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LacrosseTalk

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Queen Honours
Lacrosse
Volunteers

Sohen Gill



Chris Gill



= The Greatest Assist



By: Teddy Jenner

As kids we looked up to our parents with wide eyes, in awe of these great beings that control our every move while trying to make sure we have all we need and or want. There's nothing they can't do in our eyes and while kids often turn to big name athletes, pop stars or the latest newsmaker as idols, in the end, it's our parents who are our heroes and we would do anything for them.

But when saying that as kids we really had no idea. Our parents were invincible. How often were we ever in a position to actually do "whatever it took" to give back? We can love, we can take care and we can even take them in to our homes when they get on in years. And for most of us, that's all we will ever have to consider.

But consider this; what happens when giving back means giving the biggest gift possible? Giving life.

The answer for Chris Gill was simple. "...when a person needs a kidney to live and they're family? It's an automatic no-brainer."

If you don't know the story of Chris and his father Sohen Gill -- it's a life long journey of a son following in his father's footsteps, doing as his father did then having to make a decision that was life changing for both.

For years, Sohen Gill was a Vancouver, BC Firefighter -- oddly enough if you go through the professions of many of lacrosse's top stars, Firefighter is near the top of the most popular. Conventional thinking would lead you to the team mentality of working in a fire hall as drawing lacrosse players to one of the most demanding jobs but it's also perhaps the ability to make a difference, give back and be a hero.

Back in 1990, while fighting a fire in Kitsilano, the elder Gill, who was the acting Fire Captain at the time, fell through the roof of a house and was almost killed. After nearly 26 years, a Firefighter's worst nightmare, being injured while fighting a blaze had become reality. Gill suffered severe burns to his face, hands,

legs and lungs but much worse, was the damage to his kidneys. He spent nearly two and a half years in rehabilitation, eventually retiring after 30 years of service. In 1992, Gill was honoured as Firefighter of the Year in Vancouver.

While in hospital, nearly 24 hours after the accident his kidneys failed. He would be later diagnosed with Kidney Disease and so began a long arduous recovery process that would see him in and out of hospitals on a far too regular basis.

"I was given three options at the time -- eventually I'd be going on dialysis, if I didn't do that I'd have to get a transplant or the third one which I didn't like too much was death." Gill was and has always been one to meet a challenge head on. When he was a young Indo-Canadian boy growing up in North Burnaby, he often heard racist remarks while playing the game he loved but instead of running and hiding, he opted to run and score. He couldn't exactly run while hooked up to a dialysis machine three times a week for five hours at a time but he most definitely could fight back.

Kidneys are a funny organ inside the human body -- we have two of them but we actually only need one to survive. A preferred kidney donor is from within the family, as the chances of finding a perfect match from somebody that isn't related to you in one in 100,000.

Towards the end of 2012, Sohen's need for a kidney became imperative. It was his son's chance to give back. And on November 28, 2012 he did -- giving his father one of his kidneys.

Sohen's only son, Chris, followed his father down the path of battling the city's blazes and keeping families across the lower mainland safe. Fighting fires and playing lacrosse runs strong in the Gill bloodlines.

Chris may be one of the best players to ever come out of British Columbia collecting accolades from every team and league he has played in. Most recently he can be found behind the bench as an assistant coach for the New Westminster Salmonbellies of the WLA where after a long and storied playing career, he realized he couldn't stay away from the game and his other family.

Family is important to the Gills. No matter if it's your direct family, your lacrosse family or your fire-fighting family, you stand up for them, you fight for them, you love them and you do whatever it takes to keep that family whole.

During his career, Chris Gill was known as one of the best and most naturally gifted goal scorers in the game. Always with a knack of finding the back of the net from the toughest of angles and a hunger to win that never stopped until the final whistle.

Both father and son are recovering well from their surgery. Both Sohen and

continues on page 4

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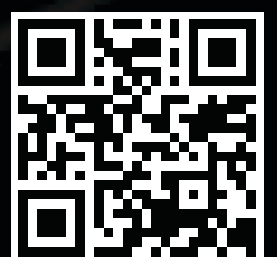
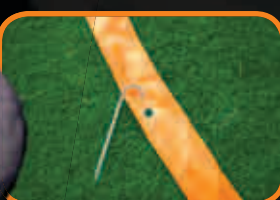
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BCLA Ballywood AGM Merit Awards



Photo: Jeff Gombar

Terry Mosdell, BCLA VP of Development, was named Mr. Lacrosse being named the 2012 recipient of the Tom Gordon Plaque.

By LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the 2012 Annual General Meeting on October 12-14 in Whistler, BC. Every year, this event includes meetings for various directorates, a lacrosse trade fair, a hospitality social gathering and the annual merit awards banquet. Over 250 delegates were registered for the meetings and close to 500 participants attended the BCLA Annual Merit Awards Banquet.

This year's "Ballywood" theme proved to be a ball! This AGM was a year in the making, and by all reports from our members, a resounding success!

"The event was absolutely fabulous and one of the best we've ever had – it was phenomenal," stated BCLA President Sohen Gill. "The DVD [Year-in Review] by Paul Winterton brought tears to my eyes seeing the girls get their gold medals -- and I got my butter chicken!"

The 2012 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna Cable, VP Administration – Don Scott, VP Operations - Greg Toll, VP Performance Programs - Ron McQuarrie, VP Development - Terry Mosdell and Director at Large - Dave Jenkins.

On Saturday October 15, the BCLA hosted the annual buffet breakfast for the delegates, families and sponsors. Over 350 people attended the breakfast in preparation for meetings and the afternoon AGM.

In the evening, the gala BCLA Merit Awards Banquet took place on the main stage at the Whistler Conference Centre. The Ballywood theme was apparent with many people dressed up in traditional, and colourful, East Asian attire. Guests were welcomed at the entrance by the Shiamak dancers and our Ballywood movie producer hosts, Kneedeep and Godeep, and their ever-so eloquent sidekick, Jazzminder. All females who entered the banquet were offered traditional bindis to wear for the evening. Many banquet participants dressed up in costumes to celebrate the achievements of the volunteers -- none more apparent than the numerous tables full of Salmonbellie and Adanac representatives in their colourful matching costumes!

The evening was once again emceed by lacrosse's own Dave Evans and Pete Quevillon of Kidsport. The banquet crowd was entertained by the antics of our Ballywood directors, but it was the incredible dancing of the Shiamak dancers that stole the show entertaining the masses, and at one point, getting the entire banquet on their feet dancing. Once again, Paul Winterton created an incredible year-in-review DVD that wowed the crowd.

The BC Lacrosse Association annually presents the BCLA Merit Awards to the many lacrosse volunteers who commit their free time to the sport of lacrosse. Eighteen Merit Awards were handed out during the 2012 Merit Awards Banquet held Saturday October 13 at the Whistler Conference Centre.

The 2012 BCLA Merit Award recipients were as follows: Ted Fridge Family Spirit Award (presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially) – The Angell Family (Darren, Shawna), Nanaimo; Hugh Gifford Merit Award (Box & Field Lacrosse-accomplishments of instilling sportsmanship in their players, their leadership and contribution toward improving the image of lacrosse) – Box Lacrosse: Debbie Berg (Team BC Female Bantam team) and Field Lacrosse: Fred Lachlan

(Team BC U19 Men's Field team); Ruth Seward Merit Award (Box & Field Lacrosse-award to recognize an individual at the local level for their voluntary, extraordinary contributions to an association or team) – Box Lacrosse: Chris Comeault (Ridge Meadows Minor Lacrosse) and Field Lacrosse: Shane Mousseau (Mid Island Field Lacrosse); Norm Wright Merit Award (award presented to member of the media who is deemed to have contributed to the promotion of lacrosse) – Teddy Jenner of the Team 1040 and Team 1410 (Vancouver); Jimmy Gunn Merit Award Senior Official: Nick Thomas (BCLOA); Jimmy Gunn Merit Award Minor Official: Jody Weatherby (Surrey); Jimmy Gunn Merit Award Field Official: Kody Moleschi (Delta); John Cavallin Merit Award Senior Coach: Shaun Springett (Delta Islanders Junior A Lacrosse team); John Cavallin Merit Award Field Coach: Dan Cleemoff (Mid-Island Youth Field Lacrosse); Bill McBain Merit Award Minor Coach: Josh Wahl (Port Coquitlam Minor Lacrosse Association); Art Daoust Merit Award (Box & Field Lacrosse award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially) – Box Lacrosse: Ed Ponsart (Coquitlam Adanacs Senior A team) and Field Lacrosse: Rick Higgs (Vancouver Island Field Lacrosse); Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) – Port Coquitlam Minor Lacrosse Association; and the Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship) – Warrior Sports Canada.

And the most prestigious BCLA Merit Award an individual can receive, the Tom Gordon Plaque, given to an individual who has done the most for lacrosse in the past year, was awarded to longtime coach clinician, official clinician and developer, Terry Mosdell. Mosdell has served on the BCLA Executive as the VP Development and has been a main cog educating coaches and referees for many years, let alone being one of BC's most active box and field lacrosse officials the past few years.

"This is an incredible accolade of which I never expected in a million years," stated Mosdell. "I'm very grateful for being nominated let alone receiving such a prestigious award.

Congratulations to all merit award recipients, President's Award winners and executive members for their continuous hard work in making lacrosse one of the greatest sports organizations in BC. In the SPIRIT of the game, we thank you!

BCLA Presidents' Award Recipients

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Thirty BCLA Presidents' Award recipients were announced at the 2012 AGM over the October 14-16 weekend.

The Presidents' award promotes and celebrates the spirit of volunteerism by annually giving BCLA organizations an opportunity to acknowledge and thank an individual who has demonstrated outstanding dedication and commitment to lacrosse within their organizations. Each nomination is the selected winner for their local community senior league or minor box lacrosse or youth field lacrosse associations.

The 2012 BC Lacrosse Association Presidents Award winners are as follows:

Rob Adachi (Mission Minor Lacrosse), Clint Alexander (Kelowna Minor Lacrosse), Michelle Bailuk (Ridge Meadows Minor Lacrosse), Bryan Baxter (Team BC – Pee Wee Box Lacrosse), Cori Beaugard (North Okanagan Minor Lacrosse), John Beevor-Potts (Shuswap Minor Lacrosse), Francine Belanger (Thompson Okanagan Junior B League), Debbie Benoit (Campbell River Junior B Club), Debbie Berg (Team BC - Female Bantam Box Lacrosse), Carolyn Brown (Langley Minor Lacrosse), Scott Browning (Team BC - U16 Field Lacrosse), Kate Caris (Pacific Rim Field Lacrosse), Natalie Cashmore (Nanaimo Raiders Field Lacrosse), Mike Constantine (Surrey Minor Lacrosse), Pat Coyle (Team BC - Female Midget), Lana Deruyter (Chilliwack Minor Lacrosse), Leah Emery (Kamloops

Minor Lacrosse), Nicole Ferrie (Vancouver Minor Lacrosse), Bonnie-Jean Foulds (Prince George Senior Lacrosse League), Tracey Green (Prince George Minor Lacrosse), Kristie Hanson (Coquitlam Minor Lacrosse), Brad Hara (Pacific Coast Field Lacrosse League), Debbie Heard (Burnaby Minor Lacrosse), Tyler Heavenor (Peninsula Minor Lacrosse), Stacy Hemmerling (Pt. Coquitlam Minor Lacrosse), Mike Husband (New Westminster Minor Lacrosse), Terri Jones (Comox Valley Minor Lacrosse), Fred Lachlan (Team BC - U19 Field Lacrosse), Scott Leibich (North Delta Minor Lacrosse), Toni Leies (Team BC - Bantam Box Lacrosse), Tyson Leies (Team BC - Bantam Box Lacrosse), Julie Marriott (Saanich Lacrosse), Pam Mason (Richmond Lacrosse), Danita McDole (Team BC - Midget Box Lacrosse), Al McLean (Campbell River Minor Lacrosse), Bruce Merner (Nanaimo & District Minor Lacrosse), Derek Milani (Team BC - Midget Box Lacrosse), Irene Morrison (Nanaimo Junior B Lacrosse Club), Tricia O'Hagan (New Westminster Minor Lacrosse), Larry Olliffe (Coquitlam Adanac Senior A Lacrosse Club), Sandra Osterby (Langley Minor Lacrosse), John Pearson (Langley Field Lacrosse), Laura Lea Perez (Team BC - U16 Field Lacrosse), Jennifer Robertson (Quesnel Minor Lacrosse), Don Rorison (Cowichan Valley Minor Lacrosse), Richelle Schmelz (Pt. Moody Minor Lacrosse), John Shafi (Oceanside Minor Lacrosse), Duncan Shanks (Team BC - Female Midget Box Lacrosse), Sue Shanks (Team BC - Female Midget Box Lacrosse), Trevor Smith (Delta Minor Lacrosse), Amy Sommer (Cranbrook Minor Lacrosse), Brian Spaven (Team BC - U19 Field Lacrosse), Dan Stroup (Team BC - Female Bantam Box Lacrosse), Josh Wahl (Team BC – Pee Wee Box Lacrosse),



Photo: Jeff Gombar

Tricia O'Hagan receives a BCLA Presidents' Award from Sohen Gill and New Westminster Minor Association President, Jamie Stewart.

Cheryl Whyley (North Island Youth Field Lacrosse) and Les "Wally" Wolanski (Delta Field Lacrosse).

Individuals in attendance at the 2012 BCLA AGM were honoured in a short ceremony during the merit award banquet and received a nice watch from a representative of their league or association to commemorate their volunteer achievements. Thank you for all you do for lacrosse.

O'Connor a Community Sport Hero



VKMLA's O'Connor a Community Sports Hero.

By: LacrosseTalk Staff

Vancouver-Killarney Minor Lacrosse Association's Michael O'Connor was the latest BCLA volunteer to be recognized by the Sport BC, Community Sports Hero program. When told of his nomination, O'Connor was in complete disbelief.

"I am gob-smacked and flattered all at the same time," stated O'Connor.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards presented by Teck, honours outstanding sport volunteers in communities across British Columbia. The awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. Through the relationship with Teck, Sport BC travels to 8 communities per year across British Columbia and celebrate sport volunteers in local communities, Vancouver, being the choice for November 2012!

