier 1 Fair Play Coach: Blake Duncan (New Westminster), U14 Tier 1 Fair Play Coach: Walt Christianson (Pacific Rim), U16 Tier 1 Fair Play Coach: Doug Pringle (South Fraser), and U19 Tier 1 Fair Play Coach: Ivan Tuura (New Westminster). The Overall Fair Play Official was Cody Moleschi. The SUBWAY® Team Sportsmanship award went to the Under 14 Tier 1 Pacific Rim team coached by Walt Christianson.

Thank you to all the sponsors, partners and volunteers that made it all happen! Sponsor thanks to: Warrior Sports Canada, SUBWAY, STA and Wilson International Products. Thanks to the many volunteers: Jody Weatherby (RIC), Beth McLucas, Doug Simons, Tracy Dolbec, Brad Dolbec, Brad Hara, Tricia Rachfall, Phyllis Faubert, Barb Calve, Tristan Calve, Brent Boutilier, Rick Higgs, Tyson & Toni Leies, Jessica Kartz, Paula West-Patrick, Brande Terris, Jennie Gosselin & Family, Catherine McLean, Kathy Tanner, Maureen Garland, Bryan Baxter, Wilson Louie (RIC), Deb Stocks and all first aid attendants. Our apologies if we missed you – our volunteers make these events the most memorable. We applaud you for your work! Thank you for your commitment to lacrosse.

Regiers Named Sport BC President's Award Winner



Gene and Judy Regier are BCLA's 2010 Sport BC President's Award Recipient.

By: *LacrosseTalk Staff*

The 44th Sport BC Athlete of the Year Awards and President Award ceremonies took place Tuesday March 31, 2010 at the River Rock Casino Resort and Show Theatre in Richmond, BC. Hundreds of BC's finest athletes, coaches and volunteers were honoured at the prestigious event.

The BC Lacrosse Association 2010 selection for the Sport BC President's Award for Lacrosse was none other than Gene and Judy Regier.

This husband and wife team have worked tirelessly, celebrating their 25th year of service for the sport of Lacrosse to ensure that youth have an opportunity to participate in Canada's National Summer Sport.

What's really special about these two is that even though their kids are adults with families of their own, Gene and Judy Regier are integral to the BC Lacrosse community through their con-

tinued volunteer involvement at the provincial level as members of the Senior Directorate -- Judy as Secretary and Gene as Commissioner of the BC Intermediate A League -- as well as being the driving forces for the continued success of the BC Intermediate Leagues.

"The Regiers have been involved for many years with the Intermediate leagues," explained BCLA President Sohen Gill. "We are honoured to have both Gene and Judy involved in lacrosse and receiving their due credit at the Sport BC President's Award ceremony."

It is nice to know their hard work has not gone unnoticed. The Regiers were also the 2006 recipients of the BCLA's Ted Fridge Family Award presented to a family who is deemed to have contributed to the development and promotion of lacrosse.

"To become the recipient of the Sport BC President's Award came out of the blue," said Judy and Gene Regier. "We have been involved in lacrosse for a good number of years because we love the sport. It is an honour to be recognized for the work we put in."

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: Gloria Siegner (1999), Elinor Hinds (2000), David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll (BC Games) and Toni Lowe (2007), Ron McQuarrie (2008) and Mike Hall (2009). Congratulations Gene and Judy!

Thank you from Afghanistan



Petty Officer First Class Roger Payne (Halifax, NS), and Commander Rob Watt (Victoria, BC).

January 15, 2010

Dan Richardson, President New Westminster Salmonbellies Dear Mr. Richardson,

Thank you very much for the vintage Salmonbellies jersey we recently received here over the holiday period in Kabul.

Support like this means a lot to the troops serving over here, and we will display the jersey with pride in "Canada House" here on the compound. We really appreciate that you took the time to arrange this and send it out to us. I would also like to personally pass on my appreciation to Mr. Dan Whittle for helping to arrange for this. For Canadian soldiers, sailors, and airmen serving overseas, a significant piece of sports memorabilia like this from Canada's official sport creates a link with life back home.

For those of us from the West Coast, it is nice to have something from our "local teams" to display here, and we want to thank you sincerely for your generosity.

Sincerely, Robert Watt Commander, Canadian Navy Chief, ISAF HQ Counter-IED Training Commanding Officer Canadian Contingent Kabul

BCLA Honoured with Sport Achievement Award

(A letter from the BC Games Society)

February 1, 2010
Mr. Sohen Gill, President
BC Lacrosse Association
4041 'B' Remi Place
Burnaby, BC V5A 4J8



Dear Sohen:

The sudden passing of BC Games Society Co-Chair, Wendy Ladner-Beaudry in April 2009 shocked the BC sport system to its core. The senseless act which robbed family, friends, and colleagues of a unique and talented woman was one which we may never understand.

To recognize Wendy's contribution to sport, the BC Games Society has already provided KidSport BC with a financial gift in support of their aims and objectives. Wendy was a close ally of KidSport BC and had embarked on some ground breaking work for them. Our Board also wanted to honour Wendy through an award which recognized a Provincial Sport Organization which was progressive, dynamic, and professional in their approach to sport participation and development.

I write to you today to advise you that the Board of Directors of the BC Games Society have made a unanimous decision that the BC Lacrosse Association become the recipient of the inaugural Wendy Ladner-Beaudry Sport Achievement Award presented by the BC Games Society. Our Board and staff agree that the commitment to the BC Games and the development of your sport is evident in the decisions you make as an organization and how you interact with the BC Games.

The BC Lacrosse Association continues to be one of the most progressive and forward thinking organizations included in the BC Games. One recent decision made by your organization demonstrates the value you place on your involvement with the BC Games, and that is your change to make the BC Games a requirement for attendance at the selection camp to determine the final team for the BC Provincial Team. That policy solidifies the role Games play in the development your athletes.

In addition, your organization is proactive and responsive, addressing issues and requests in a timely and positive manner. We can always count on Lacrosse to be one of the first to respond to requests, support the rules of the BC Games, provide the best environment for competition, while respecting the limitations of the volunteers and the Host Community. You also take seriously issues identified by our organization as a result of your sport's participation in the Games.

The award will be presented during the Sport BC Presidents' Awards on March 31, 2010 at the River Rock Casino in Richmond. I will be in touch closer to the event to confirm details but we certainly hope you and/or senior members of your Board and staff will be on hand to accept this award.

Wendy's legacy to the sport community was that we share, embrace and celebrate the successes of our work in sport. The BC Games Society is pleased to honour the BC Lacrosse Association for all your organization does within the BC sport system and in particular, your valued role as a participating sport in the BC Summer Games.

Congratulations once again, Mr. Gill. I look forward to speaking with you soon.

Sincerely,
Kelly Mann
President and CEO

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Monture Nominated for Aboriginal Coaching Award

By: LacrosseTalk Staff

Terry Monture is the BC Lacrosse Association’s 2009 nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award. In 2008, Squamish Nation’s Sam Seward was the recipient of this prestigious award.

Monture has a profound lacrosse history with the British Columbia Lacrosse Association (BCLA). Terry’s lacrosse involvement started in Six Nations, Ontario where he was raised and introduced to lacrosse at a young age. Fortunately for the youth of Terrace, BC, Terry moved to this small Northern BC town to grow roots and live. He has played a big

part in the development of lacrosse in Terrace and nurturing its growth into a thriving lacrosse community. Without Terry’s vision and love for the game, lacrosse may have never evolved in the manner it has in Terrace.

“He focuses on the individual strengths of all the athletes, whether they are house league or elite players,” noted Terrace Minor Lacrosse President Shelley Anderson. “He believes that each athlete has something to contribute and he finds a way to bring the individual strengths of the athletes into the forefront.”

Terry has become a lacrosse leader, not only in the Terrace community, but to other com-

“I feel that my mission in life is to coach, it energizes me and makes me feel alive,”

munities in the surrounding areas. A trained NCCP Competitive Introduction/Level 2 Box Lacrosse coach, Terry has introduced many young people to lacrosse and continues their long-term development as their coach and mentor. Lacrosse may be his love, but he also helps other young athletes in other sports like basketball, hockey and soccer.

“Terry lives for sports and his community,” stated multi-sport athlete Luke Gordon. “Whenever I have a home game for hockey and lacrosse and he wasn’t coaching he would be sitting up in the stands watching me play; then the next time I saw him he would critique how I played.”

Monture had a very successful 2009 lacrosse season. He coached the Gold Medal Terrace Midget B team to a Provincial title; won a Pee Wee C Bronze Medal at Provincials; the recipient of the Zone 7 Coach of the Year Award and was the Terrace nominee for the BCLA John Cavallin Merit Award for Minor Lacrosse Coach of the Year.

Terry also coached one of the top Zone 7 talents in Connor Buick. Buick was named to the Midget B 2009 BCLA Provincial All-Star team and chosen as the Midget B Tournament MVP. Connor is the first player from Zone 7 to ever be selected to the Team BC Midget lacrosse team which represented BC at the 2009 National Championships; in February he was a first round selection by Langley in the Midget Draft. Much of Connor’s development can be attested to Terry’s coaching.

“He has shown me in the last three years that no matter what, he just wants to see athletes succeed in their field of choice,” said Buick.

