

\$1.00 Fall 2019

LacrosseTalk

The Official Publication of Canada's National Sport

BC Girls Dominate at Nationals



GOLD!

By: LacrosseTalk Staff

For the first time in youth Box Lacrosse history, all five Team BC Box Lacrosse teams competed at the same national tournament at the 2019 Box Lacrosse National Championships. The event was held August 20-24, 2019 at Coquitlam's Poirier Arena and at New Westminster's historical Queens Park Arena.

Some 130 athletes tried out for the Team BC Female Bantam and Female Midget teams – only 41 were fortunate to represent in Team BC blue.

All teams competed strongly at the 2019 Box Lacrosse Nationals this summer. All Team BC teams battled for gold and collected a total of five medals - two of which were Female golds!

Female Bantams - The Bantams returned with the same coaching staff that won the 2018 National title. Head Coach Brad Downey, added ex-WLA star, Ian Paterson, to bolster his coaching staff with Mark Forsberg and Les Schmidt returning behind the bench. Downey was determined to construct a cohesive group in order to succeed in front of their hometown fans.

"Coming together was a major focus for the coaching staff, through lots of team building activities, the girls had lots of fun and really came together to become an extremely tight group," said Head Coach Brad Downey.

An opening game 5-3 win over Alberta set the tone and confirmed a repeat title wasn't going to be easy for the BC girls. The Bantams rattled off five straight victories to start the tournament - 14-1 over Nova Scotia, a close 2-1 decision over Ontario, a bounce back 10-5 win over Alberta and an 8-0 shutout over Nova Scotia. In game six, BC dropped a hard fought 5-4 match to a talented Team Ontario. The girls regrouped and handily beat Nova Scotia 7-1 in the crossover match and punched their ticket to the gold game.

BC was more than ready for their rubber match with Team Ontario.

After two periods of scoreless lacrosse, Ontario opened the scoring at the 4:10 mark of the third period. After over 50 minutes of play, BC answered on a goal by Kaylea Paterson, to notch the score 1-1. Jordan Baxter scored just 3-minutes later, to take a 2-1 lead late in the third stanza. Baxter tallied her second in a row, to put Team BC ahead 3-1 with only 2:33 on the clock. The countdown was on. Team Ontario scored with 1:34 left on the clock, but too little too late, as BC rode out the

storm to repeat as Female Bantam Box lacrosse National Champions.

Team BC top scorers overall were Jordan Baxter (12G, 4A), Jaylyn Morris (2G, 10A), Rory Rothnie (6G, 3A), Gillian Lapierre (4G, 5A), Beth Anderson (4G, 4A) and Macie Beck-Boreson (4G, 4A). Goaltender tandem Abigail Janzen and Haydin Gibson only allowed 18 goals over 8 games. Jordan Baxter was Team BC's tournament all-star selection.

"It was a great honour and privilege to be behind the bench and win another gold medal," noted Downey. "The girl's attitude, willingness to learn, and their will to win made this experience an unforgettable one. The team worked as hard as any team I have been a part of to achieve their individual and team goals. They came together wonderfully and created some strong and lasting friendships. The girls should be extremely proud of what they overcame to become National Champs."

Female Midgets - A repeat gold medal game was the only game the Female Midgets were willing to play on the final day of Nationals. Head Coach, Matthew Black, and his staff, returned to finish some unfinished business when his Female Midgets failed to win gold in 2018 after a heartbreak 8-3 loss to Ontario last year. Coach Black, and staff, prepared the athletes well for the Nationals and was bound and determined to not falter in 2019.

The Female Midgets were well prepared with a goal of being a closer, tighter group, on and off the floor.

"Our team grew together beginning at tryouts, but really became a team at our mini-camp," noted Head Coach Matthew Black. "We prepared, practiced and ate together from Aug 12 to 15th and prepared for the Nationals."

The Female Midgets finished the round-robin with a perfect 4 win and 0 loss record for first place. Team BC outscored their opponents 35-6 in round robin play. Game scores were: 14-1 and 11-0 over Nova Scotia, and 5-3 and 5-2 over Team Ontario.

Team BC was more than obliged to host Team Ontario in the gold game. For the returners, it was their time for revenge after a tough loss one year ago.

BC opened the scoring at the 7:37 mark of the first frame on a Malaena Michielin marker to take a 1-0 lead. Teagan Ng and Taylor Zachow scored 2:27 apart to increase the score to 3-0 into the first break.

The Midgets continued their barrage with goals by Michielin and Alexa Ford to take a commanding 5-0 lead into the third period. There was no turning back as BC poured it on with three more third period goals by Sage Da Silva, Ava Regan and Jesse Kask. Eight unanswered goals and a stifling defense proved too much for Ontario, en route to one of the most lopsided gold medal games and an 8-0 shutout over Ontario.

Team BC top scorers were Alexa Ford (8G, 5A), Lauren Black (5G, 6A), Teagan Dunnett (4G, 6A), Malaena Michielin (5G, 5A) and Teagan Ng (7G, 2A). Goaltenders Ainslee Rushton and Leona Sinclair were stellar allowing only 6 goals over 5 games. Alexa Ford was Team BC's tournament all-star selection.

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



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

Photos courtesy of Vancouver Sports Pictures.

continues on page 4



**JOIN THE
WEEKEND
WARRIORS**

**2019.20 SEASON TICKET
MEMBERSHIPS**

FROM

\$135

ALL-IN



VANCOUVERWARRIORS.COM/MEMBERSHIP



British Columbia Lacrosse Association

www.bclacrosse.com

Paterson, Borg & Stroup Win BCLA Scholarships

By: LacrosseTalk Staff

The BC Lacrosse Association is proud to announce Olivia Paterson (Coquitlam), Emmery Borg (Semiahmoo), and Daniella Stroup (Port Coquitlam) as the 2019 BCLA scholarship recipients. Paterson was the Dorothy Robertson Scholarship recipient, Borg the Wayne Goss Scholarship recipient and Stroup received the Ted Fridge Scholarship.

Olivia Paterson has been a part of the Adanacs lacrosse family for the last 12 years. She has competed not only in Box Lacrosse, but has parlayed her indoor skills to the outdoor game. To up her overall level of play, Olivia has played for the Adanac Women's Field Lacrosse program, as well as, played two seasons with her Dr. Charles Best Junior Boys Field Lacrosse high school team. Her strong character and perseverance earned her a spot on the Team BC Junior Women's Field Lacrosse team this year, and after three attempts, Olivia was named to the Team BC Female Midget team that won the 2019 National Female Midget Box title.

When Paterson is not playing lacrosse, she offers her time as a referee, a coach and volunteers with the local association with development programs and tournaments. Olivia has coached both Novice and Pee Wee A girls box teams. She is a well-spoken and intellectual coach who can bring a smile to a youngster's face. Paterson is a positive role model on young athletes who will leave an everlasting impact on their lives.

Emmery Borg has played lacrosse for the Semiahmoo Lacrosse Association since starting as a youngster. She has played 10 years of Box and 4 years of Field Lacrosse. This respected referee has reffed lacrosse for 4 years and was asked to officiate at Provincials at the age of 15. 2019 was also her first year of coaching the Bantam Girl's Rock team.

This outstanding Elgin Park student-athlete is highly regarded as a compassionate and dedicated individual who is a leader amongst her peers. Academically, this honours student continually strives towards excellence in everything she does. Emmery volunteered countless hours helping her school athletic programs by reffing volleyball and organizing volleyball tournaments. She is a leader in her school and community who always looks to help others.

Daniella Stroup started playing lacrosse in the Port Coquitlam Lacrosse Association at the age of five. She has competed in both Box and Field Lacrosse for PCMLA. Stroup has competed in multiple Provincial and local tournaments and has won numerous titles for her efforts. Stroup is following in the steps of her older sisters as a long-time member of Team BC Women's Field program since 2011-12.

She has excelled at all levels of lacrosse and competed at the Female Box Nationals taking silver in 2015 and gold in 2017. Stroup has also been a part of the Team BC Women's Field Lacrosse program and competed at recruiting tournaments and



Nationals. She was also invited to the 2018-19 U19 Team Canada final 60, then final 30 camps.

Away from lacrosse, Stroup has volunteered her time with the PCMLA scorekeeping games, coaching teams, instructing camps, running school programs and refereeing. Outside of lacrosse, she has volunteered at Hawthorne Senior centre, involved in the Little Buddies program, the Best Buddies program and helped serve meals to the homeless.

At Riverside, Daniella has completed a demanding high school work load and maintained honour roll standings. Stroup is currently enrolled at Northwestern University in Evanston, Illinois.

Congratulations to all scholarship and bursary recipients and good luck in your future scholastic endeavors.

Subway® BCLA Lacrosse Zone Players Announced

By: LacrosseTalk Staff

The 2019 Subway® BC Lacrosse Zone Players of the Year were announced earlier this summer. All eight BC Lacrosse Association zones are eligible to nominate an athlete who best exemplifies what it takes to be an exemplary athlete, on and off the floor.

The following Midget aged athletes were selected as their Zone Player of the Year in 2019.

Zone 1 – Kasey Miller (Cranbrook), Zone 2 – Millan Webster (Kamloops), Zone 3 – Madison Kokoska (Mission), Zone 4 –

Lauren Black (New Westminster), Zone 5 – Marc Ripberger (Burnaby), Zone 6 – Noah Manning (Juan de Fuca) and Zone 8 – Daniel Sturgeon (Prince George).

Each 2019 Subway® BC Lacrosse Zone Players of the Year received a custom embroidered track jacket and a \$500 scholarship for being named to this prestigious award. The overall 2019 Subway® BC Lacrosse Zone Player of the Year was Zone 4 representative, Lauren Black of New Westminster. Black, in addition to the custom track jacket, received a \$1000 scholarship for the accolade.



Joshua Gabriele of the Burnaby Lakers Midget A1 team, was named the 2019 Subway® BCLA Midget Provincial Champions MVP. He played an integral part of the 2019 Midget A1 bronze medal winning team at the Midget Provincials in Langley. Joshua received a custom track jacket and a \$1000 scholarship. Congratulations to all award recipients!

Team Cowieson Wins BCLA 2019 Golf Classic



Team Cowieson wins 2019 BCLA Golf Classic with a minus 11 score.

By: LacrosseTalk Staff

On Thursday June 20, 2019 the BC Lacrosse Association hosted the 18th Annual President's Golf Classic, honouring Canadian Lacrosse Hall of Famers from BC at Golden Eagle Golf Club in Pitt Meadows, BC.

The BCLA takes great pride in bringing the lacrosse community together with players, coaches, fans and friends of lacrosse for a day of golf and a chance to reconnect. Nearly 60 sponsors,

athletes and friends of lacrosse enjoyed the action at the Texas Scramble event. The weather was perfect for golf throughout the day.

Holes were sponsored by companies of which the BC Lacrosse Association is very grateful for their support. They included; Eagle Painting & Decorating Ltd, Jones Food Store Equipment, Warrior Sports, Subway Restaurants of BC, Vancouver Warriors, IMPACT Canopies, World Indoor Lacrosse Championship 2019, Investors Group, Xtreme Threads, Mr. Mikes SteakhouseCasual, Pure Vita Labs (PVL), Delta Whistler Village Suites, Beachcomber Hot Tubs, Spagnuolo & Company Lawyers, TAVES Legacy Planning and Pacific Fasteners Ltd. Thank you for your continued support!

