

\$1.00 August 2009

LacrosseTalk

The Official Publication of Canada's National Sport

Fridge, Perrault, Brown, Oddy & Cablevision HALL OF FAME BOUND!



By: LacrosseTalk Staff

The 2009 Canadian Lacrosse Hall of Fame New Inductees will go down as one inductee class with plenty of class!

Ten new members and one team were named July 6, 2009 for induction into the Canadian Lacrosse Hall of Fame at the ceremony later this November. The new inductees are Builders Edwin George (Ted) Fridge (deceased - Port Coquitlam, BC) and Jack Wilson (Mississauga, ON); Box Lacrosse Players Rick Brown (Victoria, BC), Dan Perrault (Coquitlam, BC), Ken Ruttan. (Peterborough, ON) and Darris Kilgour (Sanborn, New York); Veteran Players Ken Oddy (Vernon, BC) and John T. Hewitt D.F.C. (deceased - Toronto, ON); Field Lacrosse Players Johnny (Gypsy) Mouradian (St. Catharines, ON) and Chris Sanderson (Pennington, New Jersey) and the 1977-79 Burnaby Cablevision squad in the Team Category.

The 2009 class of the Canadian Lacrosse Hall of Fame has a western flair of inductees many present day lacrosse fanatics and enthusiasts will recognize. One such inductee has finally etched his mark as a Builder in the hallowed hall. That person is Ted Fridge.

"It has been definitely long overdue," stated BCLA President Sohen Gill. "Ted was a very hard worker for lacrosse and this accolade is very well deserved."

"We were thrilled that it happened," stated Daren Fridge. "It's been a great year for our family with the recognition Ted has gotten and he will rest comfortably where he is."

Ted Fridge was a long-time supporter of both box and field lacrosse with his roots in the Tri-Cities area of Port Coquitlam and Coquitlam.

This lacrosse lifer, was known as Mr. Fridge to many, was an educator in District 43 as an elementary school teacher and Principal. Ted joined the Port Coquitlam Minor Association executive after his eldest son Tom started lacrosse in 1974. Within three months on the executive he was named President and served in that position for seven years.

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



Fridge had a passion to develop field lacrosse in the Tri-Cities in the 1980's. He started youth leagues, coached and managed teams as well as lined the fields and brought gear for players who didn't have all the gear to play field lacrosse. Ted always showed up to the field with extra sticks for the defensemen and goalies.

But it was the lacrosse exchanges he co-ordinated with high school field lacrosse teams in Northern California that really opened the eyes of the field lacrosse newbies from BC.

"I don't think he knew about the impact this would have on field lacrosse," remembers Daren. "He helped overcome the barriers of box and field lacrosse and made it work."

Ted joined the Coquitlam Adanac family as the Junior A team President and GM for eight years in the 1980's and helped resurrect a financially strapped Senior Adanac team in 1990 to rebuild them to vie for the 1993 Mann Cup. Fridge would later spend six seasons with the Burrard franchise as President and GM. He also spent twenty years running the Adanac Field Lacrosse Club winning two Ross Cup national titles.

On May 30, the City of Coquitlam dedicated a new artificial turf field in Fridge's honour for all his significant contributions to the advancement of sports in Coquitlam.

"Our family is thrilled for him and thrilled he's getting recognition for all the work he has done," stated Wendy Fridge.

In the Player Category, two past icons in the west had incredible careers finding the net. Coquitlam's Dan Perrault was one such goal scorer with a big presence.

"It was quite an honour being named with so many greats in the Hall," said an elated Perrault.

Perrault played his entire Junior A lacrosse career with the famed Burnaby Cablevision over seven seasons from 1972-78 scoring 251 goals and 285 assists for 536 points in 133 games. He played his first Junior A game in 1972 as a first year Midget.

"Jack Crosby pushed us forward and had a vision," remembered Dan. "He basically guided us and it was his call. I had no idea what to really expect -- I was a bit young and naive."

He was a 3-time All-Star and led the 1978 BC Junior A Lacrosse League in scoring with 123 points. His Junior A dominance ranks among the game's best -- third in All-time points (536); fourth in All-time goals (251); third in All-time assists (285) and tied for the most games played (133). Dan won two Minto Cup titles in 1977 and 1978 with the Burnaby Cablevision.

continues on page 4



www.firststar.ca

Toll Free: 1.800.668.3020



TR 42

Lewis Ratcliff

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

STAY COOL AND DRY
COOLSKIN™
WARM & SKIN™
STAY WARM AND DRY





British Columbia Lacrosse Association

www.bclacrosse.com

A Hall of Fame Night for Lacrosse

By: LacrosseTalk Staff

The BC Sports Hall of Fame and Museum Hall of Fame induction Banquet of Champions took place May 13, 2009 at the Vancouver Convention Centre Expansion.

The BC Sports Hall of Fame and Museum selection committee inducted eight individuals and two teams for induction as part of the 2009 class. They included athletes: Lori Bowden (triathlon), Carol Huynh (wrestling), Chris Loseth (horse racing), Larry Walker (baseball) and Paul Parnell (lacrosse); builders Les McDonald (triathlon) and Sohen Gill (lacrosse); and media person Archie McDonald. Selected in the pioneer category is the Vancouver Dueck Powerglides Wheelchair Basketball Team and in the team category the 2008 Canadian Olympic Men's Rowing Team.

Gill enters the BC Sports Hall of Fame with ex-Salmonbellie great Paul Parnell, joining just nine past lacrosse inductees including Lacrosse Athletes Alex "Dad" Turnbull (1967), Cliff "Doughy" Spring (1967), James Douglas

(1967), John Crookall (1967), Jack Bionda (1998) and Wayne Goss (1989). Past Lacrosse Builder Inductees include Douglas Fletcher (1968), William Dickinson (1967) and Merv Ferguson (1978). Only three teams have ever been inducted in the Team Category -- they are the 1908 New Westminster Salmonbellies (2003), the 1936 North Shore Indians (1999) and the 1964 Vancouver Carling Lacrosse Club (2005).

But what a night it was for the lacrosse community at this gala event. This was the first time since 1967, when five charter members from lacrosse were inducted into the hall, that there were two lacrosse people inducted in the same class. Archie McDonald, who was also inducted in the 2009 class as a media person, had very close ties to the lacrosse community as a Sun scribe covering lacrosse over the years. Other lacrosse notables taking in the event were three members of the 1964 Vancouver Carling Lacrosse Club in Gary Stevens, John Cervi and Bob Parry. Cervi and Parry presented Gill and Parnell during the ceremony.



Photo: Jeff Gombar

Gill, Parry, Goss and Parnell at BC Sports Hall of Fame gala in May

The Salmonbellie lacrosse family was well represented as well with Wayne Goss and Jack Fulton taking in the event with many family and friends.

Once again, congratulations to Sohen Gill and Paul Parnell for their incredible achievements in lacrosse. The lacrosse community commends you for your accomplishments.

Getting to the Good Stuff Faster

By: Jen Mutas, BCJALL Reporter

Growing almost as fast as the talent in the BC Junior 'A' Lacrosse League, is the development by executives to ensure the league is as advanced as possible. With the increasing success of the Midget draft over the last three years, the concentration has now shifted to the end of the season playoffs.

In a unanimous motion passed before the 2009 season, the league governors and presidents agreed on a new playoff format. The first round of playoffs (teams placed 3rd through 6th in the regular season) would play in a best of three series; the first and second place teams who received a bye join in for the second round in a best of five series, leaving the championship battle to an exciting best of seven.

"Ultimately the league was looking to get those two top teams who receive a bye playing sooner," says BCJALL commissioner Al Lang, "they were waiting two to three weeks until they got a sniff at playoffs which was a little too long. Obviously the league will be looking at how it worked after the season is done, we have to make sure it makes sense in all departments including financially."

Although the initial support had all eight teams in favour, now that the motion has taken effect the reaction is mixed.

"After experiencing the new format I think it didn't work," says Nanaimo Timbermen Governor Forbes Mitchell, "our team was hit with bugs and injuries right at the wrong time and the three game format gave us no recovery time for that, or even just a 'flat game'."

Mitchell offers a suggestion if the format were to change again, "After our club's experience I think the way to go is the top four teams

play a best of seven for two rounds, giving the best team to have a better chance to come out on top."

Defending BCJALL champions Victoria were the beneficiaries of a shorter break in between the regular season and their spot in the second round of playoffs thanks to the new format, and their executives are in favour even though they lost their series with the Salmonbellies.

Assistant coach and governor Rod Wood supports the format through a financial standing. "The longer series creates more interest in the communities which translates into more people at the games. Hopefully this will convert some first timers into new fans and help grow the love of the sport in our areas."

Head coach and GM Danny Green enjoys the building intensity of the new format. "With the final being a best of seven, it should allow the best team to show their worth and represent the West with the best chance to win (the Minto Cup)."

Reaching the BC finals for the first time since 1996, the New Westminster Salmonbellies are making the most of the new format after sweeping the Timbermen, and beating the defending champs Victoria three games to one.

"I like that it really benefits the graduating players as well as testing all levels of the team to adapt to new situations," says 'Bellie head coach Brad Parker, "it showcases the grads in a series like this and gets them ready for the next step in the WLA or NLL. It also helps prepare the team who ultimately advance to the Minto Cup by hardening the players and defining both offensive and defensive systems. Everyone I know is excited for the best of seven final between the two best teams; it's great for the fans, players, and the sport as a whole."

Both the Alberta and the Ontario Junior A leagues continue with a best of seven playoff format for all post season series; depending on the outcome here on the west coast, it may prompt the other leagues to consider straying from tradition and trying a new format as well.

In Memory of Jack Crosby "Mr. Lacrosse"



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

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

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

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

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

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

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

Continued from Cover Article:

Fridge, Perrault, Brown, Oddy and Cablevision HoF Bound

“That 1977 team was very special,” reminisced Perrault.

Perrault was a highly touted first round pick by the Western Lacrosse Association’s Vancouver Burrards and joined them in a re-building phase for his first full season in 1979. In his 10-year WLA career Perrault netted 213 goals and 256 assists in 182 games.

Rick Brown of Victoria will join Perrault in the Hall as a past great player. Since leaving lacrosse over a decade ago he has not been too active with the sport and was quite astonished getting the call to the Hall.

“I was very surprised to be nominated and felt honoured to be inducted,” stated the past Shamrock leader. “It means so much to be included with the memorable lacrosse players already in the Canadian Lacrosse Hall of Fame.”

This Victoria lacrosse star played his Junior A lacrosse for the Victoria-Esquimalt Legion in the mid-1980’s. Brown was known for his play-making abilities as a talented point man. He led the Western Lacrosse Association as the Scoring Leader (1991, 1993 & 1994); Assist Leader (1991-1994); the WLA First All-Star team 5 years in a row (1990-1994); and captured the Commission Trophy as League MVP in 1990 and 1993. In 249 WLA regular season and playoff games, Brown scored 181 goals and 633 assists for 814 points.

“When I was young I wanted to be like the guys wearing Shamrocks uniforms playing in Memorial Arena,” reminisced Brown. “I didn’t really have any lacrosse idols growing up but I was always trying to be as good as my older brother.”

In 1997, Brown finished his career on top of his game winning the WLA title and hoisting the Mann Cup in old Memorial Arena in front of 5000 fans -- winning his only Mann Cup ring in his final game.

Ken Oddy of Vernon, BC was pleasantly taken aback when he received news as the western selection in the Veteran Player Category.

“I was quite surprised actually -- but a nice surprise,” stated Oddy.

He played his minor lacrosse in East Burnaby, graduating to the Junior Salmonbellies in 1956 and joined the Mount Pleasant Legion to help win the 1956 Minto Cup. Oddy played seven seasons of Senior lacrosse with New Westminster from 1957-64 until his work took him out of town. He returned to New Westminster in 1968 to play professionally in the National Lacrosse Association winning the NLA championship in 1968.

“It was amazing winning (the NLA 1968 title),” stated Oddy.

Oddy scored 20 or more goals in nine of his ten full Senior A seasons, accumulating 392 goals and 166 assists for 558 points in 348 games. He was named to the All-Star team four times, once to the First team and won four Mann Cups. Following his playing days, Oddy remained active in lacrosse as a coach and referee.

“As a player he was tall, rangy and an excellent creaseman with a good shot,” stated lacrosse historian Stan Shillington. “He did much more for lacrosse than just a player -- he was one of the founders of the Coquitlam Adanacs in 1965 and helped develop Senior teams in northern BC.”

And in the Team Category, the 1977-79 Burnaby Cablevision Junior A lacrosse team dominated Junior Lacrosse in BC and Canada

from 1977-79 winning 62 of 76 regular season league games and 24 of 26 playoff games while winning three consecutive Minto Cup Championships.

“They were well skilled teams and it was the team development with a team philosophy that worked into our successes,” explained former Cables head coach Dan Mattinson.

In 1977, the Cables finished with a 27-1 record netting 579 regular season goals and held six of the top ten scoring spots. They defeated Whitby 4 games to 2 to win the first Minto Cup in Ontario by a BC team since 1953 – no BC team has done so since. The 1978 Cablevision squad finished atop the BC Junior A League with a 20-3-1 record and swept Victoria and New Westminster to win the BC title. They once again met Whitby in the Minto Cup winning the series 4 games to 1 for their second consecutive title. In 1979, Burnaby finished in second place in the BC Junior A League with a 15 win and 9 loss record but peaked in the playoffs defeating New Westminster in the BC final 4 games to 1. The Cables would go on to beat Peterborough 8-6 in a one-game Minto Cup final for their third Minto Cup title in as many years.

“The accomplishment of a western team winning the Minto Cup in all 3 years was incredible,” stated Mattinson.

The eastern contingent rounding out the 2009 Canadian Lacrosse Hall of Fame Inductee class of the 2009 includes Builder Jack Wilson; Ken Ruttan and Darris Kilgour in the Box Player Category; John T. Hewitt D.F.C. in the Veteran Player Category; and Johnny Mouradian and Chris Sanderson in the Field Player Category.

Jack Wilson of Mississauga, ON is an outstanding lacrosse person who has dedicated over 31 years to the development of Junior lacrosse in Mississauga. Wilson, still active today as a volunteer 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 3 Ontario Junior B titles in 1969, 1986 and 1987 winning the Founders Cup in 1986. He has been an active participant in Junior A Lacrosse in Ontario by serving on the Board of the Junior A Council. Jack Wilson was inducted in the Mississauga Sports Hall of Fame (1999) and the Ontario Lacrosse Hall of Fame (2003).

Ken Ruttan of Peterborough, ON was a big, burly defenseman who intimidated opponents with his size and defensive abilities, yet he was quite an offensive threat. As a member of the Junior A Hastings Legionnaires, Ken was a league top ten scorer winning the Dennis McIntosh Memorial Trophy as OLA Junior Series MVP in 1961 and later winning a Minto Cup title that year. In 1964, Ruttan experienced his first Mann Cup final with the Senior A Brooklin Merchants, but it wasn’t until 1966 that he could drink from the cup as a member of the Mann Cup champions Peterborough Pepsi Petes. He was a member of the 1967 Team Canada Men’s Field Lacrosse team that won a bronze medal. Ruttan was inducted into the Ontario Lacrosse Hall of Fame in 1997 and the Peterborough & District Sports Hall of Fame in 2003.