Terry played a key part in the BCLA Aboriginal Northern BC Development Program

in 2009. This program was created to expose lacrosse to Northern BC Aboriginal communities and schools that may never have experienced lacrosse. The BCLA travelled to three cities in Northern BC where Terry was instrumental instructing the skill development sessions. The program was structured to leave a legacy of resources, lacrosse sticks and balls in the communities. Terry continues to make repeat visits to these areas. Lastly, Terry will be the head coach of the 2010 BC Summer Games Box Lacrosse team representing Zone 7 and will continue coaching and mentoring athletes in his community.

“Without Terry’s assistance we wouldn’t have been able to deliver the quality programs we did in the Aboriginal communities,” stated BCLA Technical Director Darcy Rhodes. “His passion for lacrosse is catchy and his ability to engage the youth will surely lead to more children playing lacrosse.”

The BCLA is proud of the steps they have taken to develop and increase Aboriginal participation throughout British Columbia, and Terry Monture has been a guiding force for the successes they have experienced in Terrace and its surrounding communities. We strongly support Terry’s nomination for the Aboriginal Sport Circle’s National Aboriginal Coaching Award and hope we are successful in his nomination.

“I feel that my mission in life is to coach, it energizes me and makes me feel alive,” said Monture. “I cannot wait until the next time I can go on the floor to coach. I believe that an athlete can achieve whatever he/she wants; with a strong work ethic, a great attitude and the willingness to practice and make himself a better player.”

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british columbia lacrosse association

2010 ANNUAL GENERAL MEETING & SPECIAL SESSION TIMELINES

british columbia lacrosse association

Field Directorate Special Session Timeline

Apr. 1

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

Apr. 17

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

BCLCA and BCLOA Special Session Timeline

July 5

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

July 28

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

Aug. 13

2nd Notice/Operating Policy changes circulated for BCLOA

Aug. 26

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

Sept. 2

Deadline for Registration Forms

Sept. 11

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

BCLA Annual General Meeting Timeline

(BCLA AGM, Minor Directorate, Senior Directorate)

July 23

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

Sept. 1

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

Sept. 10

Deadline for all Executive Reports/Budgets for Annual Report

Sept. 13

Deadline for BCLCA, BCLOA Minutes to office

Sept. 15

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

Sept. 21

Deadline for booking Hotel for AGM

Sept. 28

Deadline for AGM Registration Forms

Oct 15-17: 2010 BCLA AGM - Whistler, B.C.

In Memoriam

Chris Douglas Friesen, left us on March 25, 2010 and will be sadly missed by the lacrosse community. The Simon Fraser University Christian Friesen Memorial Award has been dedicated in his name. Please visit christianfriesen.com/ for more information.

David Fishman, a lacrosse pioneer in Canada passed away March 23, 2010. Fishman, originally from Saskatchewan, served many executives over the decades, most notably; he was the first Executive Director of the Canadian Lacrosse Association in 1971.

As a youth he followed the Vancouver Burrards Lacrosse Team as they practiced at Cambie Street Grounds and became a water boy and borrowed the players’ sticks when they took a break. Dave would later play lacrosse for the Hastings Bluebirds and competed in other sports including rugby for the Ex-Britannia Rugby Club in the 1950’s.

In 1969 Fishman was elected to the BC Lacrosse Association executive. He was an active lacrosse referee and played an integral part in forming the BC Lacrosse Referees Association which was devoted to recruiting and training young referees. Fishman also served in BC in numerous capacities as and was the inaugural recipient of the Tom Gordon Shield for outstanding service in 1968-69. He went on to serve as one of the first Presidents of the BC Lacrosse Association from 1969 to 1971.

Mr. Fishman visited the BCLA Office often the past few years telling the office staff stories of how organized lacrosse started in Canada

and BC. He offered insight on the history of how our present-day merit awards were established and interesting stories on each of the persons whose name is identified with our merit awards.

Bob Raffle, who began his Senior lacrosse career at the age of 16, passed away December 13, 2009. Born Ernest Robert Raffle in Nanaimo on September 23, 1928, he moved to New Westminster as a child. In 1945, he began his Senior career with the Salmonbellies. Bob then spent 1955 and 1956 with Nanaimo before rejoining the ‘Bellies to end his playing days in 1957. In 236 games, Bob accumulated 397 points on 285 goals and 112 assists and earned a Mann Cup ring with the 1956 Nanaimo club.

Jack Wilson of Mississauga was an outstanding lacrosse person who dedicated over 31 years to the development of Junior lacrosse in Mississauga. Wilson volunteered working behind the scenes as a major fundraiser, executive member and most recently General Manager of the Mississauga Tomahawks Junior A team. In his Junior B days, Jack’s teams won three Ontario Junior B titles in 1969, 1986 and 1987 winning the Founders Cup in 1986. He was an active participant in Junior A Lacrosse in Ontario and served on the Board of the Junior A Council. Jack Wilson was inducted in the Mississauga Sports Hall of Fame (1999), the Ontario Lacrosse Hall of Fame (2003) and most recently in 2009, as a Builder in the Canadian Lacrosse Hall of Fame. Wilson passed away January 10, 2010 in Ontario.

Lacrosse at 2010 Olympics



Lacrosse players of all ages joined Tewanee Joseph (center) at the Aboriginal Pavilion.

By: LacrosseTalk Staff

It may be only a matter of time that the sport of lacrosse will be competed for in the Olympic Games. Surely this subject has crossed most everybody’s mind in the global lacrosse community as to – “why not?”. Stay tuned as this dream will one day be a reality, but for now, on a small scale, lacrosse made a spontaneous sneak preview at the Vancouver 2010 Olympic Games.

On the afternoon of Friday February 26, 2010, the BCLA Office received a request from Ex-North Shore Indians star and CEO of the Four Host First Nations, Tewanee Joseph, to bring some lacrosse sticks and balls to the downtown Aboriginal Pavilion. He wanted lacrosse to be showcased outside the pavilion in front of the many people waiting in line to view the exhibit. A hopeful call that quickly came to fruition!

Joseph, invited the BCLA to spread the word of lacrosse to the world simply by meeting people waiting in line outside the pavilion during the Olympics. It was a creative and interactive way to demonstrate the skill of lacrosse to

the visitors while showing the connection of the sport of lacrosse and our First Nations communities. “To me, the love of lacrosse should be touched by many people; to be able to share it to the many people was like a dream,” mentioned Tewanee Joseph.

Joseph, as well as many of the First Nation volunteers like Chris Lewis and Dallas Squire picked up sticks and threw balls to each other while showing the crowds of people lacrosse skills of the Creator’s Game. Visitors and media people alike took part and tried their hand at throwing and catching at the impromptu display of lacrosse skills.

Chief Gibby Jacobs, Kenny White and many others showed that it is tough to take the lacrosse out of the kid as these seasoned veterans demonstrated their stick skills once learned decades ago as a youth growing up.

“It’s [lacrosse] an escape of the many challenges of our young people,” said Joseph. “It breaks down the barriers and bridges the gaps. It’s really about the people and the game that we can share and learn from one another.”

On a day when the world watched Canada put together its best Olympic performance in history; a history lesson of sorts was being brought to the forefront as Canada’s Original Game and Canada’s National Summer Sport made the connection with Tewanee Joseph, with the Four Host First Nations, and with the 2010 Vancouver Winter Olympics in our quiet subtle way.

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Claremont Tops High School Field Lax



Claremont Senior Tier 1 High School Champions.



Claremont Senior Tier 2 High School Champions.



Claremont Junior High School Champions.

By: LacrosseTalk Staff

The 10th Annual High School Field Lacrosse Provincial Championships took place March 1-4 in Coquitlam and New Westminster.

Eleven Senior and three Junior teams took part in the tournament at Coquitlam's Dr. Charles Best School and Mercer Stadium in New Westminster. Senior Tier 1 teams included Best, Claremont 1 and New Westminster 2; Senior Tier 2 teams included Terry Fox, St. Thomas More, Vancouver College, Delta, Claremont 2, Holy Cross, Riverside and South Delta; Best, Heritage Woods and Claremont competed in the Junior division.

The number of competing teams was down from the 17 in 2009 – the highest number of competing teams was as high as 24 teams in past years.

The Claremont Spartans swept all three titles at the 2010 High School Field Lacrosse Provincial Championships in the Senior (tier 1 and tier 2) and Junior divisions. This is the second time in tournament history that Claremont won all titles at this tournament. In 2008, Claremont was victorious winning both championships and in 2009 Best did the same.

Juniors: Heritage Woods, of Port Moody, came out guns a blazing defeating hosts Best 5-3, but would fall to Claremont 9-2 in the sec-

ond game. Claremont handed Best their second loss with a 7-3 victory. Heritage and Best met in the semi-finals with Best recapturing their step trouncing Heritage 15-2 and a date with Claremont in the final. Rivals Best and Claremont wouldn't disappoint as Best jumped out to a commanding 6-1 lead only to see it slip away as Claremont pecked away to come back and win 9-8 in a thriller.

