

By: J.P. Donville

BC Lacrosse stars Kevin Crowley, Trevor Moore and Jordan McBride have all graduated from NCAA programs over the past year, but fans of BC Field Lacrosse who might be wondering where the next group of stars will come from need not worry. The current crop of BC based lacrosse players in the US collegiate system is the largest in history and has far more depth and breadth than ever before. So what do these latter comments mean specifically?

For years, BC athletes who have played in US college lacrosse programs have excelled in many facets of the game, especially goal scoring. In a sense this has not changed, with a large number of BC players leading their teams or conferences in scoring. But there is much more to these athletes than just offensive output. BC is now producing more than its fair share of all-star level defensemen, goaltenders, and more recently, high profile coaches and women's lacrosse players. The past was bright -- the present might prove to be even brighter!

In Division I lacrosse, there is always a player or two from BC that has lit it up offensively and 2012 is no exception. Logun Schuss (Delta) is the current poster child for BC in Division I, having scored 31 goals and 12 assists in eleven games for Ohio State, many of which being of the highlight reel nature. Other BC players putting up big offensive statistics this year include UMBC's Scott Jones (Port Moody) with 22 goals in nine games and Drexel's Robert Church (Coquitlam) with 19 goals and 13 assists in eleven games.

Beyond the pure goal scorer types, there are plenty of other players of interest. In terms of two-way midfielders, two players stand out. Bellarmine's Colton Clark (Nanaimo) has scored 24 points and has been strong defensively picking up 18 ground balls (GB) and 4 caused turnovers (CT). Similarly, Stony Brook's Robbie Campbell (Delta) has scored 20 points in seven games while picking up 12 GB's and 3 CT's. On defense, Matt MacGrotty is having a very big year with Bryant having started all eleven games grabbing 23 GB's and 16 CT's. Looking

further down the road, three BC rookies have had a great start, including Canisius' Brandon Bull (Surrey), who has 26 GB's in eight games, Denver's Wes Berg (New Westminster) with 14 goals in his first ten NCAA games and Jesse King (Victoria) with 11 goals for Ohio State. You should expect to hear much more about this trio in the coming years.

Division II lacrosse has more than its fair share of BC stars, but in this division the defensive and offensive star power is more evenly balanced.

On the defensive side of center, Pfeiffer's Luke Gillespie (Vancouver) has picked up an amazing 58 GB's and 20 CT's in thirteen games while Adam Bakular-Evans (Courtenay) has been an important part of the Lake Erie story with 25 GB's and 14 CT's. Not far behind these two are Mars Hill's David Beaumont (New Westminster) with 32 GB's and 15 CT's in thirteen games and NYIT's Danny McDermott (Vancouver) with 19 GB's and 13 CT's in ten games. McDermott's coach raves about his contribution to one of the stingiest defenses in the nation.

Several offensive weapons in Division II stand out including T.J. Cowx (Delta) with 40 goals and 18 assists for Mars Hill while grabbing 39 GB's and 5 CT's, to show that he is one of the best two way players in the game. Limestone's Riley Loewen (Burnaby) is always dangerous around the cage and has scored 35 goals in ten games while Seton Hill's Matt Delmonico (Port Moody) has 33 goals in ten games. But there is one more important standout BC player that is Catawba goaltender Michael Pecchia (Coquitlam). Pecchia averages more than 10 saves a game and boasts a low 8.10 goals against average, while sporting a 8-1 a win/loss record. It is true to say that Pecchia has stolen more than a few games this year for the Indians.

For BC athletes competing in Division III, the present looks a lot like the past -- lots of offensive firepower! Carthage's Keegan Bowan (New Westminster) leads this pack of goal scores averaging 5.0 points a game with 30 goals and 10 assists in eight games. Birmingham-Southern rookie Erik Klein (Coquitlam) is not far back having scored 42 goals and 13 assist for 4.6 points per game. Richard Lachlan (Port Coquitlam) continues to enjoy great offensive success with Roanoke with 31 goals in ten games while Daniel McQuade (New Westminster) of Whittier College, has 13 goals and 13 assists in nine games. Rounding out the goal scorers, Randolph Macon's Brett Austin (Vancouver) has 25 goals in fourteen games while New England Colleges Brian Gillis (North Vancouver) has scored 24 goals in nine games.

While men have been the focal point of Canadians playing in the NCAA for many years, women lacrosse players are bucking the trend! Women still represent a small

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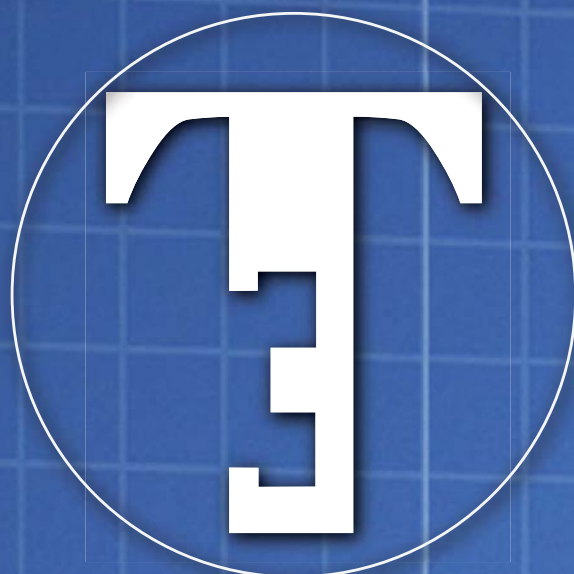
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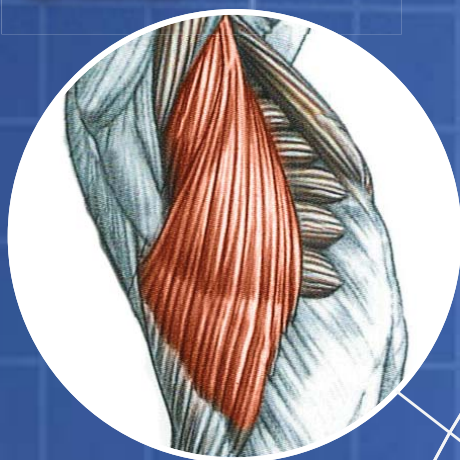
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# British Columbia Lacrosse Association

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## Jenkins Named to PGSHoF

By: LacrosseTalk Staff

The 9th induction ceremony of the Prince George Sports Hall of Fame took place Saturday March 31, 2012 at the Hart Community Centre Hotel in Prince George, BC. Dozens of Prince George's finest athletes, coaches and volunteers were in attendance at the prestigious event.

The Prince George Sports Hall of Fame originated in 1996 when a group of local sports enthusiasts came together with the dream of creating a Hall of Fame to recognize the City's and district's top athletes, builders and teams. Since its creation, the Prince George Sports Hall of Fame has inducted more than 58 individuals and 2 teams in 24 sports.

Lacrosse will be represented for the second time in the hall with the latest induction of local lacrosse advocate and BCLA Executive Director at Large, Dave "The Wall" Jenkins. Dave joins Dale McCann (Softball), Niilo Itkonen (Skiing), Sylvia Hausot (Judo) and Lyle Dickieson (Canoeing), as the other 2012 inductees.

"I've had the honour and pleasure of knowing David Jenkins (and his wife, Johanna) since I started working with the BCLA eighteen years ago," stated BCLA Executive Director Rochelle Winterton. "My personal 'sounding board member', particularly on our association's legal matters, Dave brings his vast knowledge, experience, common sense and his sense of humour to the boardroom table, and he continues to be an incred-

ible and cherished asset to the BCLA and our membership. We congratulate Dave on his most-deserved induction into the Prince George Sport Hall of Fame."

David Jenkins played Senior Box Lacrosse in Prince George from 1968-1996, representing BC at three National Championships. Dave has coached and performed other community volunteer work through the minor and senior box lacrosse system in Prince George from 1985-2011.

In 2005, David joined the BC Lacrosse Provincial Executive as the Director at Large and for the past 7 years, has generously and passionately provided his legal and lacrosse expertise and guidance for the BC Lacrosse Association and its members.

"Dave has been a fixture with youth sports in Prince George for years," said long-time friend and BCLA President Sohen Gill. "When you think of lacrosse in the North, you instantly think of Dave 'The Wall' Jenkins and the imprint he has left on the entire lacrosse community."

For Jenkins, his love of lacrosse has been all about the children he has coached and being a big influence on many young athletes' careers -- not just teaching them the skills and tactics of lacrosse, but many life skills along the way.

Jenkins joins long-time lacrosse supporter, Fred Doig (1999), as the first two inductees in the Prince George Hall of Fame from the sport of lacrosse.



Dave Jenkins joins Fred Doig as the second lacrosse inductee of the Prince George Sports Hall of Fame.

The BC Lacrosse Association thanks Dave Jenkins for his commitment to lacrosse.



Terry Mosdell receives a Sport BC President's Award from BCLA President Sohen Gill.

By: LacrosseTalk Staff

The 46th Sport BC Athlete of the Year Awards and President Award ceremonies took place Thursday March 8, 2012 at the River Rock Casino Resort and Show Theatre in Richmond, BC. Hundreds of BC's finest athletes, coaches and volunteers were honoured at the prestigious event.

## Mosdell Named Sport BC President's Award Winner

The BC Lacrosse Association 2012 selection for the Sport BC President's Award for Lacrosse was BCLA Executive VP of Development and highly regarded official, Terry Mosdell.

Terry Mosdell has been a lacrosse lifer as a player, coach, official and educator. He's probably busier today with lacrosse than ever as a player up into his Senior B Box Lacrosse days with the President's Cup Champions, Vernon Tigers. He not only toils in the winter with the Tri-City Field Lacrosse Masters and in the summer with the Tri-City Box Masters, but referees over 120 box and field lacrosse games in a year.

Mosdell calls a discipline game from the arena and athletic fields. He also transfers his knowledge in the classroom and instructs clinics for both box and field lacrosse officials and coaches. He is also a Field Lacrosse Official Master Course Conductor educating new field lacrosse official clinicians.

"I love teaching the next generation of budding officials and coaches in the classroom," stated Mosdell. "It is their enthusiasm that makes each clinic unique and interesting to instruct."

His hard work and dedication to lacrosse finally paid off with Terry being named to represent Canada at the 2012 Federation of

International Lacrosse (FIL) Under 19 World Championships in Finland.

All of this, and he still has time to hold a position on the BC Lacrosse Association executive and train to be a top ranked master's racquetball athlete.

"Terry has served at all levels of lacrosse and is now getting his due recognition," stated BCLA President Sohen Gill. "His dedication to lacrosse has assisted countless officials, coaches as well as engaging our Master athletes to continue with lacrosse past their prime. Terry is a very deserving selection for this achievement."

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: Gloria Siegner (1999), Elinor Hinds (2000), David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll and Toni Lowe (2007), Ron McQuarrie (2008) and Mike Hall (2009), Gene and Judy Regier (2010) and Dave "The Wall" Jenkins (2011).

The BC Lacrosse Association thanks Terry Mosdell for his commitment to lacrosse.



Alexander accepts his Community Sports Hero Award at a ceremony in Kelowna.

When it comes to lacrosse in Kelowna, Clint Alexander is "the man". A tireless supporter and promoter of the sport, Clint's involvement with Kelowna Minor Lacrosse began in 2005, when he joined the association as a coach. A dedicated, committed and

## Kelowna's Alexander, A Community Sports Hero

extremely knowledgeable volunteer, Clint soon found himself taking on senior positions such as Head Coach and Coaching Coordinator. Five years later, in 2010, he was elected to the position of President; a role he now holds.

Throughout his days as an executive member with the KMLA, Clint has managed his time in a way that allows him to continue coaching both box and field lacrosse teams. A talented and energetic coach, he has had successful seasons with teams both locally and at the provincial level.

Often referred to as "the backbone of Kelowna Minor Lacrosse," Clint's contributions to the sport he loves so dearly do not end there. He is an executive member of both the Thompson Okanagan Minor Box Lacrosse Commission and the Interior Field Lacrosse League, positions that enable him to promote the game not just in Kelowna, but throughout the entire Okanagan region.

The humble Alexander praised the the City of Kelowna and PacificSport for putting on the Sport Hero award event acknowledging contributions of volunteers in sport.

"The award was a great honour," commented Alexander.

"Relative to a number of people I admire and who have provided me with great mentorship, like Doug Deschner and Bill McBain, my contributions to lacrosse are modest."

Clint knows that his hard work may have been noticed, but it is the people he is surrounded with that are also worthy of such praise.

"Behind any person with a medal or award, there are a lot of unsung heroes that make it possible, no one less so than my wife, Jennifer," he stated. "Sustaining and growing lacrosse in Kelowna has been a team effort, and I'm particularly thankful to the great group of volunteers on the KMLA Executive. It's a privilege to coach minor athletes, and a privilege to serve the Creator's game."

It is easy to see why Clint has earned the admiration of many as a true Community Sport Hero. Thank you and congratulations Clint!



# Claremont, Holy Cross, Terry Fox & Riverside Win H.S. Titles



Photo: Shawn House

Senior Tier 1 Champions - Claremont Spartans 2



Photo: Darryl Foulds

Junior Tier 1 Champions - Terry Fox Ravens

By: LacrosseTalk Staff

The 12th Annual High School Field Lacrosse Provincial Championships took place March 5-6, 2012 in Coquitlam, Port Moody and New Westminster.

Fourteen Senior and eleven Junior teams took part in the tournament at Coquitlam's Dr. Charles Best School and Town Centre; Port Moody's Heritage Woods and Mercer Stadium in New Westminster. Senior teams included Best, Claremont 1 & 2, New Westminster, Terry Fox, Vancouver College, Delta, Holy Cross, Heritage Woods, Centennial, Port Moody, South Delta, St. Thomas More and Langley. Centennial, Heritage Woods, New Westminster, Vancouver College, Best, Claremont 1 & 2, South Delta, Riverside and Terry Fox competed in the Junior division.

The number of competing teams (25) increased from just 20 in 2011 – the highest number of competing teams was as high as 24 teams in past years.

For the first time in tournament history, there were four different champions for each age group and tier. The Senior Tier 1 champions were the Claremont Spartans; the Holy Cross Crusaders repeated as Senior Tier 2 champs; the Junior Tier 1 title went to a tough Terry Fox Ravens squad and the Junior Tier 2 title went to the gritty Riverside Rapids.