The cool drink cool bags that were sponsored by Silver Ridge Promotions were well received. A special thanks to partners who supported our tournament with products: Mr. Mikes SteakhouseCasual for the tasty bbq burgers, Old Dutch Foods for chips and Saginaw Bakeries for the yummy donuts.

Many thanks also go out the endless list of companies who donated prizes for the foursome gifts. Thanks to: BCLA, Delta Burnaby & Atlas Steak + Fish, BOND Printing, Burger Heaven, Charter Bus Lines, Delta Whistler Village Suites, Fresh and Reddy, Golden Eagle Golf Course, Hard Rock Casino-Vancouver, Hastings Entertainment Inc., Investors Group, Joseph Richard Group, JM Media, Mr. Mikes SteakhouseCasual, Pure

Vita Labs (PVL), Sammy J's Grill & Bar, Silver Ridge Promotions, Subway Restaurants of BC, Whistler Golf Course and WILC 2019.

The PVL Putting Contest was won by Brad Parker, winner of Warriors lacrosse tickets and a \$100 gift card at Delta Burnaby's Atlas Steak + Fish. The Hole #5 Warriors KP was won by Lucas Gatto. The Hole #13 Whistler Golf getaway package included two rounds of golf and one night stay at the Delta Whistler Village Suites went to Ken Holmes.

Jim McMahon tagged a huge drive to win the men's long drive contest, while Carolyn Bodnar had the long drive for the ladies. And last but not least, the winning foursome, scoring 11 under par, was the Cowieson foursome including Keith Cowieson, Don Hamilton, Dean Hamilton and Tim Gendreau.

Thank you to all the participants and volunteers like Corrine Perriman, the BCLA staff and the GEGC staff for making this a great event. All funds raised from the event are put back into the ongoing development of lacrosse around BC. Be sure to keep the third Thursday of June in 2020 free in your calendar for next year's event.

Vancouver Warriors Ready for 2019-20 Season



Photo: Dave Sheldon

Left to right: General Manager Dan Richardson, Keegan Bell, Head Coach Chris Gill, Assistant General Manager Ken Thomas.

By: Dave Sheldon, Vancouver Warriors

We are back in the draft business...we are out of purgatory."

It's not often that a quote leads a story, but for the Vancouver Warriors and their General Manager Dan Richardson, being at the NLL Draft for the past couple of seasons was the equivalent being invited to the prom and not being asked to dance, or being allowed to eat.

You had to sit and watch, and watch...and watch, while every other team in the NLL picked in the first and second round and stocked their teams to develop their future, and in some cases, their immediate needs.

Dan Richardson, his assistant GM Ken Thomas and Head Coach Chris Gill all knew this when they accepted their jobs, and can now look forward to the NLL Draft in 2020 when they have a first and second round draft selection...the first, first round selection that the Warriors/Stealth franchise has had since 2013.

The previous management team of this franchise before Richardson and the Warriors took over made some big trades for name players that cost their team draft picks. To that point, the Warriors inherited a situation that gave them no draft picks in the first or second rounds in 2019 and 2020.

"There is more than one way to build a team, we recognize that," comments Richardson. "But at the end of the day, every team in North American pro sports that has long term, sustainable success has done it through building their teams at the draft. We look forward to be a part of that group beginning next season."

That being said, the 2018 draft, despite the fact that Vancouver didn't have any top end picks, turned out pretty good all things considered as both Dallas Wade and Jean-Luc Chetner

became regulars on the team, while Jon Phillips was re-signed this off season and will look to challenge for a spot on the right side of the Warriors offense.

This year's draft gave the Warriors three new players, all with a chance to challenge for a job here in the Lower Mainland. Derek Lloyd is another speedster that Richardson and the Warriors brain trust have coveted as a defensive transition player, while Gord Phillips, Jon's brother, was picked up in the final round of the draft in the same mold. Fast, smart, all purpose. Which leads us to one of the surprises of the 2019 NLL Draft, Keegan Bell

Bell is a 6-5, 230-pound, big body, heavy shot forward from the Lower Mainland and was projected to be a Top 10 pick in the NLL Draft. But 10 came and went, as did the first, second, third and fourth round, which left Bell, who made the trip to Philly to make the walk up onto the draft stage, a Vancouver Warrior, at pick #67.

"There usually will be a red flag or injury of some kind that would drop a player in the draft like what happened to Keegan Bell," explains Richardson. "With Keegan, none of that occurred and for us to get a top ten rated player in the 5th round is a steal. Many of our competitors said to us post draft that it was like getting a bonus first rounder in the fifth round. It will now be up to Keegan, Derek and Gord to prove they belong in the NLL and with the Warriors."

Which leads us to training camp, which will open in Langley in late October. 38 players will take the floor for Vancouver in hopes of securing one of 21 active roster spaces or four practice roster spots. Richardson says all 38 players better be ready to compete. "We have 38 players heading to camp, including 18 new guys looking to make an impression," states Richardson. "We have lots of rookies and veterans that are looking to crack our lineup that weren't here last year. As a 5-13 team, everybody had better understand that when we get to day one of camp, that the competition for those spots begins immediately and that no one is getting a free ride. You will need to earn your spot."

The table has now been set and training camp is nearly upon us, followed by another great season of NLL action. The Vancouver Warriors will now see if their moves over the off season will put them into a position to compete for a spot in the NLL playoffs.

The NLL will be a 13 team league this season and now has been realigned to reflect new teams in Rochester and New York coming in as well as the relocated Halifax. While all teams in the East have been shuffled, with no expansion movement out west this season, the West Division of Vancouver Calgary, Saskatchewan, Colorado and San Diego will certainly be the toughest of the three divisions to compete in.

The playoff format has been juggled as well. The three division champions will be seeded 1-3 in order of finish, with the second-place teams in division will be ranked 4-6. The final two seeds, 7 and 8, will be comprised of the best two records of the remaining seven teams. Which means that there could be up

Continued from cover article: Team BC Girls teams Dominate at Nationals – Solid Gold

By: LacrosseTalk Staff

"Our players learned the value of teamwork over individual acts – we preached, 'we are all going to wear the same colour medal at the end, and that is more important than any individual act,'" said Black. The players bought into the game plan with diverse goal scoring, outstanding team defense, to the solid play by the goalies -- a total team victory!"

"Winning gold in our final year for the senior girls was amazing, especially in front of the home crowd cheering us on. The friendship, excitement and thrill that we all experienced is something the athletes will remember for the rest of their lives."

"What an exceptional year for our female teams and their high achievements, especially on home turf," noted Team BC Director, Jeff Gombar. "It was great to see Coach Black get another kick at the can and win gold after a tough 2018 title loss, while Coach Downey repeated as National champs – which may be a Team BC box first!"

"I can't tell you how proud I am of our coaches, athletes, managers and parents for making this summer an incredible experience for our athletes."

In Memoriam

Douglas, Keanu passed away Aug 23, 2019.

Fyfe, Jack. Played for the New West Senior team in 1956 and 1958 and for Surrey in 1969. In 21 games, he scored 8 goals and 11 assists. He passed away May 8, 2019.

Lee, Norm, December 21, 1934 - August 1, 2019. Son of Hall of Fame goaltender, Walt Lee, Norm followed his father as a goalie and was instrumental in leading the PNE Indians team to a Minto Cup victory in 1954. He later played 10 senior games with the Vancouver Burrards.

Mang, Riley, March 18, 1994 - May 1, 2019.

Marsh, Jack. Born February 24, 1935 - August 29, 2019. Marsh grew up in East Vancouver, excelling in lacrosse and soccer and later saw action in 32 senior games in 1954 and 1955 with the Burrards.

Stroup, Madeline. December 23, 1995 - August 2, 2019.

to four teams from any one division making the post season, or also as few as two.

Regardless of how the playoffs shake out, the first thing that the Warriors must do will be to qualify for the post season. That begins against the defending champions, the Calgary Roughnecks, on November 29th at Rogers Arena.

Let the games begin!

New Season at Simon Fraser

By: Clayton Fenney

With school re-opening for the 2019 Fall semester, so opens the start of the Simon Fraser University Men's Lacrosse pre-season action. The Clan were back on the field over the past two weeks dialing into what should be a good year, building off last season's positives.

SFU have a large roster for the upcoming season, with over 30 players set to take the field come the Spring, three of which are seniors - Mason Hicks (LSM,) Lucas Greene (midfielder), and Tej Grewal (goaltender). With a large sophomore class, who saw plenty of playing time last year as freshmen, the Clan will look to use their veteran leadership and experience to attempt to hold the PNCLL Conference Championship trophy for their 10th time - the last coming in 2014. The team have a great incoming class as they welcome 14 new faces, 11 incoming freshmen, and 3 transfers from other schools, and will look to find the balance that was obtained last year with the younger team being made up of underclassmen largely.

The biggest news coming out of SFU is the changeover to a new coaching staff, as Matt Sobey will be taking the reins



for his first season as head coach. Sobey, the former 1st Team PNCLL Faceoff Specialist for the Clan, takes over for Brent Hoskins after spending last year as an Assistant Coach for the Hoskins run bench. Joining Sobey, will be a group of former Clansmen players in Mackenzie Terrio, Kaelan Naylor, Tyler Kirkby, and Michael Vandenbossche as assistant coaches. The new staff is eager to get the season work underway, and hope to carry the tradition of development and winning into their first year

together.

Simon Fraser opens their playing schedule at the end of September with an exhibition game against the UBC Thunderbirds at SFU's Terry Fox Field. The Fall Ball calendar continues on in mid-October when they travel to Northern California where they take on Diablo Valley College (Oct.11), and California-Berkeley (Oct. 12). The pre-season games wrap up with another game at UBC in November.

The annual Red/White Intra-squad Game, as well as, the 2019 SFU Alumni Game are to be held on October 20th at 11am and 1pm respectively at Terry Fox Field, those interested in watching are encouraged to come out and cheer on the teams. Any



Photo: Paul Evans

Matt Sobey takes over as SFU Head Coach.

SFU alumni looking to play or take part in the Alumni Game are asked to get in contact with the team at lacrosse@sfu.ca - there will be a social afterwards on campus for all to enjoy.

BC Well Represents at WILC 2019

By: Gary Ahuja

What would happen if Team Australia faced off against Team Canada?

That was the question posed to Adam Smith about which country his two young sons would cheer for should Australia and Canada find themselves lined up across from one another at some point during this 2019 World Lacrosse Men's Indoor World Championship during the 10-day competition at Langley Events Centre.

Smith is serving as the co-head coach of Team Australia ahead of the 20-team Championship at Langley Events Centre which was held September 19 to 28.

"That's a tough one, I don't know who they will cheer for," Smith admitted about the hypothetical question of the two teams possibly facing one another. "(But) I have a feeling they will probably cheer for Canada."

The hypothetical question came up because of Smith's dual allegiances to both countries.

The dilemma stems from the fact the boys – Harrison, who turns five in November and Ryker, who turned two in March – were born in Canada and are too young to fully comprehend the family's Australian heritage.

Smith is equally proud of both his Canadian and his Australian heritage.

The now 39-year-old was born in Australia and remained until he was eight years old when the family of four (he has a younger sister) emigrated to Canada, settling first in North Delta before living in both Coquitlam, Surrey, Langley, and now Aldergrove.