Darris Kilgour of Sanborn, New York was an exceptional player who excelled in all aspects of the game. As a St. Catharines Junior Athletic, he tallied 135 goals and 215 assists for 350 points in 60 games. In the Majors, he scored 140 goals and 222 assists in 93



games. He has the distinction of winning five consecutive Mann Cups with Brampton (2) and Six Nations (3) from 1992-96. He received the Mike Kelly Award as Mann Cup MVP in 1994. As a professional, he played for the Buffalo Bandits winning three NLL titles in 1992, 1993 and 1996. He is presently the coach of the Buffalo Bandits and was recently elected into the NLL’s Hall of Fame.

John T. Hewitt D.F.C. (deceased) of Toronto, ON, played Junior lacrosse with the Orillia Terriers winning the Minto Cup in 1939 and 1940. Since there was no senior team in Orillia upon graduating, he went on to play for the Mimico Mountaineers team in 1941 and 1942. He then joined the R.C.A.F., became a pilot and spent the next four years overseas. As a bomber pilot, Hewitt had 40 tours of operations and received the Distinguished Flying Cross (D.F.C.) After the war, John returned to the Mimico Mountaineers from 1946-1950, finishing his career in Weston in 1952. He was a strong two-way player with superior play-making skills. In his Senior career, he scored 186 goals and had 211 assists for 397 regular season points. Hewitt was inducted into the Ontario Lacrosse Hall of Fame in 1970.

Johnny (Gypsy) Mouradian of St. Catharines, ON started his playing career as a box player in St. Catharines in the early 1970’s. He attended Ithaca College from 1973-76 where he excelled at the field game as a captain and All-star attackman. Mouradian was a two-time member of the Canadian National Field lacrosse Team in 1974 winning bronze and in 1978 winning Canada’s first World title in Manchester, England. A keen knowledge for field lacrosse, Mouradian continued playing club ball with Niagara and Oshawa Blue Knights Field Clubs through the 1980’s winning four Ontario Championships. Johnny became more involved in the development of field lacrosse at the coaching and management level and has helped coach and organize many field programs in Canada. He is currently President and General Manager of the Washington Stealth of the NLL. Johnny is a member of five halls of fame including the Ontario Lacrosse Hall of Fame (1998), Ithaca College (2000), Canadian Lacrosse Hall of Fame (1978 Team Canada team), St. Catharines Sports Hall of Fame (2008) and the NLL Hall of Fame.

Chris Sanderson of Pennington, New Jersey started his career as a box lacrosse player in Orangeville, Ontario. A box lacrosse goaltender by trade, Sanderson learned the field lacrosse goaltender position on his own. He was recruited by the University of Virginia where he played from 1995-98 and led the Cavaliers to two NCAA Final Four Tournaments. Sanderson was the starting goaltender for the 1998, 2002 and 2006 Team Canada Senior Men’s Field Lacrosse teams winning silver in 1998 and 2002. Sanderson, a two-time International Lacrosse Federation All-World Goaltender in 1998 and 2006, backstopped the 2006 Team Canada squad to its first World title since 1978 defeating the USA 15-10. He has the distinction as the only goalie in World Games history to hold Team USA to 10 goals in a game. His 14 wins and 5 losses ranks as the best record of any goalie in the history of the World Games.

The new inductees will bring the number of those honoured in lacrosse’s national shrine to 450--136 Builders, 198 Box Players, 80 Field Players and 36 Veterans (those who played prior to 1970). There are 12 teams inducted in the Canadian Lacrosse Hall of Fame Team Category.

The formal induction banquet and ceremonies will be held November 14, 2009 at the Firefighter’s Club in Burnaby, British Columbia. Tickets are \$75 each or \$60 for members of the Hall. For additional information please contact Randy Radonich, Canadian Lacrosse Hall of Fame Chair at (Home) 604-936-1642 or (Cell) 604-862-1642 and for ticket information contact Sohen Gill at 604-421-9755.

BCLA Golf Classic 2009

By: LacrosseTalk Staff

On Thursday June 25, 2009 the BC Lacrosse Association hosted the 8th Annual President’s Golf Classic – honouring Skip Chapman at the Carnoustie Golf Course in Port Coquitlam, BC.

For the fifth year running, the event was sold out with 144 golfers. Canadian Lacrosse Hall of Famers who attended included Eric Cowieson, Jack Fulton, Paul Parnell, Rick Richards, Bob Tasker, Bob Babcock and Sohen Gill. Many pro players and Senior A players also rounded out the field.

We take great pride in bringing the lacrosse community together with players, coaches, fans and friends of lacrosse for a day of golf and a chance to reconnect. The weather kept dry and warmed up just after a morning of rain hours before tee off! Sponsors, lacrosse friends and players alike competed in the Texas Scramble event.



The 2009 Presidents Golf Classic champs were the Baldwin Foursome

Each hole was sponsored by a company of which the BC Lacrosse Association is very grateful for their support. They included; SportsFunder-BC Lottery Corporation, Park Georgia Realty, Ocean Fisheries Ltd., BCLA, PEPSI Bottling Group, CAP-IT Coquitlam, Warrior Sports Canada, Trail’s End Stables, Investors Group, Coquitlam Senior Adanacs, Beachcomber Hot Tubs, Delta Whistler Village Suites, Coastal Web Press Company, Lougheed Village Pub, Freedom 55 Financial, Pacific Fasteners Ltd. and the Dorothy Robertson Family. Thank you for your continued support!

The golf shirts were co-sponsored by Firststar Performance Apparel and PEPSI Bottling Group sponsored all the trophies, pop, Gatorade and water. Thanks to Thrifty Foods-Austin Station for the fruit, Old Dutch Chips for munchies and of course Max’s Donuts for donuts.

Many thanks also go out the endless list of companies who donated prizes for the foursome gifts. Thanks to: 57 Below Liquor Store, Authentic Wine & Spirits Merchants, BCLA, Beachcomber Hot Tubs, Big Kahuna Sports, Brooklyn Tap & Grill, Carnoustie Golf Course, Charter Bus Lines, Delta Whistler Village Suites, Deluxe Seafood Vancouver, Dewy’s Pub, Firststar Performance Apparel, Foggy Dew Public House, Fraser Downs Racetrack, Freedom 55 Financial, Gayle Chidley, Gino’s Restaurant, Hastings Park Entertainment Inc., In Style Hair Studio, Investors Group, John B Pub, Konica/Minolta, La Spaghetteria, Lougheed Village Pub, McDonald Gill Insurance, Me-n-Ed’s Pizza-

Poco, Moonraker’s Pub, Mr. Mikes Steakhouse & Bar, New Westminster Salmonbellies, Okanagan Spring Brewery, Pacific Breeze Winery, Paddlewheeler Pub, Pacific Press, Perfect Lies-Langley, River’s Reach Pub, Rodos Kouzina, Ross Rankin, Sammy J Peppers, Shell Station 49th Street, Stefano’s Restaurant, SUBWAY Restaurants of BC, Taverna Greka, Tempur Canada, The Frogstone Grill, The Old Spaghetti Factory, Thrifty Foods-Austin Station, Treehouse Bar & Grill, Van Houtte Coffee and Wilson International Products.

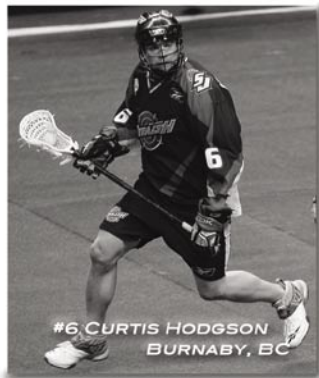
The Dorothy Robertson Family Putting Contest had two finalists with Kevin McConachie winning the \$100 Deluxe Seafood Vancouver prize. The Hole #14 Whistler Golf getaway package included a round of golf and two nights stay at the Delta Whistler Village Suites went to Grant Anderson. Park Georgia Realty and Investors Group offered great hole promotions to help raise awareness of their companies. Bill Mosdell won the Park Georgia penny count only 5 cents away from the total (2790 pennies).

The men’s PEPSI closest to the hole award was won by Kevin McConachie while Roger Millette smoked a huge drive to win the PEPSI Big Slam long drive contest. For the ladies, Kim Phillips was closest to the pin while Carolyn Bodnar had the long drive. And last but not least, the winning foursome, scoring 14 under par, was the foursome including Alf Baldwin, Rick Gaetz, Kiyo Hamade and Kevin McConachie.

Thank you to all the participants and volunteers like Sohen Gill, Gerry Van Beek, Heather Gale, Brett Cuming, Gloria Siegner, Karly Siegner, the BCLA staff and the Carnoustie staff for making this a great event. Be sure to keep the third week of June 2010 free in your calendar for next year’s event.



THE BEST LACROSSE PLAYERS IN THE WORLD ARE NOW JUST OVER THE BORDER WITH THE WASHINGTON STEALTH! COME SEE SOME OF BRITISH COLUMBIA'S BEST HOMEGROWN LACROSSE TALENT. CATCH ALL THE ACTION AT THE COMCAST ARENA AT EVERETT IN JANUARY 2010!



- GROUP DISCOUNTS
- CALL TO DISCUSS BUS TRIPS & HOTEL DISCOUNTS
- SHARE A SEASON! SPLIT SEASON TICKETS WITH FRIENDS
- CHECK STEALTHLAX.COM FOR 2010 SCHEDULE
- NO FOREIGN EXCHANGE IMPACT FOR GROUP & SEASON TICKETS (AS OF JULY 28, 2010)

FACEBOOK: WASHINGTON STEALTH TWITTER: STEALTHLAX

DIVE INTO THE ACTION!
GREAT SEASON & GROUP
TICKETS AVAILABLE TODAY!

WWW.STEALTHLAX.COM | 877-MY-75-TIX



Visit Coquitlam Town Centre Sports Field Complex



With the recent addition of two synthetic turf fields, and updates to the existing fields, Coquitlam's Town Centre Sports Field Complex is now a world class sporting facility.

At its Grand Opening on May 30, Coquitlam paid tribute to local sports figures Domenic Mobilio and Ted Fridge with an official ceremony to dedicate and name two of the new fields in their honour.

activeCoquitlam.ca Coquitlam

B.C. LACROSSE ASSOCIATION EVENTS - 2009

Pee Wee & Bantam Nationals

August 2-8, 2009
Whitby, Ontario

Female Bantam Nationals

August 4-8, 2009
Whitby, Ontario

Midget Nationals

August 23-28, 2009
Brampton, Ontario

Founder's Cup
August 17-22
Edmonton, Alberta

Minto Cup
August 21-30
Brampton, Ontario

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

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

Mann Cup
September 4-12
BC Host

BCLA AGM
October 16 & 17, 2009
Whistler, BC



Way To Go!

B.C. Lacrosse Association
SUBWAY® Restaurants
Volunteer Award



Dan Wray

Dan Wray (Kelowna -Lacrosse Developer)
Dan Wray has ventured on this lacrosse labour of love for 21 years starting in Surrey in 1988 and continuing his journey today in Kelowna. You name it, Dan's been a part of it! Dan was introduced to lacrosse by the Clark family and began volunteering with the Surrey Minors coaching his sons along the way. In 5 years, he helped grow the association to one of the largest in BC.
In 1994, he uprooted and moved to Kelowna where he joined Kelowna Minor as the Association Head Coach. He stepped aside from coaching duties soon after to help build the association infrastructure by recruiting coaches, coordinating awards nights, rebuilding lacrosse boxes, and laying the ground work in developing new associations in the Okanagan. Dan and others were instrumental in increasing the numbers of participants to 400 in Kelowna. Wray also spent a decade developing Senior lacrosse in Rutland. Wray has also been involved provincially holding many positions as Vice Chair & Chair of the BCLA Minor Directorate (6 years), BCLCA Secretary, Zone 2 Coaching Co-ordinator and Zone 2 Zone Director to name a few. He helped host numerous provincial championships while convening many others and has chaired Summer Games competitions in Nanaimo and Kelowna.
A level 2 coach, he's received many accolades including BCLA Executive of the year, named Mr. Lacrosse, Minor Association of the Year and the 2009 City of Kelowna top sports person (Bob Gujordano Sports Award). Dan continues to develop lacrosse wherever and whenever he can. Congratulations Dan!

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.



In Memoriam

Harry Woolley passed away May 23, 2009, of New Westminster, BC, has been involved in all facets of lacrosse as a player, coach, referee, manager and administrator for 47 years. His coaching career started in the youth levels in 1959 in North Burnaby; in Quebec in the 60's; and in Surrey and North Delta in the 80's. Woolley joined the BC Lacrosse Association (BCLA) Coaches Association in 1988 as the Chair where helped produce coaching manuals for the development of coaches. He coached all levels of lacrosse for over seventeen years. Harry officiated games from 1960-1984 including Mann, Minto and President's Cups, as well as the Nations '80 World Box Lacrosse championships. His most prominent appointments have been as Commissioner of the West Coast Senior Lacrosse League (Senior B) and BC Junior A Leagues; Chair and Vice Chair positions with the BC Coaches Association and Minor Lacrosse Commissions; and as President of the BC Lacrosse Association in 1996. Harry was inducted into the Canadian Lacrosse Hall of Fame in 2004.

Gord Kelly was born October 3, 1956 and passed away May 9, 2009. Gord was an inspiration as a player and an individual. His colourful character, outgoing personality and dedication to his teammates and others were something special. That is what we will all miss. Gord played for the Port Coquitlam Masters Box teams and the Tri City Masters Field Lacrosse teams for many years. Taken early from us at the age of 53, Gord's ability to make close and lasting friends was shown when his service of life had to move to a larger facility which held over 1000 people. He was always encouraging his teammates leading by example with his hustle and telling jokes – Gord's passing was a blow to us all. We will never forget him.

Stan Radonich, 80 years of age, passed away July 14, 2009. Stan played in 131 Senior lacrosse games with the Salmonbellies and Indians between 1953 and 1958, accumulating 71 points on 45 goals and 26 assists. For 50 years after he retired as a player, Stan remained active in the game with the Salmonbellies alumni.

Jack McKinnon

By: Stan Shillington

One of the most successful coaches in box lacrosse history was Jack McKinnon, the finger-nail-chewing architect of the Vancouver Burrards' organization that dominated Canada's National Summer Game during the 1960's.

No fewer than 23 individuals who played on teams piloted or managed by McKinnon were subsequently inducted into the Canadian Lacrosse Hall of Fame.

Additionally, his 1961 to 1967 teams, which played under the Pils and Carlings sponsorship names, was placed in the Hall in 1999 and the 1964 team into the B.C. Sports Hall of Fame in 2004.

Jack, himself, was inducted into the Canadian Lacrosse Hall of Fame's Builders category in 1978.

