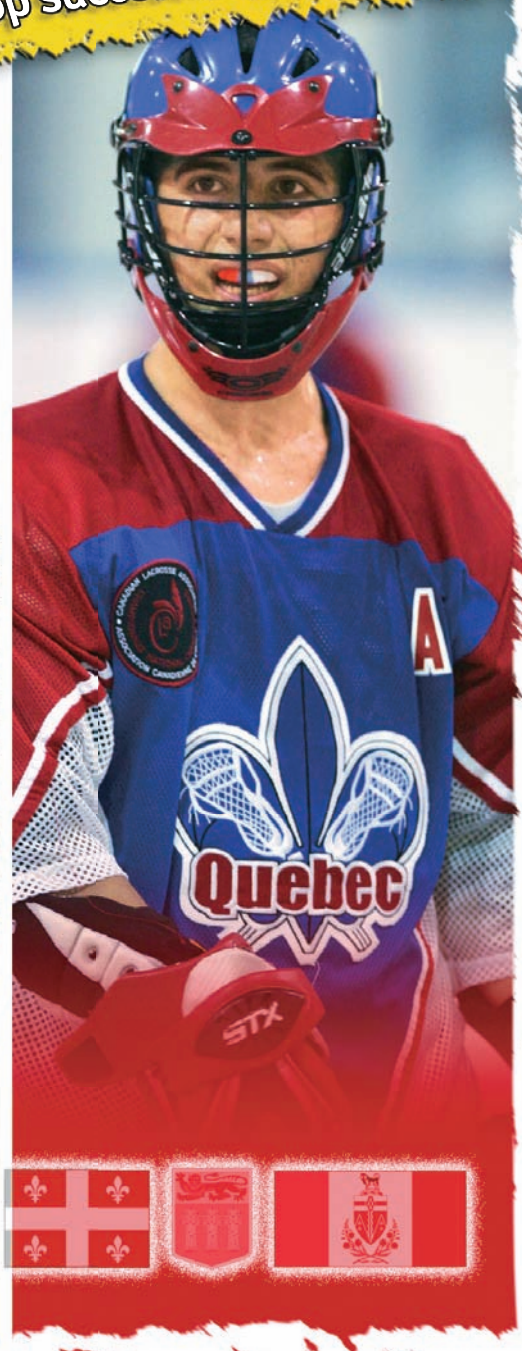


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LacrosseTalk

The Official Publication of Canada's National Sport

→ **EARLY RETURNS**
How new lacrosse clubs develop successful programs



cover & logo design by Design One Graphics Group

Left to right photos by: Gordon Lee Photography, Steve Barr, Graig Abel

By: Hamish Knox and LacrosseTalk Staff

The success of lacrosse associations less than five years old has surprised some in more established associations. In this article, six new lacrosse programs from across Canada share their secrets to early returns on and off the floor.

The key word for a new lacrosse association used to be "build." Build player base, build coaching ranks, build volunteer groups, build sponsorship and build community support. While building is still an integral part of any lacrosse program, some new programs have tapped into the experience of ex-pat lacrosse volunteers with lacrosse backgrounds in established associations to jump-start their programs.

For example, the Medicine Hat Sun Devils won Alberta's Tier 2 Junior title last summer, the first program from outside Red Deer, Edmonton or Calgary to claim a post-midget title since the Rocky Mountain Lacrosse League (RMLL) was formed in 1988. The Sun Devils program, minor and junior was founded by Linda Robertson, a former Coquitlamite who used her experience with the Adanacs to create a new lacrosse program in southwestern Alberta.

"It's been a struggle, but really rewarding and a steep learning curve," mentioned Robertson. "This is definitely a hockey town and we just gave them (the kids) a choice to play lacrosse. The athletes just compete on heart and perseverance."

Across the country in Nova Scotia, John Verrall is literally the Eastern Shore Breakers Lacrosse Association. He and a friend decided to start an association while getting John's skates sharpened one winter day. John manages the lacrosse program with great help from Keith Redden and Earl Mannette—directing 80 players, numerous coaches and volunteers.

"He has built up an association from scratch over two years and he received the Association of the Year award this fall," stated Lacrosse Nova Scotia's Steve Newton.

In two short seasons of play, one of Eastern Shore's Bantam teams was victorious in the Metro Minor Championships with a host of other Breakers' teams making championship games. Verrall appreciates the help he has experienced growing a new association and looks forward to better things in 2007. Good help has been his key!

"When you need help ask good people and you will find much more than you need," stated Verrall.

Back in British Columbia, Wayne Clarke, a former lacrosse player from North Vancouver by way of Big River, Saskatchewan, created a box program in Quesnel in the Cariboo region of BC near Prince George. Clarke has worn many hats in preserving the growth of lacrosse as a ref, coach, clinician and executive member. In five seasons the Quesnel Lacrosse Association has had as many as 150 players—many of them experiencing provincial successes.

In only their second season, Quesnel won a provincial Pee Wee C title and have reached the podium at almost every provincial event they vied for. But it is not all about the on-floor successes as much as the off-floor achievements.

"The lacrosse community is small and has its own culture—encourage and provide opportunities for as many people as possible to participate," said Clarke.

"Focus on making the sport fun and do it for the kids."

In Quebec, the Lacrosse Federation du Quebec is experiencing great growth in areas like Longueuil, Boucherville and Varennes. Saint-Hubert and Saint-Basile have created a strong program where one did not exist 2 years ago. If all works out, over 250 kids will be playing lacrosse this summer.

In hockey-rich Quebec it has been a challenge to encourage participation in lacrosse. A few creative methods of promotion have proven fruitful.

"Many of the parents want to see their child in the NHL," explained coach Chad Fairfoull. "That's when I pull out the quotes from hockey players like Wayne Gretzky and show the list of NHL players who played lacrosse as a youth."

On the other side of Alberta, the Lethbridge Lacrosse Association capped off their first four years of existence with provincial titles at the Bantam and Midget C levels. The Bantams didn't lose a game in 2006, an amazing accomplishment for an association that started with 80 players in 2002. Now, over 350 athletes play lacrosse in the area.

"We have an amazing core group of volunteers and parents who live, breathe and sleep lacrosse," stated LLA Executive Director Taunya Garant. "We also realize that without the surrounding areas, our program could not survive and we ensure that we give them what support we can."

In Eriksdale, Manitoba, Kylo Harris brought his love of lacrosse to his new community. Harris got involved with lacrosse in Cambridge Bay, Nunavut just 3 years ago. He aspires to pass on his experiences with a new group called the Lakeshore Assassins.

"When I moved to rural Manitoba I wanted to make the same opportunity available to the youth here and since there was no club, I started one," mentioned Harris. "Don't feel that if there is no team or league in your area that you cannot have a lacrosse program. The majority of our youth is happy to practice and scrimmage. We are learning the skills and having fun."

continues on page 3

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







Ontario Lacrosse Association



National Team selections follow successful International Tour

OTTAWA - The Canadian U-19 Women's Field Lacrosse Team returned from an International Tour to Australia in January, and the coaching staff immediately announced the 20 athletes who will comprise the final team representing Canada at the 2007 IFWLA U-19 World Championships, to be held at Trent University in Peterborough, ON from August 4-11.

The Tour to Melbourne, Australia, included competition in the Southern Crosse Tournament against Australian and Japanese U-19 Squads, in addition to four test matches with the Victoria State Squad.

The 16-day Tour began with the first two test matches within the first five days, was fol-

lowed by the Tournament which ran from January 3-7, and concluded with the final two test matches over the last four days of the tour.

The Canadian Squad went 2 for 4 in its test matches and had a great opportunity to play against several Senior National players from Australia's 2005 World Cup Championship team.

In tournament play, both Team Canada and the Aussie Squad played as two teams, who together with the Japan team comprised the five team ladder. In round robin play, the Canadian teams ended with a combined four wins and four losses. Canada moved through to the final with Australia and treated the crowd to an exciting championship game

where teams exchanged the lead at various points in the game but never by more than two goals. At the final whistle, the green and gold held a one goal advantage to win the tournament by a score of 10-9.

"The opportunity to play our key competitors under World Championship conditions was invaluable. The players experienced the full range of physical and mental challenges that go along with playing at the highest level and have developed a new confidence in themselves," Head Coach Jen Johnson stated.

"We used the Tour and these ideal conditions to base our final selections on. We made some very positive progressions as a team during the tour and recognize what we need to work on for the World Championships."

IFWLA guidelines provide for each country to field an 18 member roster. Canada will

announce its final 18 member team following a training camp and exhibition games on the May long weekend at Trent University in Peterborough.

Full Tour results and ongoing activities of the Canadian Team can be viewed at: www.teamcanadawomenslacrosse.com.

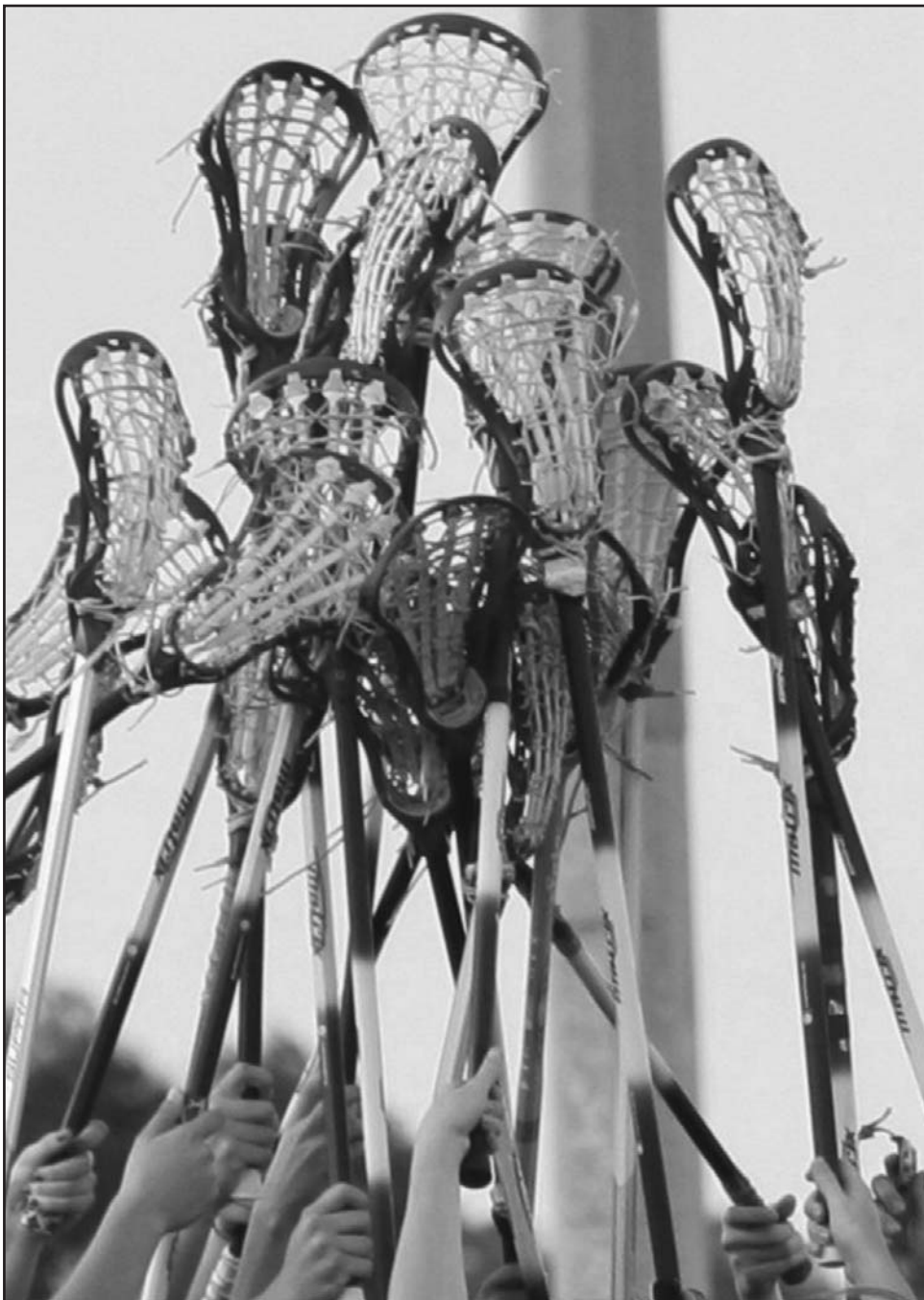
Canada White (9) vs Australia Gold (14) in Southern Crosse Tournament round robin action

Canada Red (8) vs Australia Gold (11) in Round Robin action.

Canada U-19 ... All for one!

Canucks & Aussies Unite: International tour sets stage for fierce competition, but great friendships are the lasting result.

Canada closes the gap with Australia in an exciting Southern Crosse final (10-9).



Continued from cover

The successes for Kylo Harris and the new Lakeshore Assassin players are simply having the opportunity to play the game. It's not all about wins and losses rather it's about the game of lacrosse. We should all take heed to his simple approach of developing our game one success at a time, one person at a time.

"Maybe this year we will have enough (players) for two teams and I can start a local house league program and maybe, just maybe take a team to a tournament," said Harris.

The stories above illustrate that an association need not have a multitude of players, masses of coaches or seas of volunteers to be successful. What matters is setting achievable goals at the beginning and building on those goals in the future.

2007 Canadian U-19 Women's Field Lacrosse Team

Player	Age	Hometown
Jayne Beard	18	Hawkestone, ON
Natasha Blackburn	17	Mississauga, ON
Christine Comeau	18	Whitby, ON
Ashley Curtis	17	Peterborough, ON
Allison Daley	18	Peterborough, ON
Janaye Dzikewich	17	Whitby, ON
Britt Farquharson	19	Mississauga, ON
Justiene Groothuis	16	Kitchener, ON
Katie Guy	15	Whitby, ON
Katie Ilott	18	Whitby, ON

Coaching Staff

Jen Johnson - Head Coach Burlington, VT
Kylee Reade - Assist.Coach Mountain View, CA

Player	Age	Hometown
Shannon Kerr	16	Inglewood, ON
Jordie Loyst	17	Port Perry, ON
Katelyn Mandville	18	Courtice, ON
Paige Mason	18	Priceville, ON
Lisa McLaughlin	17	Whitby, ON
Kristen Millar	19	Whitby, ON
Carly Quinn	17	Orangeville, ON
Alison Rusak	18	Orangeville, ON
Ashley Rutz	18	Milton, ON
Sierra Smith-Hart	17	Whitby, ON

Jen Cassidy - Assist.Coach Whitby, ON
Lynz Keys - Assist. Coach Farmville, VA



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OLA Award winners acknowledge love of lacrosse

By Roger Lajoie, LAX Ontario Editor

The Ontario Lacrosse Association gave out its annual awards recently and once again in 2006 it was clearly demonstrated just how many men and women in the province of Ontario love lacrosse dearly.

It's a labour of love this great sport is in this country – nobody is getting rich from dedicating hours upon hours of time to either help coach, manage, promote or play Canada's national sport.

But that doesn't stop thousands of dedicated people from donating their substantial skills and services to the great sport of lacrosse on an on-going basis, year in and year out. And every year, to acknowledge them, the OLA hands out a long list of awards to recognize these tremendous individuals.

LAX Talk would like to take some time in this edition to tell you a little bit about these annual awards, which are given out at the end of the year, and what the significance of them all are.

Billy Evans Award

Presented annually to a player who has played his last four Junior "A" seasons in Ontario and has exemplified dedication on and off the floor to the game, sportsmanship, leadership and longevity.

Bobby Allan Award

Awarded to the coach whose unselfish motivations are demonstrated by the dedication of their effort teaching and promoting the game of field lacrosse as well as sportsmanship.

Centennial Award

Awarded as determined by the goals against average to the intermediate goalkeeper in the "A" division of the Provincial Championships.

Chuck Rowan Award

Awarded to the Midget or Intermediate box lacrosse player demonstrating high proficiency in lacrosse combined with outstanding achievement in citizenship, together with high standard in academics or their chose profession.

Commissioners Award

Awarded to the volunteer whose unselfish motivations are demonstrated by their dedication and determination of continually promoting and bettering the game of field lacrosse throughout the years.

Corporate Partner of the Year Award

Presented annually to the company whose partnership with the Ontario Lacrosse Association is judged as most meaningful in support of lacrosse promotion and development objectives during the season.

Jack Mann Award

Awarded annually by the Ontario Lacrosse referee supervision committee to the Ontario Lacrosse referee who combines on-floor officiating duties, with program development efforts at all levels.

Ken Murray Award

Presented annually to the minor lacrosse individual whose unselfish motivations are demonstrated by the dedication of their efforts to "Helping the Kids"

Larry Ruse Award

Awarded as determined by the goals against average to the midget goalkeeper in the "A" division of the Provincial Championships.

Media Award

Presented to an individual or company providing the best overall lacrosse coverage within a local community and the province

Merv MacKenzie Award

Presented annually in memory of the late Mr. Merv MacKenzie (Life Member) to the person elected as having done the most promotion of lacrosse in Ontario.

Mr. Lacrosse

The Thomas "Tip" Teather Trophy is awarded annually to an individual who has made an outstanding contribution to lacrosse.

OLRA Award

Awarded annually to the minor lacrosse referee selected for the best performance at a Provincial Championship

Promotion and Development

Presented annually to the lacrosse association selected as having done the most to promote and develop lacrosse in its area and throughout the province of Ontario.

Ryan Haber Award

Awarded to the midget player demonstrating high proficiency in the game of field lacrosse, through his/her hard work, dedication and determination.

Stan Cockerton Award

Awarded to the graduating midget player demonstrating high proficiency in field lacrosse as well as sportsmanship.

Ted Sawicki Award

Awarded to the graduating midget defensive player demonstrating high proficiency in the game of field lacrosse, through his/her hard work, dedication and determination.

And lacrosse fans of Ontario, some applause please to the 2006 OLA Awards winners. Each and every one of them has given something special to our great sport and our congratulations – and thanks – goes out to every single one of them.

2006 OLA AWARD WINNERS

Life Member Award	Cap Bomber	Six Nations
Mr. Lacrosse	Corny Derks	Whitby
Merv MacKenzie Award	Lynn Orth	Kitchener-Waterloo
Promotion & Development	Clarington Minor	
Chuck Rowan Award	Ryan Jones	Orillia
Ken Murray Award	Clint Doolittle	Six Nations
Media Local	Fred Wallace	Owen Sound
Jack Mann Award	Shawn Grenier	Welland
OLRA Award	Jeramie Bailey	Windsor
	Andrew Ecclestone	Fergus
Centennial Award	Matthew Legault	Orangeville
	Andrew Shaw	Orangeville
Larry Ruse	Dillon Ward	Orangeville
	Nicholas Spence	Halton Hills
E.W. Billy Evans Award	Justin Reid	Halton Hills
Ryan Haber Award	Scott Carnegie	Brampton
Stan Cockerton Award	Ryan Haynes	Halton Hills
Ted Sawicki Award	Jake Thompson	Orangeville
	Kyle Andrews	Halton Hills
	Daniel Patterson	Halton Hills
Rick Passfield Memorial Award	Nick Nesbitt	Burlington
Commissioners Award	Ron Pallister	
Laurie Montgomery Memorial Award	Albert Rehanek	Brampton

Canada announces new head coach of Senior Women's team

OTTAWA - The Canadian Lacrosse Association and Women's National Team Program were very pleased to make a major announcement recently - the appointment of Lisa Miller as Head Coach for the Senior Women's Team that will compete at the IFWLA World Cup in Prague, Czech Republic in 2009.

Miller served as Assistant Coach for Canada's 2001 World Cup team and is back to lead the program to improved results and sustained success. She is currently the Women's Lacrosse Head Coach at the Syracuse University, New York.

"I am pleased and honored to be the coach of the Canadian National Team. My goal is to give you a program to be proud of, that sets a standard of excellence, and creates an atmosphere and environment that promotes and helps with the development of youth lacrosse in Canada," said Miller.

"I'm excited to work with world class athletes on the international stage and look forward to the coaching challenges World Cup provides. I would like to thank the CLA Selection Committee for extending this wonderful opportunity. I'd also like to thank Tracy Coyne, Susan Stuart, and Vessy Mochikas for their hard work and dedication."

Miller started the Syracuse women's lacrosse program and has brought it to national prominence. In her eight seasons at the helm, the Orange have won at least nine games per season, claimed an ECAC Championship title and made five NCAA Tournament appearances. During her coaching career, Miller has guided numerous athletes to both Regional and All-American honours.

Miller began her collegiate coaching career as an associate head coach at Wheaton College, a Division III program in Norton, Mass. There she learned the necessary skills all strong coaches need to build a program. In her three years at Wheaton, her team grew from one that played "a man down" with seven beginners to one that posed a formidable threat and achieved an 8-6 record two seasons later. Wheaton's team also celebrated two league rookie of the year awards during Miller's tenure.

Miller became an assistant coach at Brown University in February of 1994. During her first year, her primary responsibility was coaching the goalies, but her duties were soon extended to recruiting, coaching the defense and orchestrating the fast-break attack. In her third year with the program, Brown shattered its all-time scoring record, finished 10-4, and was ranked 15th in the country.

As a player at the College of William & Mary, one of the top women's programs in the country, Miller left her mark. She was captain of her team, the 1987 Outstanding Female Senior

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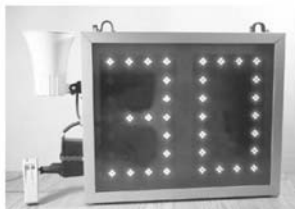


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2006 OLA/Brine Event Calendar

January 2007

Day	Event
13	Toronto Rock at Rochester
20	Toronto Rock vs. Rochester
27	Toronto Rock at Philadelphia

February 2007

Day	Event
2	Toronto Rock at Buffalo
3	Toronto Rock vs. Buffalo
18	Toronto Rock vs. Chicago
23	Toronto Rock at Calgary
24	Toronto Rock vs. Calgary

March 2007

Day	Event
3	Toronto Rock at New York
16	Toronto Rock at Edmonton
17	Toronto Rock vs. Colorado
24	Toronto Rock at Minnesota
24	Referee Clinic: Mississauga
25	Referee Clinic: London
30	Toronto Rock vs. Philadelphia
31	Referee Clinic: Ottawa
31	Referee Clinic: Sudbury

April 2007

Day	Event
1	Referee Clinic: Orillia
1	Referee Clinic: Cornwall
6	Toronto Rock vs. Minnesota
7	Toronto Rock at Chicago
14	Toronto Rock vs. New York
14-15	Super Clinic (Guelph)
14	Referee Clinic: Oshawa
15	Referee Clinic: Guelph
21	Referee Clinic: St. Catharines
28	Referee Clinic: Thunder Bay

June 2007

Day	Event
22	Final Ratings

July 2007

Day	Event
1	Rating Appeal Meeting
7-8	OLA Provincial Tournament Scheduling Meeting
13-15	1st Provincial "A" Qualifier Tournament
16	Provincial Tournament Schedules Released
27-29	2nd Provincial "A" Qualifier Tournament

August 2007

Day	Event
3-5	Pee Wee Provincial Championships
4-13	Ontario Lacrosse Festival
5-7	Tyke Provincial Championships
5-11	Pee Wee Lacrosse Championship of Canada
5-11	Bantam Lacrosse Championship of Canada
10-12	Novice Provincial Championships
10-12	Midget Provincial Championships
17-19	Final Six "A" Provincials
17-19	Bantam Provincial Championships
17-19	Intermediate Provincial Championships

2007 Ontario Provincial Dates

ONTARIO LACROSSE ASSOCIATION
2007 PROVINCIAL DATES

1st Qualifier for PW, BTM and Midget 'A'
July 13-15, Whitby
2nd Qualifier for PW, BTM and Midget 'A'
July 27-29, Whitby
Pee Wee Provincials
August 3-5, OLA Festival – Whitby
Tyke Provincials
August 5-7, OLA Festival – Whitby

CLA Pee Wee Nationals
August 5-11, OLA Festival – Whitby
CLA Bantam Nationals
August 5-11, OLA Festival – Whitby
Novice Provincials
August 10-12, OLA Festival – Whitby
Midget Provincials
August 10-12, Kitchener
Final 6 'A' Provincials
August 17-19, Guelph
Bantam Provincials
August 17-19, Hosted by Zone 9 (Games played in St. Catharines area)
Intermediate Provincials
August 17-19, Midland



Continued from page 4

Athlete and an All-American. She still ranks third on the William & Mary all-time scoring list and fifth on its career points list with 145. She was also a member of the U.S. Lacrosse Team as a senior.

