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LacrosseTalk

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STEALTH Aims High! What's Next?



**MORE
POW!**

By: *Teddy Jenner*

When we last used the phrase, “winds of change” it was to describe the state of the Vancouver Stealth. After a 4-14 season in their new home in Langley, the Stealth began a transformation that was seen as a fresh start and a new beginning. No one could have guessed how far GM Doug Locker would go. Locker included. When teams look to change the dynamic of a culture, a new Head and Offensive Coach can go a long way in tilting the landscape. A fresh breath and a new set of eyes can result in a temporary fix for what ails a team, and in 2014, there was plenty that was wrong with the Stealth. There was so much hope and positivity surrounding the club after their third NLL Champions Cup final appearance in four years. However, those with a glass half empty mindset took to the thought process of, ‘well, yeah but they only won one.’ However you look at it, what the Stealth built over the past few years was a nucleus that has seen the highest of highs and lowest of lows since moving north.

As the late Chris Hall would always say, ‘what’s next, what’s next, what’s next.’ Next, just so happened to be one of the biggest and most shocking deals the NLL has seen since John Grant Jr. was traded from Rochester to Colorado after the 2010 campaign.

Maybe it was good fortune, or incredibly fantastic timing, that the 2014 Minto Cup had recently played out at the Langley Events Centre. Things just seemed to fall into place for the Stealth-Knighthawks trade that took the lacrosse world by surprise. Avid lacrosse fans already knew who Johnny Powless was and what he accomplished in 2014. Three straight NLL titles with Rochester in as many years – his first three in the league to be exact. Back to back Mann Cup championships with the Six Nations Chiefs as a Junior A call-up. He also captured the elusive Minto Cup with the Six Nations Arrows in his final year of Junior ball. All this before turning 22 and yet he wasn’t satisfied. Powless wanted more and wasn’t

putting his ego first when he asked Rochester for a trade during the off-season. Speaking with the Toronto Star, Powless tells how the trade talks came about, “They told me these were the guys who carry the ball and you just set picks. I told them I needed to grow as a player and I want to learn.” Who can blame him? The Stealth struggled to find the back of the net last year only netting 181 goals in 18 games (10.06 goals/game). Minnesota Swarm was last in NLL goals for with 180. In the 2013 campaign, the Stealth netted 193 goals in only 16 regular season games (12.26 goals/game).

With the addition of a player of Powless’s calibre brings another dimension to an offence that already boasts one of the top players in the league in Rhys Duch. Duch has been a steady 1A player for the Stealth franchise since coming into the league and has been the heart and soul of the offence for the past few seasons.

“Adding Johnny gives us another weapon that will help take pressure off guys like Duch and Lewis (Ratcliff) and make them better,” Locker said the week before their season opening game against Calgary. Coming off the season he had in 2014, Powless will be looked upon to carry a lot of the workload and he’s very much okay with that according to Locker. “Johnny loves the pressure. He wanted this move because he wanted to push his game to the next level.” That next level could be super-stardom and it seems that’s the direction the entire organization is going. The Stealth has lofty expectations of the young left-hander, ever since acquiring the Six Nations product, going so far as to compare to him to NLL legend Colin Doyle and making him the new face of the organization.

That smiling, innocent looking baby-face isn’t the only new acquisition for Vancouver. Nine new players joined the roster in 2015. You can call it ten with Mitch McMichael returning from the IR after rehabbing his knee all of 2014. In an 18-game regular season, finding cohesion and gelling quickly could be one of the biggest challenges the Stealth face especially in a very tightly contested western conference. Locker understands this challenge and believes his club is embracing the change that has been a long time coming. “This change, from top to bottom, has been the best thing for our organization.”

The turnover from opening day last year to this year is massive and the many names missing are and were integral to the Stealth’s past success. Moving forward though, the guys who made the opening day roster in 2015 all earned their spots and will be given every chance to prove their worth. While plenty of size was lost during the off-season, the Stealth will be a much more athletic team than in 2014. With the bodies they acquired, Locker feels the different style will allow this team to crack into the top three of the Western Conference “We’re a blue-collar team

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photos by: Dan Brodie

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Photo: Jeff Gombar

New Westminster's Barb Beale accepts the 2014 Hugh Gifford Merit Award from BCLA's Dave "The Wall" Jenkins.

By: LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the 2014 Annual General Meeting on October 17-19 in Whistler, BC. Every year, this event includes meetings for various directorates, a lacrosse trade fair, a hospitality social gathering and the Annual Merit Awards Banquet. Over 250 delegates were registered for the meetings and close to 500 participants attended the BCLA Annual Merit Awards Banquet.

This year's "Once Upon a Time" theme was grasped by many banquet attendees with plenty of fun had by all! This AGM had all the bells and whistles of a festive evening and was another resounding success!

"Every year the staff seems to outdo themselves – this year was no different," stated BCLA President Sohen Gill. "I enjoy sharing this event with all the volunteers, old and new, and it's great to see all the new faces experience such an excellence event."

The 2014 BCLA Executive was named. They are as follows: President - Sohen Gill, Treasurer - David Soul, Secretary - Myrna Cable, VP Administration – Don Scott, VP Operations - Greg Toll,

BCLA Recognizes Volunteers at AGM

VP Performance Programs - Ron McQuarrie, VP Development - Terry Mosdell and Director at Large - Dave Jenkins.

On Saturday October 18th, 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 "Once Upon a Time" theme was apparent with many people dressed up as fairy tale characters in colourful and festive garb – it was quite a regal time! Guests were welcomed through the castle drawbridge entrance by Sir Percival Prance-a-Lot (aka The Black Knight) with King Jack and Princess Regina Ophelia. Many banquet participants dressed up in costumes (and make-up) to celebrate the achievements of the volunteers – like the Hi-Ho Salmonbellies, Shrek themed Adanacs, Mad Hatter Okanagan crew to name a few!

The evening was once again emceed by lacrosse's own Dave Evans and with co-emcee KidSport's Pete Quevillon. The banquet crowd was entertained by an incredible drum line that got us in the beat! Once again, Paul Winterton created an incredible year-in-review DVD that wowed the crowd.

The BC Lacrosse Association annually presents the BCLA Merit Awards to the many lacrosse volunteers who commit their free time to the sport of lacrosse. Sixteen Awards were handed out during the 2014 BCLA Merit Awards Banquet, held Saturday October 18th, at the Whistler Conference Centre.

The 2014 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 Corbett Family (Harold, Debbie, Rick, David & Brian-Victoria); 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: Barb Beale (New Westminster Minor Box Lacrosse & Team BC-Bantam); 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): Michael O'Connor (Vancouver Minor Lacrosse Association); Norm Wright Merit Award (award presented to member of the media who is deemed to have contributed to the promotion of lacrosse): Rich Abney (CKPG TV Sports – Prince George); Dal Martin Merit Award (Trainer of the Year): Sarah Cahill (West Coast Junior Lacrosse League); Jimmy Gunn Merit Award Senior Official: Sean Lehman (Vancouver Island); Jimmy Gunn Merit Award Minor Official: Cameron Anderson (Saanich); Jimmy Gunn Merit Award Field Official: Ed Moffat (Burnaby); John Cavallin Merit Award Senior Coach: Lorne Winship (Cowichan Junior B/Intermediate B); John Cavallin Merit Award Field Coach: Jason Bishop (New Westminster); Bill McBain Merit Award Minor Coach: Derek Arthur, (Juan de Fuca Minor Lacrosse Association); Art Daoust Merit Award (Box & Field Lacrosse award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially) – Box Lacrosse: Terry Rolfe, (Richmond Minor Lacrosse Association); Leon Hall Merit Award (Minor Box Lacrosse Association of the Year) – Burnaby Minor Lacrosse Association and Minor Field Lacrosse Association of the Year – Langley Field Lacrosse Association; and the Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship: Randy Clough (X-Treme Sports Gear-Tri-Cities). And the most prestigious BCLA Merit Award an individual can receive, the Tom Gordon Plaque, given to an individual who has done the most for lacrosse in the past year, was awarded to longtime volunteer and coach, Jamie Stewart (New Westminster Minor Association).

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



Photo: Jeff Gombar

Over 45 BCLA Volunteers were recognized with a 2014 Presidents' Award.

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Forty-six BCLA Presidents' Award recipients were announced at the 2014 AGM over the October 17-19 weekend.

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

BCLA Presidents' Award Recipients

The 2014 BC Lacrosse Association Presidents Award winners are as follows:

Roxane Seaton, North Okanagan Junior B League
Dan Linnen, Pacific Northwest Junior B League
Lisa Scott, Central Interior Intermediate B League
Gordon Foulds, Prince George Senior C League
Kevin McLennan, Victoria Senior C League
Gary McBride, BC Junior A League
Dan Van Os, Thompson Okanagan Minor Lacrosse Comm.
Rusty Wills, Burnaby Minor Lacrosse Association
Wonda Warren, Chilliwack Minor Lacrosse
Lisa Edgar, Comox Valley Minor Lacrosse
Peter Parke, Comox Valley Minor Lacrosse
Deanna Thomson, Coquitlam Minor Lacrosse
Sue Lidstone, Cowichan Valley Minor Lacrosse
Ylva (Jill) Samuelson, Cranbrook Minor Lacrosse
Craig Merritt, Delta Field Lacrosse
Scott Liebich, Delta Minor Lacrosse
Jenal Coakley, Juan de Fuca Minor Lacrosse
Justin Boshier, Kamloops Minor Lacrosse
Shelley Torres, Kelowna Minor Lacrosse
Bill Mosdell, Langley Field Lacrosse
Cindy Tarling, Langley Minor Lacrosse
Nicole Kokoska, Mission Minor Lacrosse
Steve Bishop, Nanaimo Minor Lacrosse
Ross Guthrie, New Westminster Field Lacrosse
Aaron Wildgrove, New Westminster Minor Lacrosse
Rene Robichaud, North Delta Minor Lacrosse

Mamie Evans, North Island Field Lacrosse
Kevin Beauregard, North Okanagan Field Lacrosse
Chris Collard, North Okanagan Minor Lacrosse
Roger Paterson, North Shore Minor Lacrosse
Tyson Leies, Pacific Rim Field Lacrosse
Louise Whitelaw, Peninsula Minor Lacrosse
Tammy Brown, Prince George Minor Lacrosse
Twila Gilbert, Pt. Coquitlam Minor Lacrosse
Lance Schindel, Pt. Moody Minor Lacrosse
Ceayon Johnston, Richmond Lacrosse
Wes Eaton, Ridge Meadows Minor Lacrosse
Chris Sheridan, Saanich Minor Lacrosse
Randy Ellis, Semiahmoo Minor Lacrosse
Ted Yadernuk, Shuswap Minor Lacrosse
Karen Nielsen, Sunshine Coast Minor Lacrosse
Shawn Gregorson, Surrey Field Lacrosse
John McKay, Surrey Minor Lacrosse
Rick Mainman, Vancouver Field Lacrosse
Regina Villanueva, Vancouver Minor Lacrosse

Individuals in attendance at the 2014 BCLA AGM were honoured in a short ceremony during the Merit Award Banquet and received a nice watch from a representative of their league or association to commemorate their volunteer achievements. Thank you for all you do for lacrosse.

Lacrosse Sniper Heard, Heads Burnaby Sports Hall of Fame 2014 Inductees



Photo: Burnaby Village Museum

Burnaby Cougars Women's Lacrosse team were 1934 Provincial champs.



Photo: Royal City Record

Heard netted 1201 WLA points and will enter the Burnaby Sports Hall of Fame February 26th.

By: Grant Granger

The Burnaby Sports Hall of Fame has named their 2014 inductee class including lacrosse star Russ Heard and the 1931 women's lacrosse team called the Burnaby Cougars.

Burnaby lacrosse icon Russ Heard will be inducted into the Burnaby Sports Hall of Fame in February along with six other individuals and a pioneering lacrosse team.

Russ Heard

The lanky Heard was a scoring machine for the Burnaby Lakers. He was the Western Lacrosse Association scoring champion in 1992, 1997 and 1999 and a first-team league all-star five times. Heard racked up 1,201 points, including 447 goals, in the 399 games he played which is ninth all-time in the WLA. Heard also played in the National Lacrosse League for the now defunct Charlotte Cobras for one season and the Toronto Rock for three.

Heard's No. 9 was the first jersey retired by the Lakers in 2013. He coached the senior Lakers for seven seasons making the play-offs each time.

He'll be joined for induction in the athlete category by Brian Cowie (paracycling, triathlon) and Anna Schnell (rugby). Builders to be inducted are Roy Nosella (soccer) and Dan Taylor (baseball) while Kyna Fletcher (gymnastics) and Mimmo Morello (soccer, wrestling) will be going in as coaches. The pioneering 1934 Burnaby Cougars provincial champion women's lacrosse squad will be inducted into the team category. The hall's induction banquet will take place at the Firefighters Banquet Hall at Metrotown on Thursday February 26, 2015.

1934 Burnaby Cougars

The Burnaby Cougars women's field lacrosse team was formed in 1930 despite the disapproval and disdain of many in the community including the Burnaby South principal who banned the school's students from playing on the team. The Cougars went on to defeat the Richmond Milkmaids 4-1 in the 1934 provincial championship game at the old Cambie Street grounds.

The Cougars were part of a women's lacrosse league who played in the Lower Mainland in the 1920s and 1930s. They played against the Vancouver Pirates, Richmond Milkmaids, and New Westminster Swansons. Their home ground was Central Park. They were BC Champions in 1933.

The annual induction banquet, for 2014 inductees is on Thursday, February 26, 2015 at the Firefighters' Banquet Hall, 6515 Bonsor Ave, Burnaby, in the Metrotown area. Tickets go on sale January 18, 2015. For tickets, please contact email: tickets09@shaw.ca or phone: 604-436-1672. Contact: Grant Granger, chair 604-803-9571 www.burnabysportshalloffame.ca.

Continued from Cover

Article: Stealth Aims High! What's Next?

By: Teddy Jenner

and it's been that way since the first practice."

If the second year at the LEC is going to be different from year one, which shouldn't be too hard, Vancouver will have to be a much feistier team with grit. Last year, there was no 'line in the sand' for the opposition. The addition of Rory Smith immediately solves that issue but it's not just his job alone.



