

\$1.00 Spring 2017

# LacrosseTalk

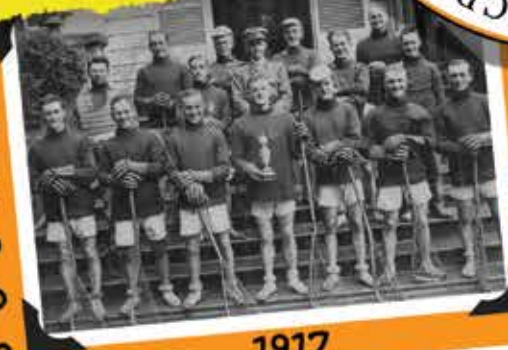
The Official Publication of Canada's National Sport



1888



1912



1917



1928



1937



1959



1977



1980



1997



2006



2015

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By: Canadian Lacrosse Association

Happy Anniversary Lacrosse!!

The Canadian Lacrosse Foundation (CLF) will be hosting the 150th Anniversary of Lacrosse Celebration in Montreal this summer.

The 150th Anniversary of Lacrosse Celebration will be a once-in-a-lifetime event - a festival of activities that will help honour and celebrate the history and cultural significance of Canada's national summer sport, lacrosse.

The celebrations will take place in Montreal, QC, a city where the traditional game practiced by First Nations was adapted into a modern sport in 1867. Between June 16-18, 2017, a variety of educational and cultural activities for people of all ages will take place.

"The Canadian Lacrosse Foundation is very proud to take a leadership role in this celebration," says Jim Burke, chairman of the Foundation. "We are excited to put together an event that will help us showcase the role that lacrosse has played in the development of our country over the past 150 years."

In 1867, the year of Canadian Confederation, the National Lacrosse Association, predecessor of today's Canadian Lacrosse Association, was founded in Kingston, Ont., becoming the country's first national sport governing body. During that conference, the organization also adopted its first set of written rules, which were created a few years earlier by Dr. William George Beers, a Montreal native who is generally referred to as the 'Father of Modern Lacrosse'. This transitioned a folk-game into a formal sport.

While lacrosse had been played for hundreds of years by the First Nations, this development was one of the most important in the history of lacrosse.

Montreal, a city that played an important role in the evolution of many sports, will make an ideal host for the upcoming celebration. In addition to being the birthplace of the 'Father of Modern Lacrosse', Montreal has had many other significant impacts on the sport.

**British Columbia Lacrosse Association**  
#101 - 7382 Winston Street  
Burnaby, BC V5A 2G9



In 1834, a group of local businessmen brought lacrosse players from Kahnawake and Akwasasne to play exhibition games in front of spectators. This was the first known "contained" game as it was played within the boundaries of the Ville St. Pierre racetrack. As the sport grew in popularity, local clubs began competing against nearby First Nations in exhibition matches, some of which were observed by members of the Royal Family, including Prince Edward in 1860 and Prince Arthur in 1869.

Many of the 150th Anniversary festivities will take place on the campus of McGill University, an area that is rich in lacrosse history. Some of the earliest lacrosse games in Montreal were played there and in 1925, it was recognized with a historical marker as the Hochelaga National Historic Site of Canada, recalling a former Iroquois village located to the left of the main entrance of the university on Sherbrooke Street.

Lacrosse has been played on the school's campus by men since the early 1870s. The men's varsity lacrosse team folded during World War I, however they relaunched in 2001 and have experienced tremendous success ever since, capturing the Baggataway Cup national championship in 2012 and 2015.

"This historic milestone is important not just to celebrate the 150th anniversary but also to reflect upon and to learn about lacrosse's evolution over hundreds of years as The Creator's Game, beginning with the Iroquois people who have lived in the Montreal area for thousands of years," says Tim Murdoch, head coach of the McGill lacrosse team.

The 150th celebration will have several components, the most unique of which will be the presentation of re-created games that will showcase the transition of lacrosse from Traditional Game to Victorian Sport. These re-enactments, featuring authentic traditional sticks and wardrobe from that period, will help illustrate the evolution of the sport, the formalization of rules, and the various First Nations rituals that often occurred before and after games. Reenacted games will take place June 17, 2017 (2-4PM) at the McGill University Lower Field.

A series of lectures and presentations on a variety of lacrosse topics, featuring numerous authors and academics, will also be part of the event. This will be supplemented by an interactive exhibit of lacrosse artifacts and photos from the Canadian Lacrosse Hall of Fame.

A traveling exhibition of historical artifacts and photos from the Canadian Lacrosse Hall of Fame will allow attendees to learn about the history of the game and the people that have impacted it over the past 150 years. These exhibitions will take place daily (10AM-5PM) at McCord Museum, next to McGill University.

continues on page 4



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# British Columbia Lacrosse Association

www.bclacrosse.com

## Goulet is a Community Sport Hero

By: LacrosseTalk Staff

In March 2017, Sport BC honoured local Abbotsford sports volunteers with the latest round of Community Sports Hero Awards ceremony. Long-time lacrosse official and Abbotsford volunteer, David Goulet, was the latest lacrosse volunteer to be named for this prestigious award.

The Community Sport Hero® Award was created by Sport BC in 2001. The awards honour outstanding sport volunteers in communities across British Columbia.

Celebrating its 14th year, the Community Sport Hero Awards, partnered with KidSport, recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. Sport BC travels to 4 communities per year across British Columbia and celebrate sport volunteers in local communities. Since its inception in 2001, 50 Provincial Sport Organizations have honoured 576 sport volunteers in 51 different communities.

David Goulet, of the Abbotsford Lacrosse Association (ALA) and Valley Field Lacrosse Association (VFLA), has worked tirelessly to make a positive impact on the lacrosse athletes and referees in his community.

Goulet grew up with lacrosse and played as an adult, but was drawn to officiating early on. He has been instrumental in the development and education of new Field Lacrosse referees since 2000. This Level 5 Official is an active clinician, and serves as the BC Lacrosse Association (BCLA) Master Course Facilitator for Men's Field Lacrosse.

He started coaching his son in both Box and Field Lacrosse (2009-present) in Abbotsford. He's done double-duty serving on both the ALA and VFLA boards – first as the Head Referee, and since 2013, served as Presidents for both associations. In 2016 he was the BCLA Field Lacrosse Representative as Sport Chair at the 2016 BC Summer Games.

But it is on the field, where this world-class official has spent even more time.

Goulet has served as Referee-in-Chief for the Canadian Lacrosse Association Men's Field Nationals (2006-2014); a 3-time Deputy Referee-in-Chief at Federation of International Lacrosse (FIL) World Championships (2008, 2012 & 2014); and a Referee-in-Chief at the 2016 World U19 Field Lacrosse Championship in Coquitlam. He also serves internationally as the FIL Referee Committee (2011-Present).

David is most proud of their achievements in growing lacrosse in the Abbotsford community.

"In my tenure as President, our enrollment has grown from 125 to almost 200 players," said Goulet. Our Valley Field Lacrosse Association has rebounded from not having enough athletes for a team two years ago, to having four teams for the last two seasons. I have had the privilege of working with some strong, passionate people who value lacrosse in our community."

His volunteer efforts have not gone unnoticed as he received BCLA's Minor Field Lacrosse Referee of the Year award in 1999 and 2006.



Photo: SportBC

Abbotsford's David Goulet was the latest BCLA volunteer to receive Sport BC's Community Sport Hero Award.

"One of my proudest moments come in the 1990's when I was Referee in Chief for the young Pacific Coast Field Lacrosse League. At that time player enrollment was growing fast and developing referees was a challenge. As the RIC for a Provincial Championships being held for three age groups in Richmond. I was able to ensure that every game was refereed by two officials in proper uniform. While that seems like it should be a given, it was a true accomplishment for the time."

David Goulet is the consummate BCLA volunteer and is a perfect recipient for this award. Congratulations on this achievement.

## Schwan Selected for SBC Presidents' Award

By: LacrosseTalk Staff

The 51st Athlete of the Year Awards and President Award ceremonies founded by Sport BC took place Wednesday, March 8, 2017 at the Fairmont Hotel Vancouver in Vancouver, BC. Hundreds of BC's finest athletes, coaches and volunteers were recognized at the prestigious event. The event was a who's who of the local sports community with past Olympians & Paralympians, professional athletes, builders and media types taking in the celebrations. Gemini Award winning Sports caster, CBC's Scott Russell, wowed the crowd as banquet emcee.

The BC Lacrosse Association's 2017 selection for the Sport BC Presidents' Award was BCLA Minor Lacrosse Directorate member, Delta's Angie Schwan.

Angie began volunteering with the Richmond Minor Lacrosse Association from 2002-2008, where she held a variety of executive positions. In 2005, she began doing double duty, also volunteering with the Delta Minor Association where she served as a team manager, registrar, VP Minors and the VP of Field Lacrosse.

She excelled in her local association duties and found her calling at the provincial level holding positions as Lower Mainland Zone Rep, chairing the BCLA Volunteer Leadership Group, treasurer and secretary of the Minor Lacrosse Directorate – to name a few!

Schwan has been an integral part raising the profile of lacrosse as a key volunteer at the SUBWAY® BCLA Box Lacrosse

Provincial Championship events as a Host Convener in 2009 and 2010. She served as Minor Directorate Chair from 2011-2016 and currently holds the Minor Directorate Secretary position. She is one of the event organizers for the Delta Minor Association's "Lax-4-Life" 12-hour lacrosse charity game raising money for cancer research.

"I am honored to receive any recognition for my lacrosse volunteerism with the BCLA over the years," stated Schwan. "Over the past decade, my peer volunteers have become friends and many are considered family -- all these combined efforts are what make our game, and our lacrosse family, so great."

Schwan's volunteerism has not gone unnoticed as she was the recipient of BCLA's highest honour, the Tom Gordon Plaque winner as Mrs. Lacrosse in 2010.

An intelligent, thoughtful, no-nonsense volunteer, Angie has done it all. Dedicated in the purest sense of the word, Angie Schwan is a shining light in the lacrosse community.

"Knowing this award is selected by Sohen Gill is an honour in itself -- Sohen's recognition of my volunteerism is so very appreciated. It is an honour and a privilege to be considered for and selected to receive this award and I do so with the knowledge that my lacrosse family is by far, what I personally consider to be the best group of volunteers -- it remains my honour to serve our membership."



Photo: SportBC

Angie Schwan received the Sport BC Presidents' Award from Hon. Peter Fastbender and Sohen Gill.

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: Gloria Siegner (1999), Elinor Hinds (2000), David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll and Toni Lowe (2007), Ron McQuarrie (2008), Mike Hall (2009), Gene and Judy Regier (2010), Dave "The Wall" Jenkins (2011), Terry Mosdell (2012), Doug Wright (2013), Dennis Quigley (2014), Don Scott (2015) and Harold Corbett (2016).

The BC Lacrosse Association thanks Angie Schwan for her commitment to lacrosse.

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# #ERASEbullying in Sport



BC Sport organizations supported Pink Shirt Day to raise awareness of bullying in sport in February.

## Stand together to Erase Bullying in Sport

Bullying can happen anywhere: in school, on the playground, in the community and in the sports arena. There is often a fine line between competitive play and bullying. Parents, students, athletes, referees, and even coaches can all be vulnerable.

This year, Pink Shirt Day extended to sport. The Government of British Columbia, in partnership with viaSport, wanted participants at every level of sport to know that bullying in any form cannot be tolerated.

The Province and viaSport asked sport organizations throughout the province to sign a Declaration of Commitment, and for individuals to take the pledge to Erase Bullying in Sport.

Through this, we are promoting a positive and respectful sport environment in B.C. and showing our commitment to ensuring a safe and welcoming sport environment that all British Columbians can enjoy.

The benefit of sport extends beyond the sports field. It creates a life-long enjoyment of physical and social activities that contribute to a healthy lifestyle and to building strong communities.

Visit viaSport to learn more: [www.viasport.ca/erasebullying](http://www.viasport.ca/erasebullying).

Pink Shirt Day, on February 22, 2017, sport stood together to Erase Bullying throughout British Columbia.

## B.C. Sports Organizations Speak Out

94% of B.C. sports organizations surveyed believe sport bullying is a serious problem that needs to be addressed.

55% of B.C. sports organizations surveyed say they know of athletes who have dropped out of sport because of bullying.

44% of B.C. sports organizations surveyed say they know of officials, coaches, managers, board members and other volunteers who left a sport due to bullying.

## BCLA Takes the Pledge to #ERASEBULLYING In Sport

Bullying is unwelcome or aggressive behaviour that involves a real or perceived power imbalance and can take many forms including physical, verbal, emotional or other types of intimidating or humiliating behaviours. The behaviour is often repeated and can occur on or away from the playing field, court or arena.

A sport environment in which participants - athletes, coaches, volunteers and officials - are exposed to negative experiences, such as bullying, can be harmful and cause individuals to quit, and viaSport and the Government of B.C. want to ensure participants at every level of sport are aware that bullying of any form cannot be tolerated.

To achieve this, the B.C. sport sector is committed to promoting positive, respectful, engaging, accessible and inclusive environments for all participants, and to ensuring a safe, welcoming and positive sport culture and environment for all British Columbians.

The #ERASEbullying campaign, an important part of this initiative and a key highlight was on Pink Shirt Day, Wednesday, February 22, 2017, when provincial sport organizations came together to celebrate the Province's first Declaration of Commitment to erase bullying in sport throughout B.C.

## TITLE: Lacrosse Anniversary Celebration

By: Canadian Lacrosse Association

"As far as we know, this will be the first time that such an exhibition of the history of lacrosse has been taken on the road," says David Lancaster, chairman of the Canadian Lacrosse Hall of Fame. "Our hope with the exhibition is that we can use the past to inspire people about lacrosse today."

The Québec Lacrosse Federation, Kahnawake Lacrosse, and Westmount Lynx Lacrosse organizations will be running a variety of tournaments to help expose attendees to the different forms of the sport, including both field and box lacrosse.

The Canadian Lacrosse Foundation will use this event to educate people from around the world on the impact that Canada has had on the sport of lacrosse.

"Today, lacrosse is played in some 54 countries throughout the world. We hope this event will allow people to see how the game was developed over the past 150 years and how it has influenced Canada and the other lacrosse playing nations," says Jim Burke, chairman of the Canadian Lacrosse Foundation.

Upon its creation in 1867, the National Lacrosse Association established the motto "Our Country - Our Game".