It was in North Delta that Smith first picked up a lacrosse stick, joining in the game his cousins all played, and the sport stuck.

Long retired from playing the sport competitively at the Senior A level (he played five seasons in the Western Lacrosse Association from 2001 to 2005 with Burnaby and Langley) the 39-year-old Smith remains involved in the game

at the coaching level as an assistant coach with the Langley Junior A Thunder and the video coach for the Senior A Thunder of the WLA.

When Langley Events Centre – a venue Smith is quite familiar with from his playing and coaching days – was announced as the host venue, he was more than happy to offer up his services to help in any way he could to his birth country. And Australia took him up on the offer, naming him co-head coach to work alongside Australian-based Bob Carter.

This will be Smith's second time representing his birth country, also playing for Australia at the 2007 World Lacrosse Men's Indoor World Championship in Halifax.

"Growing up in Canada, whenever something came up about Australia, I would get a sense of pride, 'that is where I am from, that's my county,'" he said. "As much as I am Canadian, I also feel proud of my Australian roots."

Playing at the event was an unforgettable experience but coaching for his country is equally as amazing. This coaching gig also allowed Smith to return to Australia for the first time since his family left when he went back in 2018 for one of the team's training camps. It came one week to the day of his family's move 30 years earlier.

"To fly around and see the different parts of the country and be introduced as a coach with the national team is pretty special," he said.

But Smith was not with the team just out of allegiance, he was there with a focus on helping Australia improve on their No. 8 world ranking.

The Aussies are more accustomed to the field lacrosse game and Smith's history in the box version will be beneficial as he helps teach the players some of the nuances of the indoor game.

"It is stuff they don't get to see every day and coming from Canada and playing all my life, it is second nature to me. That is the benefit that I am bringing," he explained.

The goal is to marry the team's current strength with what Smith can offer up from his own lacrosse background.

"We want to see them play the fast-paced, hard-working, skillful game that they already do, and pair that up with the parts that I bring: some good foundations systems which let us control our defensive end on the inside and control our offensive end by moving the ball quickly and getting opportunities," he said.

"If we do that, whether we win or not, it is going to be a big step forward for the country in terms of the indoor game, and that is really what my goal with coaching always is: if you

can do better than you were, then eventually you are going to be the best."

Smith is one of five B.C. connections on Team Australia with Tyson Black (Victoria) and Colin Jeffrey (Nanaimo) on the roster as players and Matt Leveque (Surrey) and Ryan Williams (Coquitlam) serving as scouts.

Altogether, there are 45 B.C. players competing at the Championship for various teams with another 27 serving as either coaches, trainers, managers or scouts. Additionally, four others – Cam Anderson (Victoria), Brian Lee (Burnaby), Nick Thomas (Port Moody) and Andy Watson (Victoria) – serving as World Lacrosse officials.

Full list of BC athletes participating at 2019 World Lacrosse Men's Indoor World Championship

Name	Hometown	Team	Role
Alex Gajic	Burnaby	Serbia	Athlete
Ilija Gajic	Burnaby	Serbia	Athlete
Marko Konjevic	Burnaby	Serbia	Athlete
Nik Bilic	Burnaby	Serbia	Athlete
Tyler Crompton	Chilliwack	Finland	Athlete
Matt Beers	Coquitlam	Canada	Athlete
Christian Del Bianco	Coquitlam	Canada	Athlete
Ben McIntosh	Coquitlam	Canada	Athlete
Frank Scigliano	Coquitlam	England	Athlete
Rhys Parsons	Coquitlam	Netherlands	Athlete
Andrew Gallant	Coquitlam	Netherlands	Athlete
Ross Parsons	Coquitlam	Netherlands	Athlete
Craig McFeeters	Coquitlam	Scotland	Athlete
Sam Clare	Delta	England	Athlete
Tyson Roe	Duncan	England	Athlete
Mason Suppanz	Kamloops	Austria	Athlete
Patrick Szabo	Ladner	Ireland	Athlete
Brendan Szabo	Ladner	Ireland	Athlete
Vincent Johansson	Ladner	Sweden	Athlete
Jordan West-Pratt	Mission	Hong Kong	Athlete
Colin Jeffrey	Nanaimo	Australia	Athlete
Aaron Vanderhorst	Nanaimo	Netherlands	Athlete
Iain Murray	New Westminster	Scotland	Athlete
Thomas Johnson	North Delta	Sweden	Athlete
Nick Kapusty	Penticton	Slovakia	Athlete
Curtis Dickson	Port Coquitlam	Canada	Athlete
Luke Lehtimaki	Port Coquitlam	Finland	Athlete
Dane Dobbie	Port Moody	Canada	Athlete
DJ Saari	Powell River	Finland	Athlete
Cole Paciejewski	Prince George	Scotland	Athlete
Leif Paulson	Prince George	Sweden	Athlete
Noah Hoselton	Richmond	Slovakia	Athlete
Eli McLaughlin	Surrey	Canada	Athlete
Ivan Alejandro Rojas	Surrey	Costa Rica	Athlete
Brent Kujala	Vancouver	Finland	Athlete
Brendan Farrell	Vancouver	Ireland	Athlete
Arthur Cullinan	Vancouver	Ireland	Athlete
Thomas Moffatt	Vancouver	Scotland	Athlete
Iain Vickers	Vancouver	Scotland	Athlete
Sam Vickers	Vancouver	Scotland	Athlete
Tyson Black	Victoria	Australia	Athlete
Peter Dubenski	Victoria	Czech Republic	Athlete
Brandan Smith	Victoria	England	Athlete
Caleb Kueber	Victoria	England	Athlete
Jordan Shayne Wong	Victoria	Hong Kong	Athlete
Patrick Differ	Abbotsford	Costa Rica	Coach
Kyle Sorensen	Burnaby	Austria	Coach
Julian Kolb	Burnaby	Austria	Coach
Rusty Willis	Burnaby	Netherlands	Trainer
Naomi Gilligan	Burnaby	Sweden	Trainer
Dave Evans	Burnaby	Costa Rica	Coach
Brian Lee	Burnaby	World Lacrosse	Official
Ryan Williams	Coquitlam	Australia	Scout
Dan Perreault	Coquitlam	England	Coach
Adam Smith	Langley	Australia	Coach
Garrett Billings	Langley	Ireland	Coach
Curt Malawsky	Maple Ridge	Canada	Coach
Travis Gillespie	Maple Ridge	Hong Kong	Coach
Ricky Willis	New Westminster	Netherlands	Trainer
Brian Tyacke	New Westminster	Switzerland	Coach
Neil Tyacke	New Westminster	Switzerland	Coach
Tewanee Joseph	North Vancouver	Serbia	Coach
Pat Coyle	Pitt Meadows	Canada	Coach
Nick Thomas	Port Moody	World Lacrosse	Official
Matt Leveque	Surrey	Australia	Scout
Neil Doddridge	Vancouver	Finland	Coach
Rod Banister	Vancouver	Hong Kong	Coach
Jacob Safarik	Vancouver	Austria	Coach
Scott Browning	Victoria	Hong Kong	Coach
Walt Christianson	Victoria	England	Coach
Jordan Sundher	Victoria	England	Coach
Jamie Tasko	Victoria	England	Assistant team manager
Grant Hamilton	Victoria	Hong Kong	Coach
Martin O'Neill	Victoria	Czech Republic	Coach
Cam Anderson	Victoria	World Lacrosse	Official
Andy Watson	Victoria	World Lacrosse	Official

BCJALL Year in Review

By: Owen Munro

Nothing is ever set in stone in the BCJALL and 2019 proved no different. There were some considerable changes in the standings from 2018 to 2019, with the top five teams all vying for play-off positions. 2019 resulted in the most parity in recent memory.

Despite the Coquitlam Adanacs sweeping the Victoria Shamrocks in the best-of-three BCJALL finals, it would be Victoria who had the last laugh, knocking out the Adanacs in a de facto elimination game on the final night of Minto Cup round robin play. That spurred the team past the Okotoks Raiders and into the finals against the Orangeville Northmen.

The Northmen proved to be too tough to overcome and won their seventh Minto Cup in club history. Victoria was able to prove they can play with the 'big boys' and staked their claim as one of the teams on the rise.

The Nanaimo Timbermen were the best story of the year. With a deep roster and strong goaltending, the club improved their win total from 3 to 14, their goals for from 163 to 226 and their goals against from 263 to 202.

Which team can replicate that similar story in 2020? It depends on who you ask, but two contenders may be the Burnaby Lakers and Port Coquitlam Saints. Both have cores packed with emerging stars and are ripe with coaching experience. You can never count out the traditional powerhouses like New Westminster and Coquitlam, who always make the necessary moves to position themselves at the top of the standings.

As we turn the page on another chapter of the BCJALL, we take a look back at all eight team's biggest accomplishments, and what they need to do to be successful.

Burnaby Lakers (Last Season: 6-15 - 6th)

There was a lot to like about the Burnaby Lakers season. While it may not appear like it was an overly successful season in wins and losses, but they doubled their win total over the previous season, and did it while shipping off some of its top-tier talent before the trade deadline.

Head Coach, Russ Heard, did a commendable job with what he had down the stretch and his team was a tough out every night. You can see the boys starting to form some chemistry and that will only help going forward. They're building a young, dependable core in Burnaby.

Guys like Marcus Klarich (27G, 27A) and Sam La Roue (No. 1 overall pick) are strong players to build around. Matteo Tack (goal) was another who left the Lakers in the hunt for a Minto Cup ring. He was outstanding in the Lakers crease, finishing off the season with a .777 SV% and 11 goals allowed per game. He'll return a more confident and battle-tested goaltender.

The Lakers are poised for improvement in the years to come and will continue to add to a deep prospect pool in the January Midget Draft.

Coquitlam Adanacs (Last Season: 17-4 - 1st)

What started as a promising run to a Minto Cup repeat, quickly petered out for the Coquitlam Adanacs. The A's held off Alberta champion, Okotoks Raiders, in a closely-fought battle, but lost a tough one to the eventual champions in Orangeville, setting up for a rematch of the BC final with the Victoria Shamrocks.

Despite sweeping the Shamrocks to win the Provincial banner, it was all Shamrocks in the game that mattered most. Victoria jumped out to a 6-0 lead after 20 minutes and built upon it with four more in the middle frame, eventually clinching their spot in the Minto final with a 15-7 win. It was a bitter way for Coquitlam to go out, but making it that far can't be considered a failure; it's incredibly tough to be as



successful Coquitlam has been year over year.

Some may have concerns about the Adanacs going forward, but there shouldn't be any concerns that the lustre is wearing off. The club continues to successfully identify import talent, develops their own home-grown players and puts it all together in a manner that makes all their teams competitive.

It's a blueprint that teams are envious of, but one that has taken several years to get right.

It doesn't take long to see why Coquitlam is consistently favoured to be amongst the top in the league. They will still return Goaltender of the Year, Nate Faccin, Thomas Semple (27G, 30A), as well as, a number of solid role players, including Luca Antongiovanni. If I had to bet on something with Coquitlam, it will be that they will be just fine.

Delta Islanders (Last Season: 3-18 - 8th)

There's a lot to like about the way the Delta Islanders are trending. Despite a season with only three wins, the Islanders played a lot of teams tough and solidified the No. 1 overall pick in the 2020 BCJALL Midget Draft.