Photo: Dan Brodte, Stealth

Powless huddles with Stealth teammates on offence.

Former head-coach Chris Hall always preached "team toughness" and last year the Stealth lacked that persona from game to game. Guys need to get their nose, knees and knuckles into the dirty areas. If you're down a few goals or need to change the momentum, you need to have somebody that will spark the team. Front to back, the Stealth has added the players to the roster this year that will do that.

Tyler Burton can win ball possession back on the draws to keep momentum. Tyler Hass will join Tyler Garrison in the transition game. McMichael will leave everything on the floor and dive head first into the corners if he has to. Eric Penny gives a youthful back-up to Tyler Richards in net that the team has confidence in. Powless adds a floor general that the team hasn't had since Doyle. Ratcliff is rejuvenated and accepting of his new role. The new coaching staff isn't letting anyone take a shift off or playing favourites.

However, what could be the biggest addition to the club this year is Joel McCready. If the team is going to have a "blue collar" personality then there is no better poster boy than McCready. Coming over in the Powless deal, McCready is a seasoned NLL vet with two NLL titles with Rochester and a work-ethic that will make everyone else dig a little deeper each time they're on the floor. He's a type of player that Vancouver hasn't had since Craig Conn back in the Ravens days.

Ask anyone in the organization and they'll tell you last year wasn't anyone's best in a Stealth jersey. They lacked intensity, fire and passion and it made watching them, at times, difficult. But with a new year comes new life and a new look Vancouver Stealth. The winds of change have come and gone and now all that's left to do is play the games and continue to ask 'what's next?'

Stealth tidbits: In their 2015 season opener, the Stealth outlasted the Calgary Roughnecks 18-14 in a barn-burner. Vancouver scored eleven unanswered goals to pull away from Calgary for the opening night victory in Cowtown. However, the tables turned for the Stealth's home opener. In front of an energetic crowd, the Stealth got off to a quick start with a 4-2 lead after one period. The Rock controlled the game thereafter, outscoring the home team 18-7 the rest of the way en route to a lopsided 20-11 Rock win. At press time, Vancouver battled hard but dropped a 14-13 decision to the Buffalo Bandits.

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Stewart Named Mr. Lacrosse

By: LacrosseTalk Staff

The BC Lacrosse Association's 2014 selection for BCCLA's most prestigious award, the Tom Gordon plaque, was none other than long-time volunteer and coach, New Westminster's Jamie Stewart.

The Tom Gordon Plaque is BCCLA's highest honour for "Mr. or Ms. Lacrosse" for the outstanding achievement of an individual -- an honour one cannot claim as theirs without commending the efforts of other.

"To be honest, it was a huge surprise, I didn't even know I was nominated, and quite an honor," said a humble Stewart. "First, it is an award that you really can't win all by yourself, and in my case it was due to the people that helped me while in the background. Second, it really is an honor to be recognized by the lacrosse community for doing, I hope, good work, and the right things, over the years."

"I have a ton of respect for people who have previously won the award -- Shawn House, Terry Mosdell, Dan Richardson, Greg Toll, Jack Crosby, among others -- so it is a great feeling to be in their company, all people I have looked up to and tried to learn from over the years."

Once a Salmonbellie, always a Salmonbellie, as Jamie Stewart grew up wearing the red, blue and white of New Westminster. Stewart has been a lacrosse lifer as a player, coach, administrator and educator. Unofficially, he began coaching as a teenager in 1979, but took on an official capacity in 2001, as the association Head Coach. Stewart kept this role for 2 years and took over as President in 2003 and remained President of NWMLA and Governor of NW Intermediate B for a decade.

From Mini-Tyke to Seniors, Stewart is always on the floor encouraging and sharing his knowledge of the game. He has been an outstanding advocate for the growth of Female Box Lacrosse and Women's Field Lacrosse programs. After retiring as President of NWMLA, he coached the WLA Salmonbellies in 2013 and then took over as General Manager of the Jr A 'Bellies in 2014.

Stewart has so many lacrosse highlights that one could write a book about, but it's the time he has spent with the youngsters that resonates greatly with this veteran. Jamie has fond memories from winning Provincial titles and National championships, especially winning a title in Ontario.

"I really enjoyed coaching Women's Field and the 2012 Team BC U19 team that won the National Championships in Oshawa -- the kids were sponges for knowledge and incredibly athletic, and it was fun to win the Nationals on Ontario's home turf."

But it wasn't until coaching a Bantam House team a decade ago that he really learned what it really took to be a coach.

"I really enjoyed about a month of coaching a Bantam House team -- it was pure coaching, with kids that wanted to be there because they enjoyed the game, not because they had extreme talent. It was an eye opener for me, and made me realize how difficult it is to coach when you are not given an "A" team -- and it made me a far better coach than what I had been."

No matter the season, Stewart is on a bench or walking a sideline for a 'Bellies team. Since stepping away from his President duties, he has now moved on to coaching more teams and is



Photo: Jeff Gombar

New Westminster's Jamie Stewart received BCCLA's highest honour as Mr. Lacrosse for 2014.

currently an assistant coach of the Team BC Women's Field Lacrosse Senior team.

Stewart is the consummate volunteer and tirelessly continues to give back to this great game. When asked what he would say to volunteers out there, these were his words.....

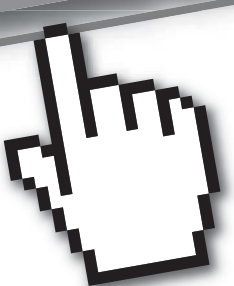
"For whatever reason -- kids love lacrosse. There is nothing better than to go to the box,

field or the arena and hear and watch kids playing the game. But the game suffers when energetic people are not involved -- the game needs it. My feeling is, if you have ever been coached or helped out in this game -- then you owe it to give back to the game and your community. Successful organizations are filled by people who are energetic, committed and want to have fun!"



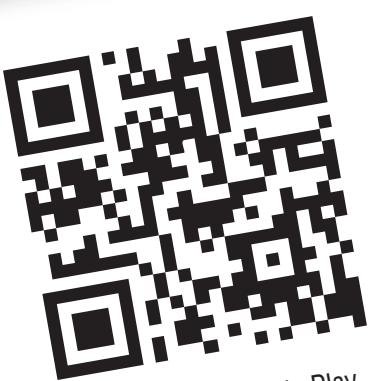
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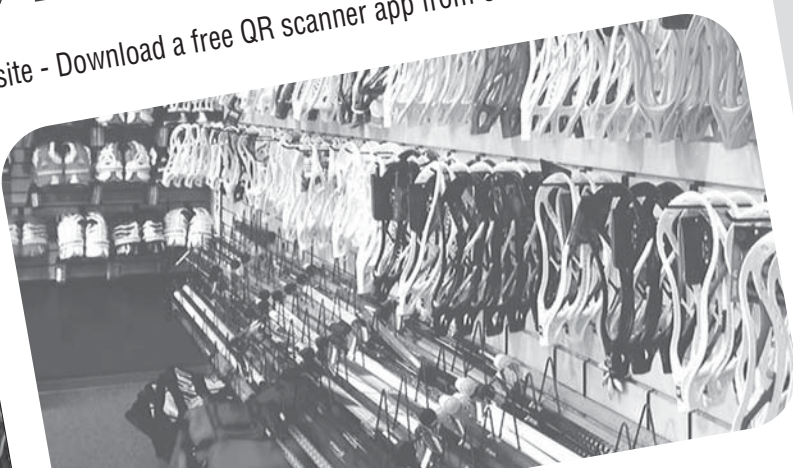


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BC Athletes Honoured as Top Saints

By: Limestone Athletics

In honor of the 25th Anniversary of the Limestone Saints men's lacrosse program, Limestone College Athletics has named the 50 most influential players in the history of the program. Eight of the 50 players developed their lacrosse skills in BC with minor associations from Vancouver Island and the Lower Mainland. Their careers span two decades and all being instrumental in the successes of their teams.

Each player, a leader and impact player of their own went on to successful BCJALL and WLA careers. Some played professionally in the NLL (some currently) and internationally. The following is their story during their college lacrosse careers at Limestone

Greg Hiltz (1998-01) -- A lock down defenseman for the great Limestone teams of the late 1990's and early 2000's, Hiltz was a major component of teams that went an impressive 46-12. In 1998 he notched 20 groundballs before coming away with 21 the following year while helping the team to record win totals of nine and 10, respectively.

In 2000, Hiltz would be a major reason the Saints went 14-2 and won their first national championships. He would cap his career by guiding Limestone to a 13-3 overall mark and second straight berth in the national title game. Along with that, he was named a USILA Second-Team All-American that season. WLA team: Maple Ridge Burrards.

Jake Lawson (1998-00) -- After transferring from Division I Niagara University, where he was the program's all-time leading scorer after just two years, Lawson used those offensive talents to guide the Saints to new heights. After missing the 1998 season due to injury, the team captain registered 11 goals, three assists and 15 groundballs in 1999. The following season he would help lead the Blue & Gold to a 14-2 overall record the program's first ever NCAA Division II National Championship. WLA team: Maple Ridge Burrards.

Nick Carlson (1999-02) -- One of the most decorated players in Limestone College history, Carlson was a member of the 2000 and 2002 Men's Lacrosse National Championship teams. The three-time USILA All-American was twice selected as the USILA Attackman of the Year and in 2002 was selected as the National Player of the Year. He is a two-time Deep South Player of the Year honoree who finished his career first in school history with 159 career goals. He is currently second. WLA team: Victoria Shamrocks.

After a solid start in his freshman campaign, Carlson burst onto the national scene in 2000. He was second on the team with 56 goals (fourth all-time) and led the team with 27 assists for an impressive 83 points, currently ranks fourth in school history. Selected to the All-Deep South Conference team and earned Second-Team All-America honors. Named the Most Valuable Player in the National Championship game as he netted three goals and one assist to defeat perennial power C.W. Post, 10-9, and give Limestone their first NCAA National Championship.

As a junior he was named USILA Attackman of the Year and was selected as a First-Team All-American. Garnered his first Deep South Player of the Year recognition on the way to netting 59 goals and 29 assists for 88 points. The first two totals are both second most in a single season by any Limestone player. Led the Saints to the National Championship game as they came up just short to Adelphi.

For his final campaign in the Blue and Gold he earned USILA Player and Attackman of the Year as well as the Deep South Player of the Year and tournament MVP. The Academic All-American was second on team with 38 goals and led the team with 28 assists and 66 points. In 2002, he led the Saints to their third straight National Championship game appearance and their second title as they defeated New York Institute of Technology, 11-9.

Travis Gillespie (1999-02) -- A key member of some of the most successful teams in Limestone history, not just lacrosse but the entire program, Gillespie left an indelible mark during his four years. A big, physical defenseman, he was one of the best in the country.

His growth as a player could be seen on the national stage at the same time the Saints were entering the national spotlight. After a freshman season in 1999 that saw him collect 10 groundballs, Gillespie garnered USILA All-American Honorable Mention recognition as a sophomore in 2000, Second-Team in 2001 and finally First-Team as a senior in 2002.

In each of those years he helped Limestone to the NCAA Division II National Championship Game, winning it in 2000 and 2002. In addition to those accomplishments, he was also a three-time All-Deep South Conference selection, the third ever USILA Scholar All-American and is one of the best defenseman in team history. WLA team: Coquitlam Adanacs.

Nolan Heavenor (2002-05) -- An absolute lights out scorer who would go on to have a professional career in the National Lacrosse League that spanned nearly a decade. As a Saint he tallied an incredible 121 goals, including 46 with 27 assists in 2004 and 42 goals and 29 assists as a senior in 2005. In the latter he also picked up a whopping 180 groundballs.

During his career he was a three-time USILA All-American, earning Honorable Mention (2003), Second-Team (2004) and First-Team (2005) recognition and was also a three-time All-Deep South Conference selection. As a senior in 2005, he also became just the fifth player in program history to be named a USILA Scholar All-American. WLA team: Victoria Shamrocks.

Jackson Decker (2009-12) -- An all-around midfielder for the Saints, Decker helped the program better its win total in all four of his years, including a then record 17 wins (17-2) as a senior in 2012. Beginning in his freshman year, Limestone posted win totals of 10, 12, 15 and 17, making the NCAA Tournament each year and reaching the national title game in 2012, the first such appearance since a run of six straight from 2000-05.

After seeing limited time as a freshman, Decker tallied 24 points (15g, 9a) in 2010, 40 points (23g, 17a) in 2011 and 48 points (36g, 12a) as a senior in 2012. Truly coming into his own as a player in his final two seasons, he was named a USILA First-Team All-American and All-Conference Carolinas First-Team following both seasons. Included among his recognitions is being named the 2011 Conference Carolinas Tournament Most Outstanding Player. WLA team: Burnaby Lakers.

Riley Loewen (2010-13) -- One of the greatest pure scorers in program history, Loewen was a three-time USILA All-American (2011 and 2012 -- Second, 2013 -- First-Team), a two-time Conference Carolinas Player of the Year (2011 and 2013) and a four-time All-Conference Carolinas selection, the last three on the First-Team. In 2013 he was also named a USILA Scholar All-American.