"As Canadians, we should be proud of our national summer sport," says Joey Harris, president of the Canadian Lacrosse Association. "In celebrating the 150th anniversary, we want to give lacrosse the exposure that it deserves so that a new generation of Canadians can grow up playing this sport that we all love so much."

For more information on the 150th Anniversary Celebration of Lacrosse, visit the website at [150.lacrosse.ca](http://150.lacrosse.ca). You can also follow on Facebook and Twitter for the latest news on the Canadian lacrosse community -- people can interact with us using #CANLax150.

## BCLA Scholarships/Bursary – How Can You Contribute?

By: LacrosseTalk Staff

Each year, the BC Lacrosse Association (BCLA) has three scholarship/bursary awards that are presented to deserving lacrosse participants in the Province of BC -- The Ted Fridge Scholarship, the Wayne Goss Scholarship and the Dorothy Robertson Memorial Bursary. These scholarships were developed to recognize outstanding contributions to lacrosse, and to encourage and assist our members in the pursuit of higher education while furthering the BCLA's objective in helping to provide trained people to meet the needs of our community. DEADLINE for applications is Thursday June 8, 2017.

We want to tell you more about the people behind these financial awards, what the scholarships represent and the criteria required to apply. New in 2013, these scholarships/bursary are connected to the National Sports Trust Fund (NSTF), which means that anyone who would like to make a donation of \$25 or more in support of any these scholarships/bursary can receive a tax deductible charitable receipt.

Wayne Goss Scholarship – Wayne Goss is still the number one fan of the New Westminster Salmonbellies. If you ever drop by the traditional Queen's Park Arena for a Salmonbellies game, you're likely to see Wayne cheering on his team. Wayne was one of the most decorated Salmonbellies in the 70's and 80's. During his 14-year, 465-game career, Wayne accumulated 812 goals and 1,040 assists for 1,852 points - the all-time assist and point records for Senior "A" box lacrosse in Western Canada. At the time of his retirement, Wayne held 41 WLA scoring and faceoff records and shared four others – today he still holds 26 of those records. Goss won six Mann Cup titles in seven attempts.

This \$1,000 scholarship is awarded to a person with a broad spectrum of the following categories including players, referees, coaches, team management, association executive and club executive. The person(s) selected must show a high standard of ability in his/her particular area of participation; possess strong leadership potential; have demonstrated good character, a sense of citizenship, and have a history of participation in school and community activities. The person selected should have taken part in a community lacrosse member association's program and have indicated a desire to remain in lacrosse upon completion of his/her education.

Ted Fridge Scholarship – Ted Fridge was a school teacher by profession with a penache for sports, especially lacrosse. Ted's involvement began in Port Coquitlam as his two boys, Tom and Daren started to play for the Saints when he volunteered as

coach and executive member. He joined the Adanac family in the 90's, then in 1994 served as GM of the Burrards senior club that shifted its franchise from Vancouver to Surrey and later to Maple Ridge. Fridge was a pioneer developing field lacrosse in the lower mainland in the 1980's. He spent countless weekends managing the Adanacs men's team as well as being commissioner of Senior Men's Field Lacrosse League. Fridge was inducted into the Canadian Lacrosse Hall of Fame in 2009.

To be considered for the \$500 scholarship, a candidate for the Ted Fridge Scholarship Fund must be a person currently registered with the BCLA as a Field Lacrosse player, coach, referee/umpire, executive committee member or other volunteer position; a person who displays sportsmanlike behavior who is regarded as a helpful, upstanding leader with his/her peers; involved in the community; academic standing of A or B average and currently attending Grade 12.

Dorothy Robertson Memorial Bursary – Dorothy Robertson was the face of the BC Lacrosse Association in the early years serving in almost every capacity possible. She was part of the BCLA from the 1960's into the 1990's doing everything in the name of lacrosse. In 1996, the Dorothy Robertson Memorial Trophy is dedicated and annually awarded to Western Lacrosse Association Coach of the Year. Dorothy was inducted into the Canadian Lacrosse Hall of Fame in the Builder category in 1991. The Dorothy Robertson Memorial Bursary celebrates Women in Lacrosse. To apply for this \$500.00 bursary, one must be a 16-years or older involved in lacrosse as a player, coach, official and/or volunteer; has shown enthusiasm for lacrosse, exhibits sportsmanship, promotes the sport in her community and has shown a strong commitment to the game of Lacrosse.

All scholarship/bursary applications must be received by Thursday, June 11, 2015, by 4:30 PM. Those wishing to apply for a scholarship/bursary in any category will do so by using the Application Forms on the BCLA website. After careful completion of the application form, the need for references and the verification of registration, applicants must submit the form and supporting documentation to the BCLA Office, Attention: BCLA Scholarship Committee by the deadline date. The scholarship/bursary winners will be announced no later than August 31, 2015, and all applicants will be notified.

New in 2013, the scholarships and bursary are registered as programs within the National Sport Trust Fund (NSTF). Individuals or companies making contributions of \$25 or more toward one of these programs will receive a tax deductible



charitable receipt. Following is the process for making a donation to one of these three scholarship/bursary programs:

- 1) The donation cheque must be written to THE NATIONAL SPORT TRUST FUND.
- 2) On the cheque in the Memo section at the bottom of the cheque, it must say BC Lacrosse Association - with the Name and Number of the Project. The name of the Scholarship/Bursary should also appear.

Wayne Goss Scholarship - Program #268

Dorothy Robertson Memorial Bursary - Program #266

Ted Fridge Scholarship - Program #267

- 3) The person making the donation cannot receive any benefit from this except for a tax deductible receipt. If you have a donation, you would give (send) it to Rochelle Winterton at the BCLA Office, #101 – 7382 Winston Street, Burnaby V5A 2G9, and it will be sent on to the National Sport Trust Fund for processing.

For more information or questions, please e-mail [info@bclacrosse.com](mailto:info@bclacrosse.com).

## In Memoriam

Tackaberry, Sandra. The BC Lacrosse community sends our thoughts to the Tackaberry Family and Friends for the loss of Sandra Tackaberry who passed away earlier this week. Sandra was the past president of the North Delta Intermediate B Hawks club, and was very active with minor lacrosse in the North Delta community.

Kozak, Isaiah. Family and friends are in mourning for former South Okanagan Flames lacrosse player Isaiah Kozak who passed away in March 2017.



# WLA Draft 2017

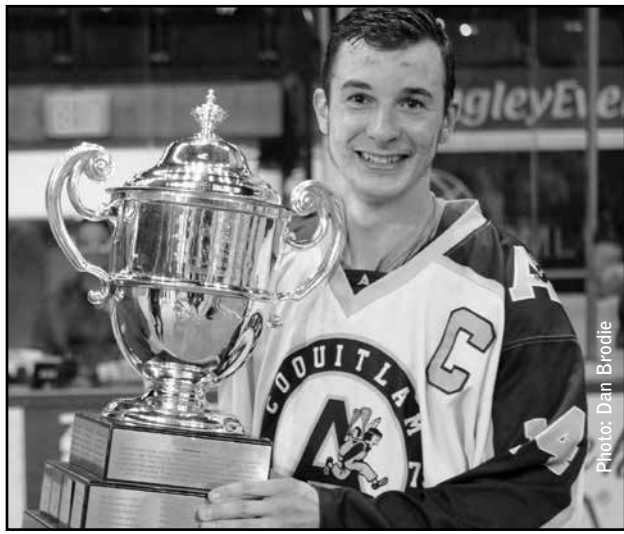


Photo: Dan Brodie

Tyler Pace was the Number 1 selection in the WLA Draft by the Langley Thunder



By: LacrosseTalk Staff

The 2017 Graduating Junior Draft was held on February 16th, 2017 at the Vancouver Creekside Community Centre in the Olympic Village. 56 Junior lacrosse graduates were selected over eight rounds by the seven Western Lacrosse Association clubs.

The first overall selection in the 2017 WLA Draft was Tyler Pace of the Coquitlam Junior Adanacs to the Langley Thunder. Pace was only available for eight 2016 regular season games due to college lacrosse commitments with the University of

Denver Pioneers, but that didn't stop him from scoring 41 points (21G, 20A) and a 5.13 PPG in the 2016 campaign.

Pace's Junior A career spanned from 2012 to 2016 with the Port Coquitlam Saints, then as an Adanac in 2013. In 40 regular season games, he netted 89 goals and 99 assists for 188 points. In 46 playoff games (BCJALL playoff, western finals & Minto Cups), Pace added another 77 goals and 84 assists for 161 points. His 349 point career gave him a 4.06 points per game average in 86 games.

The full results are as follows:

Round	Team	Selection
1	1 Langley THUNDER	Tyler Pace
	2 Nanaimo TIMBERMEN	Nate Wade
	3 Nanaimo TIMBERMEN	Chase Fraser
	4 Langley THUNDER	Reece Callies
	5 Langley THUNDER	Jordan Magnuson
	6 Langley THUNDER	Johnny Pearson
	7 Victoria SHAMROCKS	Evan Messenger
2	8 Langley THUNDER	Keegan Rittinger
	9 Nanaimo TIMBERMEN	Jon Phillips
	10 New Westminster SALMONBELLIES	Chris Cloutier
	11 Langley THUNDER	Cody Teichroeb
	12 Maple Ridge BURRARDS	Adam Dickson
	13 Langley THUNDER	Aiden Milburn
	14 Coquitlam ADANACS	Jake Taylor
3	15 Coquitlam ADANACS	Spencer Bromley
	16 Nanaimo TIMBERMEN	Adam Jay
	17 Coquitlam ADANACS	Austin Iredale
	18 Nanaimo TIMBERMEN	Ryan Lewis
	19 Maple Ridge BURRARDS	Jean-Luc Chetner
	20 Langley THUNDER	Tanner Rennich
	21 Victoria SHAMROCKS	Dallas Wade
4	22 Langley THUNDER	Brodie Porter
	23 Nanaimo TIMBERMEN	Danny Spagnuolo
	24 Maple Ridge BURRARDS	Tyrell Hamer-Jackson
	25 Burnaby LAKERS	Brad Hoffman
	26 Maple Ridge BURRARDS	Jesse Gillespie
	27 Nanaimo TIMBERMEN	McLean Chicquen
	28 Victoria SHAMROCKS	Matthew Hamilton
5	29 Langley THUNDER	Conner Stroup
	30 Nanaimo TIMBERMEN	Ryan Taylor
	31 Coquitlam ADANACS	Ty Klamer
	32 Burnaby LAKERS	Luke Moffatt
	33 Maple Ridge BURRARDS	Anthony Dale
	34 Victoria SHAMROCKS	Cody Nass
	35 Nanaimo TIMBERMEN	Aaron Madaisky
6	36 Langley THUNDER	Tylor McLeod
	37 Nanaimo TIMBERMEN	Brock Thompson-Marshall
	38 Coquitlam ADANACS	Brett Kujala
	39 Burnaby LAKERS	Cam Milligan
	40 Maple Ridge BURRARDS	Mitchell MacAulay
	41 New Westminster SALMONBELLIES	Jake Latin
	42 Victoria SHAMROCKS	Javier Tudela
7	43 Langley THUNDER	Dereck Downs
	44 Nanaimo TIMBERMEN	Darrin Wilson
	45 Coquitlam ADANACS	Quinton Pavan
	46 Burnaby LAKERS	Anthony Quatrano
	47 Maple Ridge BURRARDS	Wyatt Pinder
	48 New Westminster SALMONBELLIES	Brett Andersen
	49 Victoria SHAMROCKS	Gregory Batt
8	50 Langley THUNDER	Dylan Lacroix
	51 Nanaimo TIMBERMEN	Andy Campbell
	52 Nanaimo TIMBERMEN	Steve Ackinclose
	53 Burnaby LAKERS	Lucas Lehtimaki
	54 Maple Ridge BURRARDS	Ryland Hood
	55 New Westminster SALMONBELLIES	Kyle Heiling
	56 Victoria SHAMROCKS	Nicholas McNabb

## Masters Ice Breaker (April Fools) Tournament



Photo: Steve Varley

Coasters 45+ Grand Masters Champions.

By: Steve Varley, North Shore Cowboys Masters Lacrosse

The much anticipated 11th Ice Breaker Masters Lacrosse Tourney took place over the April 1-2, 2017 weekend at Harry Jerome Arena in North Vancouver.

This year's eight team tourney was dedicated to the memory of life time North Shore laxer, Warren McIntyre. Starting out with the minor Sea-Caps, "MacDaddy" played on National Champion North Shore Indians teams and was a well respected original North Shore Cowboys player.



Photo: Steve Varley

Burnaby Firefighters 35+ Masters Champions.

The opening face-off was fittingly whistled in on April Fools morning, followed by 150 well seasoned grizzled veterans playing a hectic mini-game, round-robin schedule. Traditions never die, thus the return of the infamous Dangerous-Shot-Orange-Traffic-Vest, adorned by penalized players returning to the floor, and the highly coveted dual Toilet-Seat-Award, presented post-game to the most memorable opposing team player!

In Sunday's 60 minute final games, Burnaby Fire Fighters, led by Most Sportsmanlike Player Captain Joe Mora, defeated Te-

wanee Joseph's Squamish Shapeshifters by a 7-2 score, to take the Young Gun Gold division (35+ years).

The Grand Masters final saw the ever youthful Ben Chow's Coasters team down James Luddington III's host Cowboys, 11-6, for first place in the 45+ year old category. In other play, energetic Glen Bzowy's New West O'Keefe's topped Paul Horn's Poco Hitmen to take 35+ Bronze and in the GM Bronze game, Steve Kingra's Vancouver Justice bested the Steve Booth skippered South Fraser Stickmen.

The two fun-filled days featured some remarkable lacrosse, including dubious tales of past glory told (and retold) plus the occasional well-earned soda pop enjoyed. Congratulations to all participants, and many thanks to team leaders and volunteers, with special kudos to RIC Curtis Gulliford and crew for their steady and calming officiating.

Next up, the 29th annual BC Masters Championship this year hosted July 1-3, 2017 by the Nanaimo Timbermen. Nanaimo has held great tourneys in the past every indication is they will do so again. For additional information contact Andy (Gump) Reynolds: gumper27@shaw.ca. Master Laxers for life... more than a game!

## Aboriginal Development-Spirit Lacrosse Program



By: LacrosseTalk Staff

The BC Lacrosse Association continues the quest of lacrosse development in Aboriginal communities across BC. The BCLA, in partnership with The Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) — formerly the Aboriginal Sport, Recreation and Physical Activity Partners Council.