The Islanders are still rebuilding from their 2016 Minto run, but the hope is that 2020 will be the year they can start their ascent back up the BCJALL standings. Delta has the infrastructure in place off the floor and are in good hands with Matt Disher (GM) and coaches Kyle Goundrey and Andy Ogilvie.

The next step will be to take that youth and inexperience and start translating it into wins. One way speed up the process may be to turn to its Junior B1 ranks. That team defeated the Coquitlam Adanacs in a best-of-three series, to win the B1 league banner and were arguably the deepest club in that league. Ben McDonald and Rhys Porteous finished first and third in league scoring with a combined 156 regular season points. Goaltender Ashton Leclair finished the playoffs with a 7-3 record and .800 SV %.

One area Delta will need to improve upon is defense as the team allowed a league leading with 253 goals against, and were second-to-last in goal differential at -90.

Langley Thunder (Last Season: 12-9 - 5th)

The Langley Thunder will likely find themselves between a rock and a hard place this off-season after investing heavily towards a Minto Cup run. They still have some excellent talent on the team with promising up-and-coming players, but many will have felt the Thunder missed the boat on making it to the big dance. Langley couldn't seem to get over the hump of inconsistencies to string together wins against other quality opponents.

The Thunder will lose the likes of Ryan Martel (BCJALL Graduating Player) and team captain, Anthony Kalinich. Those are massive losses for any team, especially as they try to break in new players. On the other hand, with the amount of draft picks Langley has accrued, they clearly have planned for a lot of different scenarios.

Like the Islanders, Langley didn't have many problems scoring, but they did have trouble keeping the ball out of their own cage. Braeden Washington, the club's former No. 2 overall pick out of Maple Ridge, may be relied upon sooner as a bona fide starter.

Nanaimo Timbermen (Last Season: 14-7 - 4th)

Easily the biggest story of the BCJALL this summer, the Nanaimo Timbermen will now have to live up to skyrocketing expectations. The T-Men seemed to take everyone by surprise, except for themselves. Head Coach Dave Bremner has done an incredible job to stockpile



Victoria Shamrocks made the Minto finals but lost 3-0 to Orangeville Northmen.

talent and assets in recent years -- this is the season it finally all came together. He has built the club back up and he was rewarded, not just on the floor, but by being named the BCJALL Coach of the Year.

It started off with back-to-back defeats of the Coquitlam Adanacs and built on from there. Nanaimo drew the eventual Provincial champions in the playoffs, but managed to take the first game off them in that series, all while building huge fanfare and interest in the team.

Now, with the Victoria Shamrocks showing well on the Minto stage, it will be Nanaimo who looks to make a breakthrough. They don't lose a ton of offensive players, but return the likes of Rookie of the Year goaltender, Justin Geddie, Thomas Vaesen and Ryan Sheridan, both back fresh off of All-Star selections.

While those increased expectations means Nanaimo will have to be even deeper and more talented than they were this season, it's safe to assume that a new era has been ushered in in the Harbour City.

New Westminster Salmonbellies (Last Season: 14-7 - 3rd)

When the dust settled, it wasn't the New Westminster that were battling it out for BCJALL supremacy, and that undoubtedly stung the 'Bellies. At the same time, it will give them time to pause and think about how they can re-enter the conversation as true Minto Cup contenders.

The 'Bellies will lose some experience off the roster, but one would argue improvements will be most needed in the crease. The club brought in two Ontario imports that never seemed to work out quite like management expected. It wasn't long before they figured out Brayden Bell wasn't the solution, and while Kyle Hebert was solid, he was unspectacular. And when you want to contend for a National Championship, there needs to be top-shelf talent across the board.

With Tre Leclair moving on, it will be Will Malcom's team going forward. He defied expectations in his second season as a 'Bellie, and lead the league with 106 points (41G, 65A). He also came up big in the clutch, posting four game-winning goals in the regular season.

Much like Langley, time will tell what kind of club New Westminster will have heading into next season, but with parity dominating much of 2019, moves will need to be made to put this club back over the top.

Port Coquitlam Saints (Last Season: 4-17 - 7th)

A year removed from making a Minto Cup run, 2019 wasn't as kind to the Port Coquitlam Saints. Despite being competitive in a number

of games, the Saints were all too often on the losing end, putting up just four wins in what can be considered a rebuilding year.

Poco is another team that has a plan in place. They've accrued a number of high-end draft picks and have done a good job building assets that can pay off in the near future. A number of them already have like Jacob Dunbar (59 points in 18 games) and Garrett Winter (30 points in 11 games).

The Saints are seeing successful player development in Junior B1 where they cracked the playoffs. The Saints had a lot of movement between the two teams. Jr. B players played 55 games for the big club in 2019, and there's no reason it can't keep trending upward. It shows the potential of what the Saints can become, especially with an experienced coaching staff with Hall of Famer, Dan Stroup, at the helm.

If Poco can add more goal scorers to its ranks, 2019 may prove to just be a blip on the radar for the Saints' resurgence.

Victoria Shamrocks (Last Season: 14-7 - 2nd)

It was simply a Cinderella run for the Victoria Shamrocks, who caught fire at the right time leading into the Minto Cup and reaching the finals. It's a sign of good things to come, even though the 'Rocks dropped a tough three-game series Orangeville. The cupboard is stocked with talent across the board, the coaching staff is amongst the top in the league, and the systems are in place for an extended run of dominance in the BCJALL.

Victoria was one of the most well-rounded teams last season, but it was the offence that set the pace in most games. Victoria scored the most goals in the league and featured the second-leading scorer in Zach Manns, who has since declared for the NLL Draft. The addition of Teioshantathe McComber, an import from Six Nations, added an even greater dynamic to an already rock-solid core. The move proved to be a good one as McComber led all scorers in the playoffs with 31 points.

League MVP goaltender, Cameron Dunkerley, was a stud in net for the Shamrocks with strong and consistent Minto performances. His numbers all rose from the regular season to the playoffs, with an increased save percentage from .813 to .831.

And while Victoria has a lot of quality players to replace, their pipeline from minor lacrosse mirrors Coquitlam, as one of the strongest in the province. Juan de Fuca consistently wins at the A1 level and the Shamrocks Jr. B1 club have both been strong in the league's opening two seasons.

Advertise with us!



Tournaments* Retailers * FundRaisers* Camps

For details contact Jeff at:

jeff@bclacrosse.com or 604-421-9755

BC Junior B Recap

By: Owen Munro

The second season under BC's new Junior lacrosse tiering structure saw some extremely competitive lacrosse as organizations became more familiar with leagues operations. Because of that, the Junior B league grew leaps and bounds at both Tier 1 and Tier 2, with a number of teams in each division being truly competitive in search for a Provincial banner.

The leagues are beginning to see the growth mostly because of improving players and the competitive environment that challenges both players and coaches to get better. For example, the Delta Islanders B1 club struggled a bit at the beginning of the season, but by the end, they were Provincial champions.

That increase in skill wasn't just felt in the Lower Mainland, but on Vancouver Island and the Interior as well. This year's Thompson-Okanagan

Junior Lacrosse League saw the upstart South Okanagan Flames end a long reign at the top enjoyed by both the Kamloops Venom and Vernon Tigers. The Flames even proved they could play in a two-game total goal series loss to the Victoria Shamrocks in a de facto provincial final.

Alex Nimmo has spent some time down in the Mainland, but it was with the Flames where he made his mark. He scorched opponents to the tune of 43 playoff points (19G). With the likes of Cairo Rogers, Zander Torres and Liam McLaren, it was no surprise the Flames took home the title in the three-team league. Their final series with the Kamloops Venom got closer and more defensive as the series went on. 31 goals were scored in the first game, but Game 5 only produced nine. It's a good example that while offence may be the most talked about part of the game, defence and goaltending are just as critical.

Vancouver Island's B2 circuit, the Pacific Northwest Junior Lacrosse League, was also well represented at Provincials. The PNWJLL champion Westshore Bears and runner-up Saanich Express took on the Coquitlam Adanacs and Port Moody Thunder. In a four-team tournament. In the end, it was the Express and Adanacs in the finals, with the Adanacs defeating Saanich and Port Moody upending Westshore in the Bronze Medal Game.

There is a lot of individual talent on the Island that could take the next step in 2020. Nanaimo's Gord Walls-Good finished with a league leading 45 goals and 87 points. Saanich's Nolan Morrison could be another to watch -- he had 55 points and was a threat every time he stepped on to the floor to kill a penalties. Darian Claxton could be another that becomes a star. Saanich's star tender had some outstanding stats, including a .888 SV% and only four goals allowed per game.

The B1 league saw some extremely competitive regular season and playoffs games. Only five wins separated first from fifth, and a lot of

contests were decided by a goal or two. Between Coquitlam, Victoria, Delta and Poco, there were four realistic league winners, and the Richmond Roadrunners also had their days when they looked unstoppable.

The league structure was a bit different. While the Islanders were crowned league champions, it was the Coquitlam Adanacs who represented the BCLA in the Founders' Cup in Winnipeg, MB as they finished the season in first-place. The second-place Victoria Shamrocks took on South Okanagan for the provincial banner.

Delta were largely led by the high-scoring duo of Ben McDonald and Rhys Porteous, who had 84 and 72 regular season points, respectively. It was a great example of all facets of a team coming together at the right time, culminating in an upset of the Adanacs.

Coquitlam didn't have much time to mourn the loss, as it was off to the Founders, where there was some stiff competition. The Six Nations Rebels were considered the favourite by almost everyone, but Coquitlam acquitted themselves well in the round robin game against the Ontario champions. Another upstart team were the Calgary Shamrocks, who also proved to be an excellent team that had a ton of quality depth. The A's finished with a 4-2 record, which was good to get them into the bronze medal game.

It was the same game and opponent as 2018, this time with the Manitoba Blizzard getting a chance to exact revenge on home soil. The game was a close one, until the third period, when the A's scored seven of the final eight goals to win back-to-back bronzes -- no easy feat at a National tournament like the Founders' Cup.

Now that everyone has another season of Box Lacrosse under their belts, it will be interesting to see who emerges as contenders next season. One thing we can be sure of, we'll see some excellent lacrosse no matter what part of BC you're catching a game in.

Record Number of Applications Received and Grants Awarded

By: Jane Boutillier

The U19 World Lacrosse Foundation was delighted to receive a record fifty-two grant requests in 2019. The Foundation was further pleased to be able to support twelve youth players in their individual field lacrosse ambitions and two associations in their program development plans.

The 2019 Grant Recipients are:

- Jordan Blackmore
- Cassie Chan
- Ava Driedger
- Callie Foreman

- Amber Grais
- Johnathan Grywacheski
- Kaia Hirvonen
- Diego Hopkins
- Nathan Leroux
- Jacob Obee
- Joshua Verhagen
- Hudson Zazelenchuk
- Chilliwack Youth Field Lacrosse
- Victoria Youth Field Lacrosse – Male
- Victoria Youth Field Lacrosse – Female

As in years past, the Board of Directors faced very challenging selection decisions. The committee was impressed by the calibre of the



applications and the determination and commitment of all applicants in pursuit of their goals.

The board would like to congratulate the grant recipients and extend a thank you to all applicants.

The application deadline for next year's awards is May 31, 2020.

