

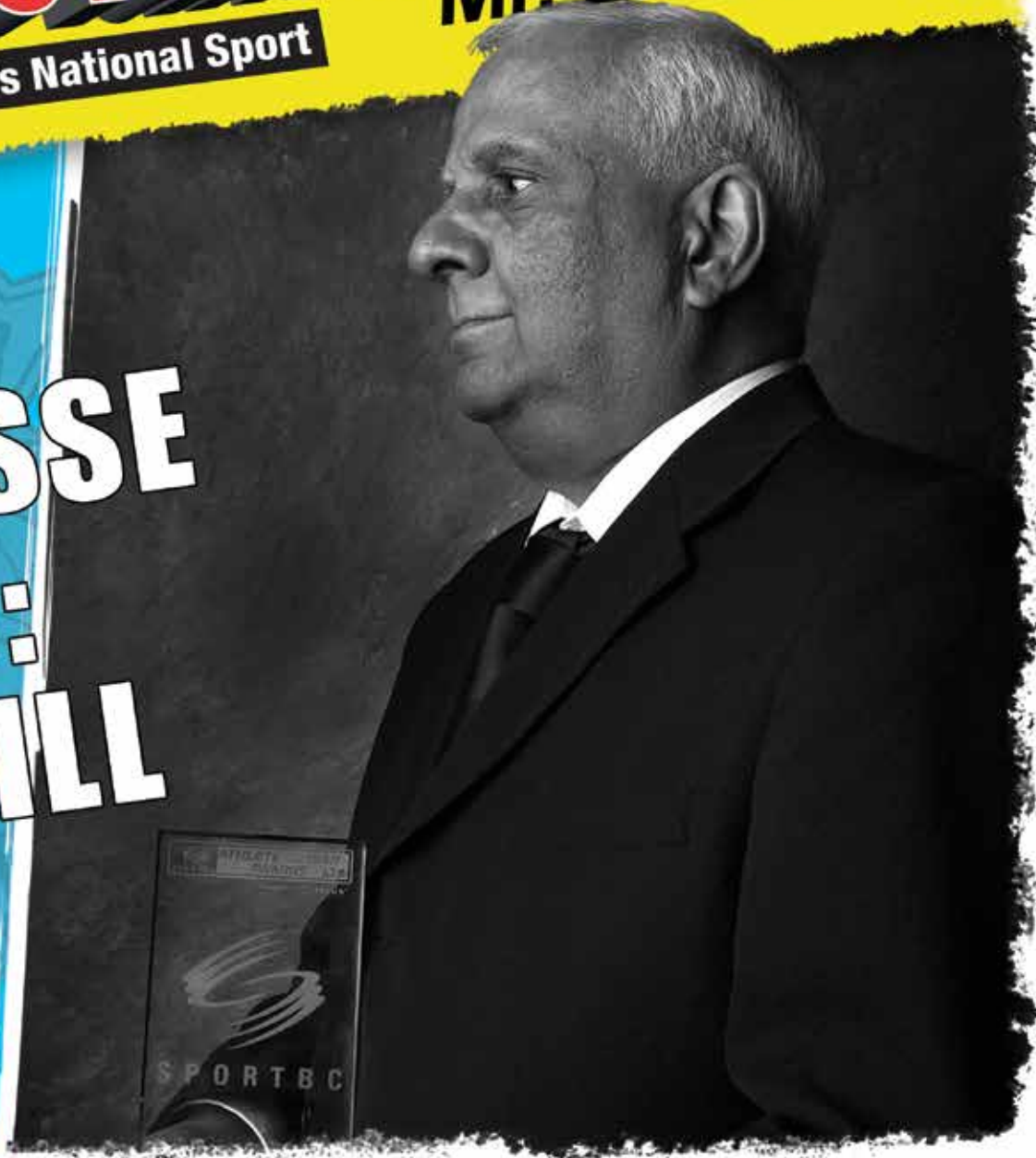
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LacrosseTalk

The Official Publication of Canada's National Sport

Celebrating
the Life of
"Mr. Lacrosse"

BC LACROSSE LEGEND: SOHEN GILL



cover design by Cybereyes Images, logo design by Design One Graphics Group Inc.

Photo courtesy of Frontrow Photography and Sport BC.

By: LacrosseTalk Staff

The BC sports community has lost a legend. Sohen Gill passed away peacefully December 6, 2019. He was 78.

Gill exemplified the true meaning of lacrosse volunteerism. Passionate, dedicated, hard-working, a leader and mentor are of the many words to describe him. He was the heart and soul of the BC Lacrosse community for six decades and a mentor to many from coast to coast.

If there was a need for a position to be filled, to administer a league, a team, a committee, a tournament, the ever-accommodating Sohen Gill was always willing to help. This self-professed "lacrosse nut" as a player, coach, manager, administrator, official, volunteer, and fan did it all.

For him, lacrosse was a calling -- he did anything and everything.

The son of immigrants from India, Gill grew up in North Burnaby a block away from Confederation Park. He was introduced to the game of lacrosse at age eight. Val Roach gave him his first lacrosse stick and where he'd eagerly await his first coach, Charlie Smith, to come pedaling in on his bicycle, gunnysack of balls and jerseys over his shoulder. His life revolved around sports at the park, practicing and playing nearly every day.

Gill kept his love for lacrosse from his parents -- they believed lacrosse was too violent a game. A short time later, his team played between periods of a Senior game at the old PNE Forum, where Sohen netted a breakaway goal while cameras flashed, resulting in a picture of him in the Vancouver Sun sports section. You see, he'd played in street shoes and cut off pants up to that point, so his parents quickly purchased him a pair of running shoes and shorts at the local sporting goods store -- and Sohen ran with the game ever since.

A Norburn Minor Lacrosse product, Sohen joined the Bob Lee Clothiers' Junior club in Vancouver in 1959. However, when North Burnaby organized a Junior team, under Bill Dickinson in 1961, Gill returned to his home base along with longtime teammates Bill Bradley, Gary Stevens, Ron Bodner and Don Boyd. The Norburns were an immediate success as Gill captured the league scoring title and lead his club to the 1961 Minto Cup finals.

The following year, the Norburns moved up to the Senior level but lasted just

one season. Sohen then spent time in Victoria, Vancouver and Coquitlam uniforms over the next seven years, accumulating 65 goals and 76 assists for 141 points in 111 games. After the 1969 season, Sohen mothballed his playing stick, but not his enthusiasm.

He took over the roles of Coach and General Manager of the Burnaby Junior team (1970-1972), Coach and General Manager of the Burnaby Senior B team (1972-1976) and then General Manager and sometime Coach of the WLA's Coquitlam Adanacs club (1977-1986).

In 1987, he began a four-year term as Commissioner of the WLA. Then came the nightmare every firefighter faces on December 29, 1990. A lieutenant in charge of a ladder truck, Sohen scrambled onto the roof of a Vancouver restaurant to assess the extent of a fire when the roof suddenly disintegrated, plunging Gill into the centre of the inferno. He felt some water spray on his face and scrambled towards it and dove out a window as someone pulled him through. That's the last he remembered for a long time.

Gill spent weeks in intensive care and the hospital burn unit, but the burns to his hands, legs and face took months to heal. He spent two and a half years in rehabilitation, retiring from the fire department after 30 years of service. In 1992, Gill was honoured as Vancouver's Firefighter of the Year.

This near-death encounter and the ensuing health struggles didn't slow him down. Just three months after the accident, Sohen took on the chores of Assistant Coach with the Coquitlam Junior Adanacs team on which his son Chris was a star player. Not content with one job, Sohen became the Assistant Commissioner of the BC Masters Lacrosse Association and chaired the inaugural Canadian Masters Lacrosse Tournament in Port Coquitlam.

Obviously, he felt a heavy schedule of work was good therapy. Through the 1990s, Gill coached and managed the Maple Ridge Burrards for five seasons, headed the CLA Box Lacrosse Sector for six years, organized 13 Minto and Mann Cup National Championship tournaments, and chaired a myriad of lacrosse-related committees.

He had his fingerprints on almost every facet of lacrosse on the floor and in the board room. Gill was a longtime member of the Canadian Lacrosse Hall of Fame Western Player Selection Committee from 1993-1997. He became WLA commissioner for a second time in 2002, as well as, BCLA President at the same time. Gill served the WLA until 2015 and was the longest serving of any BCLA Presidents (16 years) until 2018.

Sohen was instrumental in mentoring many members of the lacrosse community. One may ask what he did in his spare time, well, nothing but lacrosse. Some of his extracurricular activities included chairing the Canadian Lacrosse Hall of Fame induction banquets (1993-2015), coordinating BCLA golf tournaments, hosting hospitality events at the BCLA AGM, lending a helping hand at lacrosse clinics and fundraisers. He even coached one of his grandchildren as a youth.

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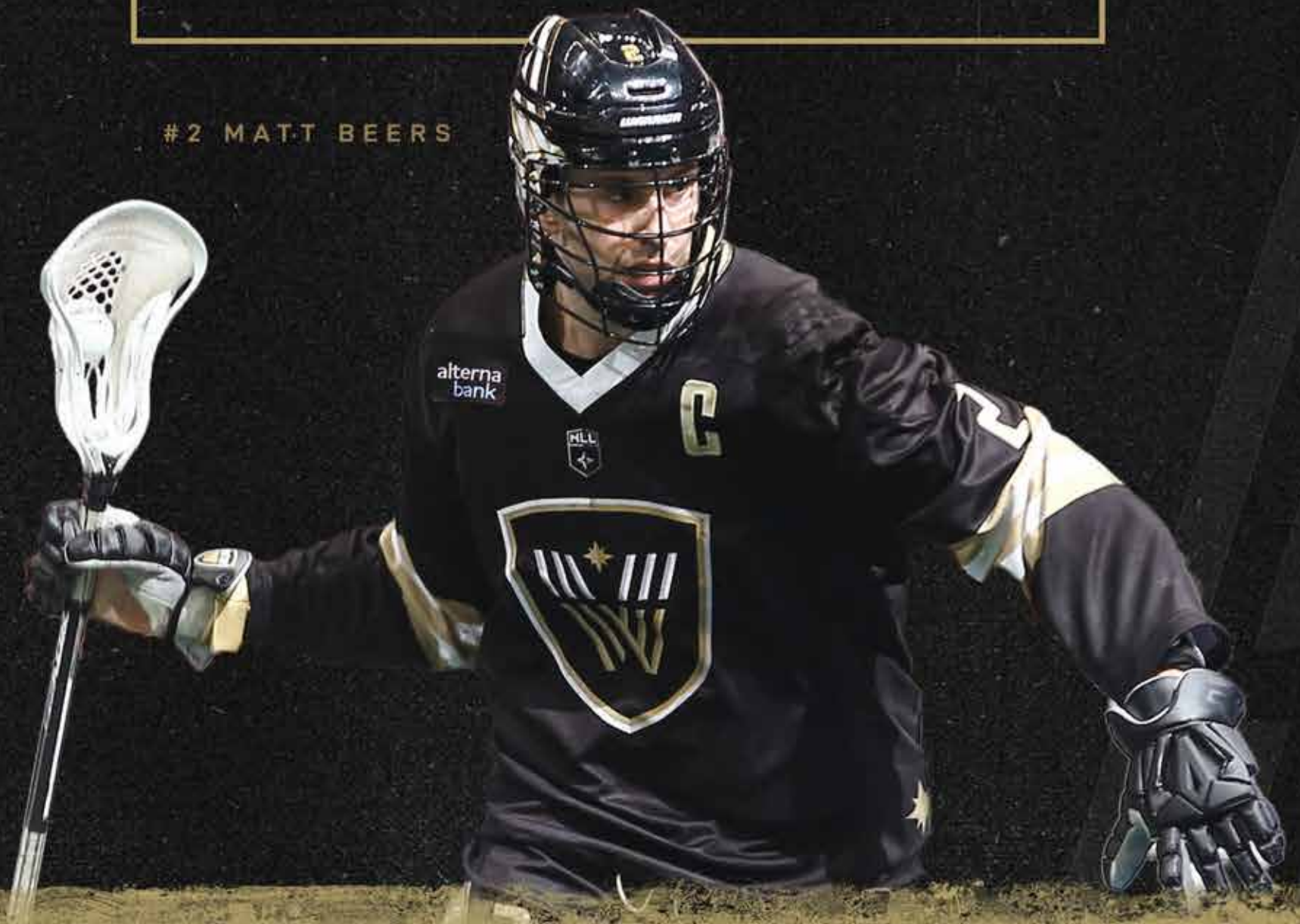
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British Columbia Lacrosse Association

www.bclacrosse.com

BCLA Presidents Award Recipients



54 lacrosse enthusiasts received a BCLA Presidents Award for their outstanding lacrosse volunteerism.

By: LacrosseTalk Staff

The BC Lacrosse Association recognized more volunteers in the lacrosse community. Fifty-four BCLA Presidents' Award recipients were announced at the 2019 BCLA Merit Awards Banquet at the BCLA AGM over the October 18-20 weekend.

The BCLA 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.