I-SPARC is a consortium of the BC Association of Aboriginal Friendship Centres, First Nations Health Authority, and Métis Nation BC. As the stewards of BC's Aboriginal Sport, Recreation and Physical Activity Strategy, I-SPARC works with First Nations, Métis Chartered Communities, Friendship Centres, schools and other sport and physical activity stakeholders to deliver community-based programs designed to promote active lifestyles and support the desire for transformative change in the health and well-being of Indigenous communities, families and individuals across BC.

The Spirit Lacrosse Program concept included inviting First Nations students in Kindergarten to Grade 3 to weekly sessions

of lacrosse instruction. The instruction included fundamental movement skills along with the traditional lacrosse skills (passing, catching, scooping, cradling and shooting). The format follows the Canadian Lacrosse Association Lacrosse FITS Program Module 1.

BCLA Aboriginal Development Co-ordinator, Bryan Baxter and his team, continued their visits to various communities to deliver Aboriginal Development Programs with assistance from each host community. These school visits are the backbone of the BCLA Aboriginal Development Program and allow for recruitment of Indigenous youth to participate in the Spirit Lacrosse Program.

The Spirit of Lacrosse is in almost every corner of the province with new programs being started in Snuneymucw (Nanaimo), Williams Lake, Port Alberni, New Aiyansh and Fort St. John. Lacrosse developers have managed to find champions in all of these areas to perpetuate the "SPIRIT" of lacrosse. School visits are still the go-to method of recruiting the students to participate in the SPIRIT program in their area.

Many BCLA people have stepped up to ensure these programs are viable, vibrant and visible. Thanks to the great work contributed by Naomi Walser, Bill Barwise, Dennis Quigley, Nick Kojima and Kelly Fines.

Some of the programs entered their second and third years of operation. Second year programs included Prince George, Songhees, Vancouver and Kamloops. Third year programs included Chilliwack, Merritt and Cowichan. Two programs lost some of their initial momentum but are expected to participate in the future and include Haida Gwaii and Burns Lake.

"It is very exciting to be building this amount of capacity and momentum for the Spirit Lacrosse Program," stated Bryan Baxter. "We have trained no less than 15 Indigenous coaches this year and that bodes well for the long term vision of an all Indigenous Lacrosse Tournament in the province in the not too distant future."

# BCJALL Preseason Preview

By: Owen Munro

The 2017 BCJALL regular season promises to be one of the most intriguing seasons in recent memory. With the Coquitlam Adanacs getting set for a Minto Cup title defence, and a number of teams graduating key players, there will be a chance for any team to step up and knock off the champions.

Last summer brought winds of change to the BCJALL. Not only did we have a new league champion, but we were able to pry what is arguably lacrosse's toughest title, to win from the loosened grasp of the East.

In doing so, BC proved they belong on the same stage as the big boys. The Coquitlam Adanacs locked up their second Minto Cup title in the last six years by going the distance in an epic five-game series with the Orangeville Northmen. The see-saw battle Game 5 included a near miss empty net shot on goal by Minto Cup MVP Christian Del Bianco, with seconds ticking off the clock in the 6-5 classic.

The A's lost a few key ingredients from that cup winning team, but return arguably the most integral part of last season's team in Del Bianco. He's coming off BCJALL and Minto Cup MVP awards with two more years of Junior eligibility. With him in net, Coquitlam can feel confident they will be in a majority of games this season, no matter who the competition may be.

Other teams will be looking to spoil Coquitlam's riches this year, and we'll quickly see if they are as deep as they have been in seasons past. Let's go around the league and see where each stands at the start of the season.

**Coquitlam Adanacs** - The champions lost a lot of talent, including multiple first-round picks like Tyler Pace (No. 1), Jordan Magnuson (No. 5) and Keegan Rittinger (No. 8). The A's will be able to lean on guys who gained a lot of experience battling for the Minto last year. Players like Dennon Armstrong, Thomas Semple and Eli Salama will be expected to step and carry more of the load.

With Del Bianco in net, they are still the favourites to cruise to the BCJALL finals again. But the thing that sets the Adanacs

apart is the fact that they are running a program, and not a year-to-year team. Pat Coyle and his coaching staff are a huge reason for why they are consistently great.

**New Westminster Salmonbellies** - Last year wasn't the greatest season by New Westminster standards -- a team that always expects to battle Coquitlam for bragging rights. But the 'Bellies still finished in third place with a 14-7 record and some intriguing players returning for the 2017 campaign. One such returner is last season's scoring leader Connor Robinson, who had 52 goals and 108 points for the red, blue and white. With the departure of Adam Dickson (No. 2 pick in the WLA Draft), Robinson will have a younger core to work with including Colton Bykowski and Mitchell Flintoff, who will surely blossom with increased roles.

New Westminster also returns a good portion of the team that went to the Intermediate A gold medal game two years ago.

**Delta Islanders** - The Islanders lost a large majority of the team that drove them to their first BCJALL championship title, but return some exciting young talent. They hope that includes the possible return of Tre LeClaire, who left the team just before last year's Minto Cup run.

There could be more reliance on players like Riley Phillips, if LeClaire doesn't return to the fold. The Islanders may be buoyed by some additions from the Intermediate and Junior B clubs. Many such players cracked the lineup at different points last season and they didn't look out of place.

It may be a bit of a tough go for Delta this year, but the belief is their Minto run has shot their program forward in the right direction.

**Port Coquitlam Saints** - The Saints finished 4th in 2016, but just one game above .500. The black and gold know they have some work to do in 2017. A +7 goal differential foreshadowed another good year for Poco. They have a solid all-around team, and it will be interesting to see if new head coach, Kelly Scott, can turn them into a contender sooner rather than later.



**Burnaby Lakers** - Coming off a season where they had to forfeit a game due to a lack of players, the Lakers spent an offseason re-setting the club. With some stability in the front office and on the bench, Burnaby will look to gain some momentum this season by competing for

a playoff spot. They added some good players through trades and signings that will give them much-needed depth. Graham Husick and Thomas Hankins form a decent tandem in goal and returner, Jordan Gabriele, showed some solid potential in the 2016 campaign.

**Langley Thunder** - There is a lot of excitement brewing from the stable of quality young talent the Thunder have stockpiled. Nathan McKeigan finished 10th in league scoring with 32 goals and 62 points in 20 games. A number of talented players are also coming up from the gold-medal winning Intermediate A team, including transition specialist Bobby Kidd III, offensive dynamo Nathaniel Kozevnikov and goaltender Torin Van Rheenan.

**Victoria Shamrocks** - Victoria is always right in the title picture and this year looks to be no different. This is setting up to be one of the more veteran teams in the league and given the 'Rocks team depth, they may be more ready to take on the Adanacs than any other team in the league. Marshal King and Braylon Lumb will be among the offensive leaders in Victoria's attack.

**Nanaimo Timbermen** - It was another trying season for the T-Men in 2016, finishing last with a 2-19 in record. In some ways, it was a step in the right direction as a lot of young players got some valuable experience. But it's tough for the kids to consistently be outplayed game after game, and it'll be up to management to find the right formula for the team this season.

The BCJALL regular season gets started on April 21. For more information, including a full schedule, up-to-date stats and standing, head to our website at [www.bcjall.com](http://www.bcjall.com).

## Spartans Back on Top – Langley & Nanaimo Win Firsts

By: LacrosseTalk Staff

The 17th Annual High School Field Lacrosse Provincial Championships took place February 28 to March 3, 2017 in Coquitlam and New Westminster.

Eighteen Senior and nine Junior teams squared off in the 5-day event. Senior teams included Best, Claremont 1 & 2, New Westminster, Terry Fox, Riverside, Vancouver College, Holy Cross, Centennial, Mission, Heritage Woods, Nanaimo, Pitt Meadows, St. Thomas More, Langley and newcomers Pent-icton, Sardis and Royal Bay. New Westminster, Vancouver College, Best, Claremont 1 & 2, Maple Ridge, Nanaimo and Royal Bay (2 teams) competed in the Junior division.

2017 marked the year of the lacrosse academies with 10 of the 27 teams being an academy lacrosse program (Claremont, Royal Bay and Nanaimo).

**Junior Tier 2:** Nanaimo Secondary made it to the Tier 2 finals the second year in a row, and once again they faced Vancouver College. In the round robin match, VC dominated the Nanaimo Islanders 10-3. The Islanders were ready to make amends and reversed the tables by winning a lopsided 11-4 win to take their first Junior Tier 2 title. Nanaimo outscored their opponents 42-22 in five games. Junior Tier 2 MVP: Derian Thompson (Nanaimo).

"For our Junior team, the week was a bit of unfinished business -- to get back to the junior final and we were able to accomplish that goal," stated Head Coach Joel Smith.

"Our guys were able to refocus and put together an impressive team effort. Our offense played the system and style we look for, while our defence was as stout as ever."

"The title is a testament to the hard work and commitment that our players have put in since day one. It gives them a great sense of accomplishment to achieve their goals -- as a coach, I could not be more proud of their effort."

**Junior Tier 1:** In the semi-finals, New West dropped a 7-5 decision to Claremont 1, while Claremont #2 blew out Royal Bay by a score of 12-3. Claremont 2 eked out a 6-5 win versus Claremont 1 in round robin play. It was an all-Spartan final. Both teams play a common system as taught by Head Coach Darren Reisig, so the only differences would be who would step up the most when it counted. Both squads were in perfect form in a close see-saw battle, but Claremont #1 outlasted Claremont #2 7-6, for their third title in a row. Claremont #1 outscored their opponents 48-21 in six games. Junior Tier 1 MVP Shaun Davidson (Claremont #1).



Senior Tier 1 Champs: Claremont 1 Spartans.



Junior Tier 1 Champs: Claremont 1 Spartans.



Senior Tier 2 Champs: Langley Saints.



Junior Tier 2 Champs: Nanaimo Islanders.

"Our Junior program is one in which we focus on development and growth splitting each team," said Head Coach Darren Reisig. "To have each team make it an all-Claremont final was surprising, but something the coaches were proud to see and a credit to the development and process that the guys have undertaken this past year."

**Senior Tier 2:** In the semi-finals, Langley trounced Royal Bay 10-1, while Pitt Meadows edged Vancouver College 9-6. The talent-laden Langley squad high-octane offense scored aplenty all tournament outscoring their opponents 52-18. The Saints continued their offensive push and cruised to a 14-8 victory over Pitt Meadows in the Senior Tier 2 title match. Senior Tier 2 MVP: Cal Slade (Langley).

"The team gelled better and better with each game we progressed through the tournament," mentioned coach Pete Gallant. "The boys were such a close group and so supportive of each other. From our goalie, right through our lineup, the guys played their hearts out for each other. We are so proud of the hard play they brought to all our games."

**Senior Tier 1:** Centennial battled Claremont 2 in one semi-final game with the Centaurs doubling the Spartans 10-5. In the other semi, Claremont #1 handed New Westminster Hyacks a lopsided 9-2 loss and a spot in the title match. In the Island-

Mainland final, both teams were evenly matched, but Claremont 1 had the edge in experience and depth that carried the Spartans to victory. Claremont stuck to their possession game and went on to recapture the Senior Tier 1 title with a decisive 15-8 title championship victory. Claremont 1 outscored their opponents 64-28. Senior Tier 1 MVP was Jackson Boyd (Claremont #1).

"We are often known for a high-tempo and high-scoring offence, but our wing and draw play, defence and goaltending were all equally solid and all performed at a high level of play," noted Reisig.

"Our Senior program had a Grade 11 team and 12 team -- both performed well during the tournament," explained Reisig. "The Grade 12's definitely had a fantastic week going undefeated and likely playing their most complete game in the final against defending champs Centennial. The depth and talent of the Grade 12's at all positions was a definite factor in the team's success."

Thank you to Shawn House, the volunteer committee and volunteers that make this thing go. Many thanks to Jody Weatherby for scheduling all of the officials. Thanks for all their organization, time, and efforts on another well run event. Thank you to the BCLA for their assistance and for posting scores throughout the tournament.



# CATT – Concussion Toolkit for Parents, Players & Coaches

The Concussion Awareness Training Tool (CATT) includes three toolkits providing training in the recognition, treatment and management of concussion for: 1) Medical Professionals; (2) Parents, Players, and Coaches; and (3) School Professionals.

CATT is free, accessible and regularly updated with evidence-based information and resources. Each toolkit includes a self-paced learning module as well as tailored resources relevant to the specific audience.

The Canadian Paediatric Society recommends that anyone involved in child and youth sport should be educated about the signs and symptoms of concussion and the appropriate management of a child with a concussion.

This resource information and more can be accessed at [www.cattonline.com](http://www.cattonline.com).

The following is Information and tools to help coaches manage a player with a concussion.

## 1-What is a concussion?

A concussion is a brain injury caused when the brain moves rapidly back and forth inside the skull. It can cause a variety of symptoms

and may affect the way a player thinks or acts. Most concussions do not include a loss of consciousness.

What causes a concussion? -- A concussion can be caused directly by a hit to the head, or indirectly by a hit to the body that causes a sudden jerk of the head or neck. Any force that causes the brain to move around in the skull can result in a concussion.

How serious is a concussion? -- Any head injury needs to be taken seriously. Most concussions, managed appropriately, resolve without complications. On rare occasions, concussion injuries can be more serious and result in long term disabilities.

The real dangers of most concussions occur when the injury is not recognized or the player is not managed correctly. Returning to activities too early can put a player at increased risk for future concussions and serious complications.

If a player has another concussion, the effects can be worse and result in more serious complications. Second impact syndrome is a rare but typically fatal injury that may result if a

player sustains another concussion before their brain has healed.

## Managing a player with a concussion

A concussion is a mild brain injury and can be difficult to manage. The long term health of a player who has sustained a concussion is dependent on a management team of players, coaches, referees, school staff, physicians and parents. As a coach you have an important role in recognizing and responding if a player has had a hit to the head or blow to the body. You also play an important role as a concussed player works through the return to play stages.

If you suspect your player has a concussion, check for Red Flag Symptoms immediately and review the steps on the Concussion Response Tool. For more information take the Concussion Awareness Course.

## Concussion Facts

Concussions do not always include a loss of consciousness.

Helmets DO NOT protect against concussions

A player does not need to be hit in the head to sustain a concussion.

The signs and symptoms of a concussion can be delayed up to weeks post injury.

## 2-Does the player have a concussion?

If the player shows any of the Red Flag Symptoms call 911 immediately.

Did the player have a hit to the head or blow to the body?