In March of 2004, Miller became only the third women's lacrosse player at William & Mary to be inducted into the school's athletics hall of fame.

She continued to compete for the U.S., finishing her playing career as an alternate on the 1989 World Cup Team.

Lisa Miller becomes Canada's sixth World Cup Head Coach and succeeds Tracy Coyne who served as the Head Coach for the last two IFWLA World Cup competitions (2001, 2005). Canada's currently holds the World fourth place ranking behind England (3rd), USA (2nd) and Australia (1st).

The Women's National Team Program is extremely proud to welcome Miller back. Her appointment begins immediately and will run through to the end of the 2009 IFWLA World Cup in Prague in 2009.

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OLA Major Series draft gets season officially underway

TORONTO - The Ontario Lacrosse Association (OLA) conducted its annual OLA Major Draft in late January, as teams in the league started stockpiling players for the future.

Ian Llord of the St. Catharines Athletics was selected first overall by the Brampton Excelsiors. Llord played with St. Catharines of the OLA Junior "A" League during the 2006 season.

Playing in all twenty-two regular season games, Llord had 13 points (5g, 8a) and lead his team with 91 penalty minutes.

Other first round selections were Geoff Griffiths from Toronto Beaches picked second by Brampton; Mac Allen from Toronto Beaches picked third by Peterborough; David Lomas from Six Nations Arrows picked fourth; Kevin Ross from Toronto Beaches picked fifth by Six Nations; Frank Resetarits from St. Catharines Athletics picked sixth by St. Regis and Eric Martin from Kitchener-Waterloo Braves was Brampton's third pick of the round at seventh overall.

Kitchener-Waterloo Braves had the most players selected from their OLA Junior "A" team with six. The OLA Junior "B" franchise with the most players selected was the Founders Trophy winner the Oakville Buzz with five, four of them in the second round.

Rounding out the draft, Brampton selected seven players followed by Kitchener-Waterloo

with six. Peterborough, Six Nations and St. Regis each picked five. Brooklin made 4 selections followed by Barrie with only 3 picks.

In all 35 players were selected, 23 OLA Junior "A" and 12 OLA Junior "B" players. A complete Draft list appears below.

2007 OLA Major Draft

Round 1

1. Brampton – Ian Llord (St. Catharines Athletics Jr.A)

2. Brampton – Geoff Griffiths (Toronto Beaches Jr.A)

3. Peterborough – Mac Allen (Toronto Beaches Jr.A)

4. Brooklin – David Lomas (Six Nations Arrows Jr.A)

5. Six Nations – Kevin Ross (Toronto Beaches Jr.A)

6. St. Regis – Frank Resetarits (St. Catharines Athletics Jr.A)

7. Brampton – Eric Martin (Kitchener-Waterloo Braves Jr.A)

Round 2

8. Kitchener-Waterloo – Mike Fleming (Kitchener-Waterloo Braves Jr.A)

9. Brampton – Kyle Hagel (Oakville Buzz Jr.B)

10. St. Regis – Josh Smyth (Oakville Buzz Jr.B)

11. Six Nations – Kyle Goertz (Spartan Warriors Jr.B)

12. Peterborough – Sean Thompson (Oakville Buzz Jr.B)

13. Brooklin – Wesley McDonald (Toronto Beaches Jr.A)

14. Brampton – Robert Debrone (Oakville Buzz Jr.B)

Round 3

15. Six Nations – Dave Ellis (Six Nations Arrows Jr.A)

16. Kitchener-Waterloo – Alan Downey (Kitchener-Waterloo Braves Jr.A)

17. St. Regis – Kyle Schmelzle (Six Nations Arrows Jr.A)

18. Kitchener-Waterloo – Jamie Kirk (Orangeville Northmen Jr.A)

19. Barrie – Daniel Ransom (Markham Ironheads Jr.B)

20. Peterborough – Aaron Bold (Peterborough Lakers Jr.A)

21. Kitchener-Waterloo – Nathan Clayton (Kitchener-Waterloo Braves Jr.A)

Round 4

22. Six Nations – Kevin Crosswell (Peterborough Lakers Jr.A)

23. Kitchener-Waterloo – Joel Wilson (Kitchener-Waterloo Braves Jr.A)

24. St. Regis – Hughie Johnson (Six Nations Arrows Jr.A)

25. Brooklin – Troy Heaselgrave (Barrie Tornado Jr.B)

26. Barrie – Neil Mayerhofer (Barrie Tornado Jr.B)

27. Peterborough – Chad Evans (Peterborough Lakers Jr.A)

28. Brampton – Drew Petkoff (Oakville Buzz Jr.B)

Round 5

29. Six Nations – Brent Millar (Niagara Thunderhawks Jr.B)

30. Kitchener-Waterloo – Steven Cormack (Kitchener-Waterloo Braves Jr.A)

31. St. Regis – Mike Dominelli (Toronto Beaches Jr.A)

32. Brooklin – Kyle Harris (Scarborough Saints Jr.B)

33. Barrie – Ron Reed (Markham Ironheads Jr.B)

34. Peterborough – Nick Mastine (Orangeville Northmen Jr.A)

35. Brampton – Mark Biamonte (St. Catharines Athletics Jr.A)

Lakers say thanks to all who helped in a great season

By Adam Preston-Lord

On behalf of the Peterborough Lakers organization, we would like to thank our board of executives, game day volunteers, coaching staff, training staff, players and most of all the fans.

We would also like to thank all the media and the sponsors who make every Lakers season possible. Thank you all, for making this one of the greatest lacrosse years for Peterborough in recent memory.

Our Senior and Junior lacrosse teams won National Championships, which will hopefully promote more kids to play lacrosse at the grassroots level. Thanks to the Ontario Lacrosse Association and all the teams that compete in Major Series Lacrosse for a great season.

We would also like to thank the Western Lacrosse Association and the Victoria

Shamrocks for a great series. The Canadian Lacrosse Association did a wonderful during the entire Mann Cup Series.

We had a very good season individually and as a team. The Lakers finished in second place in the regular season and got a bye to

Barrie was a good test in the second round as they have a lot of speed and skill on the offensive side of the ball. They will be extremely competitive for years to come. They have a lot of young talent on their team and should be never be taken lightly.

game in Brampton proved to be the key to the series. Brampton fought back, but Josh Wasson's five goals in the final game proved to be the turning point for a Lakers series win.

In the Mann Cup final Victoria looked really good and made a great series out of it,

but home floor advantage took over and the fans wore down a great Victoria team. The Lakers team was solid throughout the series and Dan Carey's penalty killing turned out to be the "X-factor" for the Lakers and the Peterborough won the series and Dan Carey won the Mike

Kelly Award as Mann Cup MVP.

The Lakers organization is very proud of this years efforts and we hope to repeat the success in 2007. Thank you to everyone who made this year possible.

We had a very good season individually and as a team.

The Lakers finished in second place in the regular season and got a

bye to the second round of the playoffs. Scott Evans was

named leading scorer, Scott Self was named best defenseman,

Pat O'Toole, Mike Miron and Derek Collins were named the top goaltenders.

the second round of the playoffs. Scott Evans was named leading scorer, Scott Self was named best defenseman, Pat O'Toole, Mike Miron and Derek Collins were named the top goaltenders.

The Ontario Finals against Brampton was a great series, as it has been for the past three years. Brampton is loaded with talent on offense, defense and goaltending. This has been lacrosse's best rivalry for the past few years and it doesn't look like it's going to cool-down anytime soon. Stealing the first



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OLA Headlines

- ✓ 2006 OLA Approved New List
- ✓ New New York State State Park Camp
- ✓ Seasonal / Recreational List
- ✓ Seasonal / Recreational List
- ✓ 2006 OLA Approved New List
- ✓ 2006 OLA Approved New List

Events Calendar

Apr 10 Lac Talk, Lacrosse in Ontario
Apr 10 Lac Talk, Lacrosse in Ontario

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Lacrosse needs to get its own act together quickly



This marks the fourth edition I've put out as Ontario Editor of LAX Talk, which covers one full year since we publish four times a year of course.

I've enjoyed it very much. I certainly look forward to an even greater involvement with the Ontario Lacrosse Association in the coming years, as we look at ways of not just improving this publication, but also look at ways of getting the sport more publicity in other venues as well.

So I say this in the nicest possible way I can, and with all due respect to everyone involved with the sport of lacrosse in Ontario – people, it's time to get your act together.

I love the sport and I firmly believe lacrosse deserves a higher profile in Ontario and for that matter, across the country. It is Canada's national sport along with hockey of course, but at times it doesn't get the respect and attention it deserves.

That is especially true here in Ontario, where there is an enormous amount of work still to be done to gain the sport more recognition. The emergence and success of the Toronto Rock has really helped naturally, and they continue to get TV, print and radio exposure that befits a

major sports franchise – which is what in my mind they are.

However the struggles do continue for the summer box game, as the Mann Cup and Minto Cup championship series don't get nearly the play they deserve in this province in my opinion. And despite the fantastic success and continuing development of the Ontario Lacrosse Festival, minor lacrosse is largely ignored in a lot of areas.

Now, I work in the media so I can speak about this from both sides. I'm an on-air host at The Fan 590, do work for Rogers Television, write for the Reuters News Agency and appear regularly on SUN-TV. I admit, the focus there is hockey first and everything else second at times, which may not be fair but it's just the way it is.

But that isn't the only reason lacrosse doesn't get all it can get from all media in Ontario. Sometimes the fault unfortunately lies with the people in the sport themselves.

If you're involved with a lacrosse team or league, ask yourself the following questions: 1. How often do you update your website? 2. How often does somebody attempt to generate some publicity by making a few phone calls or

sending a well placed email? 3. How easy does the organization make it for the media to cover events, either in person or on the phone?

Unless you can answer those questions with the following: 1. Usually every day, and certainly whenever something important happens. 2. At least once a week, and usually with a short phone call after sending an email. 3. We make it as easy as possible by providing all the scores, background information and pictures and other materials so they can get stuff easily.

I've tried to dig up some information from websites since starting with LAX that haven't been updated in months. I rarely find a really good person responsible for publicity taking the time to promote his or her own cause. Even rarer is when all the information you need to cover a story or tournament is easily and readily available.

Hey, I know what it's like. Everybody is using volunteers and even if you had an experience P.R. person at your beck and call, some media outlets just aren't going to bother with your "little" event.

But you have to find a way to be able to answer those three questions in a better way if the sport is going to continue to grow and get the recognition it deserves. Sometimes lacrosse is its own worst enemy when it comes to that – provide all the information that is needed in a timely and efficient manner however, and you'd be surprised how much more recognition you can get.

There are some media people out there who are "enemies" of the sport because they don't really like it, or don't have any time for most amateur sports. But sometimes lacrosse teams and organizations can be their own worst enemies, because they don't do the little things to promote themselves.

Update your website constantly. Reach out to media people around you, especially friendly ones. And make their jobs as easy as possible because frankly, many of them are pretty lazy and if they get stuff handed to them, they may feel obliged to use it.

Trust me on that last point – I've been there, believe me!

Let's make lacrosse the biggest growth sport of 2007.

Roger Lajoie is the Ontario Editor of LAX Talk and a talk show host on The Fan 590 in Toronto

OLA Junior A draft brings in tomorrow's lacrosse stars

TORONTO - The Ontario Lacrosse Association (OLA) held the 2007 OLA Junior "A" Draft recently, as the league welcome in the newest upcoming starts of the sport.

Cameron Flint of Halton Hills was selected first overall by the Brampton Excelsiors. In 2006, Flint was the Junior "B" Eastern Conference Rookie of the Year winner. He was the leading scorer for the Halton Hills Bulldogs with 58 points (33g, 25a) in 19 games. Flint now joins Brampton along side fourth overall pick Steve Hinek of Windsor.

Other early first round selections were Shane Cater of Barrie picked second by Orillia; Josh Ruys of Oakville picked third and Brendan Muise of Mimico fifth by Mississauga and Kyle Alfred of Kahnawake picked sixth overall by Ottawa.

According to OLA Junior "A" Commissioner Dean McLeod, the Junior "A" Draft was initiated in 1976 as a vehicle to provide the top graduating, non-affiliated Midget players with an opportunity to showcase their skills at the Junior "A" level.

"Additionally," says McLeod, "the draft helps create parity among league members by establishing selections based on reverse order of finish from the previous season. A significant number of draft choices over the years have participated in the National Lacrosse League (NLL), Mann Cup and Minto Cup championships."

At the 2007 OLA Junior "A" Draft, Orillia and Mississauga both made four selections. Brampton, Ottawa and Six Nations each made three. In all, 19 players and four goaltenders were selected. A complete Draft list follows.

2007 OLA Junior "A" Draft

FIRST ROUND

1. Brampton – Cameron Flint (Halton Hills)
2. Orillia – Shane Cater (Barrie)
3. Mississauga – Josh Ruys (Oakville)
4. Brampton – Steve Hinek (Windsor)
5. Mississauga – Brendan Muise (Mimico)
6. Ottawa – Kyle Alfred (Kahnawake)
7. Mississauga – Adam Hickey (London) (G)
8. Peterborough – Cameron Murphy (Fergus)
9. Toronto – Cade Zulak (West Durham)
10. Six Nations – Pierce Abrams (Niagara)
11. Six Nations – Tyler Tanguay (Welland)
12. Orillia – Paul Clancy (Newmarket)
13. Ottawa – Nicholas Diachenke (Clarington)

SECOND ROUND

1. Toronto – J.A. MacDougall (Hamilton)
2. Orillia – Mike Woods (Newmarket)
3. Mississauga – Josh Ernst (Fergus) (G)
4. Brampton – Tye Belanger (Wallaceburg) (G)
5. Kitchener – Brayden Gerrie (Fergus)
6. Ottawa – Brett Perras (Cornwall) (G)
7. Orangeville – Craig England (Fergus)
8. Kitchener – Scott George (Brantford)
9. Burlington – Pass
10. Six Nations – Sean Franklin (Brantford)
11. Six Nations – Pass
12. Orillia – Sean Jones (Newmarket)
13. Six Nations – Pass

Rock hoping to roll into playoffs once again

It's getting down to crunch time for the Toronto Rock.

The National Lacrosse League regular season is quickly winding down, with the Rock having just four homes left in the Air Canada Centre before they hope to enter the playoffs and take a run at a six NLL title.

After a slow start to the season with several new players in the lineup, and a new coach in Glenn Clark, the Rock have picked up their play as they hope to jell at just the right time to make a run at another playoff title.

The Rock's next home game is Saturday, March 17 when they take on the Colorado Mammoth at 7:30 p.m. at the Air Canada Centre. The Saturday night home games have become a staple for the Rock this season, but this will be a tough one for the club as it's the second of back-to-back games, and Colorado is one of the premier teams in the league once again this season.

After that tilt there are two Friday night games on the Rock schedule, with Toronto's arch-rivals, the Philadelphia Wings, visiting the ACC at 7:30 p.m. on March 30. The next Friday, April 6, it's the Minnesota Swarm who visit in another 7:30 p.m. start.

Final game of the season for the Rock takes place Saturday, April 14 at 7:30 p.m. against the New York Titans in a game that may still have playoff implications, given how tight the standings were in the early going of the season.

The Rock offers group rates, discounts for youths and seniors and affordable tickets for lacrosse fans of all ages to come out and see the five-time NLL champions in action in the home of the Toronto Maple Leafs.

For more information on the Rock and to order tickets, visit www.torontorock.com.



Manitoba Lacrosse Association

MLA VOLUNTEER RECOGNITION/AWARDS



MC for the event, MLA's Kim Knowles

The MLA held their annual Volunteer Recognition/Awards event on December 9th, 2006 in the Exchange Restaurant at the MTS Centre. Our event was prior to the NLL Exhibition game involving the Toronto Rock and Minnesota Swarm. The turnout for our event was very good and it was great that people could go from the Exchange Restaurant upstairs to the MTS Centre to watch the game. Our MC for the event was Kim Knowles, MLA VP Development.

Annually the MLA presents four awards—Coach of the Year, Volunteer of the Year (Local), Volunteer of the Year (Committee) and Long Service Volunteer Recognition.

Coach of the Year- Candidates to be chosen from the ranks of coaches regardless of division level, or winning record. To be judged on the accomplishments of instilling playing ability, sportsmanship, work ethic and competitiveness in their players.

2006 Recipient – Lovro Paulic. Lovro was not able to attend this year's event.

Lovro has coached in Thompson since the establishment of the Thompson Lacrosse Association. This past year he coached in the Pee Wee house league. In addition to coaching he set up coaching seminars to help new coaches who have never played or coached the game. All of this with no pay and on his own time.

He has obtained his Box Competitive Introduction – In Training. Lovro has been identified by the MLA to be trained as a Learning Facilitator for Box Lacrosse. As a coach he has the technical and tactical knowledge that can be acquired by any coach at a clinic. However what he has that cannot be taught in a clinic is an enthusiasm and desire to teach the life skills that go along with being an

athlete. He has an understanding of the ethical decision making that also comes with being a coach. It's just not about being a player, it's being a good citizen and a role model.

Lovro Paulic our 2006 recipient, has gone above and beyond to help Lacrosse develop in the North, through his knowledge of the game and his hard work.

Volunteer of the Year (Local) - To recognize outstanding involvement of an individual at the local level. Candidates are chosen from a local association or team and are judged on his or her voluntary, extraordinary contributions.

The selection committee had a very difficult task choosing one recipient for this award. Therefore the decision was made to recognize two individuals.



Volunteer of the Year (Local) S. Astleford accepting for Rick Wilson

2006 Co-Recipients – Rick Wilson and Fred Haight

Rick was not able to attend this year's event so Stewart Astleford accepted the award on Rick's behalf. Rick Wilson is a member of the Sidewinders organization. His involvement is invaluable to this organization. His 2006 involvement with the Sidewinders include:

- Coach of a Pee Wee 'A' team
- Volunteer for the Sidewinders 4 x 4 camp
- Evaluator for 'A' teams
- Pee Wee Convenor

Rick has also given countless hours of his time to the Winnipeg Minor Lacrosse Association as a Member at Large, building and managing the WMLA website as well as doing the scheduling over the last few years. Anyone who has ever been involved with the schedule knows it is a thankless job with hours and hours of work that is not near compensated by the honorarium they receive.



Lovro Paulic Coach of the Year, presented by Thompson Mayor Tim Johnson



Volunteer of the Year (Local) Fred Haight, presented by Jim Webster

Fred Haight has brought lacrosse to the Interlake region. With some assistance he has taken a basically unknown game and started the Tri S Wizards Lacrosse Club. Over the last couple of years, he has gone into all the local schools to put on demonstrations and skill clinics. He has also run skill camps every spring before and after registration to further promote and develop local players.

Fred has recruited and supported a number of coaches. Many are first year coaches and need the assistance of an experienced administrator. He chairs Tri S club coaches meetings and club executive meetings. He leads the fundraising efforts of the Wizards as well as all administrative duties as area convenor. With this individuals support and dedication, the Tri S Wizards has prospered. Fred has made the Tri S Wizards Lacrosse club what is today.

Volunteer of the Year (Committee) - Is given to the person from the Executive ranks who has shown his or her commitment to fostering and promoting the game, improving the image and stature of lacrosse both at his or her level of function, as well as provincially. The amount of time and commitment the volunteer has dedicated to the sport of lacrosse shall be taken into consideration.

2006 Recipient – Paulo Correia. Paulo was not able to attend this year's event.

Paulo was instrumental in establishing the Thompson Lacrosse Association in 2001. He was there from the first day when the MLA



Paulo Correia, Volunteer of the Year (Committee) presented by Thompson Mayor Tim Johnson

sent lacrosse sticks for our inaugural skills clinic. Paulo has been on the Thompson Lacrosse Executive from day one, has been a convenor and coach in the older age divisions when he had no kids involved in those levels and has coached since 2001.



Glen Henkewich, MLA President

Paulo has been the main fundraiser for the Thompson Lacrosse Association running numerous socials and other fundraisers to get the TLA to the level they are now. He has never once complained about anything since day one, instead he has fixed or dealt with issues in a professional manner. To summarize, Paulo is one of the main reasons for Lacrosse in the North.

The Long Service Volunteer Recognition certificate is part of Sport Manitoba's Order of Excellence program. Individuals must have contributed a minimum of 15 years service to the amateur sport community. Volunteer activity may be as a coach, official, administrator, other or any combination of these activities.

In 2006 the MLA recognized six individuals who are very deserving of this recognition.

Stewart Astleford

Stewart was drawn into Lacrosse the way a lot of volunteers are, he got involved because of his 2 sons. At a time when Lacrosse was not on most people's radar as a Sport in Winnipeg Stewart's son's signed up to play for the Richmond Kings Lacrosse program. During most of their time playing the Sport their teams were hosted by Community Club based organizations.

Then came the evolution to Zone based organizations and Stewart was front and centre, along with Lawrence Carpenter and Les Good, building the Sidewinders Lacrosse Organization.

Some of the things Stewart has brought to Lacrosse in South Winnipeg are, Discover Lacrosse, the Sidewinders preseason camps, the annual BBQ at St. Vital park, registration days at all the major Community Clubs in the area, fund raising ideas for equipment and uniforms and a whole lot of volunteered time. Stewart is still actively coaching even though his boys have long since graduated from Minor Lacrosse. He has coached many championship teams over the years and is still hard at work teaching Lacrosse skills and strategies to the teams he is involved with now.