Michael O'Connor began his lacrosse career as a referee in the 1970's. After a short Senior B career in Prince George and a lengthy lacrosse hiatus, he resurfaced in 2008 coaching youth box lacrosse in the Vancouver Killarney Minor Lacrosse Association (VKMLA).

Mike is always there for the kids. He coaches using positive encouragement with honesty and integrity. In any given year, he can be found coaching more than one team, to ensure teams have someone reliable behind the bench.

His coaching successes include many medals in tournaments and provincial competitions as well as individual accolades as VKMLA coach of the year and BCLA Presidents' Award recipient. In 2010, his Pee Wee C box team won the Sid Dann Tournament, finished with a bronze at Provincials and was honoured with the Warrior Fair Play Coach Award for his Pee Wee C team at Provincials.

In 2010, one of his major achievements included the resurrection of field lacrosse in Vancouver. After a 2-3 year hiatus of not having a Field Lacrosse program, O'Connor, with the assistance of Nicole Ferrie and John Robbie, scrambled to form a single team in 2010. In 2011, there were two teams and the U14 team won gold in the Tier 2 Field Provincials. The goal in 2012 was to increase by one more team, but the response was overwhelming that four teams and 75 players registered in U8, U12, U14 and U16.

In 2010, O'Connor took on an executive role responsible for special events and tournaments and later was elected as VKMLA President and VP of Field Lacrosse – two positions he currently holds.

Michael is a real inspiration to his association, not only for his excellent coaching skills, but as a proud a keeper of the Lacrosse flame in Vancouver. He knows he's just a small piece of the puzzle volunteering and managing lacrosse in his community. He was quick to name Wayne MacDonald, Terry Kirstiuk amongst others who were more than worthy community leaders who could have easily been named for this award.

"It was an honour and my pleasure to be nominated," said a humble O'Connor. "Humbling as you see what other volunteers have accomplished or do for their sport and inspiring in what I want to accomplish for lacrosse in Vancouver, which is to keep it thriving. It's great to be recognized, so often you have your head down toiling away -- and an event like this allows you to reflect on what you do for the greater community. Vancouver lacrosse is a small organization so all the volunteers do double and triple duty; I see this as an award and recognition for us all."

Michael was honoured for his achievements at a ceremony hosted at the BC Sports Hall of Fame on November 28, 2012.

Fifty-Five Members of the Lacrosse Community Honoured



Longtime BCLA Treasurer David Soul receives a Queen Elizabeth II Diamond Jubilee Medal from Alberta's Jim Burke.

OTTAWA, ON, December 14, 2012 - 2012 marks the 60th anniversary of Her Majesty's accession of the throne. To celebrate, the Queen Elizabeth II Diamond Jubilee medal was created. The last time the Diamond Jubilee medals were presented was during Queen Victoria's reign in 1867.

Today, the Canadian Lacrosse Association (CLA) is pleased to announce that fifty-five (55) members of the lacrosse community have joined a very exclusive club amongst Commonwealth countries as they are recipients of a Queen Elizabeth II Diamond Jubilee medal. This commemorative medal is a tangible and lasting way to pay tribute to those Canadians whose achievements have benefited their fellow citizens, their community, their organization and the country. It provides an opportunity to look back and recognize those who have made lacrosse what it is today.

These fifty-five individuals represent the backbone of Canadian lacrosse; they are the volunteers, the builders of our sport, administrators, coaches, and players. They give tirelessly to the sport they are so passionate about and as such the CLA is thrilled to have the opportunity to honour each of them.

Lacrosse recipients of the Queen Elizabeth II Diamond Jubilee Medal:	
Jim Burke, Calgary, AB	William Hutton, Ajax, ON
Tom Engel, Edmonton, AB	Bill Fox, ON
Chuck Miller, Guelph, ON	Dave Vernon, ON
Sohen Gill, Burnaby BC	Terry Lloyd, Oshawa ON
Stewart Begg, Fort Saskatchewan, AB	Jim Hinkson, Haliburton, ON
Doug Luey, Oshawa, ON	Bob Allan, Peterborough, ON
Marisa Di Bari, Toronto, ON	Jim Brady, St. Catharines, ON
John Doherty, Toronto, ON	Jim Price, Thornhill, ON
Stan Cockerton, Oshawa, ON	John Grant Sr, Peterborough, ON
Joey Harris, Winnipeg, MB	Joanne Stanga, Markham, ON
Angie Schwan, Delta, BC	Dieter W. Kirner, Oshawa, ON
Terry Rowland, Port Perry, ON	Bruce Paton, Winnipeg, MB
Dean McLeod, Brampton, ON	Tom Parker, Winnipeg, MB
Ron McQuarrie, Victoria, BC	Glen Henkewich, Winnipeg, MB
Brent McCauley, Brampton, ON	John S. Herd, Birch Hills, SK
AJ Jomha, Edmonton, AB	Randy Trobak, Saskatoon, SK
Greg Toll, Maple Ridge, BC	Alan Luciuk, Saskatoon, SK
Marion Ladouceur, ON	Duane Bratt, Calgary, AB
Steve O'Shaughnessy, Fredericton, NB	Russ Sheppard, Edmonton, AB
Shawn Williams, Prince Albert, SK	David E.M. Jenkins, Prince George, BC
Dave Higdon, Saint John, NB	Douglas Wright, Richmond, BC
David H.C. Soul, Surrey, BC	Deb Stocks, Nanaimo, BC
Steven Brown, Lower Sackville, NS	Terry Mosdell, Surrey, BC
Wayne Finck, Halifax, NS	Myrna Cable, Prince George, BC
Dave Arsenault, Saint John, NB	Johnny Mouradian, Radnor PA
Bruce Logan, Saint John, NB	Paul Gait, Altamont NY
Damien Roy, Sherbrooke, QC	David Huntley, Towson, MD
	Gary Gait, Fayetteville, New York

The CLA wishes to congratulate all the recipients; their commitment to Canada's national summer sport is strengthened when we collectively pay homage to those who distinguished themselves by virtue of their talents, their generosity, and their service to their community, sport and to our country. Lacrosse is better for the all the contributions and time you each have given throughout the years.

Continued from Cover Article: The Greatest Assist

By: Teddy Jenner

Chris are closer now that they share one more amazing bond. We look up to our heroes as kids and can only imagine being able to stand alongside them but it's not too often that our heroes get to look up to us.

As if being a firefighter and a hero to up and coming lacrosse players wasn't enough – Chris Gill made the greatest assist of all time by sharing life with his dad.

BCLA Aboriginal Development Continues

Lower Mainland, Interior, Bella Bella and New Aiyansh

By: LacrosseTalk Staff

The BC Lacrosse Association continues the quest of lacrosse development in Aboriginal communities across BC. The BCLA, in partnership with the Aboriginal Sport, Recreation and Physical Activity Partners Council (ASRPAPC) and with the assistance of Warrior Sports Canada, continues to spread the lacrosse knowledge to these communities while introducing more young students to the great game of lacrosse.

This past Fall has been no different with numerous visits to schools and communities by BCLA Aboriginal Developers Bryan Baxter and Naomi Walser.

"Bryan and Naomi have done some incredible work getting more sticks in hands of children who may never have experienced lacrosse before," mentioned BCLA Technical Director Darcy Rhodes. "Their tireless efforts have made lacrosse an option for these young children in their communities."

BCLA Aboriginal Developer, Bryan Baxter, visited Interior communities in the Shuswap area, Enderby, Coldwater and Kamloops in the late Fall of 2012. The Interior visit took the BCLA Developers to the Shihya Band School, Splat-sin Band School, Coldwater Band School and Sk'Elep School of Excellence.

The Shihya school had twenty-six students attend, while the combination of the school students and the after school program at Splat-sin had an additional twenty-six students learn the skills of lacrosse. At Coldwater, only fourteen students attended with twenty-two young adults present, in the evening session, who were interested in lacrosse. The Sk'Elep School of Excellence had one of the largest turnouts of ninety students. Baxter left a legacy of this visit leaving a set of sticks and balls for the group at Sk'Elep.

Bella Bella and the Bella Bella Community School were next on the development schedule. This trip was very worthwhile as there were 136 students in the school, of which all took part in the lacrosse skills sessions. The community was great and some quality time was spent with two of the community Elders with a stay at their B&B. Forty-five young adults also participated in an introductory session in the evening – they were left with sticks and balls to continue lacrosse programs in their area.

"I am having a blast and really enjoy the interaction with the students during my time at the band schools," noted BCLA Developer Bryan Baxter.

Five other schools will be targeted and visits scheduled on Vancouver Island during January as well as week-long development programs in each of the Northeast and Northwest in the later stages of the first quarter of 2013. Coaching and referee sessions are also planned for New Aiyansh, an area where past development has led to advocates requesting additional education in coaching and officiating realms.

Naomi Walser targeted numerous schools in the local area of Vancouver Coastal and Fraser Valley Regions. Britannia Elementary, McDonald Elementary, Sardis Elementary, Dewdney Elementary, and Deroche Elementary were visited in December for 1-2 day sessions at each school where BCLA developers facilitated entire classes. The increased interest from these schools has been greater over past years. Future development sessions are scheduled for the Fraser Valley region and a Women's Field Lacrosse clinic in Prince George.

Part of the development program is to supply equipment and resources for the areas visited as a legacy of the BCLA development programs. Warrior Sports Canada has offered a stick and ball package to assist the program to continue the sport of lacrosse in their communities.

20-20 Perspective of Field Goaltending



Field Lacrosse Goalies balance communications, defending, stopping and transitioning the ball for their team.

By: Jeff Gombar

Goalies, have you ever asked yourself “why did I ever become a goaltender?”

For some, it was the position the coach wanted us to play, for others it was the allure of playing a different role on a team. No matter what, there has always been an inner-self wanting to be that player between the pipes to make the difference for ones team.

For me, I knew I wanted to be a goalie from the get-go. I was that frumpy kid on the block who would play goal in street hockey – mainly because of the cool pads and I wasn’t as fleet-of-foot as the others! What I can remember, I was pretty good, or so all the older boys made me to believe.

Growing up we played hockey in the winter and box lacrosse in the summer. After a winter of strapping on the goal pads, for me, it was an easy transition to play goal in lacrosse -- which I did all my life, because it’s all I knew and I loved it.

At sixteen I was introduced to this game called Field Lacrosse. The mindset back then was if you played Box Lacrosse, the transition to the outdoor game would be easy. Well, maybe for all other positions on the field, but not so much for the goaltender.

I showed up to my first Field Lacrosse practice with all my box goalie gear. To my surprise, some players had six-foot sticks, players wore fewer pads and the goals were much larger than I was used to. Feeling well out of my comfort zone, I was taught a new stance with my stick held in two hands and positioned off the ground. Then I was told field goaltenders are very active and are involved in the transition game and it would be advantageous to play without as many pads in order to be more mobile. Yeesh!

In time, I figured the game out through years of practice, watched other goalies, viewed videos, listened to other players and tried new things to be the best stopper I could. This hard work won me positions on a college lacrosse team and three tours with our national squad – all without a real Field Lacrosse goaltender coach.

So why did I become a goalie? At first I just liked the position, loved the gear and liked the pat on the back after making a great save! Maybe it was the feeling of being successful and winning that kept me enthralled.

When I really became a student of the game, I began to figure out shooters tendencies and nuances along with angle play and baiting strategies to improve my saving abilities -- that’s when I knew I could make a difference in the outcome of a game. I was playing a game within the game. I was in total control and the difference maker in a win or loss and all the eyes were on me as the ball hurled towards the goal. I loved the pressure and the challenge every shot brought.

What has interested me of late is how our Field Lacrosse goalies became Field Lacrosse goalies. Canada’s elite field goalies of the past three decades have mainly been the stereotypical box

goalies turned field goalies like Hall of Famers Ted Sawicki and Chris Sanderson, as well as current Team Canada goalies Evan Kirk and Angus Dineley. 2006 Team Canada goalie Kyle Miller bucked the trend as an out player in Box Lacrosse. Times are changing with more Box and Field Lacrosse out players becoming field goalies!

So what compels a Box or Field Lacrosse out player to step between the pipes in the field? We hope to unravel some clues and identify traits that make these players turn goalies a great option as a field goaltender.

It is true to be successful in the 6’ by 6’ net takes plenty of courage, competence and technique. In a perfect world, these goalies are taller in stature, have quick hands and feet, have great stick skills, communicate well and can think like a shooter. If all goalies came with this package we wouldn’t need coaches – not the case!

Team BC Field Lacrosse Co-ordinator and longtime coach, Reynold Comeault, sees plenty of positive reasons why out players make perfect field goalies and the transition is easier achieved than perceived.

“There are so many fundamental differences in playing goal from box to field,” mentioned Comeault. “I believe good box players who are good decision makers in general are capable of adapting to goal in field. Box players have experience engaging themselves to catch the ball or anticipate better in most circumstances based on their experience playing out in Box Lacrosse.”

Comeault is a firm believer that the communication skills of box players are a huge asset in the transition to the field goal.

“Out players in box are generally quite vocal,” mentioned Comeault. “A vocal goalie is so much more crucial in Field Lacrosse due to the nature of continually communicating to the defence.”

Two-time Team BC U16 National Championship Head Coach Scott Browning feels the transition for a box goalie to field goalie may be more difficult, comparing the differences in stopping the ball.

“I don’t see being a box goalie as an advantage for a player when it comes to field,” stated Browning. “In some ways it is perhaps a disadvantage in the need to change their thinking from stopping the ball [with the body] compared to catching the ball [with the stick].”

“I also think confidence and personality comes into play more with a field goalie,” noted Browning. “A field goalie will be successful if they are confident in themselves and able to communicate directions to their defence. They need to be a strong communicator -- and to do so with a ‘voice’ that commands respect and instills confidence.”

None of this is to say box goalies don’t make good field goalies, because they do, and that will never change – a la Team Canada 3-time All World Field Goaltender Chris Sanderson. But this also offers todays coaches plenty more options when searching for a field goalie for their team.

Two young goaltenders, Conner Stroup and Graydon Bradley are traditional out players that have been drawn to play the goaltender position in Field Lacrosse. Here are some of their thoughts on goaltending and a few secrets of their success.

Team BC U19 Field goaltender Conner Stroup is a Box Lacrosse player turned Field

Lacrosse goalie. As a youth, he experienced a player rotation in goal as his team didn’t have a permanent goalie -- he liked the position and wasn’t really afraid of the ball so he stuck with it.