Senior Tier 2: Claremont 2, St. Thomas More and Terry Fox were the class of the Tier 2 division with only one loss between them in the round-robin play. Claremont 2 dominated the round-robin with three victories outscoring their opponents 38-8 – the closest opponents coming

within 9 goals. Claremont 2 defeated Delta 11-7 in the semi-finals while St. Thomas More handily beat Terry Fox 11-3 in the other semi. Claremont went on to win the Senior Tier 2 title with an 8-4 victory over STM.

Senior Tier 1: The tournament opened with New West and Best squaring off and battling to a close 6-4 count for the Hyacks of New West. Best would recapture their stride and turn around and hand Claremont their only loss in an 8-5 battle. Claremont got their seas legs back and trounced the Hyacks 11-5. Best and New West met in a low scoring semi-final with the Hyacks hanging on to win 4-2. A final showdown was set with the talented Hyack and Spartan rivals. Claremont played a smart possession game taking advantage of Hyack miscues and taking a 7-4 lead at half. The Hyacks would battle back to within one goal in the third. In the final frame the Hyacks got into penalty trouble and the Spartans took advantage of the man-advantage to go on and win 11-8.

"Getting the wins in all three divisions was gratifying as it was nice to see the practice put into play for all the guys within the program," commented Head Coach Darren Reisig.

It was a difficult season scheduling this event as many schools changed their Spring Breaks due to the 2010 Olympics, thus only 14 teams competed representing ten schools.

"We had to schedule around four different Spring Breaks at different schools to pull this off," stated 9-year Tournament Co-ordinator Shawn House. "If not for the scheduling we could have easily had 20 teams competing."

So where do we grow from here? This was the 10th year of this tournament after it was started by Best graduate Stephen McKinlay and his family. The reality is that these teams are coordinated and formed by the passionate lacrosse people at these schools, teacher sponsors and the willingness of Athletic Departments to allow the sport to compete and offer a chance for students to play lacrosse under their school banner.

The High School tournament has hosted up to 24 teams and as few as 14 teams representing 10 schools. The core group of schools attend every year, but there are others that are hit and miss on their participation mainly due to lack of facilities, coaches and the inability of students to be allowed to play more than one sport in the same season of play.

"For other schools to have programs develop it will likely grow if there is some continuity in coaching at each school; the parents involved are outstanding and without them many young players wouldn't have a chance to play," stated Reisig. "But, programs with teachers involved (i.e. NW, Best) have the advantage as the continuity of their teaching and vision leads to years of success."

Claremont is in their sixth year and has started some traditions and culture of which they are proud of. They have produced 21 student athletes in the last 3 years who have moved on to the NCAA with more to come. It is evident that the High School level is a perfect training ground to help student athletes into post-secondary institutions using lacrosse as that tool.

For schools wanting to learn more about this tournament and how to start Field Lacrosse at their school, contact Shawn House at shawn-house@shaw.ca. The 2011 tournament date is tentatively booked for March 2-6, 2011.

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Hamilton joins BCLA Officers

By: LacrosseTalk Staff

John Dahlgren, the (past) BCLA Volunteer Screening Officer has decided to leave his job at the Police Department and will not be continuing on as our BCLA Volunteer Screening Officer. John has been a wonderful resource for us, and we've very much appreciated having him available when we need help.

Grant Hamilton, an 18-year veteran of the Victoria Police Department, has accepted the position of BCLA Volunteer Screening Officer.

Hamilton, a long-time Victoria lacrosse star with the Shamrocks, captained the 'Rocks to 3 Mann Cup titles in 1997, 1999 and 2003. He was also a mainstay with the NLL Vancouver Ravens from 2000-2003 and then with Calgary winning the 2004 NLL Championship, finishing his career in 2006.

Hamilton brings a wealth of experience, both on and off the floor to the BCLA family. His professionalism will truly be an asset as the newest BCLA Volunteer Screening Officer.

Tracy Marriott: A Community Sports Hero

By: LacrosseTalk Staff



Tracy Marriott of Campbell River Minor Lacrosse was selected as a local community sports hero.

Founded in 2001 the Community Sports Hero Awards celebrate and honour the sport volunteers throughout the province. These volunteers are the lifeline to continued development and delivery of sport programs in BC. In a presentation by Carey Sommerfelt of Sport BC, Tracy Marriott from Campbell River was honoured as a recipient for her dedication to the game of lacrosse.

Tracy has been involved with Campbell River Minor Lacrosse for nine years with her first venture being a team manager. Since her first day, Tracy has spent countless hours volunteering her time at the team and executive level. Tracy has held positions not only locally but also as a volunteer on the Vancouver Island Commission as a commissioner for the past four years. Locally, Tracy has sat at the executive table for the past six years as the Vice Chair, booster co-ordinator, head manager and this year as the registrar.

Tracy is always prepared to take on any role that is asked of her. She was instrumental in volunteering at the 2008 Bantam Provincial Championships. Her thoughts and ideas are always welcomed and well thought out. Tracy's vision for lacrosse is all about the kids playing the game. She has taken her knowledge and love of the game to the kids of Vancouver Island to help administer and provide them with the experience of playing Canada's National Summer Sport.

Tracy's passion and love of the game makes her a perfect recipient for a Community Sports Hero Award. Congratulations on this great achievement!

Crowley Selected #1 in WLA Draft

By: LacrosseTalk Staff

The Western Lacrosse Association (WLA) held the 2010 annual Draft of 2009 Graduating Juniors at the Firefighters Club in Burnaby on Wednesday, February 3, 2010.

70 Junior lacrosse players were drafted by WLA teams including the Burnaby Lakers, Coquitlam Adanacs, Langley Thunder, Maple Ridge Burrards, Nanaimo Timbermen, New Westminster Salmonbellies and the Victoria Shamrocks.

The Burnaby Lakers held the first pick of the draft and selected Kevin Crowley from the New Westminster Salmonbellies Junior A lacrosse club. Crowley played 16 regular season games with the 'Bellies, scoring 40 goals and 36 helpers for 76 points and a 24.31% shot percentage. In the 2009 season, he was number four in the BC Junior A League scoring and a First All-Star Team selection. Crowley also played in four Mann Cup games this summer with the Senior Salmonbellies scoring 5 goals and 5 assists. Crowley plays NCAA Division 1 field lacrosse for the Stony Brook Seawolves in Long Island, New York. In his Sophomore season (2009), he was named first team All-America East; was second on the team in both



Brett Mysdske goes No. 2 overall to Langley Thunder in the 2010 WLA Draft.

goals (28) and assists (23) and was first in points with 51.

New Westminster Salmonbellies product, Brett Mysdske, was selected second overall by the upstart Langley Thunder. In 19 games, this 6 foot 4 inch 185 pound player netted 6 goals and 13 assists and 33 penalty minutes. He also added an additional 9 points in 12 playoff games.

Other first round selections in order included: Curtis Dickson (Maple Ridge), Dane Stevens (Burnaby), Cory Kowalyk (Victoria), Corbyn Tao (New West) and Sean Dhaliwal (Burnaby).

For a complete round by round list of WLA draft selections, please visit the WLA website at theboxrocks.com.

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Mann Cup 1986

By: Stan Shillington

Days before the 1986 Mann Cup championship, an Ontario newspaper reported: “...on paper, it would appear to be a safe bet for the Brooklin Redmen to defeat New Westminster Salmonbellies for a second consecutive crown.”

After all, the article explained, the Redmen retained all the veterans from 1985 while the ‘Bellies had eight new faces in their lineup. Oh, yes, Brooklin also had the home-floor advantage.

But a burning desire for revenge can incinerate that safe-bet piece of paper.

Brooklin was, indeed, a confident team when it stepped on to Whitby’s Iroquois Park Arena floor, even though offensive stalwarts Gil Nieuwendyk (honey-moon) and Derek Keenan (school) were absent.

‘Bellies, sparked by tall and lanky Ben Hieltjes’ five-goal outburst, took full advantage of Brooklin’s offensive void to claim the opening game 14-10.

But the lights went out for New Westminster in Game Two -- literally.

With the Ontario crew holding an 11-6 lead with seven and a half minutes remaining, a torrential thunderstorm caused a power shortage in the arena, putting a damper on the Bellies’ hopes for a comeback. Eventually, the match resumed, but the score remained unchanged.

In Game Three, Brooklin appeared to take immediate control of the match. With Keenan and Nieuwendyk back in the lineup, the Redmen took a 5-3 first period lead, held it at 8-7 after 40 minutes, and were still leading 11-9 with less than 10 minutes remaining.

After Bob Johnston and Brian Nikula knotted the score, both clubs desperately fired shot after shot at goalies Wayne Colley and Doug Zack, but with no success, Overtime appeared certain!

Then, with just three seconds left in regulation time, Todd Lorenz converted a two-way pass from Eric

Cowieson and Andy Shaughnessy for an incredible 12-11 victory.

The fourth game began as a fast-paced, clean contest, but seen dissolved into what appeared to be an audition for the mixed martial arts slamdown.

With 19 seconds remaining in the first stanza, New Westminster’s Lyle Robinson and Steve Manning tangled with Redmen’s Eric Perroni and John Fusco.

Two-minute penalties were assessed, but tempers failed to cool down; indeed, they accelerated.

When the period ended, a brawl erupted -- Robinson, Manning, Lorenz and Johnston tangling with Fusco, Bob Molder, Fred Upshaw and Kevin Van Sickle. All eight received fighting penalties and game misconducts.