You should consider the player to have a concussion if you or someone else has witnessed, or you suspect that, the player has had either a hit to the head or a hit to the body that caused a sudden jerk to the neck or head.

Even if the player shows no obvious signs of having a concussion, if they have had an incident, you should seek medical attention as soon as possible.

Does the player have signs and symptoms of a concussion?

Signs and symptoms of a concussion can be delayed for several hours or even days following an incident. Following is a list of signs and symptoms consistent with a concussion.

<u>Thinking and Remembering</u>	<u>Physical</u>	<u>Emotional &amp; Mood</u>	<u>Sleep</u>
Not thinking clearly	Headache	Easily upset or angered	Sleeping more
Feeling slowed down	Fuzzy or blurry vision	Sad	Sleeping less
Unable to concentrate	Nausea and vomiting	Nervous or anxious	Having a hard time falling asleep
Unable to remember new information	Dizziness	More emotional	Sensitivity to light or noise Balance problems Feeling tired or having no energy

If the player is showing any of these signs and symptoms then you should take the player to the doctor to investigate further. If the player has had a past concussion incident, even a minor hit to the head or body can trigger symptoms.

## Concussion Response Tool

The Concussion Response Tool was developed to assist coaches and parents to recognize and respond to concussions. The first two pages outline how to respond to a concussion at the time of the incident. The third page provides important information for parents who are caring for their child at home after the incident.

The Concussion Response Tool can also serve as an important communication tool for sharing information from the scene of the incident.

## 3-What do I do if I think a player has a concussion?

If the player shows any of the Red Flag Symptoms call 911 immediately.

If you suspect the player has sustained a concussion, ensure the player is monitored until a parent or responsible adult is available to take them to a doctor. Do not leave the player alone. Do not let the player drive or return to activities. Watch for red flags and signs and symptoms of a concussion.

DO NOT give the player any medications. There is evidence that some medications can worsen concussion symptoms and could increase potential risks associated with brain injuries. Do not give the player any medication unless directed by a doctor.

## CONCUSSION RESPONSE TOOL

The Concussion Response Tool was developed to assist coaches and parents to recognize and respond to concussions. The first two pages outline how to respond to a concussion at the time of the incident. The third page provides important information for parents who are caring for the player at home after the incident.

The Concussion Response Tool can serve as an important communication tool for sharing information with both the parent and doctor.

## 4-A player has a concussion. What is the recovery process?

Most adult concussion signs and symptoms last 7-10 days. Children and adolescents tend to experience a more delayed recovery. Many players will take 2 to 4 weeks to heal though

for some it could be months. Having had a previous concussion increases the chance a player will have a delayed recovery.

## What is the concussion recovery process?

### THE REST STAGE

The first and most important step in the player's recovery from a concussion is rest. The player will need both physical and cognitive rest after sustaining a concussion.

Physical rest means participation in daily life activities that do not result in an increased heart rate or breaking a sweat.

Cognitive rest means limiting activities that require concentration and learning.

The goal is to not trigger or worsen symptoms.

Once symptom-free for a 24 hour period the player can begin to add activities and focus on returning to school. Time within this stage varies with each concussion case.

As new activity levels are introduced, symptoms could return or new symptoms could appear. This means the brain needs more time to heal. If at any point symptoms return, the player stops the activity and rest until symptom-free.

### Physical

Restrict: Exercise, Sports, Riding a bike, Running and Play wrestling

Activities that may be tolerated: Daily activities that do not increase heart rate or break a sweat.

### Cognitive

Restrict or Limit: computers, smartphones, video games, school work, watching TV, playing music, no headphones, loud music, reading, socializing, school attendance,

Activities that may be tolerated: drawing, playing with lego, playing cars/trains, baking  
\*\* Low Level Social Interactions (try in short periods)

Social interactions that do not cause symptoms are important in preventing social isolation or depression and anxiety. Some suggestions of low level social interactions are short conversations on the phone with friends and family.

Once symptom-free at rest it is important that the player has successfully returned to

school full-time before they begin to return to play sports. Returning to play too early may result in more severe or potentially long term problems. A focus on return to learn first has been shown to lead to a quicker return to play.

## A player's emotions during recovery

It is normal for a child or adolescent to be anxious, angry and depressed after sustaining a concussion. Many players worry about school and social failure. Offer encouragement and support as the player works through the return to play stages.

Depression can be a part of the long term consequences of concussion. The player may be feeling depressed due to a loss of place on your team, in school or social life. Depression in some children can be the result of physical changes in their brain associated with the injury itself.

## 5-How does a player successfully return to play sports?

### RETURN TO PLAY

It is important that the player has successfully returned to school full-time before they return to play sports. Returning to play too early may result in more severe or potentially long term problems. A focus on return to learn first has been shown to lead to a quicker return to play. If the player is not a student, they should have successfully returned to cognitive aspects of work before physical activities.

The Return to Play Communication Tool will help guide the player to return to play sports. The goal of working through the return to play stages is to increase physical activity gradually without triggering any symptoms (even very mild symptoms).

The player must be symptom free for at least 24 hours at one stage before advancing to the next one. If at any time the symptoms RE-APPEAR, then they must go back to the previous stage until they are symptom-free again for 24 hours.

If a NEW symptom appears, the player should see a doctor to be cleared to continue on the return to play stages. The return to play stages typically take 7 to 10 days for adults to complete and longer for children and adolescents.

## RETURN TO PLAY COMMUNICATION TOOL

The Return to Play Communication Tool will help guide the player's recovery and communicate the player's progress to coaches and physical education teachers.

Medical clearance is required before the player moves to full-contact practice (stage 5).

## 6-How can I help to prevent concussions?

### EQUIPMENT

Helmets and mouth-guards are vital pieces of equipment that protect the player from serious skull and dental injuries, but they do not prevent the brain from moving around when there is impact to the head.

There is no equipment that can totally prevent concussions. Ensuring that players have the required equipment for the sport, that it is in good condition and fits correctly, could decrease incidents that cause concussions.

### ENCOURAGE FAIR PLAY

A player's behaviour and attitude about sports has a major impact on concussion causing incidents. Remember your team is watching you. You can encourage fair play by modeling respect and fair play in the presence of players.

Players will often hide symptoms of concussion because they don't want to disappoint their team or parents. An injured player needs to feel confident in reporting their symptoms. Creating a positive avenue for reporting concussion symptoms sooner can make the biggest difference in preventing more serious concussion outcomes and associated risks.

### LEARN MORE ABOUT CONCUSSIONS

Educating yourself is the first step in preventing concussions and reducing associated risks for players. You can further educate yourself by taking the Concussion Awareness Course and checking out the Resources where you will find videos, expert talks and articles.

### TEACH YOUR PLAYERS

Teaching your players about concussions helps them understand how serious a concussion injury can be. It also gives them the tools to recognize and report if they do sustain a concussion. An informed player is more likely to comply with the recovery process. To help teach your players about concussions, encourage them to visit the Players section.

# Team BC Women's Program Expands



Photo: BCLA Archives

Team BC Women's Field will field 4 teams in 2017.

By: LacrosseTalk Staff

2012 marked the first time Women's Field Lacrosse took the step into a high performance program with the BCLA.

Seventeen athletes, mainly from Metro Vancouver, formed Team BC's first U19 Women's Field Lacrosse high performance team, with the likes of Ashley Bull, Ellie Delich and Megan Kinna to name a few. These young women were some of the early members to don the Team BC colours and compete at recruiting tournaments in the US.

One year later, the rosters doubled and the start of stream of BC-born athletes were getting college offers to US schools – the aforementioned athletes have ironically went on to college lacrosse opportunities in Canisius, UC Davis and Northwestern respectively.

After discussion with the BCLA Executive, it has been agreed to support an additional Team BC Women's Field Lacrosse Team for

the upcoming 2017-18 season.

The Team BC Women's Field Lacrosse travel team programs will consist of a Freshman, Sophomore, Junior and Senior High School aged teams. In other terms, Team BC will be supporting Grade 9, 10, 11 and Grade 12 Women's Field Lacrosse teams this upcoming season.

Team BC Field Lacrosse Technical Coach, Reynold Comeault, has experienced incredible growth in the

Women's Field game. Nearly 100 athletes competed for Team BC positions at the Provincial Tryout Camp February 25th.

"Following our first day of evaluations, it was very evident that the caliber of our program has advanced so much that we just couldn't release players of such high caliber," mentioned Comeault.

"Under the direction of our Head Coach, Dan Stroup, I couldn't be more pleased with the speed of the progress of our female athletes. Just as important, I believe Team BC has been able to assist our athletes in recognizing what the next level will be like. Having the luxury of our athletes seeing their past teammates succeed at the collegiate level, provides a great sense of confidence for themselves to recognize that they too can have an impact as a scholar athlete on a college lacrosse roster."

All teams will train together with athletes of the same birth years and compete together in recruiting tournaments in Florida and Califor-

nia the fall and winter. It is high time for these female athletes and most are getting more than one college recruiting them.

"The excitement surrounding our games at these recruiting events continually amazes me with a common comment from college coaches that I speak with being -- I wish I could recruit all of them!"

Congratulations to the most recent Team BC Women's Field Lacrosse athletes that have made commitments to college lacrosse programs. Ashley McNeil (letter of intent to attend Arizona State University); Dawson Chalifoux (letter of intent to attend for Fresno



State University), Debbie Phillips (letter of intent to attend for Hartford University); Candace McDole (Edinboro University – Fall 2017); Courtney Hanson (verbally committed to Campbell University - Fall of 2018); Paige Sutton (Lindenwood University - 2018) and Makenzie Jenner (verbally committed to Denver University - 2019).

## Lax 4 Life Raises \$7K for Cancer



Photo: Cherie Krekel

Delta Islanders, big and small, compete at Lax 4 Life Lacrosse games for Cancer.

By: LacrosseTalk Staff

Delta Lacrosse hosted their 6th annual Lax4Life fundraiser on April 8, 2017. The 11.5 hour lacrosse game took place at Ladner Leisure Centre (LLC) from 8:00 AM to 7:30 PM with all funds raised benefiting the Canadian Cancer Society.

"We are very proud that after only two games our players (mostly children aged 8-18) have been able to raise almost \$40,000 for the Canadian Cancer Society," noted event coordinator, Cherie Leong.

Players that competed in the fundraiser were from Tsawwassen, North Delta, Ladner, Surrey and Richmond, Surrey and Seattle.

The event duration was one 11.5 hour game with 30 minute 'shifts'. The players signed up as individuals and were assigned to 'home' or 'away' benches for certain shifts; a mix of players on each bench with older players playing beside younger participants.


The past four events have raised a combined total of close to \$70,000 – this year, the Islanders raised another \$7000.

Delta Lacrosse was excited to see so many lacrosse members and community minded supporters take in the event and enjoyed the presence of Stealth mascot Bomber and some Bombshell cheerleaders.

The ceremonial faceoff included Cherie Leong and Amanda Douglas, in honour of Amanda Douglas who just recently faced her own challenges with cancer; we took the opening faceoff to kick off the event.

Delta Lacrosse would like to thank all volunteers, athletes, coaches and officials that offered their time and support for this great cause. And of course to all the sponsors and partners who helped make the day even more special. Thank you Delta Lacrosse Association, Hammerberg Lawyers LLP, Service Master of Vancouver, Vancouver Stealth, Ice Level Sports, Fresh Slice Pizza (Tsawwassen), Save on Foods, Aileen Noguer - RE/Max, BC Lacrosse Association, Thrifty Foods, Tsawwassen Collision Ltd, East Coast Dyes, Victoria Shamrocks Lacrosse, Harbour Barbers, The Messy Dresser, Keg Richmond, The Richmond Family, The Leong Family, The Burt Family, Lux's Butcher Meats and Specialty Foods, Mogul Mesh, Black Bond Books, Warrior Lacrosse, and True Lacrosse and Ladner Village Florist.

Donations can be made after the event at: <http://tinyurl.com/LAX2017>



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# Team BC Field Teams Set for 2017



Photo: Craig Pujilan

Team BC Men's Field teams ready for Canadian Lacrosse Association First Nations and Alumni Cup National tournaments in September 2017.

By: LacrosseTalk Staff

The Team BC Field Lacrosse Program continues to develop athletes and teams for 2017. Of the seven Team BC Field teams (Men's: U13, U15 and U18; Women's Freshman, Sophomore, Junior and Senior), many past coaches will return to coach to Team BC in 2017.

The Team BC U18 and U15 Field teams started the player identification process in November 2016, while the Women's teams had almost 100 athletes compete at the Provincial Tryout Camp in February/March. Team BC Field Co-ordinator, Reynold Comeault, has returned most of his coaching staffs and is confident the new crop of athletes, who will spend more time together, will grow quicker as a unit.

"With our teams selected and engaged into Box Lacrosse mode, we are anxiously awaiting another opportunity to represent BC at Field

Lacrosse Nationals in Saskatchewan," said Comeault. "We have been fortunate to assemble two very capable groups of players that comprise our U15 and U18 Teams. Head Coach Ian Radonich is eager to put his personal stamp on our U15 group, while Head Coach Ian Poole is very pleased with the depth that he has been able to assemble for this year's U18 squad."

Fourth year U18 Head Coach, Ian Poole, looks for improvement on their 2016 silver medal finish at nationals. Joining Poole may be Team BC alum James Rahe and Reegan Comeault if all plans fall into place.

The U18 team is a good-sized team and has plenty of talented 16, 17 and 18 year old athletes. Poole will be looking to shore up some aspects of their game to improve on ball control to take advantage of good scoring situations.



"We don't need to be complicated, instead simple lacrosse will be preached this year." U15

Head Coach  
Ian Radonich.

"The U18 team looks strong this year," said Head Coach Ian Poole. "We are a young team with a lot of speed and grittiness."

As with most teams, ball possession is a main key to success. Key veterans will be called upon to lead the U18's as the other provinces improve every year.

"We will lean on a couple of key returning players at attack and midfield to really guide our young guys. Our goal is to come home with the gold."

Poole has learned plenty from his past National experiences in order to compete at the highest level, while taking no team lightly.

"What I took away from last year's nationals is that no matter the situation we need to stay focused on the goal. We need to play four quarters of our best lacrosse to achieve what we are there for. I believe we have the pieces to win and I look forward to the task."

After three straight Alumni Cup title losses to Ontario in 2014, 2015 and 2016, Ian Radonich's U15's are a disciplined, hard-working crew. The emphasis will be on possession, control and tough defense.