So what skills as an out player have transferred well in becoming a good field goaltender?

“Having speed and being agile has helped me in my position as a field goalie,” said Stroup. “Being an out player in box helps me continue to work on those skills.”

Stroup feels some of the toughest things to learn are the mental aspects of tending goal, especially when you are the backbone of your defense.

“Multi-tasking is hard but very important as a field goaltender,” mentioned Stroup. “You need to structure your defence and make sure they’re doing everything correctly -- while at the same time focusing on the ball and anticipating its next direction.”

Stroup has learned to become a better Field Lacrosse goalie through hard work, watching more experienced goalies and viewing college ball on TV -- he offers this advice for anyone thinking about giving Field Lacrosse goaltending a try.

“Even though you are in net for the majority of the game, you’re a crucial part of the break-out and the defense. Give it a try; you will be surprised how much fun it can be.”

Port Coquitlam U16 player Graydon Bradley is in his second full season between the field pipes. His transition from out player to goalie was more out of necessity -- playing part time as goaltender when needed and in the field. Graydon’s experience has been a positive one and he’s taken on the goaltending role full time.

Bradley also agrees his agility as an out player has transferred well in goal allowing him to be quick on his feet, but balancing communications and positioning has been a challenge.

“Some good stick skills also help while in net, being able to fake a clear pass or move my stick around attackers helps a lot,” said Bradley. “The toughest things to learn while being a goalie are always talking to help out your defence and keeping the best positioning possible to take away angles on shots.”

Bradley’s training off the field includes watching professional goalies emulating their moves and putting in extra time practicing with friends.

“I have watched many goalies playing at a professional level -- in particular I enjoy watching Brett Queener (Hamilton Nationals), who plays as a Field Lacrosse goalie and a Box Lacrosse player like me,” explained Bradley. “I also will sometimes get some friends together to come out and shoot on me, usually before the field season starts.”

No matter who your field goaltender may be, they have been placed in that position for many different reasons. They are brave souls that have stepped up for the betterment of their teams. Some have better experiences than others and it’s key to assist these players as best possible in a positive manner. We as coaches should think outside the box when searching for a goalie – and these options may be as easy as opting for a Box or Field Lacrosse player who just may want to step between the pipes and give it a try!

In Memory of Jack Crosby
“Mr. Lacrosse”

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

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

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

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

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

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

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

Lacrosse and Fighting

By: CLA Media Release

OTTAWA, ON, December 10, 2012 - The Canadian Lacrosse Association (CLA) and its Board of Directors hereby declare that they are opposed to fighting in the game of lacrosse. A Task Force was established in the spring 2012 to examine the policies and rule changes required to give effect to this declaration. The Task Force reported back to the CLA's Board of Directors with recommendations in Fall 2012 at the Annual General Meeting.

As a result of the recommendations, the CLA Board of Directors has approved changes to Rule 45 in the Box Lacrosse Rule and Situation Handbook that positions Canadian lacrosse on the international stage as a world leader in maintaining the integrity of the game.

Here's what you need to know about the rule change - the approved changes are in bold.

Rule 45 – Fighting

(a) A major penalty and game misconduct penalty shall be assessed to any player/goalkeeper who fights. A goalkeeper penalty shall be served by a player who was on the floor at the time of the infraction. The major penalty must be served in its duration.

(b) If there is an instigator or clear aggressor in a fight, a major penalty and a game misconduct plus any other penalties shall be assessed to the offending player(s). Where an instigator or clear aggressor penalty is assessed the non-offending player shall not receive a game misconduct under 45 (a).

So what does this mean? After lengthy discussion and revisions the updated rule enforces that fighting is not tolerated. If an athlete, at any level, takes part in a fight, they will be removed from the game.

Fighting in the sport is an unnecessary risk - it is a dangerous activity for any athlete to be a part of. Incidents of concussions can increase with every fight that happens; it is becoming more apparent that a blow to the head area has the potential to cause severe and long-term

injury. The health and safety of all participants in Canada's national summer sport is amongst the leading concerns of the Canadian Lacrosse Association - changes to Rule 45 demonstrates our collective assertion that fighting in the game will not be tolerated and lends additional protection to our participants.

"The CLA Board of Directors took a stance today and we are positive that others will follow. The rule change allows our athletes to showcase the sport that we all love and keeps the focus on the aspects that make our sport so great - speed, athleticism, and skill. Lacrosse is the quickest game on two feet, played by some of the most passionate and athletic participants in any sport," commented Joey Harris, CLA President. "The stance that our board took against fighting in our sport holds true to the values of Canadian lacrosse and the CLA. Our values are our HEART - Health • Excellence • Accountability • Respect • Teamwork - they guide how we lead the sport both nationally and internationally."

The rule change will come into effect in the 2013 lacrosse season.

The 2013 Canadian Lacrosse Association Rule Book will be available in the early New Year through the head office of the CLA.

Athletes, parents, coaches and administrators are also encouraged to contact their Member Association should they have any questions or require further clarification.

About the Canadian Lacrosse Association The Canadian Lacrosse Association (CLA) is the governing body responsible for all aspects of lacrosse in Canada. The CLA mission is to honour the sport of lacrosse and its unique nation-building heritage, by engaging our members and leading our partners and providing opportunities for all Canadians to participate. We value health, excellence, accountability, respect and teamwork. For more details on the Canadian Lacrosse Association and the sport of lacrosse, visit www.lacrosse.ca.



CLA MEMO—CLA Approved Nets

Date: November 27, 2012
To: CLA Member Associations
Cc: CLA Staff, Board of Directors, and Sector Chairs
From: Equipment Review Committee
Re: Box Lacrosse Net Requirements for January 1st, 2013

Effective January 1st, 2013 all Box lacrosse nets* in Canada must meet the Canadian Lacrosse Association (CLA) approved net specification standards and be manufactured by one of an approved list of CLA net manufacturers.

Warrior is no longer manufacturing nets. If anyone currently has Warrior manufactured nets, they still qualify as approved nets as per the original memo.

An up to date list of CLA approved net manufacturers is available on the CLA site at www.lacrosse.ca under 'Equipment'. Approval is open to all manufacturers and those wishing to become CLA approved net manufacturers should contact the CLA office at 613-260-2028 for further details.

The current list of CLA approved net manufacturers are:

- STX/NAMI – Pat Colucci, 905-427-6475, pcolucci@nami.ca
- Riley -Sean Riley, 519-539-4830 x 225, sean@rileymfg.com
- Qued Ltd – Gary Madden, 1-800-361-0464 x 28, gary@quedltd.com
- Court 1 Sports Inc. – LiLi Xu, 1-800-363-3591, lili@court-1.com
- PDS Metal Solutions Inc. – Mark Campbell, 1-877-713-5141, mark@pdsmetal.com
- HN Welding & Machinery Ltd. – Gord Aldcroft, 604-820-1183, hnwelding@shaw.ca
- Steel Crease Industries – Chris Scott, 778-349-1292, cswelder@hotmail.ca

*The term 'nets' refers to the piping and mesh that may otherwise be known as the goal.
Should you have any questions in regard to this bulletin, please contact the CLA Office at info1@lacrosse.ca or at 613-260-2028.



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BOX PROVINCIALS

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July 10-14, 2013

Female - Coquitlam
July 11-14, 2013

Bantam - Delta
July 17-21, 2013

Midget - TBA
July 24-28, 2013

For schedules and additional information visit
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Simon Fraser Fall Recap and Season Outlook

By: Casey Foster, SFU Lacrosse Marketing & Communications Assistant

BURNABY, BC – 2013 is finally upon us, and the MCLA season is drawing closer. The Simon Fraser men's lacrosse team has been gearing up for their eleventh season under Head Coach Brent Hoskins and is more than excited to return to the action. After suffering a tough loss to the rival Oregon Ducks in the PNCLL Conference Championships at the end of last year, the Clan will definitely be looking to come out of the gates with tenacity and hunger.

A fall-ball season that included Simon Fraser's largest ever roster began in early September and ended late November. During this time the Clan practiced on and off-field together, gelling early. Enthusiasm was at its highest as the team made their fall trip to Northern California. This trip saw the Clan face Diablo Valley College (club, 9-6 L), Notre Dame de Namur (NCAA DII, 9-8 L), and Chico State (MCLA DI, 18-4 W). Development and growth were stressed, and definitely achieved during the excursion.

The rest of the fall held something new for the Clan. Fall 2012 marked the Inaugural SFU Lacrosse Fall Showcase, featuring an Intra-squad Scrimmage of the Clan's prospective 2013 roster (November 17th). Team White (featuring coaches Tessarolo and Bortignon) faced off against, and defeated Team Navy (coaches Fox and Genereux) to the tune of 10-6.

Looking forward towards the springtime and season, the Clan have exceeded the intensity of previous year's schedules with one of the league's strongest list of opponents.

It all begins with a pre-season scrimmage on February 2nd at University of Washington. The season gets underway with a home stand on February 8th and 9th with games against Div II and I opponents Western Washington and Oregon State respectively. Arguably the biggest game of the year for the Clan is scheduled for February 13th in Eugene, OR versus longtime Clan rivals, the Oregon Ducks. Another trip to Northern California is scheduled on February 15th for the clan for a game at Chico State. After that, another re-match from last year is set to be played at home with a lot of pride on the

line versus Boise State on the 23rd of February. Proceeding into March, the Clan will play host to the University of Arizona on the 1st of the month in an out of conference battle. The first of two jet-setting trips that Simon Fraser will make this year starts on the weekend of March 9th in Colorado versus defending national champions, Colorado State. Another high powered matchup will occur the next day versus Colorado at their home field, with the trip finishing with a neutral site game versus Virginia Tech in Colorado March 12th. No more than two weeks after the Colorado excursion, The SFU Clan will take to the skies again to travel to Michigan to face off against Illinois, Michigan State, and Davenport March 28-31 respectively. Upon returning a divisional matchup for the Clan is scheduled to be played at home on Terry Fox field April 6th versus the University of Washington. An away game versus Washington State is then slated for April 12th. The Clan will then play a conference matchup on the road against Idaho on April 13th. Simon Fraser then finishes its regular season schedule with a home game versus divisional opponents Montana on April 20th.

The Clan return multiple key players, such as 3rd Team All-American, 1st team All-Conference and former freshman Sam Clare (Ladner, BC) who had a massive rookie season, producing the highest offensive stats from the

midfield. Also returning, and representing 2nd team All-Conference honours are now senior attackmen Colton Dow (Coquitlam, BC), now juniors LSM Riley Wanzer (Mukilteo, WA) and

Goaltender Darren Zwack (Sherwood Park, AB). Rounding out the Clansmen awarded with 2nd team All-Conference honors is now sophomore defenseman Mark Hilker (Bowmanville, ON). Then junior midfielder Eric Ransom (Sherwood Park, AB), and freshman defenseman Bayne Bosquet

(Cold Stream, BC) also return after receiving an honorable mention for All-Conference in the PNCLL as well.

ABOUT SIMON FRASER MEN'S LACROSSE

Simon Fraser University men's lacrosse is in its seventeenth season in 2012 and competes in the Men's Collegiate Lacrosse Association (MCLA). The Clan have captured a record eight PNCLL Conference Titles (1997, 1998, 1999, 2000, 2001, 2003, 2008 and 2009) and are tied for fifth all-time with ten MCLA National Championship tournament appearances, placing 2nd in 1999 and most recently playing in the 2010 MCLA Semi-Finals after reaching the Quarterfinals in 2008 and 2009.



Photos: SFU

High School Championships March 4-8



Photos: Jeff Gombar

Up to 24 High School Field Lacrosse teams will compete in the 2013 tournament.

By: Shawn House & LacrosseTalk Staff

The 12th annual BC High School Field Lacrosse Championships will be held March 4-8, 2013 in Coquitlam and New Westminster. The event will again be hosted by Dr. Charles Best Secondary School and games will be held in Coquitlam at Dr. Charles Best School and Town Centre as well as Mercer Stadium in New Westminster.

This year's tournament will likely be the largest ever as the sport continues to grow in the high school system. Last season's tournament marked the first time that a Tier 1 and a Tier 2 Division was offered in both Senior and Junior action. The result was a very competitive tournament with many close, exciting games.

Perennial power Claremont will be looking to hold on to their Senior Tier 1 title, but will likely face some stiff competition as New West and Best always seem to find a way to

be a factor. Centennial, St. Thomas More and Terry Fox will also be looking to take a run at winning it all. Other Senior teams will include two-time Tier 2 champs from Holy Cross, Heritage Woods, Riverside, Langley, Vancouver College, and Port Moody. Most of these schools also have Junior teams. Pitt Meadows will compete at the Junior level as will Delta and South Delta.

Countless players in the tournament have gone on to play NCAA Div. 1, 2 and 3 in the past several years with many more committed to attend college in the future.

This year, there are plans for a women's field lacrosse division as organizers try and get this exciting sport into high schools in BC. If there are any girls' teams interested in competing in the tournament or any additional tournament information needed, please contact Tournament Co-ordinator, Shawn House shouse@sd43.bc.ca or call 604-524-3063 or 604-461-5581.

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Team BC Impresses in Maryland



The Team BC U16’s takes time out to tour Washington DC and the Capitol during their Maryland tour.

By: LacrosseTalk Staff

After repeating as U16 Alumni Cup national champions, the Team BC U16 program was hard at work training in preparation for their annual recruitment trip in Maryland. In early November, the U16 team traveled to the Baltimore, Maryland to compete at the Ultimate Performance Lacrosse (UPLax) and Warrior tournaments.

Coaches Scott Browning, Travis Gillespie and Derek Milani prepared the U16 athletes for an experience they would never forget – an experience the athletes never expected receiving so much attention from NCAA college lacrosse recruiters.

UPLax Tournament organizer Chris Gunkel is a big fan of the Canadian teams competing in their event and was excited for the 2012 version of our athletes.

“We are extremely fortunate that these teams (Canadian teams) attend our event,” stated the former Loyola College Lacrosse star Gunkel. “Canadian teams bring a different level of toughness and are bigger physically. They are determined and take it very seriously as it’s their chance to be seen.”

After whetting the college coaches appetite the past two years, it was evident that numerous recruiters were in attendance to see the Canadian talent that Team BC produced.