McKinnon was introduced to the game of lacrosse by the legendary Reg "Pop" Phillips (also a Hall of Fame Builder) during the late 1930's. By 1943, although not yet 17, Jack turned Senior with the old Richmond Farmers. In 168 senior games with Richmond, Navy, Indians and Vancouver, Jack accumulated 199 goals and 72 assists for 271 points.

While reaching the end of his playing career, he decided to give something back to the game by coaching a bunch of young teenagers. By 1954, Jack had guided his PNE Indians' Junior squad to the Minto Cup championship. The following year, the team whipped everything on the West Coast but, oddly, failed to get by Winnipeg in Western Canadian title play; however, it was another Minto Cup victory in 1956 for his club, now sponsored by the Mount Pleasant Legion.

Fantastic! Two national championships in three years and an incredible record of 74 wins, one tie and only four losses -- it was time, now, to invade the Senior level.

McKinnon moved his entire 1956 Junior squad into the Senior Inter-City Lacrosse League under the Vancouver banner, adding only a handful of veterans like Bob Marsh, Alfie Brenner, Jim Swanson, Gord Nickle and Bert Houston to stabilize youthful enthusiasm.

The success of McKinnon-led teams could be illustrated by the length of his cuticles -- the more losses, the shorter the nails. There was mostly skin where the fingernails were meant to be after the 10 and 20 first-year outcome.

Jack had vowed to go to the Mann Cup within three years of moving his charges up to Senior, otherwise he would step aside. Vancouver took second place in 1958 and repeated in 1959 but, both times, failed to capture the Western title. So, true to his word, he turned over the coaching reins



Jack McKinnon

to Bob Marsh. Jack remained with the team as vice-president and general manager.

The foundation he built proved to be rock-solid. Vancouver went to the national championship four times in the next six years, successfully capturing the Mann Cup in 1961, 1963 and 1964.

But the coaching bug still infected McKinnon, so much so that he again took hold of the reins in 1967 for just one more time before retirement.

Happily, he went out a winner, the proud leader of the 1967 Mann Cup victors.

Over a 14-year span as coach and/or manager of Junior and Senior lacrosse teams, Jack was a driving force that led his charges to four Mann Cups and two Minto Cups.

The Hall of Fame players on Jack's 1954 to 1967 Junior and Senior teams were Gord Gimple, Fred Usselman, Bill Chisholm, John Cervi, Peter Black, Sid Warick, Gord Frederickson, Don Hamilton, Bob Babcock, Bert Houston, Bob Marsh, Bob Parry, Bill Barbour, Ross McDonald, Skip Chapman, Dave Tasker, Alex MacKay, Gary Stevens, Alex Carey, Bob Salt, Wayne Shuttleworth, Alf Brenner, and Merv Schweitzer.

Mentor Pop Phillips taught McKinnon to give something back to the game he loved, an ethic Jack passed onto many of his former players: Lorne Reelie, a founder and president of the Coquitlam Adanacs; Salmonbellies' director Bob Stewart; ex-WLA president Tom English; historian/statistician Stan Shillington; Burrards' executive Bob Parry; Richmond Roadrunners' Minto Cup coach Ron Phillips, and former Senior "B" commissioner Howie Smith. In addition, Ross McDonald, Bob Salt, Gord Gimple, Bob Marsh, Alex MacKay, Peter Black, Ron Hemmerling, Val Robertson, and Dave Unwin were all successful coaches of Senior "A" teams.

Born in Vancouver on August 5, 1926, Jack McKinnon passed away June 3, 2009.

A celebration of the life of Jack McKinnon will be held between 2:00PM and 6:00PM September 17, 2009 at the Operating Engineers' Hall at 4333 Ledger Street in Burnaby.

BCJALL Play-off Spectacular

By: Brad Challoner

Junior lacrosse is only 3 years for most players. That's only 3 seasons to win a championship; 3 seasons to impress scouts; and 3 seasons to play some of the best lacrosse of your life before going onto bigger and better things. Some will go onto the WLA, the NLL, NCAA, and some may never play again. That is what makes the BCJALL playoffs so exciting. You get to see the third year 21 year-old players playing the best ball they possibly can in their last chance to hoist that coveted Minto Cup. The 2009 playoffs were nothing short of dramatic, intense and exciting, and people close to the game knew that whoever represented the west in Brampton would have a great chance to win it all.

After huge strides in the regular season, the Delta Islanders (8-12-1) and Nanaimo Timbermen (8-13) were quickly pushed aside and swept by the more experienced Burnaby Lakers and New Westminster Salmonbellies respectively. Both Delta and Nanaimo have some great young talent and the pieces are in place for both squads to make noise in 2010.

Meanwhile the top 2 teams in the regular season were awaiting their opponents via the bye. The 2 week layoff would prove costly to last season's champion Victoria Shamrocks (15-6). They ran into the red-hot New Westminster Salmonbellies at the wrong time. After missing the first part of the season fulfilling their duties in the NCAA, Curtis Dickson and Kevin Crowley were peaking while other teams were becoming fatigued. Crowley and Dickson combined for 27 points in the series and basically took down Victoria themselves. New West's goaltender Neil Tyacke shut down Victoria's snipers Joel Henry, Mike Pires and Kory Kowalyk. While goaltending was Victoria's Achilles heel all year, New West would take the best of 5 series 3 games to 1 to advance to the BCJALL finals and await the winner of other semi-final series.

Down the highway in Coquitlam the top team the BCJALL (20-1) and the number

one ranked team in Canada would meet the Burnaby Lakers for their third playoff series in as many years. After being eliminated by the Lakers the past two years the A's had a thirst for revenge and picked right up where they left off in the regular season stealing games 1 and 2. Coquitlam was led by huge performances from graduating players Trevor Moore and Corbyn Tao, and the solid goaltending combo of Chris Seidel and Danny Lewis. Coquitlam looked for the sweep in game 3 but Burnaby wouldn't go down that easy. They gave Coquitlam their first loss at home of the year, and then won a thrilling overtime game back in Burnaby to force a deciding game 5. In the elimination game Adanacs d-men Brandon Turner and Matt Beers were able to shut down the Lakers Shaun Dhaliwal and Riley Loewen to earn the Adanacs a trip to the BCJALL final to meet the Salmonbellies.

In the best-of-seven final series the A's and 'Bellies will surely go the distance. At press time the series was 2 games to 1 for Coquitlam.

PEPSI Player of the Year Winners

The 2009 PEPSI Player of the year awards have been chosen and the zone winners are: **Zone 2-Michael Henry (Kamloops); Zone 3-Owen Munro (Mission); Zone 4-Brendan Mykle-Winkler (Langley); Zone 5-Zach Pringle (North Delta); Zone 6-Brody Pepper (Peninsula); Zone 7-Nick Carey (Terrace); Zone 8-Cole Paciejewski (Prince George) and the 2009 Midget MVP Winner was Ross Bowman (New Westminster). All Zone winners receive a Zone Player of the Year jacket, and a scholarship of \$500; the overall 2009 Pepsi Player of the Year Award winner and the 2009 Midget MVP winner will receive a \$1,000 scholarship.**

Lorne Reelie

By: Stan Shillington

Family, friends, lacrosse!

Three simple words, just 21 letters -- but little more is needed to exemplify the life of Lorne Charles Reelie. He took great pride in all three.

Lorne, one of the founding fathers of the Coquitlam Adanacs' franchise passed away April 19, 2009, just 17 days after his seventy-third birthday.

Father of Lacrosse Hall of Famer Mike Reelie, papa Lorne grew up in East Burnaby, a hotbed of lacrosse in the 1940's and '50's. His buddies and teammates in those youthful years included Fred Usselman, Don Salter, Ken Oddy, Vern Wilkie, Eugene Turris, and the Carey brothers, Alex, Bob and Pat.

In 1952, Lorne was named the Most Valuable Player in New Westminster Minor Lacrosse.

After just one more year in juvenile lacrosse, the 18-year-old jumped directly into senior company with the New Westminster Salmonbellies.

Lorne returned to the minor lacrosse level in 1956 to help Mount Pleasant Legion capture the Minto Cup. The following season, the entire Canadian Junior champions stepped up to the Senior league with Vancouver.

Later, a back injury cut short Lorne's playing career at 85 points in 89 senior games -- but his love for the game still burned.

Now married and starting his family of five in Coquitlam, Lorne took to coaching and managing youngsters, including sons Mike and Joe. Then, in 1965, he joined a group that included



Lorne Reelie

Ralph Douglas, Al Browning and Ken Oddy to bring senior lacrosse to Coquitlam under the Adanac banner. Oh, yes, the first ballboy with the Adanacs was seven-year-old Mike Reelie.

Lorne and wife Pat worked tirelessly with the club's playing and social activities. In 1975, when Lorne was named president of the team, his first move was to appoint a working executive of local residents to strengthen community involvement.

Lorne's two sons enjoyed excellent Junior lacrosse careers, with Mike later going on to a 716-point, 477-game Senior career with the Adanacs. And now, Lorne's grandson Dane --Mike's offspring -- toils for the Adanacs.

Lorne's cheerful personality drew countless, lifelong friends to his side. Open-house, Boxing Day parties at his Coquitlam home were a MUST social gathering of family and friends for over 40 years.

The get-togethers may have ended, but the friendship of a lacrosse icon remains.

My Legend – My Gramma

By: Cindy Stewart

During a visit with my Gramma on her 88th birthday she laughingly stated how a fortune-teller had said she'd go down in history but time was running out. And so my quest to make true a fortune-teller's prediction began.

As a child I knew my Gramma was legendary, she owned and operated a grocery store in Kitsalino with the biggest candy counter and Popsicle freezer you could imagine. While definitely historic to a child, my search would have to continue. Another promising childhood memory was stories of how Gramma played on a girl's lacrosse team. The family visit to the Canadian Lacrosse Hall of Fame in New Westminster, BC was just another boring outing until I saw my Gramma's picture hanging on the wall. There she was with two big black eyes and a special protective face mask. It was hard to imagine my brothers playing the game with such passion and power let alone my Gramma!

This lacrosse story had prediction potential, but forty years had passed since the trip to the Lacrosse Hall of Fame. Definitely I needed to know more but like many people her age, her recall of the past was now fuzzy and sporadic.

Luck would have it we discovered in a shoebox of old pictures, six small photos taken when her lacrosse team won the league championship in 1939. There was also talk about a picture of Gramma that had been published in the Toronto Star. So off to the library I went to search the microfiche. Finding this picture would prove to be more challenging and after searching every Canadian antique paper collector's inventory I could find for the last two years, beating the clock now seemed unlikely - Gramma would turn 90 years old in a few months and her health is not the best.



Vancouver Pirates ~ 1939

My prediction quest would suddenly end while doing some research for a work assignment a few weeks ago. After serendipitously googling my Gramma's maiden name to my glorious surprise, there were three hits and the first one was an antique dealer offering for sale an original copy of Toronto Star edition with my Gramma's picture. It turns out my Gramma, Lorraine Ruddy, didn't play on any girl's lacrosse team, she was one of a few pioneering young women to play on the renowned Vancouver Pirates of 1939 and she was a league top scorer. Her place in lacrosse history has finally been documented and she is now on the 2010 list of applicants for the Canadian Lacrosse Hall of Fame. The prediction just may come true - congratulations Gramma you made history.

Congratulations! 2009 SUBWAY Team Sportsmanship Award Recipients

SUBWAY® and the BCLA teamed up to identify a new award for all BCLA Youth Box and Field Lacrosse Provincial Championships. The SUBWAY® Team Sportsmanship Award is awarded to the one (1) team from the entire tournament that best exemplifies sportsmanship, respect, honour and the integrity of the game of lacrosse as a team from the coaches to their team participants.

Field Lacrosse Provincials

U12 & U14

Prince George Posse U14 Tier 2

U16 & U19

Adanacs Field Lacrosse U16 Tier 2

Box Lacrosse Provincials

Female

Coquitlam Adanacs #1 - Junior

Pee Wee

Mackenzie Pee Wee B

Bantam

Port Coquitlam Saints Bantam A1

Midget

Nicola Valley Midget C



Photo Courtesy of stkphoto.com



NOTICE OF THE BC Lacrosse Association 2009 ANNUAL GENERAL MEETING and Minor and Senior Directorate Special Sessions

Weekend of October 16-18, 2009

The Whistler Conference Centre, Whistler, B.C.

Please see Agenda for Changes to the 2009 AGM Weekend Program

All Forms are available on the BCLA website:

www.bclacrosse.com

Quick Link under the "What's Happening" Scroll Bar

DEADLINES:

- | | |
|---|----------------------|
| ✎ Form#1 - Proposed Amendments Constitution/By-Laws | DEADLINE: Sept 2/09 |
| ✎ Form#2 - Proposed Amendments General, Minor, Senior, Volunteer Leadership Group | DEADLINE: Sept 2/09 |
| ✎ Forms#3 - Award Nominations | DEADLINE: Sept 2/09 |
| ✎ Form#4 - Volunteer Update | DEADLINE: Sept 2/09 |
| ✎ Form#5 - BCLA AGM Registration Form & Payment | DEADLINE: Sept 29/09 |
| Please see Agenda for Changes to the 2009 AGM Weekend Program | |
| ✎ Form#6 - Letter to Hotel for Bookings | DEADLINE: Sept 22/09 |
| ✎ Form#7 - Notice of Vacancies on BCLA Executive For Information/Submission | |

Note: All Executive & Directorate Reports DEADLINE: Sept 11/09

NOTICE OF PROPOSED AMENDMENTS for the BC LACROSSE ASSOCIATION Constitution and By-Laws and Operating Policies

Please be advised that all changes must be in to the BCLA Office
NO LATER THAN 4:00 PM on Wednesday, September 2, 2009.

Please make all of your amendments on the Forms provided on the BCLA website www.bclacrosse.com or contact the BCLA at (604) 421-9755 if you do not have access to the Internet.



WARRIOR Trix with Stix 2009 Champs

Female Junior
Victoria Kultgen

Midget A2
Adam Norman

Midget B
Kevin Brown

Midget C
Orion Giles

Female Midget
Taylor Quaife

Bantam A1
Tyler Pace

Bantam A2
Brodie Porter

Bantam B
Tomas Vatachi

Bantam C
Connor Gagnon

Female Bantam
Ashley Bull

Pee Wee A1
Matt Peterson

Pee Wee A2
Daylen Calfa

Pee Wee B
Brendan Ancrum

Pee Wee C
Tristan Pagura

Female Pee Wee
Mieke Stobba



Clan Wins 8th PNCLL Conference Championship

By: William Howard,
SFU Lacrosse Media Relations

Simon Fraser University Men's Lacrosse posted a 14-1 record and advanced to the MCLA Quarterfinal before the No. 6 Clan were eliminated in overtime by the No. 3 seed Chapman by a 15-14 score. This was SFU's 9th appearance in the MCLA Tournament, placing the Clan at No. 5 for all-time tournament appearances behind Brigham Young (13), Colorado State (11), Michigan (11) and Sonoma State (11) and tied with Minnesota-Duluth (9) and UCSB (9).