Radonich takes over the helm from Team BC veteran Bryan Poole. Radonich, a young star coach, has been involved for years and has built some formidable Centennial Centuar High School and Adanac Field club teams over his stint. Team BC is no stranger to Radonich as he has been a part of the athlete evaluations and assisted the U18 in 2016. His staff includes returning coach and Team BC alum Richard Cambrey.

The U15's too are focused on building the team around some veterans and maintain ball control – but Radonich has praise for the defensive side of the field.

"I'm quite impressed with the depth at long pole this year," noted Radonich. "We also are lucky to be returning two players from last year's team (Thomas Vela & Seve Cordero). It was great to see the level of competition at the tryouts this year."

"We really need to value the ball this year. The systems that will be installed need to be understood and with reputation, success will occur. We don't need to be complicated with what we run, instead simple lacrosse will be preached this year."

The 2017 U18 and U15 Men's Field Lacrosse Nationals will take place September 1-3 in Saskatoon, SK.

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# Team BC Box Teams Gear up for 2017 Nationals

By: LacrosseTalk Staff

The 2017 Team BC Box Lacrosse programs get underway this Spring with the District Camps in April leading to the Provincial Tryout Camps in May. Both Men's and Women's Field Lacrosse teams have been selected and are preparing for competitions. After all camps are complete, nearly 1000 Box and Field athletes will have been identified and evaluated from regions around the province for Team BC programs.

Not one Team BC team brought home a Box National Championship in 2016 – change is in the winds for 2017! The Female Midget and Female Bantam Box teams brought home silvers in tough title matches. The Midget and Pee Wee boys won bronze medals, while the Bantam boys finished fourth. All Team BC teams represented BC and performed well, but gold is on the horizon for them all.

The 2017 Team BC Box program consists of five teams -- Boys Box: Pee Wee, Bantam and Midget; Female Box Bantam and Midget teams. The Team BC Provincial Tryout Box Camps for each of the teams will be: Bantam (May 5-7); Pee Wee (May 12-14); Female (May 20-21) and Midget (May 26-28). Please check the BCLA website Team BC page for up to date camp information.

"The Team BC Box program takes a concerted approach to high performance training with qualified and knowledgeable coaches – the goal, to produce well-rounded skilled athletes," explained Team BC Box Technical Coach Darcy Rhodes. "All athletes that attend a District or Provincial Tryout Camp will learn new skills and techniques that will assist in their overall development."

The 2016 Female Midgets won silver in a heartbreak finish, while the Bantams lost a tough battle in the finals -- both will surely build on those experiences. Past National experience is important when building a team. New Female Midget Head Coach, Josh Wahl (Port Coquitlam), has prior experience coaching female athletes at nationals, as well as, very successful Poco Saints clubs. He's excited to construct a winning squad of athletes that play a complete game.

"I'm looking for good athletes and good teammates that work hard for a common goal," stated Wahl. "In BC, we have some of the best



Midget Box athletes and all around players that could take a run for a national title."

Longtime Box and Field Lacrosse coach, Paul Kuhn (Burnaby), has seen many Female Box athletes through the Team BC high performance program. Kuhn has been to Nationals before and understands what it takes to succeed. Now it's time to put it into action while placing the greatest emphasis on skill.

"I firmly believe that the teams from BC are the most skilled throughout the line-up, from the first player to the last," stated Kuhn. "We'll also have to make sure that we're building a team that is as durable, too."

The CLA Nationals allow for a more physical game including cross-checking in the Female game – something Kuhn is well aware of and plans to prepare his athletes from the get-go.

"The tournament is grueling, and the girls will have to deal with both the large number of games in a short period of time as well as the addition of cross-checking," noted Kuhn.

"We'll be looking for girls who are both physically, and maybe more importantly, mentally resilient. The girls will need to showcase the strengths that have given them the confidence to tryout. The coaching staff will do its utmost to make sure the girls are ready technically and tactically -- all we ask is for each player to perform as best as she can."

The Team BC Midgets will have a Team BC veteran in Lance Andre (Ridge Meadows) behind the bench. Andre is no stranger to Team BC and has Nationals experience from the 2015 Bantam boy's Box team. Andre's focus will be on strength and athleticism.

"The team/players I will be looking for are players that are strong and athletic -- with a lot of games in a short time, we need players in shape and ready to go," said Andre. "Players with a high lacrosse IQ will be key, as we have



Team BC Midgets face off against Nova Scotia at 2016 Midget Nationals in Ontario.

a short time to play together and will need to know the game and other players' tendencies. Our players will represent our province at a top level on and off the floor respecting the game and playing fairly."

The Team BC Bantams have longtime youth Box and Field coach in Daren Fridge (Coquitlam). The 2017 version looks to be the first Team BC team to win the Bantam title since its inception in 2007. Fridge and crew are aware of how more teams have improved around them, thus preparing not only for Ontario but all others like Alberta, Team Iroquois and Nova Scotia.

"We are seeing an improvement and significant growth in several teams," stated Head Coach Daren Fridge. "We are also seeing former NLL players and coaches in Colin Doyle, Chet Koneczny and Lindsey Sanderson raising the bar in our Maritime provinces."

"Team BC Bantams will have to be athletic, gritty and have a high lacrosse IQ that allows them to adapt or adjust on the situation. When the competition is balanced, who will step up and give us the greatest impact to help us win? Those are the type of players we are searching for."

"I would love to find a future Dan Dawson, a shooter like Ben McIntosh, a loose ball and transition player like Brodie Merrill and a dominant Kyle Rubisch type defender through our camp process. Our goaltenders will need to be game ready, know their shooters and be mentally prepared for each one of their starts."

Gold has eluded the Team BC Pee Wees at Nationals since their 2008 triumph over Ontario. Veteran Head Coach, Gerry Van Beek (Surrey), has coached from youth to Senior A and is excited to stick with the Team BC program. After a 2016 season with the Bantams, Van Beek is ready to pass on his experiences to the Pee Wees. He understands the rigors of Nationals and how best to prepare for the grind.

"We will get back to basics and build this team a player at a time," said Van Beek. "The mix of athletes will be selected to best suit the long grind in the eastern humidity. The Pee Wees will have to be ready for what gets thrown at them and adapt on the run to be successful."

All Box teams have attainable goals and look for the right group of athletes. The current group of head coaches comes with a familiarity of the athletes, a deep knowledge of the game and the desire in what it takes to compete at Nationals.

"Our Box teams have great leaders who can prepare young athletes to reach their potentials," said Team BC Box Technical Coach Darcy Rhodes. "We expect our athletes to have a great Team BC experience, learn the finer points of lacrosse and give it their best on the national stage."

The 2017 Box Lacrosse Nationals for Female Midget and Bantam will be July 17-22, 2017 in Halifax, NS; the Pee Wee and Midget boys will be August 7-12 in Whitby, ON; and the Bantam boys, July 30 - August 4, in Saskatoon, SK.



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# SUBWAY® BCLA Under 11 Boy's Field Lacrosse Champions Crowned



Photo: Adam Smith

U11 BLUE Gold: Ridge Meadows Burrards 1



Photo: Karen Peterson

U11 BLUE Silver: New Westminster Salmonbellies



Photo: Shaun Ashworth

U11 BLUE Bronze: Adanacs 1



Photo: Dawn Clermont

U11 RED Gold: Victoria Titans



Photo: Ian Holden

U11 RED Silver: Pacific Rim



Photo: Candice Damsgaard

U11 RED Bronze: Port Coquitlam Saints



Photo: Naomi Deitdal

U11 WHITE Gold: New Westminster Salmonbellies



Photo: Teresa Brown

U11 WHITE Silver: Langley Thunder 2



Photo: Cherie Kroeker

U11 WHITE Bronze: Delta Footmen 2.

By: LacrosseTalk Staff

With the weather wreaking havoc this winter, one British Columbia Lacrosse Association (BCLA) Field Lacrosse Provincial tournament was a go – albeit just 3 days before the event kicked off!

The SUBWAY® BCLA Under 11 Boy's Field Lacrosse Provincial Invitational Tournament was held February 18-19, 2017 at the Coquitlam Town Centre Sports Complex Fields in Coquitlam. Twenty-two teams competed for U11 supremacy from Vancouver Island and Metro Vancouver.

The twenty-two Under 11 teams competed in three divisions, Blue, Red and White, which were split into groups to offer parity amongst the teams.

**Under 11 BLUE Division**

Ridge Meadows Burrards 1	GOLD
New Westminster Salmonbellies 1	SILVER
Coquitlam Adanacs 1	BRONZE

**Under 11 RED Division**

Victoria Titans	GOLD
Pacific Rim (Victoria)	SILVER
Port Coquitlam Saints	BRONZE

**Under 11 WHITE Division**

New Westminster Salmonbellies 2	GOLD
Langley Thunder 2	SILVER
Delta Footmen	BRONZE

In the Blue Division, the Ridge Meadows Burrards outlasted the New Westminster Salmonbellies 7-5 for the gold, while the Adanacs beat the Langley Thunder 8-6 to win bronze.

After being down 7-0 in the Red Division gold medal game, Pacific Rim made an incredible comeback to come within in one goal, only to lose 7-6 to the eventual champions, the Victoria Titans. Port Coquitlam Saints took an early lead and never looked back to defeat Vancouver 7-3 for the bronze medal.

In the White Division, New Westminster 2 outlasted Langley 2 8-3 for the gold medal, while Delta Footmen edged Ridge Meadows Burrards 3 in a tight 2-0 game for bronze.

The SUBWAY® Team Sportsmanship award went to the Surrey 1 U11 BLUE Division team. The BCLA Volunteer Award recipients were Regina Villanueva and Trish Keizer.

The Warrior Fair Play Coach Award selections were as follows: U11 BLUE Division Fair Play Coach: Alex Vanichuk (Langley 1); U11 RED 1 Division Fair Play Coach: Fred Jenner (Pacific Rim); U11 RED 2 Division Fair Play Coach: Mac Gintner (Vancouver) and U11 WHITE Division Fair Play Coach: John McKay (Surrey 3). The overall Warrior Fair Play Official award was Cameron Reid.

**Warrior Sports Canada Athlete Fair Play Awards**

**U11 BLUE Division Warrior Fair Play Awards**

Name	Team
Adam Dane	Adanacs 1
Nathan Clark	Langley 1
Owen Burrows	Nanaimo
Luke Soenen	New Westminster 1
Greyson Beggs	Ridge Meadows 1
Will Denman	Surrey 1

**U11 RED Division Warrior Fair Play Awards**

Name	Team
Morgan Akasaka	Adanacs 2
Carson Harper	Adanacs 3
Kiernan Koebel-Pearce	Burnaby

Carter Bybel	Mission
Michael Baker	North Shore
Joshua McIndoe	Pacific Rim
Eashan Bani	Port Coquitlam
Nathan Johnson	Ridge Meadows 2
Colten Cap	Valley
Spencer Trounce	Vancouver
Tavis Olsen	Victoria

**U11 WHITE Division Warrior Fair Play Awards**

Name	Team
Maxwell Richards	Delta
Connyr Welch	Langley 2
Beth Anderson	New Westminster 2
Hannah Bonifazi	Ridge Meadows 3
Tyler Scarfe	Surrey 3

Thank you to all who volunteered their time planning all SUBWAY® BCLA Field Lacrosse Provincial events in Victoria, Burnaby and Coquitlam. Thanks to Dirk Rachfall, Tricia Rachfall, Beth McLucas, Chris Comeault, Trish Keizer, Regina Villanueva and Mary Clare for their efforts at the U11 event in Coquitlam. It was a fantastic event and appreciated by many!

## The Hall of Fame Celebrates 150 Years of Lacrosse

By: Bruce MacDonald, Canadian Lacrosse Hall of Fame

For Canada's 150th birthday festivities, the Canadian Lacrosse Hall of Fame has created a graphic chronological history of lacrosse with biographies and photos of some of the sport's most celebrated athletes.

The display is being mounted June 16-18 at the McCord Museum in downtown Montreal, near McGill University, as part of the 150th Anniversary of Lacrosse Celebration.

The celebration showcases the game's indigenous history, culture and evolution to a modern sport. A scripted re-enactment of an 1867-style lacrosse game—using the 19th-century rules

of Montreal dentist George Beers—with players (students from Kahnawake) dressed in authentic clothing highlights the celebration. The game takes place June 17 on McGill University's lower field in downtown Montreal. The same field was used by the Montreal Lacrosse Club and the Kahnawake Mohawk in the early 1870s.

Six stick makers from across the Iroquois Confederacy will supply the hand-made wood-and-mesh sticks for the re-enactment, including Alf Jacques of the Onondaga Nation (near Syracuse).





# Women's Lacrosse Matches at 2017 World Games to be Streamed by Olympic Channel



Photo: CLA

Canada's Senior Women's team will compete against Poland, Australia, Great Britain, Japan and the USA in The World Games 2017.

By: CLA

OTTAWA, ON- The Olympic Channel and the International World Games Association (IWGA) today announced a cooperation agreement which includes media rights to The World Games 2017. As part of the agreement, the Olympic Channel will live stream daily coverage from the 10th edition of The World Games, which take place 20-30 July, in Wroclaw, Poland.

As a result, lacrosse fans from across Canada will have the opportunity to watch our senior women's national team as they compete at the Games this summer against Poland, Australia, Great Britain, Japan and the USA.

The World Games 2017 are the first international multi-sport games where lacrosse will be a part of the official competition program, a significant milestone for a sport trying hard to break into the summer Olympic program.

"Live streaming daily coverage of The World Games on the Olympic Channel is an important step forward for us and we are happy to promote our federations of our sports in this way too. This is a good addition to our already existing cooperation with the IOC," said Joachim Gossow, CEO of the IWGA.

The World Games take place every four years in the year following the Olympic Summer Games. Approximately 4,500 athletes, who will compete in 180 medal events during the Games, and officials from more than 100 countries will take part in this year's World

Games. The event showcases 27 official sports including: Air Sports, Archery, Beach Handball, Billiards, Boules Sport, Bowling, Canoe Polo, Dance Sport, Fistball, Floorball, Flying Disc, Gymnastics, Jujitsu, Karate, Korfball, Lacrosse, Lifesaving, Muaythai, Orienteering, Powerlifting, Roller Sports, Sport Climbing, Squash, Sumo, Tug of war, Underwater sports, Water Ski and Wakeboard.

Since its launch in August 2016, the Olympic Channel has been streaming live events in collaboration with its federation and organization partners. In addition to broadcasting live events, the Olympic Channel team is collaborating with its federation partners on innovative partnerships encompassing event coverage, highlights, magazine shows, news coverage, original programming and technical business solutions.