The 2019 BC Lacrosse Association Presidents Award winners are as follows:

- Duane Barr, Thompson Okanagan Jr. B Tier 1 League
- Kevin Rothbauer, Vancouver Island Senior C Lacrosse League
- Terri Abrams, Abbotsford Minor Lacrosse
- Lindsay Hodgson, Alberni Valley Minor Lacrosse
- Nicole Wikjord, Burnaby Field Lacrosse
- Michelle Romano, Burnaby Minor Lacrosse
- Mike Durrant, Campbell River Minor Lacrosse

- Geoff Garbutt, Comox Valley Minor Lacrosse
- Monica Reis, Coquitlam Minor Lacrosse
- Dallas Lister, Cowichan Valley Minor Lacrosse
- Rick Weisbrod, Delta Lacrosse Minor Lacrosse
- Scott Burbidge, Delta Lacrosse Field Lacrosse
- Curtis Smith, Delta Lacrosse
- Lyndsay Beer, Fort St. John Minor Lacrosse
- Tim Frost, Juan de Fuca Minor Lacrosse
- Brook Webster, Kamloops Minor Lacrosse
- Karsha Bankier, Kamloops Field Lacrosse
- Tracy Hansford, Kelowna Field Lacrosse
- Travis Whiting, Kelowna Minor Lacrosse
- Gerald Wartak, Langley Field Lacrosse
- Wendy Thomson, Langley Minor Lacrosse
- Sheri Williams, Mid island Youth Field Lacrosse
- Shona Wallace, Mission Minor Lacrosse
- Erica Dmytruk, Nanaimo Minor Lacrosse
- Wes Tyre, Nanaimo Raiders Field Lacrosse
- Julie Edgar, New Westminster Field
- Steven Porter, New Westminster Minor Box Lacrosse
- Thomas Mackiewich, North Okanagan Minor Lacrosse
- Lisa Birrell, North Shore Field Lacrosse
- Gord Withers, North Shore Minor Lacrosse
- Colleen Jordan, Oceanside Minor Lacrosse
- Tara Short, Pacific Rim Field Lacrosse
- Shannon Rennie, Peninsula Lacrosse
- Shona Becker, Pentiction Minor Lacrosse
- Karen Hertslet, Port Coquitlam Minor Lacrosse
- Allen Wales, Port Moody Minor Lacrosse
- Todd Rogers, Prince George Minor Lacrosse
- Barbara Bellamy, Prince George Senior Lacrosse
- Jesse Deagle, Quesnel Minor Lacrosse
- Mary Anne Lever, Richmond Lacrosse Association
- Stacy Paterson, Ridge Meadows Minor Lacrosse



- Rich Bonner, Ridge Meadows Field Lacrosse
- Lisa Carson, Saanich Minor Lacrosse
- Rob Baker, Semiahmoo Minor Lacrosse
- Lianne Dwornik, Shuswap Minor Lacrosse
- Pam Service, Sunshine Coast Lacrosse
- Darren Houldsworth, Surrey Field Lacrosse
- Michael Lonsbrough, Surrey Minor Lacrosse
- Tanya Allison, Valley Field Lacrosse
- Shawn Donahue, Vancouver Field Lacrosse
- Tony Lucas, Vancouver Minor Lacrosse
- Larissa Coates, Victoria Youth Field Lacrosse
- Trevor Thirsk, West Kootenay Minor Lacrosse
- Bob Mills, Williams Lake Minor Lacrosse

BCLA Board Retires and Renames Three BCLA Merit Awards

By: LacrosseTalk Staff

The Art Daoust Merit Award for Box Lacrosse has been awarded yearly to the most deserving candidates from the executive ranks of leagues, member associations, judged on their accomplishments toward fostering and promoting the game, improving the image and stature of lacrosse both at their level of function as well as provincially.

The Dal Martin Merit Award has been awarded yearly to candidates selected from the ranks of team trainers, irrespective of division level or championship standings, judged on their accomplishments and contributions to the game of lacrosse.

The Leon Hall Merit Award is presented annually to a Minor Box and Youth Field Lacrosse Association, regardless of size, which strives to foster and promote the ideals of the BC Lacrosse Association generally, and which strives to improve, promote and develop all facets of lacrosse within the community, while co-operating with all governing bodies, and at all times, recognizing the primary importance of the betterment of lacrosse.

The BC Lacrosse Association Board of Directors have made the decision to retire the Art Daoust "Executive of the Year" Merit Award for Box Lacrosse and rename the award after longtime volunteer board member and manager at the minor and senior levels of box lacrosse, Les Wingrove. The Board is retiring the Dal Martin "Trainer of the Year" and renaming the award after Dr. Don "Doc" Hedges, an MD who has volunteered at the local, provincial, national and international levels of lacrosse, and who has educated and supported many athletic trainers over his tenure. The Leon Hall "Association" of the Year Award will be retired and renamed after a volunteer who made it his mission to develop lacrosse at the local, regional, provincial and national levels, and was the longest-standing President of a Minor Lacrosse Association, Jack Crosby.

McQuarrie is First Recipient of BCLA's Sohen Gill Award



Victoria's Ron McQuarrie received BCLA's highest honour, the newly named Sohen Gill Award.

By: LacrosseTalk Staff

The BC Lacrosse Association's 2019 selection for BCLA's most prestigious award as lacrosse volunteer of the year, was longtime coach and volunteer, Victoria's Ron McQuarrie.

The former Tom Gordon Plaque was recently renamed to reflect BC's best known longtime lacrosse advocate and leader, the late Sohen Gill. Gill, a Canadian Lacrosse Hall of Fame (2005) and BC Sports Hall of Fame (2009) member, had a six decade love affair with lacrosse. He was the longest serving BCLA President in history from 2002 to 2018.

This award is one of BCLA's original merit awards dating back to 1969 -- BCLA's highest honour for "Mr. or Ms. Lacrosse" for the outstanding achievement of an individual.

"I'm not someone that seeks the accolades," said a humble Ron McQuarrie. "I'm so honoured to be the first recipient of the Sohen Gill Award. The award is sitting in my office and I look at it every day."

Ron has been involved in lacrosse for 35 years as coach and manager of box and field lacrosse teams from Tyke to Junior A in his community. He has coached and been involved in different levels of executives locally in his home town and has served provincially on the BCLA Executive Board as VP Promotions & PR, as well as, VP Performance Programs. He has been on the Canadian Lacrosse Association Board as Box Sector Chair since 2017.

McQuarrie joins some great lacrosse company in being a recipient of this accolade.

"I look at who has won this award over the years and I'm happy to be recognized with such a respected list of recipients."

Ron's commitment to lacrosse has been admirable. He has served BC and now nationally maintaining the integrity of our game. Now he can look up on his mantle at the Sohen Gill Award to reassure his hard work has not gone unnoticed.

BCLA Recognizes Volunteers at Lacrosse the World AGM

By: LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the 2019 Annual General Meeting on October 18-20 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 290 delegates were registered for the meetings and nearly 560 participants attended the classic BCLA Annual Merit Awards Banquet.

This year's "Lacrosse the World" theme had participants dress up in tacky tourist attire, pilots, team colours, and lacrosse attire -- tons of fun was had by all! This AGM was a fun, festive event and was another resounding success! Surely we've never seen so many captains in one place at the same time!

The 2019-20 BCLA Executive was named. The BCLA welcomes back President Gerry Van Beek for his second year and his executive members: Secretary – Angie Schwan, VP Administration – Tony Spagnuolo; VP Operations - Greg Toll, VP Performance Programs – Gordon Kask, VP Development - Terry Mosdell, VP Technical Programs - Dennis Quigley and Director at Large - Dave Jenkins.

"The staff did an incredible job and once again put their best foot forward creating a memorable AGM event," said BCLA President Gerry Van Beek. "I enjoy meeting so many passionate lacrosse people in one place -- all in the name of lacrosse. It was an honour to celebrate the achievements of our volunteers who work tirelessly in our communities. Without the good people who are the keepers of our game, the athletes cannot have great lacrosse experiences. Thank you to the many that give their heart and soul to our great game!"

On Saturday October 19th, the BCLA hosted the world famous 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 BCLA Merit Awards Banquet took place on the main stage at the Whistler Conference Centre. The "Lacrosse the World" theme was apparent with many people dressed up ready for travel wearing their association colours and the like – it was quite a festive time!

Guests were welcomed through the banquet entrance by airline Stewards Hans and Gerhardt of Hangover Airlines. After a few passport checks and metal detector swipes, and many photo opps outside the airplane aisle entrance, Hans and Gerhardt entertained all with their slapstick and famous one liners.

Many banquet participants dressed up in costumes to celebrate the achievements of the volunteers – like the large groups of Islanders, Adanacs, Rebels, Salmonbellies, Roadrunners and Prince George to name a few! Congratulations to our best-dressed male and female participants in Myrna and Tony Cable dressed as flight attendant and pilot. The best-dressed team went to the Ball Slinging Woodsmen from Prince George.

The evening was once again emceed by lacrosse Hall of Famer Dave Evans and with assistance from Sportsnet 650 sport media personality, Perry Solkowski. The banquet crowd was entertained by actors Hans and Gerhardt, as well as, the Hitmen Drum crew on stage. Tewanee Joseph, of the Squamish Nation, offered some incredible words of wisdom to the lacrosse family – all in the name of lacrosse. Paul Winterton did his regular bang-up job with the incredible year-in-review video 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 2019 Merit Awards Banquet held Saturday, October 19th at the Whistler Conference Centre.



Photo: Jeff Gombar

Ridge Meadows' Kask family received the 2019 Fridge Family Award.



Photo: Jeff Gombar

Hundreds of Merit Awards Banquet revellers dressed up to celebrate the achievements of our volunteers.

The 2019 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 Kask Family (Gord, Jenny, Drew & Jack) of Ridge Meadows; Norm Wright Merit Award (member of an organization or media) – Owen Munro (BCJALL); 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 - Lisa Carson (Saanich) and Field Lacrosse – Darrin Davies (Pacific Coast Field Lacrosse League & Ridge Meadows); 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): Chris Comeault (Ridge Meadows); Jimmy Gunn Merit Award Senior Official: Terry Foulds (Prince George Senior Officials); Jimmy Gunn Merit Award Minor Official: Julia Diemand (Kelowna); Jimmy Gunn Merit Award Field Official: Wes Tyre (Nanaimo); John Cavallin Merit Award Senior Coach: Bob Heyes (Victoria Sr. A Shamrocks) and Dave Bremner (Nanaimo Timbermen Junior A); John Cavallin Merit Award Field Coach: Tyler MacLeod (New Westminster); Bill McBain Merit Award Minor Coach: Matthew Black (New Westminster Minor Lacrosse Association & Team BC); Dal Martin Merit Award (trainer) Saqib Niaz (Coquitlam & Team BC); 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): Wuilbert Jaramillo (Kelowna

Continued from cover article:

Cover Title: BC Lacrosse Legend: Sohen Gill

By: LacrosseTalk Staff

Gill was not about the spotlight nor accolades, but how can one not be noticed for a commendable service to the game.

His tireless enthusiasm never went unnoticed by his colleagues. His many honours, to name a few, included BCLA Manager of the Year (1980); WLA Executive of the Year; Canadian Lacrosse Association Recognition Awards (1983 & 1990); WLA Recognition Award (1991); three-time recipient of BCLA's top award, the Tom Gordon "Mr. Lacrosse" Shield (1991, 1993 & 2003); CLA Lester B Pearson Award recipient (2007), Sport BC's highest honour the Daryl Thompson Sport BC Award (2009) and named as a Queen Elizabeth II Diamond Jubilee Medal recipient (2013) for his commitment to the lacrosse community.

Numerous halls came calling with spots for the tireless Gill and his teams. He can be found enshrined in three halls as a Builder including Canadian Lacrosse Hall of Fame (2005), Burnaby Sports Hall of Fame (2009) and the BC Sports Hall of Fame (2009). Gill's Coquitlam Adanacs Nations in 1980 World Champions team have also been inducted in the Canadian Lacrosse Hall of Fame (2003-Team) and Coquitlam Sports Hall of Fame (2010-Team).

His dedication, obvious and profound – his friendship admired and welcoming.

If there was ever a need for assistance, Sohen was just a call away and we could count on the ever-accommodating man to lend his lacrosse knowledge.

For him, lacrosse was a calling. He did anything and everything. Lending a helping hand was Sohen's passion; the game of lacrosse is his love. Gill's presence will be sadly missed by many.

So why did Sohen choose lacrosse?....Gill once said, "I didn't choose lacrosse, lacrosse chose me."



Photo: Vancouver Sun

Sohen Gill.

Minor and U15 and U18 Field Nationals); Leon Hall Merit Award (Minor Box and Field Lacrosse Association of the Year) Box Lacrosse – Coquitlam Minor Lacrosse Association and Field Lacrosse – Kelowna Field Lacrosse; Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship): Mike Durrant of North Island Mechanical. And the most prestigious BCLA Merit Award an individual can receive, the newly named Sohen Gill Award (formerly Tom Gordon Plaque), is given to an individual who has done the most for lacrosse in the past year, was awarded to longtime volunteer and BCLA Board member, Ron McQuarrie of Victoria.

Congratulations to all merit award recipients, Presidents' Award winners and executive members for their continuous hard work in making BC Lacrosse Association a model Provincial Sport Organization in BC. In the SPIRIT of the game, we thank you!

PVL Presents 2019 Lax Fair

By: LacrosseTalk Staff

Fourteen sponsors, partners and friends of lacrosse took in the festivities at the 2019 BCLA AGM Lacrosse Fair trade show in Whistler.

A big thank you to Ryan Keller and Rob Leoni of Fit Foods and Pure Vita Labs for being the presenting sponsor of the trade show and showing their leadership in supporting our lacrosse community. The WLA once again sponsored the event hospitality for our delegates.

Trade show displayers included: Team Innovations, Mountain Edge Lacrosse, Warrior Sports, Xtreme Threads, Mogul



Mesh, Under Armour, Pure Vita Labs, Silver Ridge Promotions, Sport Team Accommodations, Impact Canopies, Vancouver Warriors, LAGA Sports, Prestige Travel and Pure Lacrosse.

Thank you all for making the commitment to attend our trade show. We hope to see you again in 2020.



Photo: Vancouver Sun

14 sponsors and friends of lacrosse attended the 2019 Lacrosse Fair Trade Show.

Usselman and Mattinson Honoured at Burnaby Sports Hall of Fame

By: Grant Granger

Two lacrosse greats, both coach and athlete, will be inducted into the Burnaby Sports Hall of Fame 2019 inductee class.

The 2019 induction class is headed by NHL and local product, Chris Joseph, and International skater, Kevin Reynolds, whose amazing athleticism helped to influence changes to figure skating judging, are among the latest to be inducted into the Burnaby Sports Hall of Fame.

Joseph, who grew up in North Burnaby and played much of his minor hockey for the

Burnaby boy Chris Joseph, who played defence for seven NHL teams including the Vancouver Canucks, and Kevin Reynolds, whose amazing athleticism helped to influence changes to figure skating judging, are among the latest to be inducted into the Burnaby Sports Hall of Fame.

Joseph, who grew up in North Burnaby and played much of his minor hockey for the Burnaby Winter Club, played 510 games in the National Hockey League during his 19-year professional career which took him to all corners of the North American continent as well as a couple of stops in Europe. Reynolds trained out of the elite skating program at Burnaby 8-Rinks and went on to represent Canada at six world championships as well as the 2014 Winter Olympics in Sochi, Russia.