Junior Tier 2: In the Junior Tier 2 semi-finals, both Riverside and Heritage Woods doubled Vancouver College and South Delta respectively by the same 6-3 score. The top two teams were set for a rematch after a 6-3 Riverside round robin win. Riverside and Heritage Woods offensive teams showed similarities leading into the finals – Riverside scoring 29 goals for and Heritage Woods netting 28, but the difference was in defense and goaltending as Riverside's stingy defense only allowed 8 goals in four games to Heritage's 18 against. The table was set for another close District 43 battle but it failed to materialize as Riverside took it to the Kodiaks 11-2 to win the Junior Tier 2 title. Junior Tier 2 MVP: Noah Trudgian-Defense (Riverside).

"The win was great for our team who were pounded most of the year by Tier 1 teams, but with leadership within and passion for the game they got better and better as the tournament went on," said a happy Coach Derek Milani. "Riverside is all about great female basketball and volleyball teams, but now the talk around the school is the lacrosse team -- a buzz that will continue over to next year for sure."

Junior Tier 1: In the Junior Tier 1 semi-finals, Claremont 2 beat classmates Claremont 1 by 10-8 while Terry Fox eked out a triple OT 9-8 victory over New Westminster. One year earlier it was New West on the winning side of a one goal game in the semis. The Ravens were tough from goaltending to attack going undefeated and showed to get stronger as the tournament progressed, while Claremont 2's only blemish was a close 7-5 loss to Fox. The Ravens took charge early and didn't look back with a one-sided surprising 10-2 victory over the Spartans to win the Junior Tier 1 title. Junior MVP: Gordon Phillips-Defense (Terry Fox).

"We've got a special group of athletes here at Fox," explained Coach Derek Wintermans. "We have some real natural leaders and great talent -- just the perfect combination made this a great team and it worked out very well."



Photo: Jeff Gombard

Senior Tier 2 Champions - Holy Cross Crusaders



Photo: Derek Milani

Junior Tier 2 Champions - Riverside Rapids

Former Raven, Clay Richardson, a Gleneagle teacher, also helped coach with Wintermans this year leaving Fox with a bright future. 2013 bodes well for the Senior Ravens with the many of the Juniors moving up after having the experience of winning and going undefeated.

Senior Tier 2: In the Senior Tier 2 semi-finals, Langley narrowly beat Delta 10-9 while newcomer Port Moody Blues was handed a lopsided 14-5 defeat at the hands of Holy Cross. A Holy Cross and Langley final wouldn't disappoint as the Crusaders outlasted the Saints 8-6 in an see-saw battle that saw Holy Cross take over in a late second half surge for the Senior Tier 2 title. Senior Tier 2 MVP: Aaron Madaisky-Defense (Holy Cross).

"It's good to give kids an opportunity to play lacrosse," stated Coach Ken Buchan Jr. "I had 27 kids play this year and probably 19 had never played before -- some kids don't play other sports (other than lacrosse). "The kids just enjoyed themselves. Three athletes that have never played lacrosse before will now play this summer in box."

Senior Tier 1: Claremont 1 battled Claremont 2 in one semi-final game with the #2 team taking a 7-6 close battle. Best, after an undefeated round-robin was poised to have a strong semi-final, and did! The Blue Devils maintained their winning ways and handed Heritage Woods a 12-9 loss and a spot in the title match. Best and Claremont met in a close see-saw battle with the score going back and forth by a single goal. Best held a 4-3 edge at half and were tied at 6-6 in the last frame until a Best penalty late in the game. The Spartans took advantage of the man-up scoring twice for an 8-6 lead. Best came back with one more until Claremont ran out the clock to win 8-7. Senior Tier 1 MVP was Stu Smith-Goalie (Claremont 2).

"It is rewarding for the guys to get to play against good competition and teams they face in club field and box," mentioned Head Coach Darren Reisig. "Our guys work hard from September to March and this weekend was a product of their efforts."

The High School tournament has hosted up to 24 teams and as few as 13 teams in past years. The 2012 event was a resurgence of sorts with District 43 schools redeveloping their programs at Heritage Woods, Centennial and Terry Fox fielding both Junior and Senior teams, as well the growth of the Claremont Academy fielding four teams. Next year, participation will likely increase with schools that plan to field teams, especially the proposed addition of the mainland's own lacrosse academy from Delta.

"Even though we had a rocky beginning (due to the teacher's strike), it ended up being the best tournament to date," said a proud, Tournament Co-ordinator Shawn House. "The caliber of play was great -- splitting both Senior and Junior divisions by tiers provided parity at all levels."

The officiating was great throughout and positive feedback was given for the quality of lacrosse and how well behaved the athletes were while competing. Many thanks go out to the many volunteers for helping host the championships this year as well as Randy Clough of X-treme Sports Gear for providing hoodies and t-shirts sales and for sponsoring the MVP awards. For schools wanting to learn more about this tournament and how to start Field Lacrosse at their school, contact Shawn House at shawn-house@shaw.ca.

## Continued from Cover Article: Men's and Women's Field Lacrosse Exports Rise

By: JP Donville

...a small portion of BC players in the NCAA, but their numbers are growing much faster than the men in percentage terms. In 2012 there are 53 Canadian women playing in the NCAA including 3 from BC. Of the three, the highest profile is Converse College midfielder Sara Walters (Burnaby), who plays primarily a defensive role and has grabbed 38 GB's and 14 CT's in twelve games. Savanna Smith (Delta) competes with the 2012 LaSalle Division I women's squad, while in Division III, Jenna Nickle (Port Moody) has 2 goals and a helper for Pacific University in Oregon.

It is expected that the number of BC women playing in the NCAA in 2013 will more than double that of 2012. Naomi Walser, Team BC U19 Women's team head coach, feels the talent in BC will continue to develop into budding NCAA prospects.

"BC girls are playing at a higher calibre each year here on the west coast," stated Walser. "I am confident many players will see scholarship opportunities come their way in coming years. Two athletes are presently committed for college [for 2012-13] in Ashley Bull (Canisius) and Ellie Delich (UC Davis)."

The last area of excitement for BC'ers are the athletes turned coaches at NCAA programs. Three of the more interesting success stories of the 2012 lacrosse season have been the offensive prowess of the University of Denver, the emergence of Lake Erie in Division II lacrosse and a potential turnaround at St Joseph's in Philadelphia. In all three cases, there is a BC coach at or near the center of the enthusiasm.

Denver Pioneers coach Matt Brown (Burnaby) has installed an offense that features a hybrid Canadian style, helped in part by his recruitment of fellow Canadians Mark Matthews, Cam Flint, Jeremy Noble and BC's Wes Berg. The Pioneers reached the NCAA final four in 2011 and since Brown's arrival, DU has been among the top programs in the US in most offensive categories.

"Canadian lacrosse players have been an integral part of the development and growth of our men's lacrosse program here at the University of Denver," stated Brown. "Not only have these four young men excelled on the lacrosse field but they have also done extremely well in the classroom."

The second BC coach making a name for himself in the NCAA is Greg Stocks (Nanaimo). Stocks, coach of the upstart Lake Erie Storm, has taken the program from inception (3 years ago), to one that knocked off a top ranked team this year. Stocks, who is a graduate of Mercyhurst, was previously an assistant coach at Lycoming where he also installed an up-tempo Canadian style of fence with great success. Expectations remain high that Lake Erie will soon vie for a position among the national rankings.

The third BC coach worth keeping an eye on is Kevin Crowley (New Westminster). Fresh from the college ranks as an impact midfielder at Stony Brook, Crowley has embraced the move from the field of play to the sidelines. He has joined fellow Canadian Taylor Wray at St. Joseph's and will seek to turn around a program that went winless in 2011. So far, they have already won three games and have competed well in every game. That said, with Wray and Crowley on the bench, don't expect to hear the words respectable and loss used in the same sentence given the competitiveness of these coaches.

"I was very fortunate to have the opportunity to coach Division I right out of college," noted Crowley. "It's been fun seeing the game from a different perspective. I'm learning a lot from the other coaches. I really look forward to the day I can bring everything I've learning back to BC and have an impact there in the coaching world."

If the number of BC trained student-athletes playing lacrosse in the NCAA is any indication of the health of the field game, then there is much to be proud and excited about. Of particular satisfaction has been the blossoming of skill sets beyond the core competencies that come from our passion and commitment to the game of box lacrosse.

Looking to the future, the woman's game has clearly lagged the men's game but is now growing much faster, admittedly from a lower base. The existence of three high profile coaches in Brown, Stocks and Crowley will also help ensure that our abilities to teach, coach and strategize will keep pace with all of the other exciting developments in the game. Indeed, how can one not conclude that BC's future as a lacrosse playing province is at least as bright as the past.



# Cornwall Selected #1 by Adanacs



Travis Cornwall

By: LacrosseTalk Staff

The Western Lacrosse Association held the 2012 Annual Draft of 2011 Graduating Juniors at the Firefighters Club in Burnaby on February 6, 2012.

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

The Coquitlam Adanacs held the first pick of the 2012 draft and selected Coquitlam Junior A Adanacs graduate, Travis Cornwall.

The 6’-2”, 210 pound Cornwall, was third in 2011 BC Junior A Lacrosse League (BCJALL) regular season scoring, netting 42 goals and 64 assists for 106 points and a 37.84% shot percentage. In 8 playoff games, he led all BCJALL scorers with 32 points (8G, 24A). Cornwall was a 2011 BCJALL Second Team All-Star selection and the recipient of the BC-JALL Graduating Player Award.

So what does it mean to a Coquitlam kid growing up watching the Adanacs to finally get his chance to play with his childhood team?

“The past 12 months have been a complete whirlwind,” said Cornwall. “I honestly can’t even begin to express how much it means to me to have an opportunity to continue playing for the Adanacs.”

Cornwall is a throwback player that can defend and transition the ball, but also has an incredible knack for scoring and playmaking, thus his 106 points in his final year of Junior. This born leader is a quietly confident athlete that leads by example -- a true coach’s dream.

“Travis is a phenomenal athlete with an impeccable work ethic,” praised ex-Adanac Head Coach Curt Malawsky. “Travis’s lacrosse IQ and compete level gives him the ability to play both ends of the floor. He is a great role model for the younger generations, as he is passionate about the game, has great character and is very personable away from the rink. The Adanacs are very fortunate to have Travis a part of their club.”

Cornwall will bring instant stability and spark to an Adanac team that floundered through the 2011 WLA campaign finishing in last place with 7 wins and 11 losses while scoring a league worst 160 goals for.

“I like to think that I am a versatile and intelligent lacrosse player who will bring size and speed to the Adanacs,” noted the versatile left hander.

Cornwall was also a first round draft pick, 7th overall in the 2011 National Lacrosse League (NLL) Entry Draft for the Calgary Roughnecks. A team that was very familiar with Cornwall’s abilities with Curt Malawsky as the Roughneck’s assistant coach.

“I wouldn’t be in this position, playing in the NLL or being draftee first overall, if it weren’t for Curt [Malawsky],” claimed Cornwall. “I have had many great coaches in the past, but Curt’s systems, advice, and passion for the game took my play on the floor to a completely different level.”

Growing up and playing minor lacrosse in Coquitlam, Cornwall and his lacrosse friends frequented Adanac games on Saturday nights on Poirier Street emulating past stars to mould their game.

“Definitely Colin Doyle, and John Grant Jr., reminisced Cornwall. “I remember spending

an entire summer one year working on my fake, trying to play like Junior.”

Travis really did watch and learn from the best and the proof is in his Junior statistics. In his five year Junior lacrosse career, he played in 98 regular season games, scoring 102 goals, 147 assists for 249 points (29.4%) and only 54 penalty minutes. Cornwall also added 24 goals and 61 points in 39 playoff games.

Cornwall will surely have long and successful lacrosse career leading his teams along the way like his boyhood idols Doyle and Grant.

## No Bull: Standout student wins Swensson Award



Ashley Bull wins Swensson Award

By: Gary Ahuja, Langley Times

Whenever or wherever help is needed, Ashley Bull can be counted on.

“Ashley is quite the kid,” said Walnut Grove Secondary vice-principal Jim Darby.

“She is always ready to pitch in and help out whenever an extra pair of hands is needed.”

The Grade 12 student was honoured as the recipient of the 2012 Pete Swensson outstanding community youth award on Thursday night.

She beat out six other outstanding nominees from high schools throughout Langley and Aldergrove.

The list included Darryl Brown (Aldergrove Community Secondary), Joel Kleingeltink (Langley Christian), Maddie Millsip (Langley Secondary), Haley Nickel (Langley Fundamental), Lexi Niiranen (D.W. Poppy) and Michael Pratt (Brookwood).

The award is in recognition of a student’s athletic, scholastic and community efforts.

Some of Bull’s volunteer exploits include coaching field lacrosse, both in Langley and Maple Ridge, serving as a senior member of Walnut Grove’s GQ (Gator Quality) Ambassador Program, which helps Grade 8 students transition into high school, helping the school’s Humanitarian Club, volunteering at a local soup kitchen, and working as a crew member at the Rock Ridge Young Life Camp.

She is also an honour roll student, one of Canada’s top female field lacrosse players — she represented her country at the U19 field lacrosse championships in 2011 as a 16-year-old — and is off to Buffalo in the fall on an athletic scholarship to Canisius College.

For Bull, she just loves the feeling of helping others.

“It is a good feeling, the feeling of knowing you have helped someone in a time of darkness for them,” she described.

With the Humanitarian Club, the students help out at Friends Langley Vineyard.

The students prepare soup, set up the tables and chairs, and then serve whoever happens to come in the downtown Langley church.

“You see them (homeless) outside and wonder what their story is,” Bull said.

“It is good to see them come in and forget about all that and experience some help.”

While not an official member of the Humanitarian Club, Bull said she likes what the club stands for.

“They put themselves forward to help the community,” Bull said.

“And they don’t expect anything from it, they just want to see good things happen.”

“If you tell her something needs to be done, she gets it done,” said Julia Bryant-Taneda, who taught Bull last year and is also involved in running the Humanitarian Club.

“She is a very hard-working girl and has very high expectations for herself.”

Bryant-Taneda also described the 17-year-old as having a great sense of humor, witty and charming and perceptive.

“She is a critical thinker, a sharp, astute young lady,” the teacher added.

When not volunteering in the community or playing field lacrosse, school plays a central role in Bull’s life.

“I have loved my time at Walnut Grove,” she said. “It has been amazing.”


Bull played on the school’s basketball team and after playing volleyball for her first couple of years of high school, she shifted from playing to volunteering her time, whether it be as a scorekeeper, or some other task which needs completing.

During her spare at school, it is not uncommon for Bull to wander into a classroom and help out the teachers.

“Right from Grade 8, she has been one of those kids that everyone really enjoys having around the school and in classes,” Darby said.

“She is really personable and is a positive-outlook type of kid as well.”

Bull has her sights set on becoming a PE teacher and coach at the high school level.