Potential candidates for the award can find detailed information on the application process on the U19 World Lacrosse Foundation's website www.u19worldlaxfoundation.com.

2019 Subway® BCLA Box Lacrosse Provincial All-Star Teams



Female Junior All-Stars

- Courtney Hanson (Coquitlam)
- Chloe Michalski (Juan de Fuca)
- Lydia Zart (Nanaimo)
- Paige Bell (Ridge Meadows)

Female Midget All-Stars

- Katrina Robinson (Coquitlam 1)
- Keira Martin (Nanaimo)
- Teagan Ng (New West)
- Alexa Ford (Ridge Meadows 1)
- Hannah Gjaltema (Ridge Meadows 2)
- Devon Hall (Saanich)

Female Bantam A All-Stars

- Katherine Khaodhiar (Burnaby)
- Kiera Scott (Coquitlam)
- Kate Bordian (New West)
- Jaylyn Morris (Ridge Meadows)

Female Bantam B All-Stars

- Chiara Schenato (Coquitlam)
- Sebryn Wear (Nanaimo)
- Aimee Lever (New West)
- Hannah Bigioli (Ridge Meadows)
- Grace Tidman (Vic-Esquimalt)

Female Pee Wee A All-Stars

- Kadence Richardson (Coquitlam)
- Kaylee Schumacher (New West)
- Mya Jakovljevic (Ridge Meadows)
- Anna McKee (Surrey)

Female Pee Wee B All-Stars

- Hayden Kok (Burnaby)
- Cayden Hicks (Coquitlam)
- Savannah Lantos (Langley)
- Irelyn Wear (Nanaimo)
- MacKenzie Rant (Peninsula)

Midget A1 All-Stars

- Joshua Gabriele (Burnaby)
- David Charney (Coquitlam)
- Daniel Ramage (Juan de Fuca)
- Brendan Hunchak (Kamloops)
- Keegan Okino (Richmond)
- Jack Kask (Ridge Meadows)

Midget A2 All-Stars

- Zach Wawryk (Coquitlam)
- Ty Reeve (Juan de Fuca)
- Ben Ratcher (Langley)
- Leary Owen (Mission)
- Andrew Howells (Penticton)
- Sam Paterson (Ridge Meadows)
- Ty Pilkington (Saanich)
- Cameron Balewicz (Vancouver)

Midget B All-Stars

- Romaro Williamsen (Alberni Valley)
- Trevisan Carter (Burnaby)
- Noah Pektor (Langley)
- Brenden Jamieson (Oceanside)
- Jordon Rekunyk (Port Coquitlam)
- Ryan Hamed (Port Moody)
- Spencer Rogers (Prince George)
- Jacob Williams (Saanich)
- Jaedon Mooney (Shuswap)
- Reece Whitehead (West Kootenay)



Bantam A1 All-Stars

- Ryden Evers (Burnaby)
- Alex Tan (Coquitlam)
- Jared Maznik (Delta)
- Benjamin Pawluk (Juan de Fuca)
- Reid Hinds-McDonald (New West)
- Aiden McDonald (Ridge Meadows)

Bantam A2 All-Stars

- Sam Charboneau (Coquitlam)
- Ethan Irvine (Kelowna)
- Owen Burrows (Nanaimo)
- Quinn Benwell (Peninsula)
- Ashton Brown (Port Coquitlam)
- Dylan Ilett (Prince George)
- Nathan Johnson (Ridge Meadows 1)
- Luke Neary (Saanich)

Bantam B All-Stars

- Adam Bailey (Comox Valley)
- Adam Klassen (Cowichan Valley)
- Todd Hensrud (Langley)
- Cohen Cadieux (Nanaimo)
- Connor Danby (Penticton)
- Liam Thompson (Port Moody)
- Parker Sorenson (Ridge Meadows 2)
- Cameron Ross (Sunshine Coast)

Bantam C All-Stars

- James Araki (Campbell River)
- James Corbet (Delta)
- Jozn Wickert (Kelowna)
- Aiden Oliver (Mission)
- Tray Huysman (Peninsula)

Pee Wee A1 All-Stars

- Keelan Magcalas (Delta)
- Matthew Denis (Juan de Fuca)
- Austin Vanichuk (Langley)
- Wayde Jamieson (New West)
- Lincoln Wall (Port Coquitlam)
- Jett Burns (Ridge Meadows)

Pee Wee A2 All-Stars

- Tyson Von Hollen (Kamloops)
- Dallas Kilpatrick (Langley)
- Jackson Moleski (Prince George)
- Kaden Ng (Richmond)
- Quinn Cramb (Saanich)
- Benicio Hageleit (Vancouver)

Pee Wee B All-Stars

- Lachlan Elliott (Comox Valley)
- Morgan Granville (Coquitlam 1)
- Peyton Dorman (Coquitlam 2)
- Nate Akhurst (Cowichan Valley)
- Connor Loughheed (Delta)
- Kalum Eastman (Juan de Fuca 1)
- Eugene Swan (Peninsula)
- Andy Oh (Port Moody)
- Ramiro Stewart-Parsons (R. Mdws1)
- Lyndon Leipert (Ridge Meadows 2)

Pee Wee C All-Stars

- Milan Paulic (Burnaby)
- Luca Vanzo (Campbell River)
- Adam Lenarduzzi (Delta)
- Phoenix Pryce (Mission)
- Xvnis Nicholson-Humchitt (Rmnd)
- Taylor Coard (Ridge Meadows)
- Connor Priebe (Shuswap)
- Noah Thirsk (West Kootenay)



2019 Canadian Lacrosse Hall of Fame Inductees

By: Canadian Lacrosse Hall of Fame

New Westminster, BC – The Canadian Lacrosse Hall of Fame is proud to announce its 2019 class of inductees, which includes players Duane “Dewey” Jacobs, Dan “Teeter” Teat, Kevin Brunsch and John Wilson, veteran Dave Wilfong, builders Chuck Miller, George “Potsy” Burrows and Paul Dal Monte, along with the 1984-85 Whitby Warriors Junior A Lacrosse Club.

These new inductees bring the total number honoured in lacrosse’s national shrine to 536 - 158 Builders, 324 Players and 54 Veterans (those who played in 1980 or before). There are also 22 teams inducted under the Team category.

The formal induction banquet and ceremonies will be held Saturday, November 9, 2019 at the Canadian Lacrosse Hall of Fame in the ANVIL Centre in New Westminster, British Columbia.

The Canadian Lacrosse Hall of Fame’s class of 2019 includes the following Players, Veteran, Builders and Team:

Honoured in the player category:

Duane “Dewey” Jacobs. Duane Jacobs was the assistant captain of the Ontario Lacrosse Association Major Series Six Nations Chiefs when the team won 3 Mann Cup championships in a row in 1994, 1995 and 1996. As a member of the National Lacrosse League’s Rochester Nighthawks he won the Champions Cup in 1997. The 6’1” 205-lb. left handed shooter tallied 591 total points in 194 regular season Senior A, Major and professional games, and 185 points in 78 playoff games.

Dan “Teeter” Teat. Dan Teat was a formidable Minor, Junior and Senior lacrosse player in the Brampton, Ontario system. A great playmaker and perennial top-ten scorer, Teat was a member of the Mann Cup winning Brampton Excelsiors in 1993, 1998, 2002, 2008 and 2009. In 2011 he added a sixth Mann Cup as an assistant coach. In the winter Teat played 14 seasons in the National Lacrosse League and won the Champions Cup with the Rochester Nighthawks in 1997. In 297 Major Series league and playoff games from 1993 to 2009 he tallied 1,241 total points. He scored 52 total points in 35 Mann Cup games and in 211 NLL games he counted 670 total points.

Kevin Brunsch. Kevin Brunsch was an outstanding two-way player with the Coquitlam Adanacs from 1993 to 2003. A two-time Western Lacrosse Association 1st team all-star, Brunsch led the Adanacs to three Mann Cup finals, ultimately winning the championship in 2001. In 207 regular season Senior A games he scored 658 total points, and in 97 playoff games he tallied 160 points.

John Wilson. In 15 seasons in the Western Lacrosse Association with the Burnaby Lakers and Coquitlam Adanacs, John Wilson tallied 992 points in 394 games. A perennial top-ten scorer, Wilson played on his first Mann Cup winning team as a New Westminster Salmonbellies call up in 1989. He won another Mann Cup in 2001 with the Coquitlam Adanacs. In 1994 Wilson played for Team Canada at the World Cup in London, England and at the Commonwealth Games in Victoria, BC.

Honoured in the Veteran category:

Dave Wilfong. Dave Wilfong experienced his first pro championship as a Jr. A pick up with the 1969 Peterborough Lakers. He won a President’s Cup with the Brampton Excelsiors in 1972, a Nations Cup with the Rochester Griffins in 1974, and a Mann Cup with New Westminster in 1976. Wilfong also played field with the Canadian national team at the World Championships in Australia in 1974. In his best season he scored 93 goals and had 62 assists with the pro Long Island team in 1975. In 228 Major, Senior and professional games he tallied 653 points.

Honoured in the builder category:

Chuck Miller. Chuck Miller was active in Guelph Minor Lacrosse as a coach, referee, tournament convener and fundraiser from 1972 to 2000. In addition, in the 1980s through 2001, he founded the Royal City Regals Lacrosse Association, a Guelph Junior team, and operated a women’s under 20 lacrosse program. Simultaneously, Miller was, first, the OLA’s Vice-President of coaching and then VP of officiating. From 1994 to 2003 he served as both a Director of the Canadian Lacrosse Association and President of the Ontario Lacrosse Association. In 2003 he chaired the Minto Cup and in 2005 Miller was awarded the Lester B. Pearson Award for his contribution to lacrosse and the development of young Canadians.

George “Potsy” Burrows. George Burrows’s lacrosse playing days spanned the field and box eras. Born in 1918, Burrows, a goaltender, played his first lacrosse game in Brampton, Ontario in 1926 and his last game for the Senior Brampton Excelsiors in 1947. Between the end of WWII, in which he served in the RCAF, and 1965 he helped launch the Lakeshore Minor League and served as a Minor and OLA referee. A life member of the Brampton Excelsior Lacrosse Club, Burrows has been honoured for his dedication to lacrosse by the City of Brampton, the NLL’s Toronto Rock, the Brampton Sports Hall of Fame and the Ontario Lacrosse Hall of Fame.

Paul Dal Monte. As a lacrosse player Paul Dal Monte was on 3 Minto Cup winning



Burnaby Cablevision teams and 3 Mann Cup winning New Westminster Salmonbellies teams. As a coach Dal Monte’s Burnaby Lakers Junior teams won 8 consecutive B.C. championships and competed in 8 Minto Cup championships, winning three. As head coach of the National Lacrosse League’s Vancouver Ravens he took the expansion team to the playoffs

twice in 3 years. In 2002 he served as an assistant coach for Team Canada at the Heritage Cup and in 2003 at the World Indoor Lacrosse Championships. After coaching teams, he took on coaching coaches for the B.C. Lacrosse Association. In 2017 he was appointed Commissioner of the Western Lacrosse Association.