Eventually, Brooklin took the contest 6-5 to even the series at two games apiece.

With cooler tempers prevailing and penalty minutes dropping from 162 minutes to 36, Game Five produced a greater offensive exhibition. ‘Bellies overcame an early deficit to squeeze out a 10-8 victory.

Now it was Game Six and Brooklin was determined to defend its Mann Cup title. While goalie Wayne Colley blanked the Salmonbellies, the Easterners ran up a 4-0 lead after 36 minutes of play.

Finally, John Gilchrist ended the shutout, followed seconds later by a solo marker fired by Steve Voelpel. Two periods and Brooklin still clung to a 4-2 advantage.

Then the tide turned. With New Westminster moving the ball fluently, the Royal City boys limited Brooklin to a pair of goals while registering a total of six -- three set up by Gordie Dean who then scored the final marker of the game.

With the 8-6 victory, New Westminster Salmonbellies avenged the 1985 loss -- the Mann Cup returned west.

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- Pee Wee June 4-6 (Kamloops)
- Female Bantam June 11-13 TBD
- Midget July 26 (Langley)
- 2010 Box Provincials Bantam July 7-11 (Richmond)
- Female July 8-11 (Port Moody)
- Midget July 14-18 (Mission)
- Pee Wee July 21-25 (Delta)
- BC Summer Games July 22-25 (Langley)
- National Championships Pee Wee & Bantam Aug. 1-8 (Whitby, ON)
- Female Bantam Aug. 4-7 (Whitby, ON)
- Midget Aug. 14-20 (Coquitlam)
- Founders’ Cup Aug. 14-22 (Mimico, ON)
- Presidents’ Cup Aug 16-21 (Burnaby)
- Minto Cup Aug. 21-29 (Coquitlam)
- U19 & U16 Field Nationals Sept. 3-5 (Saskatoon)



Way To Go!

Keith Rimmer (Lower Mainland Commission Chair)

Keith's lacrosse career started like many fathers; his son began playing lacrosse in 1992, so Keith helped his son's team as a doorman. This was the beginning of almost 20 years of lacrosse involvement for Keith Rimmer.

He began as a Langley Pee Wee B head coach in 1993 and soon found himself spending time with the association as a fundraiser. Rimmer continued coaching and became President of the Langley Minor Association from 1995-97. He felt his services were needed at the provincial level, adding Minor Directorate Zone Director (1996-97) and Vice Chair for the Lower Mainland Commission to his portfolio.

From 1999-2001, he continued coaching the Langley Intermediate B team. He was Chair of the Lower Mainland Commission from 1999-2004; he then left his post with the Commission to spend more time with his family. Every year when Keith held various BCLA positions, he always helped with Provincials wherever his services were needed.

After 3 years away from lacrosse, Keith returned refreshed and came back as Chair of Lower Mainland Commission, the position he currently holds today.

The one lacrosse memory that stands out for Keith was when his Midget team attended the Provincials in Prince George with 6 runners and a goalie. His players played tired and hurt and won just a single game, but they won the hearts of everyone else who participated. A true sign of perseverance. Congratulations Keith!

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Keith Rimmer

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.



Coaches Corner Cool-Down

By: Duane Bratt, CLA National Resource Person for Coaching

In recent years, there have been a number of advances in the physical and mental preparation of lacrosse teams. As the sport science literature has shown, dynamic stretching is a big improvement over traditional static stretching as part of an activity's warm-up. Today, most teams across Canada are now using dynamic stretching as an integral part of their warm-up. The next gap that needs to be filled is the cool-down. Cool-downs are normally used to give the body systems time to come back to normal after the physical exertion of a practice or game. While the physiological benefits of a cool-down are known (such as the use of static

stretching after an activity to allow for faster recovery of the muscles), there are additional benefits in the areas of mental, technical, and tactical preparation. For example, coaches can use the cool-down to promote slow deep breathing which enhances relaxation and develops a greater range of motion. In addition, the time spent cooling down can allow a coach to review the practice or game thus increasing the players visualization skills.

There are a number of different cool-down strategies for after practice. Having the players jog a few light laps followed by some static stretching is a common strategy, but coaches (especially of minor teams) can be more creative. An end of practice shoot out, a simple

quick stick drill, or even groups of 2-3 practicing their over-the-shoulder passing can all be considered part of a cool-down. Whatever you decide to use, make sure that you dedicate 5-10 minutes in your practice plan for a cool-down.

Cooling down after a game is also essential. After all, every professional team does a post-game cool-down. How often do you see pro players being interviewed while on a stationary bike? Unfortunately, few lacrosse teams (minor or major) actually do a post-game cool-down. There are a number of reasons for this. First, there is often no time between the end of one game and the start of another. Second, post-game exercise is still viewed in many circles as a punishment for a poor performance or effort.

Third, players and coaches are often very excited about winning or very disappointed about losing to even consider a cool-down.

These may be challenges, but they can be overcome. The most important thing a coach should do is to make the cool-down part of the post-game routine. For example, the coach should explain at the start of the season that the players, after shaking hands, will do two ½ laps of the floor at jogging speed after every game. The lack of space is indeed a problem, but static stretching can be done inside the dressing room, in the hallway, or even outside.

Cool-downs are just as important as warm-ups, and it is time for coaches to treat them seriously through planning.

New Coaches A'plenty

By: Jen Mutas

Of the eight teams in the BC Junior A Lacrosse League, five are starting the 2010 season with new head coaches. 'New' would definitely be a loose term for their titles, considering they bring well over 100 years of combined experience to the table with regards to the game of lacrosse, both as players and coaches. In a season where the Minto Cup tournament will be played in BC, most teams have similar goals with regard to where they want to be at the end of August, but how they get there will have a lot to do with their new coaches.

Both teams from the Island are among the clubs with new bench bosses. Dave Bremner will be moving up from assistant to head coach

of the Nanaimo Timbermen, a move Governor Forbes Mitchell is confident will push the club into that coveted extra spot for the Minto. "Dave is the type of coach every GM aspires to have on the bench. You need leadership on the floor, but it's important to have it on the bench as well." Bremner is no stranger to playing or coaching, winning one Minto Cup as a player with the Esquimalt Legion and collecting two Mann Cups with the Senior 'A' Shamrocks. As a coach Bremner guided the Junior 'A' Shamrocks to a silver medal at the Minto in 2004, and was an assistant coach for the Calgary Roughnecks from 2001-2005.

Bremner realizes where the Timbermen faltered in 2009, and says motivation will be the key difference this year. "We underachieved

as a team last season. Our talent pool has gotten deeper with good drafting, and our players are working hard in pre season workouts. We are going to be a team that runs hard and pushes the fitness limits of our opponents, while focusing on being aggressive on defense and transition."

Down Island, the Shamrocks are known for keeping it in the family, and the 2010 season will be no different for Victoria. Shamrock GM and Governor Rod Wood says at the end of last season it was felt within the organization that a new coach with fresh ideas was in order. "After interviewing several candidates for the job, Jordan brought the energy, knowledge, and Shamrock pride to the table and it was what we were looking for." New head coach Jordan Sundher played all three seasons of his Junior career with the 'Rocks where he was named captain in his final season; he amassed nine years as a member of the Senior Shamrocks, winning two Mann Cups and playing in five straight Mann Cup Championships from 2002 to 2006.

Sundher played two years as a member of the Calgary Roughnecks, and rounded out his NLL experience with the Edmonton Rush in 2006. Most recently, he was the assistant coach for the Senior Shamrocks for the 2009 season, and says his background is the best thing he can bring to the table as head coach. "I'm only one year removed from playing at a Senior level for the 'Rocks, so I'll be able to relate easily with these young men as a coach and as a player. This level is where you develop both as a player and a person," says Sundher, who credits his own Junior coach for providing his solid lacrosse foundation. "Pete Rushton taught all of us during that time how to play and act as a member of the Shamrocks family. I hope to give my players the same experience."