Joseph and Reynolds are joined in the athlete category by Canadian Lacrosse Hall of Famer Fred Usselman, Volleyball official Howard Hum and basketball official Steve Mawhinney will be inducted in the builder category, junior lacrosse bench boss Dan Mattinson will go in as a coach while the 2001 Burnaby Canadians Anducci's national senior women's soccer champions will be inducted in the team category at a banquet to be held at the Metrotown Firefighters Hall on Thursday, Feb. 27, 2020.

Joseph was a first-round draft pick, fifth overall, of the Pittsburgh Penguins in 1987. During his NHL career he scored 39 goals and 112 assists for 151 points. He had two stints with the Penguins and also patrolled the blueline for the Edmonton Oilers, Tampa Bay

Lightning, Philadelphia Flyers, Phoenix Coyotes and Atlanta Thrashers. He played 38 games for Vancouver in 1999-2000 scoring two goals and nine assists. He also helped Canada win a gold medal at the world junior championship held in Moscow in 1988.

Reynolds trained under the tutelage of another Burnaby Sports Hall of Fame inductee Joanne McLeod (2005). He was the first skater to land two quadruple jumps in a single program and five quads in one competition. But in his early days of competing he wasn't getting rewarded by the judges for executing difficult elements. In the last 10 years the judging criteria has completely flipped, says Reynolds, and he is "very proud" of being part of that change.

"The skating skills of both of these spectacular athletes shone brightly on elite stages of competition and Burnaby played a large part in their development. The hall is proud to be inducting them and four other individuals. And then there's the 2001 Burnaby Canadians. They pulled off what has got to be one of the most dramatic championship victories ever," said Burnaby Sports Hall of Fame chair Grant Granger.

ATHLETE – Fred Usselman, Lacrosse. Usselman, who grew up in East Burnaby, played in two Minto Cup Canadian junior lacrosse championships including being part of the 1956 champion Mount Pleasant Legion. He was lethal playing on one of the era's most prolific lines alongside two other Burnaby Sports Hall of Fame inductees, Gord Gimple and Alex Carey as the Vancouver Burrards/Carlings won the 1961, 1963 and 1964 Mann Cup Canadian senior men's titles. A five-time Western Lacrosse Association all-star, Usselman scored 476 goals and 773 points in his 12-year career. He was inducted into the Canadian Lacrosse Hall of Fame in 1979.

BUILDER – Howard Hum, Volleyball. As a kid, basketball was Hum's sport, but one day



a volleyball coach at Alpha secondary in North Burnaby asked him to referee a game, and he's been blowing a whistle ever since. Along with officiating high-level university and collegiate matches, Hum has organized officials at international competitions, served on the board of Volleyball BC (2012-2014) and has been an

executive board member for Volleyball Canada since 2014.

BUILDER – Steve Mawhinney, Basketball. Mawhinney has been a gym rat ever since he first started playing basketball in the 1970s at Marlborough elementary. Although his talent didn't match his passion for the game, he began refereeing games when he was at Royal Oak junior high. And he still wears the zebra stripes on the hardwood. Mawhinney has refereed four B.C. high school senior boys championship finals and two girls provincial finals. He has been recognized as the winner of the Wink Willox Award for service, commitment and excellence in officiating by both Basketball BC and the Canadian Association of Basketball Officials.

COACH - Dan Mattinson, Lacrosse. The Willingdon Heights product was coaching soccer for Norburn Athletic Club when legendary lacrosse builder Jack Crosby (2001 inductee), got him into the lacrosse box, Mattinson devoured all he could learn about the sport and coaching. It paid off as he led Burnaby Cablevision to six Minto Cups, including winning three years in a row — 1977, 1978 and 1979 —

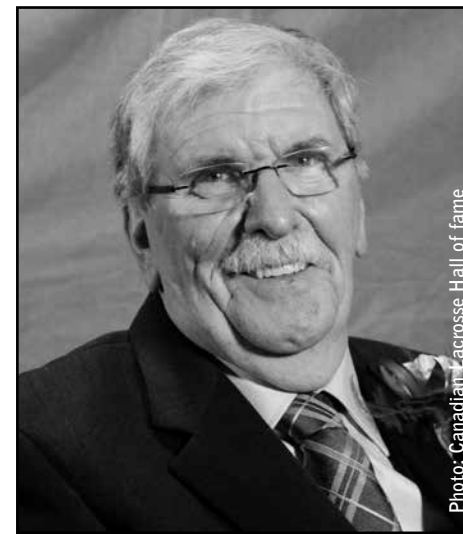


Photo: Canadian Lacrosse Hall of Fame

Dan Mattinson

unprecedented for western Canadian teams. In 12 regular seasons behind the Burnaby bench his squads had a 223-75-3 record.

TEAM - 2001 Burnaby Canadians Anducci senior women's soccer. The Canadian surrendered just one goal in winning three games and tying one in group play leading up to the Canadian senior women's championship final in Vaughn, Ont. In that game, however, the Canadians battled Nova Scotia to a scoreless draw through 90 minutes of regulation and another 30 minutes of overtime. After 10 rounds of a shootout the teams were tied 5-5 leaving only the goalkeepers left to take shots. Burnaby goalie Michele Gademans scored on hers, and then saved a shot by the Nova Scotian keeper to secure the national crown in the most dramatic of fashions.

Contact: Grant Granger, chair Burnaby Sports Hall of Fame, 604-803-9571

Tickets: Available in January by emailing tickets09@shaw.ca or by calling Rosemary at 604-436-1672. Tickets are \$85.

In Memoriam

Ellis, Randy. August 12, 1958 - October 19, 2019. It is with great sadness to announce the passing of Randolph "ELROCK" Ellis who passed away suddenly October 19th while in Las Vegas competing in a 5th Tough Mudder race which is something he loved doing. He was a coach and mentor to many and served as the Semiahmoo Lacrosse Association's long-time president.

Smith, Clifford Neil. January 29, 1956 - January 10, 2020. Neil was a devoted member of the Vancouver Fire Department and would go on to retire as a captain after 29

years of service. Neil was an avid hockey and lacrosse fan.

Treasurer, Barbara. September 2, 1937 - December 11, 2019. A longtime Salmonbellies supporter passed away last December and will be sadly missed by the lacrosse community.

Zimmerman, Rocky. May 28, 1944 - October 15, 2019. It is with great sadness to announce the sudden passing of our beloved Robert Vernon James Zimmerman. Rocky was a wizard of his trade in construction. He spent countless hours volunteering his time with the Coquitlam Adanacs lacrosse family from minors to Juniors. He was a fixture at the Poirier Leisure Centre supporting Adanacs teams. A kind, gentle and generous man who was loved by many, he will be deeply missed.

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BCJALL 2020 Preview

By: Owen Munro

Change may be in the air for the BC Junior A Lacrosse League in 2020.

The Victoria Shamrocks trip to the Minto Cup finals came at the expense of the Coquitlam Adanacs, who saw their grip over the league loosen at the end of the campaign. While the Adanacs won the 2019 BCJALL banner again, they showed they were vulnerable after close games against both the Shamrocks and Okotoks Raiders. The A's eventually fell in the semi-finals to the Shamrocks, who would suffer the same fate at the hands of Ontario's Orangeville Northmen.

Both teams will have lots of fresh faces to start the year with multiple players lost to graduation. That includes marquee names such as reigning top defensive player Reid Bowering and Zach Manns, who broke the 100-point barrier for the 'Rocks in '19. The A's and 'Rocks will need to lean on the depth of their minor and Jr. B programs if they want to stay competitive with other teams.

Teams like Port Coquitlam and Burnaby stockpiled a number of draft picks, as recently as, the Jan. 5 Entry Draft, in the hopes of complementing their core of players. Whether they are on track or not remains to be seen, but if it all comes together for either team, it only adds to the strength and profile of the league.

Then you have the likes of New Westminster and Nanaimo, both coming off excellent seasons, but may need to add some proven talent in order to have a shot at this year's National Championship.

The BCJALL has rarely seen an extended period of parity than now. On most nights, both teams have had a genuine shot to take two points, and that will only intensify as the talent pool improves. Time will tell if we'll see another Cinderella-like story like Victoria and Nanaimo of this past season, or whether the likes of the Adanacs and 'Bellies can extend their dominance for one more year.

Burnaby Lakers 2019 Season: 6-15 - Projected 2020 Finish: 8-13

It's going to take a little bit more than the Burnaby Lakers currently have to come close to reaching the dominance of those Minto Cup winning teams in the 2000s, but the club is hoping that a new decade brings a new era for Laker lacrosse.

They've been trending in the right direction under Head Coach Russ Heard, slowly increasing their win total over the last two seasons while getting some solid experience for their younger players.

For instance, 2019 No. 1 overall selection Sam La Roue got to dip his toes into some playoff action by going on a season-long deal to the Salmonbellies. He played in most situations while understanding what it took to win in the league, while scoring 2.5 points per game with the Lakers.

Burnaby will get a big boost in net with the return of Matteo Tack. He was dished to the Coquitlam Adanacs to give some extra cover in net in their Minto run. He put up solid numbers in Burnaby last year with a .776 save percentage and 11.33 GAA. This would be his third season as a starter in the swamp.

Coquitlam Adanacs 2019 Season: 17-4 - Projected 2020 Finish: 14-7

The decade ended on a sour note for the A's. Looking to repeat as Minto Cup champions, Coquitlam breezed through the regular season and dropped just four games along the way. They looked equally as dominant in the postseason, dispatching the upstart Nanaimo Timbermen in six games before sweeping the Shamrocks in the BCJALL Finals.

Some questioned how much credit should be given to that win as Victoria sat a number of its top players. Those critics were rewarded when



the Minto came around, as the 'Rocks put an end to the A's hopes of a repeat with a resounding semi-finals victory.

That preceded the loss of some key players, as well as, Head Coach Pat Coyle, to the WLA Adanacs. A familiar face in Kyle Sorensen, will take the reign behind the Adanac bench. That will certainly ease the fears some have that Coyle's departure could lead to a full-scale rebuild, but the Adanacs will be in tough, with a number of teams eyeing up top spot in the league.

Look for the BCJALL Monty Leahy Trophy winner and second team all-star goaltender, Nate Faccin, to be relied upon to make some critical saves for the A's.

Delta Islanders 2019 Season: 3-18 - Projected 2020 Finish: 5-16

It's the price you pay to play in the big games. The Delta Islanders are hoping 2020 is the year where they see some major development in a young team that has been rebuilt piece-by-piece over the last few seasons. After unloading the war chest in a quest for a Minto Cup, the team has struggled to put up consistent success, but there is a light at the end of the tunnel.

Look no further than the club's Junior B1 team that upset Coquitlam to take home the league banner. The team boasted some real firepower on the offensive side of the ball, with Ben McDonald leading the league in scoring (55 goals, 29 assists) and teammate Rhys Porteous not far behind with 72 points. He will also be a boon to the Islanders' struggling power play, which scored at just a 34 per cent clip last season, amongst the worst in the BCJALL.

The B1 club's success shows the depth Delta has, whether it's through draft picks, acquired players, or homegrown talent. It will be up to Head Coach Kyle Goundrey, and assistant Andy Ogilvie, to start molding that potential into something that can contribute this season.

Delta also has a talented group of veterans they can lean on to help integrate the young talent. The Islanders will need all the firepower and depth they can get in order to stay competitive with other clubs.

Langley Thunder 2019 Season: 12-9 - Projected 2020 Finish: 9-12

2019 was a disappointing season for the Thunder, who just missed out on a Minto Cup berth in their own backyard. Langley made a number of big name deals, bringing in the likes of Clark Walter, Ryan Jones and Carson Rees, but failed to capitalize. There's an argument to be made that the Thunder could be a top four team, if sharpshooting Nathaniel Kozevnikov didn't go down with a season-ending injury.

Now the club is in a perilous position between giving it another go or sitting back and re-tooling the roster for a year. The likes of Ryan Martel are moving on but that only gives more opportunity to players like Dylan McIntosh (2016 No. 3 overall pick), Matthew Abbott (a wizard in transition), and Braiden Struss-Reid (23 goals, 23 assists for the B1 club) to come in and make an impact.

Goaltender Torin Vanrheenan struggled at times between the pipes as the starter. The Thunder will also look to promising goalie in Braeden Washington for some wins. He put up solid numbers in just under 300 minutes of work last season, finishing with a respectable .808 save percentage. He was also strong in the transition game, finishing with three assists.



The Islanders and Thunder seen here in 2019 BCJALL action.

Nanaimo Timbermen 2019 Season: 14-7 - Projected 2020 Finish: 15-6

There was arguably no better story to come out of the BCJALL last season than the rise of the Nanaimo Timbermen. The T-men beat the Adanacs twice in the regular season, before posting two more wins against the eventual BCJALL champions in the playoffs. Now the aim is to translate a breakout season into consistent success.

And there's no reason they can't. Nanaimo is one of the few teams to return a number of their top players, including Colton Lidstone, Thomas Vaesen, Will Johansen and goaltender Justin Geddes. Geddes' play in the crease made it a little easier for Nanaimo to ship Colin Jeffrey to the Port Coquitlam Saints in a draft-day deal.

Nanaimo's resurgence is a shining example of how teams can build through the draft. Lidstone and Johansen were 2016 draft picks, while the team acquired Vaesen from Victoria and immediately reaped the benefits. Arthur Miller was also the No. 1 pick in the 2018 draft and he hasn't realized all of his potential yet.

Things won't get any easier for the T-Men. They will no longer go into games as an underdog, but that may suit them just fine.

New Westminster Salmonbellies 2019 Season: 14-7 - Projected 2020 Finish: 11-10

It seems like the New Westminster Salmonbellies just can't get over the hump and into a Minto Cup. Last season seemed to be setting up perfectly with the 'Bellies playing good lacrosse, but luck ran out, in a seven game thriller against eventual Minto finalists Victoria.

One improvement the team could make is in goal. They imported two Ontario goalies in Brayden Bell and Kyle Hebert, but neither made the difference the club was looking for. Time will tell whether they could go back to the import well for a second season in a row (the team also leaned on import Erik Kratz in previous seasons) or choose to ride it out and develop their own No. 1.