For his career he tallied a program record 184 goals along with 85 assists (5th) and is second all-time with 269 points. He also added 115 groundballs and 19 caused turnovers in 68 career

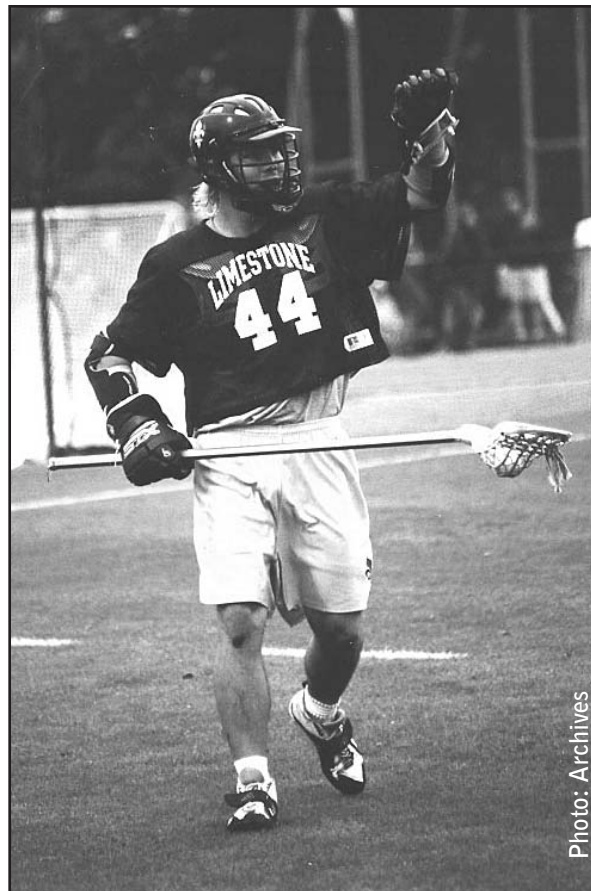


Photo: Archives

Travis Gillespie lead Limestone to a 1999 NCAA Division 2 National title.

games. Twice he totaled 54 goals, doing so in 2011 (with 20 assists and 74 points) and 2013 (with 36 assists and 90 points). His point total from the latter season is the second highest in program history behind only Roger Vyse's 100 points in 2005.

He won his first Conference Carolinas Player of the Year during that 2011 season when he shared the title with teammate Shayne Jackson as part of what was dubbed "The Circus" due to their free flowing and highly entertaining play on the field. He would add a solo honor in 2013. During his career, Loewen's most impressive figures come down to just two numbers -- 60-8 -- the record his teams produced during his time at "The Rock". WLA team: Maple Ridge Burrards.

Tor Reinholdt (2010-13) -- A player who bided his time over his first two seasons, Reinholdt developed into a dangerous all-around player for the Saints over his last two seasons. After producing just a combined eight goals and 11 assists while playing behind the likes of Riley Loewen, he put together impressive seasons in 2012 and 2013.

As a junior he notched 26 points, 12 assists, 38 points and a career-high 47 groundballs before finishing with 22 goals, 29 assists, 51 points, 41 groundballs and nine caused turnovers as a senior in 2013. Over those two campaigns, Limestone went an incredible 33-4, reached the 2012 NCAA Division II National Championship Game and came within seconds of doing it again the following year.

For his efforts, he was named a USILA Second-Team All-American in 2012, Honorable Mention in 2013 and was All-Conference Carolinas First-Team both of those seasons. Reinholdt was also named Conference Carolinas Tournament Most Outstanding Player in 2012 and 2013, making him the first player in program history to accomplish that feat in the 25-year history of the program. WLA team: Langley Thunder.



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July 9-13, 2015

Bantam - Kelowna
July 15-19, 2015

Midget - Prince George
July 23-26, 2015

For schedules and additional information visit
www.bclacrosse.com







Tom Kellett is a Community Sports Hero

By: LacrosseTalk Staff

Burnaby Minor Lacrosse Association's Tom Kellett was the latest BCLA volunteer to be recognized by the Sport BC Community Sports Hero program.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards, presented by Teck, honours outstanding sport volunteers in communities across British Columbia. The awards recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. Through Sport BC's relationship with Teck, they are able to travel to 8 communities per year across British Columbia and celebrate sport volunteers in local communities.

Tom Kellett started playing youth lacrosse in the 1970's. His father, the association Treasurer at the time, taught Tom early to give back to the community – and he has!

In the early 2000's, Kellett coached his daughter for years winning Provincial medals along the way. In 2004, he began coaching Female Box Lacrosse in Burnaby, on the advice from his daughter – "You need to coach the girls because they need good coaches." So he did and was successful winning two Provincial titles.

He joined the Burnaby Minor Lacrosse Association (BMLA) executive in 2004 as the Female Co-ordinator. He took on a Zone Representative position with the Lower Mainland Lacrosse Commission, then, volunteered as a league commissioner for 4 seasons. He served as BMLA Vice President until 2011, then assumed the President's role – a position he holds today.

Tom Kellett is the consummate BCLA volunteer and was a perfect recipient for this award in Burnaby. Congratulations Tom!



Tom Kellett (2nd from right) was one of eight Burnaby sport volunteers to be recognized by Sport BC in November. Kellett has been involved in lacrosse since the 1970's.

High School Championships February

By: LacrosseTalk Staff

The 14th annual BC High School Field Lacrosse Championships will be held February 23-27, 2015 in Coquitlam and New Westminster. The event will again be hosted by Dr. Charles Best Secondary School and games will be held in Coquitlam at Dr. Charles Best School and Town Centre, as well as, Mercer Stadium in New Westminster.

The past two seasons's hosted a much more even playing field with a Tier 1 and a Tier 2 Division offered in both Senior and Junior levels. The result has been a very competitive tournament with many close and exciting games.

In 2014, there were four champions from four different schools: Junior Tier 2 Maple Ridge 12-6 over Vancouver College; Junior Tier 1 Centennial 20-4 over Pitt Meadows; Senior Tier 2 St.

Thomas More 11-5 over Riverside; and Senior Tier 1 Claremont 10-6 over reigning champion Terry Fox.

Not all teams have confirmed their attendance, but perennial powers Claremont, New Westminster, Terry Fox, Charles Best and Centennial will vie for the Senior tier 1 title. All of these schools also have Junior teams, except the Centaurs. Other Junior schools will include some valley schools, Delta Schools and Vancouver College.

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

For any additional tournament information needed, please contact Tournament Co-ordinator, Ken Bowman kbowman@sd40.bc.ca or ckbowman@shaw.ca.



Claremont and Terry Fox will renew their rivalry at the 2015 High School Lacrosse Tournament.

2 Burrards Selected in 2015 MLL Draft

By: LacrosseTalk Staff

The 2015 Major League Lacrosse 2015 Supplemental Draft took place Wednesday, December 17th. Two BCLA products were selected in the 100 player pool of college graduates.

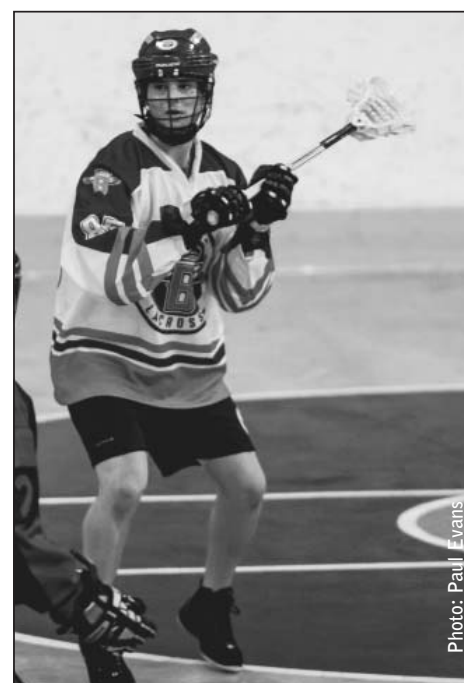
In the ninth round, 56th selection overall, Charlotte Hounds selected Burrard standout Riley Loewen. In his second WLA season, Loewen lead the Burrards in point production (26G & 30A) for 56 points in only 13 games, while spending no time in the penalty box. Loewen was one of three forwards selected to the WLA 2014 All-Star team.

In the tenth round, 75th selection overall, Chesapeake Bayhawks selected Maple Ridge teammate Ben McIntosh. McIntosh finished fifth in team scoring (20G & 12A) for 32 points and 14 penalty minutes.

Trades that involved standout Team Canada members included the Florida Launch trading All-World Team Canada goalie Dillon Ward (Orangeville) to the Denver Outlaws in exchange for goalie Charlie Cipriano. The Launch also acquired Team Canada attackmen, and Burrard star, Curtis Dickson (Port Coquitlam) from the Outlaws in exchange for two 2015 4th-round supplemental selections.



Ben McIntosh



Riley Loewen

BCLA and KidSport Partner



By: LacrosseTalk Staff

October 2014, the BCLA was approached by KidSport BC Director, Pete Quevillon, to join in partnership with KidSport. BCLA's response was a resounding 'yes' to align with such a positive group as KidSport.

The KidSport concept was hatched in 1993 by board and staff at Sport BC as a way to help address the challenges faced by many families when registering their children in organized sport. From a modest start in that first year, issuing \$35,000 in grants, KidSport has grown exponentially across the country and has become a truly national entity with 11 provincial/territorial chapters and over 175 community based chapters.

From humble beginnings in BC, KidSport issued nearly \$1.4 million in grants to just over 6700 kids in 2013 and has seen significant annual growth, particularly in the years subsequent to the 2010 Winter and Paralympic Games in Vancouver.

Their mission remains the same...to remove the financial barriers that prevent some children from playing organized sport! Their vision...SO ALL KIDS CAN PLAY!

KidSport believes that every child should have the opportunity to experience the joys of a season of sport. Abundant research exists that proves sport participation enhances academic performance, improves health and

develops valuable life skills in the areas of teamwork, socialization, goal setting and time management.

The demand for KidSport funding continues to grow across the board. Lacrosse is one of their top ten "consumer" sports of which 224 lacrosse kids were assisted by KidSport to the tune of \$44,000 in 2013.

"Our initiative to develop PSO Partners is to help us build both awareness and to help in our fundraising efforts to ensure that our ability to meet this increasing demand is sustainable," explained Quevillon. "We are finding, with many sports, that local clubs are very supportive of their local KidSport chapter, often hosting 50/50 draws, raffles, etc. to benefit KidSport."

"I have a great deal of respect for BCLA -- and a big part of the reason that we approached you to become partners is that the BCLA has such an incredible network of committed and involved volunteers and clubs around the province," mentioned Quevillon. "We want to ensure that by working with these great folks, we can ensure that no kid gets left on the sidelines!"

Death of Oshawa Boy Tucker Williams Leaves Lacrosse Community at a Loss

OSHAWA -- Tucker Williams, the eight-year-old Oshawa lacrosse player who inspired the Braver than Brave campaign, died from cancer on December 17, 2014.

By: Brian McNair, Oshawa This Week

OSHAWA -- The lacrosse world lost a warrior on Wednesday, Dec. 17.

Tucker Williams, the eight-year-old son of Oshawa's Shawn and Tamara Williams, died following a lengthy battle with cancer, one that inspired a Braver than Brave campaign that captured the attention of the world.

Tucker's inspiring story spread through social media in February shortly after he had throat surgery at the Hospital for Sick Children, the first step in treatment for Burkitt's lymphoma. It was while he was at the hospital, inquiring about having a bag of potato chips shortly after surgery, that a nurse affectionately called him "braver than brave."

Braver than Brave drew the local lacrosse community even closer, but also inspired people from all corners of the world to do what they could to help the family.

Shawn Williams is one of the best and most well-liked lacrosse players in the world, and Tucker appeared to be following in his footsteps. In fact, during a brief period of remission, Tucker returned to the floor and started scoring again with great regularity, even



Team BC Female Midget team pose with Tucker Williams and best friend Zach Toll during Box Nationals in Whitby this summer.

at a tournament in Brampton when, it's now known, the disease had returned.

Tucker missed a few games at the tournament with fatigue and nausea, but returned for the tyke A championship game and scored three goals in a 4-1 win for his Oshawa team. He also won the Irene McCauley Memorial Award, given to a player who displays courage,

strength, faith, loyalty and passion for the game of lacrosse.

Tucker underwent further treatment and had a bone marrow transplant from his older brother, Dyson, but was unable to recover.

Prior to his death, he was able to go to Disney World with his family and their closest

Inspiration of Braver than Brave campaign losses battle with cancer at age eight.

friends, the Tolls, through the Make a Wish Foundation, and meet some of his favourite players with the Boston Bruins during an NHL game in Buffalo.

News of Tucker's death began spreading almost immediately through social media, most using the hashtag #BraverThanBrave.

Victoria Native, Lacrosse Coach Chris Hall Dies of Cancer at 64

By: Cleve Dheensaw / The Canadian Press
cdheensaw@timescolonist.com

Chris Hall, a mentor and irrepressible spirit in lacrosse, was a fine all-rounder in several sports.

The third-generation Islander died Sunday at age 64 of throat cancer, which he had battled since 2011.

Hall won three Mann Cup national lacrosse championships with the Victoria Shamrocks, one as a player and two as head coach. Of Hall's nearly two decades with the Shamrocks, nine seasons were as a player who was a defensive wall and 10 seasons were as coach.

Hall also won two National Lacrosse League championships with the Calgary Roughnecks and Washington Stealth during 12 seasons coaching in the pro league and becoming the third-winningest coach in NLL history.

"Chris Hall was not only a [NLL] Hall of Fame coach, but a Hall of Fame person," said NLL commissioner George Daniel, in a statement.

"Chris was a brilliant coach with an engaging personality. He was a true champion and his legacy in the NLL will be everlasting."

Hall was no less potent a lacrosse force on the field, founding and building the Victoria Seasprays/Waxmen field-lacrosse dynasty of the 1980s and 1990s as player-coach and winning 14 Ross Cup national championships. He also wore the Maple Leaf in three world field-lacrosse championships and was selected all-world defenceman, and later coached Canada in two more world field-lacrosse championships.

"All these kids now getting [U.S. collegiate] NCAA field-lacrosse scholarships out of Victoria is because of Chris . . . he started

the sport here," said Kevin Alexander, one of the greatest players in lacrosse history, and teammate of Hall's on the Shamrocks and Seasprays/Waxmen.

Although his father Leon Hall helped found the Shamrocks in 1950 and was heavily involved with the club in several capacities, Chris Hall didn't pick up a lacrosse stick until later. But big and wide-shouldered, his natural gifts as an athlete allowed him to quickly master the intricacies of the game.

"I thought my feet would rise off the floor during the national anthem — that's how emotionally high I was," said Hall, in a 2009 interview, recalling his first game with the Shamrocks in the 1970s.

"After all those years growing up watching Shamrocks lacrosse, all of a sudden I was part of the team. It was such a heady feeling because I grew up surrounded by the tradition of this club and now I was a part of it."