The Clan won an unprecedented 8th PNCLL Conference Championship in 2009 (1997-2001, 2003, 2008, 2009). SFU has won 21 straight PNCLL conference games dating back to February 8, 2008 and have also been undefeated at home since April 1, 2006 (14 games). At the conclusion of the 2009 season, Simon Fraser has an all-time record of 150-29 (.843). In 178 games played the Clan have outscored their opponents 2856-1425.

Simon Fraser placed six players on the 2009 MCLA All-America Team. This is the highest number of Clan players to receive this honour in a single season and the 9th straight year that SFU has placed at least one player on the All-America Team. Leading the way for the Clan were juniors Ben Towner (attack) and Russell Thomas (midfield) who both grabbed first team honours. Senior LSM Curtis Manning, junior attack Adam Foss, junior midfield Ben Johnson made the second team while sophomore defender Matt Miyashita (HM) rounded out SFU's All-America selections. A total of 23 Clan players have earned All-America honours in the program's 14-year history, including 10 first team All-America selections. Towner was also one of 12 players to be named to the MCLA Division I All-Tournament Team.

Clan captains Foss and Manning were among 23 players to be named MCLA Scholar Athletes in 2009. Foss, a junior, was named a Scholar Athlete for the second straight season while Manning, a senior, was named a Scholar Athlete for the fourth time in his collegiate career. Simon Fraser is an Academics-First institution; their players have excelled in the classroom, producing the program's first seven

(7) Academic All-Americans and maintaining the programs best academic record.

A number of SFU players also received conference honours. Manning was named the PNCLL Most Valuable Player, while Towner was named PNCLL Offensive Player of the Year and sophomore attack Chris Tessarolo was named PNCLL Final Four MVP. Simon Fraser led the way with 13 players receiving PNCLL All-Conference recognition. Towner, Manning, Foss, Johnson, Thomas and sophomores Nathan Clare and Miyashita were named to the PNCLL All-Conference 1st Team, while sophomores Curt Brown and Tessarolo were named the PNCLL All-Conference 2nd Team. Seniors Matt Brascia and Calvin Castagner, junior Kevin Riley and freshman Dan Patterson were named PNCLL All-Conference Honourable Mentions.

Jeff Cathrea and Brent Hoskins were named PNCLL Coaches of the Year for a second straight season after guiding the Clan to an undefeated regular season record of 13-0. This was the 5th time in school history that the Clan have posted an undefeated record in the regular season. SFU also became the first Canadian institution to be awarded the James "Ace" Adams Sportsmanship Award for District 11. This is an awarded given by the US Lacrosse Men's Division Officials Council, College Officials Committee. In addition to the hardware, Cathrea and Hoskins earned their 50th career victory at Simon Fraser with a 24-0 victory over Portland State. In just 5 seasons, Cathrea and Hoskins now sport a 57-15 (.792) record at Simon Fraser and hold the school record for wins in a career.

In the Polls, Simon Fraser concluded the regular season ranked fourth in the CollegeLAX.us / Prodigy Network Coaches Poll and finished the year ranked fifth in the MCLA Lax Mag / Adidas Media Poll. A consistent Top 10 national contender from 1997-2003, the Clan climbed to No. 2 in both polls in 2009, the highest that SFU has been ranked since 2000 when the Clan entered the National Tournament as the No. 3 seed. Simon Fraser has been ranked in the Top 10 since March 26, 2008. Simon Fraser is 32-2 (.941) in its last 34 regular season games dating back to the start of



SFU Men's Lacrosse won the 2009 PNCLL title with an 11-7 victory over the Oregon Ducks

the 2007 season and 39-5 (.886) overall during this stretch. The Clan's only losses in the last three years have been to the eventual National Champion Runner-up each season losing twice to Oregon in 2007, twice to BYU in 2008 and once to Chapman in 2009.

On the field, starting attack Towner, Foss and Tessarolo combined for 10 or more points in all 12 starts together and 15 or more points 6 times, including a season high 25 combined points in the Clan's 24-8 win over Montana. Towner led the MCLA Division I in goals per game with 4.67 and finished 3rd in points per game with 6.00. Foss finished 6th in the MCLA in points per game with 5.27. Towner led the Clan with 70 goals and 90 points, while Foss finished first in assists with 42, and second in goals (37) and points (79). Tessarolo finished fourth in points (48) with 33 goals and 15 assists. The starting trio combined for 118 goals and 60 assists (14.83 ppg) in the 12 games they started together.

Offensively, 248 of the Clan's 270 goals (92%) were scored by players who will return next season while 129 of the team's 138 assists (94%) were accumulated by players with at least one year of eligibility remaining. SFU's

top five scorers (Towner-90, Foss-79, Thomas-49, Tessarolo-48, Riley-35) combined for 301 points this season. The Clan boasted six players with 20 or more goals and 10 or more assists.

Defensively, SFU averaged 6.6 goals against in 2009. The Clan defense held the opposition to 2 goals or less in 43 of 60 quarters (72%) this season including 18 scoreless quarters (30%). Offensively, the Clan led the MCLA in scoring in 2009 averaging 18.13 goals per game, including 14.67 goals per game versus ranked opponents. SFU has scored in double digits 40 times in its last 42 games and is averaging 16.74 goals per game during that time (703 goals in 42 games).

Simon Fraser University Men's Lacrosse is entering its 15th season and competes in the Men's Collegiate Lacrosse Association (MCLA). During the 2009 season, the Clan posted their 8th Pacific Northwest Collegiate Lacrosse League (PNCLL) Conference Title. In 9 National Championship Tournament appearances, SFU has competed in six MCLA Quarterfinals ('97, '00, '01, '03, '08, '09), one Semi-Final (1998) and placed 2nd in 1999.

New West Girls Win Hamilton Tournament

By: Angie Manville

The New Westminster Salmonbellies Pee Wee girls team travelled to Hamilton, Ontario to participate in the Bill Buckley Classic Tournament June 26-28, 2009.

The team was made up of 14 girls from three NWMLA Pee Wee teams. These were mostly second year players who were determined to make a name for themselves back east. The Salmonbellies Pee Wee boys have been traveling to Hamilton for a number of seasons to participate in the Super Series; the girls visited only once in 2006. At that time they won the Bill Buckley Classic Tournament, and the 2009 group wanted to make sure that the legacy of success continued.

One of the biggest challenges these girls faced was the fact that the Ontario Lacrosse Association allows full body contact. The rules in BC are for place and push only, and some team members were concerned about it being too rough. While the girls played and practiced with their separate teams, extra early morning practices were scheduled to get the Hamilton group working together as a cohesive group, and they gelled very quickly.

The first game in Hamilton was an exhibition game against Burlington where New Westminster won handily 13-3. In round robin play, New Westminster played Peterborough. Peterborough was definitely the team to beat and hadn't lost a game during their season. The teams were evenly matched, and the New West girls held their own against the Ontario team and tied 7-7. Later that day, New Westminster played Elora in another good match winning 5-1. After Peterborough beat Elora, New West met Peterborough in the finals the next day.

The New West girls came on strong in the gold medal game taking a 4-0 lead after one and 6-2 by the end of the second period. In the third, both teams were held scoreless until the last final 4 minutes when Peterborough scored three quick goals to cut the lead to one. In the end, New Westminster held on to win the tournament beating Peterborough 7-5 for the title.

One of the highlights of the trip was a visit to Gaylord Powless Arena to watch a Sr. A game between Six Nations and Peterborough. During intermission the players had an opportunity to try out the artificial turf field. The girls also



New Westminster Pee wee girls win Bill Buckley tournament in Hamilton

distributed New Westminster Salmonbellies t-shirts and stickers to the small lacrosse fans.

Throughout the tournament weekend the girls were approached by many people who recognized the New Westminster Salmonbellies lacrosse name and were extremely impressed with the girls' efforts to get to Ontario. The girls and their parents had committed to fundraising to offset the cost of travel with a \$14,000 goal. The team undertook a variety

of fundraising initiatives including car washes, BBQ's at Wal-Mart and IGA, a bottle drive and raffle ticket sales. Over seven weeks, the hard-working girls were able to raise more than \$1,000 each.

The New Westminster girls were thrilled with their success in Ontario and were proud to be lacrosse ambassadors to showcase the female talent that has been developed by the New Westminster Minor Lacrosse Association.

Adanacs Intermediate A Champs; Whalers Take B Title

By: LacrosseTalk Staff

The 2009 Intermediate A and B provincials were held July 31 to August 3 in Ladner, BC. Eight teams competed in the round robin event with four teams in the A division and four in the B side.

The Intermediate A Coquitlam Adanacs defeated the host Delta Islanders 10-4 in a lop-sided victory for the gold medal. The A's went undefeated in round robin action with three wins while Delta's only loss was to the A's in a hard fought 5-4 Coquitlam win. In the Intermediate A Bronze medal game, the Port Coquitlam Saints beat the Shamrocks 13-4 for the bronze. In round robin play the Shamrocks had earlier trounced Port Coquitlam 13-6.

In the Intermediate B gold game, Juan de Fuca edged Coquitlam 10-7 to take the B title – this after the Adanacs handed the Whalers a 10-6 round robin defeat. The Intermediate B bronze medal game had Richmond beat New Westminster 4-2 in a low scoring battle.

The 2009 Provincial Awards for the BC Intermediate A League are as follows. All-stars: Cody Craven (Coquitlam); Brody Eastwood (Shamrocks); Keegan Bal (Port Coquitlam); Richard Lachlan (Port Coquitlam); Mike Mallory (Delta); and Frankie Scigliano (G) (Coquitlam). Points Leader: Richard Lachlan (PoCo) and Cody Craven (Coquitlam); Sportsmanlike Player: Greg Howren (Coquitlam); Top Goalie: Frankie Scigliano (Coquitlam); MVP: Frankie Scigliano (Coquitlam).



Coquitlam Adanacs win the 2009 Intermediate A Provincial Title



Juan de Fuca Whalers win the 2009 Intermediate B Provincial Title

The 2009 Provincial Awards for the BC Intermediate B League are as follows. All-stars: Elliott Godman (Coquitlam); Dane Schoor (Juan de Fuca); Iain Vickars (Richmond); David Hammond (New Westminster); Chris Carroll (New Westminster); Jeff Hughes (G) (Richmond). Points Leader: Dane Schoor (Juan de Fuca); Sportsmanlike Player: Kevin Riback (Richmond); Top Goalie: Russell Birosh (New Westminster).

GET YOUR HOUSE IN ORDER!



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

*Some restrictions apply—ask us for details.

Maple Leaf Self Storage

10 convenient locations in BC to serve you BETTER

www.mapleleafstorage.com

Mountain Edge Lacrosse
WESTERN CANADA'S LACROSSE PRO SHOP

YOU know your game...
we know your **GEAR**

We are **YOUR** source for the largest selection of men's and women's box lacrosse and field lacrosse equipment anywhere! And all of our staff are players too, so we know your **GAME!**

Drop by and check it out!

When you need **pro gear**
to keep your **edge** -
MOUNTAIN EDGE LACROSSE

www.mountainedgelax.com

STX
LACROSSE

BRINE
LACROSSE

WARRIOR
LACROSSE

JOHNSON
LACROSSE

UNDER ARMOUR
LACROSSE

CASCADE
LACROSSE

SHAMROCK
LACROSSE

MIL
LACROSSE

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

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

Prospect Success – BC Junior A's Light it up!

By: Jen Mutas, BCJALL Reporter

Celebrating Canada's birthday in true patriotic fashion, about 250 spectators took in a game of our nation's summer sport. The historic wooden floor at Queens Park Arena was the perfect backdrop for the first ever BC Junior A Lacrosse League's Prospect Game- and what a game it was.

As expected, both teams took a couple of minutes to get used to their new teammates, but once everyone settled in, it was business as usual on the floor and prospects game or not, no one was taking it easy.

"The game had a good pace I thought," said Curtis Dickson of the Salmonbellies who had four goals and one helper for team black, "I thought it was going to be way softer than that, but it was good we all put on a decent show for the crowd, and definitely made it exciting towards the end."

It felt good I enjoyed it a lot," said Coquitlam/Team Red player Corbyn Tao who led all players with six points. "It's one thing to play against another team like any other night, but to have all graduating players on the floor against each other is awesome, they should definitely do it again next year."

The score and shots per period was a testament to how even the talent is for the graduating players in the BCJALL, and even until the last minute the final score was up in the air. Having just as big of an impact as the offense, was the play of all four goalies who participated in the match. 'Bellie Neil Tyacke started for team Red and would be the only 'tender registering an assist to go with his fifteen saves. At the other end of the floor Poco Saint Tyson Cornfield started for team Black. After a shaky start he finished strong in the first half of the game. Half way through the game the goalies exchanged duties between the iron; Shamrock goalie Greg Krstic would come in for Tyacke and register seventeen saves with five goals against, but it was

Burnaby Laker Ray Hodgkinson relieving Cornfield that would steal the show making the most saves (29) with the best save average of 82.85%.

Victoria assistant Rod Wood had one of the best seats in the house behind the bench for team Black. "The highlight of the night from my spot would have to be the long shot Krstic shot from his net that almost beat Hodgkinson, Ray came up with the huge save there but I've never seen a goalie fire that good of a shot from that far away before, it was interesting to see. Plays like that is what makes the Prospects Game worth watching, there's less pressure on the guys, and they're just out there having fun, it's great to see."

In addition to WLA team scouts and managers in the crowd, a couple of NLL teams sent representatives to the game to get a feel for what's coming up in their draft. "It's great for us to see the best of the best in the Junior A league pitted against each other all under one roof definitely makes our job easier," says Washington Stealth Head Coach Chris Hall. "The talent coming out of BC is fantastic, definitely equal of any other areas including back east and NCAA markets. This province will provide us with great product since it's just up the road from our new location in Everett, Washington."

The pace of the game was brisk after Red scored three quick goals in the first, from then on it would be a see-saw battle for the full sixty minutes. Most people including players and coaches expected this game to have an 'All Star' feel with attention being focused on indi-



2009 BCJALL Prospects Game participants



In a Burnaby Laker vs Laker situation Cameron Appels puts one by teammate Ray Hodgkinson

vidual play. However, everyone was pleasantly surprised when all players on the floor had no problem sharing the ball, making it an unselfish game. When the game was said and done, it was a tight score with Red just holding on to a one goal win by a score of 13-12.

Junior A League Commissioner Al Lang said the Prospects Game is a huge step forward in exposing the third year players in the league, and showing off their talent to the people who really matter. "This is just the beginning," says Lang. "After the Minto Cup in September we will assess how the game affected the players and the league, and take it from there. Considering the interest from college, WLA, and NLL teams, there should be no reason not to have another game next year."

Salmonbellie Governor Walt Weaver agrees with Lang, "It was an exciting fast paced game

that was highlighted by great two way lacrosse. It's something we will enhance for next year, and we are throwing the idea around to possibly have the game on Vancouver Island."