The 'Bellies continue to have one of the better feeder systems in the province and will showcase one of the best players in the league in Will Malcom. He's currently having an excellent rookie season with the NLL's Colorado Mammoth. His point total fell from 106 to 83,

but he did shoot at a higher percentage, which should bring those totals back up above the 100-point plateau.

Port Coquitlam Saints 2019 Season: 4-17 - Projected 2020 Finish: 10-11

After coming so close to cracking the playoffs in 2018, the Saints spent 2019 spinning in reverse. While the team is chock full of talent, the Saints were on the unlucky side of too many close defeats and will look to erase that trend.

Poco has the team to push for more victories this year. The Saints will look to pull themselves out of the BCJALL basement with a veteran-laden squad and firepower on offense and a tough defence. There's no reason why they can't, with returning talent. Jacob Dunbar, Garrett Winter and Aiden Murphy who will play a major role once again this season.

Poco hopes the acquisition of goaltender Colin Jeffrey (Nanaimo) will help provide more stability in the crease. Ryder Bremner figures to be waiting in the wings, but there's uncertainty in throwing such a young goalie to the wolves. Jeffrey can do more than fill the void by giving the Saints a string of quality starts. Look for a much improved Poco club in 2020.

Victoria Shamrocks 2019 Season: 14-7 - Projected 2020 Finish: 12-9

We finish with the Victoria Shamrocks, who will likely be in tough if they want to replicate the run they had in 2019. It was a perfect storm of an explosive offence, tough defence and MVP-level goaltending from Cameron Dunkerley. There may be a bit of a drop-off, but the boys will be looking to make sure there's no Minto hangover.

How Victoria replaces 'Dunk' will likely be the deciding factor of where the Shamrocks land in 2020. Adam Bland and Nolan Dalep virtually split time with the B1 'Rocks and had similar stats. Ryan Atkinson was Dunkerley's main backup until the team brought in Brody Harris from Delta.

Victoria has done well in stockpiling young assets, many of them already seeing success with the big club or the B1 group, who has won the provincials two years in a row. Beyond a strong group of protected players, Victoria has also added a number of quality Islanders through the draft.

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Progress Tough to Measure for the Vancouver Warriors So Far

By: Dave Shledon, Warriors

Quite often, progress can be easily measured by a win-loss record. You see a marked improvement in the win column and you automatically assume that the team is heading in the right direction due to some early season success and that they are on their way to the gravy train.

Then there are the Vancouver Warriors.

The Warriors made measurable progress in the 2018-19 season, moving from a 2-16 squad that was a disaster in their final season in Langley to a 5-13, competitive squad that competed at Rogers Arena. Things were progressing; the team made a major acquisition in trading for Mitch Jones, Matt Beers and Ian Hawksbee had nice years on defense, while Keegan Bal and Jordan McBride established themselves as two of the most underestimated players in the NLL, solidifying the right side for the Warriors with both having career years.

The off season allows teams to get better, either through the NLL draft or free agency. Once again, with their hands tied behind their backs from their predecessors, GM Dan Richardson, Assistant GM Ken Thomas, and Head Coach Chris Gill went to the draft in Philly trying to make the best out of a non-draft situation. Without a selection until round four, Richardson and company made the most of their situation, drafting Derek Lloyd in Round Four and Keegan Bell in Round Five. Both Lloyd and Bell have stuck with the team, with Lloyd being the most pleasant surprise early in the season and Bell learning the ropes of the pro game from the practice roster.

Free Agency had some positives as well, with Richardson and Thomas securing defender Nik Bilic from the Saskatchewan Rush, Riley Loewen from the Calgary Roughnecks and Mike Mallory via trade with the Rochester, the Warriors addressed some depth issues and expanded their leadership group with Bilic and Loewen.

Late this fall, the Warriors stocked their cupboard again with the signing of free agent defenseman Brett Mydske from Saskatchewan. Mydske is a top five NLL defender, but has just landed a job with the Burnaby Fire Department

and will be unavailable to Vancouver until the 2020-21 season.

Which leads us back to progress, and how it's hard to measure; here is what I mean:

Thirty minutes into the opening game of the Warriors season, Bilic was involved in a collision in front of the benches and went down in an agonizing heap. Bilic was done for the season with a knee injury which will be a long-term recovery for the fiery defender.

Chalk that up to bad luck.

As of this article hitting deadline, forward Mitch Jones is first in the league in goals, assists and points. Keegan Bal is third in league scoring and second in league assists, behind only Jones. Bal's right-side running mate Jordan McBride is tied with Jones for first in the league with 12 goals. So the offense seems to be popping, right?

Not so fast.

Despite the great showings by the trio mentioned, the Vancouver Warriors are averaging just 10 goals per game, 10th in the 13 team NLL loop. Their 12.8 goals against per game is 11th.

Individually, the Vancouver Warriors have had some success. As a team, they are still trying to find their way.

"We have had two games of our five so far this season that could have gone our way, but didn't," says General Manager Dan Richardson. "As a team, we need to find a way to put teams away, and that sometimes is trial by fire. Our OT loss to San Diego was a missed opportunity by us and a made opportunity by their 15-year veteran (Brodie Merrill). Our loss in Denver was a 55 minute performance where we were either in the lead or tied, followed by the last five minutes that we would like back. We as a team need to find a way to put teams away, we have had our chances, but have yet to see this."

Richardson will also tell you that the key to every good team is a good draft, something that he has not been afforded yet, thanks to some trades by the previous regime which stripped the draft cupboards nearly bare. "If you look at nearly every team in this league, they are better thanks to the draft. Some



Photo: Dave

Vancouver Warriors star Mitch Jones goes one-on-one against Seals defender Garrett McIntosh in an 11-10 O.T. thriller in December.

teams had 11 picks this past year and, in some cases, have seven new young players in their lineup," comments Richardson. "They are faster and younger. We had a draft where we had just three picks in the late rounds, and two of those players have made our team. This isn't a knock on our current players, but when you can draft players that can be a part of your team immediately it makes your team deeper, more competitive and in the end, more successful."

While the future looks bright with a full draft cupboard, the arrival of Mydske and the pending return of Bilic, the present also needs to be accountable says Richardson, and the time is now.

"The Vancouver Warriors have been a competitive team so far this season," opines

Richardson. "We need these players and this coaching staff as well as our management team figure out what it takes to succeed. I believe that we have assembled a team that can be competitive, but I also know that we can take no nights off, and we can't take off a quarter or even five minutes. We need to focus on every shift like we are fighting for our lives, because in the end we are always evaluating how we can be better and these games right now and through the end of the season will allow us to decide who will be here fighting for jobs next year and who needs to move on.

As mentioned, progress is always tough to measure outside wins and losses, but in the end, the wins and losses will always decide who will go and who will stay as the season winds on.

Warriors Winter Break Lacrosse Camp

By: LacrosseTalk Staff

On December 30th and 31st, the Vancouver Warriors put on a fun winter break lacrosse development camp for Novice, Tyke, Pee Wee and Bantam lacrosse athletes.

Athletes from all over pulled out their lacrosse bags, and dusted off their sticks, for two days of lacrosse development on the turf at the Warriors practice facility at the Langley Events Centre Fieldhouse.

Dozens of athletes were put through the skills and drills by Warrior players Tyler Cordon, Mitch Jones, Logan Schuss and goaltender Andrew Gallant.

The kids couldn't get enough of the fun and games and were thrilled with relays and

competitions, and of course the prizes and giveaways. Campers rubbed elbows with the Warrior players and were treated to autographs at the end of the camps.

The camps were a resounding success and left the campers wanting more.



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.

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Antiki Masters Win in Hawaii



2019 Antikis Legends Team - Hawaii Champions.

By: LacrosseTalk Staff

Hawaii Lacrosse hosted the 29th annual international tournament from October 25-27, 2019. The event is a favorite of teams from all over the world who love playing The Creators Game in paradise!

The 2019 tournament was hosted at Kapiolani Park, located at the foot of Diamond Head. Teams from around the world competed in the Elite, Grand Masters, Masters, Legends and Women's divisions.

This year, the Antikis fielded four teams in the tournament: Masters, Grand Masters, Legends and for the second year in a row sent an Elite Team to the tournament under the name Antikis Lite.

The Antiki Legends won their division by beating the Jaybirds by a score of 7-6, Grand Masters lost in the final to Wimmer, Masters had a great trip but did not make the finals and the Elite team lost to Wimmer in the semi-finals. Wimmer Elite went on to win their division against Olympic, who our boys lost to by one in the semi-finals last year.

Antiki Grand Masters (and some Legends) team roster included James Abbott, Trevor Andres, Stu Black, Brian Bradley, Vince Critchley, Troy Dickson, Jamie, Hackel, Russ Heard, Ken Hinds, Ryan Keller, Lyle Leibing, James Luddington, Randy Mellish, Tosh Nishimura, Tod Olson, Bill Reed and Tom Temple.

Antiki Legends roster members included Dave Bensmiller, Steve Booth, Dean Callard, Rob Doughty, Jason Glover, Chris Hodge, Rick Mang, Glenn Pollock, Ian Quinney, Ryan

Reed, Ryan Scharbach, Bill Schonewille, Bill Smith, and Gerry Van Beek.

Antiki Masters roster members included Kyle McIntosh, John Adelsberger, Mike Bolzan, Mark Cottom, Lance Crafton, Ash Cryer, Jarett Dorman, Jordan Flaman, Steve Hay, Rob Van Beek, Ian Wildgrove Brad MacDonald, Cam Janzen, David Dennenberg, Walter Green, Lance Crafton, Brad Rennie, and Kerry Susheski.

Antikis Lite Roster members included Wes Berg, Graydon Bradley, Adam Dickson, Carter Dickson, Curtis Dickson, Tor Reinholdt, Ryan LaPlante, Brad Kri, Austin Robinson, Jean-Luc Chetner, Connor Abrams, Taylor Stuart, Brad Rennie and Ryan Heard.

Many BC'ers took in the tournament and enjoyed the beaches, surfing, hiking and biking that Waikiki offers.

Many of the athletes hail from the Tri-City Masters Field Lacrosse Club, which runs an eight team Masters Field League from March to October out of Gates Park in Port Coquitlam. For more information please visit their website at www.tricitymasters.com

Subway® BCLA Field Lacrosse Provincials at a field near you

By: LacrosseTalk Staff

The 2020 Subway® BCLA Field Lacrosse Provincial Championships will take to the turf in the month of February 2020.

Some seventy-nine teams will compete at the Women's Field U15 & U12, the Men's Field U18, U15 and U13 Provincial Championships, as well as, sixteen U11 teams competing at the U11 Provincial Tournament.

The U13 Tier 1 & 2 Provincials will take place February 7-9 in Nanaimo and games will be played at Beban Turf Fields and NDSS Field.

The U15 and U12 Women's Field Provincials will take place February 14-17 in Burnaby and games will be played at the Burnaby Lake West Complex.

The U15 Tier 1 & 2, as well as, the U11 Tournament, will also take place February 14-17 in Richmond at the Minoru Park Complex.

To round out the Field Provincials, the U18 Tier 1 & 2 Men's Field Provincials will take place February 21-23 in Port Coquitlam at Gates Park Turf Fields.

Thank you to all the host committees and volunteers in preparation for these events. It



is the efforts of many that will make events like this memorable for families. Be sure to tell your family and friends to go out and support the young athletes in their quest for a Provincial title.



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Space Needle Shootout Results



U15 Ridge Meadows Burrards won the Space Needle Shootout with a 6-4 win over Claremont High School in the 9/10 Division.

By: LacrosseTalk Staff

The Washington Lacrosse Foundation hosted their 16th annual Space Needle Shootout on the December 6-8, 2019 in Tukwila, Washington. 89 teams participated in the largest boy's lacrosse tournament on the west coast, with teams from all over the Pacific Northwest and western states.

Out of the 89 teams, 20 teams hailed from clubs in BC including Vancouver/Richmond, Royal Bay HS, Claremont HS, Ridge Meadows, Coquitlam, Mission, Surrey, Langley, Pac Rim, Victoria and Delta.

Three BC teams took home titles as the Ridge Meadows U15 team took the 9/10 Tourney division championship; Adanacs U11 won the 5/6 Tourney division; and the Ridge Meadows U15 t team were crowned 3/4 Tourney division champs.

The Ridge U15 team went a perfect 5-0 outscoring their opponents 36-18 at the Space Needle Shootout. The Burrards went undefeated in the round robin with wins over Bellvue (10-3), MadLax (8-4), South Side Blue (6-2) and Royal Bay (6-5). In the final, a historic victory over perennial champs Claremont (6-4) to take the 9/10 Division title.

"It's amazing what can happen when 20 young men can put aside their differences, come together as one, and leave it all on the field," said Coach Brad Rennie. "The privilege of being a coach is to be spectator at that point in time...well done gentlemen, well done."

"Although we went 3-0 in the round robin, we knew we had to be better," said Coach Ryan Keller. "The semi-final versus Royal Bay, and the final versus Claremont, were the best games I've seen from our team play all season. We didn't do anything too fancy, we just worked

hard and executed lacrosse fundamentals flawlessly - we eliminated fast-break opportunities, were tenacious on ground balls, patient on offence, and our slides were on-point. It just all came together when it mattered most, and our men were rewarded for it. I'm just so proud of them."

The Adanacs U11 team (grades 5 & 6) went a perfect 4-0 outscoring their opponents 36-4 at the Space Needle Shootout. The Adanacs went undefeated in the round robin with wins over Mercer Island (8-1), Mission (11-0) and Pac Rim (13-0). In the finals, a tight one goal victory over club rival Langley (4-3) won the A's gold in the (5-6 grades) Division.

The Ridge Meadows Burrards team that competed in the grade 3 & 4 Division, also came home with hardware. The Burrards began the tournament with a 12-7 win versus

"It's amazing what can happen when 20 young men can put aside their differences, come together as one, and leave it all on the field."

- Coach Brad Rennie

Bellvue grey, then continued their winning ways with another 12-7 win over Juanita to punch their ticket into the semi-finals. Ridge handled Mercer Island 11-2 in the semis, and in the finals, Mercer Island Maroon and played their toughest match of the tournament to win 11-6 for the title.