"We are excited to work with the International World Games Association to showcase their premier event," said Mark Parkman, general manager of the Olympic Channel. "The World Games are a great way to provide additional exposure to these growing sports and introduce new sports to our audiences."

The Olympic Channel is a ground-breaking global platform where fans can experience the power of sport and the excitement of the Olympic Games all year round, and is available worldwide via mobile apps for Android and iOS devices and at [olympicchannel.com](http://olympicchannel.com).

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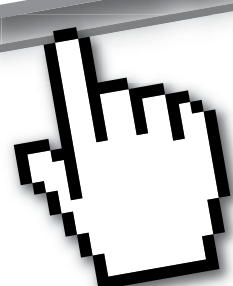
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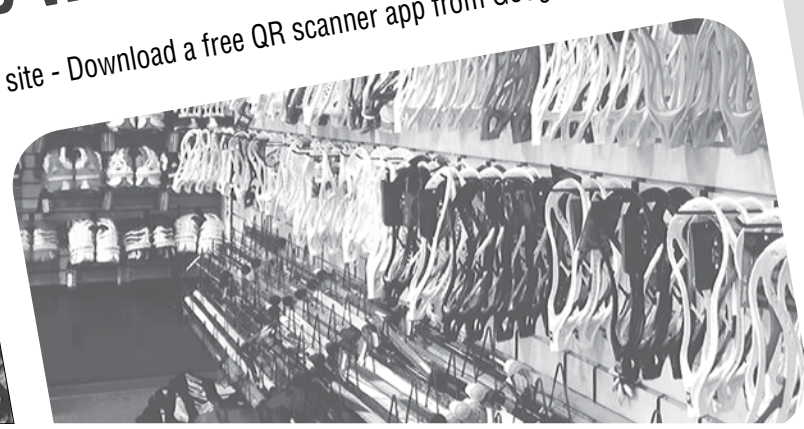
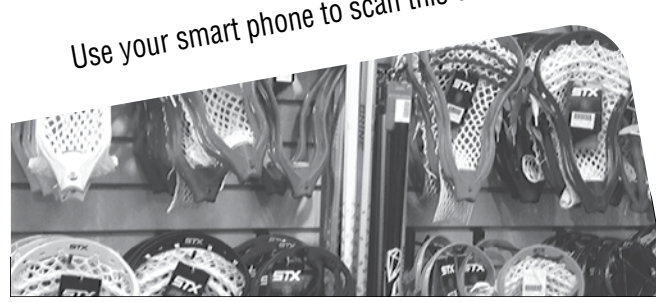


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# Simon Fraser to Host 2017 PNCLL Conference Championships

By: SFU Lacrosse Media

Simon Fraser University will host the 2017 PNCLL Conference Championships Friday, April 28 to Sunday, April 30 at SFU's Terry Fox Field on the Burnaby Mountain campus. The Pacific Northwest Collegiate Lacrosse League (PNCLL) consists of 9 Division I teams and 10 Division II teams, representing Washington, Idaho, Oregon, Montana and British Columbia. The winner of each Division will receive an automatic bid to the MCLA National Championship Tournament May 8-13 in Orange County, California.

Simon Fraser is the only Canadian member of the Men's Collegiate Lacrosse Association (MCLA) and currently sits second in PNCLL Division I with a 2-1 conference record and 6-4 overall, behind defending champion Oregon State (11-1, 4-0 PNCLL). Other schools com-

peting in PNCLL Division I are Boise State, Idaho, Oregon, Washington and Washington State. College of Idaho and Montana currently lead the PNCLL Division II, joined by Central Washington, Gonzaga, Great Falls, Pacific Lutheran, Portland, Portland State, Puget Sound, Southern Oregon, Western Oregon and Western Washington.

The third-place teams in the PNCLL Division II North and South will face-off in quarter-final matchups on Friday, April 28 with games at 1:00pm and 4:00pm. Winners will advance to the PNCLL Division II Semi-Finals on Saturday, April 29 at 10:00am and 1:00pm, followed by the PNCLL Division I Semi-Finals at 4:00pm and 7:00pm. The Championship Finals for both divisions will be played on Sunday, April 30 with the PNCLL Division II Championship at 11:00am, followed by the PNCLL Division I Championship at 2:00pm. All games

will be played at Terry Fox Field. Admission is \$10 for the weekend.

Having previously hosted the PNCLL Tournament in 2000 and 2005, SFU will be looking to claim their 10th PNCLL Conference Championship and qualify for the MCLA Tournament for the 12th time in program history. After opening the 2017 season with their first nine games on the road, April welcomes a stretch of four straight home contests to close out the regular season. The Clan defeated Western Washington 19-3 on April 2 with their final divisional games versus Boise State (April 7), Oregon State (April 15) and Washington (Senior Day - April 22) leading up to the Conference Tournament on home turf.

For further information on Simon Fraser Men's Lacrosse please visit [www.sfulacrosse.com](http://www.sfulacrosse.com) or follow the Clan on Twitter at <http://twitter.com/fraserlacrosse>.



SFU Lacrosse Attackman Brayden Hoggarth in PNCLL action.

Complete camp details and online registration is available at [www.sfulacrossecamps.com](http://www.sfulacrossecamps.com). Fans can stay up-to-date with PNCLL conference standings at [www.mcla.us](http://www.mcla.us).

## Shillington's Best Lacrosse Moments

By: LacrosseTalk Staff

In the celebration 150 years of organized lacrosse, we found it fitting to gain perspective on our game from someone who has been the closest to lacrosse and followed it in western Canada for years.

Not that this person knows everything about lacrosse, but he pretty darn well knows enough to bring back some incredible memories of lacrosse's great history. He broke in as an executive member with the Renfrew Athletic Club, introduced to lacrosse by pal Bill Barber and coached by the great, Jack McKinnon.

Hall of Fame Builder, Stan Shillington, has meticulously captured the history of our game - game by game, shot by shot, goal by goal. His nearly 1000 Senior A games as statistician will tell you he has sat in a few arena press boxes over the years and seen some great lacrosse games...and even missed a few great moments while scribing his stats on his scoresheet during the action.

Sure Stan's selections can be debated and may have a western skew, but ironically, he was in the crowd at majority of the games when the memories were made!

LacrosseTalk sat down with Shillington to learn about some of his most memorable moments he has been privy to in his nearly seven decades of lacrosse.

Most memorable Mann Cup - Mann Cup 1964, the Brooklin Redmen up 3 games to 1 in the series over the Vancouver Carlings (Burrards) in Ontario. Vancouver tied series with 13-10 and 13-12 wins in games five and six. In game seven, on September 25th, Brooklin held a 4-1 first period lead and led 4-3 at halftime. Vancouver outscored Brooklin 7-1 in second half to win the Mann Cup.

"The best game I've ever seen," claimed Shillington.

Another notable Mann Cup that had to be noted was the 1961 Mann Cup where Vancouver Carlings (Burrards) defeated the Brampton Excelsiors 4-0 at Kerrisdale Arena.

"One of the four games was a 13-0 shutout by Don Hamilton (Vancouver) who blocked 22 shots to record the only box lacrosse shutout in Mann Cup history."

Most memorable BC Junior A Provincial Championship - In their first year of existence, the 1971 Richmond Roadrunners, under coach

Ron Phillips, won a 7-game series victory over the Burnaby Cablevision to win the 1971 BC title.

"So many people wanted to see the games; they moved the entire series to Queens Park Arena. It drew so many fans, over 5000 spectators jammed into Queens Park."

Most memorable Minto Cup - After Richmond did the unthinkable and won the BC title in seven games, they took on the Peterborough PCO's in the 1971 Minto Cup. Peterborough was stacked with the likes of Hall of Famers Wasson brothers, John Grant, Jim Johnston and Jan McGee. That series went seven games, four of the games were decided in overtime including the seventh and deciding game.

Richmond's Walt Weaver fired three bullets past PCO's goalie Greg Thomas to tie the game and push it into overtime. Weaver's hot hand continued, scoring two more goals to give the Roadrunners a 13-11 victory and the national championship. Richmond had a star studded line up including Dave Durante, Ron Pinder, the Tasker brothers (Dave, Brian & Bob) amongst others.

"If you didn't get to Queens Park Arena two hours beforehand, you weren't getting in the arena."

A close second best Minto Cup series was the 1953 Minto Cup that pitted the New Westminster Salmonacs versus the Long Branch Monarchs. At the tournament banquet, many Salmonac players fell ill of food poisoning, and thus, the series was postponed for a week before resuming. With many players still weak, the Salmonacs still won the series 3 games to 2. New West was led by future all-star line of Cliff Sepka, Ivan Stewart and Jack Barclay.

Most exciting games - One such game was written about and titled as "A Regal Game."

On the evening of October 20, 1951, the New Westminster Commandoes and the Vancouver Combines mounted the stage at Vancouver's PNE Forum in an exhibition lacrosse game for Princess Elizabeth and her husband Prince Philip. New Westminster won 11-7.

"This was the only box lacrosse game played before British Royalty -- within 4 months she (Elizabeth) was named Queen in 1952."

Most memorable tournament - It had to be the coming out party of box lacrosse on the international stage during the Nations in 1980 World Box Lacrosse Championships in British Columbia.

The Coquitlam Adanacs lacrosse club celebrated its finest hour on July 17, 1980. Playing before 8,000 wildly cheering fans in Vancouver's Pacific Coliseum, the Adanacs, representing Canada West, emerged as the undefeated winners of Nations '80, the first world box lacrosse championship, with a 16-11 victory over the North American Native War-

riors. Other teams included USA, Australia, and Canada East teams.

Most memorable player - "There were no such offensive or defensive players in my time...there were so many great players in many eras across Canada, but my best player was Wayne Goss," explained Shillington. "He was the most complete player I've ever seen. He's the all-time leading scorer in Western Canada, still today, 1852 points (465 games, goals/assists). He was an incredible face-off artist, effective checker and the top penalty killer."

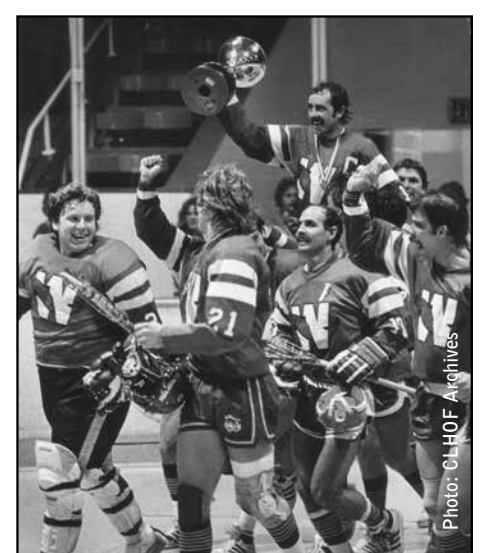
"The best player period."

Best defender - Two Vancouver Burrards were the best defenders in Shillington's book -- Bill Chisholm and Bill Dickenson.

Top Goalie - When asked of which goaltender topped Shillington's list, without hesitation he stated Stan Joseph. Joseph broke into Senior A Lacrosse in 1945 at just 17 years of age and played until 1970 - a 25 year span of Senior games. Four WLA individual records are still held by Joseph - one such record is for the most shots saved (league, playoff & lifetime total) at 13,040 saves.

Shillington has other greats, so many it's tough to name them all, or remember them all, but players like Whitey Severson, Jack Bionda, Bobby Allen, Cliff Sepka and Gordy Gimple were some of his notable greats.

Many lacrosse fans will have differing memorable moments; each arguably great in its own category in different eras. Like the 1985 New West-Brooklin Mann Cup, or the 2001 storybook first Mann victory for the Coquitlam Adanacs with game 7 heroics by Colin Doyle's game winning goal in the closing moments. Or



Wayne Goss hoisted on teammates shoulders after 1981 Mann Cup Victory.

the 1992 Minto Cup series between Six Nations and Coquitlam when there wasn't a seat available in the house. And such past greats not too long ago, with the likes of Geordie Dean, Rich Brown, Andy Ogilvie, Pat Coyle and Dallas Eliuk...to name a few.

But let's not forget some great builders that cannot be overlooked like Pop Phillips, Mickey Meslo, Val Roche, Jack Crosby, Jack Fulton, Doug Fletcher and Joan Munroe amongst others.

So when asked if Shillington had any best goals he cherished from his perch above the floor over his nearly 1000 Senior games, he stated, "I've seen too many games to pick just one."



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July 6-9, 2017  
Fort St. John

Bantam  
July 13-16, 2017  
Parksville

Midget  
July 20-23, 2017  
Langley

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Six Nations, ON

Minto Cup  
DATE TBD  
Ontario

MannCup  
September 9-18, 2017  
British Columbia



## Way To Go!

### Trish Keizer (Secretary-PCFLL & CWFLL)

In 2002, Trish got involved in lacrosse when her two boys began playing. In 2005, when asked to manage a U11 team, she was in for good. From that point, if asked to volunteer, she generally accepted -- just her way of giving back to the sport her boys enjoyed the most!

Trish works hard behind the scenes whether in the Box or Field. She joined the executive ranks in 2007 as VP for the Langley Field Association, 2-years later, she was PCFLL Secretary a post she holds today.

Trish has volunteered at numerous Box and Field events including the 2010 & 2016 Summer Games. She has acted as convenor for youth boys and girls Field Provincials and Men's Nationals from 2012-16. One of her bigger roles included Ceremonies Co-ordinator for the 2016 U19 World Field Lacrosse Championships.

Trish can always be found at a timekeepers bench score or time keeping lacrosse games. She was the recipient of the BCLA President's Award (2010) and her Association won the Leon Hall Award for top Field Association, twice (2011 & 2014).

A top lacrosse memory was the 2009 Mud Bowl Provincials in Victoria. She was most honoured when she scorekept the gold medal game at the U19 Worlds. Congratulations Trish!

### B.C. Lacrosse Association SUBWAY® Restaurants Volunteer Award



**Trish Keizer**

The SUBWAY® "Way To Go!" Volunteer award is offered to BC Lacrosse volunteers who best exemplify the meaning of community & sport. This person goes over & above the call of duty in the BC Lacrosse community.



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# Lacrosse the Country

## Stealth Hold Playoff Hopes In Their Own Hands!

By: Trevor McManus, Stealth Media

The push for the playoffs is in full effect for the Vancouver Stealth. Heading into Week 15 action, they are a half-game up on their rival Roughneck, hold the season series and have one more game against the team they have already beaten twice this season.