He has also taken the time to travel with his teams to out of Province Tournaments to expose his players to other challenges and learning experiences that they may not have benefited from in league play. I think one of his proudest moments came after the 2006 playoffs were finished and the Sidewinder's club had earned 7 of the 12 gold medals available.

Stewart has been President of the Sidewinders Lacrosse Club since it was formed. He has also given his time to both the WMLA and MLA Boards over the years.



Long Service Volunteer Award Recipients (L to R): Brad Scibak, Barry Pradinuk, Larry Ziffle, Stewart Astleford, Lawrence Carpenter, Daryl Young

50's teams from Ontario and B.C. would alternate travelling to Winnipeg for a 3 game series to determine who would play for the Minto Cup. In 1954 Daryl was a member of the Manitoba All Stars that defeated the Long Branch Ontario team but lost in the final to PNE Indians from B.C. It flip flopped the next year where Daryl again played for Manitoba All Stars and beat the PNE Indians but lost to the Long Branch Ontario team in the final for the Minto Cup.

Young played many years of Senior lacrosse for the St. Boniface Kiewels and also the Elmwood Drewerys during the 50's and 60's. He was also involved in coaching at the Juvenile and Junior levels and helped organize and coach minor lacrosse in the North Kildonan area for several years. Daryl is a long standing member the Manitoba Lacrosse Alumni and can always be found helping out at the annual Lacrosse Alumni stag. Daryl was the 2006 recipient of the Sam K. Thompson Award which awarded annually by the Manitoba Lacrosse Alumni.

Lawrence Carpenter

Lawrence's history with Lacrosse started as a player playing out of Clifton Community Club. In the late 70's after playing at Clifton, Lawrence went to the Boyd Park NorWesters where he playing Junior/Senior Box. He started his coaching out of Norberry Community Club and then came over to the Richmond Kings. Along with Stewart Astleford and Les Good he helped to build the Sidewinders Lacrosse Association.

As far as volunteers go Lawrence is one of those individuals who is giving something back to a sport that he loved as a boy and as an adult. He spends many hours with our Tyke and Novice players teaching the game. He has been a player, coach, convener, board member & VP of the WMLA, a volunteer at both Pro Exhibition games, clinician for pre-season camps, instructor for Discover Lacrosse, instructor for Winter Lacrosse and mentor to many players and coaches who have been through the Sidewinders organization. Lawrence has given his time to many other events including National Championships, Lacrosse weekends, Sidewinder BBQ's, Camps etc.

What is special about Lawrence is that he always gives from the heart with no expectations of rewards other than the appreciation he receives from his players, their parents and the Manitoba Lacrosse Community as a whole. Lawrence is also a member of the Manitoba Lacrosse Alumni Association.

Barry Pradinuk

Barry has been involved in amateur sport for over 16 years. He has coached a number of sports over this time – football, baseball, soccer and lacrosse.



Barry Pradinuk, Long Service Award

Barry was very involved at Kelvin Community Club. He was on the Executive at Kelvin from 1989 to 1995, and was it's President from 1993-1995. In addition to these positions Barry was the equipment manager for the club, a volunteer position that required a lot of time commitment. Barry like other volunteers at Kelvin also regularly fulfilled his can-

teen duties.

Barry coached lacrosse at Kelvin before Winnipeg Minor evolved from a community club based sport to it's current zone structure. When coaching at Kelvin Barry introduced the "Tiger Shark" jerseys. The kids loved them!

When the WMLA made the move to it's current zone structure the Northeast area of the city became the Gryphons and this included the Kelvin area. Barry has been involved with the Gryphons since Day 1, has been it's registrar from the beginning. He has coached numerous Gryphons teams over the last 7 years or so. Barry is currently the Vice President of Gryphons Lacrosse.

Brad Scibak

Brad has been involved in amateur sport for over 30 years. He officiated basketball at all levels from Junior High to College for 18 years, officiated High School/College football for five years. Brad was a member of the Canadian Olympic team from 1975 to 1979 as an athletic therapist. He was also the medical director for the Manitoba Marathon from 1984 to 1994 and member of the Board of Directors for Canada Summer Games, Western Canada Summer Games and 1999 Pan Am Games.

It is in the sport of Lacrosse where Brad's contributions are so impressive. He has been officiating lacrosse for 30 years. He began as a box official here in Winnipeg and then two years later Brad began to officiate Field Lacrosse, he just completed his 28th season in this discipline. Here are some of Brad's experiences as a lacrosse official:

- Attended and officiated at over 35 Canadian National Junior and Senior Field Championships.
- Represented Canada at the 1998 Men's Field Lacrosse World Championships in Baltimore, Maryland, the 2002 Men's Field Lacrosse World Championships in Perth, Australia and at the 2006 Men's Field World Championships in London, Ontario.
- Officiated gold medal game at 2002 & 2006 Men's Field Lacrosse World Championships.
- Officiated at the US Field Championships in 2003 and 2005.
- In Minnesota he officiates at all levels from youth to college.
- Officiated at the Manitoba Lacrosse Association High School Field Championships for over 10 years.
- Officiated at 2002 NAIG Games in Winnipeg, head official for gold medal game.
- 26 years of Box Lacrosse experience at all levels from Pee Wee to Senior Men's
- Officiated at the Founders Cup – Junior B Box National Championship.
- Just completed second year as an NLL referee.



Norm Isfjord, Brad Scibak, Glen Henkewich

Brad's organizational experiences are:

- President of the Winnipeg Junior/Senior Box League
- Head Course Conductor for lacrosse in Manitoba from 1981 to 2001. Assignor and evaluator for Box and Field in Manitoba from 1988 to 1993.
- Men's Field Sector Chair of the CLA from 1993 to 1995.
- Member of ILF committee to present.
- Member of the CLA's Officials Development Committee from 1996 to 2006.
- Referee in Chief for six Canadian Field National Championships.
- President/Past President of the Minnesota chapter of Field Lacrosse Officials
- District Assigning Authority for US Lacrosse – 2003 to present

Daryl Young

Daryl has had a long standing love for the game of Lacrosse since his teen age days in the west end of Winnipeg. During the mid to late

Larry Ziffle

Larry has been involved in lacrosse since...well, let's just say he became involved at a young age!

Larry has been a part of the lacrosse scene as a player, official, manager, statistician, coach and organizer for over 15 years. He was a member of the Winnipeg Junior/Senior Box League Executive for a number of years. During his time with this league Larry was the individual responsible for phoning in scores to the local media. He is one of lacrosse's biggest supporters on and off the floor/field. Larry's works are usually done in the background but encompass a great deal of volunteer time.

Larry is best known throughout the lacrosse community for his photography skills. He spends countless hours at the rinks and fields taking pictures at lacrosse games and events. Many of these photos find their way into every issue of Lacrosse Talk and onto various lacrosse websites. Minor box, Junior & Senior box, Masters, High School field and Provincial field lacrosse have all benefited from Larry's contributions.



Alumni - Bill Welligan, Jim Palmer, Harry Nightingale and his wife Ruth

NLL Exhibition Game

Saturday December 9, 2006 at the MTS Centre



The lacrosse community in Manitoba was witness to an entertaining pro lacrosse game at the MTS Centre when the Toronto Rock took on the Minnesota Swarm. True North Sports and Entertainment brought the game to Winnipeg. The MLA ran a series of events in and around this pro game.

First up was our Play with the Pros camp which was held Saturday morning at the MTS Centre. The camp was open to players age 9 to 19. We had a great turnout – 51 players signed up for the camp. The instructors for our camp were Jim Veltman, Josh Sanderson, Chris Driscoll and Bob Watson from the Rock and Ryan Cousins, Sean Pallock, Chad Culp and Kevin Croswall from the Swarm. By all accounts everyone had a great time and learned a great deal!

Saturday afternoon the MLA held their Volunteer Recognition/Awards in the Exchange Restaurant at the MTS

Centre. We had a very good turnout this year and people enjoyed themselves. The Exchange Restaurant was a great location for our event, the food was great, the staff very helpful and accommodating. Upon completion of our Awards Recognition/Awards people were able to walk upstairs and go right into the MTS Centre.

Provincial team players and parents sold 50-50 tickets prior to the game and in between the 2nd. and 3rd period. As well the MLA had an information booth set up on the main concourse of the MTS Centre.

A Tyke game was held between the 2nd. and 3rd. periods, a fun time for some 5 to 8 year olds.

A number of volunteers were required to make this a successful day. I would like to thank those people for the time they donated.

The Play with the Pros camp – Marc Beghin, Tim Isfjord, Rick Wilson, Tom Jefferson, McKenzie Jefferson, Larry Ziffle and Robert Wilson. Thank you to Kim Knowles for being our MC for our Volunteer Recognition/Awards. The information booth was manned by Marc Beghin, Kylo Harris and Warren Bend. Thank you to Kim Browning for organizing the Tyke game, thank you to his assistants – Doug Pascoe, Tom Grant, Dylan Pascoe and Cole Grant. Thanks to Norm Isfjord and Brad Scibak for putting out the nets for the kids.

Certainly last but not least, thank you to Bruce Paton and Norm Isfjord for organizing these minor officials who worked the game – Matt Girardin, Don Jacks, Terry Williams, Keith McLennan, Derrick McLennan, Brent White and Rhys Williams.



Tyke game at intermission



Toronto rock captain Jim Veltman leads the stretch



Jim Veltman and Chris Driscoll giving instruction at Play with the Pros Camp

2007 Winnipeg Minor Lacrosse

Winnipeg Minor Lacrosse runs a box lacrosse program for players age 5 and above. The WMLA is comprised of 4 city zones and 3 clubs which are located outside of the city of Winnipeg.

North Zone Falcons includes the areas of West St. Paul, Maples, Garden City, West Kildonan, Riverbend, Central/Midland and Tyndall Park. Their 2007 registration dates:

Tyndall Park Community Club

March 3rd and March 10th. – 10 a.m. to 1 p.m. and March 7 – 7 p.m. to 9 p.m.

Red River Community Club

March 3rd. and March 10th. – 12 noon to 2 p.m. and
March 6 – 7 p.m. to 9 p.m.

Contact Tim Isfjord - tisfjord@mts.net

East Zone Gryphons encompasses the areas of East Kildonan, East St. Paul, Elmwood, North Kildonan, Oakbank and Transcona. Contact Tom Jefferson - gryphonslacrosse@shaw.ca

South Zone Sidewinders includes the areas of Crescentwood, Fort Garry, Fort Rouge, Lindenwoods, St. Boniface, St. Vital and Whyte Ridge. Contact Andrew Jolly - sidewinders@shaw.ca

West Zone Shamrocks includes the areas of River Heights, St. James and Charleswood. Contact Kevin Meixner - meixners@mts.net Website www.westzoneshamrocks.ca

Tri S Wizards – St. Andrews, St. Clements, Selkirk. Contact Fred Haight - fhaight@mts.net

Sagkeeng Minor Lacrosse – Contact Allan Courchene - allanc@mts.net

Beausejour Bandits – Contact the MLA office at manitobalacrosse@shawbiz.ca



Toronto Rock goaltender Bob Watson shows goalies the the finer points of goaltending

2007 Coaching Certification Clinics

Venues to be determined

Community Development – Box

March 31 & April 1
April 14 & April 15

Competitive Introduction – Box

April 21 & 22

Community Development – Men's Field

April 28 & 29

Competitive Introduction – Men's Field

May or June – to be determined

2007 Officiating Certification Clinics – Venues to be determined

Level 1 & 2 Box Combined – Limit of 25 per clinic

Saturday March 17

Saturday March 24

Level 3-5 Box

Saturday April 14 – 200 Main Street

Level 1 & 2 Men's Field

Saturday April 21

Lakers draft top scorer, 'Bellies bag a bunch

By Tom Berridge, Burnaby NOW Sports Editor

The junior A Burnaby Lakers proved to be the motherlode once again for senior A teams in the Western Lacrosse Association entry draft Wednesday.

A total of seven graduating Lakers went in the top-15 picks, including team captain Ilija Gajic and lefthander Cliff Smith going second and third respectively to the New Westminster Salmonbellies at the Firefighters' Hall in Metrotown February. 7.

B.C. league scoring champion Jamie Shewchuk stayed in the Burnaby organization with the Lakers' fourth overall pick.

Lakers Bob Snider was picked up at No. 7 and speedster Cory Melville was taken with the 10th pick, both by New West.

Burnaby took junior Laker Jeff Buchanan at No. 12.

Laker Ron Schilbild was also taken by the Salmonbellies with their first pick in the third round after a fire sale on the main four graduating goalies depleted their ranks in the first three rounds.

Delta Islanders Tom Johnson went No. 1 overall to the Langley Thunder.

The Thunder did well in the draft, taking the first goalie overall Kevin Crosswell and Victoria junior Curtis Morwick with the first two picks in the second round.

Steve McKinley stayed in Coquitlam with the Adanacs' fourth pick overall.

A mild surprise was Maple Ridge's decision to take Coquitlam role player Mark Philip with its first pick in the 2007 draft.

Brandon Atherton, a Nanaimo goalie who ended up in Victoria for last year's playoff run, was gobbled up by Coquitlam with its second-round pick.

At that point, New Westminster and Nanaimo negotiated the first of two trades.

In the second round, the 'Bellies traded their 13th and 27th picks to the Timbermen for Nanaimo's 23rd pick and the highest second-round pick of the two teams in next year's draft.

The two clubs also agreed in the third round to swap New West's 20th overall pick for the rights to Nanaimo's first overall pick in 2009 and the T-men's third-round selection.

"We definitely got what we wanted. We made a deal with Nanaimo this afternoon (Feb. 7) if we got the first five players we wanted, we'd make the deal," said Salmonbellies president and general manager Dan Richardson. "It's a competitive league. We've got ourselves positioned well in '08 and '09 with these deals."

Victoria and Coquitlam also came together on a minor deal in the third round, with the A's sending its 18th pick to the Shamrocks for future considerations.

Nanaimo scooped up Victoria juniors Luke Hinton in the second round and Kevin Milkowski in the third as a result of the deals.

Victoria claimed junior 'Rock Doug Mitchell.

Despite the minor deals, Lakers GM Paul Rowbotham believed the draft went according to predictions.

"I think everything went to form," Rowbotham said. "We were pretty happy. I just hope the guys (we took) in the second and third rounds bring something when they come and bring that motivation to this level."

New Westminster's Curtis Hoyland was the first 'Bellie taken. He was snapped up by Maple Ridge with the 17th pick behind all four available goalies.

"I thought it was a pretty good group of goaltenders and a lot of teams needed goalies. I'm not really surprised," Hoyland said of his place in the draft. "I think depending on how well I do, I think I'll have a good chance to

play. That's what I like. They (the Burrards) have improved over the last few years and become a contender. I'm definitely excited."

Isaac Kaminski, who was also drafted in the third round at No. 19, will leave the Royal City to play in Burnaby this season.

"I'm just anxious to play. Burnaby or New West, I had it narrowed down to the two teams

I wanted to play for, so it all worked out. It's a good thing," he said. "In the last couple of years they (Burnaby) have made great strides."

The WLA regular season starts on May 11 in Burnaby with the Lakers taking on the Langley Thunder at the Bill Copeland centre.



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SUBWAY® Restaurants LacrosseTalk National Rankings (Pre-season 2007 Rankings)

Senior A Lacrosse Top Seven

- 1 Peterborough Lakers (13-4-1)
- 2 Victoria Shamrocks (15-3)
- 3 Brampton Excelsiors (13-3-2)
- 4 Coquitlam Adanacs (11-6-1)
- 5 Barrie Lakeshores (9-8-1)
- 6 New West Salmonbellies (12-6)
- 7 Brooklin Redmen (8-10)

Junior A Lacrosse Top Ten

- 1 Peterborough Lakers (12-10)
- 2 Six Nations Arrows (19-3)
- 3 Burnaby Lakers (21-0)
- 4 Whitby Warriors (19-3)
- 5 St. Catharines Athletics (14-6-2)
- 6 New West Salmonbellies (15-6)
- 7 Toronto Beaches (12-10)
- 8 Orangeville Northmen (11-10-1)
- 9 Victoria Shamrocks (11-10)
- 10 Port Coquitlam Saints (14-7)

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5-16 YEARS OF AGE
2007 REGISTRATION INFORMATION**

NORTH ZONE - FALCONS
West St. Paul, Maples, Garden City, West Kildonan,
Riverhead, Central/Midland, Tyndall Park
Contact: Tim Isford - tisford@mts.net

EAST ZONE - GRYPHONS
East Kildonan, East St. Paul, Elmwood,
North Kildonan, Oakbank, Transcona
Contact: Tom Jefferson
gryphonslacrosse@shaw.ca

SOUTH ZONE - SIDEWINDERS
Crescentwood, Fort Garry, Fort Rouge,
Lindenwoods, St. Boniface, St. Vital, Whyte Ridge
Contact: Andrew Jolly - sidewinders@shaw.ca

WEST ZONE - SHAMROCKS
Charleswood, River Heights, St. James
Contact: Kevin Meixner
meknors@mts.net
www.westzonesteamrocks.ca

TRI S WIZARDS
St. Andrews, St. Clements, Selkirk
Contact: Fred Haight - fhaight@mts.net
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British Columbia Lacrosse Association

The Faces of the BCLA

By: LacrosseTalk Staff

The British Columbia Lacrosse Association is a not-for-profit Provincial Sports Organization which manages all amateur lacrosse in BC. The association is made up of an eight member executive lead by President Sohen Gill. A four person staff manages the BCLA office and answers to the BCLA Executive and work on behalf of the thousands of volunteers to help promote and deliver the sport of lacrosse.

The link between the volunteers, the executives and directorates of the BCLA are the cogs in the wheel that connect the sport and carry out the association mission and goals. The link is the BCLA Staff. We took a close look at the Staff to learn more about them as people and their roles, responsibilities. The BCLA has raised the bar in sport and is a highly regarded Sports Organization amongst all sports in BC. Many BCLA programs have been considered "Best Practices" amongst other Provincial Sports Organizations. It is the goal of the Executive and staff to instill that integrity in all they do!

Not everyone knows exactly what the responsibilities are of the staff, or even who they are. So this article will help you connect, or re-connect a little closer to them and learn about their life in lacrosse. This is what we found in our Q & A session.

Rochelle Winterton, BCLA Executive Director (12 years)



Q: What is your connection to lacrosse?

A: In another life, Jim Hagen, past BCLA Executive Director, and I worked together at the BC Lions Football Club, and he (along with Gary McIntosh and David Soul) hired me as the BCLA Administrative Assistant in 1995. When Jim decided to move back to Ontario in 2000, I was promoted to the Executive Director position.

Q: What are your duties at the BCLA?

A: My key responsibility as Executive Director is to work with and support the BCLA Executive, Staff and Volunteers to further create, develop, promote and implement lacrosse activities outlined in the BCLA's four-year plan, the road map for lacrosse program and service delivery driven by the BCLA volunteer membership across British Columbia.

Q: What aspect of your position is the most rewarding?

A: Definitely the most rewarding aspect of this job is working with the incredibly passionate, ethical, spirited group of individuals who give so much of their lives to the development and promotion to a cause, which of course, in

this case, is giving people of all ages an opportunity to participate in the game of lacrosse. I find this to be quite an amazing community.

Q: What have you learned since working in the not-for-profit world?

A: I've actually spent most of my administrative career in either the non-profit or sport world, and have had the opportunity to work with the arts and health sectors as well as the sport community. There is a difference between the "corporate" and "non-profit" atmospheres, and I have always found myself drawn more toward a less formal and structured, more self-motivating, work environment. I get my energy from the volunteers who are the sustainability source when working for non-profit organizations.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?

A: In an association, one person can't really take credit for organizational achievements; we can only move forward and be successful because we are connected and involved with each other. Organizational development has to be a true "team" effort, and again, this goes back to the dedication and hard work of the volunteers of the BCLA. I share much pride in the successes that this organization has seen in the past ten years. Finishing my Masters degree this year was a fun accomplishment, and again, I have to credit the BCLA Executive, Staff and Volunteers for participating in and supporting the research project that was the core of my thesis. It's all about relationships, and I treasure the ones that have been built around this local, provincial and national lacrosse community.

"BC Lacrosse, led by Executive Director Rochelle Winterton, has been a tremendous help in developing and implementing new plans for participation, performance and capacity building in BC's sport & recreation system. The organization's very positive and supportive approach is emblematic of the team sport it represents. It has been great to see the difference this progressive organization is making in various communities throughout BC."

- Scott Braley, Executive Director, Sport & Recreation Now, 2010 Legacies Now

Jeff Gombar, Marketing Director (9 years)



Q: What is your connection to lacrosse?

A: At the ripe age of 5 I asked my father to make me a lacrosse stick. That didn't happen but he bought me one! I have played box and field lacrosse for over 35 years. I've been fortunate to experience all levels of lacrosse from the BC Junior A League, the WLA to college

to professional and international competitions. You can say it's in my blood!

Q: What are your duties at the BCLA?

A: The marketing position encompasses many aspects including sponsorship, fund-raising, grant writing, event marketing, media relations and LacrosseTalk. Being a lacrosse athlete, I tend to be the "local consultant" when asked about certain aspects of goaltending and coaching strategies. It's great to talk to our members on a totally different level.

Q: What aspect of your position is the most rewarding?

A: I find dealing with the corporate community and selling sponsorship concepts very rewarding. All business relationships we nurture want to see lacrosse thrive and they are willing to help the BCLA succeed. When I see participants at our events receiving something, like a hat, lacrosse stick or jacket, which was part of a sponsorship program, it fulfills me to know they are pleased due to our efforts.

Q: What have you learned since working in the not-for-profit world?

A: I have learned that lacrosse people get involved because they have a great passion for the sport. Volunteers spend countless hours managing their clubs and associations all for the love of the game. We are very aware that the BCLA is only as strong as the people in the trenches delivering our sport. We really do have incredible volunteers!

Q: What are your best personal achievements within lacrosse/outside of lacrosse?

A: One of my most cherished moments has to be playing for my country on Team Canada — any time you can represent your country and wear the red and white jersey is pretty cool. Being a coach with Team Canada, winning the World Championships and beating the USA was an unbelievable experience — this by far was the best sports experience of my life! Completing the Leadership Vancouver program was a rewarding accomplishment as it allowed me to view myself and others in a whole other way. There are plenty of people out there doing a lot of good in all walks of life.

"We have enjoyed sponsoring the BCLA for many years and plan to continue in the future. PBG has been committed to sponsoring well structured organizations who share a similar vision. The BCLA continues to demonstrate a passion for improving health and wellness in times where obesity rates continue to escalate. By participating, these boys and girls are exposed to team building, fair play and camaraderie, which builds their self confidence and self esteem."

- Frank J. Gregus, The Pepsi Bottling Group, Key Account Manager

Darcy Rhodes, BCLA Technical Director (3 years)

Q: What is your connection to lacrosse?