This event gives highly experienced youth, middle school and high school players the chance to compete against the best teams from around the region. This kind of opportunity makes this event a must-do for every competitive lacrosse player, as different play and coaching styles clash in an exciting tournament at the Starfire Sports Complex.

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Team BC Women Showcase Talents in Florida



Photo: Brandi Carr



Photo: Fred Jenner



Photo: Derek Murrell

Team BC Senior team.

Team BC Junior team.

Team BC Sophomore team.

By: LacrosseTalk Staff

The annual pilgrimage to Florida was circled on calendars of the Team BC Women's Field Sophomore, Junior and Senior teams to attend the IWLCA Brine/New Balance President's Cup Recruiting Tournament in West Palm Beach, Florida, November 22-24, 2019.

The President's Cup Tournament is a showcase of lacrosse athletes, and their talents, for numerous college and university coaches to scout and make connections with young lacrosse players. This has been the stage where many Team BC athletes have made impressions on college scouts and started their recruitment process. To date, over 75 Team BC Field Lacrosse athletes have gone off to collegiate lacrosse programs.

The 2019-2020 version of the Team BC program has attracted the likes of Team BC alumni Ashley Bull (Canisius), Catie Greenlay, Emily Manville (Columbia), Nikita Bagg (Oregon), Selena Lasota (Northwestern) and Team BC's first Women's Field head coach, Naomi Walsler, who have returned to the program that they were once a part of. Program Head Coach, Dan Stroup, is impressed with their dedication to Team BC passing on their experiences.

"Team BC is fortunate to have an experienced female coach on each of our teams, in each division (in Florida), it's a great benefit in team dynamics for the athletes," explained Stroup. "By far Team BC has the best female coaches around."

These young coaches add a great dimension to the Team BC program and are committed to share their lacrosse knowledge.

The Sophomores were well-prepared for their first trip to Florida. The first game was an 11-2 victory over Strikers 2022 (Virginia). In game 2, the Team BC Sophomores played their tightest match versus True Pittsburgh 2022 (Pennsylvania) and came away 9-5 victors. In game 3, the Sophomore ladies got back to their offensive game and handed CCLax 2022 (Maryland) a lopsided 13-1 score. Team BC's final game proved to be their most complete game with another 13 goal offensive outburst in a 13-6 shootout over Aim 2022 (New Jersey).

Head Coach Derek Murrell, with assistants Mike Kask and Catie Greenlay prepared their team at a high level to be the best trained athletes for the gruelling 3-day event. Coach

Murrell was proud of their fitness and compete levels throughout.

"Our conditioning was evident from the outset," noted Murrell. "We outworked and overwhelmed some very talented teams with our speed, aggression and relentless pursuit of the ball. Our identity as a fast, physical team, that is difficult to play against, continues to develop."

"We won the face-off battles in 3 of our 4 games, and the turnover battle in all 4 games," said Murrell. "We have focused on these areas all season in training and are excited with our progress thus far. I, and the other coaches, are extremely proud of the girls and are excited to see what they will achieve moving forward."

The Team BC Juniors competed in the second highest division and were pushed every step of the way to raise their game. An unforeseen pregame traffic snarl resulted in a late start for their first game. Head Coach, Fred Jenner, commented on the experience and lessons learned.

"Sport prepares you for life, where you face obstacles and challenges that are not in your control. So it's how you readjust your preparations, your focus and your attitudes to help overcome them. This group did a great job with that on the first day."

The girls ran, walked and jogged about 2 kilometers to their field, only to arrive at their first game a few minutes late. Once they settled in, they battled a hard-fought game versus Atlanta Storm and dropped an 8-6 decision. In game two, another learning moment for the Juniors, was against a very strong AIM 2021 (New Jersey) team. They lost 14-6 to some very talented players who will be headed to some high level D1 NCAA schools.

Team BC got their offensive game rolling versus a tough True Pittsburgh Elite 2021 (Pennsylvania) team, and gutted out their first victory 11-10. The Juniors put in an admirable effort in their final game and were rewarded for their hard work with a 9-8 victory over C2 Lacrosse 2021 (Arizona). Overall, the Team BC Juniors netted 31 goals but yielded 40 against in 4 games.

"Coming out with two, one goal wins, against True Pittsburgh and C2, our girls played some of their best team lacrosse," said a proud Coach Jenner. "Moving up to the second highest division this year, we knew we'd face some great teams, and our record showed that we definitely belonged at that level. We saw some amazing saves, strong team defense, great fast breaks and a bunch of awesome goals. The coaches were really proud of their efforts all weekend and from the number of NCAA coaches watching on the sidelines, we are confident, that they showed well as a team and impressed with their individual efforts."

For many Seniors, this was their sixth and final trip to the Presidents Cup. Coaches Jason Carr and Ashley Bull, knew their fitness training had to be at a high level in order to succeed at this event, and they delivered.

"This season has been tough as we've had a number of injuries that have made it difficult for some players to prepare for Florida," noted Coach Carr. "However, the girl's dedication to fitness allowed them to stay strong even with an extremely small roster."



The Seniors kicked off the tournament against a good Lax Maniax 2020 (Florida) team, but they were too strong and trounced their opponents 13-5. In game 2, Team BC met a familiar opponent in the Snipers Elite Lacrosse 2020 (New York) team they have played over the years, but this was not the Seniors' best performance and they didn't play to their full potential in an 11-3 loss. The ladies rallied and got back to their offensive game and handed Southern Zone 2020 (Georgia) a 13-5 drubbing. In the final game, fatigue set in, but the ladies battled to the bitter end, to the final whistle, in a 9-7 win over GRIT Lacrosse 2020 (Texas).

"We improved greatly on draws and loose ball battles which we have had troubles with in previous years," said Carr. "We ended the showcase with another win and dominate performance over a tough team. I was very impressed with "no quit" attitude and effort this team puts forward every game."

Women's Field Program Head Coach, Dan Stroup, praised the commitment of all athletes and the efforts of his coaching staffs who represented Team BC professionally and with class.

"Our coaches and athletes worked very hard the past 3 months to be at the top of their game for this tournament, sacrificing their weekends for lacrosse – their efforts paid off," said Dan Stroup.

Team BC Field Lacrosse Co-ordinator, Reynold Comeault, was impressed with the Team BC efforts and was kept on his toes manning the sidelines while talking to NCAA coaches about Team BC athletes.

"Our Senior, Junior and Sophomore teams once again attended the Presidents Cup event -- the most heavily recruited Women's college lacrosse coaches event in North America," said Comeault. "It's very advantageous for exposure for our female athletes with so many Team BC alumni having received their university degree's from NCAA schools or currently competing and studying at US institutions. This year was no different with so many coaches on the sidelines watching our athletes compete."

Team BC Women's Field Program Head Coach, Dan Stroup, is proud of how the program has grown and would be remiss not to pay credit to the people behind the scenes.

A big tip of the hat to all coaches, athletes, parents and volunteers for the great experience this year. A big thank you goes out to Team Manager Rita Stroup and Brandi Carr (Seniors) and Carrie Dunnett (Juniors) for their tireless work to make the Team BC experience special for the athletes. Team BC's Rey Comeault and Dan Stroup continue to direct the program in a positive direction to up our athlete's game while keeping things fun.

It is the extra little bit that many people do that makes Team BC travel teams run smoothly and memorable for the athletes.

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Team BC U15 Showcase in Delaware



Photo: Mitch Cavallarin

Team BC U15 team went a perfect 6-0 at the 3d tournament in Dover, Delaware.

By: Mitchel Cavallarin & LacrosseTalk Staff

The Team BC U15 Men's Lacrosse teams travelled to Dover, Delaware, for their annual recruiting trip to compete at the FLG in 3d Fall Shootout November 8-10, 2019. This was the first time the Team BC U15 squad in has attended this event after many trips to the prestigious Autumn Gold Showcase in Baltimore.

Sometime change is good -- and this change was a very positive experience for our athletes.

The teams competed in one of the most competitive recruitment showcase tournaments along the east coast. The FLG in 3d event attracted over 70 collegiate coaches to watch and recruit some of the top high school lacrosse players.

The Team BC U15's were up bright and early on day one to tour of Drexel University (NCAA D1) by current Senior and 2019 2nd Team All-CAA pick, Collin Mailman, and Sophomore, Luke Snider. The boys were shown the athletic facilities, as well as, the Campus Bookstore. The athletes toured the Team BC U15's around campus and provided a candid Q&A session at the game field.

Following the Drexel tour, the group headed to the University of Pennsylvania (NCAA D1) for lunch and to tour the campus. After the two campus tours, the team headed to downtown Philadelphia for a cultural experience at the Philadelphia Museum of Art. This was then followed up with the iconic players-coaches race up the "Rocky Balboa" steps!

Now it was down to business. After a very challenging 2018 Autumn Gold tournament (0 wins, 5 losses & 1 tie), this year's U15 team looked for improvement and consistency. The U15's played three games per day and competed at a high-pace throughout.

Day one.

Game 1 - Team BC 11 vs St. Xavier Tigers (Kentucky) 3

The U15's were raring to get this rolling and it showed. The keys to this game included bringing the Canadian game-toughness right off the first whistle to set the tone of the game. Team BC won the 50/50 ground ball battles while limiting the opposition's chances with a stingy defense.

"We're very pleased with the experience gained by our U15 athletes who were able to play in front of the best college coaches in North America." – Reynold Comeault

The "Pelé Ball" awarded to Koen Block.

Game 2 - Team BC 4 vs Baldwinsville JV (New York) 3

The second match pitted the U15's against a very tough and disciplined Baldwinsville team. This game proved to be a classic possession game and to respect and maintain every ball possession.

While the team struggled to capitalize on offensive chances, the Man Down unit was excellent. The "Pelé Ball" awarded to Nathaniel Leroux.

Game 3 - Team BC 8 vs PCL (Maryland) Gold 1

In the final game of day one, Team BC possessed the ball better and valued the ball with continuous possessions. The physical play was very successful in obtaining the ball and both goalies stood tall in the net while yielding only a single PCL tally. The "Pelé Ball" awarded to Hudson Zazelenchuk.

After a successful three win first day, three more games were on the slate for the U15's on day two.

Game 1 - Team BC 6 vs HEADstrong (Pennsylvania) 1

The positive vibes continued in day two as the U15's dominated the ground ball battles, forced HeadStrong into errors and scrapped for extra possessions. Team defense again stepped up to minimize the opposition keeping them to one goal. The defense were flying around making big plays and forced numerous turnovers. The "Pelé Ball" awarded to Nathan Smith.

Game 2 - Team BC 11 vs Knights Lacrosse Noblemen (New Jersey) 2

The wave of success rolled into game five as the U15's dominated the faceoff X while generating and finishing high percentage scoring chances. The offense was hitting on all cylinders and shared the ball unselfishly which generated plenty of offensive chances. The "Pelé Ball" awarded to Jaxon Dillon.

Game 3 - Team BC: 11 vs O2 "A" (Florida) 5

Traditionally the final game of a 6-game event is when the legs tire and the mind takes over, but this team bucked the trend and continued with energy to spare from the opening



Photo: Mitch Cavallarin

Team BC U15's enjoyed their Philadelphia tour at Drexel University and UPenn.

whistle. The U15's came right out of the gates and kept going. The game turned into a chippy affair, but the boys kept disciplined, didn't retaliate, and capitalized on man up opportunities. The "Pelé Ball" awarded to Jaxon Smart.

Overall, the tournament was a huge success which saw over 70 collegiate scouts present.

The team performed very well and finished with a perfect 6-0 record. The athletes grew and improved every step of the way throughout the weekend. The weekend "Pelé Ball" was awarded to Morgan Trites.

Team BC U15 head coach and Field Coordinator, Ian Radonich, was full of praise after the successful trip.

"I'm really proud of how the young men performed and adapted to the speed changes playing in Delaware," said Head Coach Ian Radonich. "All facets of the team seemed to excel in the conditions, from our goaltending through to our attackers. Regardless of the opponent, the boys were relentless in their pursuit on ground balls and played physical, causing us to find a tremendous amount of success in



the second halves of games, as the opposition struggled to match our speed."

Team BC Field Coordinator, Reynold Comeault, was happy with the achievements of both teams and the experiences learned playing such high level competitions.

"We're very pleased with the experience gained by our U15 athletes who were able to play in front of the best college coaches in North America at the FLG 3d event," praised Comeault. "We changed things up with our U15's and instead visited Delaware for a recruiting event. All accounts point to this decision being a favourable one. Our athletes competed well in front of a different group of coaches got some looks that will go a long way in their recruiting trail."

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Team BC at Sand Storm



120 Team BC athletes competed at the 2020 Sand Storm Tournament in California.

By: LacrosseTalk Staff

At press time, Team BC Women's Field and the U14 Men's teams competed at the 2020 Sand Storm tournament in Indio, CA.

Team BC Senior Women's team finished with 2 wins and 3 losses. Game scores were: a 10-7 loss to Seattle Starz (WA); an 8-3 win over NORCAL Rize (CA); a 9-5 win over Pacific Falcons (CA); a 9-4 loss to Coast Elite and an 11-7 loss to the Stars and Stripes.

Team BC Junior Women's team finished with 1 win, 3 losses, and 1 tie. Game scores were: 7-7 tie with Coast Elite; a 11-2 loss to Wave SD (CA); a 10-6 loss to L.A. Aces (CA); an 8-5 loss to TTP Tenacity Elite 21 Blue; and a 10-4 win over Grit Dallas 2021 (TX).

Team BC Sophomore Women's team finished with 5 wins and no losses. Game scores were: 9-6 over Fire Lacrosse (CA); 7-4 over SoCal Express (CA); 9-7 over Grit Lacrosse

Houston (TX); 11-5 over 214 Lax Dallas (TX); and a 16-1 win over Golden Gate Rippers (CA).

Team BC Freshman Women's team finished with 4 wins and a loss. Game scores were: an 11-7 win over Fire Lacrosse (CA); a 9-5 win over Team NorCal (CA); 11-10 win over Luxhur Lacrosse (CA); a 10-7 loss to SoCal Express (CA); and a 10-3 win over Lacrosse Northwest Rippers (OR).