Honoured in the team category:

1984-85 Whitby Warriors Junior A Lacrosse Club. The Whitby Warriors won the 1984 Minto Cup and repeated the feat in 1985. The 1984 team, led by Joe Nieuwendyk and John Fusco, was 22-2 in the regular season, 12-1 in the Ontario playoffs, and defeated the Ben Hieltjes led New Westminster Salmonbellies in a one game Minto Cup final. In 1985 the team was 19-5 in the regular season, 8-0 in the Ontario playoffs, and in 7 games beat the Gary and Paul Gait led Esquimalt Legion to capture a second straight Minto Cup.

For additional information on the inductees or the induction banquet, please visit the Canadian Lacrosse Hall of Fame website at www.clhof.org.



Adanacs Kevin Brunsch amassed 818 points in his Senior A career.



Whitby Warriors 1984 Minto Champions.

In Memory of Jack Crosby



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

The Jack Crosby Endowment Fund will provide a sustainable future for the lacrosse community who play, coach, volunteer, referee and enjoy the game of lacrosse throughout BC.

Charitable donations will be invested in the principle of his trust fund. These donations will never be touched and will be a growing investment managed by the Vancouver Foundation. Interest of 5% per year will be allocated to the BCLA and these funds will be used to support innovative projects and programs that will address the needs of BCLA members.

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

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

Jack Crosby Endowment Fund Donations can be sent to:

The Vancouver Foundation
(BCLA Jack Crosby Endowment Fund)
Suite 1200-555 West Hastings Street
Vancouver, BC V6B 4N6



A Family getaway that will even have you saying “Are we there yet?”

Family getaways can always be difficult to plan. That’s why we plan them for you. We like seeing the smiles on everyone’s faces knowing there’s fun behind every corner. Delta Hotels Whistler Village Suites has plenty of indoor and outdoor activities to keep everyone busy and plenty of beds to keep you relaxed.

Visit Marriott.com/YSEWV to find a package fit for the whole family.

Delta Hotels by Marriott
Whistler Village Suites
4308 Main St. | Whistler, BC V8E 1A9
604-905-3987
Marriott.com/YSEWV





CONGRATULATIONS TO ALL PLAYERS FROM BRITISH COLUMBIA WHO PLAYED IN THE 2019 WORLD LACROSSE MEN'S INDOOR WORLD CHAMPIONSHIP

NAME	HOMETOWN	TEAM	NAME	HOMETOWN	TEAM
Colin Jeffrey	Nanaimo	Australia	Brendan Farrell	Vancouver	Ireland
Tyson Black	Victoria	Australia	Arthur Cullinan	Vancouver	Ireland
Mason Suppanz	Kamloops	Austria	Patrick Szabo	Ladner	Ireland
Matt Beers	Coquitlam	Canada	Aidan Miller	Langley	Ireland
Curtis Dickson	Port Coquitlam	Canada	Brendan Szabo	Ladner	Ireland
Christian Del Bianco	Coquitlam	Canada	Brian Gillis	North Vancouver	Ireland
Eli McLaughlin	Surrey	Canada	Jean-Luc Chetner	Penticton	Israel
Challen Rogers	Coquitlam	Canada	Aaron Vanderhorst	Nanaimo	Netherlands
Ben McIntosh	Coquitlam	Canada	Rhys Parsons	Coquitlam	Netherlands
Robert Church	Coquitlam	Canada	Andrew Gallant	Coquitlam	Netherlands
Ivan Alejandro Rojas	Surrey	Costa Rica	Ross Parsons	Coquitlam	Netherlands
Peter Dubenski	Victoria	Czech Republic	Thomas Moffatt	Vancouver	Scotland
Jakub Říha	Vancouver	Czech Republic	Iain Murray	New Westminster	Scotland
Tyson Roe	Duncan	England	Iain Vickars	Vancouver	Scotland
Nate Clare	Ladner	England	Sam Vickars	Vancouver	Scotland
Brandan Smith	Victoria	England	Craig McFeeters	Coquitlam	Scotland
Caleb Kueber	Victoria	England	Cole Paciejewski	Prince George	Scotland
Frank Scigliano	Coquitlam	England	Alex Gajic	Burnaby	Serbia
Sam Clare	Delta	England	Ilija Gajic	Burnaby	Serbia
Tyler Crompton	Chilliwack	Finland	Marko Konjevic	Burnaby	Serbia
Luke Lehtimäki	Port Coquitlam	Finland	Nik Bilic	Burnaby	Serbia
DJ Saari	Powell River	Finland	Nick Kapusty	Penticton	Slovakia
Brett Kujala	Vancouver	Finland	Leif Paulson	Prince George	Sweden
Jordan West-Pratt	Mission	Hong Kong	Thomas Johnson	North Delta	Sweden
Jordan Shayne Wong	Victoria	Hong Kong	Vincent Johansson	Ladner	Sweden



Subway® BCLA Box Lacrosse Provincial Results



Pee Wee A1 Gold-Langley



Pee Wee A2 Gold-Saanich



Pee Wee B Gold-Cowichan Valley



Pee Wee C Gold-Shuswap



Bantam A1 Gold-Coquitlam



Bantam A2 Gold-Peninsula



Bantam B Gold-Comox Valley



Bantam C Gold-Campbell River



Midget A1 Gold-Juan de Fuca



Midget A2 Gold-Saanich



Midget B Gold-Burnaby



Female Pee Wee A Gold-Ridge Meadows



Female Pee Wee B Gold-Nanaimo



Female Bantam A Gold-Ridge Meadows



Female Bantam B Gold-Victoria-Esquamalt



Female Midget Gold-New West



Female Junior Gold-Ridge Meadows

By: LacrosseTalk Staff

The 2019 Subway® BCLA Box Lacrosse Provincial Championships took place during the month of July in four centres around BC. The 2019 Provincials had 106 teams with over 2000 athletes, coaches and volunteers participating in the championships.

The events and locations were: the Female Provincials July 11-14 in Nanaimo and Parksville, the Pee Wee Provincials July 11-14 in Delta, the Bantam Provincials July 18-21 in Victoria, and the Midget Provincials July 25-28 in Langley.

The 2019 Subway® BCLA Box Lacrosse Provincial medal winners were as follows.

Pee Wee A Girls-Gold: Ridge Meadows, Silver: New West, Bronze: Surrey. Pee Wee B Girls-Gold: Nanaimo, Silver: Coquitlam, Bronze: Langley. Pee Wee A1-Gold: Langley, Silver: Ridge Meadows, Bronze: Port Coquitlam. Pee Wee A2- Gold: Saanich, Silver: Kamloops, Bronze: Prince George. Pee Wee B-Gold: Cowichan Valley, Silver: Peninsula, Bronze: Juan de Fuca. Pee Wee C-Gold: Shuswap, Silver: Campbell River, Bronze: Burnaby.

Bantam A Girls-Gold: Ridge Meadows. Silver: Coquitlam, Bronze: New Westminster. Bantam B Girls-Gold: Victoria-Esquamalt, Silver: Ridge Meadows, Bronze: Nanaimo. Bantam A1-Gold: Coquitlam, Silver: Ridge Meadows, Bronze: New Westminster. Bantam A2- Gold: Peninsula, Silver: Saanich, Bronze:

Nanaimo. Bantam B-Gold: Comox Valley, Silver: Penticton, Bronze: Sunshine Coast. Bantam C-Gold: Campbell River, Silver: Kelowna, Bronze: Peninsula.

Midget Girls-Gold: New Westminster, Silver: Ridge Meadows 2, Bronze: Coquitlam 1. Midget A1-Gold: Juan de Fuca, Silver: Ridge Meadows, Bronze: Burnaby. Midget A2-Gold: Saanich, Silver: Ridge Meadows, Bronze: Langley. Midget B-Gold: Burnaby, Silver: Port Coquitlam, Bronze: Prince George.

Junior Girls-Gold: Ridge Meadows, Silver: Coquitlam, Bronze: Nanaimo.

The SUBWAY® Team Sportsmanship awards went to Pee Wee B Peninsula Warriors team, Female Midget New West Salmonbellies team, the Bantam B Sunshine Coast team and the Saanich Tigers Midget B team.

The Warrior Tournament MVP's were as follows.

The Warrior Sports Canada Most Valuable Player award selections were:

Pee Wee A1 – Austin Vanichuk (Langley); Pee Wee A2 – Quinn Cramb (Saanich); Pee Wee B – Nate Akhurst (Cowichan); and Pee Wee C – Jace Wasyliw (Shuswap). Bantam A1 – Aiden McDonald (Ridge Meadows); Bantam A2 – Noah DiBattista (Peninsula); Bantam B – Adam Bailey (Comox); and Bantam C – Tray Huysman (Peninsula). Midget A1 – Joshua Gabriele (Burnaby); Midget A2 – Sam Pater-

son (Ridge Meadows); and Midget B – Carter Trevisan (Burnaby).

Female Junior – Paige Bell (Ridge Meadows); Female Midget – Katrina Robinson (Coquitlam); Female Bantam A – Kiera Scott (Coquitlam); Female Bantam B – Grace Tidman (Victoria-Esquamalt); Female Pee Wee A – Mya Jakovljevic (Ridge Meadows) and Female Pee Wee B – Jayda Price (Nanaimo).

A special thank you to Subway® Restaurants of BC for being the title sponsor of the BCLA Box Lacrosse Provincial Championships including sponsoring the Meal Program offering a \$5 Cash Card to every athlete participating in the 2019 Provincials, as well as, the title of the Team Sportsmanship Awards; major sponsors Warrior Sports for sponsoring the Fair Play hats, tournament MVP packages and supplying the lacrosse balls; to Mountain Edge Lacrosse for the custom wooden trinket Game MVP award; to Dean Whitson of Silver Ridge Promotions for producing great apparel items for all lacrosse fanatics; Freeze Frame Photography and Bob Orr for shooting photos at two Box Provincial events and STA for assisting team travel for all BCLA Box and Field Lacrosse Provincial Championships.

Also, we could not put on such quality tournaments without our many volunteers from all

over BC. Thank you to the Provincial Tournament Committees and host committees with their volunteer teams for their endless hours of work preparing for the events.

A special thanks to the hosts and key volunteers who were awarded the BCLA Volunteer award per event: Midget-Serina Rowe (Langley), Bantam-Phil DiBattista and Nicole Nason (Victoria), and Sean and Christine MacDonald (Nanaimo) for the Female event. Your commitment to Box Provincials is appreciated by the athletes, parents and friends of lacrosse.



Canada wins Cockerton Cup



Photo: Vancouver Sports Pictures

Team Canada Men's Box team won fifth World Indoor Lacrosse title with a 19-12 win over the Iroquois Nationals.

By: Gary Ahuja

Playing on home soil, with the expectations of victory every game comes with its fair share of challenges.

But Canada persevered as they demonstrated a dominance at a whole new level in capturing the Cockerton Cup on September 28th at Langley

Events Centre, defeating the Iroquois Nationals 19-12 in the gold-medal game at the 2019 World Lacrosse Men's Indoor World Championship.

Canada trailed just twice (and both times by only a single goal) before they seized control in the second quarter, turning a 6-5 lead into a 10-6 advantage at the half. From there, Canada never looked back, shutting the door on the Iroquois Nationals to win the Men's Indoor World Championship for a fifth consecutive time.

All five victories at the quadrennial event have come at the expense of the Iroquois Nationals, and for a fifth straight time, it was the United States again winning bronze as the Americans defeated England 11-8 in the third-place match which preceded the gold-medal game.