A: I have to thank my parents for signing me up with the Port Coquitlam Minor Lacrosse Association at the age of nine. I have played ever since in both box and field lacrosse playing my Junior in PoCo and Senior lacrosse for Langley Thunder. I started working as the BCLA Technical Director in 2004.

Q: What are your duties at the BCLA?

A: As the BCLA Technical Director, I liaise with the Coach and Official associations. I oversee the Regional and Aboriginal Coaching



Programs; organize coach and officials clinics; work closely with the BCLA chair on lacrosse high performance programs like the Team BC Pee Wee & Bantam teams, Summer Games and North American Indigenous Games. I also get out in the community and promote Inter-Crosse and development programs throughout the province.

Q: What aspect of your position is the most rewarding?

A: I enjoy developing programs and see it come to fruition. Getting out in the community and being able to teach a beginner lacrosse athlete how to play the game is a great feeling. It's all about the game and turning on new athletes is a big part of growing lacrosse.

Q: What have you learned since working in the not-for-profit world?

A: I have noticed the great passion of all coaches and officials who volunteer so much of their own time all for lacrosse. Their motivations are to make a difference in the athlete's life and to use lacrosse as the tool for memorable experiences.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?

A: I'd have to say playing Senior A lacrosse for 9 years, injury free, has been an achievement in itself. Being a part of the Team BC programs and our teams winning Gold and Silver at Nationals has been a huge achievement. Outside of lacrosse, obtaining my Coaching Sports Science degree at Douglas College was great and started me along the sports path to the job I have today.

"The sport of lacrosse continues to thrive in B.C., in no small part due to the ongoing efforts of the British Columbia Lacrosse Association. The BCLA has long understood and exemplified Sport BC's commitment to building communities through sport."

- Sandra Stevenson, President and Chief Executive Officer, Sport BC

Wendy Cuming, BCLA Technical Coordinator/Administrative Assistant (5 years)

Q: What is your connection to lacrosse?

A: I have been involved in lacrosse for over 15 years starting with the Coquitlam Minor Association and I've spent many nights volunteering with the Senior Adanacs.

Q: What are your duties at the BCLA?

A: I am the first point of communication when people call the office and I direct people through proper communication channels. I

Continued on next page

Continued from page 13

Coaches Corner

By: Bill McBain

"Another day, another dollar". However, in the case of the technical committee's work on the latest CLA projects it's, "another day, another task". Moving the coaching material and methods of delivery into the new century has been a work-in-progress. With the publication of the new coaching manuals it appeared as though there was a light at the end of the tunnel, oh so not true. There are increasing pressures on all associations to find sufficient numbers of coaches, training them and then ensuring they have the correct support to enable them the ability to deliver the skills to the athletes.

Time is valuable asset to every volunteer and nowhere is it more evident than in the world of the coach. It is not out of the norm to spend 3-4 nights at the arena with the team, and 1 or 2 nights strategizing, scouting, or simply talking to staff or players. Do the math, it's a huge commitment!

The CLA coaching committee has been tasked to produce coaching materials and a delivery system that offers the coach targeted instruction to minimize training time. Some of the moves have been to ensure that lacrosse combined the theory (sport sciences) and technical lacrosse aspects into every coaching stream. This enables lacrosse to cut down considerably the length of time spent on the actual training of coaches. A challenge system, complete with a workable pre-requisite to placed coaches straight onto the Competitive Introduction (level 2), was implemented and has worked out well. All evaluation workbooks and content reviewed by this writer as a result of the challenge system have been outstanding.

New coaching resources are being produced which will offer updated skills, tactics and strategies to any coach's portfolio. This support will surely increase the coach's knowledge and in turn the athletes, associations and clubs. Anyone who has been around lacrosse for a few years will be familiar with the 1980's video series "Fun With Fundamentals". The Ontario Lacrosse Association produced this series years ago and it has been without a doubt the backbone of the athlete training from the new player, new association right up to the training aid used by today's facilitators. Through a partnership with the CLA and all

provincial member association's, the latest project will result in three "state of the art" DVD's. A technical committee, under the direction of ex-lacrosse star Jim Calder, has been working diligently on the project. The first DVD will include all the basic skills and should be available to the public by Fall 2007. The second DVD will contain all the team strategies with the third being for lack of a better term "A Catch All". The production and delivery of the latter two will be released shortly after the first DVD.

Other items of interest include online drill manuals, a new user friendly coaching site on the CLA website and the development of online training for segments of the coaching certification program. The online training will again reduce the actual "face-to-face" delivery time required in order to have coaches prepared to take up the task of coaching lacrosse athletes. Time is precious — and with these technological advances in lacrosse, it will only be more time you will have to teach a better game of lacrosse.



assist the BCLA staff in numerous ways from coordinating mailers to distributing printed materials and maintaining databases for coaches, officials and LacrosseTalk. I work closely with Darcy and help register coaches and officials for clinics and keep records of attendance and payments.

Q: What aspect of your position is the most rewarding?

A: I enjoy dealing face to face with the volunteers. It's nice to see our member's visit the office as it allows me to put faces to names.

Q: What have you learned since working in the not-for-profit world?

A: I have been a volunteer myself for over 20 years for various sports and other organizations, I would have to say how surprised I was at how generous so many other people were with their time and how passionate volunteers are for their organizations and teams.

Q: What are your best personal achievements within lacrosse/outside of lacrosse?

A: One of my most rewarding projects was the coordination of girl's box lacrosse in the late 90's. The girl's showed an interest in the game and needed a place to play. Now there are over 700 playing!

"Being one of the leading Lacrosse provinces in Canada, I know I have and can always count on the BCLA for their support, guidance and a friendly ear to bounce ideas off of. Many times their experience and words of wisdom have assisted the other provinces, and in particular the CLA in governing lacrosse in all of Canada."

- Joey Harris, CLA President

Canadian Lacrosse Association Passes New Rules for 2007

By: David Miriguay

The CLA has reintroduced the ability for post-Minor teams to "Rag the Ball". Changes have been made to the 30-second rule which now allows teams, while short-handed, to hold onto the ball. Teams while short-handed will not be required to take a shot on goal within 30-seconds unless the team's goalkeeper or substitute player for the goalkeeper enters the attacking zone.

A clarification note has been added to Rule 12 – Goalkeeper's Equipment regarding when the equipment sizing chart as published in the rulebook will take effect. The note to Rule 12 (i) reads as follows: Equipment number sizing by age category/division can be found in Appendix A of this rulebook. Number 3 sizes for Junior and Senior will be measured prior to the game. All age category/division equipment MUST conform to the body. Number sizing for Minor Lacrosse will become effective for the 2009 season and beyond.

The new rulebook has been produced for the 2007 season. Please contact your Provincial Association to obtain a copy.




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Frank Nielsen is a Sport BC Athlete of the Year Award Finalist



Frank Nielsen, Head Coach of the World Champion Team Canada Men's lacrosse team, has been selected as a finalist for the 2007 Sport BC Athlete of the Year Awards.

Frank Nielsen, Athan Iannucci and Sohen Gill were nominated for three separate awards; the Coach of the Year Award, the Harry Jerome Comeback Award and the Daryl Thompson Award respectively.

Nielsen, Head Coach of Team Canada Men's Field Lacrosse Team, was nominated for the Coach of the Year Award. Frank was the bench boss for the 2006 Men's National Field Lacrosse Team that won the ILF World Championships this past July with a monumental 15-10 victory over the United States. Canada broke a 28-year, 38-game USA winning streak in International lacrosse play.

Frank is a finalist for the Coach of the Year category up against Tom Johnson (Swimming) and Trevor Palmatier (Diving)

WLA all-star athlete Athan Iannucci was nominated for the Harry Jerome Comeback Award. Iannucci competed for the New Westminster Senior A Salmonbellies of the WLA the past two seasons after suffering a serious setback with a major back injury in 2004. He has regained his high level of play leading the 'Bellies in scoring (17 games; 44 G & 31 A for 75 points) and being named to the First All-Star team.

Sohen Gill, BC Lacrosse Association President and Western Lacrosse Association Commissioner, rounds out the lacrosse nominations for the Daryl Thompson Award. This award is named in honour of the late Daryl

Thompson, former chair of Sport BC, whose contributions to sport as an athlete, coach and executive officer were exemplary. Gill is in his third term as BCLA President and is currently in his fifth consecutive season as WLA Commissioner.

In 2006, Lacrosse was honoured at the Sport BC Athlete of the Year Awards gala with two finalists in their categories. The Victoria Shamrocks Senior A team were finalists in the Team of the Year category while Shamrock Head Coach Walt Christianson was the recipient of the Coach of the Year Award.

Previous Sport BC Athlete of the Year Award recipients from the lacrosse community were: 2005, Coach of the Year - Walt Christianson (Victoria Shamrocks); 1998, Team of the Year - Burnaby Junior Lakers.

Lowe and Toll are Sport BC President Award Recipients

The 41st Annual Sport BC Athlete of the Year Awards banquet will be hosted at the Hyatt Regency Hotel in Vancouver on Wednesday March 14, 2007.

BCLA Vice President of Operations, Toni Lowe, and BCLA Minor Directorate Chair, Greg Toll have been selected for the 2007 Sport BC President's Awards to be held at the Sport BC Athlete of the Year Awards Banquet.

The annual Sport BC President's Awards promote, recognize and celebrate the spirit of volunteerism by allowing member organizations an opportunity to acknowledge publicly individuals who have demonstrated outstanding dedication and commitment to their sport. In 2007, the BCLA is fortunate to have two such volunteers selected for this prestigious award.

Toni Lowe began her volunteer career as her sons began their lacrosse careers in 1988. Lowe has done it all by supporting the BC Lacrosse Association system at the box and field, youth and senior lacrosse levels. From 50-50 sales to the current BC Lacrosse Association Vice President of Operations (and everything in between), Toni's spirit, passion, dedication and leadership have contributed greatly to the continued success of the provincial association.

Greg Toll is the BCLA's second President's Award winner. He was chosen by our peers at the BC Games Society as their President's Award winner for all the work Greg has done with representing the BCLA at the Summer Games. This is a great achievement for lacrosse, the BCLA and Greg to be thought so highly outside of the lacrosse community. Greg, also is the Chair of the BCLA Minor Directorate and is very involved in the planning of the BCLA Provincial events. Ironically, Greg was BCLA's choice for the President's Award in 2004.

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005) and Shawn House (2006). Congratulations to Toni and Greg!



In Memoriam

John Joseph Shmyr:

Saskatchewan-born, New Westminster-raised John Shmyr passed away November 11, 2006. John starred with the Salmonbellies Juniors 1963 to 1966, earning 82 goals and 29 assists. In 1968, he was a valuable member of the Senior 'Bellies that captured the National Lacrosse League championship. After achieving 27 goals and 31 assists in 44 senior games, John retired his lacrosse stick to concentrate on a hockey career. His death comes just three years after his brother Paul — also a lacrosse and hockey star — passed away.

Gordon John Pogue:

The last great New Westminster Adanacs goalie, Gordie Pogue passed away November 3, 2006. Born in the Royal City on July 21, 1924, he backstopped New Westminster to three provincial titles between 1947 and 1951. An injury sidelined him just prior to the 1947 Mann Cup championships but Gordie did see action in the 1948 and 1950 series. In his 150 senior games, Gordie faced 4,783 shots, blocking 3,273.



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The Canadian Lacrosse Association Passes Transfer Policy

By: David Miriguay

The Canadian Lacrosse Association (CLA) passed a new Player Transfer policy at its 2006 Annual General Meeting. Teams, players and parents of players should be aware of the new policy if a player wishes to move from one of the CLA Member Associations jurisdictions to another or if teams wish to acquire the services of players from outside their member jurisdiction. This article will by no means cover all aspects of the policy and I encourage all interested parties to visit www.lacrosse.ca/transfers.asp to find out more information and to download the Player Transfer Guide. This guide includes the entire transfer policy and summarizes critical clauses of the policy for players, teams and member associations.

The CLA recognizes that all players wishing to play lacrosse in Canada have the privilege to do so provided certain conditions are met. These conditions are not meant to completely restrict the movement of players between member associations; however the CLA recognizes that restrictions are necessary to help with the development of players within members associations. This policy strikes a balance between complete restriction and the free movement of players.

All post-Bantam aged players are required to complete a Transfer Release form. Transfers will only be permitted between the first Wednesday of March and July 1 of each calendar year.

Each member association will submit a list of players to the CLA office before the end of February indicating which players are required to have negotiated releases from their respective teams. A participant may move from one member association's jurisdiction to another, and be eligible to play under the following circumstances:

The player is not on a negotiation list and he has completed a Transfer Release form whereby the member association signs the transfer form indicating the participant is a member in good standing. (i.e.: not suspended); An agreement to release the player has been reached between the team holding the rights to the individual as indicated on a negotiation list and the team wishing to acquire those rights; The player moves from one member association to another where the primary purpose is not to play lacrosse; Players who have signed a playing card for the current season must receive a release from the team to which he was signed; Players under the age of 18 must have the Transfer Release Form signed by a parent or guardian granting permission for the player to move if the player's parent or guardian is not also moving.

Players and teams who do not abide by the transfer policy may face suspension and fines.

I again encourage all players and teams to ensure they read the Guide to the CLA Transfer Policy so that they fully understand the nature of this policy. This information is posted on the Canadian Lacrosse Association website at: www.lacrosse.ca/transfers.asp



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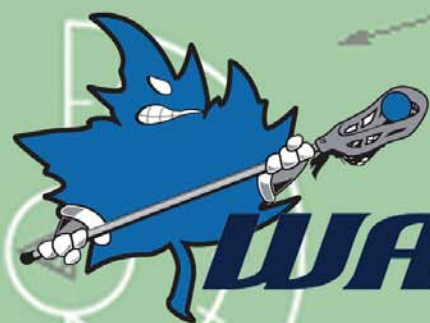
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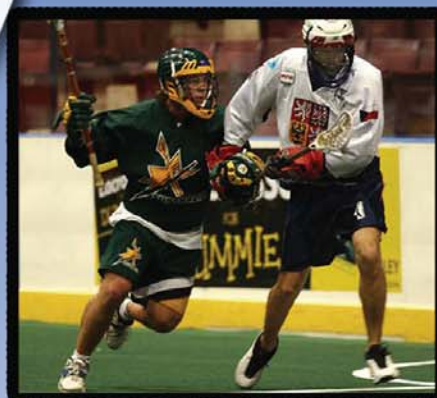
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Trail recognizes a Shamrock; Burnaby honours an Adanac

By: LacrosseTalk Staff

Victoria Shamrocks Senior A head coach Walt Christianson has been commemorated for his significant contribution to the advancement of sport locally, regionally, nationally and internationally in lacrosse by the city of Trail, BC.

Christianson, born in nearby Rossland, is part of a group of homegrown champions who will be recognized on Trail's Home of Champions Monument later this year. He is one of six new champions selected to join the roster of 104 citizens recognized on the monu-

As Shamrocks head coach, Christianson won two Mann Cups in 2003 and 2005. He has also coached professionally in Calgary, Colorado and currently with the San Jose Stealth of the National Lacrosse League. In March 2006, Christianson was honoured as Sport BC's Coach of the Year.

ment in downtown Trail. Walt will join a list of other sport notables on the monument like: Major League Baseball's Jason Bay; NHLers Ray Ferraro, Adam Deadmarsh, Ceasar Maniago and Steve Tambellini; and Olympic skiers Kerrin Lee Gartner and Nancy Green Raine.

"I was born and raised in Rossland and played hockey and basketball most of my life. I didn't start playing lacrosse until I was 18. Rossland and Trail have a great tradition in sports, and as a youth I looked up to many of the great athletes who played hockey and lacrosse in Rossland," stated Christianson.

Christianson, a product of the lacrosse-rich community of Victoria, played 11 seasons with the Shamrocks and Payless winning two Mann Cup titles (1983 & 1999). Known as a rugged defender, he was a well-rounded player scoring 74 goals and 149 assists in 266 games while spending 546 minutes in the penalty box.

As Shamrocks head coach, Christianson won two Mann Cups in 2003 and 2005. He has also coached professionally in Calgary, Colorado and currently with the San Jose Stealth of the National Lacrosse League. In March 2006, Christianson was honoured as Sport BC's Coach of the Year.



Walt Christianson

"It is truly an honour to be nominated to the monument. There are so many great athletes in the area and it is humbling to be included for this honour," said a humbled Christianson.

Bill Bradley, of Adanac fame, is one of ten new inductees to the Burnaby Sports Hall of Fame. The induction dinner took place February 15 at the Firefighters' Hall in Burnaby.

Bradley entered senior "A" lacrosse in 1962 with the Norburn club of the old Inter-City League in British Columbia. During the next fourteen years, Bill played in Victoria, Coquitlam, and Windsor, Ontario, as well as Montreal and Maryland of the Professional (original) National Lacrosse League. He earned a reputation as one of the games hardest hitting defensive specialists, totaling 784 minutes in penalties. Overall, he amassed 376 goals and assisted on 561 in 498 games, was on the Western Lacrosse Association all-star team seven times and on the Eastern all-star team once. He was inducted into the Canadian Lacrosse Hall of Fame in 1987.

As reported in the Burnaby NOW, Bill will join the same hall as his most respected coach, he stated, "I'm quite privileged to go up with one of my coaches, Gordie Gimple. I've always looked up to him. He was one of my favourite coaches."

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Collegiate Club Training for the Serious Player

By: Brent Hoskins

The SFU Junior Developmental Field Lacrosse Program is designed to train players in a professional environment to best prepare them for a collegiate field lacrosse career.

This Developmental Program offers an elite level of instruction for experienced and developing field lacrosse players looking to take their game to the next level. Players will be challenged in an individual and team-learning environment in order to gain a thorough understanding of fundamentals and advanced performance skills.

Practices are coordinated with the SFU Men's Field Lacrosse program's Fall training schedule. In addition to the on field practices, athletes involved in the program will compete in competition against top programs from the US as well as from Western Canada.

Each athlete is expected to maintain a level of excellence in the classroom and in turn will receive guidance and information on collegiate academic planning at the secondary level. This program is beneficial to those players wishing to pursue a career in lacrosse at the collegiate level and may be used as part of a player resume when considering post-secondary options.

The program is based out of the SFU Men's Field Lacrosse Practice Facility at Simon Fraser University.

Some of the skill components the athletes receive during training include: Technical: dodging, passing, shooting, footwork, defense technique; Tactical: field lacrosse systems,



defending principles, attacking principles, game strategy; Mental: commitment, motivation, intensity and discipline.

"A unique lacrosse experience where field (lacrosse) is finally the number one sport. The 100% commitment to a team sport served to accelerate the learning curve," stated lacrosse parent Cam Davis.

With hard work and training came two major competitions, one being the Seattle Space Needle Tournament of which the team won the Elite Division going 4 and 1 in the round robin and beating the Tacoma Starz in an overtime final. The second tournament had the club travel to Lancaster, California and play in

the Adrenaline Lacrosse Warrior Challenge which featured teams from Washington, Oregon, California, Arizona, Nevada, North Carolina and Canada. The SFU Jr. Development squad had the second best overall record with 4 wins and a single loss to the eventual champs Nor Cal Starz. The team only allowed 13 goals against in 5 games – a testament to a great overall team effort.

The team roster included: Blake Duncan, Michael Pecchia, Graeme Stewart, Jaxson Lee, Ryan Mackay, Sam Gibson, Cody L'Arrivee, Josh Wyton, Brent Laurita, Jake Yonge, Nathan Klein, Chris Tessarolo, Mike Mallory, Ben McIntosh, Ryan Zoehner, Richard

Lachlan, Mike Kennedy, Kyle Robinson and Joshua Simons.

"This was a great opportunity for all the players to get a feel for what it takes to bring their field lacrosse career to the next level. Learning the in and outs of nutrition, traveling as a team, learning collegiate style of field lacrosse, understanding scholastic standards and most of all playing with kids from other associations was great to see," mentioned Fred Lachlan of Port Coquitlam.

The program will run again Fall of 2007. Anyone interested in SFU is encouraged to fill out the recruitment link on the SFU Lacrosse website at www.sfulacrosse.ca.

SFU Rely on Freshmen for Leadership

By: LacrosseTalk Staff

SFU Clansmen started the 2007 campaign as a relative unknown talent. Many had written them off after two consecutive seasons of lackluster performances in the Pacific Northwest Collegiate Lacrosse League (PNCLL) final four. The tides have changed in 2007 and opponents will remember the new and improved Clansmen as a youth movement envelops the program.

The 2007 version of the SFU Clansmen field lacrosse team hosts many new talents from across Canada. A talented Freshmen class will step into starting roles and will see plenty of field time at all positions.

"With our recruiting efforts filling voids left from last year's graduating class and adding much needed depth our roster looks as deep and as talented as any SFU roster ever assembled," stated Coach Jeff Cathrea.

The lone Senior on the team, attackman Mike Christians (58G, 15A), will lead the Clan offense and will surely vie for all-conference honours. Christians will be a main cog to instill leadership and direct a young Clan squad back to national prominence while boasting a roster of 17 Freshmen and 6 Sophomores.

"Every returning player's job is to make sure we all have the ultimate goal of winning a national championship and that we're all willing to do whatever it takes to get there. I feel that we have more than managed to create that environment," claimed Senior attackman Mike Christians.

The youthful Clan sports a talented Freshman class with assets in each position. They include: Attackmen Mike Ripley (Saskatoon), Ben Towner (PoCo), Adam Foss (Calgary); Midfielders Ben Johnson (Massachusetts), Kevin Crowley (New West), Russell Thomas (Nanaimo), Jim Clifford (Coquitlam), Pierman McPhie (North Van), Mike King (Richmond), Kevin Riley (Coquitlam), Shawn Donahue (Kamloops), and Alec Tuura (New West); Defensemen Aidan Inglis (Edmonton), Jarrett Zavitz (London, ON), Clay Richardson (New West) and Luke Genereux (PoCo). The SFU defense will be anchored by goalie Ross Manson (New West).

"We have kids coming in from all over the country," says co-coach Brent Hoskins. "They've come ready to work and ready to win."

Coach Consultant, Jeff Gombar, sees the advantages of a diverse team but stresses the importance of becoming a close-knit group in short order.

"This team has huge potential to compete at a high level," stated Gombar. "The keys are to grow together through the wins and losses but stay the course as one cohesive group."

The PNCLL competition will prove to be the toughest in years with the 3-time PNCLL Champions University of Oregon Ducks by far the team to beat with a preseason #7 national ranking. Not only are the Ducks tough but others like Oregon State and Washington will prove a challenge.