2012 Western Lacrosse Association Junior Draft Results					
					
Rd 1	WLA Team	Player	Rd 6	WLA Team	Player
1	Coquitlam	Travis Cornwall	1	Coquitlam	Jaxson Lee
2	Burnaby	Jackson Decker	2	Nanaimo	Luke Acton
3	Burnaby	Casey Jackson	3	Burnaby	MacKenzie Davis
4	Maple Ridge	David Joyce	4	Maple Ridge	Colton Porter
5	Langley	Mark Matthews	5	Langley	Steve Fryer
6	Victoria	Karsen Leung	6	Victoria	Ben Stebbins
7	Nanaimo	Cody Bremner	7	New West	Scott MacDonald
Rd 2	WLA Team	Player	Rd 7	WLA Team	Player
1	Coquitlam	Travis Irving	1	Coquitlam	Clay Miller
2	Langley	Tor Reinholdt	2	Nanaimo	Joey Fendick
3	Burnaby	Justin Salt	3	Burnaby	Jeremy Serraglio
4	Maple Ridge	Daniel Amesbury	4	Maple Ridge	Blake Mattinson
5	Burnaby	Colton Hayes	5	Langley	Jamal Allen
6	Nanaimo	Kyle Hofer	6	Victoria	Jake Ryan
7	Nanaimo	Ryan Keith	7	New West	Eric Tuura
Rd 3	WLA Team	Player	Rd 8	WLA Team	Player
1	Coquitlam	Ryan Johnson	1	Coquitlam	Patrick Spencer
2	Nanaimo	Tyler Matheson	2	Nanaimo	Curtis McKinnon
3	Victoria	Michael Krgovich	3	Burnaby	Colton Dow
4	Langley	Matthew MacGrotty	4	Maple Ridge	Tom Seeman
5	Victoria	Mitch McLaren	5	Langley	Myan Adams
6	Langley	Leif Mydske	6	Victoria	Liam Kelly
7	New West	Mike Berekoff	Rd 9	WLA Team	Player
Rd 4	WLA Team	Player	1	Nanaimo	Mitch Meilleur
1	Coquitlam	Daniel McQuade	2	Burnaby	Andrew Copeland
2	Nanaimo	Ryan Sage	3	Maple Ridge	Scott Constable
3	Burnaby	TJ Cowx	4	Langley	Chancy Johnson
4	Maple Ridge	Brandon Bertoia	5	Victoria	Austin Powell
5	Victoria	Asahel Beaudet	Rd 10	WLA Team	Player
6	Victoria	Steve Higgs	1	Nanaimo	Adam Hickey
7	New West	Mark Negrin	2	Burnaby	Mitch Frank
Rd 5	WLA Team	Player	3	Maple Ridge	Jonathon Rakic
1	Coquitlam	Jordan Catton	4	Langley	Graeme Stewart
2	Nanaimo	Brandon McLean	Rd 11	WLA Team	Player
3	New West	Jeff Sproule	1	Burnaby	Alex Farrell
4	Maple Ridge	Blake Duncan	2	Maple Ridge	Devon Wilson
5	Langley	Patrick O'Meara	Rd 12	WLA Team	Player
6	New West	Kyle Robinson	1	Burnaby	Ryan Spelling
7	New West	Brandon Mulligan			



# Team BC Box and Field Look for Improvement



Photos: Vancouver Sports Pictures

Team BC Field Lacrosse in action versus Ontario at Nationals



By: LacrosseTalk Staff

The 2012 Team BC Box Lacrosse programs will start the athlete identification process in early May and concluding in June. The Team BC Field Lacrosse teams are in the final stages of finalizing their rosters for 2012. Over 500 box and field athletes will be identified from all regions of the province for both programs.

The 2011 season was full of renewed excitement. The results didn't reflect how well all Team BC teams performed pushing their competitors in many gold medal national championship games. No Team BC box squads came home with gold last year; three were handed silvers and two won bronze. While both Team BC Field teams played to one goal final games with the U16's striking gold. All teams will be aiming at loftier goals to capture a National title in 2012!

Five Team BC Box Lacrosse teams will represent BC at the 2012 Nationals. The final main box camps for each of the teams will be: Pee Wees (May 19-21); Bantams (May 11-13); Midgets (June 2-3); and the Female Bantams and Midgets-Richmond (June 8-10). Check the BCLA website for locations and updates.

The Team BC Box program consists of five teams including the boys Pee Wee, Bantam and Midget teams while the girls will compete in Bantams and Midgets. The Female Bantam and Midget teams took Ontario to the limit in the 2011 gold medal games and lost 4-3 and 3-1 in two incredible finals; the Bantams also fell short to Ontario in a 4-3 overtime loss, while the and Midgets and Pee Wee's finished a disappointing third winning bronze medals.

The coaching staffs have been busy at work starting the identification process and planning the make-up of their teams. The female teams will once again host nationals, this time, in the traditional lacrosse community of Victoria.

"The Bantam and Midget girls are excited about their National Championship being held this year in their home province in Victoria," mentioned Team BC Box Technical Co-ordinator Mike Marshall. "Team BC has always looked forward to National competitions and from all indications promises once again to be very competitive."

The Female Midgets will be a group of athletes that have had past national experience as Team BC Bantams. With the addition of new coach and WLA and NLL standout, Pat Coyle, the girls will surely take their game to new heights and be tough defensively.

"We will build a hard working group of athletes that will compete to the best of their abilities in order to win the gold," mentioned Coach Coyle.

The Team BC Female Bantams will again push for gold in 2012 after two close defeats in 2010 and 2011. With one year under his belt with the Team BC program, Head Coach Dan Stroup will be prepared for everything thrown his way.

"I'm looking forward to coaching the Team BC Bantam girls, there are many talented players and the tryouts will prove to be very competitive," stated Stroup. "We expect to put a hard working team together and will be better prepared for nationals."

The Team BC Bantams have seasoned head coach, Tyson Leies (Victoria), who experienced the Midget Nationals last year. His experience will come in handy over the intense seven-day event in the mid summer Ontario heat.

"Last year was a great learning experience going through the grind of a national tournament," stated Coach Leies. "I'm really excited to select the best Bantam athletes in BC and bring home the gold."

The Team BC Midgets look to compete at a high level against some familiar foes. Coach Derek Milani has coached many of the Team BC Midget athletes trying out in 2012 as Bantams and Pee Wees from past championships.

"This year is the rubber game -- we won in Pee Wee and lost a tough one in Bantam," said the determined Coach Milani. "We will again try to field a team built around the word TEAM. We look for a smart, athletic and tough group of players that can play both sides of the floor -- built from goalie out, stressing defense first into a fast transition game.

Team BC Pee Wees often fair well at Nationals with positive results. Coach Josh Wahl is gearing up for another good result in 2012.

"I'm really excited to be coaching the Pee Wee boys -- we will be looking for a very skilled, fast, hard working team this year," commented Head Coach Josh Wahl. "There are many talented athletes in this age group, which will make for a very competitive main camp. To be successful at Nationals, we will have to be prepared to train very hard and come together as a team in a short period of time."

The Team BC Field U19 and U16 teams started the player identification process in November 2011 and have their rosters in place. For the first time, a U19 Women's team has been identified and competed at a very high level at the Sandstorm tournament in California this January.

Team BC Field Technical Co-ordinator, Reynold Comeault remains upbeat with the exposure all field lacrosse athletes in the Team BC system have experienced the past few years.

"With four U16's and four U19's having either already made verbal commitments or currently attending NCAA Division 1 colleges, the Team BC Field Lacrosse Program has made great strides," commented and elated Comeault. "Coach Browning's U16's are raring to defend the 2011 National Championship title, while the U19's Coach Spaven is itching to get another shot at Team Ontario to avenge his squad's one goal loss in 2011 in the First Nations Trophy final."

The earlier selection camps have already afforded the coaches the opportunity to have additional training sessions to develop their respective teams. The extended training season has played well into the progress of the older U19's preparing for college lacrosse in September of this year -- which exemplifies the calibre of talent that the program is attracting.

Head Coach Brian Spaven is excited with the addition of Rey Comeault, Ian Poole and Richard Cambrey to the coaching staff, both with great college experience to pass on to this young team.

"I have been very pleased with the attitude and effort at the tryouts," commented Coach Spaven. Our main goal is to win the National Championship. We are a little younger than last year with plenty of talent and speed and well balanced overall."

As for the U16's, the addition of the U16 travel team concept, in 2010, has addressed a need for the players to have the opportunity to play in front of college coaches. Coach Scott Browning will be on the bench for his third season with assistants Travis Gillespie, Derek Milani and Robert Marshall. The U16's are ahead of schedule in their team development and look to defend their Alumni Cup National title after a one goal win in the 2011 National Championship game.

"Our U16 team is a good group of kids and is coming together well," said Coach Browning. "In 2012 we will need to rely on a strong team game with solid contributions from all players. We will need to work very hard and be technically solid. We have some very good athletes in the group as well as good leadership."

Team BC Women's Field Lacrosse Program is currently planning its 2012 competitive season which will include a trip to the US East Coast for a Scouting Tournament, as well the team will return to compete in the Sand Storm Tournament in Palm Springs in early 2013.

The Female Bantam and Midget Nationals will take place August 1-4 in Victoria while the Pee Wee, Bantam and Midget boy's Nationals will take place August 4-10 in Whitby, Ontario. The U19 and U16 Field Lacrosse Nationals will take place September 2-4 in Oshawa, Ontario.

## Young Gun Berg Bringing Excitement to BC

By: Brad Challoner @bradchall

At an age when some people are vigorously playing video-games and updating their relationship status on Facebook, one young lacrosse player from BC is emerging into one of the brightest stars in the future of the sport. 18 year-old Coquitlam Adanac phenom Wesley Berg is injecting excitement and bringing attention to BC Junior Lacrosse when it needs it most. Between 2007 and 2009, 15 players that dressed in the BC Junior A Lacrosse League were drafted in the first round of the NLL Entry Draft. That number has fallen to five in the past two seasons. The league is desperate for some superstar talent and Wesley Berg will be their poster boy for the next three years.

One of the rare players who will play five full seasons of Junior 'A' in BC, the 18 year-old Berg already has a Minto Cup, a college scholarship, a roster spot on Team Canada's U19 field team and a BCJALL scoring title. He led

the league in scoring last season with 60 goals, 54 assists, and 114 points - the highest point total in BC since Lewis Ratcliff's 127 back in 2002. LacrosseTalk caught up with him at the University of Denver where he is playing his freshman season with the Pioneers to find out how he's found so much success at a young age.

WB: "I was very fortunate to play with a lot of good players and we were all very well coached, so when you are on the floor with great players playing in a well-structured offense you get a lot of scoring chances. Also assists come easy when you can pass to guys that have a good finishing ability."

LT: Yes, but 114 points is out of this world, can you credit any specific person for having the biggest impact on your game?

WB: "Playing minor lacrosse I was coached by my dad and Dan Perreault and they were very influential and made lacrosse a lot of fun.

I loved having Dan as a coach and now playing against him is very exciting and kind of weird at the same time. I also had Neil Dinsdale and Jim McIntosh and they were very good coaches and mentors. I also learned a lot from Steve McKinlay in field and box lacrosse. Also I have to give a lot of credit to Curt Malawsky, who is one of, if not the best coach a player could have. I would not be anywhere near where I am today if it weren't for the great coaches I've had."

LT: How do you expect the Adanacs to play in 2012?

WB: "I think we are going to do very well this year because we have a lot of experience with three consecutive appearances to the Minto Cup. We may have lost a lot of good players, but we return a lot of players and have some good upcoming young players that will fill spots."

LT: You've already accomplished so much in the BCJALL, what do you want to get out of the next three seasons?

WB: "With three more years of junior left I would love to win three more Minto Cups!"

It will be seven years since Garrett Billings, Rhys Duch, Dane Dobbie, Jordan Hall, Tyler Richards and the Gajic brothers all played in the BC Junior 'A' League at the same time. All eyes were on the West Coast as it was rolling out future NLLers like waves rolling off Tofino beaches. Curtis Dickson, Jamie Lincoln, Jordan McBride, Cory Conway and hordes more. Fast forward to now and the number of NLL ready players graduating from BC has dried up slightly - that is until the budding of Berg. He could be a possible NLL first rounder, a first overall pick and a future NLL all-star - only time will tell. For the next couple of years let's just enjoy watching him play Junior 'A' Lacrosse in British Columbia, just to say that we did.



# BCLA Aboriginal Development Reaches 1200 Youths

By: LacrosseTalk Staff

The BCLA Aboriginal Development program continues to reach out to communities offering more youths the option of experiencing lacrosse in their community. The BCLA, in partnership with the Aboriginal Sport, Recreation and Physical Activity Partners Council (ASRPAPC), target regions around BC and offer the lacrosse development program. With assistance from the BCLA Technical Director and Aboriginal Development Team and leader, Bryan Baxter, schools, recreation centres and friendship centres are utilized in host communities to carry out the program.

### January - Cowichan, Port Hardy, Port McNeill and Alert Bay

The BCLA Aboriginal Development program visited School District 79 (Cowichan) with visits to the Chemainus Community School and Khowhemun Elementary School. 156 students participated five lacrosse indoor sessions on a day when snow covered the

ground outside. The beauty of this lacrosse program is it's adaptability to play lacrosse anywhere, both inside and out.

Aboriginal Development was alive and well on Northern Vancouver Island with visits to Port Hardy, Port McNeill and Alert Bay. Port Hardy's Eagleview and Fort Rupert Elementary Schools were the first stops where there were plenty of eager students ready to participate in the lacrosse sessions. Six sessions were held with a total of 188 students in attendance.

The next stop was Alert Bay with plenty of excitement surrounding the visit here when it was announced that the lacrosse equipment would be left in the District. 67 students were entertained and delighted to learn the skills of lacrosse. The final stop was at North Island Secondary where two PE classes and 56 students had good time learning lacrosse skills and all were pleased to know the sticks and balls were left for them to share with the other schools.

### February - Bella Coola, Squamish and Pemberton

The first stop in February was in Bella Coola at Sir Alexander MacKenzie where 67 students from grade nine to twelve were put through the paces of the lacrosse program. In addition, 62 more Bella Coola Elementary students enjoyed three lacrosse sessions. The commitment of the Bella Coola community was incredible as the sticks and balls were picked up by the local contact person, from Williams Lake, a 10 hour round trip! Knowing this, our group was very happy to leave the equipment in this community.

In mid-February, the Squamish-Pemberton corridor was targeted with three schools interested in our visit. The first stop was Brackendale Elementary where five sessions were conducted to 108 students while the afternoon session at Squamish Elementary went very well with 99 students attending four sessions. It was apparent during the Squamish visit that there

was an appetite by the local Squamish Nation to develop lacrosse in the area. BCLA Developer, Bryan Baxter, met with the local Parks and Recreation Department where he learned that Anthony Joseph of the Squamish Nation had organized a lacrosse jamboree the previous summer and there have been continued efforts to build a lacrosse association. The final visit was to Mamquam Elementary School in Squamish where all 64 of the Grade 7 students participated.