Just how dominant was Canada at the event? In six games – four during the round-robin and then the semifinal and final – the team outscored

the opposition 110-44 with an average margin of victory of 11 goals per game.

Over 360 minutes of lacrosse, Canada trailed just five times for a grand total of 9:28. And they were tied for just 22:36 of game action.

But they did all this with the weight of being expected to win, especially with the Championship being contested at home.

"There is a lot of pressure representing Canada and the success that they have had," admitted Canadian head coach Glenn Clark.

"Relief is the best description, and excitement, obviously," he said when asked to describe the feeling of accomplishing what everyone fully expected them to do. "It is a long week, you put a lot into it and there is a lot of pressure representing Canada and the success the have had."

"The expectations were big, especially playing on home soil, especially myself, growing up 10 minutes down the road," said Port Coquitlam's Curtis Dickson. "This is my third gold medal on the world stage, but it is extra special to be able to do it in my own backyard."

Dickson scored five goals in the gold-medal game along with two assists.

"Honestly this is a really talented team and great coaching that taught us to stick to our guns and make sure we got better every game and I think the systems were in place for us to succeed and the players showed up in the big moments," said Canadian defender Matt Beers.

Players and coaching staff alike relished the fact they were able to celebrate the Championship at home with friends and family in attendance.

"It is a great feeling winning it on home soil and obviously you have a lot of family members here to share it with. And the truth and the reality is, these are the people who have supported you to get to this place, so it means a lot to have that opportunity," Clark said.

In the championship final, Dane Dobbie led all scorers with 10 points, including three goals, with Robert Church (4G, 1A), Mark Matthews (1G, 5A), Dhane Smith (3G, 1A), Chris Corbeil (2G, 1A) and Ben McIntosh (1G, 2A) rounded out Canada's scoring.

The Iroquois Nationals were led by five goals and six points from Zed Williams while Randy Staats and Cody Jamieson had a goal and three assists apiece. Tehoka Nanticoke (3G), Lyle Thompson (1G, 2A) and Kyle Jackson (1G, 1A) completed their team's scoring.

Jamieson was named the Most Valuable Player. He scored 11 goals and 28 points in four round-robin games and added another three goals and 10 points in two playoff games.

Staats and Matthews were named as the forwards to the All-World Team. Transition player Joel White (United States) and Canadian defenders Graeme Hossack and Kyle Rubisch, as well as, goaltender Mike Poulin rounded out the team.

The President's team (the all-star team for the non-Blue Division teams) consisted of forwards Robert Raitilla (Finland) and Matthew Taylor (Australia), transition player Adrian Balasch (Austria), David Beckmann (Germany) and Markus Mattila (Finland) on defence and Germany's Craig Wende (goaltender).

Team BC U19's Win Invitational in Peterborough



Photo: Brandi Carr

Team BC U19 Women's Field team win Invitational tournament in Peterborough.

By: LacrosseTalk Staff

The Team BC Women's Field lacrosse program formed a U19 team to compete at the CLA U19 Women's Field Lacrosse Nationals and Invitational tournament in Peterborough,

Ontario, August 4-6, 2019. The event coincided with the World Lacrosse Under 19 Women's Field Lacrosse World Championships.

The Canadian Women's U19 National Field Lacrosse Championship returned this summer after a 22-year hiatus. Over the years, national invitationals have been held—in 2013, British Columbia won the national invitational—but this was the first year a National Championship has taken place since 1997.

Team Ontario and Team BC faced off in the Nationals gold medal game, with Ontario coming away as national champions.

Head Coach Jason Carr and assistant Ashley Bull prepared the athletes well for this once in a lifetime event alongside the Under 19 World Lacrosse Championships.

"It was cool to have all tournaments and the World Championships at the same time," said Ashley Bull. "It was great to see such a high level of lacrosse."

Team BC Field Co-ordinator, Reynold Comeault was pleased with the competitions and the incredible experiences the athletes had competing as well as taking in a World U19 Championship.

"Congratulations to coaches Jason Carr and Ashley Bull on their recent success at the 2019 Women's Nationals U19 Championships," said Reynold Comeault. "Our female athletes continue to make their mark at Nationals and in NCAA colleges across North America. Our 2019 National Tournament Invitational is great evidence of this."

Book your next stay at the Executive Hotels Burnaby and Coquitlam.

Executive Plaza Hotel Metro Vancouver
405 North Road, Coquitlam, BC
604-937-4601
www.executiveplazahotel.ca

Executive Suites Hotel Metro Vancouver
4201 Lougheed Hwy, Burnaby, BC
604-297-2111
www.executivehotelnburnaby.com

Proud host accomodation of BCLA.

team innovations.ca
For all your team apparel needs

TEAM APPAREL

- Tournament Tees & Hoodies
- Screened Tournament T-Shirts and Hoodies
- Team Polos & Jackets
- Team Jerseys & Shorts
- Sideline Parkas, custom made, with polar fleece lining to keep you warm and dry.
- HATS

Unit 507 - 1952 Kingsway Avenue, Port Coquitlam, B.C. V3C 6C2
Toll Free: 1-866-552-7671 • Greater Vancouver: 604-552-7671 • Fax: 604-552-7646
teaminnovations.ca • dwood@textileinnovations.com

Team BC Men's Field at Nationals



Team BC U15 settled for silver at 2019 Alumni Cup Field Nationals.



Team BC U18 settled for silver at 2019 First Nations Trophy Field Nationals.

By LacrosseTalk Staff

BC hosted the 2019 Alumni Cup and First Nations Trophy National Field Lacrosse Championships over the Labour Day weekend overlooking Okanagan Lake in sunny Kelowna. BC last hosted Men's Field Nationals 8 years ago in Burnaby.

For the first time in Nationals history, Kelowna was ground zero for the U18 and U15 tournaments. Kelowna's Wuilberto Jaramillo headed up the host committee that ran this historical event. Their hard work has increased the awareness of Field Lacrosse in the Okanagan Valley.

"Our lacrosse community is very passionate about the sport and proud of this accomplishment," noted Jaramillo. "For our community, it was the opportunity to witness the best U15 and U18 teams the sport has to offer. The opportunity to successfully host a tournament of this magnitude was a great experience. Some people that were not even aware of lacrosse before, are starting to get involved."

Both Team BC teams were looking to get back to the top of the podium after disappointing silvers last year in Ontario.

Team BC U18 coaching staff of Justin Da Silva, Mitch Cavallarin and Bill Reed were confident heading into the U18 Nationals. The squad went through plenty of ups and downs with player movement, injuries and college responsibilities, but Da Silva and Cavallarin stayed the course with little time to prepare. From top to bottom, the roster offered the most talent and depth this team has had in years.

The U18's finished the round-robin portion with a 2 win, 1 tie record. Team BC game scores were: an opening 11-2 victory over Saskatchewan, a 14-1 win over Quebec, and a 4-4 tie to Ontario after a valiant 3-goal fourth quarter comeback to round out the round robin.

"The team got better every game and bought into the systems on both sides of the field," noted Associate Head Coach Justin Da Silva. "The team worked very well as a unit, considering the team was never fully together until the day before our first game."

"The team competed at a high level against the best players across the country," stated Associate Head Coach Mitch Cavallarin. "Attention to detail is an important skill to have while moving forward and playing at a high level. When everyone is very talented, it turns into a game of mistakes -- and the team that makes the fewest mistakes has a good chance to win."

The finals were a tough battle against the talented Team Ontario side. BC opened the scoring on an Austin Ducommun goal two minutes into the game. Ontario answered with two goals in 39 seconds just before the quarter to take a 2-1 lead. The game turned into a chess match with superior ball possession and defense. Ontario went up 3-1 at the 9:08 mark, then Ben Stewart made it 3-2 on an unassisted goal at 13:51 to end the half. Ontario scored the only goal of the third frame to go up 4-2. BC's Isaac Swan open the fourth quarter scoring at the 6:45 mark, only to have Ontario increase their lead on two goals in 3 minutes. BC fought back on Kaden Doughty's goal late in the fourth to make it a 6-4 game, but that's how it ended and Ontario captured the title.

"It's an incredible honour to place second in a national tournament," said Cavallarin. "Lacrosse is growing and the tournament is getting deeper with talent. It is always a humbling experience being able to work with the best athletes that BC has to offer."

"I think the boys learned that to win a national championship you have to find another level within yourself," said Da Silva. "Sadly, we couldn't do that in the finals. We had guys playing through injuries and they pushed through and I'm very proud of every single member of the team."

Team BC's all-star selections included Team BC players: Riley Arseneault, Noah Armitage, and Ben Stewart.

The Team BC U15's also brought home a silver medal, not the medal they went to nationals for either.

This team was selected in early Spring 2018 and trained hard for the Alumni Cup under the tutelage of Head Coach Ian Radonich. Radonich and staff had the athletes creating chemistry early in the process both on and off the field leading up to Nationals.

Team BC recorded a 3 win and 1 loss record in the round-robin scoring 36 goals while allowing 22. Game scores were: 9-5 over Alber-



ta, 15-2 over Saskatchewan, 17-3 over Quebec, and the only loss at the hands of Ontario 12-5.

In the gold medal game, Ontario opened the scoring with the only goal of the first quarter for a 1-0 lead. Ontario chipped away and went on a 3 goal run and took a 4-0 lead into half time. Ontario increased their lead to 7-0 midway through the third before BC's Koen Block broke the shutout. The score was 8-1 after three quarters. Block potted his second in a row, while BC could only muster one more goal by Dylan Manson and dropped an 8-3 loss to Ontario.

The Tournament All-Star Team included Team BC players: Ty Banks and Andrew Bowman.

"I'm just really proud of how the young men competed throughout the summer, as well as, at nationals," explained Head Coach Ian Radonich. "Our staff is proud of the strides each athlete made to developing into a better and smarter lacrosse player, as well as, into better young men. Not the result that we wanted, but really proud that the boys continued to battle to the final whistle."

When asked what Coach Radonich feels the athletes took away from their experience, he was clear that game readiness was key.

"When it all comes down to it, it's all about preparation and execution. We need to always start strong to have success. We look forward to continue growing these relationships and skills as we train in the fall prior to heading to Delaware."

"Congratulations to our U18 Co-Head Coaches Mitch Cavallarin and Justin DaSilva and assistant Bill Reed, as well as, our U15 Head Coach Ian Radonich and his Assistant Coaches Rich Cambrey and Dave Bigley on an outstanding National Championship event," said Team BC Field Technical Coach, Rey Comeault.

The 2020 Alumni Cup and First Nations Trophy Nationals will be held in Laval, Quebec.



MAKE SANDMAN PART OF YOUR TEAM'S SUCCESS

Sandman Hotel Group is proud to support the BC Lacrosse Association.

So Many Reasons to Stay*: Central locations | Competitive team rates | Team meal programs | On-site dining | Complimentary room for coaches | Complimentary high speed Internet | Indoor pool & whirlpool | Fitness facilities | Complimentary parking | Late check-out available upon request

For group rates or to make your team's reservation, please contact Sean Harris at sharris@sandman.ca.

*Complimentary room for coaches based on minimum number of rooms per night. Amenities vary by location.