At deadline, SFU met the University of Oregon and Oregon State University on the road February 10 & 11 and then hosted the University of Idaho and Gonzaga University February 24 & 25. The remainder of the SFU schedule is as follows: March 3 vs Boise State (Mercer Stadium - 5PM); March 10 vs

University of Montana (Western Washington U. - 4PM); March 16 & 17 at the University of Washington Husky Invitational vs University of Rhode Island (March 16 - UW Dempsey Center - 7PM) and Texas Tech (March 17 - UW Dempsey Center - 7PM); and April 7 vs U of Washington (Burnaby Lake - 1PM). The PNCLL Final Four will be April 29 & 30 with a location TBA and the MCLA National Championships May 9-13 in Dallas, Texas.

If you want to play for Canada's Team next season, please fill out our recruitment link on our website. For game times re information, please go to www.sfulacrosse.ca.



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High School Field Lacrosse 2007

By: Shawn House

Mother Nature has hit the high school field lacrosse season pretty hard in BC. Due to other field sports already established in the High School system, field lacrosse is played in the winter, which runs from the last week of November to the first week of March. With the severe weather conditions on the west coast, almost all games have been cancelled as fields have been covered in snow.

The season did get off to a great start with the inaugural Claremont Spartans High School Lacrosse Shootout hosted by Claremont High School in Victoria. Teams from Mercer Island, Washington, the Lower Mainland, Vancouver Island, Kelowna and Edmonton Rush star Jamey Bowen's lacrosse academy from Edmonton all competed in both junior and senior divisions.

The tournament was very well organized with ex-NLL and Victoria Shamrock standout Darren Reisig and Dave Bremner and a huge cast of volunteers providing all participants with a memorable experience. Dr. Charles Best won the junior title over host Claremont 11-2 and the senior division was won by Claremont who defeated New Westminster 14-4 in the final game. Both the junior and senior games were played in near blizzard conditions. Very few games have been played since as three different snowfalls have prevented field use.

Teams are training and getting in much needed practice in preparation for the Blue Devil Classic. This year's tournament will host both junior and senior teams and will be

held March 7 - 10 at Charles Best School (Coquitlam), Cunnings Field (Coquitlam Town Centre) and Mercer Stadium (New Westminster).

Not all participants have been confirmed for the 2007 showdown. Victoria's Claremont will be looking to win their first titles in both divisions coming off a strong showing in their own tournament. New West will be strong in both divisions and will be looking to defend both titles that they picked up in 2006. New West won both titles by 9-8 scores over Charles Best in last year's finals. Best has added Coach Daren Fridge to the fold and will be out to avenge both losses and will be looking for their first senior title.

Terry Fox and Riverside of Port Coquitlam will be in the hunt. Fox is coming off an undefeated School District 43 season winning championship in 2005-06. Heritage Woods, Pinetree and Centennial will also be looking to do some damage. Vancouver College and the return of St. Thomas More will provide representation from the Independent schools. More, boasts a new head coach in Whittier College grad Craig Farano, look to return after a 3-year hiatus when they won the inaugural Blue Devil tournament.

Other schools believed to be participating will be Lord Tweedsmuir, Delta, South Delta, North Delta, Hatzic, Kwantlen, Argyle, Sutherland and Samuel Robertson. A full schedule of the tournament games will be posted on the BCLA website at www.bclacrosse.com



LACROSSE EVENTS 2007

PEPSI BCLA Field Lacrosse Provincials U11 & U13 Tiers 1 & 2
March 23-25
Juan de Fuca Recreation Centre

PEPSI BCLA Field Lacrosse Provincials U15 & U17 Tiers 1 & 2
March 29 - April 1
Burnaby Lake Sports Complex

Team BC Try-out Player Applications due
Friday April 6 by 4PM

BCLOA Official Clinics
See Clinic Schedule

BCLCA Coach Clinics
See Clinic Schedule

Team Canada Field Lacrosse
Under 19 BC Camp
April 6-7
Burnaby Lake Sports Complex



Toni Lowe (BCLA VP Operations)

Toni Lowe is a volunteer that is very close to the game as it is somewhat of a family affair with all of the Lowe's being involved along the way. Husband Gil is a box and field official; son Derek is a youth coach and a WLA player for the Burrards; son Jeremy played up to Midgets and daughter Sam has helped in volunteer roles.

Lowe has done it all by supporting the BC Lacrosse Association system at the box and field, youth and senior lacrosse levels. As league commissioner for various leagues, Toni has learned the scope of lacrosse and is well rehearsed on policy and procedure of lacrosse operations. She currently is commissioner of the Canada West Field Lacrosse League.

From 50-50 sales to the current BC Lacrosse Association Vice President of Operations (and everything in between), Toni's spirit, passion, dedication and leadership have contributed greatly to the continued success of the provincial association.

One of Toni's achievements was being honoured with the BCLA Ruth Seward Merit Ward for service to local lacrosse – an award she and her family won together.

When Toni is not volunteering her time or taking in a box or field lacrosse game, she may be found sitting at her desk at her daytime job as a Lending Solutions Specialist. In March, Toni will be the recipient of the SportBC President's award for her dedication to lacrosse in BC. Congratulations Toni!



Toni Lowe

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Ref blows whistle on WLA career

Official leaves just 19 games shy of 600 games

By: Tom Berridge, Sports Editor, Burnaby NOW

Ron Crosato is one whistleblower that everyone is going to miss.

After 31 years of officiating in the Western Lacrosse Association, and a record 27 appearances at the Canadian senior A Mann Cup championships, Crosato has called it quits.

Now just two months short of his 59th birthday and with a young grandson to dote on, Crosato decided to hang up his whistle after 581 games, a mark that leaves him just six games short of the likes of Canadian lacrosse hall-of-famer Paul Pamell, who is second overall in all-time games played in the WLA.

Only Eric Cowieson, the longtime New Westminster Salmonbellies captain with 629 games, has participated in more senior A games, either as a ref or a player.

"Kids I reffed in intermediate, I'm now reffing their kids in juniors," said Crosato. "The actual reason, without bragging, is I'm going to leave on top with a good rapport with the rest of the people in the game - coaches, commissioners to players - and that's about as good a rapport as you can get, being an official."

In the three-plus decades he has worn the black shirt of the senior A league's on-floor official, Crosato has put up numbers that stand up against those of the greats that have graced the WLA.

He has refereed a record 408 league games and 146 playoff games.

No other West Coast official, past or present, has refereed more than 100 post-season matches in the game.

And his league numbers surpass those of past greats Jim Gunn (387) and Sid Greenwood (353).

Although no records are kept for officials in senior B, junior and intermediate lacrosse, Crosato would give up a majority of each month each season to the game, including youth and senior field lacrosse. Crosato estimates he has likely officiated in more than 2,000 lacrosse matches over his career.

Canadian hall of fame statistician Stan Shillington said it speaks volumes for the kind of generous volunteer Crosato is.

"I like him because I think he was fair. I look at the game and don't give a damn who is going to win. I look at who is setting up and who is breaking and he was just a damn good ref," said Shillington. "He has worked for years and years, and he puts on clinics and helped in the minors. They are losing one hell of a hard worker, and I hope the WLA can find a replacement."

Finding a ref with as many miles as Crosato has would certainly be a chore.

With Crosato's retirement from the game, Ray Durante, with just 325 league, playoff and Mann Cup appearances, becomes the game's most active official.

Crosato stepped into lacrosse through the mentorship of Len Coombes, who he worked with at Lenkurt Electronics back in the 1970s.

Coombes helped him cut his teeth in the intermediate game and the ever-friendly Crosato remembered his lessons well.

One came from hall of famer Kevin Alexander, who, as a junior in 1977, offered

him a little bit of lasting advice.

"If you miss a call, just tell us," Alexander said. "We'll cut you some slack. We're not going to execute you."

And they never did. His motivation has always been to be the best. His yard stick - if someone a day or two after - had forgotten who had refereed the game.

"It is the satisfaction of doing a good, fair game and having been seen as not being decided by the two men in black shirts," Crosato said.

He has had some great partners along the way as well.

Bill Duck was with him on the floor the night he broke Gunn's 1942 record for games refereed.

"It's those little things that make a difference to an official. My family was there, and Bill (Duck) had asked to do the game. That was nice," Crosato said.

Duane Zeelenburg also requested that he be with Crosato when he surpassed the 500-game plateau and again in his final career game last season.

Crosato is still active officiating pro games in the National Lacrosse League and will continue to do so until his body tells him it is time to quit, he said.

"I would hate to have someone come up and say, you're past it. You know what? That would kill me."

But it always came down to how a player handles himself, he added.

"If he goes to the penalty box without making a song and dance and drawing attention to himself, he's cut you some slack," Crosato said.

For Crosato there will be a lifetime of mem-



ories, some better than others.

He might want to forget that brutal game between Victoria and New West in the 1980s that a road-weary Crosato and Duck were happy to see completed.

Then there was the 1990 Mann Cup in Ontario, where he was asked to do all four games, a rarity for visiting officials.

He officiated the first game of the 1994 Minto Cup between eventual champion New Westminster and Brampton that ended in a bench-clearing brawl at Queen's Park Arena.

But it is perhaps the little things that Crosato

Continued on page 23

Western Lacrosse Association 2007 Junior Draft

Round 1

No. Draftee	WLA Club
1 Tom Johnson	Langley
2 Ilija Gajic	New West
3 Cliff Smith	New West
4 Steve McKinlay	Coquitlam
5 Jamie Shewchuk	Burnaby
6 Mark Philip	Maple Ridge
7 Bob Snider	New West

Round 2

8 Kevin Croswell	Langley
9 Curtis Morwick	Langley
10 Cory Melville	New West
11 Brandon Atherton	Coquitlam
12 Jeff Buchanan	Burnaby
13 Lucas Hinton	Nanaimo
14 Aaron Bold	Victoria

Round 3

15 Ron Schibild	New West
16 Dane Reelie	Coquitlam
17 Curtis Hoyland	Maple Ridge
18 Doug Mitchell	Victoria
19 Isaac Kaminski	Burnaby
20 Kevin Milkowski	Nanaimo
21 Scott Dydra	Victoria

Round 4

22 Bryan Brown	Langley
23 Brent Cline	New West
24 Robert Rowan	Maple Ridge
25 Tyler Crompton	Langley
26 Andrew Witt	Burnaby
27 Casey Guerin	Nanaimo
28 Josh Van Wieren	Victoria

Round 5

29 Kevin Olliffe	Langley
30 Tyler Hass	Nanaimo
31 Dain Panton	Maple Ridge
32 Chris Cowieson	Coquitlam
33 Dustynn Diack	Burnaby
34 Matt Brascia	New West
35 Joel Cosman	Victoria

Round 6

No. Draftee	WLA Club
36 Jesse Wills	Langley
37 Dave Jenkins	Nanaimo
38 Ryan Demkier	Maple Ridge
39 Kurtis Labranche	Coquitlam
40 Baun Adlington	Burnaby
41 Steve Tessarolo	New West
42 Lucas MacNeil	Victoria

Round 7

43 Jarrett Neigum	Langley
44 Chris Madden	Nanaimo
45 Jarret Bradley	Maple Ridge
46 Scott Boyle	Coquitlam
47 Tyler Lietz	Burnaby
48 Kyle Harris	New West
49 Bryan Johansmeyer	Victoria

Round 8

50 Aqeel Kandawala	Langley
51 Brodie Venn	Nanaimo
53 Shawn Saunders	Coquitlam
54 Chris Donaghue	Burnaby
56 Brad Lytle	Victoria

Round 9

57 Herman Bains	Langley
58 Cam Leitch	Nanaimo
60 Travis St Germain	Coquitlam
63 Nick Collison	Victoria

Round 10

64 Mark Forlin	Langley
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Round 11

71 Shawn Ireland	Langley
72 Shawn Marshall	Langley



Ticket Prices Set!

Make sure you do not miss out on any of the action. Come watch Junior A lacrosse at its finest when the New Westminster Salmonbellies host the Jr. A Champions from Ontario, Alberta and of course British Columbia - Aug. 24th to Sept. 1st.

Tickets prices have been set as follows:

- Tournament Pass - \$80.00
- Round Robin Games - \$15.00
- Semi-Final/Final - \$20.00

There will be limited assigned seating so order early.

Order your tickets by contacting the Canadian Lacrosse Association at (613) 260-2028 or via e-mail at: minto@lacrosse.ca

For more information on the event such as the schedule of games, please visit www.lacrosse.ca/mintocup.asp.

Gait to lead the U19's at 2008 World Championships

By: LacrosseTalk Staff

The 2008 Team Canada Men's Under 19 lacrosse program has announced the appointment of Gary Gait as the head coach of the 2008 version of Team Canada. Gait, arguably the world's best lacrosse player, returns as head coach after a 19-10 gold medal game loss to the USA in 2003 tournament in Towson, Maryland. The 2008 ILF Under 19 Men's World Championships will take place July 3-13, 2008 in Coquitlam, BC.

Gary Gait (Colorado) and a host Team Canada alumni will make up the coaching staff to lead Canada to their first world championship ever at the USA dominated event. Hot off the 2006 Men's World Championship is assistant coach David Huntley

(Maryland) who is the first Canadian to win a men's world championship as a player (1978) and coach (2006). Huntley will add an offensive perspective like no other. Joining the fold is 5-time Team Canada goaltender Ted Sawicki (Ontario) who will bring his goaltending and international experience to the staff. Jeff McComb (Ontario) returns to the U-19's after coaching the 2003 team. McComb won a silver medal in the 1988 U-19 World Championship

with the Canadian National Field Team and is currently a coach with the NLL Portland LumberJax. And rounding out the coaching staff is 3-time Team Canada goaltender Jeff Gombar (BC). Gombar was an assistant coach of the 2006 World Champion Team Canada men's squad.

The camp is open to all players born after August 31, 1988. There will be three regional camps from April to September with a final camp in October. The camp dates and cities are: BC Camp (Burnaby)

- April 6-7;
Ontario Camp (Mississauga) - June 30 - July 1;
and Prairie Camp (Saskatoon) - Sept. 15-16. The final selection camp date is October 5-7 in Coquitlam, BC.

The Executive is made up of a four member staff from across Canada including Tim Barrie, Terry Lloyd, Jim Gow and Al Luciuk.

For additional camp information please contact: Jim Gow (BC) at 250 592-3002 and email jamesgow@hotmail.com or visit www.bclacrosse.com; Al Luciuk (Prairies) at (306) 652-7002 and email Lu6mail@shaw.ca; and Terry Lloyd (Ontario) at 905-579-4199 and email t.lloyd@rogers.com. Or visit the Team Canada Men's Under 19 program website at www.meritprecision.com/U19.



Mann Cup – 1948

By: Stan Shillington

New Westminster Adanacs were on a mission to defend their national championship by becoming the first Western Canadian team to capture the Mann Cup on Eastern soil.

The Royal City boys whipped Mimico 3-0 in 1947 and were now bound and determined to inflict similar punishment on Hamilton Tigers for the 1948 title.

But the best of intentions doesn't always produce hoped-for results. Such is life!

Adanacs kicked off the series in Toronto's Maple Leaf Gardens on October 11 with flashing feet, slipping two quick markers past Tiger netminder Doug Flavell—however, when John Douglas took a two-minute penalty, Hamilton jumped to a 4-2 lead.

Then, in the second half, the Adanacs took the bite out of the Tigers' attack, eventually taming the pussycat 11-6.

Two days later, the combatants again faced each other but, to eliminate a colourful confusion caused by similar yellow and black uniforms, Hamilton donned Brampton's maroon and white sweaters.

The colours may have been different, but the results remained the same.

Hamilton took an early 3-0 lead but soon wilted under the relentless persistence of the Westerners' attack. Led by three-goal outbursts by Archie Browning and Daryl Popham, New Westminster overwhelmed the Easterners 13-11.

The Hamilton Spectator moaned the second victory "practically assured the Westerners of retaining the Mann Cup for another year." The respected newspaper proved to be a better recorder of old news than a prophet of future

happenings.

The Ontario team, which had allowed the Adanacs to run wild in the first two contests, switched tactics and returned to its familiar rugged style.

Despite 11 penalties, the aggressive Tigers slowed the Adanacs to a walk and, led by playing-coach Joe Cheevers' four-goal outburst, overpowered the visitors 12-7. The series now stood two games to one for the B.C. side.

The close checking continued in the fourth game, again putting a damper on the Adanacs' running attack. Whenever New Westminster managed to get off a shot, Doug Favell was there to outguess them, blocking 33 of 40 shots for a 9-7 victory.

Well, now, everything came down to the fifth and final match. The Royal City boys ran up a 4-0 lead after one period but, again, began to wither under the heavy checking.

The game remained close halfway through the final period when Hamilton's Elmer Lee crashed into the end boards, fracturing his left leg. Although unfortunate, the injury proved to be an inspiration to his teammates as they proceeded to blast four goals past Gordie Pogue in just two minutes on the way to a 12-8 victory, and the 1948 Mann Cup.

New Westminster coach Ken McDonald was understandably downhearted.

"It's the same old story," he said following the final game. "We had a fast team ... and the only way they stopped us was by rough checking. The officials weren't calling them close enough."

However, he then added that Flavell "deserved the Mike Kelly (MVP) award for his outstanding performance."

2007 ANNUAL GENERAL MEETING & SPECIAL SESSION TIMELINES

Field Directorate Special Session Timeline

- May 24** Notice of Field Directorate Special Session
All blank forms Registration, Operating Policy Changes to be mailed out
- June 27** Deadline for changes for Field Directorate Operating Policy into BCLA Office
- July 12** 2nd Notice/Operating Policy Changes circulated (in mail)

- July 26** Deadline for Executive Reports to be submitted to the BCLA Office
Deadline for Budget to be submitted to BCLA Office
Deadline for Registration Forms to BCLA Office
Deadline for Nomination Forms to BCLA Office

Aug 11 Field Directorate Special Session at Douglas College 10:00 AM 4:00 PM

BCLCA and BCLOA Special Session Timeline

- June 28** First Notice of BCLCA/BCLOA Special Session
Forms circulated Registration, Policy Changes, Agenda, Awards
- July 25** Deadline for BCLCA/BCLOA Operating Policy Changes to the BCLA Office
- Aug 9** 2nd 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 9:00 AM-4:00 PM
BCLOA Special Session at Douglas College 9:00 AM-4:00 PM

BCLA Annual General Meeting Timeline

(BCLA AGM, Minor Directorate, Senior Directorate)

- July 23** First Notice of Annual General Meeting
Forms for changes to the Operating Policy/Constitution & By-Laws
Hotel Information and Order Form
Award Nomination Forms
Letter re: policy on who pays for delegate fees, travel, etc.
- Aug 28** 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 7** Deadline for all Executive Reports/Budgets for Annual Report
Deadline for BCLCA, BCLOA Minutes to office
- Sept 12** 2nd Notice/Mailing of Changes to the Constitution/By-Law & Operating Policies
- Sept 25** Deadline for AGM Registration Forms
Deadline for booking Hotel for AGM
- Oct 12-14: 2007 BCLA AGM Whistler, B.C.**

British Columbia Field Lacrosse Spring 2007 Action



High School Tournament

Varsity & Jr. Varsity April 30 - March 3
Coquitlam Town Centre Fields, Charles Best, Mercer Stadium & Gates Park

PEPSI BCLA Youth Field Provincials

Under 11 & Under 13 (Tiers 1 & 2)
March 23 - 25, 2007
Juan de Fuca Rec. Centre - Victoria

Under 15 & Under 17 (Tiers 1 & 2)
March 29 - April 1, 2007
Burnaby Lake Sports Complex - Burnaby

Senior Men's Field Provincials

April 7 & 8, 2007
Charles Best School - Coquitlam

Master's Field Provincials

April 2007 TBA

For more information visit www.bclacrosse.com



Core Training for Lacrosse

By: Jeff Cathrea

Jeff Cathrea (B.Sc. Kinesiology) operates Catch 22 La-X-Training&Conditioning, a lacrosse specific strength, speed and conditioning program for box and field lacrosse athletes.

With another box lacrosse season embarking upon us athletes must begin to physically prepare themselves to out perform and outlast their opponent. So how does one begin to build the strength and the speed to rise above their competitor? The answer lies within your core.

The 'core' is a group of trunk muscles, which acts as the central power zone of the

body. Comprised of the transverse abdominus muscle, pubococcygeus (PC) muscle, multifidus, and the diaphragm, the core acts as a power link to coordinate optimal recruitment of the muscles involved in dynamic movements by stabilizing body segments so that another segment can generate power. Simply put, having a strong and stable core allows you to move your body in its most efficient pattern, and the more efficient your body moves, the more strength and power you will be able to produce. In addition to increasing your performance, a strong stable core will also help to decrease the likelihood of injuries, especially to your low back, hips, knees and ankles.

Having a strong core will lead to a harder and faster shot, increased sprinting speed, increased balance and increased strength, especially while fighting through picks and while in traffic.

So now that we have identified why it is important to have core strength, how do we train core strength? Although there are many different exercises that help to target the core group of muscles, the challenge in the beginning is being able to isolate the contraction of your core group. It becomes important to recognize that your transverse abdominal (TA) muscles are much different than your rectus abdominals (RA) as your RA muscles run up and down (these are the traditional six pack abs you see) whereas the TA wrap around your waist much the way a lumber bun would. The challenge arises in trying to separate the TA contraction from the RA contraction. Here is a quick challenge for you to try at home:

1 - Lie on your back on the floor with your knees bent to ninety degrees, heels down, toes pointing up. 2 - Find your hip bones and dig your fingers into the soft fleshy area just below it. 3 - Slowly, try to activate your TA muscles by pulling your belly button in towards your spine and lifting it up towards your ribcage, without clenching your buttocks. 4 - Activate your PC muscle by doing a Kegel contraction (think about lifting up and stopping yourself from urination while in midstream) 5 - Finally, breathe.

You do not contract your core like you would contract your biceps, it is much more subtle. These are small, intricate muscles that require mental concentration to initially contract. While doing all of this you should feel the area under your fingers tighten while maintaining steps 3 through 5. Now the key to this

contraction is not only going to be able to separate TA contraction from RA contraction, but to be able to sustain this contraction for the duration of the core isolated exercises. Once you have mastered this contraction, the goal will be able to build upon the endurance of the contraction so that you begin to recruit your core subconsciously while initiating other movement phases. Because the core acts as the power link to optimally coordinate efficient movement patterns, achieving subconscious recruitment will allow for the correct sequential firing order of the muscle groups involved in all lacrosse movement patterns.

Some of the most effective exercises used to target the core muscles can be performed by using your own body weight and a Swiss ball. Remember, with these exercises it is important keep a neutral spine while performing the specified movement. The number of reps and sets are determined by how long you are able to hold your core tight as you are trying to re-educate your body to do movements with the involvement of your core.

So next time you are contemplating doing some crunches to finish off your workout, try substituting a simple core routine to strengthen the deep abdominal muscles. By strengthening these hidden muscle groups you will have found yourself a hidden weapon that will allow you to outlast and outperform your competitor.

Sweat Box: Catch 22 is now running box lacrosse preseason and in season conditioning programs out of the Performance Institute located within Burnaby 8 Rinks. For more info on these programs or for online training programs please visit www.catch22lax.com or call 604 291 9941. Remember, don't just train....La-X-Train!