### March - Burns Lake

In March, Burns Lake and surrounding areas were targeted for five school visits to William Konkin Elementary, Grassy Plains Elementary, Fraser Lake Elementary/Secondary, Fort Fraser Elementary and David Hoy Elementary in Ft. St. James. 335 students were introduced to lacrosse with some students already planning to play box lacrosse this summer in Vanderhoof. The development of lacrosse in this area is now paying dividends!

## In Memoriam

**Gartside, Bill.** November 2, 1932 - January 30, 2012. Bill was born in New Westminster and attended Duke of Connaught High School. He graduated from UBC with a B. Comm in 1956 and later worked for Crown Zellerbach in Vancouver and Calgary. Bill then went on to be president of everything - Commercial Truck, Inter-Mountain Transport, Four Square Leasing, B.C. Trucking Association and Labour Relations, New Westminster Salmonbellies, Vancouver Golf Club, Douglas college Foundation and last but not most stressful The Royal Mauian Homeowners Association. Bill was

Salmonbellies President (1973-75), a director and huge supporter of lacrosse. He was directly involved with the team for better than ten years.

**Manning, Arnie,** 76, the father of former lacrosse star Doug Manning, passed away February 24, 2012. Arnie spent several years as an active volunteer with the Coquitlam Minor Lacrosse Association, participating in numerous coaching, managerial and executive positions. Following his retirement, Arnie moved to Penticton where he passed away.

**Wipper, Harry Robinson.** Harry Wipper, a five-time Mann Cup winner, passed away March 22, 2012.

Born in St. Catharines, Ontario, on May 8, 1930, Harry began his senior lacrosse career with his hometown team in 1949. Two years later, he transferred to the powerhouse Peterborough club for five seasons before moving west in 1956 to become the playing-coach of the Nanaimo Timbermen.

Harry played in five consecutive Mann Cup series with Peterborough between 1951 and

1955, enjoying victory in the first four. He then took Nanaimo to the Mann Cup title in 1956 -- the first Western team to capture the senior lacrosse championship on Eastern soil. Over his 10-year, 296-game playing career, he accumulated 435 goals and 255 assists for 690 points.

Harry Wipper was inducted into the Canadian Lacrosse Hall of Fame in 1971. He was also an honoured member of the Peterborough, Nanaimo and Ontario Halls of Fame.

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# Pecchia Stops at Catawba

By: LacrosseTalk Staff

Four years ago, Coquitlam’s Michael Pecchia was a grade 12 student at Heritage Woods HS completing his final year of school. Like many his age, he didn’t know where life would take him after graduation. A decent student who had a passion for lacrosse made some life altering decisions that paved a road to a college education in the NCAA.

A true box lacrosse goaltender, at age 9, Pecchia found many of his box lacrosse friends started playing field lacrosse – an opportunity that piqued his interest as well.

“My box lacrosse coach also coached field lacrosse and kept most of the team together, so I decided to switch over and try it out,” mentioned Pecchia. “My friends and I dropped hockey and started to focus more on high-level field and box lacrosse. We played on the same team for years and went through the change (box to field) together, which made it enjoyable.”

The transition from box to field lacrosse for most players is not too difficult, but for a goalie, being asked to take off the arm and chest protectors, pants and leg pads may be a bit daunting for some. With little training, Pecchia, like many field goalies, began to be his own field lacrosse coach.

“I had no formal goalie training and actually taught myself to play goal at first,” remembers Pecchia. “Ultimately, the person that I was very lucky to have goalie training from was Coach Jeff Gombar – he was my first true field lacrosse goalie coach and helped me understand the proper way of goaltending. I am very thankful for all of those who have helped me along the way, but without Jeff, I do not know if I could have made it this far without his training.”

In grade 10, he quickly learned the techniques of becoming a solid field goaltender. Pecchia realized he wanted to play college lacrosse and pondered enrolling at a US high school like some of his peers. This would be his ticket to high performance training, college preparation and the increased opportunity to be recruited by US college lacrosse programs. With plenty of

support from coaches and his parents he almost packed his bags for Ohio.

“I got accepted to play at Western Reserve Academy to finish high school, but unfortunately, it did not work out -- which made me realize that I had to work a lot harder to get noticed by college and university teams,” said Pecchia. “My parents made me realize that I could use lacrosse as a gateway to attend a college or university and it would help me increase my options of schools to choose from. It made me realize that I can still do what I love and get an education at the same time.”

One summer while in his mid-teens, Mike and some friends attended the Dixie Top 150 summer lacrosse camp at Catawba College in North Carolina. He excelled at the camp and was selected to play in the All-Star Game and later to compete in a major recruiting tournament in Maryland. His decision to attend a lacrosse camp ultimately got him noticed by college coaches, including Catawba College.

“I was recruited from high school six months before I graduated,” reflected Pecchia. “It was very different starting college in the US at such a young age, I didn’t know what to expect and it definitely hit me pretty fast, which taught me to grow up quickly.”

Getting noticed by US colleges as an elite field lacrosse goaltender from western Canada was not easy, but with a little hard work and perseverance, there can be a place for any lacrosse athlete on a college lacrosse team as more US college programs look north for talent.

“Academically he was a good fit for our college,” mentioned Catawba Head Coach Peter Bourque. “However, there was a small transition for him to the college game. He worked his way into a starting role his sophomore year and has excelled since. His box skills have proven to be a great asset for him in stopping shots at close range.”

Pecchia’s learning curve was short. After a year of training and learning the college lacrosse game, Pecchia started almost every game for the Indians from 2010 to present. A stretch that has



Coquitlam’s Michael Pecchia (#11) makes a save for Catawba College in All-Deep South Conference action.

brought much praise and respect from his peers and coaches.

“Mike has matured a lot this past year and has done well in the classroom achieving a 4.0 GPA last semester,” praised Bourque. “He has helped bring Catawba their first Deep South Conference Tournament Championship and earned a spot on the All DSC Tournament Team.”

Pecchia, a Senior Marketing and Economics student, appeared in only four games as a freshman, but since then has logged majority of playing time anchoring the Indian defense. Since 2009, he has played in 43 games allowing 9.64 goals against per game and a .563 save percentage with a record of 25 wins and 13 losses (at press time). Numbers that will place Pecchia in the Indian’s all-time record book with some of Catawba’s great stoppers.

Thus far in the 2012 campaign, Pecchia boasts an 7.69 goals against average (GAA) and a career average just below ten goals per game. At this pace he will set the Catawba record for the top GAA for a season and career and will likely end his career in the top three of Catawba

goaltending records for fewest goals allowed, save percentage, saves and minutes played.

A starred and successful career by an unassuming box goalie convert with a passion for lacrosse will end this May. A college career that has taken Michael Pecchia to all parts of the US and experienced places he never dreamt of – all because of the Creator’s Game.

For the next generation of aspiring lacrosse athletes looking south for college lacrosse opportunities, Pecchia adds this advice.

“The sky is the limit – I’d suggest looking at schools and how their education and lacrosse program rates and make the decision on what is best for you,” explained Mike. “Don’t choose a school just because the team is good, or that you have friends there. Go where you think you will get the best education, because after four years, you may not be playing lacrosse and you will need something to show for what you have accomplished.”



Delta Minor Association volunteer Angie Schwan is honoured with a Community Sports Hero Award in March.

By: LacrosseTalk Staff

Delta Minor Lacrosse Association’s Angie Schwan was the latest BCLA volunteer to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards are hosted in communities each month across British Columbia, Delta being the community of choice for March. These awards recognize and thank community sport volunteers for their dedication and leadership within BC’s sport system. The dedication of these individuals

# Schwan is Delta’s Community Sport Hero

have allowed athletes and communities to grow and shape sport in British Columbia and inspire others in the community to become involved in sport. Sponsor, Teck, has provided Sport BC with an opportunity to grow the program and together recognize the devotion and commitment that many people have brought to the Delta area.

Angie began volunteering with the Richmond Minor Lacrosse Association from 2002-2008, holding many executive positions as a team manager, registrar and treasurer. In 2005, she began doing double duty, moving to Delta and volunteering with the Delta Minor Association where she served as a team manager (field), registrar, VP Minors and currently as the VP of Field Lacrosse.

While working full time and being the mom of a sandwich generation family, Angie limits her volunteer time to one sport, but makes time to cheer on other community sports like the Delta High School volleyball and basketball teams.

Angie has excelled in her local associations and found her calling at the provincial level holding positions including Lower Mainland Zone Rep, chairing the BCLA Volunteer Leadership Group, treasurer and secretary of the Minor Lacrosse Directorate. She now serves as the Chair of the Minor Directorate in charge of all minor box lacrosse operations.

When asked why she volunteers so much of her time, Angie remembered some wise advise

-- that if you want change, you need to step up and make it happen.

“I think that has remained with me -- that things change and get better because of the people that are involved,” stated Schwan. “Progress just simply wouldn’t happen if it were not for our volunteers and if somehow, the little part that I do is part of the bigger picture in driving Lacrosse in BC forward, then I’m proud to be part of it. I hope that is what I’m able to portray to other people as we’re all responsible for this game and our children.”

Schwan has been an integral part raising the profile of lacrosse as a key volunteer at the SUBWAY® BCLA Box Lacrosse Provincial Championship events as a Host Convener in 2009 and 2010 in Richmond. Her hard work didn’t go unnoticed and she was selected as the Minor Bantam Provincials Volunteer Award recipient both years. Later in 2012, she was the recipient of BCLA’s highest honour, the Tom Gordon Plaque co-winner as Mrs. Lacrosse.

Her other love outside of lacrosse is photography, and you guessed it, she offers her time to help produce the annual Delta Lacrosse Yearbook for her association.

When asked about her most memorable lacrosse moment, Angie didn’t just have one.

“A player on my son’s teams, due to religious reasons, wasn’t going to be able to participate in games. He went to his Rabbi for special permission and was granted permission to play -- provided his mother carried his bag and they both walked to the game and back home,” remembered Schwan. “It’s about team and sacrifice and they showed the rest of the team how much they mattered that day.”

Schwan’s other lacrosse memory was after many years of working beside an admirable volunteer she greatly respected, she was able to present him with an award.

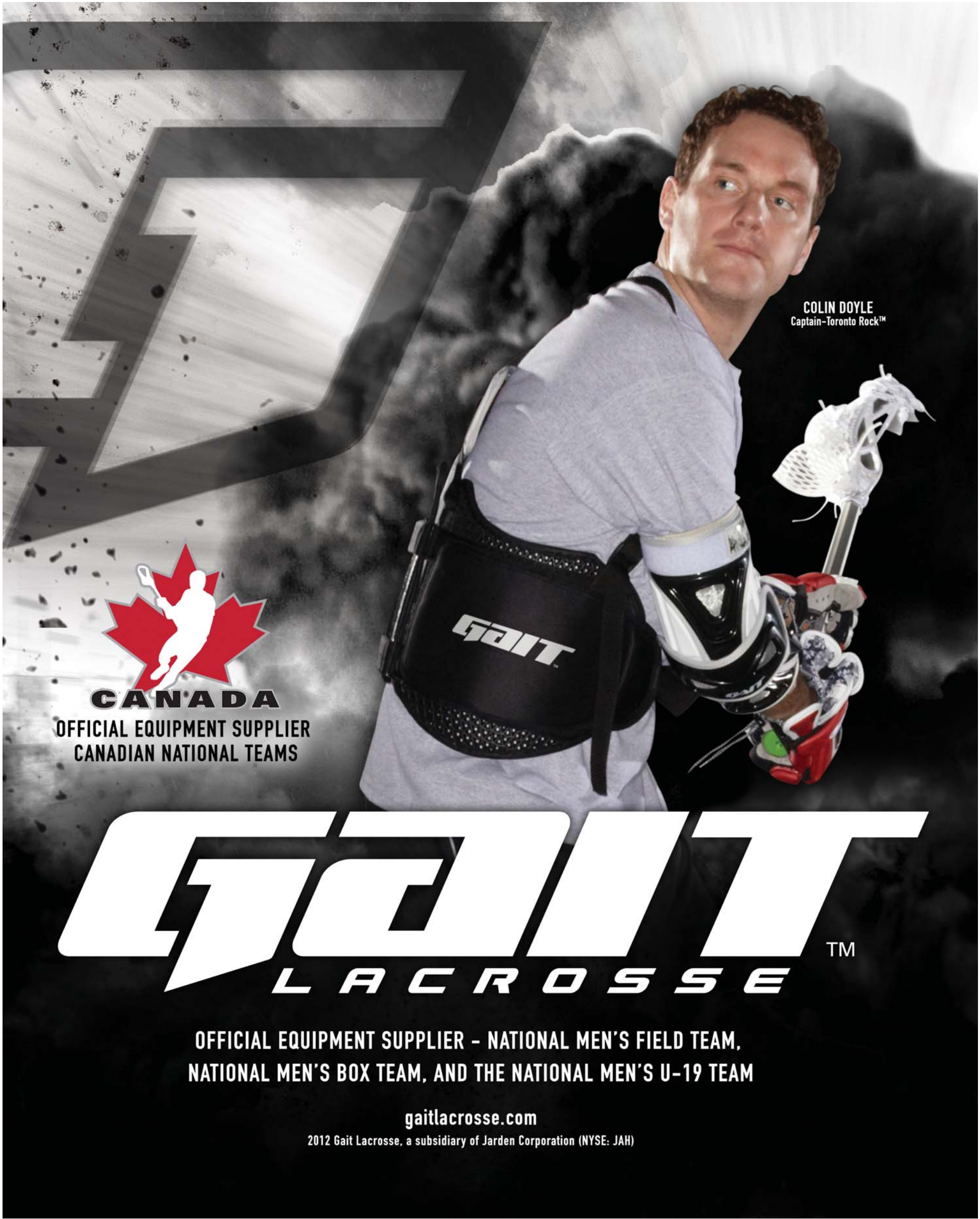
“Terry Rolfe (Richmond Lacrosse) showed me that walking the walk is so much more important than talking the talk from very early on and it was a true honour to present him with his Richmond Lacrosse President’s award in 2009.”

Currently, Angie’s plate is very full but she makes time to plan an introductory Field Lacrosse program in Delta in the summer, helps organize Delta Lacrosse’s second Lax-4-Life event (Cancer Society fundraiser) and will soon help putting together the Delta Lacrosse yearbook.