After following these players all season, I second the motion that it was awesome to see the collected talent all on the same floor. Offensive flair from Tao and Dickson, tenacious and gritty work down low from Jordan Flaman, great defensive work from Brett Mydske and Brandon Turner, combined with solid work between the pipes from all four goalies- combined perfectly to remind people in attendance of what makes this sport so great. The only thing that could have made the game better would have been an ice cold beer, Canadian brand of course.

Women Take to the Field in BC

By: LacrosseTalk Staff

On a sunny Saturday May 9 afternoon, thirty-four Women's Field Lacrosse athletes from BC were put through the skills, drills and games to learn more about Women's Field Lacrosse.

Joanne Stanga (Ontario), Director of the CLA Women's National Team Programs, conducted the development session with a team of instructors. Stanga, a former Team Canada Senior Women's Team member in 1985-86, was a former Canadian U-19 Women's Field Lacrosse Team head coach from 1997-1999 and 2001-2003 winning two bronze medals in 1999 and 2003. Joining Joanne were two members of the 2007 Canadian Under-19 Women's Field Lacrosse Team, midfielder Jayme Beard and attack/defender Lisa McLaughlin as well as Haudenosaunee Women's National Team member Naomi Walser.

"We knew the number of girls playing lacrosse in BC has been steadily growing over the last several years, particularly in the box sector," explained Stanga. "We were excited to see how the talent was developing."

The focus of the day was to work on individual skills, but from the first basic shuttle it was evident that the girls could handle their sticks. It was apparent they have a lot of confidence in their talent of which may be attributed to them being multi-sport athletes in sports including box lacrosse.

"Track athletes are great recruits because they are well-conditioned and start with that speed factor that is becoming crucial in the game," reiterated Joanne. "Soccer players have quickness and agility, a great sense of space awareness and the aerobic capacity; basketball players transfer great one on one movement skills; and athletes who have excelled in sports where eye-hand coordination is key are advantageous to lacrosse players."

So what kind of athlete is best suited to play at the next level in college and for Team Canada?

"Talent and skill are important, but I've seen over and over that the players who have the intangibles are the ones that stand out," explained the former U19 Women's Team Canada coach.

Now that BC is back on the national map with more women interested in the outdoor version of lacrosse it will only be a matter of time



Women Field Lacrosse camp participants take instruction from Joanne Stanga at the May Camp

until there will be western athletes back on our national teams. In the past decade there has been little western representation on both the U19 and Senior Women's National sides – a trend that will surely change soon.

"Back in the mid 80's, when BC was 11-time National Champions, as an Ontarian it was hard to crack the Team Canada line up," remembers Stanga. "A conscious decision was made in Ontario to start building a program from the core, to develop more players and create more opportunities for competition and over 20 years later, with several thousand playing in high schools, clubs and universities, the system is feeding itself."

This process is starting to take place in BC with the hard work and vision of volunteers and parents, expectations similar to Ontario's results will follow. As competition grows across the country, the National Team program will benefit from a larger and stronger pool.

"The success of Canadian female athletes in both summer and winter sports is growing and the opportunities have never been greater," explained Stanga. "When you can excel in the sport you love, play and be involved at the highest levels, there is nothing more exciting. The opportunities for girls within the sport of lacrosse are so wide and varied, and for those of us with a passion for the game, there will always be an opportunity waiting."

Stanga is a visionary with lofty goals for Women's Field lacrosse in Canada. Now, our BC athletes are all that much more aware of what it takes to reach higher to become that better field lacrosse athlete that may one day wear the red and white of Team Canada.



By: LacrosseTalk Staff

The 2009 Pee Wee, Bantam and Female Bantam National lacrosse tournament took place August 2-8 at Iroquois Park in Whitby, Ontario. This year marks the first time in Nationals history that there has been an all-female competition. After the dust cleared, BC met Ontario for gold in all tournament finals.

The Team BC Pee Wee team brought home the silver medal after winning seven and losing only once in round robin play.

The round robin scores were as follows in order: 18-0 over Quebec, 6-2 in a tight match over the Iroquois, 18-1 over Nova Scotia, 18-0 over Saskatchewan, 17-0 over New Brunswick, a 7-4 loss in a classic battle with Ontario, 5-1 over Alberta and 18-0 over Manitoba.

The BC Pee Wees met the Iroquois in the semi-final match and completely dominated from start to finish winning 14-2 and securing a spot in the finals against Ontario.

The Pee Wees got a second chance against Ontario after losing by three goals in their prior match. BC again could not surpass their eastern rivals and fell 6-3 to take the silver medal.

Team BC top scoring leaders included Jordan Lewis (17G, 4A) Glenn Gawdin (12G, 9A), and Marshal King (10G, 9A).

The Team BC Bantam team also found a silver lining winning the silver medal after a 6-1 record in the round robin section of the tournament.

The round robin scores were as follows in order: 9-1 over New Brunswick, 9-3 over Nova Scotia, 14-1 over Quebec, 5-4 in a tough battle over Alberta, a 16-0 shutout over Saskatchewan, 9-3 in a loss to Ontario, and a 7-4 victory over Team Iroquois to round out the round robin. In the semi-final game, BC met the talented Iroquois team and beat them in an 8-7 see-saw battle to earn a spot in the gold medal game.

BC Bantams, after losing 9-3 earlier in the tournament were definite underdogs going

into the gold medal game against Ontario. BC made it a closer match but Team Ontario proved to be too much of a challenge for the BC boys enroute to an 11-7 victory and handing BC the silver medal.

Team BC Bantam top scoring leaders included Tyler Pace (9G, 18A), Brett Kujala (15G, 5A) and Kyle Heiling (14G, 2A).

BC Female Bantams were poised to compete at a high level at their first ever National experience and they delivered. BC played each province twice in the four team national tournament.

The round robin scores were as follows in order: 6-3 over a tough New Brunswick side, a narrow 4-2 over Team Alberta, a 5-4 loss to the talented Ontario squad, 6-1 over New Brunswick, 6-3 over Alberta and a 4-3 loss again to Ontario. The BC girls would get another chance against Ontario in the finals. After two, one-goal losses to rival Ontario it was time to come out on the winning end.

BC started out fast going up 2-0 early against a stingy Ontario defense. The BC

girls kept up the action in the second but couldn't beat the Ontario goaltender which allowed Ontario to score and cut the lead to one. After trading goals, BC led 3-2 late in the third and seemed poised for victory. Ontario would tie the game with just 30 seconds left and sent the game into overtime. In O.T., the action was end to end and with 1:33 remaining Ontario scored to take the lead and they would hold on to win 4-3 over BC.

Team BC Female Bantam top scoring leaders included Natalie King (11G, 2A), Shayda Sandhu (2G, 8A), Jenna Chernoff (4G, 3A) and Rianne Wilkinson (2G, 5A).

The Midget Nationals will take place August 24-28 in Brampton, Ontario during the Minto Cup.

The Team BC program would like to thank all the people who made this happen. The experiences are endless and the volunteers who helped make it special are to be commended. A special thanks to Team BC and BCLA sponsor Warrior Sports Canada for the flashiest uniforms in the tournament.



Team BC Bantam



Team BC Female Bantam



Team BC Pee Wee



The Mann Cup Returns West

**All 2009 Mann Cup Games
will be Video Webcast LIVE!**

Just visit

www.theboxrocks.com

And join the action!



2009 Mann Cup
September 4, 5, 7, 8, 9, 11, 12

PEPSI BCLA Box Provincial Champions Crowned

The 2009 PEPSI BCLA Box Lacrosse Provincial Championships took place through the month of July in four centres around BC. The 2009 provincials had 121 teams with over 2200 athletes, coaches and volunteers participating in the PEPSI BC Lacrosse Association Provincial Championships.

The events and locations were: Pee Wee Provincials July 8-12 in Prince George; Bantam Provincials July 15-19 in Richmond; Female Provincials July 16-19 in Burnaby/New West and the Midget Provincials July 22-26 in Langley.

The 2009 PEPSI BCLA Box Lacrosse Provincial medal winners were as follows.

Pee Wee Girls-Gold: New Westminster; Silver: Port Moody; Bronze: Burnaby. Pee Wee A1-Gold: New Westminster; Silver: Port Coquitlam; Bronze: Coquitlam. Pee Wee A2-Gold: Prince George; Silver: Burnaby; Bronze: Kamloops. Pee Wee B-Gold: Campbell River; Silver: North Delta; Bronze: Oceanside. Pee Wee C-Gold: Cranbrook; Silver: Williams Lake; Bronze: Terrace.

Bantam Girls-Gold: New Westminster 3; Silver: New Westminster 1; Bronze: New Westminster 2. Bantam A1-Gold: Burnaby; Silver: Ridge Meadows; Bronze: Coquitlam. Bantam A2- Gold: Richmond; Silver: Cowichan Valley; Bronze: Mission. Bantam B-Gold: Peninsula; Silver: Port Coquitlam; Bronze: Delta. Bantam C-Gold: Alberni Valley; Silver: Victoria-Esquimalt; Bronze: Coquitlam.

Midget Girls-Gold: Coquitlam 2; Silver: New Westminster 2; Bronze: New Westminster 1. Midget A1-Gold: New Westminster; Silver: Coquitlam; Bronze: Langley. Midget A2-Gold: North Delta; Silver: North Okanagan; Bronze: Comox Valley. Midget B-Gold: Terrace; Silver: North Shore; Bronze: Port Coquitlam. Midget C-Gold: Semiahmoo; Silver: Mission; Bronze: Nicola Valley.

Junior Girls-Gold: Burnaby; Silver: Nanaimo; Bronze: Delta.

The Warrior Tournament MVP's were as follows. Pee Wee Girls MVP was Naomi Noda (New Westminster); Pee Wee A1 MVP-Nathan Macedo (New Westminster); Pee Wee A2 MVP-Brogan O'Brien (Prince George); Pee Wee B MVP-Eddie Smith (Campbell River); Pee Wee

C MVP-Tristan Pagura (Cranbrook); Female Bantam MVP-Breeze Manderville (New Westminster); Bantam A1 MVP-Kyle Hieling (Ridge Meadows); Bantam A2 MVP-Will Schwan (Richmond); Bantam B MVP-Zack Smith (Peninsula); Bantam C MVP-Cory Beercroft (Alberni Valley).

Female Midget MVP was Kirsten Walter (Coquitlam); Midget A1 MVP-Ross Bowman (New Westminster); Midget A2 MVP-Josh Point (North Okanagan); Midget B MVP-Connor Buick (Terrace); Midget C MVP-Connor Matshewski (Semiahmoo) and the Female Junior MVP was Ivana Bilic (Burnaby).

The Warrior Trix with Stix competitions was challenged for by the best trixsters around BC. Incredible stick tricks were created and performed at each provincial event. The top Warrior trixsters received Warrior sticks and t-shirts. Top Warrior trixsters were as follows. Pee Wee Girls: Mieke Stobba (Coquitlam); Pee Wee A1: Matt Peterson (Port Coquitlam); Pee Wee A2: Daylen Calfa (Prince George); Pee Wee B: Brendan Ancrum (North Delta); Pee Wee C: Tristan Pagura (Cranbrook); Bantam Girls: Ashley Bull (Semiahmoo); Bantam A1: Tyler Pace (Port

Coquitlam); Bantam A2: Brodie Porter (Chilliwack); Bantam B: Tomasi Vatachi (Richmond); Bantam C: Connor Gagnon (Alberni Valley); Midget Girls: Taylor Quaife (Nanaimo); Midget A2: Adam Norman (Comox Valley); Midget B: Kevin Brown (Terrace); Midget C: Orion Giles (Peninsula); Junior Girls: Victoria Kultgen (Nanaimo).

A special thank you to major sponsors PEPSI Bottling Group for supplying the Gatorade and PEPSI products for athletes and volunteers and the Game MVP medals; Warrior Sports Canada for supplying the lacrosse balls, Fair Play hats, tournament MVP packages and Trix with Stix prizes; to SUBWAY Restaurants of BC for offering a \$5 Cash Card for every athlete participating in the 2009 Provincials; and to Wilson International Products for producing great hoodies and t-shirts for all lacrosse fanatics.

Also, we could not put on such quality tournaments without our many volunteers from all over BC. Thank you to the Provincial Tournament Committees with their volunteer teams for their endless hours of work preparing for the events. Your help is appreciated by athletes, parents and friends of lacrosse.



Female Junior Gold - Burnaby



Female Midget Gold - Coquitlam 2



Female Bantam Gold - New Westminster #3



Female PeeWee Gold - New Westminster



PeeWee A1 Gold - New Westminster



PeeWee A2 Gold - Prince George



PeeWee B Gold - Campbell River



PeeWee C Gold - Cranbrook



Bantam A1 Gold - Burnaby



Bantam A2 Gold - Richmond



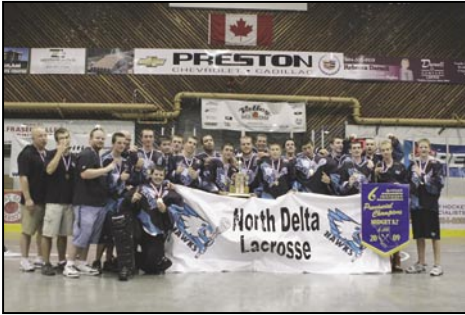
Bantam B Gold - Peninsula



Bantam C Gold - Alberni Valley



Midget A1 Gold - New Westminster



Midget A2 Gold - North Delta



Midget B Gold - Terrace



Midget C Gold - Semiahmoo



WLA Renames Awards

By: LacrosseTalk Staff

The Western Lacrosse Association has been busy updating and polishing the hardware they hand out for their annual awards.

WLA Commissioner Ernie Truant, Co-commissioner Sohen Gill and the WLA Board of Governors have agreed to rename the WLA

League Championship Trophy, known as the CKNW Top Dog Trophy, and the WLA Provincial Championship Trophy, known as the Commission Rose Bowl.

The CKNW Top Dog Trophy was presented to the Senior A League in 1952 by radio station CKNW to be awarded annually to the WLA League Champion. As of the 2009 season, this trophy will don the new name as the WLA Stan Shillington Trophy.

Shillington is a life-long statistician and historian of lacrosse who has spent countless hours scorekeeping WLA games. Stan also writes many articles (Down Memory Lane) of past lacrosse players and events to keep the past alive and to build an archive for the next generation of lacrosse enthusiasts. He has kept score for 622 league, 235 playoff and 114 Mann Cup games for a total of 971 games. He ranks tops in all scorekeepers in games, some 555 games more than the next closest scorekeeper.

The second WLA award to be renamed was the WLA Provincial Championship Trophy Commission Rose Bowl. This trophy will don the new name the WLA Ted Fridge Provincial Championship Trophy to be awarded to the WLA Provincial Champion.

Ted Fridge was a long-time supporter of lacrosse and the WLA with the Coquitlam Adanacs and the Burrards. He spent over a decade with both clubs holding positions of President and General Manager and later spent two seasons as WLA Commissioner.