Ken Matheson

By: Stan Shillington

Ken Matheson was a born competitor.

It mattered not that the opponent might be bigger, stronger, or even deadly; for Ken, it was the competition and he had to give his best:

Kenneth Albert Matheson was born in Calgary on May 14, 1914, but raised in New Westminster where the Salmonbellies dominated lacrosse and the Adanac Basketball Club ruled the hoop scene.

Ken enjoyed both pastimes.

In 1933, the 12-man field game gave way to seven-man box lacrosse. A quick meeting of the Adanac basketball organization concluded it would form a lacrosse team and enter the newly-formed Inter-City Lacrosse League.

As an incentive to improve local talent, the Adanacs adopted the motto "the bestest with the mostest gets the nod." The basketball team had captured the Canadian Senior 'A' titles in 1928-29 and 1920-30 and sponsored Senior 'B' and Intermediate 'A' clubs -many of these youngsters also dabbled with the gutted stick.

And, so, it came as no surprise that many younger players were given a chance to display their wares, often keeping the veterans on their toes (or on the bench). To illustrate, only four members of the 1933 first-year team — Ken and Max McDonald, Stu Gifford and Slack McCranor — made it to the 1936 season. Ken Matheson, who joined the senior Adanacs in the sophomore year, was the lone 1934 player addition to join the original four by 1936.

The development of local youngsters paid off by 1938 when the Adanacs captured the B.C. title, only to fall to St. Catharines in Mann Cup play; however, the Adanacs reversed the results in 1939, winning its first national championship.

The Adanacs went two more seasons when most of the players traded their sporting duds for Armed Services uniforms.

Matheson joined the airforce, eventually serving with the RAF's Number 49 and 83 Squadrons. After captaining a Lancaster on numerous bombing raids on enemy targets in 1944, Ken was awarded the Distinguished Flying Cross.

But the Second World War raged on.

Ken volunteered to join the Pathfinder Force whose mission was to be the first aircraft over a target in order to drop flares that would guide following bombers — a hazardous, often deadly, occupation;

His aircraft often sustained heavy damage from enemy flak, but Squadron Leader Matheson and his crew always made it safely home. In all, he flew 50 sorties against enemy targets, logging 281 hours.

King George VI presented Matheson with a bar to his DFC in an investiture at Buckingham Palace on July 13, 1945.

Meanwhile, the Adanacs had re-entered the ICLL with rockingchair veterans, a handful of



teenagers and whatever returning serviceman who showed up.

Matheson made it back in time to participate in four 1945 playoff games and, although he managed a goal and an assist after four years away from the game, he decided to retire at the age of 31. It was time to turn his competitive effort into the world of business.

For the next 30 years, Matheson was the owner and president of the prosperous Fraser River Pile Driving Company.

In 209 games with the Adanacs, Ken scored 279 goals and 133 assists for 412 points, a total that undoubtedly would have been much higher had the war not intervened.

Ken Matheson — outstanding athlete, war hero, businessman, gentleman — passed away on November 29, 2003.

Continued from page 21

will remember most.

"Yeah, I'll miss the big game. I think I've given 100 per cent in all the games I've done. I'll miss the big games."

In last year's Game 3 of the B.C. final in Victoria Aug. 24, the crowd applauded him when it was broadcast he was retiring.

"They (the players) all came and, tap, tap, tap, with their sticks. That was huge. It doesn't seem like much to the average person, but it's an acknowledgment that they're glad you're here."

It'll likely be those little taps that Crosato will miss the most.

"Come April, I'll definitely miss the game," he said, then adding in an almost inaudible whis-

Nominate Field Lacrosse Volunteers NOW!

While we're still in Field Season, we would like to give you the opportunity to nominate some of your dedicated volunteers for the 2007 BCLA Merit Awards while the season is still fresh in your minds. Field Lacrosse Merit Award Categories include:

Hugh Gifford (Manager of the Year)
Ruth Seward (Outstanding Volunteer at the Local Level)
Art Daoust (Executive Volunteer)
Leon Hall (Youth Field Lacrosse Association of the Year)
Jimmy Gunn (Field Referee of the Year)
John Cavallin (Coach of the Year)

The Award Winners will be presented during the 2007 BCLA Annual General Meeting Banquet on October 13, 2006. Our volunteers are important to us, and recognizing outstanding contributions from within our community gives us a great reason to celebrate lacrosse!

For more information or to download the nomination forms, please visit the BCLA Website at:

www.bclacrosse.com
 or contact the BCLA Office
 (604) 421-9755

Tigers Remember near-tragedy

By: Roger Knox, Morning Star Staff

Celebration one day. A near disaster, which ended safely in an Alberta corn field, less than 24 hours later.

A pair of Kelowna pilots saved the 1976 Canadian Senior B lacrosse champion Vernon Lodge Tigers from tragedy, after their Kelowna Flightcraft charter, one of two planes bringing home the Tigers from the national finals in Winnipeg after they defeated the reigning champion Edmonton Fullers in the final, caught fire in mid-flight.

"We were pretty excited," recalled Don Kendall, co-founder of The Morning Star, now a special projects manager with Black Press, and then a defenceman with the Tigers. "Nobody on the team, players or management, had won a Canadian championship at any level. We heard there was a big reception waiting for us in Vernon. It was quite an accomplishment for us."

Led by the likes of goaltender Rich Zecchel, snipers Jeff Shirley, Terry Mosdell, Gilles Bezeau and the Holte brothers, Danny and Gary, and a defence anchored by Kendall, the Tigers of '76 – champions of the four-team Interior Lacrosse Association – went 38-1 that season. Their only loss came in Winnipeg to the host Manitoba squad.

After knocking off the Fullers on Labour Day Monday, Sept. 6, 1976, the Tigers celebrated well into the night and the next morning, before their flight was to return home to the Okanagan.

The Tigers weren't exactly what pilot Barry Lapointe bargained for when he agreed to charter a plane for a lacrosse team on a trip to and from Winnipeg.

"I thought they were going to be 12 to 14-year-old kids, I didn't have any idea who the Vernon Lodge Tigers were," laughed Lapointe, now 62, and the owner and founder of Kelowna Flightcraft. "When I saw them coming out of the Kelowna Airport towards the plane, they had long hair, they were in their 20s, and their knuckles were dragging on the ground. A real skookum bunch of guys, but all very nice individuals."

Lapointe had returned to Winnipeg from a side trip to Oklahoma City in time to see the Tigers win the title, and shared in their victory celebration before calling it an early evening to prepare for the flight home.

"These guys, the next day, they are so hung over, they had about 14 cases of beer, which I said they couldn't take all of it back, and about 15 buckets of Kentucky Fried Chicken. This is nine in the morning. They hadn't been to sleep yet," said Lapointe.

The DC-3, which used to belong to multimillionaire Conrad Hilton, was loaded up. The plane was immaculate inside. Leather upholstery, gold-plate fixtures, wood cabinets. There was no flight attendant, not a requirement in those days for a private charter.

After a routine takeoff, Lapointe, accompanied by co-pilot and friend Bill Jurome, decided to refuel in Lethbridge for the final part of the trip home. Just after takeoff, Lapointe smelled smoke in the front of the airplane.

"It was a smell like paper burning," he recalled. "I thought it might have been the heater, which I had on. I turned it off, but the smoke smell kept coming."

Some of the players were in the aisle of the cabin, playing cards. Kendall was sitting in the back row of the plane, savouring his first Canadian title, when he noticed Lapointe bolt-



ing from the cockpit.

"He came running down the aisle with a look of sheer horror on his face. I'll never forget that look," said Kendall. "He was stepping on one or two of the guys to try and get over them."

"I noticed smoke coming from the washroom," said Lapointe. "I felt the door and, holy, it was hot. I hit the fire bell, got back on the radio and said we had a fire on the airplane."

"I told the players to 'get down, I have to land the plane now. We were at 10,000 feet.'"

Lapointe cut the power and got the plane down to 1,000 feet in less than four minutes. He was at the edge of the Rocky Mountain foothills when he sent out a Mayday call.

At this point, the smoke in the cabin was so thick that players couldn't see the person sitting next to them. Players were grabbing their sticks and trying to butt-end out the windows.

"Everybody had taken off their shirts and covered their faces," said Zecchel, the team's star 22-year-old goalie. "The pilot dropped the fuel, spun the plane around and headed back to

the Prairies."

Lapointe was informed by team management that players were choking in the back because of the thick smoke in the cabin, so he had the players open the emergency exits to allow the smoke out, then told them to hit the floor.

As the plane broke through the clouds, Jurome spotted a corn field.

"I rolled the plane over to the right, just over some power lines, and touched down," said Lapointe. "There was a great big ditch about 20 feet in front of us. I slammed full power on, and we hopped over the ditch, plunked down and locked up the brakes."

"I told everybody to get out of the plane. I didn't have to ask them twice. 'The guys all had their lacrosse sticks, holding them like they were guns.'"

"Guys were jumping head first out of the plane, doing shoulder rolls," said Kendall. "The tail of the plane was engulfed in flames, and the cabin was full of smoke."

Continued on next page

2007 BC Lacrosse Coaches Clinic Schedule

DATES	COURSES	VENUE & CITY	Start Times
Mar. 9-10	Community Development/Level 1	Juan de Fuca Rec. Ctr.	Fri. 6:00 PM &
Mar. 9-10	Competitive Intro/Level 2	Victoria, BC	Sat. 9:00 AM
*Mar. 10-11	Community Development/Level 1	Fort St. John	Fri. 6:00 PM &
*Mar. 10-11	Competitive Intro/Level 2	Fort St. John	Sat. 9:00 AM
Mar. 17-18	Community Development/Level 1	Trail, BC	Sat. 9:00 AM &
Mar. 17-18	Competitive Intro/Level 2	Trail, BC	Sun. 9:00 AM
Mar. 16-17	Competitive Development/Level 3	Douglas Coll., New West	Fri. 7PM & Sat. 9AM
**MUST APPLY through BCLA to attend this clinic			
Mar. 23-24	Community Development/Level 1	Kwantlen, Langley	Fri. 6:00 PM &
Mar. 23-24	Competitive Intro/Level 2	Kwantlen, Langley	Sat. 9:00 AM
Mar. 24-25	Community Development/Level 1	Terrace, BC	Sat. 9:00 AM &
Mar. 24-25	Community Intro/Level 2	Terrace, BC	Sun. 9:00 AM
Mar. 31-Apr 1	Community Development/Level 1	Cranbrook, BC	Sat. 9:00 AM &
Mar. 31-Apr 1	Competitive Intro/Level 2	Cranbrook, BC	Sun. 9:00 AM
Mar. 31-Apr 1	Community Development/Level 1	Parkinson Rec. Centre	Sat. 9:00 AM &
Mar. 31-Apr 1	Competitive Intro/Level 2	Kelowna, BC	Sun. 9:00 AM
Mar. 31-Apr 1	Community Development/Level 1	Coll. of New Caledonia	Sat. 9:00 AM &
Mar. 31-Apr 1	Competitive Intro/Level 2	Prince George, BC	Sun. 9:00 AM
Apr. 6-7	Community Development/Level 1	Pinetree Comm. Centre	Fri. 6:00 PM &
Apr. 6-7	Competitive Intro/Level 2	Coquitlam, BC	Sat. 9:00 AM
Apr. 7-8	Community Development/Level 1	Hassen Arena	Sat. 9:00 AM &
Apr. 7-8	Competitive Intro/Level 2	Armstrong, BC	Sun. 9:00 AM
Apr. 13-14	Community Development/Level 1	Malaspina University	Fri. 6:00 PM &
Apr. 13-14	Competitive Intro/Level 2	Nanaimo, BC	Sat. 9:00 AM
May 4-5	Community Development/Level 1	Douglas College	Fri. 6:00 PM &
May 4-5	Competitive Intro/Level 2	New West, BC	Sat. 9:00 AM
May 4-5	Community Development/Level 1	Esquimalt Rec Ctr.	Fri. 6:00 PM &
May 4-5	Competitive Intro/Level 2	Victoria, BC	Sat. 9:00 AM

All clinics are 2-days Friday/Saturday or Saturday/Sunday

Community Development & Competitive Introduction = \$90
Competitive Development = \$100



Some BCLA clinics may be partially subsidized through the SportsFunder NCCP Subsidy Program

For more information call Technical Director Darcy Rhodes at the BCLA, 604-421-9755 or visit www.bclacrosse.com

2007 BC Lacrosse Officials Clinic Schedule

Lower Mainland Clinics

Date	Courses	Venue & City	Time
Mar. 3	entry, 1, 2	Kwantlen Univ. College, Langley	8:30AM-4PM
Mar. 10	entry, 1, 2	Kwantlen Univ. College, Richmond	8:30AM-4PM
Mar. 17	entry, 1, 2	Douglas College, New West	8:30AM-4PM
Apr. 15	entry, 1, 2	TBA, Abbotsford	8:30AM-4PM
Apr. 21	entry, 1, 2	Thomas Haney, Maple Ridge	8:30AM-4PM
Apr. 22	entry, 1, 2	Douglas College, New West	8:30AM-4PM

Interior Clinics

Mar. 4	entry, 1, 2	TBA, Penticton	10AM-4PM
Mar. 11	entry, 1, 2	TBA, Vernon	10AM-4PM
Mar. 18	entry, 1, 2	TBA, Kelowna	9AM-4PM
Mar. 19	entry, 1, 2	TBA, Kamloops	9AM-4PM

Vancouver Island Clinics

Mar. 3	entry, 1	Duncan	8:30AM-4PM
Mar. 3	entry, 1	Nanaimo	8:30AM-4PM
Mar. 10	level 2	Victoria	8:30AM-4PM
Mar. 10	level 2	Courtenay	8:30AM-4PM
Mar. 31	level 2	Duncan	8:30AM-4PM
Mar. 31	level 2	Nanaimo	8:30AM-4PM
Apr. 7	entry, 1, 2	Nanaimo	8:30AM-4PM

North Clinics

Mar. 31	entry, 1, 2	North Peace High School, Fort St. John	8:30AM-4:30
Apr. 14	entry, 1, 2	Quesnel Arena, Quesnel	10AM-5PM
Apr. 15	entry, 1, 2	TBA, Williams Lake	10AM-5PM
Apr. 21	entry, 1, 2	TBA, Mackenzie	10AM-5PM
Apr. 22	entry, 1, 2	College of New Caledonia, Prince George	10AM-5PM

Clinic Costs: Entry Level = \$ 30; Level 1 = \$45;
Level 2 = \$60; and Level 3 Minor = \$75

For more information call:
BCLA Technical Director Darcy Rhodes
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A Tradition To Celebrate (1937-2007 Burrards)

By: Stan Shillington

Every sport — baseball, football, hockey, soccer, etc. — embraces the continuity of a handful of teams to sustain the tradition of the game.

The Burrard Lacrosse Club proudly celebrates this time-honoured custom in the 2007 season — the organization's 70th consecutive senior lacrosse campaign in Western Canada.

It may be true that there were times when the Burrards were called the Burrard Westerns or Combines or Pils or Carlings and that home was where you found it — the Forum, Agrodome, Coliseum, Kerrisdale, Surrey or Maple Ridge; despite these changes dictated by a new venue or the economics of the day, everyone knew that, behind the survival tactics of commercialism, the team was still the Burrards.

Bill Calder, Les Dickinson, Ed Bayley and some of their old cronies from the Burrard Liberal Association conceived the need for a new club in the Inter-City Lacrosse League (ICLL) in the Fall of 1936, thus giving birth to the Baby Blue nine months later. The original sponsor was Ed Irvine whose only advertisement was a Maltese cross on the uniforms, the symbol of a popular soft drink of the day.

With franchise in hand, the founders set out to recruit players. Les Dickinson, who was named coach, naturally went after his young son Bill. The Province Bluebirds, a club guided by Ed Bayley from juvenile to senior in the early 1930's, had folded in 1936, therefore providing the Burrards with more young talent. Added to the mix were a few veterans to settle youthful enthusiasm. The Burrards were now ready for the boxla wars.

The 1937 team was a solid, exciting foundation to build a tradition of excellence: Bill Dickinson, Chuck and Bill Morphet, Walt Lee, George Gray, John MacDonald, Joe

Jenkinson, Roy Cavallin, Bert Bryant, Bill Chestnut, Roy Hope, Harvey Olson and Walt Ross. Filling the gaps in the shorthanded lineup were the likes of Les Davy, Cece McGavin, Bo Bradford, Jumbo McLean, Russ Proctor, Roy Hartney, Bob James, Bill Walker, Jack Smith and Len Woodward.

In the next year or two, the Burrards recruited cornerstones for the foundation — John Cavallin, John Dale, Pat Theal and Don Matheson. It was a fun ride to the top — from league basement in 1937 to the Mann Cup finals in 1940. Unfortunately, St. Catharines proved to be the wicked stepmother and the Cinderella Burrards were forced to wait until 1945 to gain the national title.

Les Dickinson surrendered the coaching chores after the 1940 season to Ed Irvine who was later followed by Ed Bayle and Chuck Jones before John Dale guided the unit to the 1945 Mann Cup with a mixture of returning Second World War servicemen and youngsters like Bo Bradford, Bill Harris, Ernie Smith, Frank Lee, Earl McDonald, Harry Buchanan and Roddy McLeod.

The Burrards took part in some of the most memorable lacrosse battles with Adanacs and Salmonbellies between 1946 and 1948 before the boys in blue, now under rookie coach John Cavallin, captured a second national championship.

By now, the club was known officially as the Burrard Westerns. Faced with a number of retirements and the collapse of the Richmond Farmers' franchise, the 1951 Vancouver club was renamed the Combines — not very original, but somebody must have liked it. In any case, it didn't last long; soon it was back to the Burrard moniker for a spell before a brewery marriage resulted in name changes to Pils and Carlings.

The teams of the 1960's were something to behold. Built by coach Jack McKinnon and

polished by Bob Marsh and Alex MacKay, Vancouver captured the Mann Cup in 1961, 1963, 1964 and 1967. It was a fantastic decade but, through it all, there remained the desire to get back to the Burrard name.

In 1970, Colin Cruickshank, Bill Dickinson and Peter Black, as president, vice-president and coach respectively, again adopted Burrards as the official team name. Pride made Burrards a boxla power with which to contend, but it took until 1975, under coach Ross McDonald, to win the Mann Cup once again. The feat was repeated in 1977.

Fourteen times the Burrards have fought for the Mann Cup — eight times they have succeeded.

The glory has been further polished by eight players named the Mike Kelly winner as the Mann Cup's Most Valuable Player -Frank Lee (1945), Don Matheson (1949), Bill Barbour (1961), Gord Gimple (1963), John Cervi (1967), Ron Pinder (1975) and Doug Hayes and Mike Smith (tied 1977).

And we mustn't forget the only shutout in the history of the Mann Cup — Don Hamilton's blanking of Brampton 13-0 on September 23, 1961.

Lacrosse, like any other sport, has suffered through highs and lows of popularity but, through the dark times as well as the good, the stars have always glittered.

There will always be debate over who was the best player to wear the Burrard uniform and the argument certainly won't be settled here. But the Canadian Lacrosse Hall of Fame has recognized 53 players who have worn the blue colours — 36 of whom spent virtually all of their productive years with Burrards, 13 who

had brief flings before moving on to other clubs and four who actually belonged to opposing teams but were picked up by Vancouver for Mann Cup play.

As a leader in the game of lacrosse, it should come as no surprise that the seed of creation, although fertilized and nurtured in New Westminster where the Hall of Fame is located, was actually implanted by the Burrards.

Look back, if you would, to 1960 — three full years before the Royal City enthusiasts applied to the Canadian Lacrosse Association for the Hall of Fame charter. An article appeared in the July 5, 1960, Vancouver program under the heading of "Anyone for a Lacrosse Hall of Fame?" which stated, in part: It is high time that these former stars are toasted for their contributions to Canada's national game. Once a player retires from lacrosse, his name becomes only a slight memory or it's forgotten altogether.....to forget them would be a crime.

Forty-eight names representing box and field lacrosse and builders of the game were honoured in 1966 as charter members. They, along with first-year inductees, found a place of honour at the official opening of the Hall on May 17, 1967. Each year since, new names have been added — the stars of yester-year and their exploits would not fade into oblivion.

In 1998, a "Team" category was added for the Hall to honour. The 1961 - 1967 Vancouver organization was inducted the following year. In 2004, the 1964 team was also inducted into the British Columbia Sports Hall of Fame.

Seventy years of glory — happy birthday and continued success.

Continued from page 24

Some of the players suffered bumps and bruises. The most serious injuries happened to Lapointe, who was literally thrown out of the plane when he opened the bathroom door, suffering slight burns to his face. His hair was burned off in the incident.

As the players stood in the cornfield and watched their ride home go up in a black puff of smoke, word of the team's plight had gotten out.

Residents of Pincher Creek, the Sprocket Indian Reserve, police, ambulance and fire department personnel, had rushed to the field to see if they could help.

"We got rides into Pincher Creek, and spent a few hours in a bar," said Kendall. "Media from across Canada heard of the story and were calling the bar to interview us."

For Kendall, then the sports editor at the Vernon Daily News, the biggest story of his career was unfolding right in front of him.

"I had my camera with me, in my bag," said Kendall. "As I was opening my bag in the field, I saw there was no film in my camera. My hands were shaking so badly as I loaded the film."

Ministry of Transport officials arrived and interviewed the pilots and the players before the team could charter a bus from Lethbridge, and drive home to Vernon. A Transport Canada official told Kendall the team had been fortunate to have Lapointe as its pilot.

"I called in a few markers that day," said Lapointe. "We were very, very, very lucky. Ten more minutes and there would have been a different outcome."

Ten members of the Tigers had boarded a second plane in Winnipeg, including current Fulton Secondary teacher Marty Stein, then a 20-year-old defenceman. Stein, Gary Gilchrist and Bruce Townsend left the team's celebration early to register for university.

"I got to Vancouver, registered at UBC, and caught another flight to Kelowna, expecting to arrive around the same time as the guys from Winnipeg," said Stein. "All the wives and girlfriends were at the airport when there was a phone call saying the plane crash-landed in Pincher Creek. It was my job to tell the girls about the plane, but that everybody was fine."

"Me and Gary went back to Vernon to drown our sorrows and got to the Lodge at the same time the guys arrived. After hearing some of their stories, I felt very lucky not to have been on that plane."

Unofficially, the cause of the fire has never been determined or proven. It might have been electrical. Lapointe believes it may have been a cigarette that started the blaze. The important thing was everybody was safe and alive.

That point was reiterated at the team's season-ending party at the Vernon Lodge. Lapointe was invited and the team named him the MVP, and gave him a medallion. Girlfriends and wives hugged him for bringing back their loved ones.

Tigers forward Bob Webber, the largest player on the team, reserved one final hug for his favourite pilot.

"He hugged me and squeezed me so hard, I thought he was breaking my ribs," laughed Lapointe. "He just wanted to say thanks for saving his life."