The Port Coquitlam Saints have moved successful Intermediate coach Nick Delmonico up the ranks to head coach of the Junior team for 2010. Delmonico says the transition from his day job as the Deputy Chief of Operations for the Vancouver Fire Department, to coaching will be smooth considering the similarities. "I'm required to be prepared and organized with a focus on skills and abilities to complete a job, and when it comes to coaching the Saints, it's not going to be much different." Delmonico is starting out with the basics and building from there, "The first and most important part of the agenda for me this year is to instill a professional attitude. Considering the talent on the floor I believe they underachieved last year and need to re-focus their mental game to ensure their success this year. Commitment to our team, the other players, and our team system will be crucial to succeed"

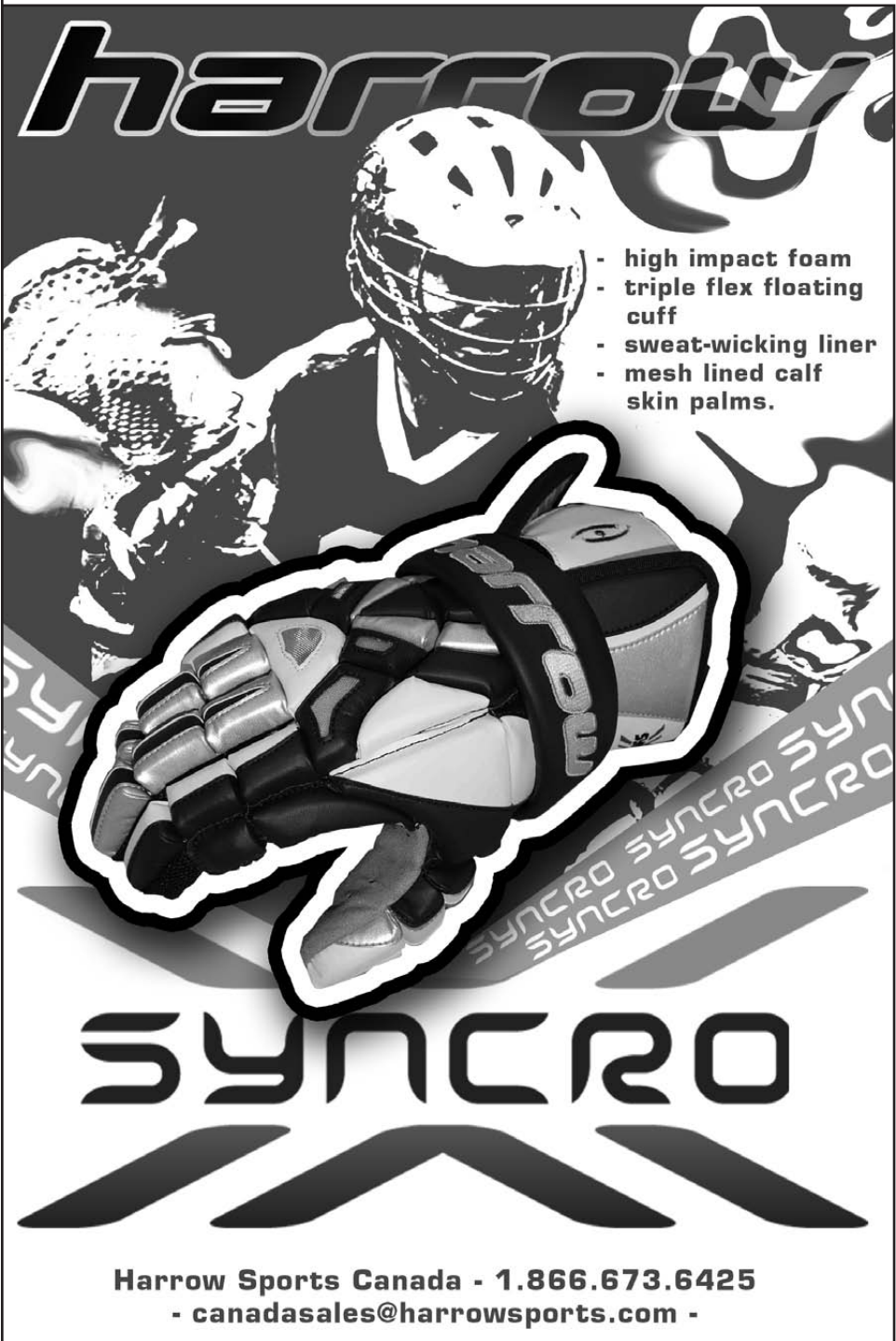
In perhaps the most discussed coaching shuffle this season, Dan Perreault was picked up by the New Westminster Salmonbellies after Brad Parker stepped down due to work commitments. Perreault was available for the position

after being fired as head coach in Coquitlam following last year's Minto Cup. Considering the Adanacs regular season success in 2009, and Perreault being named coach of the year in 2008, it was a move that raised questions in the lacrosse community; but Perreault is focused on the present, and compressed the whole experience into a simple statement. "All that is last year. The players played, the coaches coached. The other things that went on I have no control over, it's a new year and I'm excited about it."

Perreault spends the Junior off-season as an assistant coach and offensive coordinator with the Colorado Mammoth, and says although the two leagues seem miles apart, there are similar aspects that can be applied to both. "I'm very fortunate to have coaching experience involving both leagues," he says. "The change in pace is probably the biggest adjustment, but when it comes to preparation and basic skills, all that starts off in Junior." Perreault plans to use the knowledge he gained coaching against New West in his favour. "I've got a good start especially considering our battle in the BC final last season, so I'm just planning on filling in the holes and getting our system in check."

2010 Minto Cup hosts Coquitlam has appointed a 'home town hero' of sorts for their head coach position. The Adanacs welcome Curt Malawsky to the bench, a spot he's extremely proud to take over. "It's real special, my hearts always been in Coquitlam and when the opportunity came up I was super excited to do it. Now I'm excited for the hard work to begin." Aside from his impressive career, spanning over a decade as a key player in both the WLA and NLL, Malawsky is now the assistant coach for the Calgary Roughnecks in the NLL. With his extensive experience, including winning a Minto Cup as a coach with the Junior 'A' Burnaby Lakers in 2004, Malawsky knows what it takes to win championships at all levels and is wasting no time bringing that mentality to the Adanacs. "Our personnel will be conducive to our system; team cohesion, character, and chemistry are real important and have been a key part in my successes over the years. A tight group and team attitude is first and foremost." Malawsky says his hometown will know what to expect from him behind the bench this season. "Most people know my style so nothing should be a surprise. Talent is nothing without hard work, and people will see that we will be the hardest working team in the country this season."

When asked their opinions on the majority of the teams in the BCJALL having new coaches, all five responded the same, saying there was no advantage considering the talent and experience of those brought into the positions. "It doesn't make a difference at all," says Perreault, "at this stage no one is green, so it will be a level playing field with regards to coaching."



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Simon Fraser Mid-season Report

By: William Howard

In their sixth season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, Simon Fraser University men’s lacrosse team has passed the mid-point of their 13-game regular season schedule posting an overall record of 3-6. Despite a disappointing start, the Clan will look to build upon the valuable experience gained from playing six consecutive out-of-conference opponents ranked in the Top 15 during the month of March to return to their winning ways in the second half of the 2010 season.

SFU entered the 2010 season ranked No. 4 in The Prodigy MCLA Division I Preseason Top 25 Poll before climbing one spot by opening their schedule with an 18-3 win over Western Washington. SFU would then take a four-week break from competition over the 2010 Winter Olympic Games. A prolonged pre-season would see the Clan stumble out of the gate dropping to No. 13 in the polls after consecutive road losses to current No. 4 Colorado State (12-6) and now No. 13 Colorado (17-7). Fraser continued their fall to No. 22 following the Clan’s second out-of-conference trip of the season losing to No. 1 Michigan (22-10) and current No. 7 Michigan State (12-9). SFU returned home on March 20 to face the No. 5 Brigham Young Cougars. A 15-9 loss would see the Clan slip to No. 23 before

re-staking their claim in the polls with a 9-8 overtime win over No. 11 Cal Poly.

A consistent Top 10 national contender from 1997-2003, No. 23 marks the lowest that SFU has been ranked since January 2008 when the Clan were ranked No. 24. Later that year, SFU would re-emerge to national prominence as they climbed to No. 5 en route to winning back-to-back PNCLL Conference Championships in 2008 and 2009 and making consecutive MCLA Quarterfinal appearances. The Clan’s latest reign amongst the MCLA’s Top 10 stretched from March 26, 2008 to March 11, 2010 while Simon Fraser has ranked in the Top 25 since the inception of the MCLA National Championship format in 1997.

The Clan have been outscored by their opponents 89-68 in 2010. This marks the first time in program history that SFU has been outscored to start the season. Playing arguably the toughest schedule in the MCLA, the six opponents that Simon Fraser has faced so far this season have combined to post a 42-16 (.724) record. Fraser is 0-4 versus opponents currently ranked in the Top 10 and 1-5 versus opponents ranked in the Top 15. Fraser’s 15-9 loss to BYU also saw the Clan’s home winning streak snapped at 15 games, a stretch dating back to April 2006.

Simon Fraser’s 2010 roster features seven seniors with eight freshmen, three sophomores and seven juniors. The Clan remains without senior midfield and face-off specialist, Ben Johnson, and junior midfield Ben Davies after both athletes were sidelined with knee injuries. Johnson, a 2nd Team All-American in 2009, will sit out the entire 2010 season but is set to return to the Clan roster in 2011 to play his senior. Davies, a 2009 NLL draft pick of the Colorado Mammoth, has resumed practices with the team and remains hopeful for a speedy return.

SFU has experienced a drop in offensive production to start the 2010 season. After leading the nation in scoring in 2009 averaging just over 18 goals per game, the Clan are currently averaging 9.71 goals per game. The “big three” of Ben Towner, Adam Foss and Chris Tessarolo continue to lead the way for SFU offensively. Towner, the MCLA’s leading scorer in 2009 and a two-time MCLA 1ST Team All-American (2008, 2009), currently leads all Clan players with 24 points (17g, 7a). Foss sits only two points back with 12 goals and 10 assists for a total of 22, while Tessarolo is third in team scoring with 14 points on 11 goals and 3 assists. Russel Thomas currently sits fourth with 9 goals and 3 assists for 12 points while freshmen Colton Dow and Eric Ransom are adding much needed secondary scoring to the Clan midfield by averaging just under a point-a-game.