Call for Action: BC Lacrosse Association Community Volunteer Leaders

When we talk about “leadership”, more specifically, “community volunteer leadership”, what does that really mean? Our theory here at the BC Lacrosse Association is that everyone has the potential to be a leader...and that leaders are not necessarily people who have reached “high” positions within our organization. Leaders are people who create positive change. We agree with Johnson and Wales University who defines “a community leader as one who understands and can express community issues and needs; is committed to a cause; can identify benefits to community involvement and problem solving; finds creative, collaborative solutions and strategies; identifies, accesses, and utilizes resources to address community challenges; communicates effectively in a diverse atmosphere; develops community leadership; and has the ability to evaluate, identify, and develop new strategies to address community issues”.

Right now, we have a leadership challenge for not only the BC Lacrosse Association members, but for all community sport volunteers in our province. Susan Marsden, President of the BC Association for Charitable Gaming (BCACG) circulated a bulletin stating:

Arts, sports and community groups all over BC are anxiously checking their budgets after learning the province has frozen \$36 million in grants from lottery and gaming revenues. Housing Minister Rich

Coleman was unavailable for comment, but a spokesman said a decision on the grants would be made soon. He said the freeze is necessary because “like other jurisdictions around the world, our government is facing unprecedented economic times” (Vancouver Sun, July 25, 2009).

What can you do? Whether or not you have received your own association’s funding for the 2009 season, you can contact (by letter or e-mail) your local MLA to let him/her know that BC Community Volunteers have been extremely grateful for the BC Government’s continued financial support in providing necessary, valuable services to their constituents through Gaming activities, and that specifically, Local Community Sport Organizations require Direct Access, Raffle, Bingo and Lottery Funds to provide amateur sport programs and services to their local respective communities. To find your local MLA, please visit the Government of BC Website link: <http://www.leg.bc.ca/mla/3-1-1.htm>, and if you require more information, please e-mail info@bclacrosse.com.



Valhalla Sports Jewelry

Necklaces Pins
Earrings
Wine Charms
Event Mementos
Team Orders

**Order online at
www.vlax.ca**



APR 21 2009

767320

Ms. Rochelle Winterton
Executive Director
BC Lacrosse Association
4041B Remi Place
Burnaby BC V5A 4J8

Dear Ms. Winterton:

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

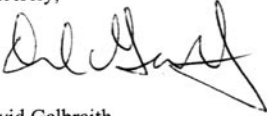
For the past few years, we’ve been saying that we want BC to be the healthiest region ever to host an Olympic and Paralympic Games. This is a goal we can achieve when organizations such as BC Lacrosse Association emphasizes the importance of sport in our lives and how it contributes to healthy living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

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

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

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

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

Sincerely,

David Galbraith
Assistant Deputy Minister

2009 BCLA Box Lacrosse Provincials Warrior Fair Play Awards

Female-Junior

- Nikki Brusmetta (Burnaby)
- Raylene Robinson (Coquitlam #2)
- Kayla Fenrick (Nanaimo)
- Jamie MacDonald (Port Moody)
- Chelsea Craig (Coquitlam #1)
- Rebekah Otim (New West #1)
- Caitlin Vincent (Delta)
- Kristine Stone (Port Coquitlam)
- Female-Midget
- Nicole Brown (Ridge Meadows)
- Carley McLeod (Coquitlam #1)
- Ashley Bull (Semiahmoo)
- Laura Ogilvie (Burnaby)
- Krista Teskey (Coquitlam #2)
- Stephanie Parrish (New West #2)
- Rachel Trenehard (Nanaimo)
- Maddie Love (New West #1)

Female-Bantam

- Katelyn Devaney (Pt. Coquitlam)
- Sadie Gerhardt (New West #2)
- Isabella Beharrell (Nanaimo)
- Tianna Bachford (Delta)
- Breeze Manderville (New West #3)
- Marlo Bellamy (Ridge Meadows #1)
- Jenna Andres (New West #1)
- Kyra Chidlow (Ridge Meadows #2)

Female-Pee Wee

- Sarah Stewart (New West #3)
- Billy McLaughlin (Pt. Coquitlam)
- Harlowe Steele (Coquitlam #2)
- Raffaella Caporale (Burnaby)
- Nicolle Del Grosso (New West #2)
- Jenny Lucas (Port Moody)
- Taylor Thomas (Coquitlam #1)
- Shaelynn Ross (Nanaimo)

Coaches & Official

- Darren Angell, Frank Greenlay,
- Caitlin Vincent, Dennis Thomas,
- Katarina McCurrach (Official)

Midget A1

- Scott Hallam (Coquitlam)
- Justice Primus (Kamloops)
- Brett Dobray (Langley)
- Brandon Manhas (Nanaimo)
- Jake Chernoff (New West)
- Luke Gillespie (Ridge Meadows)

Midget A2

- Nigel Hutchenson (Comox Valley)
- Jordon Stroup (Coquitlam)
- Colton Lohr (Mission)
- Justin Cotter (North Delta)
- Phil Turton (New West #1)
- James MacKenzie (New West #2)
- Malcolm MacPhee (N. Okanagan)
- Cole Andrew (Vic-Esquamalt)

Midget B

- Jeff McLean (Coquitlam #2)
- Shane Dornfield (Langley)
- Sawyer Pedricks (North Shore #1)
- Trever Meers (Port Coquitlam #1)
- Domenico Sia (Prince George)
- Scott Sylm (Saanich #1)
- Adrian Halverson (Shuswap)
- Kody Kellar (Terrace)

Midget C

- Billy Strand (Langley)
- Kevin McKamey (Mission)
- Kaylan Warner (Nicola Valley)
- Kamin Thompson (Oceanside)
- Spencer Field (Peninsula)
- Riley Canter (Semiahmoo)
- Riley Williams (Surrey)
- Doug Delmonico (Van-Killarney)

Coaches & Official

- Jamie Stewart, Peter Parke,
- Keith Hanna, Vic Skoyen &
- Kody Moleschi (Official)

Bantam A1

- Alex Mitchell (Saanich)
- Tyler Pace (Port Coquitlam)
- Kevyn Jacobsen (Juan de Fuca)
- Matthew Shannik (Burnaby)
- Andrew Gresham (Ridge Meadows)
- Jonathin Conlon (Coquitlam)

Bantam A2

- Liam MacPhee (North Okanagan)
- Connor Lovely (Chilliwack)
- Dylan Cheema (Mission)
- Aaron Bell (Richmond)
- Matias Rossouw-Holland (Vic-Esq)
- Ryan Emery (Kamloops)
- Justin Poulin (Delta)
- Graham Winship (Cowichan Valley)

Bantam B

- Kai Turner (Peninsula)
- Tanner Taylor (Delta)
- Wyatt Teskey (Coquitlam)
- Quinn Newell (Nicola Valley)
- Caleb Megyesi (Port Coquitlam)
- Ryan Molina (Richmond)
- Dustin Pollock (West Kootenay)
- Cole Ruffle (Terrace)

Bantam C

- Chase Bremner (Kelowna)
- Trey Stobbart (Coquitlam)
- Garret Taylor-Gerow (Williams Lk.)
- Alex Ratcliff (Sunshine Coast)
- Jack Burton-Krahn (Vic-Esquamalt)
- Hughie Watts (Alberni Valley)
- Tristan Parece (West Kootenay)
- Tristan Bucchiotti (Mission)

Coaches & Official

- Tony Spagnuolo, Glenn Jensen, Dale
- Nordstrom, Kevin Whitney,
- Jordan Kelly (Official)

Pee Wee A1

- Angelo Pontellini (Coquitlam)
- Mathieu Jung (Cowichan Valley)
- Talia Mavin (Juan de Fuca)
- Parker Kump (Langley)
- Troy Bradson (New West)
- Matthew Bosa (Pt. Coquitlam)

Pee Wee A2

- Alec Shaw (Burnaby)
- Max Leyen (Chilliwack)
- Skwyte Gottfriedson (Kamloops)
- Samual Stevens (New West)
- Zack Kuperus (N. Okanagan)
- Parker Downy (Prince George)
- Kyle Hofmann (Richmond)
- Quenton Magnuson (R. Meadows)

Pee Wee B

- Mathew Peters (Abbotsford)
- Kyle Maximick (Campbell River)
- Mason Smith (Coquitlam #2)
- Sean Armstrong (Kelowna)
- Parker Florell (Mackenzie)
- Jake Howatt (North Delta)
- Brock Johnston (Oceanside)
- Josh Vollrath (Vic-Esquamalt)

Pee Wee C

- Jordan Girard (Alberni Valley)
- Marko Sukunda (Burnaby)
- Colton Welsh (Cowichan Valley)
- Matthew Struthers (Cranbrook)
- Teran Solomson (Prince George)
- Seth Scott (Terrace)
- Brandon Bunce (Williams Lake)

Coaches & Official

- Kevin Ballance, Kevin Woolley,
- Jayson Minion, Doug Sturgeon,
- Vince Burelle (Official)

Three Win BCLA Scholarships

By: LacrosseTalk Staff

The BC Lacrosse Association is proud to announce Brian Horning (Prince George), Chelsea Craig (Coquitlam) and Richard Lachlan (Port Coquitlam) as the 2009 BCLA scholarship recipients. Horning was the Wayne Goss Scholarship recipient while Craig received the Dorothy Robertson Scholarship and Lachlan the Ted Fridge Scholarship.

Brian Horning has been heavily involved in the Prince George lacrosse community for a number of years. He plays both in the Junior and Senior leagues in Prince George where he was the first overall pick in the Senior draft this past season.

Horning is also an official and has officiated minor lacrosse for the past six years. This level 3 referee was awarded as the top Referee in the Prince George Minor Lacrosse Association, a candidate for top referee in BC, and was selected to officiate in the Midget Provincials. Besides playing and officiating lacrosse, Brian volunteers his time scorekeeping and timekeeping in the Senior League.

Outside of the arena, Brian is involved in high schools sports and plays for his high school volleyball team. Even with all his activities, Horning has managed to stay on the Principal's academic list. Horning's plans are to attend the University of Northern BC and study Commerce.

Chelsea Craig is an example of the adage "persistence pays off". After years of wanting to play lacrosse, but only able to practice on her own, she began to show the skills to play the game. She started playing in 2004 and became quite talented and in her second year of playing female box lacrosse winning Provincial Gold.

Noticing others could play lacrosse deeper into the Summer at National Tournaments she began her personal campaign to raise awareness that female lacrosse players would enjoy the opportunity to compete. Her voice was heard and with her persistence (and others) the Female Bantam National Box Lacrosse Championships became a reality in 2009.

This Dr. Charles Best Secondary honour student made a real contribution to the student body through her efforts being involved with several athletic teams, clubs and volunteer services. She was involved with the 2009 Grad Council planning the formal dinner and dance. As a member of the Best girl's lacrosse team, Chelsea helped organize fundraising activities for exchange trips when the team travelled to California and Las Vegas. This lacrosse ambassador is currently coordinating efforts to raise funds to purchase lacrosse sticks and equipment for an impoverished primary school in Mexico. Her motto – "Committed to sharing the sport of lacrosse around the World." Through t-shirt sales they have raised over \$400 for the cause. Chelsea plans to attend Queens University to work towards a degree in Business Administration.

If there is one person who lives for lacrosse, it is Richard Lachlan. Coming from a lacrosse-rich family with a Hall of Fame Grandfather (Rick Richards) and uncle ex-WLA'er (Ray Richards), one can see his passion for lacrosse.

Richard is a product of the Port Coquitlam Minor Lacrosse Association working through the system as a member of the Port Coquitlam Saints Intermediate A team. This season he led his team in scoring with 29 goals, 32 assists for 61 points and finished third in league scoring. Some of his highest box lacrosse accolades include: a silver medal with the Team BC Bantams (2005); Summer Games silver (2006); and being named Intermediate Team MVP and league Most Sportsmanlike Player in 2008.

But it is the field game that has taken Richard to a different level experiencing successes at the Provincial level and travelling to play in tournaments. Richard was a Warrior Field Lacrosse Provincial MVP two years in a row (2006-07) winning the U15 title in 2007; a three year member of the Burnaby Mountain Junior Selects; and a National Champion with the Team BC U19 Selects in 2008. Lachlan played 4 years of high school field lacrosse (Terry Fox). If his club lacrosse commitments weren't enough, Richard finds time to give back to lacrosse officiating both box and field lacrosse.

Richard has taken the step with his career and will attend Roanoke College (Virginia) to play Division 3 lacrosse. The Ted Fridge Bursary will come in handy when it comes time to purchase books for the upcoming semester.

Congratulations to all three scholarship and bursary recipients and good luck in your future scholastic endeavors.

Women's Field Lacrosse Ready for New Season

By: LacrosseTalk Staff

The Lower Mainland Women's Field Lacrosse League (LMWFL) is preparing for another great season of Women's Field Lacrosse action with the hopes of more athlete participation.

Upcoming events include a Women's Field Clinic on August 23 for new and returning players at 1:00-3:00PM at the Coquitlam Town Centre Sports Complex. Registration is \$5.00 for participants. Please contact Andrea Jones at realtorandrea.jones@hotmail.com for further information. This event is also a great opportunity to see England and USA teams play Lower Mainland teams prior to the clinic. Game start time is 11:00AM at Cunnings Field, Coquitlam Town Centre Sports Complex.

On September 17 and 18 there will be a level 1 Umpire Clinic and re-certification for 2009/2010. This clinic is for new umpires 16 years or older. Contact Andrea Jones (email above) for further details.

LMWFL Contacts for the 2009-10 seasons include: Commissioner/Chair-Sym Smith dragonlacrosse@dccnet.com. Association Reps for this season include Burnaby: Gary Walters c_walters@shaw.ca; Coquitlam: Andrea Jones realtorandrea.jones@hotmail.com ; Langley: Trevor Andres dublnut@shaw.ca ; New Westminster: Suki Sandhu sukiandmoney@shaw.ca; Port Coquitlam: Colleen Fulford c_fulford@telus.net; Richmond: Tammy Tagliofierro t_tagliafierro@hotmail.com and Christine Turner. 4@live.ca; and Surrey: Ren Wilding renwilding@yahoo.ca.

Pee Wee Saints Meet Lax Legend



PoCo Pee Wee A1 team visits with recent BC Sports Hall of Famer Paul Parnell

By: Sandra Bell

If there's anything the Port Coquitlam Pee Wee A1 Saints learned from their coach this season, it's the importance of team bonding. A field trip on June 23, 2009 to the BC Sports Hall of Fame and Museum in Vancouver, arranged by the Chair of the Hall of Fame Mr. Bill Maclagan and the Saints' team manager included a tour and the incredible opportunity to meet a recent BC Sports Hall of Fame inductee and Salmonbellie lacrosse legend, Mr. Paul Parnell.

Paul met the boys and discussed his career in lacrosse, the boys listened intently to Paul's stories and after his talk the boys inundated him with questions. They were very excited to find out that Paul knew of, or played with a few of their grandfathers! The boys each received a signed photo of Mr. Parnell which was prepared especially for their visit by Mr. Maclagan.

They spent hours at the Hall of Fame discovering things they hadn't known about the game of lacrosse, enjoying old lacrosse photos, wooden sticks and different equipment that was used many years ago.