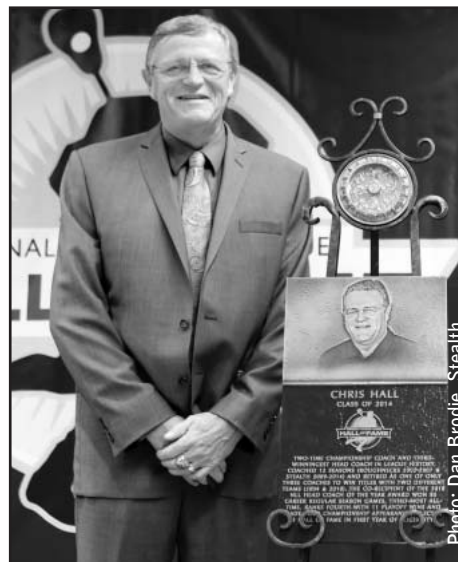
He later showed a keen and shrewd mind for the tactical aspects of the game from the bench as coach.

"His commitment was total," said Alexander. "He was all in, always well prepared, and was a seriously competitive person."

But it was an intensity and passion touched with levity and humanity, as Hall was renowned for the easy rapport he had with his players.

"So many tributes are pouring in saying what an incredible mentor Chris was to them," said Pam Harknett, Hall's widow.

Hall came to lacrosse following a multi-faceted earlier sporting career that included playing rugby for Velox and JBAA, junior football for the Victoria Dolphins and minor-pro baseball on the prairies. As a barging, space-eating forward in the key, Hall played basketball in school for the Oak Bay Bays before UVic and



Chris Hall.

also starred in junior and senior hoops for the Victoria Chinooks, Datatech and Scorpions, making the Canadian Olympic team trials.

"You see so many kids as one-sport athletes now, but I was part of the post-war wave in Victoria where you played everything and coaches and builders like Archie McKinnon and Norm Baker Sr. encouraged that," said Hall, in an interview in October, before being inducted into the Victoria Sports Hall of Fame with the Class of 2014.

Hall said he never felt he loaded up his athletic plate too full: "I loved every minute of it. You never think about it while you're doing it, but you get some successes along the way and it builds and adds up."

Hall also played a crucial role in the organizing of the 1994 Victoria Commonwealth Games as chairman of the recruitment and orientation committee that channeled the more than 14,000 Games volunteers.

Hall is survived by wife Pam, stepsons Brock and Drew Henson, grand-daughters Georgia and Annika and sister Janice.



The Vancouver Stealth will don the CH helmet stickers and jersey patch in memory of their Head Coach.

In Memoriam

Scott Jared Alexander Lago, was tragically taken on November 29, 2014. Forever in the hearts of his family Scott was an amazing young man who loved life. He will always be remembered for his huge heart and unique sense of humour. Scott brought energy and excitement to everything he was involved in. From Lacrosse to singing Scott always brought smiles to everyone's faces and will be greatly missed by his parents (Michael and Jennifer), his brother (Chris), grandparents (Gino and Lorna), his many aunts, uncles and cousins. His passion for cooking brought him to his one true love, his soul mate Shelby Dodd who along with their unborn twins will keep Scott's spirit alive and with them each day. In lieu of flowers donations to the Scott Lago Foundation are appreciated. <http://www.gofundme.com/i2dum8>

Antiki Masters in Hawaii

By: LacrosseTalk Staff

Hawaii Lacrosse hosted the 24th annual international tournament from October 24-26, 2014. The event is a favorite of teams from all over the world who love playing The Creators Game in paradise!

The 2014 tournament was hosted at Kapiolani Park, located at the foot of Diamond Head. 24 teams from around North America competed in the Elite (10 teams), Masters (3 teams), Grand Masters (4 teams) and Women's (7 teams) divisions.

The Tri-City Masters Field Lacrosse group sent three teams to the event under the team name Antikis. This year, the Antikis fielded two Grand Masters and one Master squad and competed well at the three day lacrosse event on Oahu.

The Masters opened their tournament with a tough 1 goal game against the Hawaii Team and had a fun game against a very professional looking Wimmer Team that included Casey Powell and Gavin Prout to name a few. Sunday, the Masters played against a club team from Japan that had some talented national team players. The Antiki Masters finished the weekend with a 2-2 record for third place.

Antiki Masters team roster included: Glen Bzowy, Travis Coll, Mark Cottom, Rob Glancy, Chad Hanson, Cam Janzen, Kyle McIntosh, Shawn McRae, Blair Mitchell, Tosh Nishimura, Tod Olson, Ian Quinney, Bradley Vrecko, Aaron Wildgrove, Toomaj Tahamtan and Shayne Bennett.

The two Grand Master teams worked double duty as the Antiki GM team fell a few players short of two teams, but committed to playing all games. The 21 athletes needless to say played way too much lacrosse over three days.

Antiki Grand Master team rosters included: James Abbott, Dave Bensmiller, Steve Booth, Julian Brambleby, Mike Chernoff, Brian Cowie, Vince Critchley, Kon Defoe, Troy Dickson, Darrell Digby, Warren Goss, Gord Grant, Russ Heard, Steve Heard, Mike Lynch, Kerry McGaffney, Bob McNeney, Bill Reed, Bill Schonewille, Bill Smith, Kevin Thipthorpe and Alex Vanichuk.

Team leaders Russ Heard and Aaron Wildgrove are already making plans for the 2015 squads.



Antiki Masters pose at the foot of Diamond Head at the 24th annual Hawaii tournament.



Antiki Grand Masters take time out after a game at Kapiolani Park in Oahu.

The Tri-City Masters Field Lacrosse group runs a six team Masters league from September to April out of Gates Park in Port Coquitlam. For more information please visit their website at www.tricitymasters.com/

Youth Tournament Provides Rare Opportunity for U15 Boys, U17 Girls

By: Andy Watson

COQUITLAM – The 2016 FIL World U19 Men's Lacrosse Championship is excited to announce two youth tournaments as part of the July, 2016 tournament: an Under-15 boys and Under-17 girl's tournament

Dirk Rachfall, youth tournament coordinator, says he is already receiving interest from teams worldwide.

"The youth tournament offers a rare experience to play at an event alongside the world's best U-19 men in a picturesque setting in beautiful British Columbia," Rachfall said. "It's a tremendous opportunity to make lifelong friends and build memories that will last a lifetime."

Teams interested in registering for the tournament are encouraged to contact Rachfall to get put on a waiting list. More detail - including information on the tournament cost and what is included in registration - will be made available in the coming weeks at www.2016worldlax.com.

Games will be played on fields at Coquitlam Town Centre Park, the host site of the U-19 worlds. This gives fans the opportunity to be in close proximity from their tourney games to be able to enjoy the world championships without having to travel a long distance.

"We hope this tournament will also further build our strong lacrosse community, with players from across the globe getting an opportunity to learn about different cultures, not to mention learn different lacrosse styles, techniques and strategies."



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Claremont Invades Space Needle Shootout

By: LacrosseTalk Staff

Over 1,200 youth, middle and high school-aged lacrosse players including many of the top NCAA prospects in the Northwest converged on Tukwila on the December 5-7, 2014 weekend for the 11th annual Space Needle Shootout.

The annual event, presented by Walax.com, has grown with the sport to become the region's largest lacrosse tournament with 64 individual teams from Washington, Oregon, Maryland and British Columbia taking part. Out of the 64 teams, 12 teams hailed from clubs in BC.

Grades 5 & 6 – Youth (10 teams): Bellevue (WA), CitySide (WA), E&S, Issaquah (WA), Lake Oswego (OR), Mercer Island (WA), Mid-Columbia, South Sound Starz (WA), Steelhead and Valhalla (WA).

Grades 7 & 8 – Middle School (16 teams): Bellevue (WA), CitySide (WA), Honey Badgers (WA), Issaquah (WA), Kamloops (BC), Lake Oswego (OR), Maniax (WA), Maroons, Mercer Island (WA), Mid-Columbia, Outlaws (OR), South Sound Starz (WA), Steelhead, Surrey (BC), Valhalla (WA) and Woodinville (WA).

Grades 9 & 10 – High School (17 teams): Adanacs (BC), Bellevue (WA), Claremont (BC), E&S, Issaquah (WA), Kamloops (BC), Maniax, Mercer Island (WA), Outlaws (OR), Pentiction (BC), Seatown Kings 9's & 10's (WA), Skyline, South Sound Starz (WA), Valhalla (WA), Wolverines and Woodinville (WA).

Grades 9-12 – High School Elite (21 teams): Adanacs (BC), Bellevue (WA), Claremont (BC), Delta (BC), E&S, Issaquah



Claremont Junior team wins Grade 9-10 title at the Space Needle Shootout.

(WA), Kelowna (BC), Lake Oswego (OR), LakeTown, Langley (BC), Maniax East (WA), Mercer Island (WA), Outlaws (OR), Prince George (BC), Rhino (OR), Rockfish (MD), Skyline, South Sound Starz (WA), Sunset, Tahoma (WA) and Valhalla (WA).

Along with play at the youth, and middle school levels, the tournament attracted players from many of the top high school and club lacrosse teams in the region, along with representatives from a number of colleges and college recruiting events.

Victoria's Claremont Spartans Senior team (grade 9-12's) went a perfect 7-0 outscoring their opponents 74-25 at the Space Needle Shootout. Claremont went undefeated in the round robin with wins over the Outlaws (13-3), Tahoma (14-3), Skyline (9-2) and Rhino (10-7).

In the medal round, the Spartans continued their winning ways with victories over the Out-

laws (9-3), Mercer Island (10-3) and Issaquah (9-4) en route to the High School Elite title. It was the second year in a row Claremont met Issaquah in the High School Elite championship – and the second time the Spartans took the title. Claremont's quick transition and constant pressure attack made Issaquah play much of the game on the defensive half.

"For our Senior team, they are a little more accustomed to playing on the road as we recently returned from a successful tournament in Baltimore this past November," noted Head Coach Daren Reisig. "We are led by a very strong grade 12 group and they have been playing at pretty high standard of play showing great speed, good skill and excellent decision making."

Claremont Junior team (grade 9 & 10's) went a perfect 6-0 outscoring their opponents 71-14 at the Space Needle Shootout. The Spartans went undefeated in the round robin with wins over the Maniax (15-2), Wolverines (12-1),



Claremont Senior team wins High School Elite title at the Space Needle Shootout.

E&S (15-1) and South Sound Starz (11-6). In the medal round, the Spartans continued their winning ways with victories over Valhalla (11-3) and Woodinville (7-1) to take the High School (9 & 10th grades) title.

"This was the first time traveling for our JV team so we weren't sure what to expect," said Reisig. "While 'raw' at times and a bit rushed, we are very proud of the way they competed in their first tournament away."

"It was a great feat to go undefeated through the tournament going 13-0 as a program and winning both titles," said Head Coach Daren Reisig. "We played some very good teams in the competition and as always, it's great to get a chance to play areas away from our own region."



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Team BC Women Check Washington and Florida Tournaments off List



Photo: Kim Gane

The Team BC Freshman team went 3-0 at the Seattle Adrenaline Tournament.

By: LacrosseTalk Staff

BC Lacrosse Association's Team BC Freshman Women's Field Lacrosse team competed in their first lacrosse tournament with a successful showing at the Adrenaline Seattle Tournament November 1 & 2 at the Starfire Sports Complex in Tukwila, Washington. The Team BC Freshman Women's Field Lacrosse team consists of twenty grades 8 and 9 Women's Field Lacrosse athletes from BC.

The Team BC Freshman team played three tournament games, winning all three outscoring their opponents 29-9. In Game 1, Team BC played in their first game as a team, got over some early nerves and defeated the Mustang Starz (Calgary, AB) 11-0. In the middle game, a much more confident Team BC squad played strong at both ends of the field en route to a 10-2 over the Vand'al White team (Seattle). In the final tournament game, Team BC started off slow and got behind 3-0 early in the match, only to mount a huge comeback and defeat the Seattle Starz Select team 8-7.

On the second day of competitions, Team BC played two exhibition games versus the Puget Sound Elite and Puget Sound Selects and lost both games by scores of 16-2 and 10-5 respectively.

Freshman Head Coach, Fred Jenner (Victoria), was impressed with his team's performance over the two days. "We could not have been happier for the girls. It was great how the athletes came together and played as a team. What an awesome way to finish off the tournament for these girls."

Team BC Women's Field Lacrosse Program Head Coach, Dan Stroup (Port Coquitlam), took in the tournament and knows these competitions will go a long way in Team BC's overall development. "These young ladies played well against some older competition. The time away together as a group is a great first step in building this team."

Team BC Field Lacrosse Co-ordinator, Reynold Comeault (Pitt Meadows), applauds the efforts of Team BC's newest team. "The goal of this inaugural season was to expose the players to their first taste of high intensity Women's Field Lacrosse with similar skilled players and Team BC coaching. We have accomplished that to a great degree and have been very pleased with effort, enthusiasm and development of each and every player."

Later this past Fall, the Team BC Senior and Sophomore Women's Field Lacrosse teams competed at the deBeer President's Cup Recruiting Tournament at the Wide World of Sports Complex at Disney World in Orlando, Florida and Lake Myrtle Sports Park in Au-

burndale, Florida November 21-23.

The Team BC Senior squad collected a 3-win and 1-tie record at the 3-day event. Their first victory was 12-6 over the Pacific Falcons (California). In the second game, the BC Seniors defeated the Storm Selects (California) 10-7. The only blemish to Team BC's record was a 10-10 draw versus the Florida State champion, Stickbenders (Florida). In the final game, Team BC Seniors narrowly defeated Texas Tenacity 12-11.

The Team BC Sophomores competed hard and showed great improvement every game as they finished with a 1-win and 3-loss record. The Sophomore team fell 12-6 to Team Extreme (Baltimore, MD) to start the tournament. In Game 2, Team BC dropped a close match 9-6 to Lakeshore (Long Island, NY) in a back and forth exciting contest. The Sophomore team put everything together against the Pittsburgh Premier (Pittsburgh, PA) and defeated them 8-6 for their first victory. Team BC dropped the final game 15-6 to an exceptional Team M&D Red (Baltimore, MD). A large contingent of NCAA College recruiting coaches attended each game scouting Team BC athletes.

Team BC Field Lacrosse Co-ordinator, Reynold Comeault (Pitt Meadows) was impressed with all Team BC efforts as well as the attention the athletes received from college coaches.