Team BC Middle School Women's team finished with 3 wins and 2 losses. Game scores were: a 10-7 win over 214 Lax Dallas; 10-1 loss to True Lacrosse (IL); an 8-4 win over Austin Revolution (TX); an 11-0 loss to 3D Lacrosse (CO); and an 11-4 win over TTP Tenacity Bay Area (CA).

The Team BC U14 Men's team finished with 5 wins and 0 losses. Game scores were: 8-1 over 3D Lacrosse SoCal (CA); 8-7 over NorCal Express (CA); 10-1 over Chauncey Boys Lax 14U (CA); 6-3 over Legends Lacrosse Bad News Bears (CA); and an 11-5 win over Mad Dog West Elite (CA).



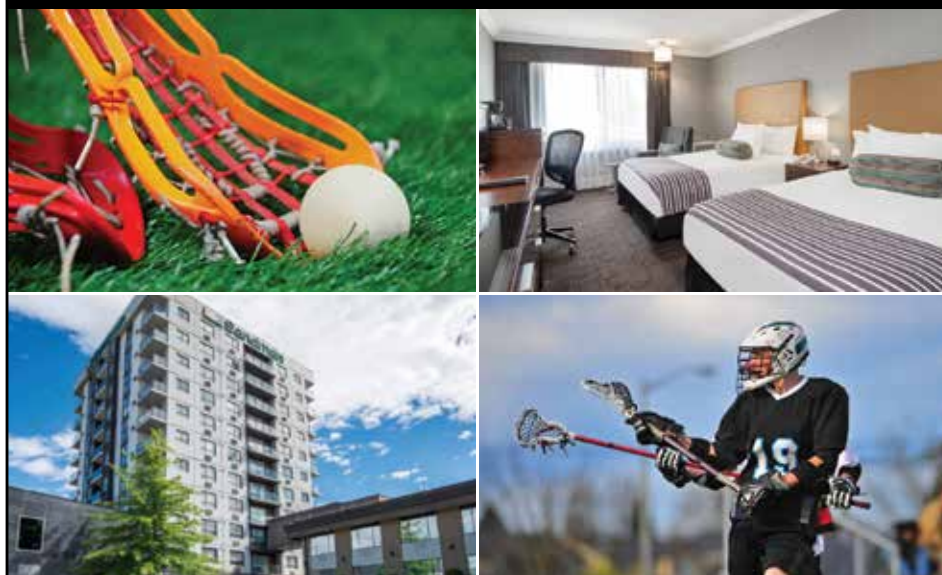
Team BC Freshman Women's Field team at Sand Storm.



Team BC U14 Men's Field Team at Sand Storm.



Team BC Middle School Women's Field team at Sand Storm.



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Team BC Athletes College Bound

By: LacrosseTalk Staff

Team BC high performance lacrosse program has been part of the BCLA lacrosse landscape since the 1990's back in the days of the Stars and Selects Men's Field teams.

In 2003, the reinstatement of Box Lacrosse Nationals took shape with the first Team BC Pee Wee boy's box team to attend the Ontario Lacrosse Festival and competed at the Pee Wee National Championships. This was the first of many youth age groups to be reintroduced National competitions under the Team BC umbrella. Eight years later (2011), the Team BC Women's Field Lacrosse program was born and today is thriving with five high performance teams and a ton of interest from new recruits.

Team BC offers nearly three hundred Box and Field athletes (annually) the opportunity to train at a high level, be instructed by the game's leading edge coaches and compete at some of the most competitive tournaments. Every year, BCLA athletes make college connections and attend Canadian and NCAA institutions and compete with various lacrosse programs.

"As much as it's a celebration of the young athlete's achievements, it's also the beginning of the next chapter in their lives." – Reynold Comeault

The Team BC program is proud to be a training grounds to assist our athletes to the next level and have that chance to be noticed for college opportunities. Where there were few opportunities for these athletes' only decades ago, Team BC and club programs have positioned our athletes on the recruitment radars of many institutions and opened the doors for recruitment opportunities.

To date, 115+ Team BC athletes have attended post-secondary institutions with NCAA institutions, as student athletes in lacrosse programs at Division 1, 2 and 3 schools.

The 2019-20 version of the Team BC Women's and Men's Field programs has seen more athletes make college connections with many making verbal commitments and signing National Letters of Intent (NLI) this past year.

"Sixteen Team BC graduating athletes signing their NLI with several more soon to be committed as result of their hard work and display of talent at recruiting events with Team BC," stated Comeault.

Eleven athletes were honoured at an intimate ceremony hosted at the BCLA for Team BC

athletes and parents to celebrate their NCAA National Letter of Intent Signing on Wednesday November 12, 2019.

Team BC athletes signing letters of intent included: Emma Betts (San Diego State University), Callie Foreman (Embry-Riddle University), Bella & Gigi Gaspar (Arizona State University), Sophie Morris (Tiffin University), Jenay Rennie (Tiffin University), Claire Snyder (Northwestern University), Laurelle Weisbrod (Jacksonville University), Trey Dergousoff (St. Leo University), Noah Bradley (Lander University), Levi Verch (Robert Morris University), Luca Antongiovanni (University of North Carolina), Brian Simmons (Robert Morris University), Rhys Porteous (Manhattan College), Mitchell Sandberg (Ohio State University) and Seve Cordero (St. Johns University).

"I've seen hundreds of athletes come through the Team BC program," said Team BC Women's Head Coach Dan Stroup. "Many of the female athletes have been in the program for 6 years – leaving better athletes and better people in preparation for what life offers."

"It's so rewarding seeing the joy and happiness in the athletes and families when their son or daughter finally signs their NCAA National Letter of Intent," stated Team BC's Reynold Comeault. "As much as it's a celebration of the young athlete's achievements, it's also the beginning of the next chapter in their lives. I am



Photo: Jeff Gombard

Team BC Celebrated 11 Athletes that committed to College Programs last October

very proud of the contribution and assistance that the BCLA and Team BC has been able to provide in seeing these athletes achieve their goals. I know studying in the US and playing collegiate lacrosse is going to be one of the most memorable experiences of their lives."

Congratulations to all athletes signing their letters of intent and best of luck with your future studies.

Munro Tops Midget Draft

By: Owen Munro

Every year when the eight BCJALL teams gather to select the next generation of lacrosse players, they always bring different trends and philosophies. However, one consistent thing has been the demand for Ridge Meadows players.

Again, Burrards prospects were littered across the draft board, with seven of the eight first round picks coming from that club. It started with the first overall pick, Calum Munro, who was a no-brainer selection for the Delta Islanders. Munro will be looking to carve out a similar role as the last impact Maple Ridge player to play out of the Ladner Leisure Centre in Mike Mallory.

The only player drafted from outside of the Ridge Meadows association is still home to the

Fraser Valley. Jake Downey went seventh overall to the Port Coquitlam Saints. He was one of seven total Sasquatch players to hear their names called on draft day, good for second amongst eligible associations.

Here's a look at what some of the teams did in preparation for the future.

Burnaby Lakers - The Lakers were one of five teams to dominate the draft, heading up to the podium 11 times. They took two Ridge Meadows kids in Joel McCormick and Rhys Marshall in the first round and returned to that well, in the third and fourth rounds, by taking Ethan M'Lot and Braiden Balatti, respectively.

The Lakers took three of the seven Mission players and also took a pair of North Vancouver prospects. A potential name to watch out for down the line is No. 27 overall pick Liam

Hoogstraten from Abbotsford. He flashed strong defensive potential and could possibly develop into a monster defender at the next level.

Coquitlam Adanacs - With one of the deepest and most successful minor systems protected in the draft, and a consistent dominant Jr. A club, the Adanacs have strayed away from picking very much at all. That trend continued with the A's making no picks after trading away their sole selection, the final pick in the draft, to the Nanaimo Timbermen. When Coquitlam does

have picks, they aren't afraid to target high potential players from Vancouver Island.

Delta Islanders - No. 1 overall pick Munro has an effortless shot that he can put anywhere on goal. He is a bigger player for his age group, and relies on his outstanding physical traits to get him into quality scoring positions. It wouldn't be hard to imagine him carving out a role coming out of the Islanders' front gate and even playing a major role on the power play immediately.

Judging by the players who came up to the podium, the Islanders clearly prioritized size in their selections. Vancouver's Joshua Janda and Abbotsford's Aman Bubra were amongst the biggest kids drafted. It's not a bad strategy, as long as, they can prove they can handle the more athletic aspects of the game.

Langley Thunder - Langley came into the draft looking to restock the shelves after trying to make it to the Minto Cup in their own backyard.

They had a boatload of selections and put them to good use, selecting three Ridge Meadows.

Burrards in the first round. That's a cross-Fraser connection that has proven beneficial for the Thunder before.

The next three picks would be Burrards of a different ilk; Jaiden Terry, Tenzin Fernandez and Justin McKnight all come from Vancouver's minor program, which has made great strides in recent years.

Nanaimo Timbermen - Coming off one of the best seasons in franchise history, Nanaimo further added to the growing depth of their organization. Despite not having a first round pick, they had a trio of second rounders, and spread the wealth by taking players from Peninsula, Saanich and

Oceanside. With the 20th overall selection, the Timbermen made the rare move of selecting a mainland product in Owen Robertson of Ridge Meadows.

Their best pick was likely their first one. Nanaimo grabbed Jace Francis out of Peninsula, who put up three goals in two games as a call up with the Jr. B Tier 1 Victoria Shamrocks.

Nanaimo's B1 club also had Oceanside's Brenden Jamieson for just one game, but that could be all they need as he scored four goals and added an assist in just one appearance.

New Westminster Salmonbellies - Much like the Coquitlam Adanacs, the Salmonbellies have been generous in giving up their draft picks knowing they will always have a competitive crop of players coming up from the minor system. They took just two players: Ridge Meadows' Andrew Jamieson and Denver Kitt out of Abbotsford.

Port Coquitlam Saints - Many people expected the Saints to be one of the teams to watch for at the draft table because of the amount of picks they had, two of them in the first round.

Poco grabbed Brayden Laity out of Ridge Meadows with the No. 2 overall pick. Laity is a dynamic player who is coming off a solid performance with the Team BC Midgets. As mentioned before, Poco made Downey the only non-Burrard selection and he too could pay some dividends quickly. He already has the size and has shown development on the offensive end over his final season in Midget.



Photo: Owen Munro

Ridge Meadows product Calum Munro was the first overall selection in the 2020 Midget draft.

Victoria Shamrocks - Victoria wasn't too active until the later rounds, but were able to add some good prospects from across Vancouver Island. Between the main club, the successful B1s and a strong group coming up from Juan de Fuca minor program, the Shamrocks weren't under pressure to move up like they did last year for No. 3 overall pick Kyle Pepper.

However, they did pick up a few solid players, including left Jordan Neary from Saanich,

Peninsula's Sonny Miller and goaltender Jackson Owen out of Cowichan.

CLA Welcomes New Board Members at 2019 AGM

By: CLA

Ottawa, ON— At the Canadian Lacrosse Association's annual meeting in November, five individuals were elected to the CLA's board of directors.

Shawn Williams, who served on the board of directors for many years in various roles, was elected as president of the Canadian Lacrosse Association. Williams has a long history in the lacrosse community and involvement in the Saskatchewan Lacrosse Association.

"I am honoured to have been selected by my peers as president of the CLA," said Williams. "The trust they have given to help guide and move our game is humbling. I look forward to working with all members to continue the

growth of lacrosse and keeping the unique traditions of the Creator's Game interwoven with the fast pace of today's world."

Joining Williams on the board is Wendy Cuthbert as the Director of National Championships, Findley Wilson as the Indigenous Director, and Chris Gallop and Gerry Van Beek as Directors at Large.

"I would like to welcome Wendy Cuthbert, Chris Gallop, Findley Wilson, and Gerry Van Beek in your new roles on the CLA Board of Directors," said Williams. "Thank you to outgoing president Joey Harris, and directors AJ Jomha, Rusty Doxtator and John Doherty for your guidance of the CLA over the past years. Past and present build this game for all to be a part of."

SFU Lacrosse 2020 Season Preview

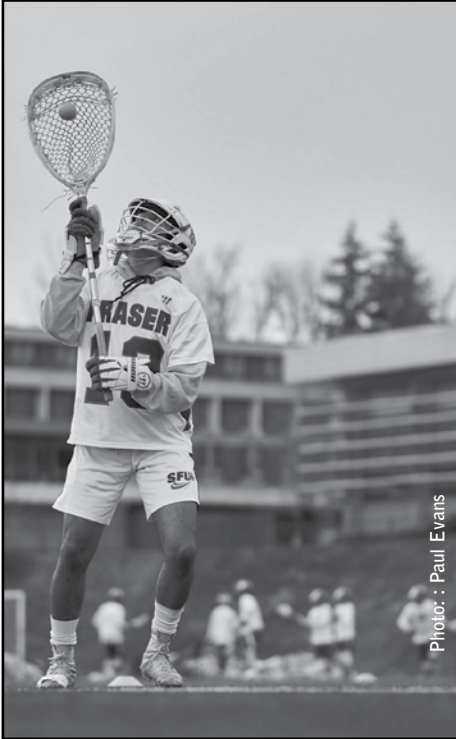


Photo: Paul Evans



“We’re ready to get to work home or away, all with the goal of playing for both the PNCLL and MCLA title in 2020.” – SFU Head Coach, Matt Sobey

11 Freshmen and 3 transfer players, to build off last season’s result of a loss in the PNCLL Conference Semi-Final to Washington. With 18 returning players, SFU comes into the year with one of their bigger rosters in recent history with 32 total players.

Clan coach Matt Sobey, in his first year as head coach, has lots of optimism for year with lots of improvements to the team in the fall, and the maintenance of the core roster - only losing one player from aging out.

“We’re very excited to have the calendar flip over and have 2020 fully encompass ourselves, not just being an outlook. After a lengthy fall calendar of practice we all are looking forward to having a different colour jersey to face every weekend.”

This season the Clan stick largely to the road with the PNCLL schedule being an away year - alternating home venues each year between conference opponents. The lone home game comes as Senior Night on April 17th against rival Oregon at Terry Fox Field at 7pm.