“I know there are so many people involved in minor sports in Delta that do so much work for our children that it truly is an honour to be recognized,” said Schwan. “The BCLA has given me great opportunities for personal growth, but coming back to the community level has become a real source of pride. It’s keeping me grounded and receiving the Sport Hero award proves to me that staying involved in my community will remain an important part of my volunteer life.”

Congratulations to Angie for her continued commitment to lacrosse in her community!





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# SUBWAY® BCLA 2012 Youth Field Provincial Results



U12 Tier 1 Gold - New Westminster Salmonbellies



U14 Tier 1 Gold - New Westminster Salmonbellies



U16 Tier 1 Gold - Pacific Rim



U19 Tier 1 Gold - Langley Thunder



U12 Tier 2 Gold - Delta Footmen



U14 Tier 2 Gold - Vancouver Barbarians



U16 Tier 2 Gold - Coquitlam Adanacs #2



U19 Tier 2 Gold - Pacific Rim

By: LacrosseTalk Staff

The SUBWAY® BCLA Tier 2 Field Lacrosse Provincial Championships took place February 17-19 at the University of Victoria. Twenty seven teams from Vancouver Island, the Lower Mainland, Interior and Prince George competed for Tier 2 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The inclement weather did not dampen the competitive spirit of these athletes as they battled through driving rain and windy conditions. The Under 12 Delta Footmen took gold with a 6-2 win over the Adanacs #2. The Vancouver Barbarians U14's, after dropping a 5-4 round robin game to New West #2, came back

with a vengeance to beat New West #2 8-7 to win gold. The Under 16 gold was taken by the Adanacs #2 team with a 13-4 victory over Valley Attack. In the Under 19 gold game, Pacific Rim outlasted Delta 7-6 in both round robin and gold medal games.

Bronze medal game scores were: Under 12 – Mid Island over Valley 10-9; Under 14 – Mission over North Shore 11-7; Under 16 – Pacific Rim over Richmond 9-7; and Under 19, North Okanagan won bronze in the three team championship.

The Tier 2 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Rhys Blake (Coquitlam #2), Under 14 – Nikolas Lund-Murray (New Westminster),

Under 16 – Andrew Gallant (Coquitlam #2) and Under 19 – Patrick Butler (Delta). The SUBWAY® Team Sportsmanship award went to the Under 12 Tier 2 Victoria Titans #2 team and the BCLA Volunteer Award recipient was Chris Sheridan.

The 2012 U12 Tier 2 Warrior Fair Play Awards were: Max Kennedy (Mid Island), Ethan Howes (Victoria), Gavin Shepherd (Valley), Ian Hunter (New West), Mathew Chapman (Adanacs #3), Anthony Ashby (Oceanside), Brian Larsen (Delta) and Broque Domme (Adanacs #2). The U14 Tier 2 Warrior Fair Play Awards: Carson Hoult (North Okanagan), Taylor Hutchison (Oceanside), Kurtis Shum (Vancouver), Naoll Degife (New West), Erik Bjorklund (North Shore), Dallas McLaughlin (Mid Island), Gabrielle Jensen (Mission) and Brendan Zapf (Burnaby). The U16 Tier 2 Warrior Fair Play Awards: Josh Veres (Mission), Daniel Smith (Pacific Rim), Cody Bezaire (North Island), Chandler Bradley (Richmond), Andrew Gallant (Adanacs #2), Chris Inscho (North Okanagan), Dakota Dahl (Prince George) and Connor Large (Valley). The U19 Tier 2 Warrior Fair Play Awards: Trevor Hansen (Pacific Rim), Dylan Burke (Delta) and Dean Grimm (North Okanagan).

The Tier 2 Warrior Fair Play Coaches: U12 – Brian Corbett (Victoria), U14 – Serafino Gentile (New Westminster), U16 – Ryan Leonard (Valley) and U19 – Wes Landels (North Okanagan). The overall Warrior Fair Play Official was Kathleen Gosselin and the SUBWAY® Team Sportsmanship award went to the Under 12 Tier 2 Victoria Titans team.

The SUBWAY® BCLA Tier 1 Field Lacrosse Provincial Championships took place February 24-26 at the Burnaby Lake Sports Complex in Burnaby. Twenty six teams from Vancouver Island and the Lower Mainland competed for Tier 1 youth field lacrosse supremacy in the Under 12, 14, 16 and 19 age groups.

The Under 12 New West team eked out a one-goal 10-9 victory over Ridge Meadows after a lopsided 11-3 New West round robin win. The Under 14 title went to New Westminster after a tight 7-5 victory over Langley Thunder. The U16 Pacific Rim team broke open a 4-3 game in the second half and didn't look back taking gold after a 9-5 win over Port Coquitlam. The Under 19 Langley Thunder edged the Adanacs #2 13-12 for the gold medal.

Bronze medal game scores were: Under 12 – Langley 18-8 over Delta; Under 14 – Pacific Rim 8-6 over Port Coquitlam; Under 16 – Pacific Rim 12-8 over Victoria; and Under 19 – Delta over Langley 10-7.

The Tier 1 Warrior Sports Canada Most Valuable Player award selections were: Under 12 – Nicholas Hannay (New West), Under 14 – Levi Gallant (Langley), Under 16 – Johnny

Pearson (Langley) and Under 19 – Jacob Moran (Adanacs #2).

The 2012 U12 Tier 1 Warrior Fair Play Awards were: Ryan Atkinson (Victoria), Ethan Silver (Adanacs), Nicholas Hannay (New West), Daytin Vidovich (Ridge Meadows) and Ryan Williams (Langley). The U14 Tier 1 Warrior Fair Play Awards: Derek Van Yperen (South Fraser), Christian Delbianco (Adanacs), Jacob Howatt (Delta), Quinn Beavis (Langley), Iain Varley (New West), Tyler Mace (Pacific Rim), Liam Thomas (Port Coquitlam) and Brad McCulley (Victoria). The U16 Tier 1 Warrior Fair Play Awards: Patrick Szabo (South Fraser), J.J. Vieira (Adanacs), Johnny Pearson (Langley), Grant Jeffrey (Mid Island), Austin Catalano New West, Moses Schauerte (Pacific Rim), Luke Lehtimaki (Port Coquitlam) and Ian Grundy (Victoria). The U19 Tier 1 Warrior Fair Play Awards: Spencer England (New West), Nick Healey (Adanacs #1), Mathew Symes (Adanacs #2), Rhys Burnell (Langley) and Dane Schoor (Victoria).

The 2012 Tier 1 Warrior Fair Play Coaches were: U12 – Rich Catton (New Westminster), U14 – Pat Coyle (Coquitlam), U16 – Shane Mousseau (Mid Island) and U19 – Kyle Hofer (Victoria). The Overall Fair Play Official was Nathan Chiasson. The SUBWAY® Team Sportsmanship award went to the Under 19 Tier 1 Coquitlam Adanacs #2 team and the BCLA Volunteer Award recipient was Mary Clare.

Thank you to all the sponsors, partners and volunteers that made it all happen! Sponsor thanks to: new Title sponsor SUBWAY® Restaurants of BC, Warrior Sports Canada, Firststar, STA and Silver Ridge Promotions. Thanks to the many volunteers: Beth McLucas, Trish Keizer, Karen Peterson, Tracy Dolbec, Dirk and Tricia Rachfall, Mary Clare, Randy Radonich, Brad Hara, Scott Stroup, Trevor Weber, Jason Kump, Wes Landels, Angie Schwan, Larry Larson, Carolyn Brown, Sandy Margetson, Nicole Ferris, Angela Delbianco, Travis Peterson, Nikhal Dhandwar, Matt Friesen, Jeff Roby, Chris Comeault, Rob Pearsall, Mike Scott and Jamie McCullouch. Elizabeth and Dean Gronsdahl, Aleisha Connorton, Chris Sheridan, Noreen Newton, Paula West-Patrick, Rick Higgs, Toni and Amelia Leies, Cindy Violini, Kate and Parry Caris, Tim Schauerte, Leanne and Ron Benedict, Maureen, Dave and Ethan Garland, Christine Brinton, Wilson Louie, Kevin Hawe, Karen Bernier, Michelle Cooper, Kathy Tanner, Kathy Cook, Barb Calve, Marnie Evans and Tyson Leies. Our apologies if we missed you -- our volunteers make these events the most memorable. We applaud you for your work! Thank you for your commitment to lacrosse.

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# Paciejewski Soars at Pfeiffer



Photos: Richard Paciejewski

Cole Paciejewski (#21) was the Conference Carolinas Player of the Week in week 4

By: LacrosseTalk Staff

Playing NCAA lacrosse was a life-long dream of Cole Paciejewski. This avid lacrosse player set a goal early in life while growing up toiling in box lacrosse in his hometown Prince George – a goal he has achieved and a dream he is currently living.

Field Lacrosse in BC is traditionally played in the Fall and Winter months in areas where fields can be utilized and the weather is not a factor. It is true, that on any given Canadian

winter day, most of Canada can be blanketed with snow, and only parts of the west coast are green. So you may ask how can someone from Prince George train to become a college lacrosse prospect with limited field experience. Answer: plenty of hard work, determination and know-how!

Cole Paciejewski is a prime example that if you put your mind to something, anyone can accomplish it. The 5-8, 150 pound freshman attackman at Pfeiffer University (NC), is one

of three BC athletes and ten Canadians that fill out the Falcon roster in 2012. A true box player since the age of four, turned to learn the field game expanding his lacrosse talent and marketability to college programs.

“This is only my third year of playing field lacrosse,” stated Cole. “I started playing attack because coaches figured it would be the best fit for me and I’ve always enjoyed it.”

Field Lacrosse is a relatively new discipline of lacrosse played by some select athletes in Prince George, especially with the popularity of ice hockey in the surrounding communities. But taking ones box skills outdoors is a proven benefit in the field game.

“Bill Barwise made the biggest impression on me to play field lacrosse and always put in a lot of work to help me understand not only the game of field lacrosse, but also box,” said Paciejewski.

Cole had his mind set on playing field lacrosse at a university in the states. His recruiting process was much different than the average athlete that has played in front of college coaches and spent time at lacrosse camps. Paciejewski put all his efforts into self promotion and seeking out schools that interested him.

“We [Cole and his father] put in a ton of work to get in touch with coaches mostly using recruiting website berecruited.com,” explained Cole. “I could not have gotten where I am now without him.”

The combination of building a database of college contacts, working hard at his lacrosse skills and maintaining high academic standards in high school was his recipe for success.

“Pfeiffer took a big chance with me and that’s really all there is to it,” explained Cole. “There were quite a few other schools with interest in me mostly because of previous

achievements such as playing on Team BC and winning Pepsi Player of the Year in 2009. I have just been working harder than you can imagine since the first day to try and prove myself and things just happened to go my way.”

Currently, Paciejewski is fifth in team scoring after ten games with 13 goals and 6 assists with an incredible .900 shot on goal percentage and 8 ground balls. In week four of the 2012 season, Cole was selected as the NCAA Division II Conference Carolinas Men’s Lacrosse Player of the Week as he paced the Falcons to a 2-1 week with a seven-goal, six-assist performance.

This trailblazer is only one of few Prince George lacrosse players in recent history to play college lacrosse in the NCAA, but Paciejewski is confident many athletes, like him, can make the jump if they put in an honest effort.

“I definitely feel there could be more lax players from PG in the NCAA,” said Paciejewski. “There is a ton of younger, skilled players I have had the privilege of playing with and if they put in the hard work not only developing their skills on the field, but also in the classroom -- they have a great chance of playing in the NCAA.”

Cole is living his dream and will have three more years at Pfeiffer to fulfill all goals he has set for himself. He offered this advice to any up and coming field lacrosse players who have high hopes of playing college lacrosse.

“Always work as hard as you can; it pays off,” explained Paciejewski. “Whether it is putting in hours in the weight room, playing wall ball, or going out of your way to contact NCAA coaches, you always have to put your best foot forward and anything can happen.”

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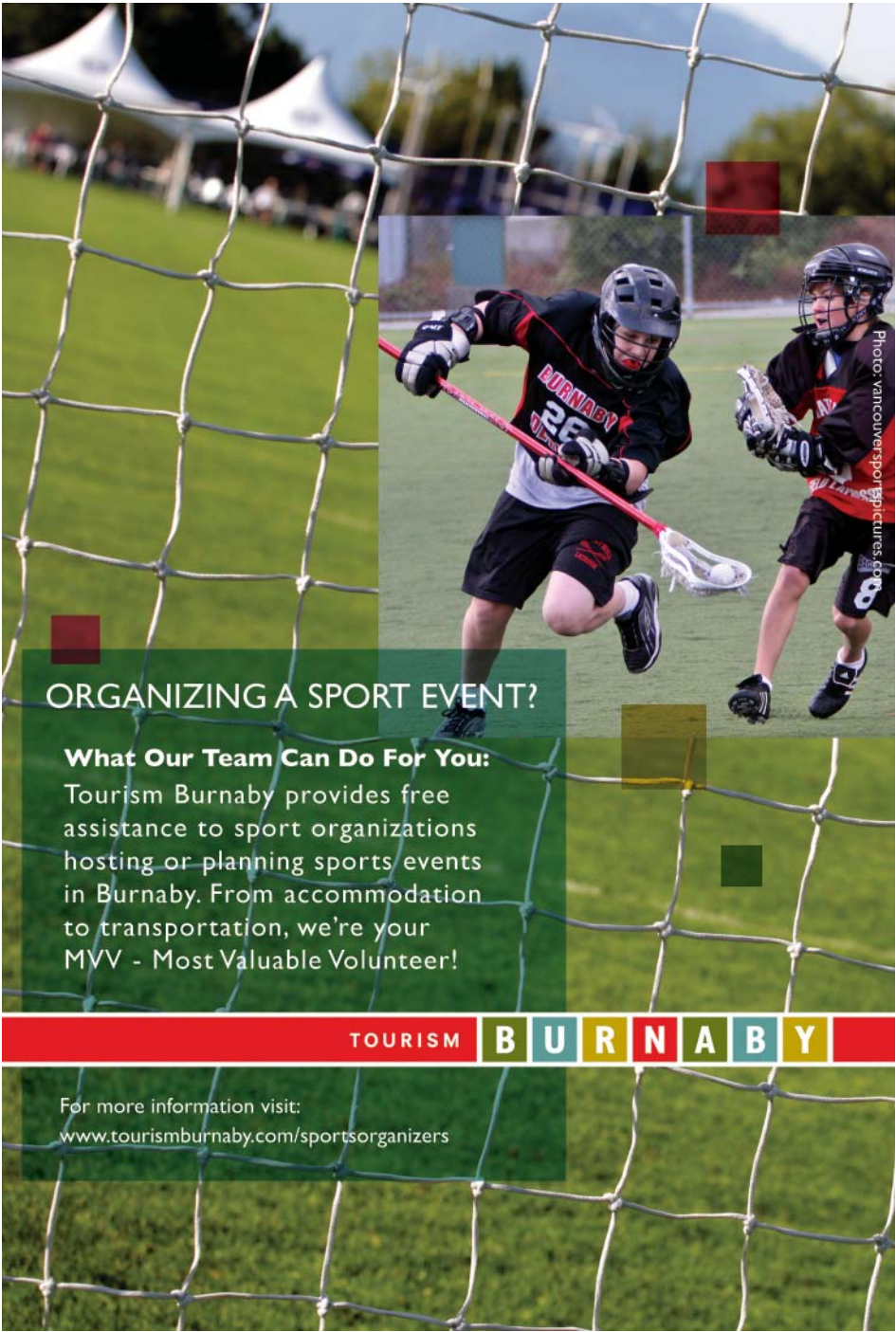
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# Simon Fraser Midseason Report



SFU faces off against Boise State on the blue turf inside Boise Stadium in 2012 action.