This was an amazing experience. Not only was it team bonding, it was an opportunity to become closer to the game they all love so

Attention All High School Athletes/Coaches/Referees:

Do you qualify for the Ministry of Education External Credentials Program through the BC Lacrosse Association? Please visit the BCLA Website www.bclacrosse.com, click on the ATHLETES tab, and look under EDUCATION for details, or contact Darcy Rhodes, BCLA Technical Director at darcy@bclacrosse.com (604) 421-9755 Ext. 2

much. It was definitely a memory that will last a lifetime.

The Saints wish to extend their thanks to 'The BC Sports Hall of Fame', 'Bill Maclagan' and a huge thank you to 'Paul Parnell' A Lacrosse Icon for giving back to the lacrosse community.

BCLA Coach Mentor-Apprentice Program Earn High School External Sport Credits

By: Darcy Rhodes, BCLA Technical Director

The BCLA, under the direction of BCLA Regional Coach Bill McBain, and in conjunction with the Canadian Lacrosse Association and Coaching Association of Canada, has created and will be implementing the new Coach Mentor-Apprentice Program aimed at high school students with the potential to become a lacrosse coach, and the ability to achieve External Sport Credits and coaching certification.

This two-pronged approach to entering the lacrosse coaching ranks connects students with seasoned coaches who will mentor these young men and women in the skills and nuances of lacrosse coaching. The second part of this program is the "hands-on" training that the coach apprentice will do as part of obtaining the External Sport high school credits. The apprentice would be required to fulfill certain tasks and commit a number of hours throughout the playing year for all disciplines of Lacrosse (Box, Men's Field, and Women's Field). If all these tasks are successfully completed, the apprentice, after his/her second year in the program, would be granted Coach 12 External Sport Credits and Community Development Trained certification at no cost to the apprentice.

The External Sport Credits Program is a way for student athletes, coaches and referees to gain credits towards graduation. In the Lacrosse Coach Apprentice Program, a student can apply as young as 14 years old. This is a two-year program, and at its completion, the student will have attained Coach 12 through External Sport Credits which is four credits towards graduation. The student would also receive Community Development Lacrosse certification for coaching.

What is crucial to the success of this program is the recruitment of coaches who are motivated to teach enthusiastic young athletes who want to develop their coaching skills.

If you would like to participate as a Coach Mentor, or if you are interested in becoming a Coach Apprentice, please visit the BCLA website: www.bclacrosse.com (click on the COACHES tab), or contact Darcy Rhodes, BCLA Technical Director, at (604) 421-9755 Ext. 2 for more information.

A Pee Wee's Perspective on Good Sportsmanship

Good sportsmanship happens when teammates, opponents, coaches, and officials all treat each other with respect. This also means that whatever happens, you should just keep your cool and have fun. Being sportsmanlike makes the game more fun for you and everyone else. It also involves fairness in following the rules of the game.

You should always try to have a positive attitude, whether you win or lose the game. Sometimes doing this is difficult, but you have to work through it and say to yourself, "How can I do better next time?" If you start to lose your cool because another player takes a cheap shot on you, it is very difficult not to think straight and retaliate. But, if you can manage to "keep your cool" then it is easier to make the right decision and just walk away.

Attitude is the main factor in this, as it can change faster than you can blink. For example, one moment a player may have taken a shot on net, but he misses the net. He says "whatever" and goes back on defence. Next, say a player cheap shots him. Finally, he loses his cool and cheap shots the player back, the ref catches him, he gets the penalty, and he loses his cool for the rest of the game. At this point in the game he is no longer thinking straight and more likely to show unsportsmanlike behaviour. A player who is heading down this road needs to learn how to recognize this and if he has trouble dealing with it by himself he should talk to someone like his coach immediately, or the situation may just get worse and worse.

Finally, to summarize all the points above, I think sportsmanship means "to have a positive attitude and have fun no matter what, and to play fair."

Coach's Corner

By: Bill McBain

A trip to Baker Lake, Nunavut in January of 2003 was a trip I'll never forget. Lacrosse in the far north had caught the things dreams are made of when Russ Sheppard, a school teacher, introduced lacrosse to a group of students. His efforts curbed the school dropout rate, decreased drug and alcohol abuse and turned many of the young people on to the game of lacrosse. The CBC made a documentary of this group and the sport in the far reaches of the north. Lacrosse became the new sport with new participants breathing new life in the Nunavut youth. As a result, I was asked by the sport body in Baker Lake to visit and conduct a coach's clinic as well as a lacrosse introduction for the athletes.

After waiting two weeks for a window of opportunity between blizzards, I made the trip hitting four airports before landing in Baker Lake. I met Russ there with four bags of lacrosse gear for the project. After countless phone calls I finally met Kyle Seeley, Area Sport Representative for the government and Brad Mainse, a local school teacher originally from Peterborough. The next day we registered some of the local people and began the coach's clinic. Utilizing the local gym we used the coaches in training along with the teachers to introduce the lacrosse skills. These athletes mastered the basic skills quicker than expected. I suppose when your eye-hand coordination means the difference of

eating or starving, a simple skill like catching, passing, shooting and cradling is really simple. To top it all off we put the athletes into full gear including goaltenders and played a full contact game. Very seldom did the ball hit the floor or go out of bounds. The full contact didn't seem to faze these players, both male and female -- backhand passing and shooting seemed effortless. The biggest task was trying to fly back home. One should try going to the airport, have the trip cancelled and have to find your way back to the hotel. Landmarks were tough to find in the snow, but local knowledge using telephone poles helped in our return. After a few extra days restricted to the hotel a window of opportunity

opened and I found my way back to the Okanagan. Lacrosse is still played in the school with a new crop of athletes experiencing the fun athletes from Baker Lake had experienced playing both field and box lacrosse. Through the efforts of Brad Mainse and Ross Ste. Croix (CLA office) the goaltender gear was re-stocked and additional equipment was supplied. Brad has finished his tenure in the far north and is on his way to Duncan, BC. Originally from Seeley's Bay, Ontario, Brad arrived in Nunavut in 2002. He worked with the kids and participated on the staff with the U-19 field lacrosse team that competed at the Nationals in 2004 and 2005. His efforts developing lacrosse in Nunavut will always be cherished.

Coaching Goes Hi-tech


By: Bill McBain

The BCLA has worked through the first phase of the new CLA Coaches online program. The program encountered the normal number of glitches found by the users which resulted in the final version being completed near the end of the training season. This feedback has resulted in a better product than the initial version. Ross Ste. Croix (CLA Program Coordinator), Adam DeBray (Baseball Canada), and Darcy Rhodes (BCLA Technical Director) evaluated all suggested changes and amended the program. Coaches encountering problems had their problems addressed and were back on track with minimal down time. New usages of the program were added which resulted in the program being expanded

to include: coaches able to use the program to challenge the community development if the criteria for challenge had been met; coaches who had already finished their training where able to utilize the program to finish the workbooks in any discipline; and participants of the apprentice program can utilize the program to participate in the apprentice program. One of the big advantages of the program is the ability for coaches who have already completed their training to sign up in the program and have the use of a multitude of professional development material. The program contains a communication link whereby coaches can ask questions, receive tips and have the ability to add in drills into the drill bank. The cost of the password depends on what the system is being used for. Coaches requiring a password to complete the pre-course material and register for a specific clinic are charged the amount of the training fee set for coaches in each coaching stream. Coaches utilizing the

challenge system are charged a \$50 fee which includes \$15 for the password and evaluation and \$35 for the manual set. A participant of the apprentice program can also utilize the program for the same fee outlined for the challenge procedure (\$50). Coaches who sign up simply for utilizing the system are charged \$10. Passwords can be obtained through the BCLA office (Technical Director). Associations or clubs normally calculate the amount of coaches requiring training and purchase a number of passwords for the season. Challenge and apprentice fees are paid directly to the BCLA and again normally by the association or club. Coaches signing up for the professional development program material only, can do so through the CLA website at lacrosse.ca. Associations, clubs and coaches are encouraged to go online in either the BCLA or CLA websites and view the program overviews. This is a great program with huge benefits. One of the advantages is a quick reference point of all

coach positions as it relates to training and certification reducing the administrative workloads. "The online coaching program is an excellent tool that allows coaches and administrators alike to access resources, complete coaching requirements and communicate with each other more freely," stated CLA's Ross Ste. Croix. "Coaching workbooks can be completed and graded within 24 hours and coaches can share their wealth of lacrosse knowledge with each other by uploading their drills. The online program also allows both the coach, the MA and the CLA the ability to check on that coach's NCCP training status at any time." For upcoming BCLA Field Lacrosse coach and official clinics please check out the BCLA website at bclacrosse.com for the latest schedules or contact Darcy Rhodes (BCLA Technical Director) at 604-421-9755 or darcy@bclacrosse.com for details.



LEVY'S
Source
for sports.





BC's Lacrosse Professionals

Stick Stringing
Heads
Shafts

Custom String and Mesh Kits
Protective
Accessories

Get The Edge at Levy's

Offering the Top Brands in Lacrosse



Located in the center of Langley City on the corner of Fraser Hwy & Glover

20411 Fraser Hwy
Langley, BC V3A 4G3

604.534.6164

Check us out online
www.levyssports.com

Join us on
facebook

MILANI AUTO SALES WWW.MILANI.BIZ

Milani

Vehicles Inspected By
BCAA

Auto Sales

Over 150 Quality Cars & Trucks!!

Call 604-291-7355 Or Visit US @

6951 Hastings Street Burnaby

Milani.biz
Milani Auto Sales
Phone: 604-291-7355

ICBC
VEHICLE HISTORY REPORTS
FINANCING AVAILABLE OAC
TRADES WELCOME
U.S. IMPORT SERVICES AVAILABLE
CALL TODAY FOR MORE INFO
PRICES ARE PLUS APPLICABLE FEES AND TAXES

Milani

Auto Body

Expert Collision Repairs & Paint Work Since 1982

6951 HASTINGS ST BURNABY, B.C.

Body Shop: 604-298-7530

ICBC
Car
shop VALET
Accredited Collision Repairs & Valet Service

Email Us
Info@milaniautobody.com



Women’s World Cup Bronze

By: Joanne Stanga (Blog)

The 2009 Women’s Field Lacrosse World Cup seen through the eyes of Ontario’s Joanne Stanga, Director of the CLA Women’s National Team Programs.

The calibre of play amongst the top four teams. The speed and power of the players, the ball, the play was beyond my expectation, and fantastic to witness.

The “presence” of the Canadians in every game and their groundbreaking performances. A winning record of 4-3; the first victory over England, an extremely close semi-final against the Aussies, and the bronze victory.

The grinders in Canada’s midfield: Abbey and Mandy Friend, Alana Chan, and Lindsey Hart and Katie Brooks. They were exciting to watch in action: out-hustling, weaving their magic with incredible footwork, putting it all out there and always seeming to have more to give.

Every day I found myself bumping into people I see every 2 or 4 years, catching up and renewing friendships. Unbelievably, I saw Peter and Helen Carroll from Melbourne who I met in ‘89 and have seen at almost every world event since. It’s a great two weeks, and would highly recommend anyone who loves the game to think about making a vacation out of it in two years in Germany or four years out.

The international feel of these championships, where we didn’t always understand each other, but we got by because lacrosse is our bond.

The co-existence of sun and rain in the same sky. Nature is one of the most important factors in the aboriginal life of Native Americans - the creators of our game. The earth nourished them, the air gave them breath, and the sun and rain encouraged life. Maybe we needed both to bring out the best in the teams.

The folks in Prague have done a great job in hosting the world. For those involved in Peterborough in 2007, you know what a monumental effort it is to bring this kind of event together and make it happen. In a small country like the Czech Republic, where players, let alone volunteers are few and far between, it’s tough. We’ve seen players jump in and contribute even during their own game days. They made a commitment to deliver and by all accounts, they did exactly that.

Saturday, June 27, 2009 - Ohhhhhh Canada!!! Bronze Medal Result -- Canada 14 vs England 9 That morning when I walked out of my room, there was a note at the doorstep, and one on every other Canada doorstep down the hall. Think it ... see it ... believe it ... achieve it. I think the notes say it all!

The medal games were held at the Synot Tip Arena, the home stadium for the SK Slavia Praha football club. Less than a year old, it’s a great venue, and with its red seats in the background, perfect for the bronze medal game with red and white on both sides of the stadium.

England was at the stadium early and took their seats on the far side of the stadium opposite to the players’ benches. The white England flags with the red St. Georges cross were hung in usual fashion. The showdown was on,

as the Canadian contingent took the other side to face their foes head on. The maple leaf was out in full force. Support for Team Canada has been great the entire tournament.

Canada got to goal early and often, up 6-0 halfway through the first half. Mandy Friend came out of the gate raring to go, in the mix off the draw, transitioning with the ball on attack and driving to goal. She had already put away the hat trick before England managed their first. Mandy was Canada’s top point-getter on the game with 5 goals and an assist. If you get a chance to watch the game footage, take a look at goal number 6 by Brooke McKenzie with the assist from Mandy. What a beaut! From the draw, the ball moved between 8 players before finding the back of the net 47 seconds later.

Within the first 10 minutes of the game, we were seeing evidence that it might not be England’s day. They had managed only two shots, the first one off a post, and the second shot at point blank, seen all the way by Canada net minder, Kalley Greer. Kalley’s play was second to none, with many other key saves preventing any kind of momentum for England. England closed out the half with three straight goals, leaving Canada up 9-4.

The second half was closer with both sides scoring 5 apiece, but Canada’s first half lead proved insurmountable. On their feet for the last few minutes, Canadian fans enjoyed a loud and proud final countdown as the girls brought it home.

Once again Dana Dobbie was near perfect on the draw, and earned player of the match in the bronze final.

Congratulations to the Team Canada staff who have done a great job preparing and guiding the players to a best ever World Cup performance -- Jay Hart, Doctor; Patty Kloidt, Assistant Coach; Lisa Miller, Head Coach; Amy Bokker, Assistant Coach.

At the closing ceremonies, Team Canada marched out very distinguished looking in their red panama hats. JB, Jonzy, and Kylee, three of the team’s veterans, performed the traditional flag run just before things got kicked off. Canada lined up for the medal presentation from FIL Women’s Director, Shelley Maher, and FIL Board Member, Stan Cockerton, and standing on the field as a country representative, I had a fantastic vantage point to watch. As Tami Rayner (Jones) and Kylee White (Reade) received their medals, I thought back to our first world event in Haverford, PA with the U-19’s 14 years ago. Kylee had been a box player and just taken up the field game (but already showing that now familiar feistiness), and Tami hadn’t had much lacrosse experience at all, but was a great athlete and competitor. We lost that first bronze medal final to England in double overtime, a game that still resonates with me for the sheer will and determination of our girls in coming back time after time. Since then, they’ve had a couple more bronze medal finals with England coming up just short. For both girls, this could very well be their last Worlds as players, so this was one was extra special. The Heart of Lacrosse Awards were presented at the closing party. Fitting at such a great cel-



Team Canada Women celebrate their Bronze medal performance after a 14-9 win over England



Dana Dobbie prepares for a draw in the Bronze medal match versus rival England

bration where each team honours one person in recognition of unselfish dedication and outstanding contribution to “an individual who has: made an outstanding individual contribution to their team ... made an excellent professional contribution to the event ... made a difference to someone individually or the group as a whole, significantly enhancing their ability to participate in the event.” Team Canada awarded theirs to their own ‘Hart’, Lindsey Hart.