The SFU defense underwent an extensive makeover losing former MCLA 1st Team All-American and current Team Canada and Calgary Roughneck defender Curtis Manning, along with Matt Brascia and Calvin Castagner

to graduation. The Clan are also without the services of defender Matt Miyashita who has taken time away from school to travel.

Holding down a new look defense for the Clan have been juniors’ Nathan Clare and Luke Genereux along with sophomore Dan Patterson. Clare and Genereux have both been named to the PNCLL All-Conference 1st Team during their time at SFU while Patterson was named a PNCLL All-Conference Honorable mention as a freshman last season. After allowing an average of 13.50 goals against through six games to start the year, Cathrea and Hoskins converted senior midfielder Kevin Riley to long pole in order to shore up the Clan’s back end. The move has had an immediate impact as Riley was instrumental in holding No. 11 Cal Poly to only 8 goals in SFU’s first win versus a ranked opponent in 2010. Senior Mike Ripley and junior Dean Stewart have returned to splitting the majority of time in net for the Clan posting a combined save percentage of just under .500.

At press time SFU split two games losing 11-8 to No. 2 Chapman and rebounding with a 14-7 victory over No. 4 Arizona State. In addition to facing Oregon in the final home contest, SFU still have all four PNCLL divisional games remaining as the Clan host Oregon State, before ending the regular season on the road versus Montana (April 16) and Washington (April 18). The PNCLL Final Four Conference Championships will take place May 1 and 2 in Bend, Oregon. The MCLA National Championship Tournament returns to Dick’s Sporting Goods Park in Denver, Colorado May 11-15.

A Unique Transition: Preparing for Box Lacrosse Season

By: Matt Brascia

With the cold of winter dwindling and the energizing sun making lengthier appearances, lacrosse players across the country are once again preparing themselves for the start of the summer box season. Box Lacrosse has become a staple in many parts of Canada and a showcase of superior sporting talent during a time where most other competitive sports at the same level take a holiday. The summer box lacrosse league has become an anomaly in the sporting world because of this reason, and therefore has a different mentality throughout its varying nuances. In particular, the preparation for the upcoming season differentiates among players as much as the sticks they adorn.

Lacrosse has become a year-round sport for numerous players as many participate in field lacrosse leagues across the nation and/or college lacrosse predominantly with our neighbours to the south. Furthermore, some junior lacrosse players have even risen high enough in the lacrosse community to have the opportunity to play professionally in the NLL, yet commitments outside of the summer box lacrosse realm has players not seeing their stick until months, weeks, or even days before the regular season begins. With such a fluctuation between players and their approach to a new box season, perspective becomes everything in how players prepare themselves for their first encounter.

As most box lacrosse players are Canadian, ice hockey and lacrosse have been yin and yang when it comes to sport in Canada; Canada has two official national sports (ice hockey for the winter, lacrosse for the summer) so it was not hard to find players that flourished both on the ice and the floor.

Mike Berekoff (Delta Islanders) and Mike Krgovich (Coquitlam Adanacs) are two examples of players that constantly have to make the transition from ice hockey to box lacrosse. Berekoff explained his lacrosse training regimen has been extensive in comparison to the preparation for the lengthy ice hockey season. “[Box lacrosse], so far, has been months of preparation; training from January right through to the season opener in late April. Ironically it is the season that is the shorter of the two; three to four months compared to at least six in [ice hockey].” Krgovich provided further detail into the transition between Canada’s national sports. “Personally I’ve always been in

great shape from hockey season. Unfortunately skating and running are two different things so it takes awhile for my muscles to adjust but I usually have my wind off the hop... I emphasize my skill-set more than anything.”

Mike Lowe, goaltender for the Port Coquitlam Saints, is in his first year of varsity football at Mount Allison University in New Brunswick. He’ll likely not see any real lacrosse action until the start of the regular season. He describes how his football training will aid his performance in the upcoming season; “The commitment and hard work that is required to play varsity football has been great in terms of getting me the most prepared I have ever been physically and mentally, going into my final Junior season. As players on the football team, we are expected to follow a team weight lifting program four to five days a week, as well as 6:30AM runs, twice a week.” Mike also commented that as a box lacrosse goaltender, he has prepared himself in the past by reviewing game tape to mentally refresh his technique and remind himself of the opposition’s tendencies.

Chris Tessarolo of the New Westminster Salmonbellies, plays field lacrosse at Simon Fraser University which is the only Canadian team in the 200+ team, American-founded MCLA league. He provided insight into the mentality of transitioning from what seems as two fundamentally similar sports. “[The BCJALL], being such a narrow and smaller league than the MCLA, has more emotion to the game because you know a lot of the guys you are playing against, where as in the MCLA you are playing guys across the continent. Summer lacrosse is a fast paced emotional game that for me required high emotions and energy to produce at the Junior A level. Field lacrosse on the other hand requires me to be more relaxed and smarter about how I use my emotions to run systems and be strategic.”

The physical and mental strain brought upon players at elite levels of summer box lacrosse is something each individual player prepares for in their own personal way. The outside commitments many players experience will prelude their summer lacrosse endeavours almost to the last minute. It is interesting to see how these players adapt during a seemingly instantaneous transition. This concept will be a staple in summer box lacrosse leagues everywhere, as it has been for many years; a shift that is voluntarily hastened

by players based on little more than their sense of pride and love for a sport. Although these players will prime themselves in ways as varied as their own personalities, this consciousness of the “feeling” of an approaching lacrosse season is something felt universally.

Majority of the players mentioned how and when they begin to ‘feel’ the upcoming box lacrosse season. Krgovich put into words an emotion and perception I believe is understood by box lacrosse players everywhere, “I look forward to the box season every sunny spring day; when you’re sitting at work thinking there would be

nothing better to do than go to the box with your buddies and throw the ball around and have a couple laughs. Lacrosse is the easiest sport to work on your skills and have a great time doing it. The box season makes you feel like a rock star and it gives you the motivation to go to practice or go the box in the hot sun instead of the beach... Everyone around wants to be in your boots and you can’t take it for granted. When you mix those thoughts with all the memories of playing or watching [junior lacrosse] with all the boys and girls at the rink having a good time there is no better feeling than box season...” Amen Mike, amen.

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Hall Calls Kilgour, Stroup & Tucker



Dan Stroup seen here hoisting the 2001 Mann Cup - Stroup enters the NLL Hall of Fame after first try.

By: NLL.com

The National Lacrosse League has announced the members of its Hall of Fame Class of 2010: Rich Kilgour, Dan Stroup and John Tucker. The Class of 2010 will mark the fifth class of the league’s Hall of Fame, which inducted its Founding Members in 2006. The three new members received the highest number of votes among the six nominees for this

year’s Hall of Fame Class. The Hall of Fame ballots were cast by the league’s member clubs, current members of the league’s Hall of Fame and senior members of the league’s covering media.

Rich Kilgour had an 18-year playing career (1992-2009), all with the Buffalo Bandits. At the time of his retirement, he had played in 18 of the league’s 23 seasons of history. His team’s made the playoffs 13 times and won four championships (1992, ‘93, ‘96 & 2008). The 1993 champion Bandits were the only team to go undefeated through the regular season and playoffs (10-0) in league history. Kilgour played in 200 career regular season games as a forward and faceoff man for the the Bandits, scoring 317 career points (94 goals, 223 assists). Kilgour was a leader, as he served as Bandits captain for twelve seasons from 1998 to 2009.

Rich Kilgour joins his brother Darris Kilgour, who was inducted into the Hall of Fame in 2007. “As much as you can play by yourself, you’re only going to be as good as your teammates on most nights. We had some great leaders here in the beginning in Derek Keenan, Kevin Alexander and Bob Hamley. I learned a lot from those guys and hopefully I passed it along to the guys I played with later”, said Rich Kilgour, after being informed that he had been voted into the NLL Hall of Fame earlier today.

Both Rich Kilgour and Dan Stroup were voted into the Hall of Fame in their first season of eligibility.

Dan Stroup played 13 seasons in the league (Baltimore, Toronto, Vancouver, Colorado, Edmonton and Portland). Stroup is currently 12th on the league’s all-time goal scoring list with 294. In 182 career regular season games, Stroup scored 294 goals and 235 assists for 529 points. A durable and dependable player, he was in the lineup for all but four games (182 out of a possible 186) during his thirteen seasons. He played some of his best lacrosse in the playoffs, scoring 30 goals and 13 assists (43 points) in 14 career playoff games over eight seasons of playoff appearances. He played on four championship-winning teams, winning three titles in Toronto (1999, 2000 & 2002) and one in Colorado (2006). Stroup continues to serve the game as an Assistant Coach for the Washington Stealth.

“This is amazing. I was shocked and surprised”, said Stroup, upon being notified that he would be entering the Hall of Fame. “I never could never have imagined this. I am just getting over retiring and not playing, and this is incredible.”

“I’d like to remembered from my playing career as a good team guy. In a sport like ours, that’s what’s it all about. You can’t win with just all-stars. Teams are made of 23 guys”, commented Stroup, who said the championships and the friends he’s made playing the game are what he cherishes most from his NLL playing career.

The wait for John Tucker was a bit longer, but the current Wings assistant coach is thrilled

and deeply honored to be part of the Class of 2010.