But even if playoff aspirations were to fall a bit short this year, 2017 was an overwhelming success for the Vancouver-based club. Defensively, the team added three veterans in their line-up in Peter McFetridge, John Lintz and Jon Harnett. But it was in the crease where one of the biggest surprises of the season happened. In the summer, Stealth General Manager Doug Locker traded Mitch McMichael for Wallaceburg-native Tye Belanger. Although anointed the number two spot, Belanger would become the guy. Once given the chance to start, he never gave the net back to perennial number one Tyler Richards, in fact Belanger took the net for 9 straight games and has appeared in 12.

"I knew there'd be an opportunity present itself to me. It was frustrating at times but I stuck with it. I knew my time would come," Belanger speaking on his career.

Belanger sits third in the National Lacrosse League in goals against average at 11.13 and is in first with a .790 save percentage. You would need to date back to 2013 to see Stealth goaltending numbers as good as Belanger's. In 15 games in the 2013 campaign Tyler Richards had a 10.92 G.A.A and a .795 save percentage. That was the last time the Stealth made it to the Champion's Cup Finals.

Belanger is not the only Cinderella story the Stealth have penned this year. Since 2013 Co-



rey Small has had a career year in the N.L.L. In 2013: 64 points, 2015: 71 points, and 2016: 84 points. 14 games into the 2017 campaign, Corey Small has hit a career high with 92 points. The always humble and rather quiet Small was not even aware that he

broke a career milestone on March 31.

"I did not even know that I broke my own career high, that is news to me," Corey Small admitted. "I have never really been one to follow the stats too closely. I have been having a good year and I do check occasionally, just to see how everyone is doing, but I honestly had no idea. I have four game left and I hope I can keep producing which helps us to a few more wins and a trip to the playoffs."

Small's year has not gone unnoticed. Inside the Langley Events Centre, a group of 100-200 fans hold signs, billboards, and several 4'x6' cutouts of Small's head. They have dubbed Section P "The Smallsy Section!" The idea was spearheaded by Superfan Jamie Meegan who on whim created and handed out Stealth-themed Superman logos with "Smallsy Section" written on them.

"We had the whole family at the Stealth game for Family Day, my son was making a Matt Beers sign and while he was making it I thought, we have the leading scorer in the NLL, how can we honor him?" said Meegan. "Super Smallsy! So, we made a homemade sign and with the help of the Stealth we turned it into a bunch of these beautiful signs and thus the Smallsy Section was born!"

When asked about if he has seen the signs and noticed a little extra attention from the crowd, Small just chuckled.



Photo: Dan Brodie

Stealth's Corey Small has reached an NLL career high 92 points, and growing, in the 2017 NLL season.

"I have never had a year like this one. I am not used to the seeing signs and my face all over the crowd. But it is neat to hear about a section for myself."

In addition to Small's career year, Justin Salt has already topped his career best of 19 points in 2015. This year Salt has 8 goals, 12 assists for 20 points and there is lots of chatter around the league that he is the best transition player this year. Meanwhile, Jordan Durston is set to break his totals from last year. 2017 has been a career year with 20 goals, but he is only five points shy of last season's 38 points. Durston has seen his fair share of attention this season after scoring several highlight reel goals including one last weekend that landed him on ESPN's Sport Center.

When it comes to the Vancouver Stealth one name is synonymous with the organization, Rhys Duch. He is the franchise leader in goals, assists and points. Although he is not having his greatest season on the scoring sheet this year,

Duch still finds himself in the Top 10 in NLL scoring. Last weekend, he hit another milestone scoring his 800th point, all in a Stealth uniform.

"You don't get points without the four other guys one the floor and without the confidence of the coaching staff," said Rhys Duch. "But I would not even call this a milestone. It is a cool feat but it is not something I have been working towards. The most important part of that game was not Rhys Duch scoring his 800th point but rather the Vancouver Stealth picking up a huge victory which puts us in the driver's seat for a playoff spot."

The Stealth are in the driver's seat when it comes to the playoffs. After playing the Rush, they have two games against divisional-rivals including a showdown against the team that is chasing them for the final playoff spot, the Calgary Roughnecks. The Stealth do not have to worry about anybody but themselves when it comes to making the playoffs in 2017.

## CLA Welcomes New Board Members and Chairpersons



By: CLA and LacrosseTalk Staff

OTTAWA, ON - A number of lacrosse administrators were elected or appointed to leadership positions within the Canadian Lacrosse Association (CLA) during the organization's semi-annual meetings which were held during the final week of February in Banff, Alberta.

The board of directors welcomed two new interim members, Doug Luey (ON) and Derek Graham (FNLA). Luey, who served as chair of the Box Sector for the past six years, was appointed as Director of High Performance and International Relations, and Graham, former executive director of the First Nations Lacrosse Association, was appointed to the position of Athlete Director.

Ron McQuarrie (BC) was elected as chair of the box sector after the position was vacated by Luey due to his appointment. The board also appointed a new coaching committee chair in Sean Graham (SK), who will replace the Ontario Lacrosse Association's newly hired Technical Director, Bruce Codd.

The CLA would like to officially welcome these new individuals to the organization and would also like to thank former board members John Grant Sr. (ON) and Stu Aird (ON) for their service and contributions.

BC's Ron McQuarrie Takes on Box Sector Chair Position

BCLA's own Ron McQuarrie has taken the step from Provincial lacrosse matters to the National stage. McQuarrie replaces Doug Luey (Ontario) after 6-years at the helm.

A 14-year Box and Field Lacrosse coach from Victoria, McQuarrie has served in his

community for years, as well as dutifully on the BCLA Executive for over a decade -- first as VP Promotions and PR and later as VP of Performance Programs from 2004 to 2015.

Ron has been a big advocate of BCLA's Team BC High Performance Programs and directed the program to what it is today. He was the Head Coach of the 2016 Team BC Bantam Boys Box Lacrosse team that competed at Bantam Nationals in Saskatoon to a respectable 4th place finish.

An experience he truly cherished.

"I truly enjoyed this opportunity," stated McQuarrie. "Most of the great memories and tremendous experience comes from the outstanding young men that I got to know as the players on Team BC Bantam. I cannot say enough good things about the quality and strong character of our Team."

McQuarrie will surely take his great knowledge of lacrosse, western style, to the CLA Board with a common goal to succeed. He has been away from any lacrosse administration for 15 months, but felt he had plenty more to give back.

"I figured that I still have something to offer to our game -- I'm not finished," said McQuarrie.

"A change is as good as a fresh start. I am positive that I can make a difference. Lacrosse is quite stagnant with minimal overall growth. Let's see if I can bring a new look, and new thoughts, and some outside the box ideas to the table."

The Box Sector portfolio includes Mann and Minto Cup agreements, player transfers and strategic planning -- it covers a huge area of possible responsibilities and coverage. A primary goal in determining a priority is growing the sport of lacrosse in Canada.

"Long-term goal setting is really why I am doing this job," noted McQuarrie. "Working with the CLA Board, the MA's, and Field Sector Chairs (Men's & Women's) on developing a direction for the growth of our sport is key. Lacrosse, our National Summer Sport, provides many positives to society through physical literacy, sportsmanship, peer relationship building, social and physical skills."

McQuarrie will surely bring some outside of the box creativity to the Board in his 2-year term.



# CUFLA versus NCAA



Guelph and McGill compete in the 14-team Canadian University Field Lacrosse Association.

By: Stephen Stamp

For young lacrosse players looking to combine their passion for the sport with their post-secondary education, choosing where to go to school has long been a conundrum.

They hear the siren song of scholarships to colleges in the United States and often overlook the opportunities closer to home. Several players who have experienced both the NCAA and CUFLA versions of the game, though, have found that the grass is definitely not always greener on the other side of the fence.

McGill grad Brandon MacLean discovered pretty quickly when he decided that he wanted to go into civil engineering that things just weren't going to work out the way he had planned. The Victoria native went to Ohio State without a clear idea of what he wanted to major in. When he decided civil engineering was his chosen path, a problem arose.

"The program ran from 8:30-12:30 every day, which if you were a regular student would have been great," MacLean says. "But our lacrosse team practiced from 6-10 every day. The coaches said they'd work around it but I knew at the same time either I'd never go to class or I'd never get to play. If I wasn't at practice or I wasn't in class, one was going to suffer."

Transferring to McGill turned out to be a great move for MacLean's schooling. "Personally," he says, "I never felt like a student when I was down in the States. CUFLA is much more of a balance. In the off-season, you're not expected to practice every day. The off season is a true offseason."

"Academically, I think it was the right move. I really see a difference academically," says MacLean, who is now part of the engineering team that is building the LRT line in Ottawa. Things worked out well for him on the field, too. MacLean wound up as a captain with the Redmen and helped them win a Baggataway Cup championship in 2012.

Noah Miller made his way north to Montreal to finish up his final 12 credits at McGill in the fall of 2010 after doing most of his degree at the University of Vermont. He agrees with MacLean, his former teammate, that the student/athlete balance is far better in Canada.

"I would definitely say that playing NCAA Division 1 lacrosse is a full time job," says Miller, who is a dual US/Canadian citizen. "For better or worse, I feel like I spent more time playing lacrosse than actually doing anything school-related."

Miller stresses that finances were a big factor, too. As a Vermont resident, he was already getting a good deal compared to what most students were paying, but he says McGill was still far less expensive. Miller is also a big fan of the lacrosse in Canada, which he says is below the quality in NCAA Division 1 but is catching up.

"Don't downplay the quality of CUFLA ball. It's very, very challenging to play," Miller says. "If you're someone who is not ready to

be a Division 1, seven days a week, 365 days a year player, Division 1's not for you because that's what the commitment is. Think about how much you're willing to give to continue playing. I found that CUFLA ball really offered more of an all-around student-athlete experience while Division 1 was more of an athlete than a student."

The lacrosse/school balance is still working out well for Miller. He is now completing an MBA in Sustainable Entrepreneurship back at UVM and has played for Israel at a variety of world and European lacrosse championships.

MacLean says he gets what lures Canadians south of the border, but if he were making his undergrad decision now, he would do it differently. "I can imagine guys from Canada, they see those brand name NCAA schools and I'm sure that stirs up a lot of excitement, but I'll tell you what, if I could do it all over again I might even do four years at McGill."

While both MacLean and Miller are done school now, a pair of Trent students are enjoying the benefits of returning from the US to play and go to school in Canada right now.

Garrett Eddy is an All-Canadian with the Excalibur. He says the cost of going to school south of the border was the major factor that led to him switching from the business program at RIT to the same program at Trent.

"The cost of going to school was going to be cheaper coming home. Substantially cheaper," Eddy says. "I had a decent scholarship but even with that the currency exchange was just not the greatest."

Eddy has found that the academic side is quite similar, enjoying the small class sizes at both schools. On the field, the style of play is definitely different. Eddy points out that Americans tend to be better at dodging and do it from the top of the formation. He's brought some of that to Trent with him, although he's now playing attack.

He enjoys the Canadian game, and getting to play with and against players that he used to face in minor lacrosse. "It's been really fun. I didn't know what to expect," Eddy says. "I knew I'd know a bunch of guys just from growing up playing lacrosse."

The biggest difference is the amount of hype, he says. "How they treat their sports compared to how Canadian school treat their sports is way different. Everything is more hyped up," Eddy points out. "It's so easy for them to do that in NCAA with all the media around them it's just nuts."

Eddy is doing his part to try to draw more attention to CUFLA. He produced a video on Trent's season that culminated in the school's first-ever trip to the Baggataway Cup championship game. "I wanted people to see that it

needs to be more known about compared to NCAA," Eddy says, pointing out that only a few people cover the Canadian game.

Johnny Leclerc went to Richmond for a year and a half before joining Eddy in the Trent business program. He says that Excalibur coach Geoff McKinley made sure Leclerc and others returning from US schools realized they had better not expect to dominate in CUFLA just because they had been scholarship athletes down south.

"Geoff did actually have a conversation with us," the LSM says. "It's great competition up here. A lot of guys I grew up playing with are more into box and go to universities here are great field players. It's a good quality of play."

Leclerc is enjoying Trent, but admits that while he appreciates having more time to focus on school, he does miss the year-round lacrosse focus a bit. That led him to find opportunities to play during the winter, after the fall CUFLA season is completed.

He played in the Durham junior league this winter and would like to take part in the Arena Lacrosse League next season. Leclerc has also noticed differences in the styles of play and coaching.

"There's more trust in players' capabilities that they'll prevail," he says of playing in CUFLA. "That puts more flexibility on the players, too. Over there it's a little more mechanical and scripted. You know what you're doing every moment. Here it's more you're just playing, which I like. You have more freedom to be creative and make some fun plays."

Ultimately, the decision on where to play lacrosse and go to school is highly personal. Everyone has to find the fit that is right for them. For these four players, the right fit turned out to be in CUFLA.

  
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# Ministry of Community, Sport and Cultural Development

BC Games Society – Host cities announced for BC Winter and BC Summer Games

By: Lia Threlfall, BC Games Society



Photo: BC Games

VICTORIA - Fort St. John, Maple Ridge, Greater Vernon and Prince George have been announced as host cities for the 2020 and 2022 BC Winter and Summer Games. These games bring together athletes, coaches, officials, spectators and visitors, and result in significant economic benefits to the regions over the four days of competition.

Local MLAs joined community leaders, volunteers and athletes in the host cities for the announcements this morning, generating momentum as communities kick off planning for the largest multi-sport competition in the province.

The upcoming games will be held in:

- Fort St John  
2020 BC Winter Games, Feb. 20-23, 2020
- Maple Ridge  
2020 BC Summer Games, July 23-26, 2020
- Greater Vernon  
2022 BC Winter Games, Feb. 24-27, 2022
- Prince George  
2022 BC Summer Games, July 21-24, 2022

The BC Games contribute to the development of sport and community through infrastructure improvements, volunteer engagement and a major event-hosting experience that leaves a lasting legacy for host communities.

The games are an important part of the progression of B.C.'s emerging high-performance athletes. For some athletes, the games may be the highest competition they participate in, while others move on to the Canada Games or join national teams and go on to participate at international competitions, including the Olympic and Paralympic Games.

The B.C. government contributes over \$2 million annually to the BC Games Society to support the BC Summer and BC Winter Games - part of over \$40 million invested annually to encourage British Columbians to be physically active and to support a "performance pathway" for athletes, coaches and support personnel.