By Casey Foster, SFU Lacrosse Marketing & Communications Assistant

The Simon Fraser University men’s lacrosse team has just passed the 11-game marker of their 14-game regular season schedule, current record of 6-6 after earning wins in the last 5 of 6 games. The Clan are currently ranked No.23 in the MCLA with losses against top ranked opponents including current No.1 Colorado State, No. 3 Brigham Young and No. 6 Oregon. Two games remain over the remainder of April, including matchups against divisional rivals Washington and Montana. With a starting line-up containing multiple freshmen, Simon Fraser is poised to meet head on any challenges standing between them and a PNCLL Conference Championship, in hopes of earning a bid to the MCLA National Championships this May.

With arguably again one of the youngest line-ups in the MCLA, the 2012 Clan roster features no seniors, an astounding fourteen freshmen, seven sophomores and six juniors. Through their first 7 games, the Clan’s starting line-up consisted of 2 freshmen, 5 sophomores and 3 juniors with nearly all players registering

minutes, and with more freshman getting the call to start in more recent games.

Presented by Nike and Inside Lacrosse, Simon Fraser was ranked in preseason and started the 2011 campaign No. 18 in the MCLA Division I Top 25 Poll. After opening the season with a home-win over regional PNCLL Division II opponent Western Washington (16-12) then suffering losses to then No.1 BYU (14-10) and Boise State (15-14 OT), SFU dropped to No.22 in the polls. Consecutive road losses to current No. 1 Colorado State (11-4) and Oregon State University (13-6), would see the Clan fall out of the polls, leaving them unranked. A battle on home soil versus then No. 6 Oregon would result in Fraser posting another loss (20-13) to a top-ranked opponent before bouncing back versus Florida (15-9) and Illinois (8-4) in two neutral site out-of-conference victories. After suffering a loss in a close battle with No. 5 Chapman, and achieving victory against No.19 Loyola Marymount, the Clan found themselves back in the polls at No.24. A recent win versus divisional rival Idaho has seen Simon Fraser jump another spot to No.23, and the Clan will

continue to look to gain momentum down the stretch.

Last season, Simon Fraser started the 2011 campaign ranked No. 10 in MCLA Division I Top 25 Poll, dropping to as low as No. 21, before a loss to No. 8 Oregon in the PNCLL Conference Championship would see the Clan finish the season ranked 17th in the MCLA, narrowly missing an at-large bid to the final round of 16 at the MCLA National Championship Tournament.

In 2012, Simon Fraser has outscored their opponents 131-126 (56-71 vs. ranked opponents, 75-55 vs. unranked). Again playing one of the MCLA’s toughest schedules, half of the Clan’s opponents are ranked in the Top 25 (5 of which are or have recently been ranked in the Top 10). The 11 teams that Fraser has gone to battle with this season have combined to post a 71-38 record, with the five teams that the Clan has lost to currently sitting at 33-12 over the time that has passed so far this season.

Despite their youth, several fresh faces have made a splash on the Clan’s roster. Freshman midfielder Sam Clare has had a phenomenal start to his collegiate career, recording 21 goals and 4 assists for 25 points in the 11 games he has played. On the offensive side of the field, freshman attack Ward Spencer - 10g, 7a has fit in very well with fellow record setting attackman, and returning threats, Calvin Craig and Colton Dow, who are continuing to set the pace for SFU in the 2012 with 30g, 15a and 20g, 9a respectively.

Last season, Craig finished the season ranked second in the MCLA in points-per-game with 100 goals and 32 assists for 132 points in 17 games (7.765 PPG), while Dow was third in the league with 56 goals and 55 assists for 111 points in 18 games (6.167)

Outright leading Simon Fraser offensively is sophomore attack Calvin Craig (2011 MCLA 2nd Team All-America Attack, PNCLL 1st Team All-Conference Attack, PNCLL Fresh-



man of the Year, PNCLL Offensive Player of the Year) who in 11 games has 30 goals and 15 assists, landing him first in the PNCLL for goals. The Clan are also

being led by junior attack Colton Dow (20g, 9a) who was a 2011 MCLA All-American Honorable Mention at Attack and a PNCLL 1st Team All-Conference selection. In the midfield, Sam Clare has been shouldering the offensive production (25pts thus far), along with junior Eric Ransom (2011 MCLA Honorable Mention All-America Midfield and PNCLL 1st Team All-Conference Midfield) with 13 goals and 6 assists for 19 points.

With a goals against average of 11.11 and 15.6 versus ranked opponents last season, SFU is up slightly overall averaging 11.45 goals against over eleven games in 2012, but down versus the six ranked opponents they have faced with a GAA of 11.83. Returning juniors Sam Biagioni and Mitchell Frank have both spent time in the Clan’s starting line-up, while freshmen Bayne Bosquet and Mark Hilker have experienced induction by fire as starters counted on to log heavy minutes early in their collegiate careers. 2011 PNCLL 2nd Team All-Conference LSM Riley Wanzer has had a strong start to his sophomore campaign sitting second on the team with 26 ground balls and a goal to his credit, while being a constant threat in transition. Sophomore Darren Zwack has emerged as the Clan’s starter between the pipes, registering time in 10 games for SFU with a save percentage of 0.579%.

Two regular-season games remain for Simon Fraser with PNCLL divisional match ups versus (April 14) and Montana (April 27).

The PNCLL Final Four Conference Championships will take place May 5 and 6 in Tacoma, Washington, with the MCLA National Championship Tournament making its debut at Sirmine Stadium in Greenville, South Carolina May 14-19.

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# Coaching TIPS 101

## Box Goaltending

By: Jeff Gombar

There is a hunger by lacrosse coaches to learn more about lacrosse over and above what is learned in technical clinics. Much like athletes, coaches never stop learning and look for ways to improve to gain a competitive advantage. With additional resources, one can continually learn, become a better coach and make the lacrosse experience a lasting one! These are simply suggestions to make the experience positive and an avenue to offer additional assistance in developing the skills of your athletes.

We will embark on a series of helpful lacrosse TIPS in each issue of LacrosseTalk to assist our passionate BCLA coaches.

Choosing a Goaltender. With box season upon us, there will be some associations that may not have enough goalies for their teams and will be searching for a brave soul to be goaltender. In younger ages (Mini-Tyke, Tyke), many coaches tend to rotate goalies to offer all a chance of playing goal. After all, it's all about having fun at these ages! If you are still seeking a goalie in older age groups, here are some helpful tips to assist you.

Why does a person choose to be a goalie -- because they wanted to be a goalie! Coaches can still conduct a goalie rotation, but may seek a more permanent solution. One of your own players, during their rotation, may have done a decent job between the pipes or one can recruit a goalie from other sports like hockey, soccer or ringette -- they already have many of the basic skills. Many goalies have been recruited from ice hockey and been successful in lacrosse -- the transition is very easy. WLA box lacrosse goalies of the past honed their skills on the ice like Hall of Famer Skip Chapman, and all-stars like Dwight Meatche and Dallas Eliuk to name a few.

The stereotypical goalie of the past may have lacked athleticism and skill, but this is far from the case of the new age goalie. Someone you least expect will show a knack and will be interested in playing goal. If you have the luxury of choosing between a few goalies, your best strategy is to select a good stopper with decent stick skills who communicates well and has an affinity for the position. Good Luck!

Role of the Goaltender. Your goaltender is the most important position on your team. Goaltenders are a Stopper (save the ball); a Communicator (extra set of eyes for the defense); a Defender ( loose balls & passing for transition); and the "last line of defense" (the ball stops here). Goalies are human and will make mistakes like any player on your team, but we all notice when a goal is scored because the ball gets past the goalie. Remember it is a team game.

Just Stop the Ball. Famous words from a coach who may not have the tools to teach a young goaler, but far from helpful in the goalie's development. So what can a coach teach a goalie when he doesn't have the slightest clue about goaltending?

A good start on basic goaltending is with the stance (or ready position) and on stopping the ball (step, body & balance).

The stance (ready position) can be mastered with practice and must become automatic. Without a proper stance, a goaltender will be ineffective. The proper stance is an open, comfortable position allowing quick free movement. The feet should be shoulder width apart, slightly turned out and on the balls of your feet (not heels). Goaltenders that hold the stick in their right hand can put their left foot slightly ahead (2-5 cm) of the right foot to aid in weight distribution (vice versa for a left-handed goaltender).



**Goaltenders average 30-40 shots per game and between 300-400 per practice.**

The legs should be bent slightly at the knees allowing for horizontal and vertical movement. The upper body should be bent slightly forward from the waist so the shoulders extend slightly past the toes. Try to maintain a straight back and keep your shoulders square to the ball carrier. Bending too far forward may shift your weight too far over your feet while standing too erect will shift the weight to the heels.

The head should be up and you should be looking at the play in front of the goal. Your eyes should be on the ball in the ball carrier's stick at all times. This will increase concentration throughout the game.

When holding the stick, grip the shaft so the fingers and thumb wrap around it. The palm of the hand should be on the top part of the shaft (not on the side) and pointing to the ground. Hold the stick shaft so that it extends freely between the body and the arm, but don't hold a lacrosse stick like a hockey stick. The goalie stick should be held near the throat of the stick where the shaft meets the head. The head of the stick is then placed between the goalies legs just slightly ahead of the toes (5-10cm) and on the floor.

The free hand (off stick hand) can rest on the hip or slightly off the hip so that the free arm is covering some of the net in order to get in the way of a mid to high shot.

Stopping the Ball. Now that your goalie has a good solid stance, let's stop the ball. Goal-

tenders use their body and stick to stop shots on goal, however, it is important to understand how and when to use the different body parts and stick to block shots. Stopping the ball originates from the ready position moving in a lateral manner to ones left or right to get in the path of the ball being shot at the net.

Step to the ball, get the body behind the shot and maintain balance between the pipes.

When stopping the ball with the stick, as the ball strikes the pocket, twist the stick slightly to allow the stick to cradle the ball. These movements will cushion the impact of the ball and prevent rebounds. The goaltender should stop most shots below the waist with the stick and legs. Do not rely on stopping shots with the stick above the waist as the goaltender opens the lower area of the goal for easy scoring opportunities.

The upper body - Stopping shots with the chest include proper positioning, angles and balance. Stopping the shot as close as possible to the centre of the body requires lateral movement to the direction the ball is being shot. Allow the body to absorb the force of the ball. Do not try to hit the ball, rather let the ball hit the body and cushion the ball to reduce rebounds.

The feet and legs are used to stop low shots in a kicking motion if the stick or free hand is not appropriate. Some goaltenders will drop in a butterfly position like a hockey goaltender. Goaltenders should try to stay on their feet as much as possible. Do not jump (leaving your feet) to stop a shot that will pass over your shoulder or head. As well, do not continually drop in the butterfly position, as the upper half of the net will be exposed. Proper positioning and stance eliminates most areas a shooter may be aiming.

These tips are great starting points to a good goaltending experience. There are active goalies in your neighborhood that are great people to tap into for a little help. They are a wealth of knowledge that would be great assistance to you -- all you have to do is ask! If they could come out to a few practices and games in a season and spend some quality time giving pointers to your goalie, you would see a remarkable difference. Good luck and good saving!

## Box Lacrosse Defense

By: Darcy Rhodes, BCLA Technical Director

When breaking down good defense it is best to keep it in simple terms for your athletes. Break down the process of defending and then teach those skills to help your players have the best chance of succeeding when defending the offensive player with the goal of regaining position of the ball. We will talk about basic defending skills, breakdown the process of that skill and provide techniques to improve these skills. You want your defenders to defend with a purpose!

Body Positioning. For any defender to have success they must know the basics of proper body position when defending. Key points to body positioning and a good defensive stance is the proper ready position. To do this properly, one must break down all body parts for the stance from head to toes.

Start with your head up looking at the chest area (mid-body) of the offensive player, not looking at the ball in the stick. Keep the shoulders square to your check, arms both gripping the shaft of the stick placed slightly out front of the body with elbows slightly bent. Bend the knees with the feet a shoulder width apart and on the balls of your feet (not heels or toes). Place your lead foot slightly ahead of your back foot (i.e.-left handed player has a lead left foot and vice versa). The stick is held up to match the opponent's stick in order to knock down a pass or shot.

Always keep yourself between the player you are defending and your goal. Positioning your feet so you are slightly facing the side boards, taking away the middle area of floor

where player wants to cut or dodge into a better shooting position. Place your stick in a cross-checking motion and push when cross-checking, but only inside the dotted area. Do not lunge and be off balance when cross-checking, as you will be out of position. Your head is always on a swivel, knowing where the ball is, where your check is and in a good position to help teammates at any time.

Anticipation. The meaning of anticipate is to realize beforehand or foresee. Players defending one-on-one require good anticipation and quick movement skills to counteract all offensive players' movements. Advanced defensive players move from being reactionary to acting preemptive in forcing offensive players into a poor position and doing something they really don't want to do.

Dictate where you want the offensive player to maneuver on the floor. Force the player into a low percentage passing or shooting angle in order to try and regain possession. This tactic is planned as a team concept to defend the goal area in offering the best chance to defend.

Players need to anticipate when to assist another defender if they have been beat. This takes plenty of practice and timing in order to successfully help a teammate in need. If the ball is in the air for a pass to the offensive player, be ready to clamp down your stick on the offensive player's stick so a pass cannot be completed or attempt to intercept the pass.

Lastly, your best defense is for all your defenders to be aware of the shot clock and the time remaining on the clock. How many times have we seen a defender interfere with less than

5 seconds on the shot clock only to give the offensive team back the ball and a new 30 second shot clock? Defenders should take a peek or two at the shot clock while defending. If you anticipate the clock is about to run out, use this to your advantage and apply pressure to the offensive team when passing or shooting to force a poor pass or shot and let the clock simply run out for a change of possession. Not a bad idea -- no interference and you regain possession!