Tucker, an original player in the league, played from 1987-1994. Tucker played his first six seasons with the Philadelphia Wings and his last two seasons with the Baltimore Thunder. He played 47 games with the Wings from 1987-1992 and was first team all-pro each of the first three seasons the honor was given (1990, 1991, 1992). He led the league in scoring in the inaugural 1987 season with 26 points. In his 47 games with the Wings, Tucker scored 78 goals, and 96 assists for 174 points. A member of two league championship teams (Wings 1989, 1990) Tucker scored 24 points on eight goals and 16 assists in the playoffs. He was the 1989 Championship Game MVP scoring a goal and adding four assists in an 11-10 win over New York. Tucker became a head coach in 1997, leading Baltimore to the championship series in 1998. After a four year stint as a head coach in Baltimore & Pittsburgh from 1997-2000, Tucker has returned to the league in 2010 as an assistant coach with the Wings.

“All the guys like myself who played at the beginning years of the league, our goal was to help create something that would take hold and establish an opportunity for the next generation of players. I am extremely proud to be part of that”, said Tucker. “I can’t begin to explain how thrilled and humbled I am by my selection to the NLL Hall of Fame”.

For more information on the National Lacrosse League Hall of Fame, please visit www.NLLHallofFame.com.

Lacrosse Visits Parliament Hill



MP James Moore poses with Team Canada star midfielder Jordan Hall of Surrey, BC.

By: LacrosseTalk Staff

On Tuesday March 16, 2010, the Team Canada Men’s Field Lacrosse Team was invited to attend a reception with Members of Parliament and political dignitaries in Ottawa.

The goal of Team Canada Men’s team management and Chairman and Executive Director, Dean French, was to spread awareness of the sport of lacrosse and announce a fundraising program for the 2010 Team Canada Men’s Field Lacrosse Team.

“The Parliament Hill reception and our earlier visit to present Prime Minister Harper with a Team Canada jersey was designed to increase the profile of Lacrosse and build on relationships in

government,” mentioned Team Canada’s Dean French. “Team Canada players and staff reminded the MP’s that Canada has a unique opportunity in 2010 to win gold medals in both national sports.”

The 2010 Team Canada Men’s program has produced a limited edition print on sale to any supporter of the Team Canada Men’s Field Lacrosse team. The print, produced by Oakville artist Rob MacDougall, depicts a Canadian field lacrosse player in action and are individually signed and numbered by MacDougall. Each

framed print has a “real hand painted maple leaf” embedded into the matting that has the British Union Jack painted on the face to signify the host destination of the 2010 World Championships in Manchester, England. Only 308 prints are in existence.

“This gives the purchaser a very unique “one of a kind” framed collection,” noted MacDougall. “No two leaves in this World are the same and that’s what makes the print so rare.”

This July, over thirty athletes, coaches and support staff will travel to Manchester to compete at the FIL 2010 Men’s World Lacrosse Championships.

French was accompanied to Ottawa by Head Coach David Huntley, Assistant Coach Paul Stewart and players Gavin Prout, Geoff Snider, Brodie Merrill, Patrick Merrill and Jordan Hall. The players gave an inside perspective of what it means to play for their countries lacrosse team while meeting with the dignitaries.

“It was great seeing our nation’s capital and those who work there,” said Canadian midfielder Jordan Hall. “My hope is that lacrosse gains support with the government and I thought our visit was a good first step.”

“Our Government is committed to high-performance sport development. We will continue to work with the sport community and support our athletes and coaches,” said Minister James Moore.

Hall was shocked as to how knowledgeable BC MP James Moore was about lacrosse. Little did he know, Moore has been an avid Coquitlam Adanacs fan for years.

“We discussed the Mann Cup and WLA lacrosse. He [Moore] seems to be really in touch with his area and the sports being played there. I don’t think I could convert him to becoming a ‘Bellies fan, but I’m sure he will be cheering for us in Manchester.”

Thanks to the assistance and hard work of Peterborough MP Dean Del Mastro, thirty MP’s, Senators and guests attended the reception meet and greet to raise awareness of the fundraising program to some of our country leaders. Some of the MP’s are having the prints set up in the local arena where indoor lacrosse is played.

“The reception and the unveiling of the limited edition print allowed us to make a respectful and diplomatic pitch for increased funding and support going forward,” added French.

The two big name Cabinet Ministers in attendance were Tony Clement and James Moore. Arguably one of the biggest lacrosse fans in Ottawa, Moore is no stranger to Canada’s National Summer Sport. On any given Saturday night during lacrosse season, Moore can be seen supporting the Coquitlam Adanacs at the arena on Poirier.

“As an avid lacrosse fan and proud supporter of my local Team the Coquitlam Adanacs, I can personally attest to the tremendous support across Canada for our national game and all of our local lacrosse teams,” stated Minister Moore”

Other notables who attended the reception included: The Speaker of the house, the Honourable Peter Milliken; MP Jim Abbott - Parliamentary Secretary for International Cooperation; MP Dean Del Mastro (host); MP John Duncan- Parliamentary Secretary for Indian and Northern Affairs; and other MP’s Ed Holder, Greg Rickford, David Tilson, Rob Clarke and Ray Boughen.

“I was delighted to welcome members of the 2010 Team Canada to Ottawa, and I wish them every success at the World Field Lacrosse Championship in Manchester, England this summer,” said Minister Moore.

For more information regarding the 2010 Team Canada Men’s Lacrosse team and ways you can support the program, visit their website at www.teamcanadalacrosse.com.

Merrick Thomson Still Aims To Play For Canada



Team Canada 2010 top 55 players & staff at the in October 2009 Selection Camp in Toronto.

*News release-Team Canada Men's Field Lacrosse Team Toronto
Media co-ordinator: Neil Stevens*

It has been a long road back for pro lacrosse star Merrick Thomson. He'll play again. He's just not sure exactly when that'll be.

The 26-year-old native of Hamilton hasn't appeared in a game since being named most valuable player of the Major Lacrosse League playoffs while helping the Toronto Nationals win the 2009 pro field title.

A high hit during MLL play forced him to sit once the pro indoor National Lacrosse League season began in January and the Philadelphia Wings have missed him. Thomson was one of the NLL's leading goal scorers last year with 39 and the Wings sure could use that kind of offensive thrust now.

Thomson is on the mend, and setting goals keeps him on a path that will see him back in uniform. David Huntley, head coach of the Wings and of the Canadian team for the 2010 World Field Lacrosse Championships in Manchester, England, in July, is confident enough in Thomson's return to top form that Thomson is included on the final roster just posted by Team Canada general manager Johnny Mouradian.

"It's a really big accomplishment in my lacrosse career," Thomson says of his inclusion. "There is no greater honour than to represent your country, especially after watching the Olympics and seeing all the Canadian athletes perform and win. It makes me want to hear the Canadian anthem in England."

"Missing the NLL season has been tough thus far and it hurts to not be playing with my teammates in Philadelphia. This injury does require rest and I have done that and I am now in the process of healing fully due to several key people most notably my trainers, my acupuncturist and osteopath."

Huntley will be the first to applaud when Thomson pulls the pads back on.

"Merrick is doing everything he can to get back on the field," says Huntley. "There is no time line or expected date for a return. It is a slow process and he is handling it in an exemplary manner."

Dean French, the executive director of the national men's team, can relate to what Thomson has been going through because he also suffered a head injury from a cycling mishap that involved a lengthy recovery process.

"Far too many athletes rushed back into competition following a head injury," says French. "Having gone through post-concussion syndrome myself, I reached out to Merrick during our selection camp and told him that it would take more courage to stay off the field than to go back on too early. I know not playing has been tough on Merrick but having a knowledgeable and progressive coach like Dave Huntley helps in the healing process, which takes more time than people think."

John Grant, Dan Dawson, Brodie Merrill, Geoff Snider, Gavin Prout, Shawn Williams, Mark Steenhuis and Jordan Hall are among the established pro stars that will push the ball up the field and attack for Canada in Manchester.

Second-year pro Rhys Duch and impressive NLL rookies Garrett Billings, Zack Greer and Kevin Huntley provide young legs in a dynamic offence. Ryan McClelland, a midfielder who is playing in the NCAA at Colgate, also made the team.

Kevin Huntley, who plays for the NLL's Wings, is the coach's son.

"I love playing for my dad," he says. "I pretty much have my whole life. He knows how to get me going if I'm down, and he really knows his stuff so it's easy to make mid-game adjustments when he points out mistakes that are being made. It's an added bit of pressure on myself sometimes because I hate letting him down."

He's willing to take on any role he's asked to play.

"It is a great honour to be selected to the team," he says. "I can't wait for a chance to compete for gold. I am extremely excited about the opportunity that lies ahead. Competing for a world championship while having the chance to play with a great group of guys is going to be something I will never forget."

"I'm not expecting to come in and take a spot in the starting line-up over a guy like (John Grant) Junior. I am expecting to be able to work with him and all the other guys though to build a chemistry that will be special and that will give us a chance to win. I'll let the coaches and natural flow of what our offence seems to take on to see where I fit in. Versatility will be key and I think our team is full of versatile players."