Lapointe has lost touch with most of the Tigers, the majority of whom remain around the Vernon area, but still has the medallion.

The Tigers flew — with a lot of trepidation — to Edmonton in 1977 to defend their title, then won a third straight national championship in the friendly confines of the Vernon Civic Arena in 1978.

The dynasty ended in 1979. After the team won a fourth-straight provincial title, the Tigers lost in the semifinals to eventual champion Ontario at the national finals, hosted by Quebec,

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Saskatoon Box Lacrosse Association Presidents' Message



It's funny how one small decision can lead to such an amazing role in life.

When I first walked into the Kinsmen arena 7 years ago, with my 11 year old son to sign him up in a sport I have never even heard of before, I never would have dreamed it would have taken me to where I am so many years later.

I have seen a lot of changes, met a lot of great people and continually get surprised every year on how our numbers grow, our coaches become so much better and we become much stronger, not only as an organization as a whole.

We have truly come along way with only just a small handful of people, but the amount of passion in these people is obviously enough to give us our strength of moving forward and continuing in the progress in this incredible game.

We had an amazing 2006 season with all provincial titles .Congratulations go out to all teams!

- Pee Wee Provincial Champions – Saskatoon Exterminators
- Tournament MVP - Hunter Wongstedt
- All Stars - Nolan German, Sam Murphy and Hunter Wongstedt
- Bantam Provincial Champions – Saskatoon Sevens
- Tournament MVP - Brett Boyko
- All Stars - Brett Boyko and Jonathon Ronn
- Midget Provincial Champions - Saskatoon Green Machine
- Tournament All Stars - Keegan Strueby and Luke Acton.
- PGLL Tier 2 Junior Provincial Champions – Saskatoon Steelers.

I am sure I have missed many many more names and players to add to this most incredible resume of extreme talent, this is why Saskatoon will host our first annual Banquet and Awards night, a chance to honor our homegrown talent at the end of next years play. Something us as an executive our most proud to be able to host.

As far as our 2007 season goes, this is going to be a great season. As usual we have our Pee Wee Silver Stick, Novice Festival and the Justin Sproat Memorial Tournament which is sure to be even more of a success then in the past. Also in 2007 we will host the Pee Wee Provincials.

So kids get your sticks warmed up, practice your moves and get ready for the best lacrosse season EVER!!! Looking forward to seeing all of you soon.

Bob Sullivan
SBLA President

2007 Calendar of Events Tentative as of February 2, 2007

March

2-4

Tentative SLA Development Weekend in Saskatoon

April

13-14

Box Lacrosse CBET Competitive Coach - Introduction in Saskatoon

TBA

Box Lacrosse CBET Competitive Coach - Introduction in Regina

TBA

Pee wee & Bantam Storm Provincial Team Open Selection Camps

May

TBA

Pee wee & Bantam Storm Provincial Team Open Selection Camps

TBA

Pee wee & Bantam Storm Provincial Team Final Selection Camps

25-27

Justin Sproat Memorial Bantam Box Lacrosse Tournament in Saskatoon

June

1-3

Intermediate Men's Field Provincial Championships in Regina

8-10

Silver Stick Pee wee Box Lacrosse Tournament in Saskatoon

16-17

Prince Albert Daily Herald Novice/Pee wee/Bantam Box Lacrosse Tournament

22-24

Pee wee Box Lacrosse Provincial Championships in Saskatoon

22-24

Novice Box Lacrosse Provincial Festival in Saskatoon

23rd

Tyke Box Lacrosse Festival in Saskatoon

July

6-8

Midget Box Provincial Championships in Moose Jaw

13-15

Bantam Box Provincial Championships in Regina

13-15

Junior Men's Field Provincial Championships in Moose Jaw

August

5-11

Pee wee Box National Championships in Whitby, Ontario

5-11

Bantam Box National Championships in Whitby, Ontario

22-26

Founder's Trophy – Junior B Box National Championship in Kamloops, BC

September

A31-2

First Nations Trophy – Junior Men's Field Nationals in Kitchener, Ontario

A31-2

Alumni Cup – Intermediate Men's Field Nationals in Kitchener, Ontario

October

5-7

Senior Men's Field Nationals in Coquitlam, BC

26-28

SLA Annual General Meeting at the Temple Gardens Mineral Spa in Moose Jaw

Please view SLA web site at www.sasklacrosse.net for an updated version of this Calendar of Events!

Registration Year of birth and Fees

- 1989-1986 Junior\$190
- 1992-1991-1990 Midget\$190
- 1993-1994 Bantam\$190
- 1995-1996 Pee wee\$190
- 1997-1998 Novice\$145
- 1999 & under Tyke \$115

For players requiring Kids Sport please contact by phone 220-7199.

AGM Meeting

Feb 4 2007

Starts 7 p.m

Cosmo Civic

3130 Laurier Dr

For bingos please call Geri @ 384-4667

Registration Dates

West Side

Feb 18 2007

7 - 10 p.m.

Cosmo Civic

3130 Laurier Dr

Registration Dates

East Side

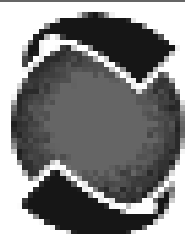
Feb 19 2007

7 - 10 p.m.

Lake wood Civic

1635 McKercher Dr

Check out the
Saskatchewan Lacrosse Association
Official Website at www.sasklacrosse.net



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Saskatchewan Lacrosse Association Pee wee & Bantam Provincial Teams

The Saskatchewan Lacrosse Association will be forming Pee wee & Bantam Box Lacrosse Provincial Teams in 2007.

The Pee wee Storm will travel to Whitby, Ontario for the Pee wee National Championships scheduled for August 5 - 11, 2007.

The Bantam Storm will also travel to Whitby, Ontario for the Bantam National Championships scheduled for August 5 - 11, 2007.

Management/Coaching of Teams:

The Saskatchewan Lacrosse Association is pleased to announce the appointment of the volunteer manager positions for the 2007 Minor Box Provincial Teams.

The 2007 Bantam Storm Box Provincial Team will be managed by Kim Maher of Regina. Kim has a wealth of experience in volunteering in lacrosse and hockey most notably acting as the QCMBL registrar for a number of years and acting as the 2004 & 2005 Pee wee Storm Provincial Team Manager and the 2006 Bantam Storm Provincial Team Manager. Kim was actually chosen as the 2004 SLA Volunteer of the Year and will be a great acquisition to the success of the 2007 Storm.

The 2007 Pee wee Storm Provincial Team still requires a Manager.

The SLA thanks Kim for taking this volunteer position that will provide 40 athletes and their parents with a positive memorable experience to cherish for the rest of their lives.



The coaches of both these team should be determined by the time this LacrosseTalk issue is published but were not finalized at the submission deadline. Please view the SLA web site at www.sasklacrosse.net

Team Selection Camps:

The dates and locations of the team selection camps have now been determined and are posted on the SLA web site. We look forward to seeing many players take advantage of this opportunity to further their knowledge and skill of this great game!

Prince Albert Box Lacrosse Registration Dates & Times

The Prince Albert Box Lacrosse Association will be holding registration on the following dates:

- MARCH 13TH 7:00 - 9:00 PM SUMMER GAMES BUILDING
- MARCH 20TH 7:00 - 9:00 PM SUMMER GAMES BUILDING
- MARCH 21ST 7:00 - 9:00 PM SUMMER GAMES BUILDING

The Daily Herald Classic Novice/Pee wee/Bantam Box Lacrosse Tournament – June 16 & 17, 2007, Entry Fee - \$300, 3 Games Guaranteed.

For information call Brad at 922-1746 or Dave at (306) 929-3371.

LACROSSE THE FASTEST GAME ON TWO FEET!!

Saskatchewan Lacrosse Association 2007 Provincial Championships

Intermediate (16 & under) Men's Field Provincial Championship
June 1-3, 2007 in Saskatoon

Junior (19 & under) Men's Field Provincial Championship
July 13-15, 2007 in Moose Jaw

Pee wee Box Provincial Championship
June 22-24, 2007 in Saskatoon

Bantam Box Provincial Championship
July 13-15, 2007 in Regina

Midget Provincial Championship
July 6-8, 2007 in Prince Albert



SLA Membership Fees

The Saskatchewan Lacrosse Association (SLA) requires each player, coach, and official to submit a \$25 membership fee each time he/she registers as a player, coach, and/or official with the SLA within our fiscal year (April 1 – March 31). This fee must be paid separately for athletes who play, coach and/or officiate lacrosse in different sectors.

For example:

If your son/daughter plays box and field lacrosse, then you will be required to pay \$25 for each sector - \$25 SLA fee for box sector and \$25 for the field sector. In fact, if your son/daughter also officiates or coaches, then your local club may be paying this \$25 fee again on behalf of him/her.

What does your Saskatchewan Lacrosse Association membership fee include?

- Insurance – approx. \$5 per person
- Newsletter - approx. \$5 per person
- CLA membership – approx. \$3 per person
- Provincial Championships
- Provincial Teams
- Administration
- Coaching Development
- Officiating Development
- Additional Canadian Lacrosse Association (CLA) charges for coaching/officiating development
- Promotion & Development of lacrosse throughout Saskatchewan

The revenues collected from the \$25 membership fee are essential fees to support the sustain-

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ATTENTION:

THE SASKATCHEWAN LACROSSE ASSOCIATION MEMBER ASSOCIATIONS MAY REQUIRE ADDITIONAL REFEREES FOR THE 2007 SEASON.

THE CLINIC SCHEDULE WILL BE FINALIZED IN THE NEAR FUTURE, PLEASE CONTACT YOUR LOCAL ASSOCIATION OR THE SASKATCHEWAN LACROSSE ASSOCIATION FOR MORE INFORMATION.



Alberta Lacrosse Association

Wanted – a few good teams from across Canada!!

If you're making plans for the summer, you might want to include the Calgary Canada Day 2006 Lacrosse Tournament. Last year's edition was declared a huge success with 69 teams entered from all across Canada. Victoria, Kelowna, Burnaby, Surrey, Regina, Saskatoon, and Toronto represented their respective provinces with the balance of the teams from all around Alberta. While the lacrosse was outstanding, the tournament is more than that. Canada Day celebrations, a free Stampede breakfast, entertainment and some great competition kept the players' busy all three days. To see the winning teams and information on the 2006 event, go to <http://www.okotokslacrosse.com/canada.htm>.

And if you thought the 2006 tournament was a great event, 2007 is promising to be even better! Again, all games will be held in Calgary's East Soccer Center where seven playing fields will be used at any one time. The games get underway on Saturday, June 30th so Friday the 29th can be used as a travel day for out of town teams. All participants are guaranteed five games: two on Saturday, two on Sunday and a playoff game on holiday Monday. The organizers do their best to ensure

all teams should encounter five different teams throughout the event. The tournament is for teams in the A and B category of the following boys' divisions: novice, pee wee, bantam and midget. Maximum teams per category is 10, so please note that we have a limited amount of spots available

Opening day on Saturday will kick off with a free Stampede breakfast for all teams and officials. Sunday is Canada Day and everyone will be celebrating the occasion all day at the soccer center. On Monday, it's back to business – playoff time!!

The fun doesn't stop with the end of the tournament. Tracey Kelusky - captain of the NLL's Calgary Roughnecks – and other NLL and MLL players will be hosting the 1st Annual Field Lacrosse Camp for two to three days of intensive clinics. This camp will hit the field on Tuesday, July 3rd. Watch our website

for more information to follow. Of course, if you're making the trip to Calgary, you and your family are also invited to stick around and take in the Greatest Outdoor Show on Earth. The Calgary Stampede takes over the city just a few days after the tournament on July 7th.

Please contact Ernie Antonchuk at

ernie@platinum.ca for more information on the 2007 Canada Day Lacrosse Tournament or visit our website ongoing updates at

<http://www.okotokslacrosse.com/canada07.htm>



Tier III Provincials a Big Success

Neill Fitzpatrick

(Editor's Note: This article missed the deadline for the last edition of Lacrosse Talk)

The culmination of a lot of hard work and determination took place in the summer of 2006 at the Chestermere Arena as the Tier III Provincial Tournament took place. The host team was the Strathmore Venom. The other teams that were able to advance to the tournament were the Vermilion Roar, the Medicine Hat Sun Devils, and the Hornets and the Mavericks from Calgary.

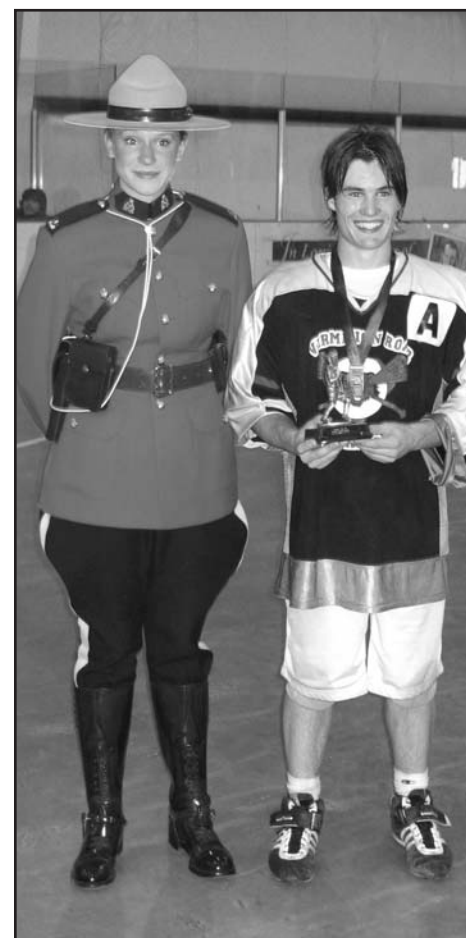
The tournament action led up to an exciting final between the Mavericks and the Sun Devils from "The Hat". Despite finishing the regular season without losing a game, the Sun Devils fell to the Mavericks in the gold medal match. The Vermilion Roar captured third place and the bronze medals.

Along with the overall awards, individual honours were also presented to the outstanding players of the tournament as chosen by the coaches and players of the opposing teams. The MVP for the tournament was Marc-Andre Filion of Vermilion.

The MVP for the championship game was Kyle Moore, the goaltender of the Mavericks while the Top Scorer award went to Jake Hayes and the Best Goals Against Average award was picked up by Strathmore Venom Goaltender Jeff Page.

The Provincials were also significant for the unveiling of the new trophy for Tier III lacrosse supremacy in Alberta. The Cicoria Cup was donated by Andrew and Connie Down-Cicoria of Calgary. This tournament organizers want to thank the Cicoria family for their donation and also say the event would not

have been possible without the efforts of Strathmore Lacrosse and Jodi Flannigan of Vitality Sports (www.vitalitysports.ca).



Tier III Provincial Tournament MVP Marc-Andre Filion-Vermilion Roar)

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Hyper Apparel Sask Lacrosse Shirt - \$30

(This product is similar to underarmour, however, these shirts are meant for wearing as a normal outer t-shirt)

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Please view the SLA web site for the complete listing of clothing apparel available:
<http://www.sasklacrosse.net>

Silver Stick Pee wee Lacrosse Tournament

- 3 games + playoffs
- June 8th to 10th, 2007
- \$300 entry fee
- 16 team limit

For details check our website at <http://www.sasktelwebsite.net/lacross/silver.html> or call (306) 384-3466



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SPECIAL THANKS TO THE FOLLOWING INDIVIDUALS WHO CONTRIBUTE MONTHLY THROUGH AUTOMATIC BANK ACCOUNT WITHDRAWALS!

BARRY STEWART
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CHAD FENRICK
CURT KEIL
MURRAY INVERARITY

Golden Memories of Red Deer Summer Games

Neill Fitzpatrick

(Editor's Note: It's been nearly a year since the city of Red Deer hosted the Alberta Summer Games, but for many of the athletes who took part, the memories are as fresh as if the Games had been held just yesterday. The many peewee lacrosse players who competed are no exception. In particular, it was a "golden summer" for the young athletes who represented Zone 4, the host zone, with many of them from the host city, Red Deer. The "Orange Crush" battled through a tough tournament and was able to come together as a team to capture the gold medal in the final. Some of those players put their Summer Games memories down on paper for Lacrosse Talk. In their words, here's what they remember from the summer of 2006.)

Braden Madill: "What an Experience!"

When I found out I got asked to try out for the Alberta Summer Games Lacrosse team I said "YES!". When I arrived at the tryouts, I had to get through three or four cuts in order to make the team. I knew this would be a hard team to make because most of the top players from the Red Deer area were there. When I made the team, I realized it would be a lot of hard work but with the guys we had on our team it was going to be a lot of fun. We had to go through a two week training camp to get ready for the real thing: the Summer Games. We did a lot of things together as a team. In addition to learning how to play together as a

team, we went to a movie, went bowling, and one of the best team-building events I've even been to: an Edmonton Eskimos football game. Because Coach Stearns knew the coach of the Winnipeg Blue Bombers, the Bombers signed a football and gave it to our team. We saw the cheerleaders too, which wasn't too bad!

All I can say about the tournament was that every game was really hard because we were playing some of the best players in Alberta. Every game was like an all-star game, but we just kept winning. Our team ended up in the gold medal game against Zone 5. (Editor's note: St. Albert, Sherwood Park, Fort Saskatchewan) They had a tough team and we knew we would have to play our best to beat them. By the end of the second period we were down by one goal. This was the first time we had been behind in any of our games. Our coaches didn't panic and they didn't change the game plan, they just told us they had confidence in us and they said they knew we could do it. In the end, our coaches were right. We scored two goals in the third period and won one of the most exciting game I have ever been a part of! Our team went crazy as we jumped on our goalie and began to celebrate. The arena was packed with people and it was amazing. Our team was sweaty and tired, but we had done it! We had won a provincial gold medal! This was one of the proudest moments of my life.

Adam Ferguson: "Summer Games = One Word: AMAZING!"

Tryouts started around June. They were tough and very nerve-wracking. After the first day, I remember telling my dad that I wanted to make that team. He told me that he went to the Winter Games when he was a kid and how much fun he had. That caused me to be even more determined to make it. Once the Roster was finalized, I was excited for two reasons: #1. I made it! #2. I was friends with nearly the entire team!

When the Games got going, it was a real blast. Every team from every sport from every zone was put into classrooms of schools around the city. After that there were the Opening Ceremonies, which were interesting and entertaining. I liked the fact that you did everything as a team and there was a zero percent possibility of being bored.

Our lacrosse team, Zone 4, to be exact, was quite successful. We ended up defeating Zone 5 for the gold medal. We were all overwhelmed with joy! The part I liked the most was hanging out with the guys, plus the fact that our title is Summer Games Lacrosse Champs! The Games ended with the Closing Ceremonies. This time were were sad because you knew it was over. Some advice: if you ever get the chance to do something this awesome, you should do it, because you never know what's going to be a once-in-a-lifetime experience.

Jordan (Hemi) Hemstad: "My Summer Games Experience"

Being part of the Zone 4 Alberta Summer Games lacrosse team was awesome. If anybody has the chance to try out for Summer Games, it's worth it. The tryouts were tough and challenging for all participants. As a team, we played a couple of exhibition games before the Summer Games, including one against Team Alberta.

Because our team was such a great bunch of guys with coaches who were fun and really helpful, we won every game including the Gold Medal game. Scoring the winning goal in the Gold Medal game was nerve-wracking. Another thing that was special for me was that my parents drove all night after going to Saskatchewan for a wedding, in order to be back in Red Deer to watch me play in the Gold Medal game. The funniest part was that I didn't know they were back until I saw my mom taking our picture after the game!

The Zone 4 team consisted of: Ryan Beatson, Tyler Bell, Trey Christensen, Tommy Cuthbertson, Tucker Dougherty, Brock Embury, Orrin Farries, Adam Ferguson, Jonathon Finnigan, Anthony Finnigan, Logan Fisher, Shane Gasser, Jodan Hemstad, Collin Jefferies, Tanner Lomsnes, Braden Madill, Ron Shudra, Braden Sparks and coaches Ole Stearns, Lawrence Farries, and Dan Jeffries.



ALA office information



- Registration
- Insurance questions
- ALA website
- Provincial championships
- Player transfers
- Travel permits
- Tournament requests
- General questions and concerns
- Clinics and development camps

The mailing address is:

Alberta Lacrosse Association Office
Percy Page Centre
11759 Groat Road
Edmonton, AB T5M 3K6
Email: ala_lax@telus.net

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Lacrosse is Alive & Well in Lakeland

Neill Fitzpatrick

In the winter of 2004, a pair of parents got together with a dream in mind. Ian Temple and Greg Folliott had the goal of introducing the great game of lacrosse to the Northeastern part of Alberta. With the guidance of the Alberta Lacrosse Association, Ian and Greg took their plan forward in the spring of 2005 to officials with the City of Cold Lake. They wanted the green light to push ahead and the youth of Cold Lake and the surrounding area another sport to get involved in. With financial help from many sponsors and support from the City of Cold Lake, the 2005 season was ready to hit the floor.

Registration for the first season was excellent with approximately 80 players signing up to play. But, as any lacrosse volunteer knows, the players are just the beginning. Ian and Greg managed to find some like-minded parents and Lakeland lacrosse had an executive to help organize the season. The goal of the first season was to introduce the players and coaches to the game by teaching the proper skills, techniques and rules. Thanks to the volunteers and the sponsors, equipment was purchased, from nets to shot clocks to goalie gear and more. Despite the challenges, everyone knew the association was headed in the right direction and soon Cold Lake hosted its first-ever lacrosse exhibition game between the

Vermilion Roar and the Lloydminster Brutes. The action in the exhibition game attracted coverage from the Cold Lake Sun newspaper and from the K-Rock radio station. Ryan McNish of the NLL's Calgary Roughnecks was on hand to sign autographs and pose for pictures with Lakeland's inexperienced, but eager lacrosse players. The lacrosse game and post-game barbecue were a huge success allowing the community a chance to see how the game of lacrosse is played.

Season #2 in 2006 saw the introduction of the Lakeland Lacrosse Association's new logo. A design competition was held that generated a lot of great ideas. The executive settled on Ronda Mahners submitted "HEAT" name and

logo. The 2006 season would see the Lakeland Lacrosse Associations "HEAT" compete in the Wheatland Lacrosse League for the first time against other communities in the northeast such as Kitscoty, Vermilion, Lloydminster, Wainwright, and Vegreville. Lakeland was represented by Novice, PeeWee, Bantam and Midget teams. 2007 will bring season #3 for Lakeland and all the volunteers, players and coaches are looking forward to even bigger and better results for all the Lakeland teams. For information on upcoming registration for 2007 and more on Lakeland lacrosse, check out our website at www.lakelandlacrosse.ca.

Edmonton Warriors Tournament Needs Teams

Neill Fitzpatrick

The plans are underway for the 2007 edition of the Edmonton Warriors Lacrosse Club's annual Ron Weltz Memorial Tournament. Once again this year, the event will take place during the May long weekend, from May 18 –

21.