The first day on the east coast included some historical sightseeing in Washington, D.C. The athletes took in the Washington Mall, Memorial Parks, Smithsonian Museums, the White House and ate some food at various street vendors.

Game 1 vs Titanium Lacrosse Club (Ohio)

After a delayed journey to the tournament location, a short warm up ensued attempting to pick up ground balls from the grass, dirt and pothole

combination that was called a field. A ref asked Coach Browning where his team was from, of which he replied, British Columbia, Canada. The ref was quick to reply, “Guess I’ll get ready to throw my flag,” only to be quipped by Coach Browning, “Just be ready to raise your arms,” -- and the games began!

From the opening faceoff, Team BC over matched Titanium in all facets of the game. By some accounts of an opposing team’s parent, they were expecting to crush this team from Canada. Team Titanium learned quickly that any mistake resulted in a quick transition up field, usually leaving a worthy attackman to finish on the doorstep. The quick pace of play caught a few Team BC players ill-prepared and found them on the sideline questioning how late they ate their pregame meal. There was no official scorekeeping at the tournament but the score was around 8-0 at half.

The second half was more of the same. Team BC continued to push the ball at every opportunity and players took turns driving hard from all areas of the field. Team Titanium got on the board with a few nice goals -- the unofficial score was 13-3.

Game Two vs Blackwolf Lacrosse (Maryland)

With only an hour between games, the team had barely enough time to eat a quick snack before the next opponent. Coach Browning requested to the tournament organizers to play only the very best teams and the Blackwolf squad was one team much coveted. This Baltimore-based squad had a roster loaded with players that made verbal commitments to some of the top NCAA DI teams.

Team BC opened the scoring with a quick faceoff win, a nice pass combination and a slick finish to take an early lead. The Blackwolf squad quickly lived up to their billing taking a 5-1 lead after a series of midfield drives that took advantage of late slides. The Team BC players realized that they were playing far below their capabilities and chipped away at the deficit and made the score 5-4 before half.

Looking down the sideline beside our bench were coaches from Albany, John’s Hopkins, Ohio State, Cornell, High Point, UMBC, Towson, Princeton and 15-20 more schools. The scene was the same beside the Blackwolf bench. Clearly this was a game that the schools took notice of.

In an effort to combat the Blackwolf faceoff domination, Gord Phillips turned the tide and confused the other team by winning draws and controlled the ball with his long pole. The field conditions were less than championship quality and both teams found themselves the victims of many slip and slide moments. Team BC got the next two goals of the second half putting them up by one before falling behind late in the second half. Final score was an unofficial 9-8 loss. Game Three vs Maryland Lacrosse Club (Maryland)

Game three was the third game in three hours. Earlier in the day, MLC lost to Blackwolf by a goal, so Team BC was ready for another quality game. Team BC started a little flat and trading goals with a team that was not as talented. At times, the team showed great promise with the trademark fast break and a lay-up goal, at other times, the BC’ers struggled with passing, catching and loose balls.

One consistent aspect in the first three games was the pressure bestowed on the opposition by Team BC long poles. The defenders were more than willing to break up field and could be found on many occasions leading the fast break or running the offense. Connor Robinson unleashed which became a common occurrence, a powerful dodge down the alley, capped off with a great on the run shot that left opposing goalies wishing for an early slide. Team BC won the game but the players all felt they left a little in the tank.

Game Four vs St. Paul’s School (Maryland)

The Sunday morning destination was historic St. Paul’s School in Baltimore to face off against the host school on turf -- the first game on turf! Again, the sidelines and the stands were lined

with college coaches, many wanting a second look at some of the Team BC players.

Connor Robinson took the opening faceoff, drove the alley and did what he was doing best all weekend. 1-0 Team BC. From goalie to attack, Team BC was firing on all cylinders and quickly gained a large lead before half. A couple nice goals from Brodie Gillespie and Andrew Gresham were too much for St. Paul’s, ending the game in a convincing fashion with an 8-3 victory.

Game Five vs Coldbrook Lacrosse Club (Syracuse, NY)

The Coldbrook Club from Syracuse had good size, speed and excellent sticks. In 2011, this team was on the Team BC wish list of competitors -- and their wish was granted!

Just like in the Maryland Lacrosse Club game the day before, Team BC was a step behind and did not play their best lacrosse. Coldbrook’s attack tried fancy stick moves and generally bad shots but controlled possession of the ball. The score was close all game, but the U16’s found themselves down by a goal after giving up an easy one in the last minute.

Tyler Vogrig scored a beautiful behind the back goal cutting to the net with less than five seconds, to tie the game. The goal came from a bullet of a feed from Nick Preston, just one of the many heads up plays in his forte. The game now tied, unbeknownst to Team BC, the refs decided to have a quick faceoff and an impromptu overtime session to which Team BC gave up a quick goal and lost to a good squad.

Game Six vs Southern Maryland Selects

The final game of the trip was played on a field overlooking the campus in beautiful weather. A tired crew sucked it up, laced them up and finished the weekend with a classic display of dominance. Just like in game one, passes were plentiful, shots were on target and most of the team got in on the scoring action. Team BC won the game by at least four goals, a score that flattered the opposition.

“We’re always very encouraged at the number of college coaches that line the sidelines to watch us play,” said Team BC Field Coordinator, Reynold Comeault. “Due to the reputation that Team BC has earned, tournament organizers line up games with the most competitive eastern US teams, ensuring all top college scouts view our athletes. This year was no different, and as result of the attraction of coaches, many of our players are nearing the end of their process of distinguishing the college that best fits their needs.”

Lessons Learned in Recruiting

Some great lacrosse connections were made and nurtured with Team BC coaches and athletes with numerous college coaches as well as many lessons learned in the college recruitment process.

“The players realized that there are tons of great athletes their age from all over competing for limited scholarships,” explained Assistant Coach Travis Gillespie. “Seeing the talent and the number of coaches watching helps them [athletes] stay focused in the classroom because they know that grades are often the determining factor in getting a second look.”

The efforts on the field are important, but it’s the efforts off the field and in the classroom that will set and athlete apart from others in the recruitment process.

“Athletes are realizing that schools are not knocking on their doors,” stated Gillespie. “Unless you are the top Junior A player at a young age, you need to put in loads of work in order to get a scholarship. Getting good grades, emailing schools and attending events where coaches are attending are only a few of the things players need to do. Players need to research the schools they want to attend, register with clearinghouse, write their SAT’s, volunteer in the community, create online videos along with continually working on becoming a better player.”

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Team BC, Browning & Mosdell Nominated



By: LacrosseTalk Staff
It's like déjà vu all over again! Famous words of Baseball

Hall of Fame Yankee catcher Yogi Berra. For a coach, an official and a team, 2012 marked another banner year of honours and achievements.

The BC Lacrosse Association annually submits nominations for the annual Sport BC Athlete of the Year Awards. This year, all BCLA nominations are repeat nominations from 2011; Team BC U16 Coach Scott Browning, the Team BC U16 2012 Alumni Cup National Champions, and top BCLA box and field Official Terry Mosdell have been nominated for the coach, team and official categories.

Sport BC Coach of the Year nomination- Scott Browning.

2012 marked Browning's third year of coaching field lacrosse with the Team BC Under 16 Field Lacrosse program. He has spent decades coaching box and field lacrosse in Victoria, now firmly entrenched with BC Lacrosse Association's Team BC program. Browning prepares his athletes in a way to expect anything that may occur on the field. He masterfully molded a coaching staff with Travis Gillespie, Derek Milani and Robert Marshall to assist him in best preparing his athletes for battle. Fait accompli!

The result of Scott Browning's dedication to the Team BC Field Lacrosse program resulted in repeating as Alumni Cup Under 16 Field Lacrosse National Champions. Last year, Team BC won a close 11-10 gold medal game against Ontario, but in 2012, they won a commanding 14-8 victory over rival Team Ontario – Browning's second national title in as many years..

Not only did Browning win a national title, personally, he was an assistant coach with the 2011 U19 Men's National Field Lacrosse team that won a silver medal at the FIL U19 Men's World Championships in Turku, Finland.

Sport BC Team of the Year nomination- Team BC Under 16 Field Lacrosse team

The Team BC Under 16 Field Lacrosse team is a culmination of the best Under 16 year old field lacrosse athletes in BC. These elite athletes were identified in the fall of 2011 and trained up until the 2012 Under 16 Men's Field Lacrosse Championships, Alumni Cup, over the Labour Day weekend.

Head Coach, Scott Browning, brought his knowledge back to coaching field lacrosse with the Team BC Under 16 Field Lacrosse program.

This team was a committed group that expected a lot of each other and themselves. The athletes spent many weekends practicing in preparation for nationals, in addition to their local club box lacrosse schedule (4 days/week in season), club field lacrosse schedule (2-3 days/week in season) and personal training activities.

Additional competitions included playing six games at a college recruitment tournament in Annapolis and Baltimore, Maryland versus high school and elite teams from Ohio, New York and Maryland.

The roster included athletes from Metro Vancouver and Vancouver Island that endured extensive travel to training sessions. They grew as individuals and as a group during training.

The result of the Team BC Field Lacrosse program and their 2012 season was evident winning the Under 16 Field Lacrosse National Championships for the second year in a row with a 14-8 victory over rival Team Ontario.

Sport BC Official of the Year nomination - Terry Mosdell

Terry Mosdell continued to be one of BC Lacrosse Association's most seasoned lacrosse officials. This Level 5 box and field lacrosse official has officiated every age group and league in box and field lacrosse in his career.

Mosdell not only calls the game from the arena and athletic fields, but also transfers his knowl-

edge and instructs young officials as a clinician for both box and field lacrosse. He is also a Field Lacrosse Official Master Course Conductor educating new field lacrosse official clinicians.

In 2012, Mosdell officiated over 60 box lacrosse league and playoff games for box lacrosse in Senior A & B, Junior A & B, Minor and Master's lacrosse. On the field, he called an additional 60 NCAA, High School and club field lacrosse games. The result of Terry Mosdell's dedication to lacrosse and his high level of respect has him positioned as one of BC and Canada's top box and field lacrosse officials.

Terry has had a great year in BC and has been noticed for his work in lacrosse. He was one of seven nominees for BCLA's Ted Fridge Family Spirit Award. He was the 2012 recipient of BCLA's Tom Gordon Plaque. The volunteer candidate is selected from the

executive ranks of the leagues, member associations and the BCLA. This individual is considered one of the persons who has done the most for lacrosse in the past year and the award is considered the most prestigious of all BCLA merit awards. Mosdell also represent BC and Canada as a field lacrosse official at the FIL 2012 European Lacrosse Championships in Amsterdam. And lastly, he was a recipient of the Queen Elizabeth II's Diamond Jubilee Medal for outstanding contribution to the game of Lacrosse.



Photos: Doug Stokes

The Team BC U16 Men's team repeated as Alumni Cup National Champs with a 14-8 victory over Ontario.

The 2013 47th Sport BC Athlete of the Year Awards Ceremony will take place March 7, 2013 at the River Rock Show Theatre in Richmond. Ticket information is available at the Sport BC website at sportbc.com.



Team BC 2013 College Commits

By: LacrosseTalk Staff

On November 11, 2012, the British Columbia Lacrosse Association celebrated Team BC Lacrosse athletes who committed to attend NCAA colleges and universities in 2013. The event marked the National Letter of Intent signing which confirmed their respective Colleges' Admissions Office official acceptance.

Since the inception of the Team BC program in 2004, numerous athletes have used Team BC as a major step in their lacrosse development. It is a goal of the Team BC programs to train the athletes to compete at an advanced level and expose the athletes in a manner that their talents will be marketable to any post secondary schools in North America.

"I believe our primary objective within Team BC Lacrosse, both Field and Box, is to provide an opportunity for our male and female athletes to compete with the best players in the province," commented Team BC Field Lacrosse Coordinator Reynold Comeault. "In doing so they have a better opportunity of attracting the eye of college coaches at the showcase events that we attend."

Many Team BC alumni who have played college lacrosse have moved through the sport system to go on and play Box Lacrosse in the BC Junior A Lacrosse League, the Western Lacrosse Association (Senior A), the professional National Lacrosse League, the professional Major League Lacrosse as well as Field Lacrosse for Canadian National Teams.

Presently, sixteen Team BC athletes from the Men's and Women's Field Lacrosse programs have committed to NCAA schools in 2013.

"The Team BC program is producing some great male and female athletes, not just on the field, but off the field," stated Comeault. "We look forward to many more athletes attending NCAA lacrosse programs in the future."

The list of college-bound athletes will surely grow in years to come, especially with the new addition of Women's Field Lacrosse to the Team BC program and so many college lacrosse coaches presently recruiting our female athletes.

The BC Lacrosse Association and Team BC are very proud of our scholar athletes that have taken a big step in their academic and athletic careers. Good luck in your college careers!



Team BC 2013 College Commits (L-R): Danita Stroup, Aaron Madaisky, Gaby Jones, Ashley Heisler, Savannah Phillips, Tyler Klarner and Mary McQueen.

Team BC Call for Coaches

By: LacrosseTalk Staff

Team BC Box Lacrosse programs are preparing for the 2013 season. The 2012 Team BC Female Midget and Bantam Box Lacrosse teams brought home two gold medals while the Midget, Bantam and Pee Wee teams settled for silvers at the 2012 National Tournaments.

The 2013 Team BC Box Lacrosse Coach Application can be found at the BC Lacrosse Association website link, <http://bcla.centraldesktop.com/bcla/doc/2097169/w-Minornationalsmain-page>. The deadline for all Box Lacrosse coach applications is February 8, 2013.

The 2013 National Championship dates and locations are: Midget and Pee Wee Nationals - August 4-10, 2013 (Whitby, Ontario); Bantam Nationals - August 2-8, 2013 (Winnipeg, Manitoba); and Female Junior, Female Midget and Bantam Nationals - July 23-28, 2013 (Halifax, Nova Scotia).

For more information on Team BC Coaching positions and requirements, please contact Team BC Box Lacrosse Co-ordinator, Mike Marshall at mike@bridgestudios.com.