Communication is the basis of success to individual and team defense. It is so important that all players are communicating in the defensive zone. You should develop a set of key words that each player on the team knows like the back of their hand. You want the key words to specific yet simple to remember.

Some examples of terms, in the order of when the ball is turned over in the offensive zone. "Back": all defenders revert back to the

defensive zone. "Check": communicate the specific jersey number of the offensive player you are checking. "Pick Left" or "Pick Right" or "Pick Back": make sure you are giving your defender the direction the pick is going to be set from. "Stay" or "Switch": depending on what you want your defensive teammate to do, either stay with your player or pass the player off and switch. "Pass" or "Shot": communicate to the other defenders that the ball may be in flight as a pass or shot and potentially available for a rebound or you can clamp your stick on the offensive player to cause a turnover. It is important to emphasize communication in all practice situations, you will find it is contagious and all your players will get on board and talk continuously.

These are some constructive tips to assist in defending your goal area. Good luck defenders!

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# Ron Jay



Ron Jay

By: Stan Shillington

Ron Jay has always been an individual of determination, an achiever resolved to better himself and others around him.

Born December 3, 1938 in Peterborough, Ontario, he was barely four years of age when he became involved in sports -- any kind, they were all fun.

But lacrosse was high on his list of favourites; after all, his uncle Ira Dundas -- a member of the Canadian Sports Hall of Fame -- gave him his first stick. That took care of his summer months, while hockey, football and any other activity in or out of school -- even marbles -- took care of the rest of the year.

The Peterborough senior lacrosse club became the Talk of the Town during the early 1950's, a

magnet that drew hundreds of youngsters to the Miller Bowl for all games and team practices.

In 1951, Harry Wipper joined the senior squad and, almost immediately, accepted the job of chief instructor of the city's minor lacrosse association. An up-and-coming junior named Bobby

Allan jumped in to help.

By now, according to Canadian Lacrosse Hall of Famer Don Barrie in his book "Moon and Me," Jay was "the best Peewee player in town."

As his own athletic achievements continued to grow, Ron also took pride in helping other youngsters develop their skills. Not yet 17 years old, he was named head coach of the city's minor leagues.

Then, in 1956, Ron applied for permission to transfer West to Nanaimo -- after all, Wipper coached their and Allan was the big star; however, due to a family illness, he withdrew the request and remained close to home.

Instead, he lined up with the Peterborough Intermediate Junior Glens team, capturing the scoring title and leading his club to the championship. Ironically, he wasn't able to join the Nanaimo club in 1956, but was added to the Peterborough roster when the home team met Nanaimo for the Mann Cup.

That same year, Ron was named the first recipient of the B'nai Brith Trophy for Junior Athlete of the Year for his involvement in hockey, lacrosse and football in the Ontario community.

All this before his eighteenth birthday!

The following year, Ron captured the junior scoring title with 86 points while helping his team to a 16 win-two loss season; but, despite an incredible lineup that included Larry Ferguson, Dan

Quinlan, Paul Parnell, Grant Heffernan, Cy Goombes and Pat Baker, the team lost the provincial title to Brampton on a seventh game, last minute goal by future hockey great Bob Pulford.

And disappointment didn't end there!

Ron and teammate Parnell were added to the senior club's lineup in pursuit of the 1957 Mann Cup; however, the CLA disallowed Peterborough over the disputed eligibility of Bob Allan, suspending the entire team and four executives, with the exception of Ron, Parnell and a third pickup player.

With Peterborough's senior lacrosse picture now in jeopardy, Ron again heard the Horoe Greeley call to "Go West, Young Man, Go West." Just 19 years of age, he transferred to the Victoria Shamrocks in 1958 and began a successful 11-year senior lacrosse career that saw him garner 383 goals and 245 assists for 628 points in 327 games. Of course, there are 28 goals and 13 assists senior Peterborough points to be added to the total.

Meanwhile, Ron had been scouted by the Boston Bruins' hockey club and was asked to report to the NHL's junior training camp; but, having now settled in Victoria, he declined the offer and, instead, married Elaine and subsequently joined the Saanich Fire Department.

Undoubtedly, 1962 was a highlight year for Ron. Just 23 years old, he enjoyed his most productive senior season with 52 goals. At the same time, he coached the Junior Shamrocks to Victoria's first Minto Cup championship.

Former Shamrock teammate Ed Kowalyk recollected that, during the 1960's, Victoria did not have a strong senior team.

"But Ron was the very best of what we had," Kowalyk recalled. "His efforts did not lead to any Mann Cup, but his superior play kept the Shamrocks in the game.

"His dedication helped the organization through some dark years ....he led the way to save the franchise."

In 2010, Ron was inducted into the Victoria Shamrock' Wall of Fame.

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### Western Lacrosse Association 2012 Schedule

DATE	VISITORS	HOME	TIME	LOCATION
May 18	Victoria	Burnaby	7:00 PM	Bill Copeland Arena
May 20	Langley	Nanaimo	7:00 PM	Frank Crane Arena
May 20	Coquitlam	Maple Ridge	6:45 PM	Planet Ice
May 23	Burnaby	Langley	7:45 PM	Langley Events Centre
May 24	Nanaimo	New Westminster	7:00 PM	Queen's Park Arena
May 25	Maple Ridge	Victoria	7:45 PM	Bear Mountain Arena
May 26	New Westminster	Coquitlam	7:00 PM	Coquitlam Sports Centre
May 27	Coquitlam	Nanaimo	7:00 PM	Frank Crane Arena
May 28	Burnaby	Maple Ridge	6:45 PM	Planet Ice
May 30	Nanaimo	Langley	7:00 PM	Langley Events Centre
May 31	Maple Ridge	New Westminster	7:45 PM	Queen's Park Arena
June 1	Nanaimo	Victoria	7:45 PM	Bear Mountain Arena
June 1	New Westminster	Burnaby	7:45 PM	Bill Copeland Arena
June 2	Langley	Coquitlam	7:00 PM	Coquitlam Sports Centre
June 3	Victoria	Maple Ridge	6:45 PM	Planet Ice
June 6	Burnaby	Langley	7:45 PM	Langley Events Centre
June 6	Coquitlam	Victoria	7:45 PM	Bear Mountain Arena
June 7	Langley	New Westminster	7:45 PM	Queen's Park Arena
June 8	Maple Ridge	Burnaby	7:45 PM	Bill Copeland Arena
June 9	New Westminster	Coquitlam	7:00 PM	Coquitlam Sports Centre
June 10	Burnaby	Nanaimo	7:00 PM	Frank Crane Arena
June 10	Langley	Maple Ridge	6:45 PM	Planet Ice
June 13	Coquitlam	Langley	7:45 PM	Langley Events Centre
June 14	Victoria	New Westminster	7:00 PM	Queen's Park Arena
June 15	Burnaby	Victoria	7:45 PM	Bear Mountain Arena
June 16	Maple Ridge	Coquitlam	7:00 PM	Coquitlam Sports Centre
June 17	New Westminster	Nanaimo	7:00 PM	Frank Crane Arena
June 17	Burnaby	Maple Ridge	6:45 PM	Planet Ice
June 20	Maple Ridge	Langley	7:45 PM	Langley Events Centre
June 21	Burnaby	New Westminster	7:45 PM	Queen's Park Arena
July 5	Maple Ridge	New Westminster	7:45 PM	Queen's Park Arena
June 22	New Westminster	Victoria	7:45 PM	Bear Mountain Arena
June 22	Coquitlam	Burnaby	7:45 PM	Bill Copeland Arena
June 23	Langley	Coquitlam	7:00 PM	Coquitlam Sports Centre
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July 28	Victoria	Nanaimo	7:00 PM	Frank Crane Arena
July 28	Burnaby	Coquitlam	7:00 PM	Coquitlam Sports Centre
July 29	New Westminster	Maple Ridge	8:45 PM	Planet Ice

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July 19-22, 2012

Bantam - Burnaby  
July 25-29, 2012

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# Despite Rough Start to Season, Stealth Still Hope Calm Waters Are Ahead

By: *Teddy Jenner*

The Washington Stealth might need to update their version of 1001 sports clichés when the 2012 National Lacrosse League season is over. As they get ready to make a run for the playoffs, and run they will have to do, the only thing the Stealth has used more of than clichés is players. This year has been one to forget so far for Washington and their fans as numerous injuries to key people has really hampered them moving forward to a third straight Champions Cup final date with the Toronto Rock; who’ve had their own injury woes. However, in a year where eight of nine teams make the postseason, there’s still time for things to go according to plan.

As the season has gone on though, in the past few weeks, the Stealth have gotten healthier (Kyle Sorensen and Tyler Richards are both back from mid-season injuries), they made a major deal with Edmonton before the trade deadline (Athan Iannucci swapped for Paul Rabil) but more importantly, the return of Chris Hall behind the bench.

“Anyone that has played for CH knows that when he speaks you listen and he’s not afraid to call anyone out,” Sorensen said after the Stealth beat the Minnesota Swarm 20-13 in week 12. “When he started holding guys accountable, it was an immediate change in the locker-room and on the bench. It’s been a huge change for us”

You can see it in the attitude the Stealth bring to the floor, they are a more confident bunch with Hall at the helm. That’s not a slight to assistant coach Art Webster who was in

charge while Hall was sidelined with radiation and chemotherapy treatment for throat cancer. Webster was in constant contact with Hall and was running the game plans and system implemented by Hall. But as many of the Stealth players will admit, it’s a much different environment and mindset when Hall is the one looking you in the eyes instead of reading his words on paper.

Since Hall’s return during week 10, they’ve gone 3-4 and when you consider they started the year 1-3 you can see that they are starting to turn the corner. If it wasn’t for a poor performance in Edmonton the night before the aforementioned Minnesota game, they’d be 4-3 in their last seven with Hall.

BC boys continue to shine for the Stealth and more and more are getting floor time. Justin Salt a second round draft pick in the WLA by the Burnaby Lakers this year, has been inserted into the lineup the past few weeks and has added a nice spark to the defensive transition game, even scoring his first NLL goal in a game versus Toronto at the beginning of March. Martin Cummings saw his first action of the year during week 12 and chipped in a pair of goals in Washington’s most offensive outing of the year.

One name that wasn’t mentioned above as a key returnee from the IR List is Jeff Zywicki. Near the end of the WLA playoffs, Zywicki went down with a lower body injury that really affected his game and it was obvious that at the start of the NLL season he wasn’t quite there yet. For a player that’s won at every level and been an all-star where ever he goes, taking time off mid-season to heal isn’t always the easiest



Matt Beers in action versus Calgary in 2012 NLL action.

choice to make but he did. After a few weeks away from his lacrosse family, he’s back quarterbacking the high potent Stealth offense and you can see the impact he has out there as there is more to the set offense and he’s a large part of helping pull all that talent together.

Again with the clichés as one player can make all the difference but for the Stealth it’s been a case of getting completely healthy and finding all the right pieces to the puzzle in hopes of righting the ship.

## 1976 MANN CUP

By: *Stan Shillington*

Team momentum in the 1976 Mann Cup series flipped back and forth faster than a toy yo-yo on steroids.

Would the host Brampton Excelsiors be triumphant or could the visiting New Westminster Salmonbellies be the successor?

And, so, the suspense endured down to the final whistle of the seventh and deciding game before the ‘Bellies laid claim to the Canadian championship with a tight 9-8 win.

Brampton, bolstered by five league all-star imports (Larry Smeltzer, Ted Greves, Mike French and brothers Terry and Lindsay Sanderson) came out strong in Game One, blasting 71 shots at goalie Joe Comeau on the way to a 14-10 victory.

“We were flat, weren’t sharp,” explained coach Bob Babcock. “We didn’t come up the way you would expect. Chuck (Medhurst) was the only one of our guys (with six of the ten goals) who could score effectively.”

Babcock’s observation obviously worked for, in Game Two, the Westerners claimed a convincing 10-4 victory. The only two all-

stars added to New Westminster’s lineup for the series were Coquitlam’s Dave Durante and Vancouver’s Dave Tasker, both of whom scored three-goal hat tricks.

In Game Three, New Westminster held a 9-3 lead after 40 minutes, but “we just lost our composure,” observed Babcock, as Brampton came on to score nine last period goals for a 12-11 win, five of them in the last three minutes.

“I was embarrassed,” a shocked Babcock said. “The whole team was embarrassed. We controlled the game and just blew it.”

WLA scoring champion Brian Tasker had been hampered in the first three games after being struck in the eye by an errant ball early in Game One.

But he returned to form in Game Four. Playing with a special mask to protect his swollen eye, Tasker scored four goals and assisted on another five to lead the ‘Bellies in a 10-6 victory.

Brampton coach John McCauley wasn’t impressed with the result.

“They didn’t play well – it’s just that we played worse. Hell, some of our guys out there played the worst I’ve seen them play this

season. You would expect them to come into this one high, and what happened? It’s all just laziness.”

The McCauley criticism did not go unnoticed by his club for, in Game Five, Brampton scored four goals in the final eight minutes for an 11-10 win and a 3-2 series lead.

“If I could package the formula for these last periods we’ve been having, I could make a fortune,” a jubilant McCauley reflected.

But the third-period formula failed to work in Game Six.

Tied 10-10 going into the final 20 minutes, the Royal City boys outscored the Excelsiors 5-2 to take the game 15-12.

Now, it was down to the seventh and final game the following night.

But wait! What’s this? A fair had been previously booked into the Brampton Arena, which the CLA had failed to mention to either team. Then, the CLA decided the final match would be played on Friday, not Thursday, and would be shifted to the smaller Bramelea arena.

“This was a backroom decision made at two in the afternoon by the CLA,” said ‘Bellies’ manager Barry Erlendson, “and we don’t think it’s fair to our players.”

Babcock added: “The fault lies with the (CLA) organization. They never anticipated a seventh game and that’s ridiculous.”

New Westminster jumped to a 6-1 first period lead in Game Seven but, when the Westerners came out for the second period hoping to continue their domination, they were confronted with a 20-minute delay while sawdust was spread over the playing surface to combat condensation.

The delay and messy floor weighed heavily on the ‘Bellies, allowing Brampton to tie match at 7-7 after no minutes of play.

New Westminster’s Dave Wilfong opened the scoring in the third period only to see Terry Sanderson again even up the game. Then, with goalie Comeau making 17 last period saves, the ‘Bellies’ Bob Tasker popped in the winner with 7:34 left in regulation time.

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# Wings retire Hall of Fame goaltender Dallas Eliuk's No.35



Dallas Eliuk speaks as his #35 jersey is retired by the Philadelphia Wings.