"The Senior Team performed very well battling back from deficits to complete the event undefeated," stated Comeault. "Countless NCAA coaches raved about Team BC athletes pointing out their excellent stick skills and ability to make quick decisions. The Sophomore team's first experience with the high-caliber Women's Field Lacrosse competitions was very much an eye opener. Through perseverance and training sessions the past two months, the girls' performance improved each minute."

Team BC Women's Field Lacrosse Program Head Coach, Dan Stroup (Port Coquitlam) likes the direction thus far in the overall development of the athletes.

"I'm very proud of what we've achieved noting our improvement in one short year," stated Dan Stroup. "Our athletes continue to get stronger and faster, and at the same time understanding the nuances of the women's discipline. Our coaching staffs are growing with the process and constantly improving. Our Seniors are



now beating teams at these tournaments that we were close to. Each practice and competition is just another step in the right direction."

The Team BC Women's Field

Lacrosse high performance program consists of three Women's Field Lacrosse teams in the Freshman, Sophomore and Senior age categories.

All three Team BC Women's Field Lacrosse teams just finished competitions at the 2015 Sandstorm Lacrosse Festival in Indio, California on January 17-18. At press time, it was reported all Team BC teams competed to a high degree against stiff competition at the Sand-

storm tournament. The Senior squad finished with a 2-2-1 record; the Sophomores finished with an incredible 4-1 record and a berth in championship round; and the newest Team BC team, the Freshman squad, went 1-3-1 overall.

Thank you to all coaches, athletes, parents and volunteers for the great experience this year. A big thank you goes out to Team Managers Rita Stroup, Sue Kinna and Mike Kinna for their tireless commitment and hard work to make the Team BC experience everlasting. Team BC Field Lacrosse Co-ordinator, Reynold Comeault and Women's Field Lacrosse Program Head Coach, Dan Stroup, will continue to drive the program in a professional manner to best serve our athletes.



Photo: Reynold Comeault

Team BC Senior & Sophomore Women's teams pose at President's Cup Recruiting Tournament in Florida.

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Team BC U16 Sweep Maryland

By: LacrosseTalk Staff

The Team BC U16 Field Lacrosse travel squad took off in early November 2014 on their annual east coast lacrosse trip to attend the Aloha Lacrosse recruiting tournaments in Baltimore, Maryland. On the record, over the past 5 years touring Maryland, this was the most successful tournament for the U16's, as they won all six games over the two-day event.

Team Manager Ray Richards arranged a training session at Towson University Stadium upon their arrival on Friday November 7. After the practice, Towson Tigers head coach, Shawn Nadelen, met with Team BC and explained what it takes to be a university student. The messages he articulated were how education should be what's most important -- the sport is always secondary. Coach Nadelen arranged a few freshmen players to give the boys a complete tour of the school and athletic facility. It was a great experience, for the Team BC boys, with many of their college questions and concerns answered.

Game 1 (Aberdeen, MD) -- The Team BC U16 boys ready to take on whatever the Aloha tournament had to offer. The first game was against the Battle Lax Bombers (Northern Virginia) on a sunny, cold day. Unaware of their opponent, the boys were pumped and ready to give there all. And they did just that, from the opening whistle, the Bombers did not know what hit them. A strong all-around effort at both ends of the field, and scoring throughout the team, proved too much, as Team BC trounced their eastern opponents in an 18-2 victory.

Game 2 (Severn, MD) -- Next up, an annual Team BC traditional match up in Archbishop Spaulding (Baltimore). After scouting their previous game, Team BC felt they were in for a tough battle. Spaulding was well equipped with a great face-off man and possessed the ball well. The U16's still on a high from the

previous victory carried on where they left off and limited Archbishop's chances, while capitalizing on opportunities to notch a 12-1 win over a worthy opponent.

Game 3 (North Andover, MD) -- NA Lax was the final game of day one. NA Lax had a strong faceoff presence with limited offensive pressure. One player cannot make a team and was certainly the case in this match, as Team BC put together another strong game controlling all aspects to win 12-2.

On the final day at the Aloha tournament, Team BC travelled to St. Paul's School to play the Alexandria Travel White (North Virginia). The boys arrived early to warm up and loosen up after three games the day before. Alexandria gave Team BC their toughest game, until the second half, when the U16's caught their stride. Team BC was never down through the game but traded goal for goal in the first half, then took over in the second -- final score 13-6 for the good guys.

Game 5 (Severna Park, MD) -- Rockfish Green (Maryland) was the fifth opponent for Team BC. By now, the legs were getting heavy and bodies ached, but the boys were back to their previous days form en route to an 18-2 thumping.

Game 6 (Millersville, MD at Old Mill High School) -- The first game on a turf field and last game of the tournament, Team BC planned a finale like none other. With a rather loud crowd cheering against our Canadian team, our boys again took it to our opponent, out playing Old Mill from start to finish -- final score 17-2.

"The Maryland trip was very successful," stated Coach Bryan Poole. "The boys came fired up to play and to showcase themselves in



Team BC U16's win six straight games at the Aloha Tournament in Maryland.

front of numerous college coaches. We played some excellent lacrosse; I think our speed and ability to transition up the field really put us on a different playing field."

"Our offense was a really balanced attack with everyone chipping in," noted Poole. "Ball possession at the faceoff dot was key which lead to a lot more possession time and opportunities for the offense. Defensively we were very sound, we conceded

less than 20 goals in 6 games -- the defense unit was a very discipline and stout group that played outstanding. The goalies were awesome -- when tested, they both stood tall."

U13's Impress at Cal Adrenaline

By: LacrosseTalk Staff

The newest member of the Team BC family, the U13 boys Field Lacrosse team took to the field and competed at their first tournament, the Adrenaline Lacrosse Tournament in Del Mar, California January 2-4, 2015.

127 teams of various age groups from around North America competed at the 3-day event. 20 field and thousands of lacrosse enthusiasts lined the fields for three days of lacrosse. Coaches Daren Fridge (Coquitlam) and Lance Andre (Maple Ridge) were quite upbeat as the athletes, and coaches, learned a lot in their first tournament wearing the Team BC colours.

In five games, Team BC U13's won three and lost two contests versus some very talented competition. In the opener, the boys took a bit of time to shake off the rust versus RC Silver (San Diego) and lost a lopsided 12-3 game. Next, Team BC turned on the jets and warmed up under the California sun beating the Santa Monica Dragons by the same 12-3 score.

With two games under their belts, Team BC was up against a tough Goon Elite (Los Angeles) team. The U13's battled in a close match to an 8-6 victory and advanced to the quarter finals. In game 4, Factory Select (Palos Verdes, CA) gave Team BC all they could handle and the boys in blue won their third game in a row 7-5. In the semi-final game, Team BC met up with the eventual tournament champions, Legacy TAZ (New York) and lost 15-3.

"I feel we were well-prepared with over 15 hours of training," stated Head Coach Daren Fridge.

"Some of the clubs in attendance were creative with their age groupings and our greatest struggle was at the faceoff 'X'. Four of our draw men were the best BC had to offer at the 12 year old level. On this particular stage, we won very few draws and had to take a more defensive approach to face-offs."

Coach Fridge was quite impressed with the lacrosse talent at the tournament with a major influx of US select lacrosse programs. The days of living off our boxla talent alone in the field are gone and our athletes need to continue to learn the nuances of the field game to compete at a high level.

"The tables have really balanced out regarding the competition level of middle school-aged players on the west coast of the US,"



Team BC U13's take time out to train at the beach in Del Mar.

noted Fridge. "Canadian youth teams used to win based on their stick skills alone because of how young we were when we got a stick in our hands. This is not the case anymore. There was not a weak team in the tournament; BC's best were challenged in almost every game."

In year two of the U13 Field program, Team BC Program changed the age groups (from U14 to U13) to aligned with the High School grades used in tournaments. This allowed for a much more even playing field, rather than playing older competitors. The young athletes learned about high performance Field Lacrosse against stiff competition, albeit in the same age group.

Team BC Field Lacrosse Coordinator, Reynold Comeault, was impressed with the U13's preparations and what this investment will mean in the years to come. All these experiences will prove a benefit to the entire Team BC family in the long-term growth of athletes and coaches for future competitions.

"Coach Fridge had the team as organized as possible working on all facets of the game for the few training session that occurred following the busy PCFLL Fall schedule," explained Comeault. "Team BC's support of young players for this experience will pay dividends in the future. Players are afforded the opportunity to play at the highest level with the best players of their age group in the province."

"All reports from our parents have been very positive," said Fridge. "The players made new friendships from around the province and were treated very well by our management staff. Special thanks to Johnny Dale, our manager who organized an exciting and well organized experience for our players. As well, we had numerous parents that assisted with meal transportation and hydration to allow our players to just focus on playing lacrosse."

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SFU Lacrosse Prepares for 2015 Season



By: Ian Paone

The Simon Fraser University Clan Lacrosse Team is gearing up for another MCLA season and it's looking to be one of the toughest seasons in the team's history.

The Clan finished the 2014 season by capturing its 9th PNCLL Conference title in an incredible 13-5 win over the Oregon Ducks and earning its 11th trip to the MCLA Tournament. The Clan lost 5-3 in the first round of the tournament against two-time defending MCLA National Champion Colorado State, ending the season with an 11th place national ranking in the MCLA's 96-team Division I.

Several Clan players earned MCLA All-American honours. Junior midfielder Sam Clare earned his third All-American appointment named to the MCLA's 1st Team. Senior LSM Riley Wanzer earned his first. Sophomore attack Tyler Kirkby earned 2nd-Team MCLA All-American honors and Senior defenseman Mark Hilker, Senior goalie Darren Zwack, Junior attack Ward Spencer, and Junior defender

Bayne Bosquet earned MCLA All-America Honorable Mentions.

The 2015 leadership looks to be one of the strongest in team history. The Captains leading the 2015 squad are Senior defensemen Bayne Bosquet and FOS/LSM James Irwin, a 2014 PNCLL Honorable Mention, joined by Junior midfielders Jordan Lasher, Jordan Stroup, and defensemen Alex Thompson, a 2014 PNCLL Honorable Mention.

The Clan's 2015 schedule looks to be both challenging and demanding. The 16-game season includes five home games on Terry Fox Field and four major road trips to California, Oregon, Utah, and Arizona. This includes games against 2014 ranked opponents such as #3 Chapman, #6 Colorado State, #8 BYU, #12 Cal Poly, #18 Sonoma State and #25 Oregon State. Head Coach Brent Hoskins (13th season) is very confident in the experience of his returning players to lead the team through the year.

"After qualifying for the MCLA Tournament last season, we hope to take another step forward by defending our PNCLL Conference Title and once again earning the opportunity to compete for a National Championship," noted Hoskins. "As much as we had an incredibly motivated group last season, there is no better preparation heading into this year than experience. We have continued to raise the bar by putting together one of the league's toughest schedules that we feel will ultimately best prepare us for another end of year run in the post-season."

The SFU Clan starts their season off Feb 8th on Terry Fox Field against PNCLL Division II opponent Western Washington, who finished their season ranked #10 in the MCLA DII polls.

Check out www.sfulacrosse.com or "Simon Fraser Lacrosse" on Facebook for details and updates throughout the season.



SFU starts the 2015 season ranked #17 in the preseason MCLA Coaches Poll.

50 Years Rings in New Hall Banquet

By: Bruce MacDonald

The Canadian Lacrosse Hall Of Fame's 50th induction banquet and ceremonies was held Saturday, November 8, 2014 at the hall's new premises in downtown New Westminster's Anvil Centre.

Eight individuals and one team were honoured: Gary and Paul Gait, Andy Ogilvie, Gil Nieuwendyk, Harry Nightingale, David General, Reo Jerome, Ron Roy, and the 1983-93 BC Women's Selects Field Lacrosse team.

The ceremonies began with a traditional First Nations' blessing in the new hall followed by a reception, dinner and speeches in the Anvil Centre's stylish ground floor banquet facility. The event was sold out, with 250 in attendance including representatives from the Canadian Lacrosse Association and Canadian Lacrosse Foundation.

The inductee speeches were a highlight of the night. Often witty, sometimes profound and always heartfelt, every inductee was on his or

her game when speaking, but none more so than Winnipeg's Harry Nightingale, a stalwart player and tireless promoter of lacrosse in Manitoba for more than 50 years. Nightingale brought down the house when he said "what an honour it must be for the Gait brothers to be inducted along with me."



By general agreement, the event was three or four notches above past ceremonies in all respects. "We're really pleased by how well things went," said CLHOF Chairman Tony Glavin, "and by the

overwhelmingly positive reaction we've had to the new hall. We're going to build on this and have an even better ceremony next year."



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Ask the Ref: 10 CLA Box Lacrosse Rules to Guide You to a Successful Season

By: Andy Watson, BCLA Official & Clinician

Whether you're a player or coach or fan of the game, the team at LacrosseTalk wants to provide you with some tips throughout the year and answer your questions, to help you succeed in Canada's national summer sport.

With the box lacrosse season just a few months away, here are 10 rules that will help to guide you to a successful 2015 season and beyond.

Checking From Behind (Rule 38): Still one of the dirtiest hits in the sport, referees across the country have been working hard to eliminate this hit from the game. It continues to be a point of emphasis, with a minimum of a double-minor for any checks from behind. Did you know, the contact does not have to be on the back? A check from behind can be on the shoulder but still be "from behind" resulting in a penalty if the player receiving the check cannot defend her/himself. And a check from behind is never a possession call, it will always result in a penalty.

Crease Play (Rule 39) – Back In: Most of those reading this article know you cannot pass the ball back into the crease. Most of us know too that the crease is a cylinder. However, one thing many players, coaches and even new officials do not know is that only a goaltender may reach from within the crease to pull the ball back in. A player (non-goaltender) does not have the same privileges as a goaltender and cannot pull a ball back into the crease or reach outside of the crease to pull a ball back in. This will result in possession to the non-offending team.

Crease Play (Rule 39) – Jumping Through the Crease: Like in the previous rule, this is often a relatively unknown rule. A player can jump through the crease in the act of shooting. However, unlike the National Lacrosse League, a player's feet cannot break the plane of the goal crease. If the foot breaks the plane of the goal crease before the ball crosses the goal line, the goal will be disallowed and possession awarded to the non-offending team.