Athlete Name	College Attending	Hometown
Reece Callies	High Point University D1	Langley
Kyran Clarke	Marquette University D1	Port Coquitlam
Miguel DaSilva	Florida Southern University D2	Prince George
Ashley Heisler	Canisius University D1	Chilliwack
Gaby Jones	American International College D2	New Westminster
Tyler Klarner	University of Massachusetts D1	Port Coquitlam
Brett Kujala	Bowdoin University D3	Maple Ridge
Aaron Madaisky	University of Massachusetts D1	Surrey
Mary McQueen	Long Island University D1	New Westminster
Tyler Pace	Denver University D1	Port Coquitlam
Johnny Pearson	Bellarmino University D1	Langley
Savannah Phillips	Pfeiffer University D2	Delta
Tanner Rennich	Robert Morris University D1	Cranbrook
Ryan Sarazin	Marquette University D1	Vernon
Stuart Smith	Bellarmino University D1	Victoria
Danita Stroup	Long Island University D1	Port Coquitlam

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Team BC Field Women Turn Heads

By: LacrosseTalk Staff

Over two decades ago women's field lacrosse in BC was flourishing with some of the country's best athletes training in BC. The successes of the women's programs produced many top quality athletes that went on to be impact players for Canada at International tournaments. With those successes came failure in sustaining grassroots programs to grow the discipline which resulted in a big drop in participation.

Fast forward to 2012.

Women's Field Lacrosse has become chic again in BC with more athletes competing at high levels and more athletes getting noticed by schools south of the border. Consider this as a "Lacrosse Renaissance" of sorts – a new beginning and the overall efforts are garnering high dividends!

2012 marked year two of the Team BC Women's U19 Field lacrosse program. Through the efforts of Team BC Field Lacrosse Coordinator, Reynold Comeault, Head Coach Naomi Walser and her coaching staff, the program has doubled in size in one season boasting two squads and thirty-eight athletes.

"The 100 percent increase in interest from players with the Team BC Women's Field Lacrosse main camp clearly illustrates that the Women's Field Lacrosse athletes in our province are catching the college recruitment bug," stated Comeault. "Our male athletes have long been riding this wave and are competing at variety of NCAA Division 1, 2 and 3 schools."

These thirty-eight lacrosse athletes have been busy this fall and winter honing their skills as the second Team BC U19 Women's Field Lacrosse team took form in preparation for two major recruiting tournaments – The President's Cup recruiting event in Naples, Florida (November) and the annual Sand Storm tournament in Indio, California (January).

Team BC journeyed to sunny Florida to participate in the Presidents Cup Recruiting Event -- the largest Women's Field Lacrosse recruiting event in North America.

Dozens of college coaches lined the sidelines in search of lacrosse talent. Team BC completed the event with a combined record of 4 wins and 2 losses amassing 62 goals for and allowing 37 goals against. Under the direction of Head Coach Naomi Walser and Assistant Coaches Dan Stroup and Jamie Stewart, Team BC gathered speed throughout the event looking like a very talented, well-organized, hard-working team.

DAY 1 - Team BC began play against what turned out to be the toughest competition of the weekend. Starting off strong, Team BC carried the play early, however, forced its opportunities while their opponent capitalized on their offensive chances early. Chalane Morrison (Pfeiffer University commit) Savannah Phillips and Mary McQueen (Long Island University commit), showed a great deal of composure providing a solid offensive presence. In the end, Team BC fell 9-5 to team Northern Edge. In Game two, Team BC settled in to their systems eventually leading to a 12-7 victory over a skilled Team from California. Selena Lasota ripped a backhand past a stunned goaltender that didn't even react to the shot. Ashley Heisler (Canisius University commit) provided her trademark leadership ability by being a vacuum picking up every loose ball.

DAY 2 - Shaking off all effects of jet lag, Team BC came out on fire in their first game of the day versus Lax Maniax. They scored early and built up a 7-1 first half lead on route to a 14-1 victory. Regan Eaton was strong in net and Danita Stroup (Long Island University commit) showed nice finish in a multiple goal game. Team BC continued its tenacious rides throughout the game stifling any chance of an offensive threat in getting themselves back in the game. Erika Mackenzie was outstanding between the restraining lines on loose balls and clears.



Photo: Brad Hara

Team BC U19 Women's squad won 4 games and lost 2 at the Presidents Cup Recruiting Event in Florida.

Game two was against the SoCal Edge team. Team BC came out ready to play and jumped ahead to a 7-3 first half lead. The score at the final horn was 10-5 in Team BC's favour moving their record to 3-1. Anastasia Kalyta scored a highlight reel goal as did Mackenzie Rolland, who was also effective at draws, while Gaby Jones (Western College commit) showed calmness and agility in controlling a gifted attack player from the opposition. Jenny Newman showed her athleticism playing perfect defence time and time again while Sydney Hara bolstered the defence at key times. Lauren Stewart impressed many with her lightning speed between the restraining lines and her great decision making.

Day 3 - Team BC rolled out of bed and into their cleats for a challenging final day but rose to the occasion after overcoming a slow start. In particular Rianne Wilkinson, Shaya Sandhu and Priscilla Lawson-Pires played well for Team BC in securing an 11-4 victory over team Stick With it! The second game proved to be a great challenge for Team BC spotting the opposition an 8-2 half time lead after a slow start. Coach Walser gathered the troops at the half time huddle and clearly motivated the players as the girls came out on fire climbing back to ultimately end up one goal short losing 11-10. Georgia Larden played particularly strong on defence in the second half of the game holding a very talented and offensive RC Elite Team (Orlando, Florida) to only three goals in the second frame. Morgan Sherley impressed everyone with her discipline and decision making using her aggressive box style to her advantage as a field lacrosse player.

A number of the girls on this year's squad have travelled to various tournaments over the last few years with only a few new to the US tournament style of play. Walser has molded a cohesive group in preparation for an advanced level of play and have been impressive.

"It is great having such a talented team come together to compete at an elite level," stated Coach Walser. "Although, having at most 3-5 years of field experience, in comparison to some of the teams we came up against, Team BC girls demonstrated solid athleticism, speed, and skill from playing box lacrosse and field lacrosse in the annual season, which makes them fierce competitors. The girls play with a lot of hustle, drive, and intensity and have worked hard to learn and understand the women's game, as reflected on the field displaying a fast paced game with polished finesse. Each time we get out there, we learn something new -- the more playing time and experience they get the stronger they become."

Team BC players attracted a great deal of interest from college coaches who attended the event representing numerous NCAA Divi-

sion 1, 2 and 3 institutions. Players received e-mails from many college coaches as soon as the final whistle sounded. The common chatter amongst the coaches was how impressed they were with Team BC's stick skills and the intensity of their work ethic.

"The common theme in all of our games was our player's ability to come up with ground balls and the intensity of their play," stated Team BC Field lacrosse Coordinator, Reynold Comeault. "It was great to get BC on the map in terms of having very skilled female athletes

capable of playing NCAA Lacrosse. I was very proud of our girls particularly when the Northwestern coach came up to me right on the field asking about our players. It's great to see the girls in BC getting the respect that they have truly earned."

The U19 Women's squads competed at the Sand Storm Lacrosse Tournament in Indio, California at press time.

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Canucks Invade Space Needle



Coquitlam Adanacs U14 Field team won gold at Space Needle Shootout.



Pacific Rim U16 Field team outlasted Port Coquitlam 7-4 for the U16 Space Needle Shootout title.

By: LacrosseTalk Staff

The 9th annual Space Needle Lacrosse Shootout was held December 1-2 in Tukwila, Washington. The annual fall-ball tournament is one of the largest youth lacrosse events in the region. Over 1,300 youth, middle and high school-aged

boys representing 66 teams from Washington, Oregon, Montana, British Columbia and Alberta matched sticks in 144 individual games.

Twenty-six teams from north of the border, in the Under-12 to Under-18 age groups, competed in the two-day event including teams from Coquitlam, Pacific Rim, Surrey, Victoria, Ridge Meadows, Penticton, Kamloops, Langley, New Westminster, Delta and Port Coquitlam.

In the Under-18 division, Coquitlam Adanacs lost 6-5 in an overtime heartbreaker to Bellevue in the final match as Bellevue claimed the Under-18 crown at the 2012 Space Needle Shootout at Starfire Sports in Tukwila. The title was one of two won by Bellevue teams at the annual boy's lacrosse tournament. With just two minutes remaining in regulation, Coquitlam scored two quick goals to knot the championship game at 5-5, triggering an overtime period. In the extra session, the Bellevue squad came roaring back with their sixth goal of the night to bring home the title.

In other Space Needle Shootout final game action, Pacific Rim outlasted Port Coquitlam 7-4 to take the Under-16 title. The Under-14 title was also claimed by Coquitlam as the Adanacs defeated Langley 16-1. In Under-12 play, Bellevue captured their second crown of the weekend, defeating Ridge Meadows 7-1.

Schuss Chosen No. 11 in MLL Draft

By: LacrosseTalk Staff

Logan Schuss, a Delta Junior A Islanders graduate, was the first BC born player chosen in the 2013 Major League Lacrosse Collegiate Draft. Schuss, a two-time All-American attackman with the Ohio State Buckeyes, was selected eleventh overall by the MLL's Ohio Machine. He was a three-time first team All-ECAC selection and was the 2012 ECAC Offensive Player of the Year and the 2010 ECAC Freshman of the Year. Schuss enters his senior at Ohio State tied for fourth in Buckeye's Men's Lacrosse history in career points (165), tied for fifth with 102 career

goals and tied for eighth with 63 career assists, including a team-high 57 points and 39 goals a season ago. Schuss is also one of the most coveted draftees in the upcoming Western Lacrosse Association Junior Draft on February 4, 2013. In an abbreviated 2013 Junior A campaign, due to college lacrosse commitments, Schuss garnered an astounding 31 goals and 34 assists for 65 points in only nine regular season games (7.22 PPG). The Delta sniper led all BCJALL scorers in the playoffs with 27 goals and 26 assists for 53 points in ten playoff games (5.33PPG).

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The Alhambra Cup and Lacrosse's Lost Trophies



Vancouver Lacrosse Club 1888-1890

By: David Stewart-Candy

A few months ago, I was nominated and accepted as one of the governors for the Canadian Lacrosse Hall of Fame. One night in September, prior to one of our meetings, I arrived early to help with some archiving. With that task soon out of the way, Vice President Corinne Perriman and I were looking at Hall's displays and the many historic trophies that reside there when she casually said to me, "oh, and this here is my favourite trophy..."

I almost had a heart attack when I read the engraving on it.

The trophy in question was the Alhambra Cup from 1889 – a trophy about which I had done some newspaper research about a year ago. I couldn't believe that the old silverware still actually existed; for one year, 1889, it was basically deemed 'the championship' before there was an official provincial championship. And, the cup also holds a unique, special place in the sport's history in this province because it helped trigger the move towards formal, organized lacrosse in British Columbia and the

formation of what was then called the British Columbia Amateur Lacrosse Association (a forerunner of today's BCLA) in 1890.

The Alhambra Cup was probably named after the Alhambra Hotel in Gastown that is believed to have offered up the trophy, but it quickly disappeared into the pages of history to be forgotten. I assumed - after reading various old news reports on those early games - that it suffered the same fate as most old

sports trophies of that time. Surely it was long gone lost, probably broken, and most likely melted down years later for its valuable metal.

Old sports trophies have a knack for going missing – and lacrosse is no stranger to this. There is, of course, the famous incident of the Mann Cup being stolen in 1989. Thankfully it was recovered intact a few weeks later.

However, lacrosse's other national championship trophy, the Minto Cup, has its own story to tell. It disappeared for a few years in the 1930's after its remaining trustee, Charles A. Welsh, passed away. At the time, the Minto Cup had been in storage, literally and figuratively, because it was given for the Canadian professional championship – but no team had competed for it since 1924. In 1937, the CLA decided to reintroduce the trophy and award the Minto Cup to the national junior championship, but lacrosse officials then couldn't find the trophy because Charlie Welsh had never bothered to tell anyone else where he kept it. After a year-long search, it was finally discovered

under an unused desk in the late Mr. Welch's harbor commission office.

In the Okanagan, an uncanny similar fate occurred around the same time to their own cherished championship trophy, the Shaw Cup. Believed to be the second oldest lacrosse trophy in Canada that is still in competition (after the Minto Cup), the Shaw Cup quietly faded from history sometime after its last competition in 1931. Its whereabouts got caught up in the midst of the Second World War and forgotten for over sixty years until it was located in 1995, tucked away in the rafters of an old building located in Armstrong. Today it's awarded for the Okanagan-Thompson Senior C championship.

Now, getting back to the Alhambra Cup... you may be wondering what this old mug's importance is to lacrosse in BC? What follows is an excerpt I wrote about the Alhambra Cup from my recent Professional Field Lacrosse in BC work:

"The following year (1889) saw Vancouver Lacrosse Club put forth the Alhambra Cup for competition – originally to be won by the team winning the most matches played in Vancouver, although as the playing season progressed, the Vancouver club would sometimes announce beforehand that, regardless of location, the upcoming game would count towards Alhambra Cup competition. Concerns over betting at the final Alhambra Cup match in October 1889, which ended in a 2-2 draw, and disagreements between Vancouver and New Westminster over rules and player eligibility to play for what they deemed the 'championship', led some people to look at the example of Eastern Canada – for example, usage of a set code of rules like those used by the Manitoba Lacrosse Association. This encouraged them to look towards forming

their own provincial association. A week before Christmas of 1889, during a dinner hosted by the president of the Vancouver Lacrosse Club for his players, discussion about the formation of a provincial association was brought up. The move towards formal, organized lacrosse would start to take shape the following spring."

And thus the seeds were sown in the spring of 1890 for what evolved into our modern BCLA.


Who knows what other lost and forgotten lacrosse artifacts are still out there, but it's for little moments like this chance meeting with the Alhambra Cup – when you can look at an old unassuming trophy and know the stories it can tell – that I really appreciate being associated with the Canadian Lacrosse Hall of Fame.

The Canadian Lacrosse Hall of Fame is currently located at the Centennial Community Centre in New Westminster. Come by and see what treasures you can uncover.

In Memoriam

By: LacrosseTalk Staff

Siddall, Owen Siddall, 'Big O,' as he was affectionately known, died suddenly at his home in Armstrong on Thanksgiving Sunday October 7, 2012. He was 46. Siddall, a cabinet maker, was a goalie with the Armstrong Shamrocks senior C team. Siddall didn't have any children, but was a cherished uncle and treated his girlfriend Sheila Stewart Bronson's children like his own. He also found great joy in the Shamrocks' dressing room.