The tournament is designed for both house and "A" level players with divisions for Tyke and Novice house as well as PeeWee Girls, Bantam Girls and Midget Girls. "A" level teams in PeeWee, Bantam and Midget can also

participate and the tournament will include a Junior B division this year as well.

Ron "The Bear" Weltz was an enthusiastic supporter of lacrosse in South Edmonton before his passing in 1998. He held numerous positions within the lacrosse club and could

always be found helping out in whatever areas there was a need.

For more information, you can go to the Warriors website: www.warriorlacrosse.ca. You can also contact Rosanna Hansen at (780) 432-6226 or via email at tournament@warriorlacrosse.ca.

2006 Lobster Trap Tournament



Fig Newton

On Aug 3-6 2006, Midget Lacrosse Teams from Nova Scotia, New Brunswick and Alberta came together for the annual Lacrosse Nova Scotia Lobster Trap Tournament. Hosted by the Dartmouth Bandits at the Shannon Park Arena since 1973 when Peterborough won the first twelve-team competition, this Lacrosse tournament is the longest running lacrosse event in the Maritimes.

Competition was fast and furious between the teams this summer and the benefits of a competitive Midget Lacrosse league in the HRM was evident as the play of the NS teams was greatly elevated over past years. This year's final saw an all Nova Scotia match up in an exciting and fast paced duel. Building upon the speed and talent of Ryan Morris, Dartmouth quickly established a lead and then set up a punishing defensive perimeter around a stellar performance in goal by Colin Spicer.

During the spring of 1973, Wayne Finck invited the Rexdale, Ontario Midgets to Halifax to partake in a planned four-team tournament. Rexdale was one of several teams that had hosted Wayne's midget team on a ten-day trip the year before; now the idea was to return the hospitality. Word quickly spread throughout southern Ontario and by July, eight teams were on the way east! In addition to four local teams, squads from St Catherines (2), Peterborough, Rexdale, Windsor, Nepean, Whitby (2) gathered in Canada's best hospitality town to play lacrosse.

The local lacrosse community rallied around the event. The president of Lacrosse Nova Scotia in 1973, John Barr, arranged with Petro Fina (the forerunner of Petro Canada) to donate the championship trophy. The result was the creation of the Lobster Trap, which continues to be one of the most unique awards in all of sport. The Lobster Trap was competed for

annually well into the eighties but as lacrosse faded in Nova Scotia so did the tournament. Following the last competition in 1985, the beautifully crafted Lobster Trap rested in several spots, among them the basement and stairwell at Sport Nova Scotia! In 2004, Wayne Finck found the trophy and had it refurbished and placed on display.

The tournament was then resumed in July 2004 after a hiatus of 19 years. As Lacrosse has returned to Nova Scotia – so has the Lobster Trap Tournament! In 2005, a tournament committee headed by Bob Friesen worked diligently to restore the legacy of the Lobster trap to its former stature as one of the Nova Scotia's premier sporting events. For more information including the dates and times of the 2007 version of the Lobster Trap 2-5 Aug please visit www.lacrossens.ca for registration forms and contact info.

Records are few and far between. If you know the missing tournament champions, please help us complete the records and you can win a free weekend pass to the tournament.

Past champions are:

- 1973 Peterborough
- 1974 Peterborough
- 1975 Unknown
- 1976 Hamilton
- 1977 Erindale
- 1978 Peterborough
- 1979 Erindale
- 1980 Unknown
- 1981 Unknown
- 1982 St Johns
- 1983 Unknown
- 1984 Unknown
- 1985 Unknown
- 2004 Dartmouth Bandits
- 2005 Calgary Axemen
- 2006 Dartmouth Bandits



Lacrosse Nova Scotia

2007 World Indoor Championship Update

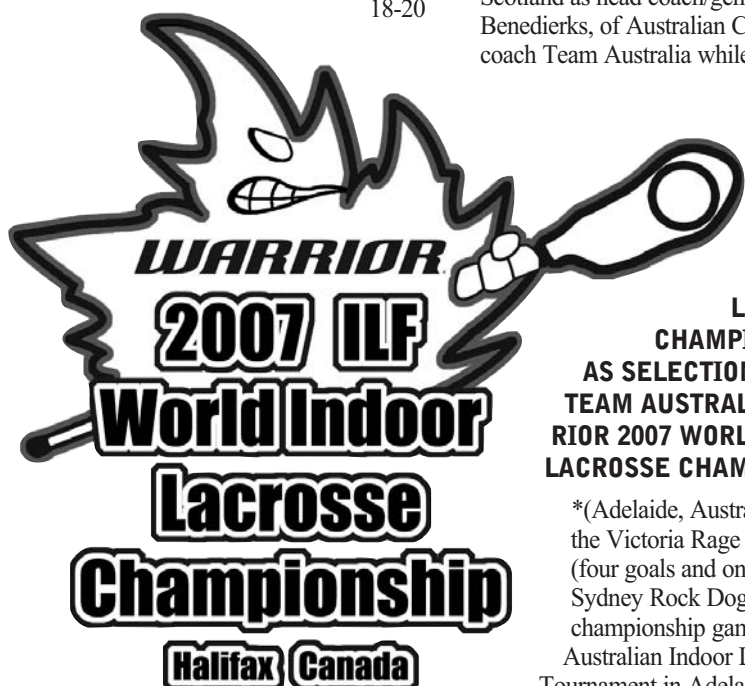
Dominic Nolasco

*WEEKEND CHAMPIONSHIP TICKET PACKAGES for the Warrior 2007 ILF World Indoor Lacrosse Championship May 14-20 at the Halifax Metro Centre are now available. Twenty games will be played throughout seven days and will consist of twelve round-robin games May 14-16 and eight WEEKEND CHAMPIONSHIP GAMES May 18-20.

Full tournament packages are available for all 20 games at the Warrior 2007 ILF World Indoor Lacrosse Championship. Tickets for adults, which include all round-robin games and the weekend games are \$197.00, service charges included. Tickets for youth 12 and under are \$127.00, including service charges.

Tickets are on sale at the Halifax Metro Centre Box office by phone (902) 451-1221 or on line at www.ticketatlantic.com

WEEKEND CHAMPIONSHIP PACKAGES include eight (8) games, with the quarters, semis, all medal games and the Final. See all eight nations play on the Victoria Day Weekend of May 18-20



for \$94 for adults and \$54 for Youth 12 and under, (services charges included).

Accommodation Packages are available from the Delta Hotel, our partner, or stay with the teams on campus at St. Mary's University Residence starting at \$30 a bed per night. Call Delta Hotels at 1 888 423 3582 or Saint Mary's University at 1 888 347 5555

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NOVA SCOTIAN LACROSSE PLAYER NAMED HONORARY REFEREE IN CHIEF FOR WARRIOR 2007 WORLD ILF WORLD INDOOR LACROSSE CHAMPIONSHIP

*Dartmouth, Nova Scotia born and second most senior referee for the National Hockey League, Don Koharski has been named honorary referee in chief for the Warrior 2007 ILF World Indoor Lacrosse Championship. Koharski, who played lacrosse for Nova Scotia at the 1969 and 1973 Canada Games, lives in Florida when he's not calling games on the ice. That '73 Canada Games team made a spectac-

ular run to the championship game, where Nova Scotia surprised everyone by taking the Silver medal, losing to powerhouse British Columbia in the gold-medal game.

HEAD COACHES NAMED FOR WARRIOR 2007 WORLD ILF INDOOR LACROSSE CHAMPIONSHIP NATIONAL SQUADS

*A long list of experienced NLL coaches have been named to squads in preparation for the Warrior 2007 ILF World Indoor Lacrosse Championship. Gary Gait, head coach of the Colorado Mammoth of the National Lacrosse League, will assume the same role with Team Canada, as they defend their 2003 World Indoor Lacrosse Championship. Calgary Roughnecks coach Chris Hall will coach Team England. Minnesota Swarm coach Duane Jacobs will coach the Iroquois Nationals in May. Nine-year NLL veteran and once famed dreadlocked Tom Ryan will coach Team United States in New York Titans assistant Paul Stewart will coach Team Ireland while Paul Suggate will once again lead Team Scotland as head coach/general manager. Ric Benedierks, of Australian Club Eltham, will coach Team Australia while Team Czech

Republic will look to Roman Pokorny as general manager and head coach

AUSTRALIAN INDOOR LACROSSE CHAMPIONSHIP SEEN AS SELECTION CAMP FOR TEAM AUSTRALIA AT WARRIOR 2007 WORLD ILF INDOOR LACROSSE CHAMPIONSHIP

*(Adelaide, Australia) - Tim Fry lead the Victoria Rage with five points (four goals and one assist) over the Sydney Rock Dogs, 14-9, in the championship game of the Auslax Australian Indoor Lacrosse

Tournament in Adelaide, South Australia Jan. 26-29. Fry, who played for the San Jose Stealth of the National Lacrosse League, had 18 points in the three day tournament, which saw four teams represent three states in Australia and was named the Warrior MVP. The tournament was held as a selection camp for the upcoming Warrior 2007 ILF World Indoor Lacrosse Championship, set for Halifax, Nova Scotia May 14-20.

In the consolation game, both South Australian teams battled each other, with the SA Eastern Fire edging the SA Western Wave 17-16. Leigh Perham and Mark Mangan each had five points apiece while Mark Norton had six points for the Western Wave (five goals, one assist) in the lost. Mangan led all scorers with 22 points in the tournament.

The Sturt Lacrosse Club of Adelaide hosted the tournament and according to Tim Dickson, tournament director, sees it as an annual event that can attract teams from across Canada. "It would be a great experience for the visiting teams and would also help promote indoor lacrosse in Australia," Dickson said.

Interested teams should contact Tim Dickson at tdickson@auslax.com

TEAM CANADA RELEASES SEVENTY PLAYER WATCH LIST FOR WARRIOR 2007 ILF WORLD INDOOR LACROSSE CHAMPIONSHIP

Goalies	NLL Team	Member Association
Anthony Cosmo	San Jose	Victoria - BCLA
Steve Dietrich	Buffalo	Brooklin - OLA
Matt Disher	Minnesota	
Dallas Eluik	Portland	
Erik Miller	Chicago	Brampton - OLA
Gee Nash	Colorado	Brooklin - OLA
Pat O'Toole	Rochester	Peterborough - OLA
Curtis Palidwor	New York	
Nick Patterson	Minnesota	
Bob Watson	Toronto	Brampton - OLA
Left Offence	NLL Team	Member Association
Dan Carey	Colorado	Peterborough - OLA
Colin Doyle	San Jose	Brampton - OLA
John Grant Jr.	Rochester	Peterborough - OLA
Sean Greenhough	Philadelphia	
Kelly Hall	Minnesota	Victoria - BCLA
Derek Malawsky,	Arizona	Victoria - BCLA
Jeff Ratcliff	Philadelphia	Victoria - BCLA
Josh Sanderson	Toronto	Brampton - OLA
John Tavares	Buffalo	Akwasane - OLA
Shawn Williams	Rochester	Brooklin - OLA
Right Offense	NLL Team	Member Association
Craig Conn	Arizona	
Dan Dawson	Arizona	Victoria - BCLA
Shawn Evans	Rochester	Peterborough - OLA
Scott Evans	Rochester	
Athan Iannucci	Philadelphia	
Tracey Kelusky	Calgary	
Blaine Manning	Toronto	
Gavin Prout	Colorado	Brooklin - OLA
Lewis Ratcliff	Calgary	
Kaleb Toth	Calgary	
Ryan Ward	Minnesota	
Luke Wiles	San Jose	Barrie - OLA
Aaron Wilson	Toronto	Brampton - OLA
Jeff Zywicki	San Jose	Brooklin - OLA
Left D-Transition	NLL Team	Member Association
Cam Bergman	Edmonton	
Nick Carlson	Colorado	
Pat McCready	Buffalo Brampton - OLA	
Chris Seller	Arizona	
Ryan Sharp	Portland	
Rob Van Beek	Philadelphia	
Jim Veltman	Toronto Ajax Pickering - OLA	
Right D Transition	NLL Team Member Association	Member Association
Stephen Hoar	Rochester	Brooklin - OLA
Geoff Snider	Philadelphia	
Mark Steenhuis	Buffalo	Barrie - OLA
Kerry Susheski	Calgary	New West - BCLA
Steve Toll	Rochester	Brooklin - OLA
Left Defense	NLL Team	Member Association
John Gallant	Colorado	
Brodie Merrill	Portland Brampton - OLA	
Jim Moss	San Jose	
Bruce Murray	Arizona	
Phil Sanderson	Toronto Brampton - OLA	
Billy Dee Smith	Buffalo Six Nations - OLA	
Andrew Turner	Edmonton Victoria - BCLA	
Cam Woods	Chicago	
Brad MacDonald	Arizona	
Craig Gelsvik	Calgary	
Kyle Sorensen	San Jose	
Ian Rubel	Toronto	
Right Defense	NLL Team	Member Association
Rich Catton	Colorado	
Kyle Couling	Buffalo	
Ryan Cousins	Minnesota	Peterborough - OLA
Nenad Gajic	Colorado	
Rory Glaves	Edmonton	
Thomas Hajek	Philadelphia	Victoria - BCLA
Peter Lough	Arizona	
Patrick Merrill	Toronto	Brampton - OLA
Scott Self	Arizona	Peterborough - OLA
Peter Veltman	Arizona	
Chris White	Buffalo	Peterborough - OLA
Taylor Wray	Calgary	
Andrew McBride	Calgary	

Maritime University Field Lacrosse League 2006 Championship Weekend

Fig Newton with input from Brendon Smithson.

During an exciting championship weekend at Acadia University in Wolfville Nova Scotia, the Maritime University Field Lacrosse League hosted the Metro Minor Field Lacrosse League Championships to create a concentrated weekend of Lacrosse that the Maritimes has never seen before! Under the gracious hosting of Trevor Avery and the Acadia Laxmen, all Halifax minor field lacrosse teams and the top four MUFLI teams gathered in the picturesque town of Wolfville to endure a warm weekend of hospitality and competition despite the frigid temperatures!

On the MUFLI side of the competition, Saturday's semi-finals saw the Dalhousie Tigers down the UNB Generals 13 – 6 and the St FX X-Men drop the host Acadia Laxmen 16 – 7. Following the awards banquet Saturday night, the St Francis Xavier X-Men captured their first MUFLI championship and Scotiabank Cup beating the defending champion Dalhousie Tigers by a score of 10 – 6 at Acadia University in Wolfville. The X-Men opened the first half with a vengeance, winning the majority of the draws and charging every loose ball all over the field. The X-men offence continued their strong performance grinding the Dalhousie defenders down and feeding the open man. Karl Augustin and Jamie MacDonald had 2 goals each in the first half creating an X-Men lead of 6 – 3 at half-time. The second half was a different story for the Tigers as they came out controlling the play and spending more than 12 minutes of the third quarter in the offensive zone! Despite the pressure, the X-Men defence played well allowing only one goal in the quarter. Dalhousie clawed their way back into the game in the fourth quarter and a goal by Kevin Ostrovsky with 17 minutes left brought the Tigers within one. However, the X-Men gathered strength from bitter memories of last year's final game, netting 3 goals in the last 10 minutes and walking away with their first MUFLI championship 10 – 6. Karl Augustin was named MVP of the tournament and was the leader for the X-Men in every area of the game. "This was our goal all season long," said Coach Smithson, "I can't say enough about these guys, they gave everything they had and played with heart."

During the weekend, the Maritime University Field Lacrosse League hosted a season finale banquet and announced the 2006 award winners and the 2006 TELUS men's field lacrosse first team all-stars as selected by the MUFLI coaches and League executives. Each winner received a plaque to take home with them. The TELUS All Star Team members are:

Goalie

Tyler Northrup – UNB Generals

Defence

Ian Cameron – Dal Tigers
Ben Sweet – Acadia Laxmen
Andrew Knight – StFX X-Men

Midfield

Matt Redden – StFX X-Men
CJ Morrison – Acadia Laxmen
Karl Augustin – StFX X-Men

Attack

Lee Frittenburg – Acadia Laxmen
Nick MacLellan – SMU Huskies
Fraser Chapmen – UNB Generals

The 2006 MUFLI award winners follow. UNB General's MacKenzie Mallet is the 2006 Maritime University Field Lacrosse League Freshmen of the Year. In his first year MacKenzie played the X for UNB and finished with 26 points including a league-leading 10 assists. Mallet had the chance this season to play in his home town of Fredericton, NB, and



2006 MUFLI Champions St. Francis Xavier X-Men



2006 U13 Champions - Huskies



2006 U16 Champions - Xmen

next season will likely be returning to the US for school and lacrosse.

Acadia Laxmen CJ Morrison was named 2006 Senior of the Year. Described as the Jeff Snider of the MUFLI, CJ won more than 85% of his draws. Day in and day out CJ gave the Laxmen a chance to win every game forcing the defence to step up time after time to counter a fast break situation. Even with a separated shoulder in the semi-final game CJ put in one of the toughest performance in MUFLI history, playing with only one shoulder and

still winning most of the draws. CJ had this to say about the award "Receiving the top senior award from my peers and competitors is not only personally gratifying but also validates the hard work, passion, and time I've put into Acadia lacrosse. The league is growing in prosperity with every year, and it is with great honor that my name will be placed beside the great players that will soon follow."

UNB Generals Tyler Northrup was named 2006 Goalie of the Year. Tyler stepped into nets after the 2nd game of the season and gave

head coach Wayne Mallet a building block on the back end. Tyler was also the starting goalie for Team New Brunswick in the Ross Victory Cup this season. Tyler will be returning next year to the Generals and will be hoping to continue his strong performance and bring the Generals a MUFLI championship.

Dalhousie Tiger Ian Cameron was the Harrow Defensemen of the Year for the second year in a row. After fracturing his forearm in the off-season, Ian was unsure if his lacrosse skills would measure up to last year. Ian never missed a beat! In every game he marked the top offensive players and lead one of the best defensive units in the MUFLI. Ian was also named to Team Nova Scotia for the Ross Victory Cup where he started all five games for his province. Ian had this to say about this award "It was a huge surprise to be named Defensive Player of the Year and a First Team All-Star for a second straight season. I didn't feel that I had had the same kind of year that I did first year as I was rebounding from surgery but it is always nice to get the recognition and I am extremely honoured." Ian will be returning to the Tigers next year and plans to play for team Nova Scotia again this summer.

For the second year in a row Brendon Smithson of the 5 – 1 St FX X-Men captured the 2006 Coach of the Year. Smithson lead the X-Men to their best season at 5 – 1 and their season grand finale as the MUFLI champions. The X-Men finished second in goals for and a league-best 40 goals against. Smithson was also named coach of Team Nova Scotia for the Ross Victory Cup where he was recognised as the first team all-star coach of the tournament.

Karl Augustin of the St FX X-Men is the 2006 Adanac Lacrosse MVP of the Year. Karl is the captain of the St FX X-men has been the biggest part of the X-Men success. "Karl can do everything from scoring, clearing, lose balls, draws and defence" said Coach Smithson. Karl was also part of the Team Nova Scotia Ross Victory Cup team and was named assistant captain of the team. Karl proved his leadership and dedication in the playoffs leading the St FX X-Men to their first MUFLI championship. "Last years loss in the finals really was the real driving force for me. I knew we had a talented team, so I made it my job to do everything in my power to make sure we took home the cup this year. Everything I did on and off the field was for this team and in the end we won the championship. It was nice to receive a little recognition as the MVP of the league but the championship was the goal."

On the Metro Minor Field Lacrosse League side, all four Under 13 and Under 16 teams played a double loss format playoff on the wind ravaged Acadia sports fields. Parents and spectators wrapped themselves in sleeping bags and blankets to hold off the wind while the brave athletes ran around the fields. Acadia University did an excellent job hosting the championships and included a welcomed warm lunch for all potential University candidates. All the athletes were impressed with the Acadia facilities and enjoyed their campus tours.

In the Under 13 championships, Lawrence Taylor's Huskies held off a rapidly improving Grant/Sampson Xmen in an exciting final game to win 8-3. Wayne Finck from Adanac Lacrosse and Justin Smith from Warrior Sports were on hand to present the Adanac Trophy to the league champions. Coach Taylor now has his name on both the U13 and the U16 plaques! On the Under 16 side, Brian Leightizer's Xmen used the wall-like characteristics of keeper Mitch Hannigan to build a fast turnaround offence and hold off a charging Huskie team coached by Pierre Clement.

Lance Isaacs

By: Stan Shillington

He was just 30 years of age, in apparent good health, and involved in an exciting lacrosse match.— suddenly, he collapsed.

Minutes later, with his Toronto Marlboro teammates watching in stunned disbelief, Lance Isaacs was dead.

Born on the Six Nations Reserve in Ontario, Lance displayed unusual skill and sportsmanship as he and brother Bill rose to stardom with teams in both Canada and the United States.

While still youngsters, the brothers joined Brantford's Haldimand Rifles of the Ontario Amateur Lacrosse Association, eventually capturing the 1932 Intermediate championship.

During the winter months, the Isaacs and other Six Nations' athletes toiled with the Rochester Iroquois club in the New York State League. Then, in 1935, both lined up with the Burlington Combines for two seasons before joining the Toronto Marlboros.

On July 19, 1937, the black pall of mortality fell over Maple Leaf Gardens.

Lance showed no signs of ill-health during his many shifts with line-mates Bill Brunskill, Smiley Young and brother Bill. But, as the players made their way into the dressing room at halftime, Lance suddenly sat down on the end of the rubbing table, grabbed his chest, and uttered "Hey."

With that, he fell over backwards in what his shocked teammates thought was a faint. Minutes later, while cradled in his brother's arms, Lance passed away from what was determined to be heart failure.

Garden officials immediately called off the game and gave the 600 spectators pass-out checks for a future game. The opposing team, Brampton Excelsiors, paid tribute to the memory of Lance Isaacs by allowing the game to stand as a regular contest, the score being 7-5 for Marlboros at the halfway mark.

It was a magnificent sporting gesture on the part of Excelsiors as Lance Isaacs had scored the seventh and final Marlboro goal just 54 seconds prior to the completion of the second period.

During the winter months, the Isaacs and other Six Nations' athletes toiled with the Rochester Iroquois club in the New York State League. Then, in 1935, both lined up with the Burlington Combines for two seasons before joining the Toronto Marlboros.

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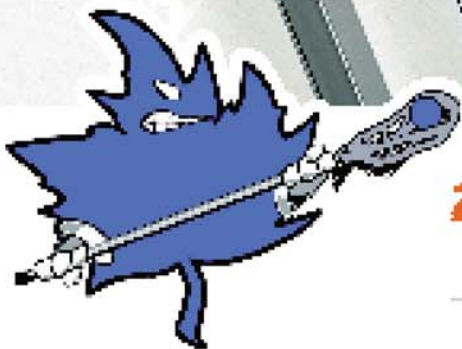
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