The final awards presented were the 2009 World Team at Attack: Jen Adams (Australia), Lindsey Munday (USA), Hannah Nielsen (Australia). At Midfield: Sarah Albrecht (USA), Dana Dobbie (Canada), Kristen Kjelmann (USA), Stacey Morlang (Australia), Laura Warren (Wales). On Defense: Amber Falcone (USA), Sarah Forbes (Australia), Regina Oliver (USA) and Goal-keeper Sue McSolvin (Australia).

LACROSSE TIMING SYSTEMS SHOTCLOCKS and TIME OF GAME CLOCKS



**Largest
Supplier
in
Canada!**

Features:

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



Neptune Dynamics Ltd. 604-244-9836 www.neptuneshotclocks.com

BC Boys Continue to Shine in NLL

By: *Teddy Jenner*

It's been a few months since we've seen any NLL action as the boys have moved from the turf to the hard concrete of the summer season. As the 2009 season ended there were many questions left on the minds of players and fans alike; some still remain unanswered.

First off, congratulations to the Calgary Roughnecks who won their second National Lacrosse League title, again on home soil. Perfectly executing head coach Troy Cordingley's master plan of 'in your face' defense, high pressure checking and wave after wave of powerful offense. Everywhere you looked, there were players with BC ties making an impact all over the rug and in the championship game it was no different. Matt King, (Nanaimo Timbermen) had battled through his NLL career to label himself as a true #1 goalie and in the 2009 season he did that and more. To say his play was outstanding wouldn't be doing it any justice. He continually made huge save after huge save at key times and always gave his team a chance to win. One has to only look at his performance in the semi-final game versus the San Jose Stealth where he shut out the likes of Colin Doyle, Jeff Zywicki and Rhys Duch for three quarters and even scored a goal that turned out to be the game winner. Outside of the crease, 11 of the 16 runners had at one point played or are still playing in the BCLA system. Names like Kelusky, Dobbie, McBride, Ranger, Toth, Heavenor, Shattler, Kilby and Moleski all played vital roles in helping the 'Necks contain the lethal New York Titans team. One name not mentioned in that list was one that is very familiar to fans all over the lacrosse world but most notably in Coquitlam. Curt Malawsky. After an 11 year career that spanned five franchises and near 170 games the one thing missing was an NLL ring. Well for anyone that has watched him play over the years you know what this game meant to him and you could see it all over his face as the clock wound down. When Captain Tracy Kelusky handed him the Trophy, 30 plus years of lacrosse emotion came streaming down his face.

Half of the league's top ten point producers all spent some time in the WLA and although only two remain they go a long way in showing what the future of the game has ahead. Jordan Hall (New West Salmonbellies) of the New

York Titans finished tenth in the league, is considered one of the premier transition players in the game and was recognized for his play with a 2nd team all pro. Rhys Duch (Victoria Shamrocks) played his rookie NLL season with the San Jose Stealth and to say he made the jump to the pros easily would be putting it mildly. Duch took the NLL by storm and when all was said and done, he had broken Gavin Prout's rookie scoring mark of 82 with 86 and that was ninth best in the league. Duch was named rookie of the year, narrowly beating out the Boston Blazers Darryl Veltman (Coquitlam Adanacs). Duch also racked up four rookie of the week awards and was the rookie of the month in March.

The NLL is growing its fan base every year and it continues to put the highest level of lacrosse on the field with the world's best players. However, as the season came to an end there were a few more details that needed to be dealt with. Unfortunately for the league the Stealth no longer reside in San Jose and headed north. How far north? Well Everett, Washington to be exact. Now known as the Washington Stealth they will play out the 8300 seat Comcast Arena. Now whether or not this move will be successful, it does add an NLL franchise closer to majority of the BC lacrosse fans albeit about a ninety minute drive, it does give fans something to think about. Another shocking move during the off season saw the Portland Lumberjax, who in their brief stay in the NLL went to two Western Semifinals and a league championship game, close their doors in this tough economic time. This was surprising decision as their fan base was very loyal and the organization continued to put a great product on the floor resulting in the dispersal of many local BC players.

While the WLA is gearing up for their playoffs and BC Jr. A loop is close to deciding their champion, the NLL is finalizing a deal that could see a team move to Orlando. A big question is who will be the #1 overall pick in the upcoming entry draft. A name to look out for, that isn't unfamiliar to lax fans on the west coast, Garret Billings (Langley Thunder), is slated to be one of the top three picks.

Courtesy of the BC Junior A league and the WLA, the talent pool for the NLL is very healthy and will continue to see the quality of ball players increase as the recognition of players west of Rockies continues to grow.

Toronto Nationals Jordan Hall

By: *John Chidley-Hill*

It's been a busy summer for Surrey, BC's Jordan Hall.

He's been playing midfield for Major League Lacrosse's Toronto Nationals, helping them earn a playoff spot in their inaugural season. Most recently, he had an assist in the Nats' thrilling 18-17 comeback victory over the Boston Cannons to clinch a postseason berth.

Hall has also been playing box lacrosse with the New Westminster Salmonbellies. So far this season, he's chipped in with 13 goals and a total of 22 points to help the Bellies to a 13-3-2 record, good for second place in the Western Lacrosse Association.

But it's the airlines that have benefited the most from Hall's season; he's been commuting from west to east between the two teams all season.

"It's been a lot of frequent flyer miles," he said, adding that "sometimes when you fly in the day of the game it's tough. Other than that, I don't mind it too much. I like sitting back, getting some sleep on the airplane."

It's been a roller-coaster season for the Nationals, who got off to a quick 4-1 start, only to lose four games in a row.

"We've has some ups and downs," admitted Hall. "Even games we're losing we're beating ourselves with mistakes."

Fortunately, Toronto was able to save its season with a big 19-9 win over the Long Island Lizards followed a week later with the tense



Toronto Nationals #44 Jordan Hall seen here in action against the Chicago Machine


overtime victory against the Cannons to clinch a playoff spot.

For his part, Hall likes what he sees. "I think right now we're heading up and it's a good time to be doing that so close to playoffs."

It's been a frustrating season at times, but the Nationals' recent success means that there is only one thing on Jordan Hall's mind.

"A championship," he said. "I think we've got the team to do it, we're putting it together at the right time."

At press time, Toronto played their final regular season game August 8 against the first place Denver Outlaws, before travelling to Annapolis, Maryland for Major League Lacrosse's Championship weekend August 22-23.



RAMADA®

SURREY GUILDFORD

Heated Pool, Jacuzzi, Fitness Room

Fully Licensed Restaurant

1-888-958-9988

TEAM RATES





Thank You!

To our sponsors of the BC Lacrosse Association 8th Annual Golf Classic In Honour of Skip Chapman







CAP-IT® COQUITLAM





Lacrosse Fitness 101: Eat to perform

By: Jeff Cathrea, B.Sc. Kinesiology

Disclaimer: The article is a guideline for healthy nutrition and eating habits for athletes. Jeff Cathrea is not a certified Nutritionist. If you have specific questions about your diet and/or how it relates to your athletic goals, it is strongly recommended that you consult with your family doctor or local certified nutritionist.

One of the most frequently asked topics my athletes inquire about is nutrition. Nutrition of course refers to the intake of nutrients into the body and how the digestive system uses this for energy. Many of my athletes train very hard; invest all kinds of energy to get faster, stronger and more powerful then flush it all away by eating incorrectly. Your body is like a finely tuned machine and it needs the right type and the correct amount of fuel to run effectively and efficiently. If you owned an expensive sports car would you fill it full of cheap gas and forget to replenish its oil and fluid supply? Probably not. Your body is designed the same way, eat correctly and your performance will be at its best, eat poorly and you just might find yourself running out gas or worse, your body needing some repairs.

Carbohydrates are the gasoline of the human body, that is, they are the main source for energy in exercise physiology. These 'sugars' are primarily designed to provide energy to working muscles. The two most common carbohydrates are disaccharides and polysaccharides. Disaccharides or simple sugars can be found in sucrose (table sugar), lactose (dairy sugar) and maltose (alcohol sugar). Polysaccharides or complex carbohydrates contain thousands of glucose molecules.

So which carbs are best to eat? The most simplistic approach is to consume complex carbohydrates leading up to training or competition and to consume simple sugars directly

after. The reason for this lies in the rate at which the sugars are digested and absorbed into the bloodstream and stored back into working muscle. Complex carbohydrates generally are slower to absorb into the bloodstream, causing a very gradual constant influx of sugars for the muscles to use as fuel. This is optimal for performance as it reduces the risk of running out of gas. Simple sugars are best consumed directly after training or competition. Because your body has a 2 hour window at which to store the most amount of carbohydrates back into your depleted muscles, it is beneficial to consume sugars that are quick to become digested and absorbed, allowing for a maximal storage phase. Traditionally, healthy sources of complex carbohydrates would include pasta, whole grain breads, brown rice, milk, beans or apples, whereas some healthy simple carbohydrates would include, potatoes, cereal, bagels, raisins and oranges.

If carbohydrates are the fuel of the human body, then protein would definitely be the mechanic. Proteins primary responsibility is to aid in muscle growth and repair. Protein also helps to transport enzymes and hormones as well as other nutrients such as carbohydrates and fats. Good sources of proteins can be found in meat, dairy, beans and nuts. Although protein may be used for fuel, it only becomes utilized if the carbohydrate store has been depleted. This is not advantageous because you do not want your body to use protein for energy that could use to make your muscles bigger and stronger. Because protein is slow digesting and aids in the transport of glucose (sugar) to working muscle, it is best consumed after training or competition. The optimal ratio of protein to carbohydrate consumption after activity is 1:3.

Just as it is important to eat the right amounts and types of foods, it is equally important to

consume the adequate amounts of water and fluids during games and training. Your body needs to be properly hydrated before, during and after activity to prevent injury or decreased levels of performance. During heavy exercise or intense games, athletes can lose several liters of water per hour (1-2% of their body weight). This does not seem like much, but break out the calculator and you'll see that this is a significant number! The best way to monitor hydration status is by body weight and by the color of your urine. If your urine is clear or light colored one hour before activity then your body is more than likely adequately hydrated. If it is dark yellow, has a strong odor or is small in volume you are dehydrated and need to consume water until your urine is clear and of a larger volume.

Remember, thirst is a poor indicator of dehydration, as by the time you feel thirsty, your fluid levels have already been depleted. An athlete should consume at least 500mL of fluid 2 hours before activity, 250mL of fluid every 15 min during activity and 500mL of fluid for every pound (lb) of body weight lost after activity. Sports drinks can be beneficial along with the consumption of water during and after competition as a means of replacing electrolytes and carbohydrates. Caffeinated beverages or alcohol should be avoided as both act to further dehydrate the body.

Finally, remember that this article is intended to make you more aware how you are fueling your body to achieve your maximal performance. If you have any specific questions regarding specific sports nutrition do not hesitate to contact your family doctor or local nutritionist for expert advice. But remember; fuel the machine because when the game is on the line you want to be driving the Porsche 911, not the '79 Pinto.

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

*Feature Writers –Jeff Gombar, Stan Shillington, Bill McBain.

*Contributing Writers – Darcy Rhodes, William Howard, Jen Mutas, Jeff Cathrea, Cindy Stewart, Angie Manville, Sandra Bell, Teddy Jenner, Joanne Stanga, John Chidley-Hill, Brad Challoner.

*Contributing Photographers – BCLA Archives, Jeff Gombar, Brett Cuming, eyeini.com, Bill Armstrong, Jenny Andre, Freezeframe Photography, Gemini Photographic, Frontrow Photography, Dan Brodie Photography, Bird's Eye Photography, Sym Smith, Pellerins Photography, Darcy Rhodes, Toronto Nationals, Kim McCulley, Steve Klarner, Scott Larden and Nancy Labranche.

Layout and Typography
Creative Plus Solutions
info@creativeplussolutions.com

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

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

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

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

Canada

Publication mailing agreement
Publications mail agreement no. 40038752

Return undeliverable Canadian addresses to:

British Columbia Lacrosse Association
4041B Remi Place
Burnaby, BC V5A 4J8
info@bclacrosse.com

This organization is Supported by the Province of British Columbia



A Family getaway that will even have you saying "Are we there yet?"




Family getaways can always be difficult to plan. That's why we plan them for you. We like seeing the smiles on everyone's faces knowing there's fun behind every corner. Delta has plenty of indoor and outdoor activities to keep everyone busy and plenty of beds to keep you relaxed. Call Delta to find a package fit for the whole family.





Think fresh. Eat fresh.™

© 2009 Doctor's Associates Inc. SUBWAY®
Is a registered trademark of Doctor's Associates Inc.



The Official Publication of Canada's National Sport

SUBWAY® Restaurants

LacrosseTalk

National Rankings

(FINAL 2009 Season)

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

- 1 Coquitlam Adanacs
- 2 Orangeville Northmen
- 3 Brampton Excelsiors
- 4 Burlington Chiefs
- 5 Victoria Shamrocks
- 6 Six Nations Arrows
- 7 New West Salmonbellies
- 8 St. Catharines Athletics
- 9 Calgary Raiders
- 10 Burnaby Lakers

JUST ARRIVED:

Lacrosse footwear in
multiple styles, sizes, colours
+ widths at the North Delta
New Balance store



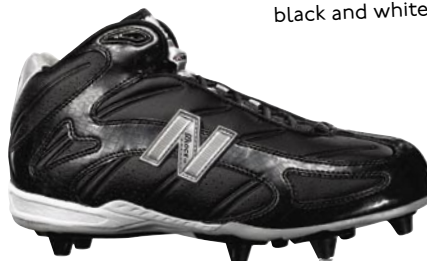
MF 895
Available in
black and white.



MF 1205
Available in
black and white.



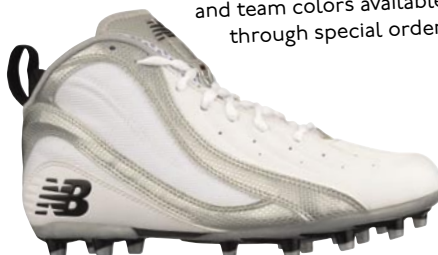
MF 992
Available in black and white
and team colors are available
through special order.



MF 1201
Available in
black and white.



MF 825
Available in black.



MF 896
Available black and white
and team colors available
through special order.



MF 996
Available in black.



concept store
vancouver + north delta

990 robson street, vancouver phone 604 685 2281
109 - 6345 120th street, north delta phone 604 501 1333
www.newbalancevancouver.ca

\$10 off

Any lacrosse
shoe purchased at
regular price

new balance concept store
vancouver + north delta

109 - 6345 120th street, north delta phone 604 501 1333
www.newbalancevancouver.ca

concept store