This year’s schedule is:

- Feb 18 - @ Santa Clara
- Feb 20 - @ Nevada

- Feb 23 - @ Stanford
 - Feb 29 - @ Washington*
 - Mar 6 - BYU @ Boise State
 - Mar 7 - @ Boise State*
 - Mar 13 - @ Oregon State*
 - Mar 14 - Sonoma State @ Wilsonville HS
 - Apr 11 - @ Washington State*
 - Apr 12 - @ Idaho*
 - Apr 17 - Oregon* (Senior Night) @ 7pm
- *PNCLL Conference Game

“This year will be hard for the team travel wise, but we can only do so much with where we are located. As unfortunate as the bus trips may be, all players can look back on their college tenure and cherish the bus trips they took,” said Coach Sobey. “We’re ready to get to work home or away, all with the goal of playing for both the PNCLL and MCLA title in 2020”

Follow along with the Clan this season online on Twitter and Instagram at @fraserlacrosse, and Facebook at Simon Fraser Lacrosse.

SFU Senior goaltender Tej Grewal will lead the Clanmen lacrosse team in 2020.

By: Clayton Fenney, SFU Lacrosse

With the second term amongst us and Fall Ball training and practices a distant memory, the SFU new lacrosse season is upon us and kicking off the start of the 2020 season.

With a team led by four Seniors (Mason Hicks - LSM, Lucas Greene - Midfield, Owen McCulloch - Defense, Tej Grewal - Goalie) the Clan enter the year with a younger team made up of mainly Sophomore and Freshman talent. SFU welcomes 14 new players to the team.

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Pee Wee
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July 16-19, 2020

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FIELD PROVINCIALS

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 February 7-9, 2020

U15/12 Women Field Provincials
Burnaby
 February 14-17, 2020

U15 Men Tier 1 & 2 Provincials
U11 Men Invitational Tournament
Richmond
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 Nanaimo

Women's U19/15/12
 February 14-17, 2020
 Burnaby

U11 & U15 Tier 1 & 2
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 Richmond

U18 Tier 1 & 2
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Way To Go!

Wuilbert Jaramillo (Kelowna Minor & Zone 2 Rep)
 Wuilbert Jaramillo was introduced to lacrosse in 2008 when his eldest son attended an introductory session. Without knowing anything about lacrosse, Wuilbert's son registered for the 2011 season which started their love for the game.
 Jaramillo started as a Novice doorman and by 2012, he was asked by the KMLA executive to serve as a Director at Large. He has grown to love both Box and Field while growing the sport to local athletes. He has served in various roles on the Kelowna executive as First VP, before taking on the President's role in 2017, a position he currently holds today.
 He has been a commissioner (Novice to Bantam), the Thompson Okanagan Zone 2 Representative and the acting Head Referee and referee allocator for the KMLA. In Field, since 2015, he's also been the U18 & 15 Commissioner, Head Referee and allocator for the Interior. He was a big part of the organizing committee that hosted the 2019 CLA U18 & U15 Men's Field Lacrosse National Championships, First Nations Trophy and Alumni Cup in Kelowna.
 Wuilbert's hard work has not gone unnoticed as he was the KMLA's 2016 Presidents' Award recipient and the KMLA Volunteer of the Year (2017 & 18). In 2019, Jaramillo received BCLA's Art Daoust Award for his commitment in fostering and promoting lacrosse and improving the image and stature of the game. Kelowna Field Lacrosse was also selected as the winner of the 2019 Leon Hall Award for the Field Association of the Year.
 Congratulations Wuilbert!

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Wuilbert Jaramillo

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2022 World Lacrosse Men's World Championship to Move from Coquitlam

By: CLA

The Organizing Committee for the 2022 World Lacrosse Men's World Championship has announced it is withdrawing its bid to host the event in Coquitlam in July of 2022. An official letter providing the notice of withdrawal as host of the event has been sent to World Lacrosse, the international federation for men's and women's lacrosse, and the Canadian Lacrosse Association, which oversees lacrosse in Canada.

The announcement was made jointly by the Coquitlam Organizing Committee for the 2022 World Lacrosse Men's World Championship, the Canadian Lacrosse Association and World Lacrosse.

"With mixed emotions, I wrote to the Canadian Lacrosse Association and World Lacrosse on behalf of our organizing committee to inform them of this decision," said outgoing Tournament Chair Cliff Pascas. "Our driving impetus for this decision is the opportunity to allow for the game to receive maximum exposure in a major market as lacrosse looks to return to the Olympic Games."

The organizing committee has learned that another organization with additional capacity and the ability to stage the event in a major

media market has expressed interest in hosting the tournament. More details will be provided by World Lacrosse in the near future.

"Our committee believes we would have done a first-class job hosting this tournament, but with the opportunity ahead and a company with a full-time staff capacity and access to a major population center, we feel it is in the best interest of the sport to allow it to stand on the biggest stage," Pascas added. "We all love the sport of lacrosse, and we recognize the tremendous opportunity that exists to have a World Championship played in a major television market at this time in the history of the sport; this is a potential watershed moment."

"We are proud of our previous efforts to host two successful Under-19 men's lacrosse championships in 2008 and 2016 in Coquitlam, and we have every confidence we would have done well in hosting the senior men's tournament in the summer of 2022," Pascas said. "We are happy to support in transition to ensure success in 2022 in a new market and we wish the very best to the next host and to all participants in the event."

"Canada is one of the founding nations in the Creator's Game, and the Canadian Lacrosse Association has always supported its

members in their efforts to host the lacrosse World Championships," said Joey Harris, President of the Canadian Lacrosse Association. "The Coquitlam Organizing Committee is by far one of the top groups in Canada and they have had much success in bringing the lacrosse World Championships to our country in past years. We believe that would have again been the case in 2022. With that said, we fully support the decision made by Cliff Pascas and his organizing committee for all the reasons he has stated. It is a great opportunity to reach more people around the world and showcase this great game the Indigenous people gave not only Canada—Canada's National Summer Sport—but now the world."

"There is absolutely no doubt the organizing committee in Coquitlam, led by Cliff Pascas, would have delivered an outstanding World Championship in 2022, as was the case in 2008 and 2016," said World Lacrosse President Sue Redfern. "As our sport continues to grow worldwide, and as we pursue the ambition of one day securing a return for lacrosse to the Olympic Games, we must be responsive to unique opportunities that will allow us to showcase our great game and bring it to new and larger audiences — whilst never losing sight of our history and the partners who have



Team Canada's Curtis Dickson in action during Canada's 9-8 loss to the USA in 2018.

elevated our game to unprecedented heights. In the leadership of the Coquitlam Organizing Committee, and the Canadian Lacrosse Association, we have partners who will continue to be at the forefront of our efforts to grow the sport of lacrosse globally and reinforce the lasting values of this great game. We thank both organizations for enabling our sport to take advantage of this unique opportunity."

Bible of Lacrosse – the Legacy of Larry Power

By: David Soul,
Canadian Lacrosse Hall of Fame

The Canadian Lacrosse Hall of Fame is pleased to announce that the beloved website of the "Wamper" will be launched anew in January 2020 at <http://wampsbibleoflacrosse.ca> fulfilling a commitment made to Larry in 2018 and one that has been worked on throughout 2019.

Larry's work, sadly brought to an end by accident in September of 2017, was primarily reflected in his self proclaimed Bible of Lacrosse – a treasure trove of stats, stories, photographs and newspaper clippings. Better known as 'Wamp' or 'Wamper' he spent most of his waking hours involved in lacrosse and was a great contributor to the game. If it wasn't for Larry in Ontario, and Stan Shillington in BC, there would be no readily accessible Box lacrosse records from 1930 through today.

"My whole life is lacrosse," he proudly proclaimed in 2008 on the occasion of his induction into the Ontario Lacrosse Hall of Fame, but he was also quick to thank the influence on his work by Stan Shillington. "Although I had saved lacrosse stats from newspaper clippings from as far back as 1968," he has noted, "I peg the year that I started mailing letters back and forth with Stan Shillington as the year I started doing serious lacrosse research. Even back in 1978 Stan had already spent 20 years recording all the stats for Senior A lacrosse in the West, and had been inducted in the Canadian Lacrosse Hall of Fame as builder and considered the unofficial historian of all lacrosse for all of Canada. The Bible of Lacrosse wouldn't be nearly as filled with the statistical history of lacrosse if not for Stan Shillington. Stan was the one who co-ordinated putting together the research Bobby Grainger, Paul Whiteside and I did on putting all the stats on OLA Senior A and major lacrosse throughout the history

of Box Lacrosse. It was his groundwork that pushed me to continue in his footsteps to recreate everything to do with lacrosse which would have been lost forever" he concludes on his original web site.

And oh, what a work Larry put together! His work was admired in "Teionsikwaeks – Lacrosse the Creators Game" by Michael Kanentakeron Mitchell this way:

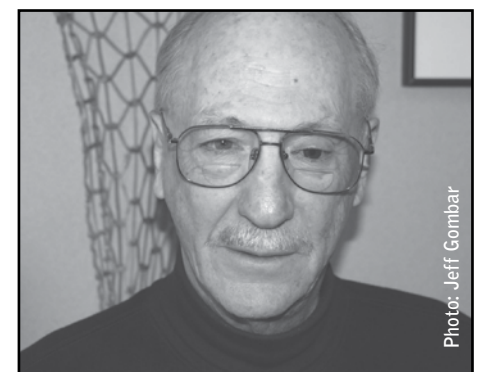
"The intensity of collecting, organising and writing lead the "Wamper" into developing his own record of data called the "Encyclopedia of Lacrosse" A few years later his website would become the Bible of Lacrosse, the name by which it is known today. He has offered to share some of his lacrosse stories and stats for this book and we gratefully acknowledge his contribution."

And so it is today that it is the Canadian Lacrosse Hall of Fame's turn to thank Larry for honouring us with the request and direction to take over hosting the Bible and continue to ensure that the work of himself, Stan and the other contributors to the original website lives on under the wing of the CLHOF. With the re-launch we will not only be preserving the contents of the original Bible, but we will be making the information more accessible with a digital index and electronic concordance to make the Bible "a full, compete start here guide" to Our Heritage. Our Game.

In addition to including the original work of Larry – 4,000 player profiles, 500 pictures and videos, approximately 600 newspaper clippings, miscellaneous books and articles the



Larry Power



Stan Shillington

CLHOF will be adding thousands of photos, links to other archives and articles, and game vignettes across the web. The initial launch will include approximately 8,000 records but this should expand to 15,000 (or more!) over the next 18 months.

Thank you Larry – we are proud to be part of this Legacy!

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Mustangs Complete Baggataway Cup Four-peat with 8-5 Win Over Excalibur

By CUFLA

Western Mustangs captains group receives Baggataway Cup and championship banner from CUFLA executive. (Photo: Marika Guerin)

The Western Mustangs scored the last four goals of the game to down the Trent Excalibur 8-5 and win the Baggataway Cup for the fourth straight year.

Courtesy Earl Zukerman, McGill Athletics

Nik Farrus of Edmonton tallied twice and added a pair of assists as the Western Mustangs erased a one-goal deficit with four unanswered markers in the final 20 minutes en route to an 8-5 victory Sunday to capture their fourth consecutive Baggataway Cup as champions of the Canadian University Field Lacrosse Association.

The gold medal game of the three-day, six-team tourney, hosted by McGill University, was played at Concordia Stadium due to a Canadian Football League playoff game at Percival Molson Stadium between Edmonton and Montreal.

Western led 3-1 after the opening quarter and took a 4-3 edge into halftime. But the Excalibur, who dressed only 24 players -- a dozen fewer than the Mustangs -- fought back with a pair of goals in the third quarter. They then appeared to run out of steam as Western stepped on the gas pedal with four goals down the stretch.

"It's incredible to win four in a row and although people might be getting tired of us winning, I've also lost countless years in a row," said bench boss Jeremy Tallevi, who has been on the coaching staff at Western since 2002. "I have witnessed a lot more playoff losses than wins at the championship. I really don't think we felt confident that we were going to win until the final buzzer. Trent is a strong team and has the ability to score so quickly. We were fortunate to have a three-goal lead early on but knew that they would keep working hard and battle back.

"We've got a resilient team that never stops. They understand the ebbs and flows of the game. We don't get too high when things are going our way and too low when things are not going our way."

Trailing 5-4 in the third quarter, Western's Julian Simeoni of Sudbury tied the score with 5:21 remaining and Torontonians Pierson Noble tallied the game winner with just 10 seconds left in the stanza. Western added two more in the final quarter, with Cole Davis of Halifax connecting for an insurance goal at 1:02 and Tristan Simeoni (a brother of Julian) adding a shorthanded effort at 9:34.

Rounding out the scoring for the winning side was Cody Ward of St. Catharines, Ont., and Michael Byrne, from Toronto.

Cole Hanrahan, a 5-foot-11, 160-pound midfielder from Bracebridge, Ont., paced the Trent attack with a pair of goals. Singles went to Nick Chaykowsky of Bradford, Ont., along

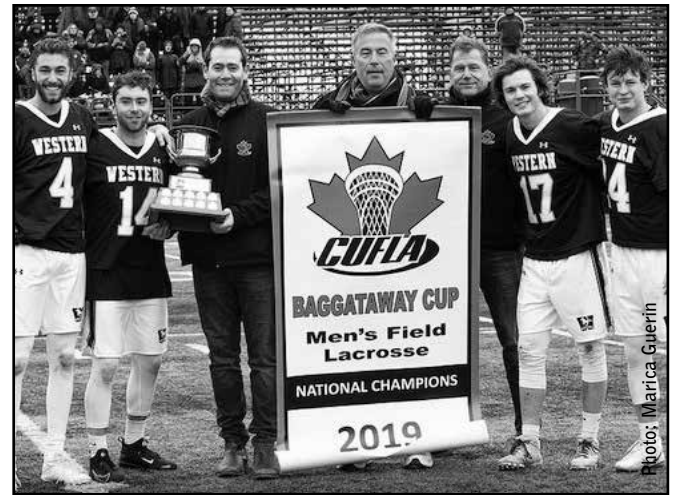
with Cole McWilliams and Adam Kitchen, both from Peterborough, Ont.

Goaltender Michael Orlando turned aside 12 of 17 shots for his third win in as many days, while Dylan Munro made five saves on 13 shots and was saddled with the loss. Both 'keepers are natives of Toronto.