Field and Box Lacrosse will compete at the 2018 BC Summer Games in Cowichan

Peter Fassbender, Minister of Community, Sport and Cultural Development -

"The BC Games provide a great opportunity for host communities to showcase their event-hosting expertise and community pride. At the same time, the games bring social and economic benefit to a community and can help launch the sporting careers of B.C. athletes and coaches into the national and international arena. Congratulations to each of the host communities."

Kelly Mann, BC Games President & CEO -

"These four communities have made strategic investments into sport and recreation facilities, which will ensure that British Columbia's best young developing athletes have valuable competitions at the BC Games. The 2020 and 2022 BC Games will bring new opportunities for sport and community development, but it is the collective hosting expertise, skills, and qualities of community volunteers that will make each games a unique and memorable experience for participants and spectators alike. We look forward to working with the communities of Fort St. John, Maple Ridge, Greater Vernon and Prince George."

Quick Facts:

BC Winter Games (on average) - 19 sports, 2,100 participants (1,500 athletes, 600 coaches, managers and officials), 2,000 volunteers.

BC Summer Games (on average) - 18 sports, 3,700 participants (2,800 athletes, 925 coaches, managers and officials), 3,000 volunteers.

BC Games are held every two years in even calendar years.

that Lacrosse for Life introduced were important rule modifications at the active start (mini-tyke) and fundamentals stages (tyke and novice).

First, the net size shrunk from 4x4 to 3x3 for mini-tyke & tyke. Given that nets have been increased in major lacrosse due to the increased size of the goalies, it made sense to shrink the nets due to smaller goalies. This will lead to fewer goalies being hit in the head, fewer "easy goals" in the top corners, and improved shooting because there is less net.

Second, mini-tykes (and some tykes) are now playing 3v3 cross floor lacrosse so that each player touches the ball more often.

Third, a "fall back" rule was introduced for mini-tyke, tyke, and novice divisions. Whenever the goalie gains possession of the ball in the crease, all attacking players have to leave the offensive zone (no pressing). This will help teach players the importance of getting back on defence. Meanwhile, the goalie has to make a pass to a teammate outside of the dotted line. This forces the goalie to pass by preventing a player from just taking the ball in the crease.

The adoption of the fall back rule will help develop goalies' passing abilities. For years, junior and midget coaches have been complaining about the poor passing skills of their goalies. The most obvious reason for this was because coaches in younger divisions utilized tactics to prevent goalies from throwing very much. While this may have led to some short-term success, it created problems

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SUBWAY® Restaurants  
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National Rankings  
(2017 Pre-Season Ranking)

**Senior A Lacrosse Top 7**

- 1 Six Nations Chiefs
- 2 Maple Ridge Burrards
- 3 Peterborough Lakers
- 4 Victoria Shamrocks
- 5 Brooklin Redmen
- 6 New West Salmonbellies
- 7 Burnaby Lakers

**Junior A Lacrosse Top 10**

- 1 Coquitlam Adanacs
- 2 Orangeville Northmen
- 3 Six Nations Arrows
- 4 Delta Islanders
- 5 Brampton Excelsiors
- 6 New West Salmonbellies
- 7 Whitby Warriors
- 8 Calgary Mountaineers
- 9 Burlington Chiefs
- 10 Port Coquitlam Saints

The estimated economic positive effect of the BC Games is \$2 million for Summer Games and \$1.6 million for Winter Games.

Athletes range in age from 9-19 years, depending on the sport. The average age of the athletes is 14.

Since 1978, the BC Games have taken place in 38 communities throughout B.C., involving more than 350,000 participants and volunteers and thousands more as spectators and supporters.

later on down the road because they were not properly developing their goalies.

Fourth, changes have also been made to the degree of contact that is allowed. Depending upon the division, contact is limited to body position (similar to basketball), equal pressure, place and push, or full cross-checking. This will improve individual defence by emphasizing positioning and footwork, and de-emphasizing brute force and intimidation.

Men's field has also been impacted by LTAD. For example, the field size. U-7 is sideline to sideline with 7 players a side and U-9 plays on a modified field. It is not until players reach U11 that they go full field.

One sure sign that LTAD is having a positive impact is that US Lacrosse adopted its own LTAD model in 2015. It focuses exclusively on men's and women's field lacrosse and uses slightly different terminology and stages, but it borrows heavily from the principles that we first developed in Canada.

There was resistance to LTAD in some pockets in Canada when it was first introduced. Some of this resistance was quite fierce because it brought in changes from "the way that we had always done it." But this resistance is gradually withering away because administrators, coaches, and parents are now seeing the benefits of players focusing on the fundamental skills (passing, catching, scooping, shooting, and cradling) and less time trying to run a floor/field that is too large for them.

## Coaches Corner Long-Term Athlete Development

By: Duane Bratt, CLA National Resource Person

Long-Term Athlete Development (LTAD) is an attempt by all sports in Canada to focus on natural stages of development. It is a framework for systematically training and developing physical, mental, and emotional capacities in athletes according to scientifically-recognized principles and stages of human development. As a training, competition, and recovery model, it respects the natural stages of physical, mental, and emotional development in athletes. It applies to males and females in all three disciplines (box, men's field, and women's field).

In 2006, the CLA started the LTAD process for lacrosse. It was a long and arduous process. A committee of myself, Frank Nielsen, Bill McBain, Joanne Stanga, and Richard Way was formed and they developed documents and conducted consultations across the country. Finally in May 2009, Lacrosse's LTAD program - Lacrosse for Life - was ratified unanimously by the Canadian Lacrosse Association.

Now that we have almost a decade of implementation, it is time to reflect. The most visible changes



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# Coaches, Referees Panel Looks to End Ref Abuse

By: Andy Watson

Media headlines tend to focus on controversy and often the negative.

When it comes to news about referees in sport, if we're asked about what recent stories we remember, I suspect most of us would cite the same ones.

We probably all heard about the U.S. junior college hockey incident with an over-zealous player tackling a referee earlier this year after his team dug too-deep-a-hole in the championship final in New York State.

More of us probably recall the minor hockey incident in Burnaby between North Vancouver and Burnaby when parents were threatening young referees.

Sadly last year - and perhaps fortunately out of the public eye - there was an incident where two young lacrosse officials were threatened by a parent who came on the floor.

It's time to change the narrative.

The good news, work is already underway with BC Lacrosse toward a solution: the Joint Officials-Coaches Abuse Program - perhaps you've heard it called JOCAP - is now in its second year and is working toward changing the culture of the game. In the first full season of the program in 2016, abuse of official incidents dropped from 115 in 2015 to 90 in 2016. It is a good start, but there is still some work to do when it comes to abuse - it is still a problem in our game.

The number of minor lacrosse referees provincially has recently been on the decline - down 14% in 2015 - and abuse of officials is undoubtedly a key contributor. If we can have a zero-tolerance approach in physical sports like rugby, why not in lacrosse. And why is box lacrosse so much worse culturally than field lacrosse?

It starts with enforcing penalties for belligerent coaches. Referees are required to attend clinics every year and are receiving more tools to curtail abuse and getting more attention in

clinics to ensure appropriate penalties are being called when abuse happens. Referees are also learning new communication tools and provided with techniques to de-escalate coaches.

Coaches, while only requiring re-certification every five years, are hearing more and more about the impacts of abuse on not only officials but on their players, and working together to change the culture.

The next step is in enforcement and ensuring coaches who are abusive are being held to the highest standard. Commissioners and commissions play a vital role in this. Parents who abuse are being banned by associations from arenas.

In time, the collective proactive education that abuse has no place in our game and communicating the zero tolerance approach should pay dividends.

Russ Sheppard, the chair of BC Lacrosse Coaches Technical Support Group, said the advocacy group is comprised of senior members of the provincial coaches and officials groups who collaborate to advocate for joint cooperation between coaches and officials.

Ultimately, it comes down to building respect between coaches and officials.

"We talk about how to ensure officials deal with coaches and how coaches deal with officials in an appropriate and respectful manner, so we don't continue to lose referees," Sheppard said, adding the group has two key roles from a coaching perspective: to advocate for coaches to ensure in developing a process and then going back to the coaches group to promote the program to them.

"Let's get over pointing fingers," Sheppard added. "We should and are now coming together with the brain-trust and determining what is causing these issues and what is causing coaches to abuse officials and let's come full circle - it's a complicated question."

"One of the things is also referees not appropriately addressing coaches - for example not

talking, communication - let's teach them how to use common sense and when it is and is not reasonable to communicate with coaches. And on the coach's side, letting them know what is appropriate and what is not. For example, non-verbal communication is still communication. We're identifying behaviours on both sides. We can see a shift and a change - people realize that now and sharing stories of extreme abuse has helped. When a coach can logically think about a story that has happened, it will jog their memory when they become illogical."

Sheppard cites a great example that you would never go into a store and verbally abuse a 15-year-old employee - so what is it that makes this kind of behaviour acceptable in sport?

Gord MacIntosh, Minor Directorate Chair, says coaches are hearing more about the change in culture for abuse and being exposed to the importance of it.

"And we've taken steps in Box Lacrosse to make certification programs. We're more rigid about parent volunteers needing to be certified," he said, referencing mandatory courses for door personnel and increased minimum standards for coaching at older age groups in minor lacrosse. "You can no longer just step on the bench. We're taking it more seriously."

"And we're stronger on teaching officials to ensure that you have to find your line and be comfortable in drawing that line on what is and is not acceptable. You don't have to put up with abuse and have the power to do something about it," MacIntosh adds. "And, you should do something about it... It's nice to see referees are standing up for themselves."

Sheppard says the next step in changing the culture will shift away from the bench and the floor and into the stands.

"We now need to look to address fans and parents. We need to look at how to get fans to be accountable and understand what it is we're trying to do and accomplish it."

MacIntosh agrees.

"We haven't really figured it out from fan standpoint - there's clearly a lot out of ignorance," he said. "There are lots of sports that people have played once in their lives - at school, or competitively - they know the sport a bit. But in lacrosse, there are so many fans, parents who don't know the game or the rules. But they still yell. They don't know what rules of lacrosse are. I'd like to see associations provide education and we need to do something to address this problem."

MacIntosh suggests that if minor associations take on parent education sessions they should focus on key points, and not all 88 CLA box lacrosse rules.

"Focus on things like the high sticks straight to the head and why that's a five-minute major, or the double-minor minimum for checking from behind. Extend into picks, minor interference - the ones that tend to get parents worked up about it."

Fortunately, MacIntosh has seen a shift to a reduction in abuse but says we still need to continue to work at it. He thinks senior officials are another part of potential solution.

"I have noticed it turning down a bit," he said. "But it looks bad when you see a senior official put up with abuse. One thing I enjoyed when I went back to [officiating] minor [lacrosse] was that you could put up with less as a minor ref. Senior refs have been listening to it for so long, it's like water off your back. But you cannot be screaming at kids like that. We need to stop taking abuse as officials at all levels."

He adds he would like to see more young referees equipped with confidence to have a discussion with a coach "and if they are being jerks, you just say 'you've had your chance' - it's not a discussion about 'why' it's a clarification. We're seeing that taught more and more in referee clinics."

## Longtime CLA Board Member Joey Harris Honoured With Prestigious Lester B. Pearson Award



CLA President & Manitoba's Joey Harris accepts the 2017 Lester B. Pearson Award from Chuck Miller

By: CLA

OTTAWA, ON - The Canadian Lacrosse Association (CLA) is proud to announce that Joey Harris, who has served as the association's president since 2003, was selected as a recipient of the Lester B. Pearson Award, one of the highest honours in the Canadian lacrosse community. The award was presented late February in Banff, Alberta, where lacrosse administrators from every province were gathered for the CLA's semi-annual meetings.

The Lester B. Pearson Award, which has been handed out 21 times since its creation in 1973, is presented by the CLA to an individual in recognition of their unselfish dedication and outstanding contributions of sportsmanship and

distinguished leadership to the game of lacrosse and to the physical and mental development of young Canadians.

No one can argue that Harris meets the criteria.

For nearly 30 years of his life, the native of Winnipeg, Man., has been volunteering his time as a lacrosse administrator at both the provincial and national levels. From 1990 to 2002, he was president of the Manitoba Lacrosse Association, where he helped grow the sport in the provincial while also representing their views as a member of the CLA's executive committee.

He made the move to the CLA's board of directors in 2002, holding the position of vice-president of finance and administration for a two-year term before being voted in as president in 2003, a position he still holds today. He has also served as a board member of the Canadian Lacrosse Foundation since 2003.

"No one starts playing a sport with the intention of winning awards later in life," stated a humble Harris. "We play a sport because we love it, and from the moment I picked up that lacrosse stick in Winnipeg years ago, I knew that this sport was for me."

Throughout his tenure as CLA president, Harris has guided the organization through governance changes and multiple strategic planning periods, overseen the establishment of the national team program, the implementation of the Long Term Athlete Development (LTAD) model, the adoption of anti-doping education and testing procedures, and the expansion of lacrosse to all provinces and territories in Canada.

The sport of lacrosse has also taken him around the world as a representative of the CLA at international meetings and events in held in Hungary, Finland, Czech Republic, and the United States.

"I have benefited so much from lacrosse," said Harris. "Throughout the years, I've made some great friends, traveled all over Canada and the world, and grew on both a personal and professional level. I don't ever think I can ever repay what was given to me by the Creator's game."

This is not the first time that Harris' contributions to the sport have been recognized: he was inducted as a Builder/Player into the Manitoba Lacrosse Hall of Fame in 2016 and was also one of 55 members of the Canadian lacrosse community to receive a Queen Elizabeth II Diamond Jubilee Medal back in 2012.

In winning the Lester B. Pearson Award, Harris joins a group of distinguished winners, including legendary coach Jim Bishop (1977), women's lacrosse pioneer Joanne Stanga (2002), longtime referee John Herd (2010) and national team volunteer Terry Lloyd (2015). Ten previous Lester B. Pearson Award winners have also been enshrined in the Canadian Lacrosse Hall of Fame.

"When I look at all the past winners and their contributions to the game, I am both honoured and humbled to be recognized, by one's peers, as being part of this prestigious group," added Harris.

Nominations for this prestigious award are brought forth each year by members of the lacrosse community. The nomination of Harris

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was submitted by Paul Magnan, current president of the Manitoba Lacrosse Association and fellow member of the CLA's board of directors.

"Joey has dedicated a good part of his life to promoting the game of lacrosse across Canada," stated Magnan, "and we at the CLA have been fortunate to have his leadership."

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