Crease Play (Rule 39) – Scoring from Behind the Goal: A player can score from behind the goal, provided her/his feet remain outside the crease cylinder and that her/his stick does not make contact with anything inside the crease (including the goalposts) prior to the ball leaving the stick.

Throwing the Stick (Rule 69) – At an Opponent: You can get a five-minute major penalty for throwing your stick or any other object at an opponent or a ball.

Throwing the Stick (Rule 69) – Picking up a Stick, Throwing a Stick from the Bench: Now, let's say your stick is broken and a helpful teammate decides to toss one from the bench. Did you know, if you pick up a stick thrown from the bench that you get a two-minute minor penalty and a 10-minute misconduct? If you don't pick it up, a bench minor penalty will be assessed. In all other cases not covered above, a 10-minute misconduct is assessed for throwing the stick.

Goalkeeper's Penalties: Did you know that any goaltender penalty must be served by a player on the floor at the time of the infraction?

Thirty Second Rule (Rule 68): Did you know that the 30-second horn does not stop the play and that you should always listen to the referees on the floor. Also, did you know that it shall be ruled that the referee's whistle sounded simultaneously with the 30-second time-keeper's horn if a goal is scored, and therefore a goal shall be disallowed if the horn sounded before the ball was in the goal?

Thirty Second Rule (Rule 68): In order for a shot to count for the purposes of the 30-second shot clock, it must originate from the front or side of the net – the ball must not be behind the goal line when it leaves the shooter's stick. The shooter's feet are not taken into consideration.

Resetting the Shot Clock (Rules 61, 68 and 70)

There are only three rules in which the shot clock shall not be reset: a ball lodged in a stick (Rule 61), Timeout (Rule 70)

Change of Players (Rule 36) – The Penalty Shot: One controversial rule that is often not understood is the bench minor for too many men in the last two minutes of the third period. A penalty shot will be awarded if there is not enough time to serve the penalty in its entirety. So if too many men is called with less than two minutes left in the third period, a penalty shot will be awarded if there is no overtime pending or if it's a sudden-victory overtime period pending as there is insufficient time to serve the minor penalty. However, if there is a full period of overtime pending, there is enough time in the first overtime to serve the penalty in its entirety so time-served penalty and not a penalty shot would be applied.



Photo: BCLA Archives

BCLA Official takes position during Box Nationals.

Do you need a rule clarification or have a question? Ask a ref and we'll do our best to publish your questions with a response or send you clarification by email at andywatson-bcloa@gmail.com.

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Way To Go!

Dennis Quigley (BC Lacrosse Coaches Technical Support Group - Vice Chair Senior)

Dennis has lived a life involved in sports including football, wrestling, and rugby. But, he excelled in lacrosse with the storied Vancouver Burrards Lacrosse Club in the 1970's where he made his mark on the sport. He's been a part of the lacrosse community ever since.

A school teacher by trade, Quigley demonstrated a great talent to educate in the classroom as well as in the arena. He has been an advocate of the BC Lacrosse Association Coaches Technical Support Group (BCLCTG) educating hundreds, if not thousands, of lacrosse coaches for over two decades. Dennis became a Box Lacrosse clinician early in his career and has been a major part of transitioning lacrosse from the old NCCP coach education program to the new integrated LTAD system of training.

This level 2 coach has been an Assistant Coach with the Coquitlam Senior Adanacs Lacrosse Club since the mid-1990's and continues behind the bench to this day. At the same time, in the 90's, he took on the role of BCLCTG Chair (Senior) tasked with supervising all Senior coaches in BC.

Quigley recently took on another project assisting with an after school lacrosse program in some Vancouver schools. He has been a mainstay with the BCLA coaching realm and is well respected amongst coaches across BC.

Congratulations Dennis!

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Dennis Quigley

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Around the BCJALL



By: BCJALL Staff

The BCJALL Network -- What a facelift, the BCJALL and all eight (8) teams rolled out new and improved websites to better enhance the fan experience across the internet. Following the completion of the 2014 BCJALL playoffs, the league provided it's first look into a strong marketing effort back by Chris Fox, VP of Sponsorship & Marketing. "In October we launched the rest of the team websites. This put us in a great position in preparation for the 2015 season, which unofficially starts with our Entry Draft on January 25th." The BCJALL is already seeing rewards and benefits from the marketing effort in attracting new sponsors and partnerships.

Adrenaline and BCJALL -- The wildly popular apparel manufacturer has jumped on board with the BCJALL to produce a league specific line that will feature all eight

BCJALL teams across all popular Adrenaline product lines including, t-shirts, socks, snap-back hats, and toques. Adrenaline will also be running prizes and contests for fans to get their hands, or feet, on BCJALL licensed merchandise this summer.

Players Finding Success Collegiately -- Future, current, and former BCJALL players continue to find success playing field lacrosse collegiately. With over 60 players making their marks in the field game, borders have far exceeded beyond the traditional NCAA landscape. BCJALL players are dominating in all three divisions of the NCAA, the MCLA, and CUFLA, the Canadian University Field Lacrosse Association. A list of BCJALL players participating in university or college field lacrosse, north and south of the border, can be found on the league website www.bcjall.com under "Collegiate Participation".

Canada West Added to U-19 WILC -- The 2015 World Indoor Lacrosse Championship, being held in Buffalo NY, and the Under-19 World Indoor Lacrosse Championships, being held in Six Nations ON, have extended an invitation to include a "Canada West" entry. WILC Organizational Committee Members Gewas Schindler and Scott Ness have invited BCJALL Vice-President, Chris Fox, to operate a Canada West team to participate in the U-19 International Lacrosse Festival, that will take place at the Iroquois Lacrosse Arena, from September 11-13, 2015. Selection pro-

cess for the team and more information will be available on www.bcjall.com.

Coaching and Management Changes -- The off-season allows teams the opportunity to evaluate their previous year and make changes. Recruit new players and making personnel changes through trades are common practices in every attempt to capture the elusive Minto Cup. However, players aren't the only team members that are subject to review. Nothing could be truer with some of the movement we've seen already.

The Coquitlam Adanacs needed to fill their General Manager's roll after Tosh Nishimura stepped down. They didn't need to look far beyond their current, at the time, Assistant GM, Scott Wortley. The Adanacs also needed to find a replacement for out-going Head Coach Neil Doddridge. In early January, the Adanacs found their man and named Pat Coyle as Head Coach.

Also in early January, the Nanaimo Timbermen announced the appointment of Kyle Couling as their new Head Coach. Both Coyle and



Photo: Paul Sparrow

Junior Adanacs look to defend BCJALL western title.

Couling played for the clubs respective Senior teams and has strong relationship within each lacrosse community.

The 2015 BCJALL Entry Draft -- As the unofficial start to the 2015 BCJALL season, conditioning and evaluation camps soon to follow, the 2015 BCJALL Entry Draft was held on January 25 at the Port Coquitlam Recreation Centre. This event continues to provide graduating free-agent midgets their first taste of Junior A lacrosse and the chance to compete at the highest level in Western Canada. The full list of players selected can be found at www.bcjall.com.

3 Team BC Athletes Chosen for U19 National Team



Canadian U19 National Women's Lacrosse Team Announced

By: CLA

OTTAWA, ON, January 16, 2015 - Dean French, Canada's national team Chairman and the Canadian Lacrosse Association (CLA) have announced Canada's roster for the 2015 Federation of International Lacrosse (FIL) U19 World Championship. Canada's top female athletes will take on the world vying for gold against long-time rivals from the United States and Australia, amongst other countries.

Last weekend marked the conclusion of the selection process for Canada's 2015 National Team which began 12 months ago as scouts across Canada evaluated and put forth recommendations on athletes from the applicant pool. From all the player applications and scout evaluations, the top 60 applicants received an invitation to try out for Team Canada U-19. Over the last year two selection camps were held with a third and final camp taking place just last weekend. Through their participation in games against NCAA schools in the pre-season, and selection camp scrimmages and drills, squad players left Team Canada coaches with difficult decisions in naming their final 18.

"We're thrilled with the roster that we have put together and the talent that is set to represent Canada on the national stage," said head coach, Scott Teeter. "We have 18 very talented young players who have the ability to win gold in Scotland. It's been a long process determining the final roster and I have to thank my assistant coaches, scouts and administrators. We are definitely excited for the coming months

and look forward to competing with the very best and for a spot at the top of the podium."

The final eighteen-player roster will represent Canada as the FIL Women's Lacrosse World Cup heads to Scotland for the first time. Canada is currently ranked third in the world in under-19 women's field and is looking to climb to the top of the podium in Scotland. "It's exciting to see the growth of the women's game in Canada and these young players represent our future." Dean French, Chairman Team Canada.

Today, the CLA is pleased to announce the final 18 member roster that will represent Canada at the 2015 FIL U19 World Championship in Edinburgh, Scotland this summer, July 23-August 1.

2015 U19 Women's Field Team Canada Roster

Tessa Chad (Orono, ON), Bailey Collins (Guelph, ON), Aurora Cordingley (Oakville, ON), Erica Evans (Peterborough, ON), Emily Gillingham (Kitchener, ON), Kameron Halsall (Caledon, ON), Isabel Hoffard (Rochester, NY), Avery Hogarth (Mississauga, ON), Megan Kinna (Maple Ridge, BC), Selena Lasota (Campbell River, BC), Jocelyne Lemay (Peterborough, ON), Holly Lloyd (Glen Ridge, NJ), Kennedy Milburn (Whitby, ON), Kenzie Neal (Orangeville, ON), Brenna Shanahan (Mississauga, ON), Danita Stroup (Port Coquitlam, BC), Lydia Sutton (Minneapolis, MN), Brynne Yarranton (Toronto, ON),

Stewart Begg, Director of High Performance and International Relations for the CLA commented "Canada is looking to the top of the podium as we head into the 2015 World Championship. Our program has had great success since the inauguration of the U19 Women's Field event and this group of talented athletes is sure to keep that momentum going. The roster that coach Teeter and the rest of the Team Canada staff has put together is the best of the best and showcases just how immensely skilled our Canadian athletes truly are. The talent within the pool of athletes the coaching staff selected from speaks volumes to the growth the women's field program has had in recent years."

The 2015 FIL U19 World Championship will take place in Edinburgh, Scotland at the University of Edinburgh's Peffermill Playing Fields. The last Championship was played in Hannover, Germany, where Canada took home the bronze. Canada's previous under-19 appearances include bronze in 2003 and 1999 and 4th in 2007 and at the inaugural event in 1995. Fifteen countries will take part in this year's event, with Colombia, Finland, Israel & Republic of Korea competing at women's U19 level for the first time. The 2015 U19 World Championship will be the biggest to date, with

nearly 400 participants (squads and officials) travelling to Edinburgh.

The Federation of International Lacrosse (FIL) was established in August 2008 in a merger of the men's and women's international lacrosse associations. FIL is responsible for the Men's World Lacrosse Championship (2014), World Indoor Lacrosse Championship (2015), Women's Lacrosse World Cup (2013), and both the Women's (2015) and Men's (2016) Under-19 World Lacrosse Championships. Each event is held every four years.

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Lacrosse the Country

Stealth Look to Improve in 2015

By: Kevin Berar, *Stealth*

The Vancouver Stealth opened their 2015 season in a big way, scoring 11 straight goals on route to an 18-14 victory over the Calgary Roughnecks at the Scotiabank Saddledome.

In a game that saw 32 goals and 110 total shots, the Stealth showed they're more than capable of going into a hostile crowd, winning a fast-paced, and action packed game in front of 11,563 fans. Assistant Captain Rhys Duch didn't miss a beat, scoring a game-high 9 points (4G, 5A) while Tyler Digby and Tyler Hass added four points in the win.

"We didn't have our legs in the first quarter," said Head Coach Dan Perreault. "You can practice all you want but once you get into a high-tempo game, it's a whole different feeling. The first quarter seemed like we were playing our first game of the year."

"There were some nerves, especially with all the new guys," said Duch. "We were excited to start the season and we put some pressure on ourselves because we expected to win and got the job done."

Things were fast and furious right from the opening face-off as Calgary scored the first three goals of the game to take the early lead. The Stealth would answer with goals from Digby and Duch but the Roughnecks led at the end of the first quarter 5-2.

The second quarter saw nine total goals including five from Vancouver, who were down 9-4 before scoring three straight to go into the half 9-7.

"We told the guys they've had the first half to play together," said Perreault. "Now let's go after them and keep running. It was just a matter of time before we got our offense rolling. Our defense also helped us out with some timely goals."

The second half is where the Stealth shined, outscoring the Riggers 11-6 including 6-0 in the third quarter. Led by some timely saves by goaltender Tyler Richards, Vancouver would score two goals in five seconds to tie the game at 9-9. The Stealth would take the lead for the first time in the game at the 8:18 mark of the quarter thanks to Joel McCready, who finished off a nice feed from Johnny Powless giving them a 10-9 lead. Three more goals after that including one from rookie Caleb Wiles, who scored his second of the game gave the Stealth a 13-9 lead after three quarters.

"It took us a little while to gel together," said Digby. "Coming into the second half, we just stuck to the game plan and the ball started to go in the back of the net."

Vancouver continued its high-powered offense with two goals in the first 2:12 of the final frame. Calgary would finally score to end the 11-0 run. The Roughnecks would cut the lead down to 16-13 but Duch showed why he's one of the most clutch players in the league scoring his fourth goal of the game to seal the deal.

"Coming into Calgary, it's a tough place to get a win," said Duch. "It's great for the team and great for all of our confidence levels. Our heads are in the right place and we're ready to put on a show for our home fans next weekend."

Stealth Come up Short in Home Opener – Fall to Rock

Vancouver, BC (Saturday, January 10, 2015) – The Vancouver Stealth Home Opener didn't go quite as planned on the scoreboard side, as the team came up short, losing their first game of the season, 20-11 to the Toronto Rock at an electric Langley Events Centre building on Saturday night.

The Stealth were led by Rhys Duch who scored five points (3g, 2a) and Tyler Digby, who also chipped in with five points (2g, 3a).