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Where will the Minto Cup will be in 2013?

By: Brad Challoner @LaxCaster

It’s a triennial year on the West Coast in 2013. “Triennial” meaning, something that happens every three years – in this case the Minto Cup National Junior ‘A’ Lacrosse Championship will be hosted once again in British Columbia. Problem is we just don’t know where it will be hosted yet. The last two hosts where Coquitlam and the Coquitlam Sports Centre in 2010, and New Westminster and Queen’s Park Arena in 2007. In order host the Minto Cup, traditionally a team must first of all be competitive enough to be deserving of a buy into the tourney against the nation’s best teams, and second off, have the community support to be able to pull off a hospitable and entertaining event. With the parity in the BC Junior A Lacrosse League and the competition where it is, almost all teams in BC meet the criteria and should be able to pull this off. So where will the tournament be held?

The obvious choice is to have the Langley Thunder host at the beautiful Langley Events Centre – the home to every major lacrosse event in BC since 2011. They’ve hosted two NLL exhibition games and training camps, the 2011 Mann Cup and the last two WLA final series’. Langley knows how to put on a first class event. The product that their Junior A club put on the floor in 2012 was also first class. Head Coach Jake Elliott helped the Thunder to their first ever franchise playoff series win and with one of the best Junior players in the game today, Reegan Comeault, on the roster this team could definitely finish top two in 2013.

The Victoria Shamrocks have also expressed interest in hosting. “We feel we will have a very competitive team in 2013 and that the support expressed so far in the community will carry into the tournament itself and became a very successful event should we win the bid,” GM Rod Wood told the Island Sports News. The province’s capital city is a historic lacrosse town and having the tourney there could restore some island pride to young lacrosse players in the region and bring back some memories for the older ones.

The Delta Islanders have earned consideration for what they accomplished on the floor last season. The Isles reached the league finals for the first time in their ten-year history under Coach of the Year Shaun Springett and they look poised to get there again. Trouble in Ladner is that their home barn, the Ladner Leisure Centre is converted to ice early each year for the Vancouver Giants of the WHL and they have to move to North Delta’s Sun God Arena where lacrosse crowds aren’t as abundant.

Another neat idea that is being tossed around and considered is having no host team at all. The two BC finalists would make it into the tournament and the BCJALL as a whole could host the cup out of lacrosse ground-zero, historic Queen’s Park Arena in New West. Arguably the best place to watch a lacrosse game in the entire country, this would be an interesting decision if the league can agree on it. One thing is for certain, no matter where the Minto Cup is played for in BC this year, it is going to be an absolute showcase of the best of Canadian lacrosse and the future stars of the sport.

Other goings on in the BC Junior ‘A’ League, there are some new faces in new places. In Coquitlam, the boys in purple and gold have won league gold every season since 2009 but losing in the last two Minto Cup finals to their eastern rivals has caused GM Tosh Nishimura to shake up the coaching position. Out is one season head coach Neil Dinsdale, and in is respected lacrosse legend Neil Doddridge. “We are very excited about Coach Doddridge joining the Junior Adanacs Club. His resume speaks for itself and we look forward to getting back to work preparing for the upcoming Draft and season.” That resume includes seven Mann Cups as a player. His last coaching gig was with the Adanacs of the WLA. The Adanacs graduated a Christmas list of talent in 2012, losing key pieces at the both the front and back ends of the floor so Doddridge will be leading a rebuild charge in 2013. This team now belongs to University of Denver and Team Canada U-19 attackman Wesley Berg. The 19 year-old stud who put up 114 points in 2011 now gets to try his hand at directing the offense in the absence of Robert Church, Ben McIntosh and Marty Dinsdale.

Across the Tri-Cities, Coquitlam’s cross-town rival Port Coquitlam Saints will have a new bench boss calling plays this season as well. Danny Harada has replaced Nick Delmonico as the Saints Head Coach. “Danny brings a wealth of knowledge to the Port Coquitlam Jr A Saints. He has been involved in lacrosse for 32 years as a player and has coached at all levels of the game including being the assistant coach with the Jr A Saints during the 2011 season. He has been on winning teams and won several championships

during his coaching career,” the Saints said in a press release. A surprising move considering the Saints had their best season since 2006 under Delmonico in 2012 and they’re returning much of the same roster to improve on their 5th place record. Among those returning on their top two scorers Nash Harrison and Garrett Chan as well as two top goaltenders that could flip a coin to start each night in Carson Michaud and Garrett Spann. The tandem split almost equal minutes in 2012. If Harada can get this squad to play up to its potential they could be looking at a top 4 finish.

Across the drink in Nanaimo, the Junior Timbermen also announced a new head coach to help return the plaid shirts to the post-season. Brad Dougan will slide over from the WLA’s Nanaimo Senior ‘A’ Timbermen to act as the Junior ‘A’ Head Coach. Brad assisted under Art Webster for the past 3 seasons. He’s also the former coach of the Nanaimo Intermediate Timbermen where many of the core players on the Junior Timbermen’s roster come from. Dougan will look to reignite some of that Intermediate level success with his young squad as he brings his lacrosse pedigree to the organization.

Next up for the BC Junior ‘A’ League is the return of the Free Agent Midget Draft. A program that helps improve the caliber of lacrosse players all around this great province and with the all the reputable coaching staffs in the BCJALL, they will be molding great players from every corner for years to come.

1986 Minto Cup

By: Stan Shillington

Peterborough Maulers dominated the Ontario Junior “A” league in 1986, racking up 28 straight league and playoff victories.

But, could the OLA champs continue their undefeated way through the Minto Cup tournament against Esquimalt Legion and Coquitlam Adanacs on the foreign, Western venue?

The answer was: No, they couldn’t. In fact, the Maulers were dumped three times in the three-team, round robin series’ preliminary round while Esquimalt enjoyed four victories. The question then was could Peterborough still capture the Minto Cup? Yes, the Maulers certainly could.

Esquimalt and Peterborough kicked off the series in exciting fashion, the Vancouver Island lads clawing their way to an 18-17 double overtime victory.

Greg Pepper scored at 4:41 of the second overtime period -- his fourth goal of the game -- to give the Maulers their first defeat of the season.

The winning goal was set up by Gary Gait, a fitting climax to his incredible solo performance of nine goals -- a Minto Cup, single game record that remains to this day.

The following night, the Legion met the host Coquitlam squad and, again, it was the hot Pepper show.

For the second night in a row, Greg racked up four goals, amazingly the final marker came -- AGAIN -- in a second overtime period that resulted in a 12-11 win.

Game Three proved to be another exciting match, although more than 60 minutes were not required by Peterborough to register a 13-10 win over Coquitlam.

Games Four and Five were both convincing victories by Esquimalt, 12-10 over the Easterners and 11-6 the over Adanacs,

The stage was now set for Game Six of the preliminary round robin.

A victory by Peterborough would advance the Ontario representative into the one-game, sudden death final against the unbeaten Esquimalt. However, Coquitlam would qualify for the championship game if it could take Game Six by four goals which, of course, would be one better than the earlier 13-10 loss to Ontario.

It definitely was a complicated situation, so much so that officials were forced to schedule a meeting to decide what to do if Coquitlam won by the same three-goal margin.

Perhaps another overtime period would be required!

Well, Coquitlam won the game, but it was all in vain. The 11-9 victory left the Junior Adanacs one goal shy of tying Peterborough and two short of winning the right to meet Esquimalt for the title.

Now the stage was set for the odds-on favourite Esquimalt (4-0) to bury the Maulers (1-3).

Then, before a stunned, standing room only crowd, the Easterners stormed to a 7-0 lead before Greg Pepper scored his team’s first goal at 8:28 of the second period. Esquimalt pulled to within three goals, 8-5, but it was too little, too late, eventually falling 11-7.

“We found in our first two games against Esquimalt that we just couldn’t handle them one on one, their players were just too good,” explained Peterborough coach John Martin. “So we decided to go with a zone defence.”

“If we had played them again tomorrow night, I’m sure they would have ripped it apart; but, in a one-game final, we got off to a good lead which was important because we knew we couldn’t shut them down all night.”

Gary Gait was the series’ top point-getter with 20 goals and 10 assists, followed by Peterborough’s Kurt Drury with 13 and 13.

1955, Lew moved fulltime to Victoria, aiding Shamrocks to Mann Cup titles in 1955 and 1957.

Defensive play may have been his specialty, but he still managed 245 goals and 117 assists in the western Inter-City Lacrosse League and an additional 29 goals and 15 assists with the 1950 Excelsiors.

After retiring in 1960, Lew took up coaching youngsters for eight years, guiding Juvenile “A” teams to the 1963 and 1964 provincial titles and the 1966 Junior Shamrocks to the Minto Cup finals.

In 2004, Lew again joined his three buddies -- Browning, Severson and Northup -- as an inducted member in the Canadian Lacrosse Hall of Fame.

A splendid athletic career for an outstanding individual!

Unhappily, Lew Landess passed away on October 6, 2012.

The foursome all moved together, through the New Westminster minor boxla system and, eventually, into senior Adanacs’ uniforms. In 1949, Browning was lured to the Brampton Excelsiors where, one year later, he was joined by Severson and Landess.

The trip returned West in 1951, Browning and Severson to Victoria and Landess back to the Royal City. Northup had remained in New Westminster until 1952 when he, too, took his sills to the Island.

Landess spent 1951 and 1952 with New Westminster, 1953 with the PNE Indians and, then, back to New Westminster in 1954.

But his old buddies hadn’t forgotten Lew’s value to a team. When the Shamrocks made the Mann Cup finals against Peterborough in 1953 and 1954, Lew was summonsed as a “pickup” player to bolster the club’s defense. Finally, in

Lew Landess

By: Stan Shillington

Lew Landess was one of the four Royal City buddies who grew up together and eventually took their multiple lacrosse skills to Victoria in the 1950’s.

Whitey Severson, Archie Browning and Jack Northup did the bulk of the offensive work, but it was quiet-spoken Lew who took care of the defensive chores.

His specialty was checking opponents into ineffectiveness, then snapping up loose balls like a high-powered vacuum cleaner.

Born in New Westminster on February 4, 1927, Lew began tinkering with a lacrosse stick at the age of eight and, two years later, began his life-long collaboration with Northup and the Gold Dust Twins.

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Coaches Corner

Concussion Management

By: Duane Bratt, CLA National Resource Person

The inability of Sidney Crosby to play hockey, the early retirement of Eric Lindros, and high profile brain scans of deceased former NFL and NHL players have all put a spotlight on the long-term impact of concussions. Many sports are taking a closer look at how to minimize concussions and reduce the impact (often cumulative) of players who suffer concussions. The days of laughing off a concussion by saying that a player “got his bell rung” are long gone. Lacrosse, like other contact sports, has started to address concussions in more detail in its risk management strategies. The CLA’s coaching committee held concussion education workshops in Halifax (May 2011) and Toronto (September 2012) and is adding concussion protocols to all of its coaching manuals. The CLA is also working with the Coaching Association of Canada to develop an online concussion education tool for all coaches.

A concussion is a brain injury caused by a direct blow to the head, face, neck or anywhere else on the body that causes a severe and sudden movement to the head. A concussion alters the way your brain functions and can cause significant impairment. Symptoms of a concussion may include: loss of consciousness, headache, neck pain, dizziness, sensitivity to light or noise, loss of balance, ringing in the ears, confusion, etc. Coaches can also use concussion tests such as memory function (What is the score? What team did you play last week?) and balance testing to determine whether a concussion may have occurred.

When a concussion is suspected the player should not be allowed to return to play in the current game or practice. When in doubt, sit them out! The player should not be left alone;

regular monitoring for deterioration is essential. The player should be medically evaluated following the injury. Return to play must follow a medically supervised protocol: 1-Physical and mental rest until symptom free; 2-Light aerobic exercise such as walking; 3-Individual non-contact lacrosse-specific training such as passing and catching; 4-Team non-contact lacrosse-specific training such as flow drills; 5-Full-contact lacrosse training; and 6-Game play.

It is highly recommended that there should be at least one day between steps, and that any return of symptoms means the players should not go to the next step.

Coaches have the responsibility to take a leadership role in concussion management. Education is key, but coaches also need to be able to resist the efforts of players and parents to shorten the process in the return to play protocol. Pleas that “he didn’t lose consciousness therefore he doesn’t a concussion” “it’s a big game” “there are scouts in the stands” “we paid a lot of money to go to this tournament” must be ignored in favour of protecting the player’s safety. Returning to play before a player is fully healthy makes him/her more susceptible for further concussions. Multiple concussions are cumulative and can lead to devastating effects such as long-term disability or even an early death.

The good news is that with proper management 90% of concussions last no longer than a few weeks, and do not result in long-term symptoms or cognitive deficits. But the key is proper concussion management!

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Way To Go!

Jane Boutilier

(BCLA Provincial Advisor Field Lacrosse - BC Summer Games)

Jane Boutilier has been a BC Lacrosse Association volunteer since 1999, when her sons picked up their first lacrosse sticks to play for Mission Minor Lacrosse Association.

Already an active member in the community, she quickly went from volunteering at the team level, score-keeping, et al, to a director on the minor club executive. Jane served several years as a director before accepting the role of President. In her tenure, Mission experienced incredible growth in participation with a dedicated group of volunteers.

After 3 years as President of the Box association, Jane and family were drawn to Mission’s fledgling Field Lacrosse program where she focused her future volunteer efforts. Jane credits the drive and encouragement of her husband Brent, for the growth of the field program from 1 team to multiple teams across the age divisions.

In 2008, Jane joined a team led by Cliff Pascas to host the U19 Men’s World Lacrosse Championship in Coquitlam – responsible for ceremonies and VIP hospitality support. She has been the BCLA Provincial Advisor for Field Lacrosse at the BC Summer Games since 2010.

Jane is a proud member of the legacy of the 2008 U19 World tournament, a non-profit foundation that supports initiatives aimed at promoting the development of youth Field Lacrosse in BC and looks forward to another successful event in 2016. Congratulations Jane!