"I think that this year's tournament is the best calibre that the league has ever had," added Tallevi. "The quality of teams was incredible and any team in this tournament could have won. The game comes down to little things and lucky breaks, here and there. Our semifinal win over McGill was an incredible one. Both goalies were phenomenal and it could have gone either way. It could have just as easily been McGill in the final."

It was the sixth collegiate championship for second-year medical student Hayden Nix, a 25-year-old native of Mississauga. He has now won two CUFLA titles with Western (2018, 2019) and a pair of championship rings (2012 and 2015) during his undergrad years at McGill (BSc '16). The six-foot, 185-pound defender went on to complete a master's degree in bio-medical engineering at Dalhousie, where he was part of two more titles in the maritime league.

"I feel really lucky, I've just been traveling around, landing on some really incredible



Western wins the 2019 Baggataway Cup with an 8-5 win over Trent.

teams and have sort of been riding on the coattails of some better players," said a humble Nix, who earned a science degree during his four undergraduate years at McGill, where he was a pharmacology major and made the Principal's Student-athlete Honour Roll.

"Coach Tim Murdoch has built an impressive program at McGill," Nix recalled. "He built it up from nothing, volunteering his time, energy and sacrificing time away from his family. I arrived at McGill in 2012 and was lucky that he kept me on the roster as a walk-on in my freshman year. I learned a lot from him and the players he recruited to the program. He's had a great impact on all of his players and has helped many players get jobs with his reference letters. He's done much for the game of lacrosse in Canada and a lot for guys like me. I wish him well in his retirement."

Team Canada Men's U19 Field Lacrosse Top 32 Players



Team Canada Men's U19 Coach Matt Brown addressed Team Canada hopefuls (CLA).

By: CLA

Ottawa, ON — The top 32 players moving on to the second evaluation camp for the 2020 Canadian Men's U19 Field Lacrosse Team have been announced.

"After a highly competitive evaluation camp at the end of October, we have chosen this group of 32 players to move forward in our process," said Matt Brown, head coach of the 2020 Canadian Men's U19 Field Lacrosse Team. "All 73 players who attended the evaluation camp should be extremely proud of their efforts. They represented themselves and Canada well. This is a talented group and getting to 23 won't be easy."

During the first evaluation camp in the fall, 73 athletes from across Canada gathered in Oshawa, Ontario to participate in a weekend filled with practices and scrimmages. Over the three days, the Team Canada coaches saw tremendous effort and passion shown by the athletes.

A second evaluation camp will take place in the spring of 2020. More information regarding this camp will be released shortly. The 23 athletes selected for the final roster will



represent Canada at the 2020 World Lacrosse Men's U19 World Championship. This world event will take place in Limerick, Ireland from July 9-18, 2020.

Below is the list of the 32 athletes, in alphabetical order by first name, who will be moving on to the second Team Canada evaluation camp:

Adam Poitras (Whitby, ON), Aden Wals (Oakville, ON), Andrew Dalton (Toronto, ON), Ben MacDonnell (Oshawa, ON), Brock Haley (Brooklin, ON), Caleb Creasor (Huntsville, ON), Cameron Ickert (Maple Ridge, BC), Carson Milburn (Oakville, ON), Dante Bowen (Brampton, ON), David Anderson (Cambridge, ON), Gabe Procyk (Coquitlam, BC), Graydon Hogg (Oshawa, ON), Jack Follows (Oakville, ON), Jason Knox (Huntsville, ON), Johnathan Peshko (Etobicoke, ON), Josh Fairey (Guelph, ON), Justin Sykes (Oakville, ON), Levi Verch (Victoria, BC), Liam Phillips (Victoria, BC), Lucas Osborne (Bowmanville, ON), Matthew Acchione (Barrie, ON), Matthew Wright (Calgary, AB), Michael Wilson (Niagara on the Lake, ON), Noah Armitage (New Westminster, BC), Owen Hiltz (Peterborough, ON), Reed Kurtz (Puslinch, ON), Rory Graham (Toronto, ON), Ross Scott (West Linn, OR), Samuel English (Burlington, ON), Thomas McConvey (Toronto, ON), Timon English (Burlington, ON) and Tyler Van Wart (Orangeville, ON).

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Coaches Corner

Canada Games Coaching Revising Competitive-Development Coaching Program

By: Duane Bratt, CLA National Resource Person

The Competitive-Development (box) coaching program is the highest level for lacrosse coaching in the country. It is aimed at Sr. A and Jr. A coaches, although all major lacrosse and high performance coaches would benefit from the material. Competitive-development was given context-approval by the Coaching Association of Canada (CAC) in 2011 and was delivered sporadically in Alberta, BC, Nova Scotia, and Ontario. Despite the importance, and content, of the course, competitive-development was an option, it was not required, so few coaches took advantage of it.

This changed with the Canada Games. Lacrosse is back in the Canada Games in August 2021 in Niagara, Ontario. Male and Female 16U (formerly midget) teams from all of the provinces will be participating. As per the rules of the Canada Summer Games, all members of the coaching staff must be competitive-development certified by February 8, 2021. This means a sudden expansion of the delivery of the competitive-development program. We also need to evaluate the coaches following their training. We need about 100 certified competitive-development coaches across Canada, and currently, we only have one!

The coaching committee of the Canadian Lacrosse Association has taken on this important task and developed an action plan. A training session was held in January 2019 to increase the number of qualified competitive-development facilitators and evaluators from one to about ten. This also required training French language facilitators and evaluators. For BC, Bryan Baxter and Terry Mosdell have now been added to the roster of competitive-

development facilitators. A schedule of clinics was also created across the country and have been running throughout 2019 with more clinics being delivered in 2020.

To increase the feasibility of getting so many coaches certified in such a compressed time period, the lacrosse-specific portion of the course has also been redesigned to only run on two weekends instead of three. This will increase the amount of multisport modules (coaching and leading effectively, psychology of performance, prevention & recovery, leading drug-free sport, and developing athletic abilities), but coaches have more flexibility in when they can take these modules.

The CLA also used this opportunity to revise the content of the lacrosse-specific material. Working with Suzanne Chaulk of the CAC, both parts one and two were updated. Part one now includes the following modules: Introductions, Leadership (coaching philosophy, managing conflict), Art of Coaching (coaching styles, knowing your athletes, game day preparation), Coaching the Game of Lacrosse (working with actual athletes is now being incorporated into the clinic) and Performance Planning (creating a Yearly Training Plan with a new excel spreadsheet).

Part two now includes the following modules: Performance Planning (reviewing your YTP), Team Development (talent ID, team selection, evaluation and scouting), Tactical Skill Development (team offence, defence, transition, and goaltending), Advanced Practice Planning (developing athletic abilities, sequencing, meso and micro cycles) and Program Management (scheduling, logistics, budgets, travel, volunteers).

As you can see, the process to successfully certify a pool of competitive-development coaches (male and female) by February 2021 will take a lot of work. However, the benefits of lacrosse's return to the Canada Summer Games makes it highly worthwhile. Moreover, lacrosse will now remain in the Canada Summer Games and the changes to the competitive-development program that have now been made will make preparations for 2025 that much easier. Most importantly,



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Senior A Lacrosse Top 7

- 1 Peterborough Lakers 14-4-0
- 2 Victoria Shamrocks 12-6-0
- 3 Six Nations Chiefs 11-7-0
- 4 New West Salmonbellies 11-7-0
- 5 Maple Ridge Burrards 12-6-0
- 6 Oakville Rock 10-8-0
- 7 Burnaby Lakers 10-7-1

Junior A Lacrosse Top 10

- 1 Orangeville Northmen 12-8-0
- 2 Victoria Shamrocks 14-7-0
- 3 Coquitlam Adanacs 17-4-0
- 4 Burlington Chiefs 15-5-0
- 5 Brampton Excelsiors 14-6-0
- 6 St. Catharines Athletics 13-7-0
- 7 New West Salmonbellies 14-7-0
- 8 Whitby Warriors 12-8-0
- 9 Nanaimo Timbermen 14-7-0
- 10 Okotoks Raiders 8-7-0

all of lacrosse will benefit by having a cohort of competitive-development certified coaches across Canada who can become leaders and mentors in their communities.

High Intensity Interval Training

By: Krista Maznik

Over the past decade, there have been numerous research studies and conversations around the benefits of HIIT training. H.I.I.T. refers to High Intensity Interval Training and is a method of exercise that uses intensity (challenging) and time (short duration) to improve cardiovascular conditioning.

For decades, the common practise to improve aerobic conditioning was to increase volume of exercise through extending the duration or length of time of the workout. Pounding the pavement or hitting an elliptical for hours would no doubt improve an athlete's cardio response. However, having the time or the wherewithal to stick to this style of training can be problematic. The risk of injury from repetitive movements begins to factor in, as can overuse issues.

Fortunately, based on research, high-intensity training can yield positive gains in less time than high-volume continuous exercise. Basically athletes can get similar results in a fraction of the time. Less is more in this scenario. But, there is a caveat. To be effective, HIIT training has to be done properly. The intensity segment has to be just that, very intense.

One of the more recognized protocols of HIIT training is called Tabata, named after exercise physiologist Dr. Izumi Tabata. Through research, both aerobic and anaerobic conditioning gains were shown in athletes who performed 20 seconds of extremely intense

The benefit of this style of training is that it can be interspersed within a practise session and not take away from lacrosse specific drills.

work followed immediately by 10 seconds of recovery or rest. The work and recovery sets were performed 8 times in a row for a total workout time of 4 minutes.

Although there is no universally agreed upon duration allotted to HIIT workouts, generally they last anywhere from 4 to 30 minutes. The time truly depends on the intensity of the sets and the focus of the workout or training session.

The benefit of this style of training is that it can be interspersed within a practise session and not take time away from lacrosse specific drills. For example, after your players have warmed up, implement the 4-minute Tabata protocol by having your players sprint the length of the box. Stopping and starting the work sets from wherever they are on the floor. Add another HIIT drill at the halfway point and one right near the end of practise. After the final challenging HIIT, immediately finish with a shooting style drill to mimic a game experience and the fatigue factor that is common in the third period.

With so many variations to HIIT training, mix it up throughout the practise season. But always stay true to the basic protocol. The work set has to be very hard but not long, there must be proper recovery time, and athletes must finish the sets to get the benefit. Try a few of these HIIT formats below to find the right mix for your players and reap the cardio benefits all season long.

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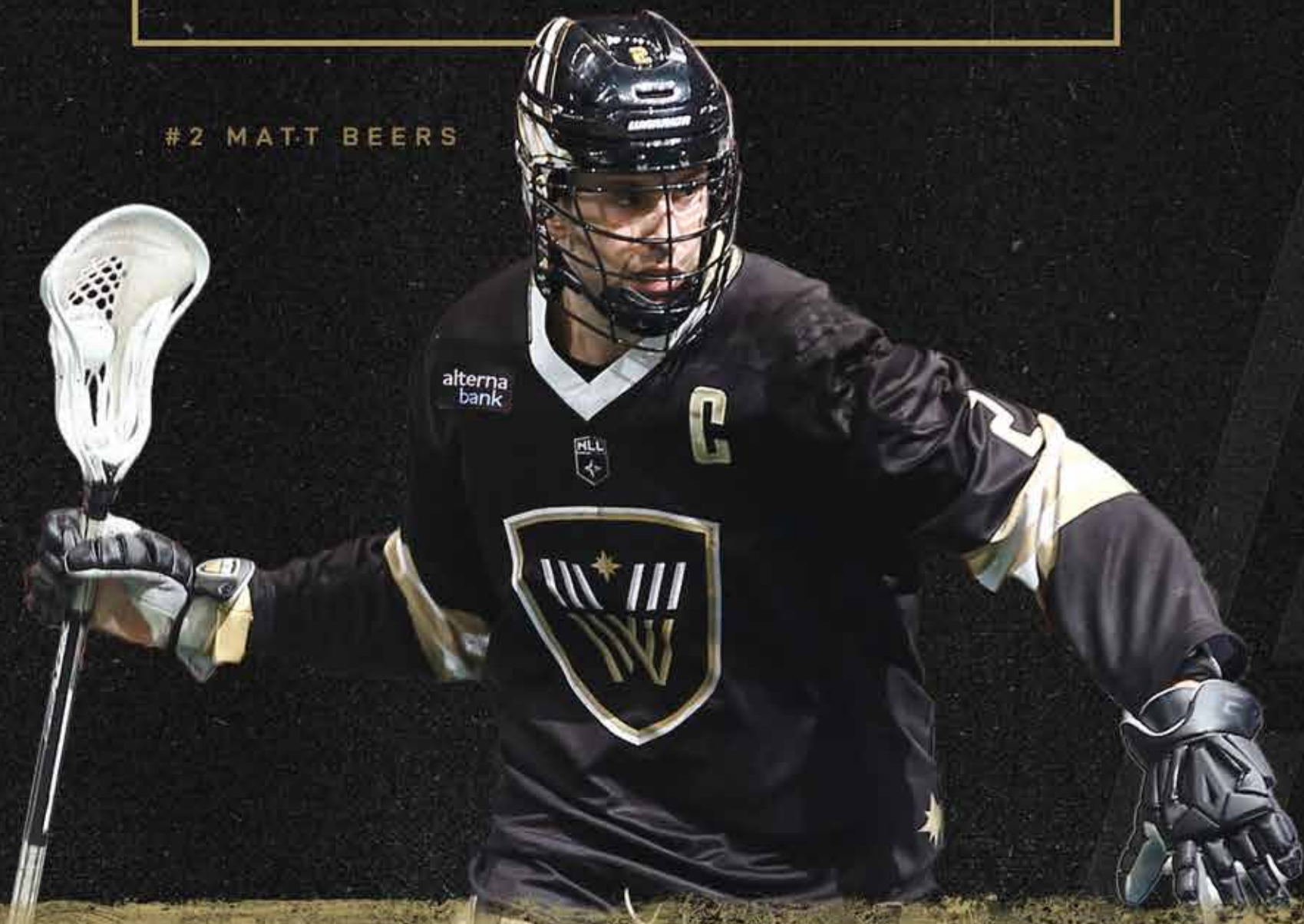
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