The Stealth (1-1) came out of the gates flying in front of the raucous home crowd, jumping out to a 3-0 lead in the first six and a half minutes of the first quarter. Ilija Gajic opened the scoring 2:29 in when he beat Rock goaltender Brandon Miller. The tables turned in the second quarter, when the Rock would outscore Vancouver 8-2 to go into halftime up 10-6.

"We came out with a lot of energy," said Gajic. "We started fatiguing a bit in the second period. You could see guys getting tired and making foolish mistakes and as soon as we started doing that, a team like Toronto is going to beat you."

Josh Sanderson scored a game-high 14 points (4g, 10a) for Toronto and Rob Hellyer also had a career-high 10 points for the Rock (6g, 4a).

The start of the second half was more of the same with the Rock scoring the first five goals of the quarter before the Stealth stopped the streak, scoring the last two goals of the frame but trailed 15-8 going into the fourth quarter.



"We had a slow start last weekend too," said Rock Head Coach John Lovell. "They ran and caught us flat-footed early but once we cleaned things up, it allowed our offense to do what we do best. We're a team that moves the ball unselfishly and transition the ball as well as anybody. We played defense when the game was on the line."

Despite the loss, Duch reached a very important milestone in Stealth franchise history. In the first quarter, he assisted on a goal by Digby, which made him the Franchise's All-Time Leading Scorer, scoring his 531st point, surpassing Gary Rosyski.

"It's great to be the team's all-time points leader but I wish the end result was different," said Duch.

Fans were treated to another action-packed, entertaining game which saw 31 total goals and 99 shots.

Brandon Miller made 33 saves to pick up the win while Tyler Richards had a tough night for Vancouver, suffering his first loss of the season despite making 31 saves.

"We have to follow our game plan," said Gajic. "The games are not going to come easy. It's a good wake-up call and we have to be better."

At press time, the Stealth dropped a close 14-13 decision to the Buffalo Bandits on January 17th.

League Mourns Passing of Rock General Manager Terry Sanderson

By: NLL.com

Legendary lacrosse champion passed away on Thursday at the age of 62.

The National Lacrosse League mourns the loss of Toronto Rock general manager Terry Sanderson who passed away on Thursday at the age of 62. Earlier this month, the lacrosse legend became suddenly ill while vacationing in Florida.

"Terry Sanderson was a giant in the sport," said NLL Commissioner George Daniel. "On behalf of the entire NLL, I want to convey our deepest sympathies to the Sanderson family and Toronto Rock organization. The impact of his loss is immeasurable. We are all truly saddened by this news."

Sanderson enjoyed a successful coaching career in the NLL, first serving as a head coach for Albany in 2000. The Orangeville, Ontario native then coached with Montreal and Ottawa before taking over for the Rock, where he won the Champion's Cup in 2005 while coaching his son Josh.

Sanderson had been serving as the Rock's General Manager since 2009, an impressive tenure highlighted by a Champion's Cup victory in 2011. Sanderson won the Cham-

pion's Cup in 2009 as an assistant coach with the Calgary Roughnecks, another championship that he shared with his son, who has since returned to Toronto as a forward with the Rock. Sanderson also served as an assistant for the Buffalo Bandits, which included a trip to the 2004 NLL Finals.

Rock owner Jamie Dawick, who had assumed the role of Toronto's general manager over the past two weeks, released a statement on Friday.

"The Toronto Rock family is extremely saddened by the passing of our good friend and the team's General Manager, Terry Sanderson.

Terry fell ill in early November, suffering a heart attack while on a family vacation in Florida. He succumbed to the effects of the heart attack surrounded by his family yesterday in Florida.

"T", as he was best known to everyone, was with me since day one with the franchise after I bought the team in the summer of 2009. I learned a lot from 'T', not only about the game he loved so much, but also about loyalty and respect, something T showed in spades to his players.

He formed the foundation of how the Toronto Rock operate and build a team and it's

the legacy that he will leave behind for us as we move forward.

There will never be another like Terry Sanderson, rest in peace my friend."

A former player and iconic figure in both the Orangeville and lacrosse communities, Sanderson played in the original NLL for Syracuse (1974) and Quebec (1975).

The Roughnecks also released a statement on Friday.

"It is with heavy hearts the Calgary Roughnecks send condolences to the family of Terry Sanderson. We are deeply saddened to receive the news of the passing of one of lacrosse's most respected individuals. Terry's contributions as a player, coach and executive, from the grassroots level to the professional level, were immeasurable. He will be greatly missed by the entire lacrosse community and forever be etched in Roughneck history as a member of the coaching staff of the 2009 championship team. Our thoughts and prayers are with all of his family during this difficult period."

Respected by so many for his championship pedigree along with his strong character both on and off the field, the lacrosse world has lost a legend.

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Cockerton Named to US Lacrosse Hall



By: US Lacrosse

The 2014 induction class for the National Lacrosse Hall of Fame has been approved by the US Lacrosse Board of Directors. This year's eight-person class was officially inducted in a ceremony on Saturday, October 25, at The Grand Lodge in Hunt Valley, Md.

The members of the 2014 induction class are Stan Cockerton, Jay Jalbert, Erin Brown Milon, Steve Mitchell, Michele Uhlfelder, Peter G. Voelkel, Carole Wakefield (posthumous) and Margery Watson.

The National Lacrosse Hall of Fame, a program of US Lacrosse, was established in 1957 to honor men and women who by their deeds as players, coaches, officials and/or contributors, and by the example of their lives, personify the great contribution of lacrosse to our way of life. Nearly 400 lacrosse greats are honored in the National Lacrosse Hall of Fame, which is located with the Lacrosse Museum at US Lacrosse Headquarters in Baltimore.

Stan Cockerton (right) receives a Team Canada jersey during A Hall of Fame Celebration.

Stan Cockerton -- Cockerton was inducted as a truly great player. He was a four-time All-American at North Carolina State University, earning first team honors in 1980, second team honors in 1978 and 1979, and third team honors as a freshman in 1977. He also received All-ACC honors in each of his four seasons, and was named to the ACC's 50th Anniversary Team in 2003. Cockerton still ranks third all-time in NCAA Division I history with 193 career goals, first all-time in goals per game with 4.39, and second all-time in points per game with 6.36. A native of Oshawa, Canada, Cockerton also participated as a club player for the Oshawa Blue Knights from 1979-95, and played for Team Canada in the FIL World Championship in 1978, 1982 and 1990. Cockerton had six goals and three assists in Canada's 17-16 victory over Team USA in the 1978 final, including the game-winning goal in overtime. He currently serves as president of the Federation of International Lacrosse and executive director of the Ontario Lacrosse Association.



Team List Growing for U19 World Field Lacrosse

By: Andy Watson, Chair of Marketing and Communications, FIL U19 World Men's Lacrosse Championship

Over 20 countries have expressed interest in participating in the 2016 Federation of International Lacrosse (FIL) Under-19 World Men's Lacrosse Championships being held at Coquitlam Town Centre in July of 2016, with the two perennial powerhouses among the first teams to officially commit.

The defending finalists Canada and the United States were among the first teams to commit

for the tournament. Other committed teams will be announced throughout 2015.

"We are very excited to get interest from over 20 teams thus far," says tournament chair Cliff Pascas. "We are receiving confirmation from participating nations and expect we will have over a dozen teams committed by the spring. We are very happy to see the interest in the tournament and look forward to welcoming the world to the lower mainland again in 2016."

The United States has won every Under-19 championship in history but Canada continues

to build and develop with hopes of upsetting the seven-time reigning champions. Canada has been the runner up in six tournaments while Australia was the runner-up to the U.S. in 1992.

The men's world U-19 field lacrosse championship was first held in 1988 and was hosted in Canada only once previously when the championship tournament was hosted at the same site in Coquitlam in 2008.

Other teams expressing interest include two teams who have never competed – Israel and New Zealand – at the Under-19 level.

Fans can follow the latest on the world juniors of field lacrosse on Twitter @U19Lax2016 and on Facebook at <http://www.facebook.com/2016FILU19Lax>. For more information, please visit www.2016worldlax.com.

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In Memory of Jack Crosby "Mr. Lacrosse"



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

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

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

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

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

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

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

CLAX Set for 2015 Season



By: CLAX

The Canadian Lacrosse League (CLax) will enter into the 2015 season with a five team league featuring the Barrie Blizzard, Durham TurfDogs, Ohsweken Demons, Niagara Lock Monsters, and a the Southwest Cyclops. The 2015 season will begin in early February. Southwest Cyclops - The Southwest Cyclops unveiled their roster for the 2015 season, which included eight returning players from last year's team. Head Coach and GM Jeremy Tallevi's made a number of changes to the roster from last season both offensively and defensively in hopes of capturing a Creator's Cup this year.

Tallevi is excited to welcome goaltender Grant Crawley to the Cyclops. The Brantford native is a seasoned veteran of CLax having played previously with the Niagara Lock Monsters. His talent and experience will definitely be valuable to the Cyclops this year. Another valued veteran returning to the Cyclops is Mike Burke. Burke not only led the team in points last season but was also third in the league for points during the regular season.

Rounding out the Cyclops line up are recent 2014 Entry Draft picks are Dan Keane, Brady Heseltine, Eric Guiltinan, Travis Burton and DJ Nedelko.

Durham Turfdogs – The Durham Turfdogs released their 2015 roster, which consists of nine returning players from last season's roster. This will be the first season Head Coach Mat Giles will be with the Turfdogs, and he is determined to make sure this season proves successful for the team.

Essential players from last season include goalie Kevin Crosswell who had a .704 save percentage, and Dylan Goddard, who in his rookie year led the Turfdogs in points. Other returnees include Durham veterans Nick Grasby and John St. John.

Additionally, six recent Entry Draft players will be added to the Turfdogs 2015 roster including; Brandon Armstrong, Kyle Clancy, Thomas Hoggarth, Eric Shewell, Nevan Sullivan and Bryden Curran.

A Number of New Faces Highlight Blizzard Roster – The Barrie Blizzard are pleased to announce their 2015 roster. This year the team will see many changes with eight players returning from the Blizzard's 2014 final roster. Key pieces returning this year are goaltender Angus Dineley, who joined the Blizzard late last season and put up great numbers. Also returning is the reigning Defensive Player of the Year, Colin Boucher.

The Blizzard have added a number of new faces to their roster including six players picked up in this year's Entry Draft. Connor Latimer, who went 3rd overall, was quick to impress Blizzard staff at training camp and secure his spot on the team. Other draft picks added to this year's roster include Jayson Crawford, Cam Munroe, Robertson, Mike Mawdsley, and Alex Brennan.

With the significant amount of changes made to Barrie's roster this year, the upcoming 2015 season is looking very promising.

Defending Champs Announce 2015 Roster – The Niagara Lock Monsters revealed their roster for the 2015 season, which consists of ten returning players from last year's Creators Cup Champions. Big names added to the roster this year are goalie Zak Boychuck (Toronto Rock) and power forward Mike Melnychenko (Buffalo Bandits); the two went first and second overall in this year's CLax Entry Draft and will add to the skill level the reigning champs have.

The Lock Monsters will see the return of top offensive threat Corey Fowler, who contributed 33 points in the regular season last year. Also returning will be Dylan Llord who added 18 points in 2014, and Jon Arnold with 14 points.

In addition to Boychuck and Melnychenko, six other 2014 Entry Draft picks also made the roster including Gage Board, Mark Vradenburg, Dustin Gatt, Doug Buchan, Brock Levick, and Devin Sartor.

Ohsweken Demons Announce 2015 Roster -- The Ohsweken Demons unveiled their roster for the 2015 season, which consists of twenty returning players from last year's team. Despite losing their top point producer in Chris Attwood, the Demons roster will see the return of Wayne VanEvery, Josh Johnson and Tom Montour, who were three of their top point producers from last season. Goaltender Jake Henhawk will also be returning between pipes and will look to carry the workload with Jake Lazore, and rookies Chase Martin and Brandon Styres battling for the back-up position.

The 2015 season will also see the return of Wenster Green, who spent 2014 with the Barrie Blizzard but, won the 2013 Creator's Cup with the Iroquois Ironmen. Jesse Johnson and Danny Vyse also return this season having played for the Demons in 2013.

Some impressive new faces in camp include Ty Thompson from the University of Albany, who is fourth all-time with the Great Danes with 154 goals. Coming over from the Can-Am league are Josh Becker (24G, 20A) and Rudi George (21G, 16A) from the Newtown Golden Eagles, along with Mo Bissel (31G, 11A) with the Tuscarora Tomahawks.

Ohsweken Demons Head Coach Ron Henry said, "There were some tough decisions made after a very competitive training camp. We're pleased with the amount of talent and dedication on this team and we're focused on bringing the Creator's Cup back to Six Nations. We have players who have won at the NLL, MSL, Sr. B, Jr. A and Jr. B levels, it's that culture of success that makes us all hungry for another championship."

Coach's Corner Star Drill Variations

By: Duane Bratt,
CLA National Resource Person

Lacrosse is about passing and catching. Therefore, teams at all levels – from mini-tyke to pro – need to dedicate a sizeable percentage of each practice to passing and catching drills. At first, this can seem daunting. After all, you don't want your players getting bored by doing the same passing and catching drill over and over again. One way to avoid boredom is by having many different variations of what is essentially the same drill. Let me explain by identifying multiple variations of one common lacrosse drill: the star drill.

The star drill is often used by coaches because it incorporates passing, catching, and running while, at the same time, simulating the basic offensive set. In the traditional star drill, players line up in the offensive zone in five positions: 2 crease men, 2 shooters, and a point man. The ball is passed in a pattern, i.e., left crease to right shooter to left shooter to right crease to point. After releasing the ball, players follow their pass so that they move to another position making the drill continuous. Now let us explore how we can take this basic drill and add numerous variations to it.

The first variation is to increase the speed of the drill. This is done by increasing the number of balls in play. By going to two, or even three, balls, players are in a constant state of activity. This achieves multiple objectives: players have more ball touches and there is increased endurance because there is little time to rest at the back of a line.

Second, is to add shooting to the star drill. Instead of the point man passing down to the

crease man, he/she takes a shot on the goalie. After shooting, the point man runs down to the crease position to allow the drill to become continuous. This variation adds two more skills to the drill: shooting and ball stopping for the goalie. A further variation is to change the location of the shot from the point to any of the other positions on the floor. This allows the goalie to practice facing shots from all five angles.