Team Canada 2010 Roster

Attack:

Garrett Billings, Langley, BC
John Grant, Peterborough, ON
Zack Greer, Whitby, ON
Kevin Huntley, Baltimore, Md.
Merrick Thomson, Hamilton, ON

Midfield:

Dan Dawson, Oakville, ON
Rhys Duch, Victoria, BC
Jordan Hall, Surrey, BC
Ryan McClelland, Brampton, ON
Gavin Prout, Whitby, ON
Billy Dee Smith, St. Catharines, ON
Geoff Snider, Calgary, AB
Mark Steenhuis, St. Catharines, ON
Shawn Williams, Oshawa, ON

Defence:

Mac Allen, Toronto, ON
Curtis Manning, Surrey, BC
Brodie Merrill, Orangeville, ON
Patrick Merrill, Orangeville, ON
Phil Sanderson, Orangeville, ON
Jon Sullivan, St. Catharines, ON
Matt Vinc, St. Catharines, ON

Goal:

Angus Dineley, Toronto, ON
Evan Kirk, Kitchener, ON
Chris Sanderson, Orangeville, ON

Coaching Staff:

David Huntley, Head Coach
Randy Mearns, Assistant
Paul Stewart, Assistant
Taylor Wray, Assistant
Jeff Gombar, Bench Coach

Playing for Canada's Under-19 team was a 'pretty deep experience' and whetted his appetite for his next foray onto the international scene.

"It gives you an immense amount of pride and motivation to do everything in your power to represent your country to the best of your ability," he says. "Those feelings will only be elevated (in Manchester) as it will be a bigger stage with more on the line."

NLL Madness

By: Teddy Jenner

Though I wish I could, I don't have the ability to see into the future; if I did I'd most likely be plying my trade in some high paying job for the CIA. I have yet to meet Doc Brown and try out his DeLorean; nor do I have a hot tub time machine. The best I've got is education, experience and opinion. With the race to the post season this tight, it's anybody's guess who might be there.

At this point, entering week 12 in the NLL, we are witnessing some pretty great lacrosse all around the league. As mentioned the races from top to bottom in the standings and even the scoring charts are nail biting close. With the play-offs just weeks away every game becomes vital as each team jostles for position.

The Colorado Mammoth is having one of the strangest seasons in memory. Starting out having traded long time Captain Gavin Prout for the rights to draft Ilija Gajic, brought concern from some fans but the brain trust felt they were moving in the right direction. However, once starting goaltender Curtis Palidwor went down with an injury, the team's numbers in the win column followed. They pretty much have to win out to have any hope of a post season invite. The hiring of head coach Bob Hamley and his long time coaching mate Bob McMahon gives them some life but it could be too little too late. The other four teams in the west look to be set, with Washington, Calgary, Edmonton and Minnesota in a tight race with only two and a half games separating one from four. The Stealth have been atop the standings since week one and while they

had a bit of a rough stretch, look to be the team to beat. Defending champs Calgary are putting up a great battle to repeat and their provincial rivals in Edmonton are playing great under new coach Derek Keenan, looking to make their first ever play-off appearance. The Swarm have struggled with consistency but their offense, while a bit undersized, is explosive and very dangerous. If Colorado can go on a run, they could put some pressure on the Swarm and as for the top, any of the other three could walk away the #1 seed.

Out east things are just as tight. The Philadelphia Wings, like the Swarm, have struggled to play consistent ball and are a few games back for that all important 4th spot. When looking at the standings, one might be surprised to see the Buffalo Bandits sitting outside the play-offs, having been one of the most dominant teams over the past five seasons. They started the year 0-4 and were without the services of NLL all-time leading scorer John Tavares. But since he came back, Bandit-ball has been resurrected and is once again making a strong push to get back near the top of the division. If you haven't seen JT's back to back overtime game winning goals this year, you need to pay attention more. For the teams that as of now are play-off bound, it's a dog fight for the top spot. Toronto started the season on fire. The return of Colin Doyle had an immediate affect on a franchise that had struggled since his departure. Stephan Leblanc and Garrett Billings are having amazing seasons. They will finish one, two in rookie scoring, both are in the top 10 and may very well split the rookie of the year award. The Orlando Titans, yes Orlando Florida,

are once again proving that having quality American horses on your squad can be successful.

Jordan Hall is leading the way for the defending Eastern champs but Casey Powell takes some of the worst beatings game to game. Not since the Gait brothers were being chopped down by the North Shore Indians have I seen a player garner so much defensive attention. The Boston Blazers continue to play inconsistent lacrosse. Starting the year 0-3, they have won six of their last eight and are poised to take the top spot. Dan Dawson is still the driving force for the Blazers and if they can get hot near the end of the season, they definitely could be heading to the finals. Finally, sitting in fourth spot, the Rochester Knighthawks. I have a soft spot for these guys and have always wanted them to do well but it seems they have fallen behind the big dogs in the East. They have all the tools in place. A high powered offense, an athletic and aggressive D and a goalie that has valuable big game experience. But for some reason they just can't get back to the high flying, freewheeling team from the early part of the decade.

So with just a few more games to be played in the 2010 NLL regular season, we have to ask ourselves, who will come out on top? Can the Edmonton Rush not only make the play-offs but win the West? Will Buffalo be able to bounce back and make the post season? Can Colorado and Philadelphia turn things around in time to make a run? Hopefully you didn't wear yourself out with March Madness cause April and May have a whole lot more in store.



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SUBWAY® Restaurants LacrosseTalk National Rankings (2010 Pre-Season Ranking)

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

- 1 Orangeville Northmen
- 2 Coquitlam Adanacs
- 3 St. Catharines Athletics
- 4 New West Salmonbellies
- 5 Brampton Excelsiors
- 6 Six Nations Arrows
- 7 Nanaimo Timbermen
- 8 Victoria Shamrocks
- 9 Whitby Warriors
- 10 Edmonton Eclipse

Dumb Jocks? Not in this League

By: Ryan McGrath, Commissioner, CUFLA

The Canadian University Field Lacrosse Association (CUFLA) celebrated its 25th anniversary this year, an important milestone for any sports league.

CUFLA has come a long way in that time, with intense competition that improves in quality each and every year. That success has led to the growth of the university game across the country, with a league starting in the Maritimes and new club teams forming at the University of Saskatchewan, the University of Alberta and the University of Victoria.

Today, CUFLA teams have student-athletes from both the United States and Canada playing in the most competitive field lacrosse league in the country. Many of those student-athletes come from British Columbia, already known for producing some of the best lacrosse players in the world.

These athletes are excelling on the field and in the classroom. On the field in 2009, CUFLA graduates have: Scored the game winning goal in the NLL's championship game (Mike Carnegie-Calgary Roughnecks, University of Western Ontario); Scored the game winning goal in MLL's championship game (Shawn Williams-Toronto Nationals, Brock); Scored the game winning goal in the Mann Cup (Colin Doyle-Brampton Excelsiors, Laurier); Won the Mann Cup MVP Award (Shawn Williams-Brampton Excelsiors, Brock); Won an MLL New Balance championship with the Toronto Nationals (Stephen Hoar (U of T), Jon Sullivan (Brock), Shawn Williams and Colin Doyle); ten athletes were invited to try-out for the 2010 Team Canada Men's team; and fifty-five athletes played professional box lacrosse.

The following four British Columbian student athletes are living up to their hype on the field, and excelling at their respective schools.

Wayne Punchak (Carleton University) of Coquitlam is a product of the BCLA Team BC Field Lacrosse program winning a National title with the 2007-2008 Selects team. In 2009 with Carleton, he was a CUFLA Eastern Conference All-Star on defense. Wayne is currently completing an Engineering degree at Carleton University. He would like to pursue a career in research and development, with a particular interest in biomedical equipment.

Kyle Robinson (McGill University) of New Westminster is a Salmonbellies product and a member of the 2009 Team BC Selects silver medal team. A Field Lacrosse defender, Robinson helped lead the Redmen to the 2009-10 CUFLA Semi-final game. Kyle is pursuing a Bachelor of Science degree with interests in Biochemistry and Kinesiology.

Nathan Dickson (University of Western Ontario) of Abbotsford was a member of the Team BC U16 Selects team and that were silver medalists at the U16 Canadian Field Lacrosse National Championships. He was also a member of three BC provincial field lacrosse championship teams. Dickson runs at attack and midfield at Western. A Kinesiology major and Dean's Honour roll student, Nathan plays both lacrosse & basketball for Western.

Bryson Laeune (Bishop's University) of North Vancouver is a member of the New Westminster Salmonbellies Intermediate A team. Bryson is one of three Laeunes playing lacrosse for Bishop's, joining him are his cousins Andre and Joseph who hail from Halifax. Bryson is a freshman in the Sociology and Criminology program.



U of Toronto midfielder seen here in 2009 CUFLA action.

Jishan Sharples (McGill University) of Vancouver, BC was selected in the first round of the BC Midget draft by the Burnaby Jr. A Lakers. He spent two seasons with the Burnaby Mountain Selects and runs as an offensive midfielder as well as a short-stick defensive midfielder at McGill. Jishan is now a freshman at McGill's prestigious Desautels School of Management and hopes to pursue a career in international aid or healthcare management.

"The CUFLA is both an exciting and challenging league to play in," said McGill's Jishan Sharples. "Not only are many players stars in the Ontario and BC box and field lacrosse leagues, a lot of players are also great field players from the United States."

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