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The Philadelphia Wings honored one of the NLL's all-time greats by retiring Dallas Eliuk's No. 35 on March 3, 2012. Eliuk played 15 seasons with the Wings from 1991-2005, earning All-Pro honours nine times and participating in the NLL All-Star game in each of his 15 seasons

ELIUK  
**35**

with the team. He was inducted into the NLL Hall of Fame in 2009. Additionally, Eliuk is the league's all-time saves leader (6,536), and won four Champion's Cups including being named the MVP of Champion's Cup MVP award twice.



## 2012 Annual General Meeting Special Sessions Timelines



### Field Directorate Special Session Timeline

Apr. 21 Field Directorate Special Session  
At Executive Plaza Hotel Coquitlam 10:00 AM-4:00 PM

### BCLCA and BCLOA Special Session Timeline

- July 4 First Notice of BCLCA/BCLOA Special Session  
Forms circulated Registration, Policy Changes, Agenda, Awards
- Aug. 1 Deadline for BCLCA/BCLOA Operating Policy Changes to the BCLA Office
- Aug. 8 2<sup>nd</sup> Notice/Operating Policy changes circulated for BCLOA
- Aug. 23 Deadline for Executive Reports/Budget to be submitted to the BCLA Office  
Deadline for nominations of awards (BCLCA/BCLOA)
- Aug. 30 Deadline for Registration Forms
- Sept. 8 BCLCA Special Session at Douglas College 9:30 AM-4:00 PM  
BCLOA Special Session at Douglas College 9:30 AM-4:00 PM

### BCLA Annual General Meeting Timeline

(BCLA AGM, Minor Directorate, Senior Directorate)

- July 20 First Notice of Annual General Meeting  
Forms for changes to the Operating Policy/Constitution & By-Laws  
Hotel Information and Order Form  
Award Nomination Forms  
Letter re: policy on who pays for delegate fees, travel, etc.
- Aug. 29 Deadline for Constitution/By-Law changes into the office.  
Deadline for BCLA, Senior, Minor Operating Policy changes to office  
Deadline for Award Nomination forms into the office.
- Sept. 10 Deadline for all Executive Reports/Budgets for Annual Report
- Sept. 10 Deadline for BCLCA, BCLOA Minutes to office
- Sept. 13 2<sup>nd</sup> Notice/Mailing of Changes to the Constitution/By-Law & Operating Policies
- Sept. 20 Deadline for booking Hotel for AGM
- Sept. 20 Deadline for AGM Registration Forms
- Oct. 12-14: 2012 BCLA AGM Whistler, B.C.



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# Coaches Corner ~ Practice to Game Ratios

By: Duane Bratt, CLA National Resource Person

One of the problems with all youth sports, including lacrosse, is that there are too many games and not even practices. Unfortunately for a player’s long-term athletic development, it is in practice when skill acquisition is optimized. This is most readily seen in the fundamental stick skills of cradling, passing, catching, and shooting. The only way to develop these individual skills is with a ball in your stick.

In a game, there is only one ball and 10 runners trying to get it. This is a 10:1 ratio. Throw in line changes, loose balls, and game stoppages and the ratio climbs even higher. The average Pee Wee player may have a ball in their stick for only 30 seconds a game. Weaker players may not have the ball for 30 seconds in a season! Contrast that with a practice. In a practice, every kid can have a ball for many drills. Even in a simple 5-man shuttle drill, the player-ball ratio drops to 5:1. The more time that you spend cradling, passing, catching, scooping and shooting the more proficient you

will become. Therefore, practices, at all levels, need to maximize the amount of stick skill drills.

Even when clubs schedule practices, some coaches do not fully utilize their scarce practice time. Instead, they decide to spend 20-30 minutes scrimmaging. There are numerous problems with scrimmaging. First, you take all the balls off the floor, thereby removing the key advantage of a practice. Second, it is not game realistic. A typical scrimmage involves 12-14 runners divided into two teams with few stoppages. Thus it resembles old-timer hockey with long shifts of very little energy. In addition, since most teams have only one goalie, the other net is often tended by a water bottle. Clearly this does not help a team’s shooting skills!

A better technique is to use some scaled-down replications of game-like situations. For example, 2 v 2 drills that teaches players to run, and defend against, the two man game of pick and rolls. Or a set of fast break drills like a continuous 3 v 2. These types of drills are better than scrimmaging -- they break down game skills into their component parts, there


are quicker rotations so everybody participates, and you still have a good ball-player ratio.

To help coaches with their practice-game ratios, all coaching manuals now contain an appendix outlining recommended times for on-floor skill training (individual technical skills), on-floor competition specific training (team tactics), off-floor training (mental and physical preparation), and games. These are broken down by the stages of development. This means that the ratio between skill and competition specific training is highest at the youngest levels. For example at the Active Start stage (mini-tyke), practice is 100% dedicated to skill training. In another example, off-floor training begins at the Training-To-Train stage (bantam). Finally, as players go through the stages, the overall number of practices and games increases.

Therefore the key to having a good practice-game ratio which maximizes player development is to ensure that: a) enough practices are scheduled: and b) practice time is properly used.


DATE	AWAY	HOME	TIME	LOCATION
April 27	Langley	Port Coquitlam	8:00	Port Coquitlam Rec Centre
April 28	Coquitlam	Nanaimo	5:00	Frank Crane Arena
April 28	Delta	Victoria	5:00	Bear Mountain
April 29	Delta	Burnaby	7:00	Bill Copeland Arena
April 29	Nanaimo	New Westminster	5:00	Queens Park Arena
April 29	Victoria	Port Coquitlam	8:00	Port Coquitlam Rec Centre
May 2	Delta	Coquitlam	7:30	Coquitlam Sports Centre
May 5	Langley	Delta	7:30	Ladner Leisure Centre
May 5	New Westminster	Nanaimo	5:00	Frank Crane Arena
May 5	Coquitlam	Victoria	5:00	Bear Mountain
May 6	Victoria	Burnaby	5:00	Bill Copeland Arena
May 6	Poco	Nanaimo	2:00	Frank Crane Arena
May 8	Delta	New Westminster	8:00	Queens Park Arena
May 9	Victoria	Nanaimo	7:00	Frank Crane Arena
May 10	Port Coquitlam	Langley	8:00	Langley Events Centre
May 12	New Westminster	Victoria	5:00	Bear Mountain
May 12	Nanaimo	Delta	8:00	Sungod
May 13	Nanaimo	Burnaby	5:00	Bill Copeland Arena
May 15	Langley	New Westminster	8:00	Queens Park Arena
May 16	Burnaby	Coquitlam	7:30	Coquitlam Sports Centre
May 17	Coquitlam	Langley	8:00	Langley Events Centre
May 18	Delta	Port Coquitlam	8:00	Port Coquitlam Rec Centre
May 19	Victoria	Langley	8:00	Langley Events Centre
May 19	Burnaby	Delta	7:30	Ladner Leisure Centre
May 20	Coquitlam	Burnaby	7:00	Bill Copeland Arena
May 20	Nanaimo	Port Coquitlam	5:00	Port Coquitlam Rec Centre
May 22	Port Coquitlam	New Westminster	8:00	Queens Park Arena
May 23	Langley	Coquitlam	7:30	Coquitlam Sports Centre
May 26	Burnaby	Victoria	5:00	Bear Mountain
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May 26	Port Coquitlam	Nanaimo	5:00	Frank Crane Arena
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May 29	Coquitlam	New Westminster	8:00	Queens Park Arena
June 1	Port Coquitlam	Delta	7:30	Ladner Leisure Centre
June 2	Delta	Victoria	5:00	Bear Mountain
June 2	Nanaimo	Langley	8:00	Langley Events Centre
June 3	Langley	Burnaby	7:00	Bill Copeland Arena
June 3	Victoria	New Westminster	5:00	Queens Park Arena
June 5	Nanaimo	Victoria	7:30	Bear Mountain
June 7	New Westminster	Langley	8:00	Langley Events Centre
June 8	Coquitlam	Port Coquitlam	8:00	Port Coquitlam Rec Centre
June 9	Langley	Nanaimo	5:00	Frank Crane Arena
June 9	Victoria	Delta	5:00	Ladner Leisure Centre
June 10	Nanaimo	Burnaby	5:00	Bill Copeland Arena
June 10	Port Coquitlam	Victoria	5:00	Juan De Fuca
June 11	New Westminster	Coquitlam	7:30	Coquitlam Sports Centre
June 12	Delta	Burnaby	8:00	Bill Copeland Arena
June 13	Port Coquitlam	Coquitlam	7:30	Coquitlam Sports Centre
June 15	Langley	Port Coquitlam	8:00	Port Coquitlam Rec Centre
June 16	Burnaby	Nanaimo	5:00	Frank Crane Arena
June 16	Coquitlam	Delta	7:30	Ladner Leisure Centre
June 16	Langley	Victoria	5:00	Bear Mountain
June 17	Nanaimo	Coquitlam	5:00	Coquitlam Sports Centre
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July 8	Delta	Nanaimo	2:00	Frank Crane Arena
July 8	New Westminster	Burnaby	7:00	Bill Copeland Arena
July 8	Victoria	Coquitlam	7:30	Coquitlam Sports Centre

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Senior A Lacrosse Top 7

1 Brampton Excelsiors

2 Langley Thunder

3 Peterborough Lakers

4 Six Nations Chiefs

5 New West Salmonbellies

6 Brooklin Redmen

7 Burnaby Lakers

Junior A Lacrosse Top 10

1 Whitby Warriors

2 Coquitlam Adanacs

3 Orangeville Northmen

4 Six Nations Arrows

5 New West Salmonbellies

6 Brampton Excelsiors

7 Peterborough Lakers

8 Victoria Shamrocks

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10 St. Catharines Athletics



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# Way To Go!

**Beth McLucas** (LMMLC Chair & Provincial Director)

Beth McLucas started her lacrosse volunteerism with the North Delta Minor Lacrosse Association in 2000 before moving to the Surrey Minor Association in 2003.

She managed many teams over the years, then got involved in association duties including apparel sales and tournament co-ordinator before working her way up the ladder serving as President from 2006-09.

Near the end of her term as President, Beth became more involved on the Provincial spectrum as a Lower Mainland Minor Lacrosse Commission commissioner, Vice Chair and Chair, a position she has held since 2010. You will always see her at a Box Provincial assisting the event as a Provincial Director, something she has done the past 4 years.

In Field Lacrosse, Beth has volunteered for Provincials since 2005 keeping the volunteers fed as well as many other duties. At the Provincial level, she has been a commissioner and Vice Chair of the PCFLL and managed the Team BC Stars in 2008-09. Beth is currently the BCLA representative as the 2012 Summer Games Field Lacrosse Chair.

Beth enjoys visiting arenas and talking lacrosse to people about developing the game further. Her efforts have not gone unnoticed as she was the recipient of the Surrey Minor Lacrosse President's Award (2008) and the BCLA Art Daoust award (2011).

Congratulations Beth!

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**Beth McLucas**

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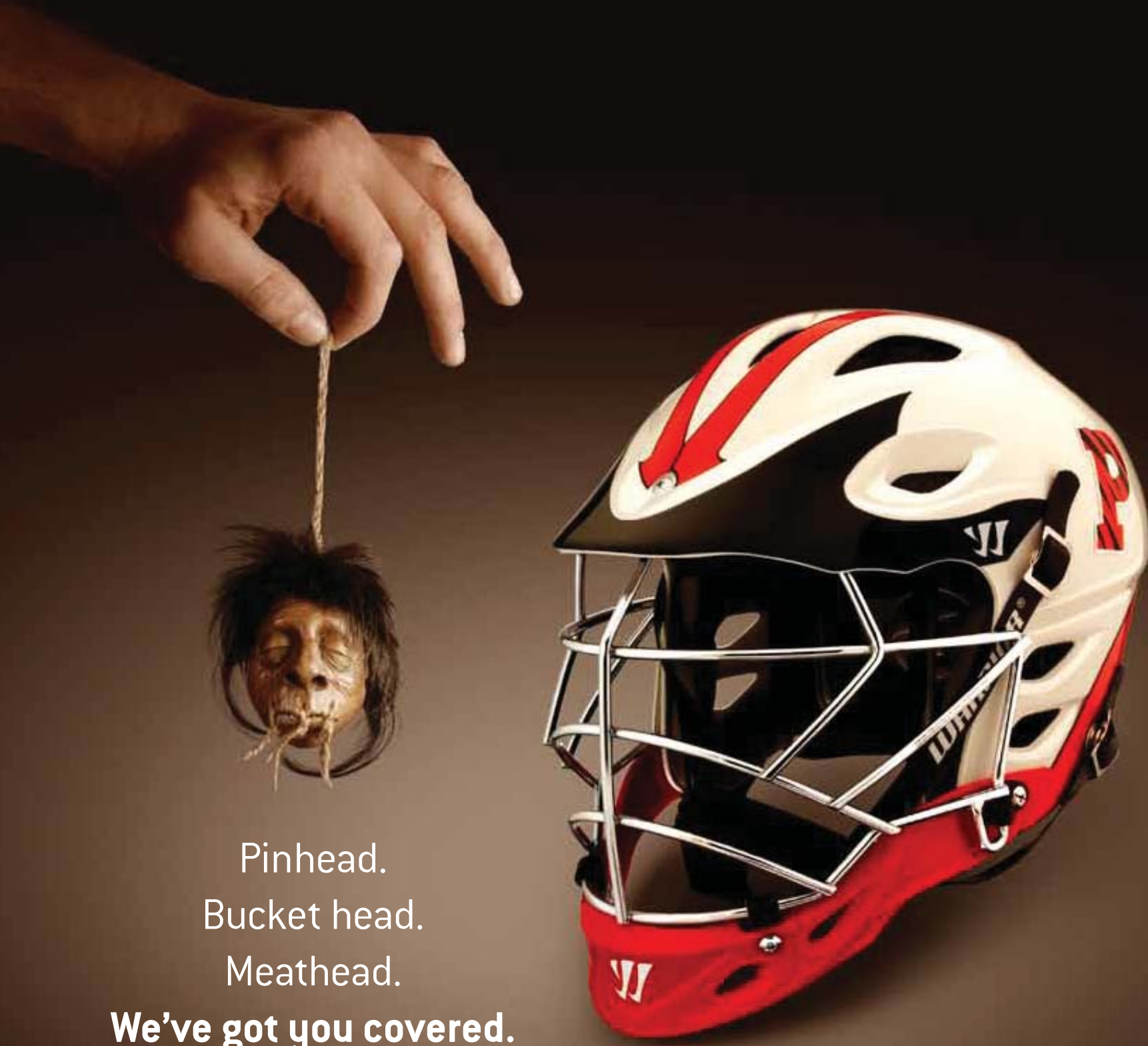
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