Third, coaches can design a star drill that works on making different passes. Instead of situating the star drill in the offensive end, place the players in the middle of the floor. This allows the space necessary for players to lengthen or shorten their passes. By lengthening the passes, coaches can get players to throw half floor and full floor passes. In contrast, by bringing the lines really close together, players can work on their quick stick skills.

Fourth, coaches can add communication to the drill. Instead of passing and catching in a set pattern, players freelance by passing to any player without a ball. This means that players need to communicate, either verbally or non-verbally, when they want to deliver or receive a pass. This variation on the star drill also works on improving player's decision-making skills because they have to choose, in a chaotic situation, who they are going to pass to.

It needs to be emphasized that unless there is a shooting component to the star drill, the goalies should be participating with the rest of the players and work on their passing and catching.

What I have done with the star drill can be done with any drill. The idea is that you take a basic drill and change some of the variables. Here are some key variables that you can manipulate: number of balls, number of players, defensive pressure, length of passes, location of shots, amount of space, etc. But the biggest ingredient is your imagination!



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Dom Starsia: A (Second) Letter to Parents

From Lacrosse Magazine (US Lacrosse)

Dear Parents,

Let's call this letter No. 2.

I wrote to you previously nine years ago, when I tried to describe the relationship between a parent and his son's college lacrosse coach. I received enough encouraging feedback to attempt to address an issue that has grown exponentially in our sport during this period of time since — the role of the club program in your son's development and his recruiting at the college level.

There seems quite a bit of anguish and misconception surrounding this topic in the lacrosse community. Let me begin by saying that one of my chief concerns over the growth of the club system is that it would certainly seem to favor those who have the means to participate. Those who can afford to join the most expensive club program and meet all of the affiliated costs of equipment, travel, tournament fees, etc., clearly have an advantage over those who cannot afford this same exposure. When you combine that with the availability of repeating a year and/or moving to a private school, those expenses and subsequent advantages become considerable and obvious.

While I believe the demographic for participation in our game has slowly begun to broaden and diversify, many of the club programs would seem a reach back to unfortunate stereotypes.

There also is a lot of good that has accompanied the growth of the club programs, especially for those players in more remote and emerging areas. When the best players in an area gravitate to a club team, they may easily be exposed to a higher caliber of play than they find at their high school. If there is only a limited number of qualified coaches in an area, those same players now benefit from being able to work more closely with them.

Finally and primarily, the club teams generally have greater flexibility than the high school teams to provide outlets for more lacrosse — summer, fall, winter, indoor, etc. On balance, there is no question that a young player is going to benefit from having the stick in his hands and being exposed to the game more often.

While acknowledging these benefits, I would like to immediately address an issue that has begun to emerge. I may

only be speaking to my own bias, but I absolutely wince when a young player tells me that he is giving up football or soccer to "concentrate" in lacrosse. You develop a deeper fundamental understanding of the team concepts involved in the sport of men's lacrosse on the football and soccer fields, the basketball courts and hockey rinks of your youth.

YOU WILL BE A BETTER LACROSSE PLAYER BY PLAYING OTHER SPORTS.

The qualities of toughness, teamwork, selflessness and shared sacrifice are developed in the daily environment required by participation in high school sports. While participation on a club team is not devoid of these qualities, there is no question that the commitment simply is not the same. What is of grave concern is the rising number of recent questions from parents concerning club coaches who are encouraging their sons to forgo other sports so that they would be available for club tournaments.

OK, now I am going to backtrack a little on what I just said. For the purposes of recruiting, a young high school player may need to participate in a limited number of lacrosse events during the school year. The college coaches are identifying candidates for their talent pool during the late fall and winter months. Not appearing at all at a prospect day and/or a select tournament from September to March could affect someone's recruiting at any particular institution.

What I suggest is someone going to meet with the high school football or soccer coach and telling him, "I am absolutely committed to our high school football team. At the same time, I am absolutely committed to going to college to play lacrosse. On our off day, on these two weekends, I need to play in this particular tournament."

Some will be reasonable, some will not. Your son may now be learning to make important decisions for himself.

I have had high school lacrosse coaches calling recently to ask how the college coaches feel about a high school and club team in the same tournament. It is not a question of competing against each other, but rather the young high school player being put in the position of having to decide between one team or the other.

If there is a choice that needs to be made, my personal preference would be to encourage someone to play with his high

school teammates first and foremost. These are the people you live with, the ones you will grow up with. I believe you will want to strengthen those relationships. What I would really like to see is the club programs institute a policy that allows/requires players to play with their high school teams in these settings. It would be a good-faith gesture by the clubs regarding a young man's responsibilities to his high school team.

Finally, how do you choose one club over another? No matter what some of the club coaches might tell you, the college coaches do not really care what club you play for. All we care about is, are you good enough?

Now, one club or another might expose you to more and bigger tournaments, but a candidate can also disappear in those settings. If we have reason to think your son is good enough, all we really need to know is where and when he will be playing. We will do the rest. It doesn't matter whose fancy club jersey you may be wearing. Play well, stand out amongst your peers and, as Daniel Day Lewis exclaimed in "Last of the Mohicans," we will find you!

Identify a club team with a reputable coach, someone who will conduct some practices and coach your son in a reasonable manner. A club coach with no professional training and no accountability to a high school or NCAA organization need not be screaming at your son every moment.

Find a program whose practice and tournament schedule fits your own. I would hope that you do not feel the need to turn your own world completely upside down while trying to get your son to every tournament being held. We actually witness these young men wear down when they are going constantly from one event to another.

In addition, an 11-year-old boy should be able to play with his buddies in a lacrosse event that may fall outside the parameters of his club commitment.

Finally, find a program you can afford. You should not have to refinance the house to play club lacrosse, especially since no one can guarantee you that full scholarship to Slam Dunk U.

Hope this is of some help.

Dom Starsia
Head Lacrosse Coach
University of Virginia

The BC CUFLA Connection

By: Stephen Stamp

While the Canadian University Field Lacrosse Association currently comprises teams from schools only in Ontario and Quebec, the pool of talent from which CUFLA draws its student-athletes is spreading across North America. The McGill Redmen boast a particularly eclectic lineup. A look down their roster shows players coming from New York, New Jersey, Florida, Illinois, Pennsylvania, Connecticut, Wisconsin, Maryland, Vermont, New Hampshire and Utah. There are also a handful of players in CUFLA coming from the East Coast of Canada including Nova Scotia, New Brunswick and Prince Edward Island. But easily the largest contingent of out-of-province players comes from the other end of the country, in British Columbia.

BC players are not only well-represented in CUFLA, they are having a significant impact in the league. At least three and as many six BC players have been named All Canadians in each of the last three CUFLA seasons.

Bishop's and Queen's universities have had some success bringing in athletes from BC. To see the greatest impact of West Coast players, though, you have to look to the McGill Redmen once again. Coach Tim Murdoch has made it a point of emphasis to recruit in BC and it has definitely paid dividends in helping make the Redmen a perennial contender for the Bag-gataway Cup championship.

"Since 2007 we have expanded our roster from having zero BC players when I began to coach in 2003 to eight in 2014," Murdoch told Lacrosse Talk. "What precipitated my interest in recruiting players from BC was a long conversation that I had on a bus ride with then McGill co-captain Jake Safarik, a skilled BC player and a humble player. A debate raged on the bus whether the BC players were better than Ontario, and with Safarik out-numbered 10-1, the discussion was lopsided in favour of Ontario. Nonetheless, I could tell that BC was an 'untapped' market of student-athletes."

Murdoch has made three trips to BC in the last four years to scout and recruit players. That has helped establish a pipeline of players coming to McGill that feeds on itself. For example, one of the Montreal school's All Canadians last fall was Danny McDermott. The long pole defender is a three-time Division

II All-American with New York Institute of Technology and was named the top defender at the U19 world championships in 2012.

So how did McDermott wind up at McGill to finish up some courses to complete his degree? "One of my really close friends from high school, Quinton Bradley, he told me about the whole experience, got me in contact with Coach Murdoch and explained that they have this fall visiting program, which is the program that I went into," McDermott says.

The benefit to the teams is obvious. They get players who can help them put the best possible team on the field to be more competitive. Having players from outside the home provinces can also enrich the cultural experience for the local student-athletes.

But what's in it for the players coming from elsewhere? For one thing, McDermott says, it gives them a chance to keep playing good field lacrosse. McDermott has experience playing at a high level and he says he was impressed by the level of play in CUFLA. "It was still a very, very high level to be playing. Considering there were some pro players that were in CUFLA from teams like Guelph and even our own Connor Goodwin who just signed a contract with the Calgary Roughnecks."

Another major benefit is that going to school in Canada is generally much less expensive than travelling to the United States to study and play lacrosse, even for athletes who get partial scholarships to attend US colleges.

McDermott says that Murdoch runs up-tempo practices and fosters a closely-knit community on the team, much like he's used to from his time in the NCAA. Further, McDermott adds, "Because of the lighter practice load, rather than practicing six to seven days a week for two and a half hours a day, it made my experience a lot more enjoyable considering I was able to still go out and enjoy college life while maintaining a high student average."

Other players have enjoyed similar experiences in longer runs in CUFLA, including McGill athletes like attack Goodwin, midfielder Jishan Sharples, defender Bradley, and midfielder Brandon McLean, each of whom is a three-time All Canadian and was a member of the Redmen's 2012 Bag-gataway Cup champs.



Danny McDermott

Murdoch points out that the influx of British Columbians also helps his team to maintain a more Canadian style of play, because the BC players tend to still play the fast-paced, box-lacrosse-inspired style that Canada is known for while many Ontario players are being influenced by the slow-it-down, methodical style embraced in the NCAA.

CULFA Commissioner David Fenicky believes those styles complement each other well when BC players come to Quebec and Ontario to play. He's not looking just at what players coming to the middle of the country can do for the teams here, though.

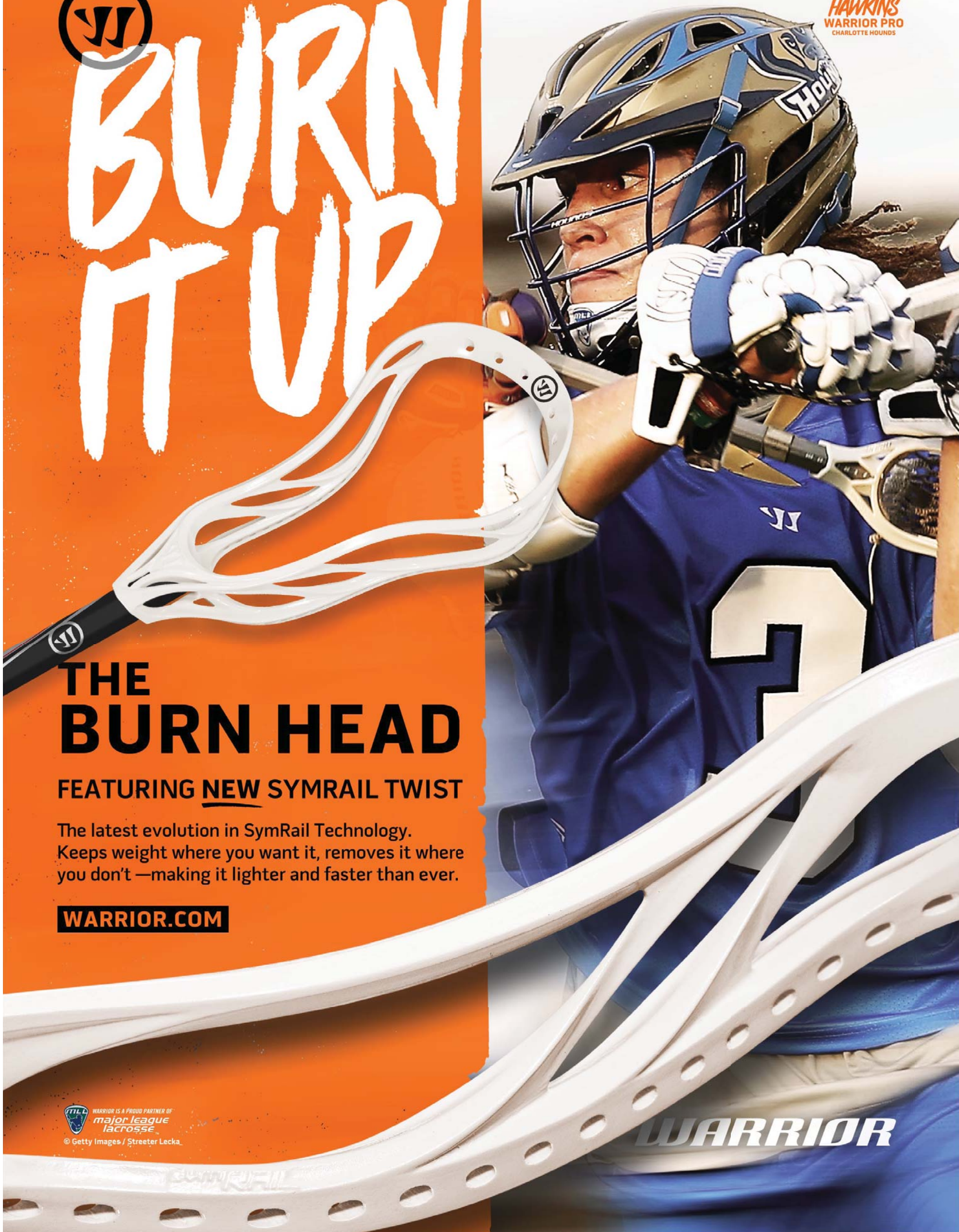
"As the Commissioner of this league, it is my goal to one day expand to include schools from coast to coast," Fenicky says. "There is already a thriving league in Nova Scotia and New Brunswick. If you look at the coaching staff of existing CUFLA teams, many assistants—and even some head coaches—are former CUFLA players. My hope is that the BC players who return to BC will maintain their love of the game and work with their local schools to build a true Western conference to compete with teams from Ontario and Quebec."

That day may be some time in the future, although Fenicky and many others involved with CUFLA are working hard to help make it a reality. What is already clear, though, is the impact British Columbia players are currently having in CUFLA and the likelihood that their impact will continue and even grow.



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