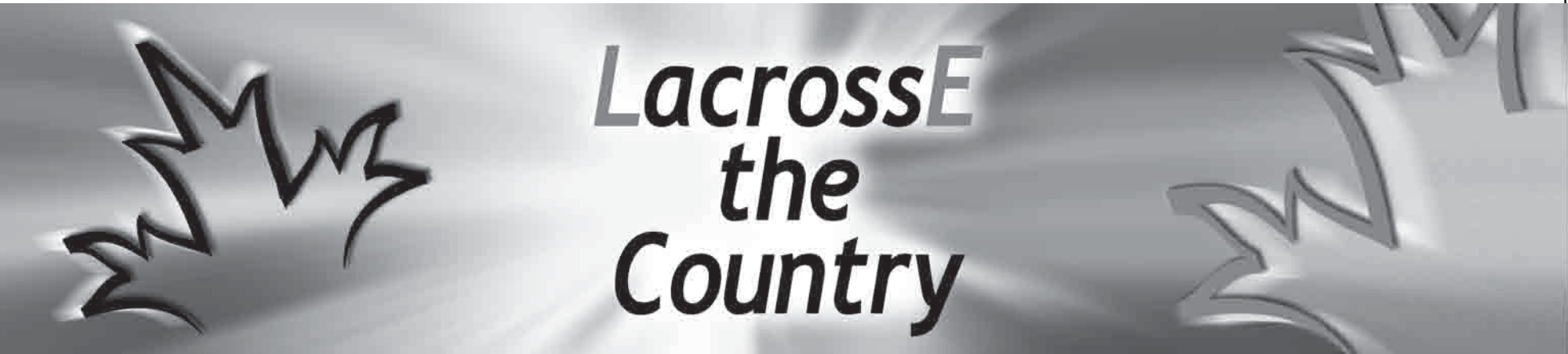
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Jane Boutilier

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





Canada Selects Mearns as 2014 Head Coach

By: *CLA Media release*

The Canadian Lacrosse Association announced that Canisius College men’s lacrosse head coach Randy Mearns will serve as the head coach for the Canadian National Team. Mearns will guide the team at the 2014 FIL (Federation of International Lacrosse) World Championship in Denver, Colo.

“I am very excited and humbled with this opportunity,” Mearns said. “It is a tremendous honor to be a part of Team Canada Lacrosse. With just over two years to go until the worlds, time will move fast but we will be ready. I am eager to get started. I look forward to working with Team Canada and the amazing athletes that will be a part of the team, through this amazing gold-medal journey.”

Mearns has served as the assistant coach for Canada in each of the past two World Championships. He helped lead the team to the gold medal during the 2006 tournament, while earning a silver medal in 2010. Mearns and the 2006 team were inducted into the Canadian Lacrosse Hall of Fame in 2007 after earning the country’s first title in 28 years.

“Randy is no stranger to high performance sport,” said Canadian Lacrosse Association Vice President of International Competition Stewart Begg. “We are pleased to have him be a part of the national team program once again. Both as a player and coach, Randy has shown his passion for the sport truly can lead to great things. It is only fitting that his return to Team Canada be as head coach - he has served us well as assistant coach in the past and we are confident that now is the time for him to take the reigns and lead the 2014 national team to gold.”

The St. Catharines, Ontario native finished his 14th season leading Canisius College in 2012, guiding the Griff’s to their second MAAC

Championship and second NCAA Tournament appearance in the program’s history. The Griff’s, who also won the conference title in 2008 under Mearns’ watch, finished the 2012 campaign with consecutive wins to qualify for the MAAC Tournament before upsetting second-seeded Detroit and top-seeded Siena for the conference title.

During his tenure in charge of the Canisius program, Mearns has mentored nine players that have played in the National Lacrosse League, including six first-round draft picks. In 2011, Canisius was the only school in the country with two first-round selections.

Overall, Mearns has led the Griff’s to 77 victories and 60 conference wins during his career, while mentoring 26 all-conference performers.

CLA Appoints 2014 Team Canada Coaching and Support Staff

Another step towards the Men’s Field World Championship in Denver has been completed as head coach Randy Mearns and the Canadian Lacrosse Association announced today the selection of the 2014 Men’s Field Team Canada coach and support staff.

Joining head coach Mearns and team manager Steven Govett on the sidelines will be:

Sean Ferris (Burlington, ON) – Video Coach
Current assistant coach for the Colorado Mammoth, Sean brings with him an extensive coaching career in the National Lacrosse League (NLL) that spans over eight years. A former box and field lacrosse player himself, Sean’s knowledge of the game will be a true asset to the coaching staff and team.

Eddie Comeau (Stoney Creek, ON) – Scout
A five-time Team Canada staff member, most



Canada Head Coach Randy Mearns (second from right) looks to better Canada’s silver medal result in 2010.

recently as head coach for the 2011 World Champions Men’s Indoor Team, Eddie will no doubt be a huge asset to the team. With a masters degree in sport coaching, level three NCCP certification and course conductor, Eddie is a natural-born leader. He was head coach and general manager for two seasons with the NLL’s Orlando Titans, where he was selected as GM of the Year in 2009.

Jeff Gombar (Port Coquitlam, BC) – Assistant Coach. As B.C. Lacrosse Association’s Marketing Director, Jeff’s passion for the game is apparent. A long-time advocate and supporter of the game, Jeff is a long-time member of Team Canada, last taking on the role as bench coach of the 2010 silver medal Men’s Field Team Canada in Manchester, England. Jeff has represented Canada on seven different occasions, three times as a player and four times as a member of the coaching staff.

Gary Gait (Fayetteville, NY) – Assistant Coach – Defence. Gary has extensive experience in coaching and playing at the international level having participated in the 1990, 1994, 1998, and 2006 World Championships as a player, and in 2003 and 2008 as a coach of the U-19 Men’s Field. He is currently the head coach of Syracuse University’s women’s field team, where he has won the honour of “Big East Women’s Lacrosse Coach of the Year” for the past two seasons (2011 and 2012).

Matt Brown (Denver, CO) – Assistant Coach – Offense. Fresh off his term as offensive coordinator for the 2012 U-19 Men’s Field Team Canada, Matt steps right back on board as Assistant Coach - Offense. As the current Associate Head Coach and Offensive Coordinator for the University of Denver, and a player for the Denver Outlaws of Major League Lacrosse, Matt will bring help the Canadian squad take back a bit of Team USA’s home field advantage.

Terry Rayner (Oshawa, ON) – Equipment Manager. All of Team Canada’s equipment will be well taken care of as Terry returns to his 2010 Team Canada position. In addition to his 2010 role, Terry’s previous Team Canada experience includes that of team manager and team therapist for the Under-19 Women’s Field team. He is currently the registered massage therapist for NLL’s Toronto Rock and a police officer for the Region of Durham (ON).

Stephen Lobsinger (Guelph, ON) - Athletic Therapist. An experienced therapist and trainer with his National Athletic Trainers certification, Stephen will bring his expertise back to Team Canada once again. Previously the head therapist

for two Team Canada’s (2010 Manchester - field; 2011 Prague - indoor), Stephen is currently head athletic therapist with the NLL’s Rochester Knighthawks and the Toronto Nationals of the MLL. Through his previous experiences with Team Canada he has learned that success at the national level requires a great deal of planning, preparation and logistical management - all of which are a priority for Stephen as he will work to ensure a smooth and efficient management of acute injury management and preventative maintenance to ensure that everyone is at their best.

CLA’s VP of International Competition, Stewart Begg spoke of the selections made stating “we are confident that coach Mearns and the entire 2014 staff are the best of the best. We are fortunate to have such depth in our country. The CLA congratulates each of the above in their appointments. This group represents a rich history in excellent coaches in Canada who bring with them much experience, success and passion for the sport and national team program. We look forward to the continued preparation of Canada’s best Men’s Field team.”

With the coaching and support staff now set, the next step for the CLA and the 2014 Team Canada staff is to fill the roster with the best Canadian players.

In a prelude to 2014, a Team Canada squad flew to Denver in early September to take on Team USA in what was dubbed the ‘Duel in Denver’. Though not the final squad who will represent Canada at the 2014 World Championship, Team Canada came out on top defeating Team USA 11-9. “It was a beautiful night in a terrific venue and a strong step in the right direction for our 2014 effort,” said National Team Chair Dave Huntley. “It was classy, gritty effort by a group of Canadians honoring the legacy of Chris Sander-son,” continued Huntley.

With the win in the ‘Duel’ fresh in their minds and 2014 on the horizon, Team Canada looks to improve on the 2010 World Championship silver medal as they battle for the gold in 2014. Player applications for the 2014 Men’s Field team are not yet being accepted. Once the player application period starts, they will be posted on the CLA website, www.lacrosse.ca.

The 2014 FIL Men’s World Championship will be held in Denver, Colorado at Dick’s Sporting Goods Park July 10-19, 2014. More than 40 countries and nearly 1,000 athletes are expected to compete in the 2014 championship.

Roughnecks Rock Mammoth in NLL Pre-season Action

By: *Gary Ahuja, Langley Times*

It wasn’t a sellout like the previous year, but the December 8th exhibition tilt was a hit regardless.

“It was an exciting game,” said Jared Harman, the Langley Events Centre’s director of business development.

“Anytime we can have pro sports or sports of that calibre in Langley, it is fun for everybody involved.”

More than 4,100 fans were out at the LEC on December 8 to watch the Colorado Mammoth and Calgary Roughnecks battle in National Lacrosse League exhibition play. Last year’s contest between the Toronto Rock and Washington Stealth was a sellout (5,200 fans).

The game was missing one of the sports’ biggest names as John Grant Junior was unable to play because of the flu.

The teams combined for a dozen goals in the opening frame — six apiece — before Calgary took control in the second quarter with a 7-1 advantage and never looked back.

The final score was 20-11 for the Roughnecks.

Jeff Shattler (Victoria Shamrocks) and Curtis Dickson (Maple Ridge Burrards) scored five goals apiece for the victors, while Jordan McBride (New Westminster Salmonbellies) led Colorado with four goals.

“We’re very dynamic offensively,” said Calgary coach Curt Malawsky on the NLL website.

“We always have five very good players on the floor; It’s real tough to defend.

“If we share the ball and move our feet, then we’re very successful.”

“It was a good game, lots of scoring, lots of action,” Harman said.

“(And) it is always fun for us when the building is near capacity.”

Harman sees no reason why the game wouldn’t be back in 2013.

“We will have to evaluate it, but I think there will be a good chance of there being a third year of this because it was a success again,” he said.



Calgary first round draft pick Matthew Dinsdale battles Ian Poole at the faceoff dot in NLL action at the LEC. Calgary trounced Colorado 20-11.

2012 Draft Results: Rush Select Mark Matthews First

By NLL.com

Read the full story for the full list of selections

The 2012 NLL Draft at the Toronto Westin Harbour Castle is now complete. A total of 56 players heard their name called at the 2012 NLL Entry Draft at the Westin Harbour Castle in Toronto on Monday night. As expected, the Edmonton Rush selected Mark Matthews, the consensus top-rated prospect out of Denver University, with the first overall pick.

Coquitlam’s Matthew Dinsdale was selected No. 7 overall by Calgary.

The full Draft results are as follows:

FIRST ROUND - 1. Edmonton - Mark Matthews (Denver University), 2. Minnesota - Brock Sorenson (Ohio State University), 3. Minnesota - Kiel Matisz (Robert Morris University), 4. Minnesota - Shayne Jackson (Limestone College), 5. Buffalo - Dhane Smith (Kitchener, ON), 6. Calgary - Joe Resetarits (University of Albany), 7. Calgary - Matthew Dinsdale (Coquitlam, BC), 8. Edmonton - Curtis Knight (Whitby, ON), 9. Colorado - Colton Clark (Bellarmine University), 10. Minnesota - Alex Crepinsek (Rochester Institute of Technology).

SECOND ROUND - 11. Washington - Tyler Garrison (Coquitlam, BC), 12. Washington - Billy Hostrawser (Orangeville, ON), 13. Buffalo - Hayden Smith (Orangeville, ON), 14. Toronto - Bradley Kri (Orangeville, ON), 15. Edmonton - Michael Cudmore (University of Hartford), 16. Buffalo - Jordan Critch (Or-

angeville, ON), 17. Calgary - Jackson Decker (Burnaby, BC), 18. Buffalo - Carter Bender (University of Hartford) , 19. Washington - Justin Pychel (Six Nations, ON), 20. Toronto - Mike Lum-Walker (Whitby, ON).

THIRD ROUND - 21. Washington - Mitch Jones (Orangeville, ON), 22. Buffalo - Kevin Brownell (Robert Morris University), 23. Washington - Tim Henderon (Army), 24. Minnesota - Sam Bradman (Salisbury College), 25. Toronto - Kyle Pereira (Brampton, ON), 26. Rochester - Robbie Campbell (Stony Brook University), 27. Toronto - Kyle Belton (Stony Brook University), 28. Edmonton - Michael Burke (Brampton, ON), 29. Rochester - Cody Hawkins (Delta, BC).

FOURTH ROUND - 30. Washington - TJ Cowx (Mars Hill), 31. Buffalo - Joel Matthews (University of Detroit Mercy), 32. Philadelphia - Michael Manley (Duke University), 33. Edmonton - Simon Giourmetakis (Canisius College), 34. Toronto - Dustin Caravello (Orangeville, ON), 35. Edmonton - Mitchell Bannister (Okotoks, AB), 36. Calgary - Chad Cummings (Kitchener, ON), 37. Minnesota - Tyler Tanguay (Adrian College), 38. Rochester - Matt Hummel (Mercyhurst University).

FIFTH ROUND - 39. Philadelphia - CJ Costabile (Duke University), 40. Buffalo - Wenster Green (Six Nations, ON), 41. Philadelphia - Kevin Randall (University of Notre Dame), 42. Minnesota - Bryan Campbell (Brock University), 43. Toronto - Robert Koger (Georgetown University), 44. Colorado - Jaden Gastaldo (Burnaby, BC), 45. Calgary - Kyle Dexter (Calgary, AB), 46. Minnesota - Matt Gibson (Yale University), 47. Rochester - Chris Attwood (St. Catharines, ON).

SIXTH ROUND - 48. Washington - Kyle Buchanan (Robert Morris University), 49.

Minnesota - Michael Teeter (Victoria, BC), 50. Calgary - Curtis Pridham (Calgary, AB), 51. Minnesota - Chris Cudmore (Mars Hill College), 52. Toronto - Tyler Glebe (London, ON), 53. Colorado - Alex Demopoulos (University of Denver), 54. Calgary - Myles Dennett (Calgary, AB), 55. Edmonton - Kyle Goodchild (University of Hartford) and 56. Rochester - Cody McLeod (Orangeville, ON).

Rush sign Top Draft Pick Mark Matthews

By NLL.com

Matthews meets with Rush fans and Edmonton media for the first time

The Edmonton Rush welcomed their first overall 2012 draft pick Mark Matthews to the City of Edmonton and Rexall Place on Tuesday October 16. The Rush announced that Matthews has signed a one year term agreement for the 2013 Season.

“I am very happy to officially be a member of the Rush organization, it feels great to have the formalities completed and I look forward to training camp in November”, said Matthews.

The Rush selected consensus top pick Mark Matthews with the No. 1 overall pick held Monday, October 1, 2012 in Toronto. An All-American from Denver University, the six-foot-four, 230-pound forward is one of the most highly regarded draft-eligible players over the past 15 years, and is expected to instantly spark the Rush offense when the team begins the 2013 NLL season in January.

“He’s got all the tools,” said Keenan, who coached Matthews in junior lacrosse.

“He shoots the ball a hundred miles an hour. He passes well, sees the floor, good on the

power play. He can shoot accurately from outside and he can finish on the inside.

“He’s a playmaker ... he can flat-out make plays. He’s got all the attributes that will make him a very good player.”

A dynamic offensive presence, Matthews finished his four-year career at Denver with a school record 216 points and 155 goals. The Oshawa, Ontario, product also completed his collegiate tenure on a 45-game point scoring streak, which helped him earn his second straight ECAC First Team honors and All-American status. Along with being the ECAC’s Offensive Player of the Year, Matthews’ collegiate accolades included 30 hat tricks and 21 power-play goals, and completing his time at Denver as the second-leading active goal scorer and fourth active leader in career points amongst all NCAA players.

“He loves the game and he wants to play for us. He’s a good kid and I think the fans in Edmonton are really going to like him,” offered Keenan, who knows what he’s getting in Matthews.

The star forward helped lead Keenan’s Whitby Warriors to the 2011 Minto Cup national Junior ‘A’ championship before moving to Denver and putting up back-to-back All-American seasons with the Pioneers. The win with Whitby was Matthews’ second straight Minto success after being part of the victorious Coquitlam club in 2010.

“Our left side will have Zack Greer, Corey Small and Mark Matthews. They all bring different elements but they’re all highly skilled. They’re athletic, they’re quick, they can shoot, they can pass, and they’re good one-on-one. With the guys we have on the right side, I think we’ve got the makings of a very good, dynamic offense.”

McGill Crowned CUFLA Champ!

By: Earl Zukerman, Communications Officer Athletics & Recreation, McGill University

Captain Sharples to the rescue, scores in double overtime as McGill wins lacrosse title

PETERBOROUGH, Ont. - Co-captain Jishan Sharples, a graduating senior from Vancouver, B.C., scored twice, including a wrap-a-round goal with 15 seconds remaining in double overtime to give McGill its first-ever Baggataway Cup CUFLA championship in men’s lacrosse with a 7-6 come-from-behind victory over the Western Mustangs, Sunday November 4, 2012.

It marked the sixth time in as many seasons that a different team won the Canadian University Field Lacrosse Association title.

“I was in a one-on-one situation with their defender behind their net and heard Coach (Tim) Murdoch yelling that we had 20 seconds left on the clock,” said Sharples, who was named as McGill’s Game MVP. “I turned back around the right side of the crease and took an overhand shot at the top left corner. It was all a blur. Then everyone just went nuts. It just worked out perfectly for us.”

The Redmen had a 26-15 edge in shots during a CUFLA final that was a see-saw affair which featured three lead changes. McGill’s Tayler Sipperly of Charlotte, N.C., scored the opening marker before the game was a minute old but Western stormed back to lead 2-1 on a pair of goals by Ryan McCrory of Clarington, Ont.

Scott Watson of London, Ont., replied as the Mustangs took a 3-1 advantage in the second quarter but the Redmen rallied to tie the score at 3-3 in the third on goals by Ryan Besse (power-play) of Aurora, Ont., and Leland de Langley of Orangeville, Ont.

Western countered with a late power-play marker from Kyle Childerhose of Ingersoll, Ont., and headed into the fourth stanza with a 4-3 advantage.

Undaunted, the Redmen rallied again, scoring three consecutive goals - from Kyle Robinson and Connor Goodwin, both natives of New Westminster, B.C., and Sipperly - to take what appeared to be a comfortable 6-4 lead with seven minutes remaining.

The tug-of-war continued with the Mustangs fighting back once more, scoring twice on the power-play. Watson scored with 25 seconds remaining and then Sam Neeb of Oakville, Ont., netted the equalizer with only six seconds left in regulation time.

“This is something that we’ve been working toward for a long time,” said Tim Murdoch, who registered his 102nd career victory in a decade behind the McGill bench. “But to actually pull it off is something else, especially doing it the way we did, right down to the wire, against two powerhouse teams.”

Goaltender Riley McGillis, playing before his hometown family and friends, made nine saves in net to register the victory, while Zach Grace stopped 19 shots for the Mustangs and was named as his team’s Game MVP.

“It’s really difficult to put what this means into words,” said tournament MVP Brandon McLean, an engineering junior from Victoria, B.C., who put McGill in the gold medal game after scoring the winner with four seconds left in Saturday’s 9-8 semifinal victory over Guelph. “It was really a team effort. We worked so hard to get here and it’s paid off. I think it will take a while to sink in what we accomplished.”



For McGill Redmen, Sharples Scores the One Goal that Counts

Lord Byng graduate named Canadian university lacrosse league’s most outstanding player

By: Megan Stewart, Vancouver Courier Staff Writer

Jishan Sharples scored twice in a semi-final Canadian university field lacrosse game against Guelph University Nov. 3. He scored two more in the championship final.

One, two or five? How many goals did Vancouver’s Jishan Sharples score for McGill in the Canadian university field lacrosse championship?

Although the number grows with the memory of the Redmen winning their first-ever Baggataway Cup and with the embellishment of legend, the answer, according to Sharples, is “just one goal.”

Even he’s wrong, if modestly so. Sharples scored twice in the final, held Nov. 4 in in Peterborough, and one was all McGill was needed.

Tied 6-6 against the Western University Mustangs in a game that had seen a dozen goals and two extra frames, Sharples fired home the winning point in double overtime. Twelve seconds remained on the clock when he ended the game.

The 21-year-old graduate of Lord Byng also scored earlier. In the fourth quarter with 15 seconds remaining in the championship, Sharples gave McGill the go-ahead goal to lead 6-5. The Mustangs answered with one of their own nine seconds later to force overtime.

Since then, website misreports and newspaper errors, championship swagger and exaggeration led to rewritten details. In an interview with the Courier, Sharples laughed it off.

“That number just kept growing. It’s bizarre,” said the two-time All-Canadian midfielder. “I had five goals at one point. I’ve seen as ongoing joke about the number of goals I’ve scored.”

Besides, he said, he didn’t win the game alone.

“The points don’t really mater. It was total team effort. Everybody played their role. Some of our top scorers did not get any points but they did their part by drawing away top defend-

ers,” said the six-foot-one sharpshooter. “All the players, we don’t really care about the stats at all. It’s about the win.”

On Dec. 12 Sharples was the first in McGill history to be named the most outstanding player in the Canadian University Field Lacrosse Association. He had 17 goals and three assists for 20 regular season points.

When he was five, Sharples was introduced to lacrosse by his father. At a soccer camp on the East Side, Paul Sharples, once a standout-out player in Victoria, picked up a pamphlet for the Vancouver Killarney Minor Lacrosse Association. He equipped his son, helped coach, cheered and then watched from the family home in Dunbar as McGill battled for a national championship last month.

“He usually comes out for as many games as he can,” said the younger Sharples, “but watching the final online, right when overtime came when I scored the final goal, the stream cut out.”

With the feed down for no more than 10 seconds, the father missed his son’s goal. The announcers filled in the blanks.

“He’s been one of the biggest support systems for me,” Sharples said about his dad. “He’s such a great leader and someone to look up to.”

As a bantam player, Sharples left the Killarney association for Burnaby Mountain Selects, a highly competitive program focused on U.S. tournaments frequented by NCAA scouts. The ambition is to score athletic scholarships, which Sharples also actively pursued. He was recruited by 18 schools. Academics were as important as athletics, he decided. Now a finance major, he will graduate next semester with a goal to work in management consulting.

Since childhood, he was set on attending the University of Western Ontario, his mother’s alma mater, and playing for the Mustangs. A 30-minute conversation with the Redmen’s head coach Tim Murdoch convinced him McGill was the right fit. (CUFLA is active in Ontario and Quebec. In B.C. Simon Fraser plays in the primarily U.S.-based Pacific North West Collegiate Lacrosse League.)



Jishan Sharples scored twice in a semi-final Canadian university field lacrosse game against Guelph University Nov. 3. He scored two more in the championship final.

He is still true to another childhood allegiance. Sharples eats 16 — no more no less, colour irrelevant — Jelly Belly jelly beans before each match. A habit picked up on a word of advice from his dad, the high-calorie superstition is a source of sugary energy and confidence.

“I picked 16 because it was my lucky number. It was my dad’s number,” said Sharples, who wore No. 16 before he switched to No. 7.

The candy calories draw guffaws, he said. “Most people just laugh. I just offer them some. Right before a big game, I’m just munching on jelly beans.”

That’s 16 candies and two goals, for the record.

FIL Awards 2015 World Indoor Championship to Haudenosaunee Nation

Syracuse and Buffalo Provide Exciting Dual Venues

By: Feffie Barnhill, FIL Vice President

Stan Cockerton, President of the Federation of International Lacrosse (FIL) is delighted to announce that the 2015 World Indoor Lacrosse Championship (WILC) has been awarded to the Haudenosaunee Nation.


The Championship, which takes place every four years, will be held in Syracuse and Buffalo, New York from September 18-26, 2015.

In making the announcement Cockerton stated: “The Federation of International Lacrosse (FIL) is excited to announce that the Haudenosaunee Nation has been awarded the hosting rights for the 2015 WILC and we are extremely confident that the hosting committee, under the leadership of Neil Powless and Gewas Schindler, will run an event that the FIL and the international lacrosse community will be proud of.”

Oren Lyons, Onondaga Faithkeeper on behalf of the Onondaga Nation Council of Chiefs said, “The Onondaga Nation is extremely proud to host the international lacrosse community and is looking forward to a successful and first-class event. The strength of the Buffalo Bandits organization, coupled with the historical and spiritual significance of hosting the championship on the homelands of the Haudenosaunee people will make this an event to remember.”


Scott Loffler, Director of Operations of the Buffalo Bandits has this to say: “The Buffalo Bandits are extremely pleased to be selected as host, along with the Onondaga Nation, of the WILC in 2015. As we have seen in the past, the Bandits, Buffalo Sabres, and the City of Buffalo do an excellent job of putting on world class events. It will be very exciting for our fans to not only see the best lacrosse players in North America, but now they will have the opportunity to see the best indoor lacrosse players in the world.”





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National Rankings
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Senior A Lacrosse Top 7

- 1 Peterborough Lakers
- 2 Langley Thunder
- 3 Brampton Excelsiors
- 4 Victoria Shamrocks
- 5 Brooklin Redmen
- 6 Burnaby Lakers
- 7 Coquitlam Adanacs

Junior A Lacrosse Top 10

- 1 Orangeville Northmen
- 2 Coquitlam Adanacs
- 3 Whitby Warriors
- 4 New West Salmonbellies
- 5 Six Nations Arrows
- 6 Delta Islanders
- 7 Peterborough Lakers
- 8 Okotoks Raiders
- 9 Brampton Excelsiors
- 10 Langley Thunder



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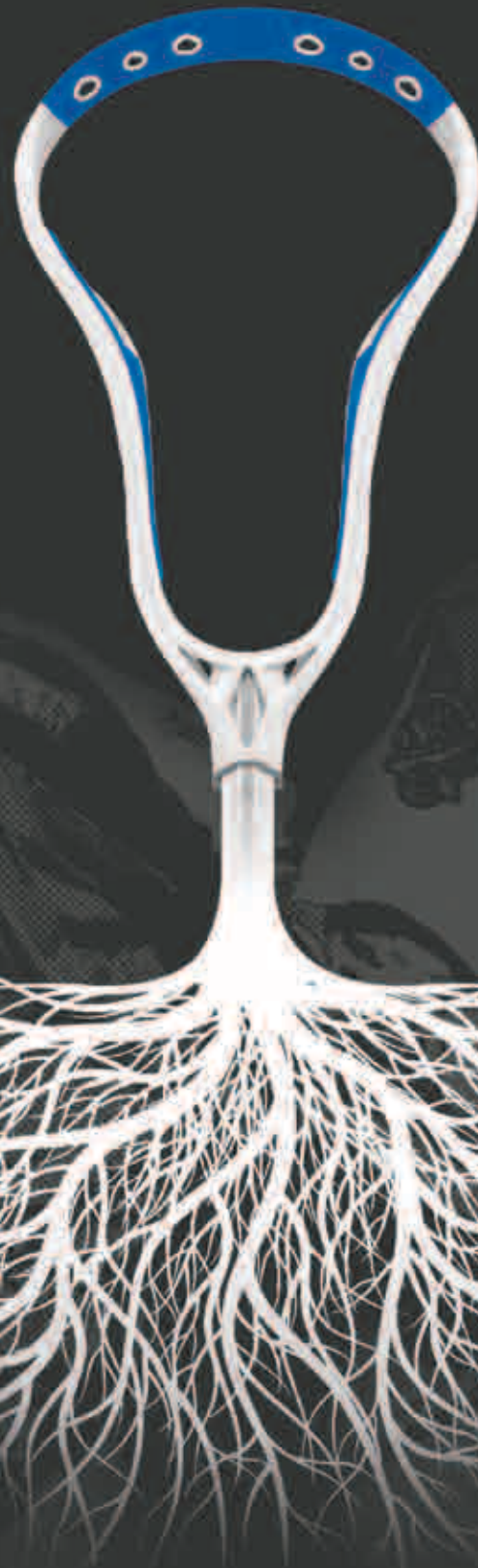
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