1 800 SANDMAN (726 3626) | sandmanhotels.com

PRINT TO SCORE A GOAL

Web exPress Printing provides clients with quality products, on-time performance, and exceptional value. We do this with professional service and state-of-the-art processes. We are the proud printers of *LacrosseTalk*!

Web exPress **LacrosseTalk**
The Official Publication of Canada's National Sport

www.intwebexpress.com

Team BC Box on Home Turf at Nationals



Team BC Pee Wee Boys-Silver.



Team BC Bantam Boys-Silver.



Team BC Midget Boys-Silver.

By: LacrosseTalk Staff

For the first time in youth Box Lacrosse history, all five Team BC Box Lacrosse teams competed at the same tournament at the 2019 National Box Lacrosse Championships. The event was held August 20-24, 2019 in Coquitlam and games also played at New Westminster's historical Queens Park Arena.

A record 400 athletes, vied for a spot on the Pee Wee, Bantam and Midget boy's teams.

Team BC Pee Wee, Bantam and Midget boys Box Lacrosse teams pushed themselves to reach high levels at Box Nationals this summer. Each team battled their archrival, Team Ontario, for a national title.

Pee Wee-The Pee Wee boys spent as much time off the floor as on the floor to build a cohesive group of young men. Head Coach, Bruce Alexander, stepped into the Team BC program and created a team of 20 new friends that would battle together. Alexander's staff included assistants Jeff Moleski, Cary Novotny and John Olson.

"I felt our boys really started to come together during our weekend camps, particularly during some of our off floor activities," said Coach Bruce Alexander. "The team went to watch a WLA game, had a day at the water park, and participated in a fundraiser during the Midget Provincials. I can't stress enough how valuable the time away from the box helped grow relationships, which later translated positively on to the lacrosse floor."

The Pee Wees finished the round robin in second place with a 4 win, 1 loss record. Team BC game scores included an opening 10-0 shutout over Saskatchewan, a tight action packed 4-2 win over First Nation, a 15-1 trouncing of Manitoba, 11-0 over Nova Scotia, and a 6-2 loss to Ontario to end the round robin portion.

In the crossover game versus a tough First Nations team, BC jumped out to a 3-0 first period lead on goals by Gourlay, Fournier and Longacre. The scoring continued with a goal by Garrett Sakamoto at the 9:13 mark of the second, only to have it dwindle, as Team First Nation pecked away and netted two goals in two minutes, to end the second 4-2 BC. With 4:28 left in the game, Team First Nation made things interesting and got within one goal, but Team BC's Keenan deWit iced it with 2:46 left en route to a 5-3 victory.

Team BC regrouped for the gold game rematch versus Ontario. Ontario opened the scoring at the 4:47 mark of the first frame, only to have BC answer 47 seconds later, on a goal from Jordan Alexander. Ontario added one more marker to take a 2-1 lead into the first break. Ontario scored six unanswered second period goals to take the lead and didn't look back. Team BC added two late markers by Lincoln Wall and Maximo Goller, but the damage was done as BC bowed to Ontario 10-3 in the finals.

Team BC top scorers overall were Lincoln Wall (6G, 7A), Austin Vanichuk (4G, 8A), Brayden Longacre (5G, 5A), Maximo Goller (6G, 4A) and Caden Gourlay (5G, 2A). Goaltender tandem Jett Burns and Teagan Douglas yielded a measly 22 goals in 7 games. Austin Vanichuk was Team BC's tournament all-star selection.

"I'm really proud of our group as I felt they continued to improve through the Nationals, and bought into the system the coaching staff laid out," said Alexander. There were so many distractions that came with a National tournament and most of the boys had never had to deal with these emotions before. We played a composed game, and for the most part, the boys handled themselves very well. What a great experience for the players, coaches, support staff and parents -- one that will be fondly remembered for many years to come."

Bantams-The Bantams went into Nationals with a well-rounded team of gamers with a hunger to win. Head Coach Gerry Van Beek constructed a veteran coaching staff of Randy Clough, Sheldon Evers, and Grant Hamilton with a collective eye on the title.

The Bantams ended up in second place with a record of 3 wins, a tie and a loss after the round robin. Team BC game scores were: 9-5 over Saskatchewan, 16-3 over Manitoba, 16-0 over Nova Scotia, a 4-4 draw with Ontario, and their only blemish was a close 6-4 defeat at the hands of Team First Nation.

Team BC met a talented First Nation squad in the crossover game. BC adapted their game plan and improved on their mistakes after their 2-goal round robin loss.

Late in the first period, Team First Nation scored two goals in just over a minute to take a 2-0 lead before Nathan Chalmers narrowed the gap to 2-1, inside a minute left in the first frame. Team BC took charge in the second with Chalmers' second marker, while Aidan McDonald's goal at the 1:32 mark gave BC their first lead of the game.

Cole Kennett's goal gave BC a 4-2 lead, before Team First Nation cut the gap to one only two minutes later. The Bantams rattled off three straight goals by Pivetta, Lowe and McDonald to win 7-3 and a spot in the gold medal game.

In the gold game, BC gave it their all against a big, talented Ontario squad. Ontario scored the first five goals of the game before Reid Hinds MacDonald tallied at 6:42 of the second period to end the period at 5-1 in favour of Ontario. Team Ontario continued their goal scoring ways with the next three goals, to take a commanding 8-1 lead. Benjamin Pawluk and Reid Hinds MacDonald finished the scoring only to drop an 8-3 decision to Ontario.

Team BC top scorers were: Aidan McDonald (10G, 8A), Jared Maznik (10G, 5A), Reid Hinds MacDonald (6G, 5A), Carter Ashworth (1G, 8A) and Ryan Lowe (6G, 3A). Goalies Grayson Manning and Angus Snow yielded 29 goals in 7 games. Aidan McDonald was selected as Team BC's tournament all-star.

"Our team was committed to playing through adverse situations throughout Nationals -- the players managed to rise to the occasion in all situations," said Head Coach Gerry Van Beek. "The intensity and focus displayed by our athletes, in the more competitive games showed that they not only competed, but excelled to reach a higher level. I was overly impressed with the comradery between all the Team BC Box teams."

Midgets-The Midget team looked to better their 2018 bronze medal finish. Head Coach Daren Fridge assembled an incredible coaching staff of Curt Malawsky, Del Halladay and Mitch Cavallarin to push the athletes to compete at higher levels.

Fridge's staff were very familiar with each other on teams at Nationals over the years, and the players were no strangers to each other either.

"This was a very tight-knit group that had played together many times at Nationals for field and box," explained Head Coach Daren Fridge. "Their ability to accept a role and perform at a high level was fantastic."

Parity was evident with the Midgets as it was a three-team competition at the top with Alberta, Ontario and BC. The Midgets ended the round robin in second place with 5 wins and a tie. Team BC scores were: an 11-2 opening win over a physical Saskatchewan team, a commanding 14-7 win over First Nations,



22-4 over Nova Scotia, a tight 5-2 win over archrival Alberta, 15-2 over Manitoba, and an exciting 6-6 tie versus Ontario.

BC met Alberta in the highly anticipated crossover game. BC's David Charney opened the scoring at 14:14 of the first. Alberta tied the score late in the first only to be answered by a Noah Manning tally 51 seconds later at the 4:13 mark. Alberta went on to even the score at 2-2 after one. BC recaptured the lead on a Connor Barrett goal. At 7:58, Calum Munro increased the lead to 4-2 to round out the second period. Alberta could only muster one third period goal on Jack Royer's hattrick goal to close the gap to 4-3, then Team BC stepped up their defense to solidify an entertaining game and secure a spot in the finals.

The final was set -- Team BC versus Ontario for gold.

Ontario opened the scoring 2:18 into the game and took a 3-0 lead by the 11:15 mark. Team BC hunkered down and stormed back on goals by Alec Billings and Noah Manning to end the first down 3-2. BC tied the score at three just 2:30 into the second period before Ontario answered to regain a 4-3 lead. BC and Ontario traded goals in the second frame as Ontario regained the lead at 7-6 with 34 seconds left in the middle frame.

The score remained 7-6 late in the third, until the 4:50 mark, when Ontario scored three quick goals in 94 seconds to pull ahead for good. Noah Manning scored his hattrick goal and got within three goals, only to have Ontario round out the scoring with two more to win the gold 12-7.

So what was learned after coming so close on two occasions to Ontario?

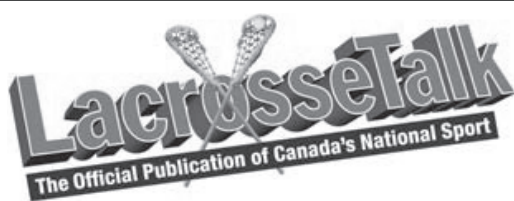
"The need for players to perform at their best when the pressure is its greatest," said Fridge. "We need to play our best for a full 60 minutes to defeat Team Ontario. We didn't finish, we took some chances to win and the score finished 12-7. They are great because their stars step up when they are needed."

Team BC top scorers were: Finn Halladay (8G, 12A), Joshua Iacino (8G, 12A), Noah Manning (13G, 3A), Dylan Johannes (8G, 8A) and Joel McCormick (7G, 8A). Goaltenders Daniel Ramage and Marc Russell-Rippberger held their opponents to 38 goals against in eight games. Josh Gabriele was named the Team BC tournament all-star.

"We were obviously disappointed winning silver. I am very appreciative of my outstanding coaches Curt, Del and Mitch. We were well prepared for each game due to their knowledge and expertise. Our training staff of Heather and Ralph for getting our athletes in the best shape they could. Thank you to Dean Favaro, our manager, and the many moms, dads and sisters that assisted with food, media, hydration and laundry. All the players had to focus on was playing, and there were very few distractions to disrupt our goals."

2020 will be another year of high performance Box Lacrosse opportunities for many BC athletes to play for their province at Nationals. Look out for camp registrations in January 2020.

Advertise with us!



For details contact Jeff at:

jeff@bclacrosse.com
604-421-9755

Local Lacrosse Community Mourns Fred Doig

By: Ted Clarke, Prince George Citizen

Fred Doig, the father of lacrosse in Prince George, died June 11, 2019 at 91.

Doig, a two-time Mann Cup champion with the Victoria Shamrocks, brought Canada's national summer sport with him when he moved to Prince George in 1965. Within a few years the city was sharing his passion for the game, watching him play in the rough-and-tumble four-team Prince George Lacrosse Association, which drew packed crowds to the Coliseum.

His influence spawned the Prince George Minor Lacrosse Association and the future of the sport in the city became entrenched. As a player, nobody shot harder or more accurately than Doig and once he had the ball, good luck trying to take it away from him. As a coach, his knowledge of the game and his gentlemanly approach to teaching it empowered his players to want to stick with it. The examples he set for his players, in lacrosse and in life, made them want to push themselves to the limits of their capabilities to accomplish their goals.

Above all that, he was a family man grounded in solid principles who raised seven kids with his wife Marion and he made them all feel privileged to be part of the clan. Anybody who had the pleasure of meeting Fred knows how personable and witty he was and how genuinely concerned he was for your well-being. Whether you were a friend or a stranger, he made you feel special.

In October 1999, when he was about to be inducted into the Prince George Sports Hall of Fame, I wrote the following story to try to encapsulate the legend that made Doig the man he was:

Fred Doig remembers the day he pulled the wool over the eyes of the Molson Oldstylers like it was yesterday.

It was the summer of 1970 and Doig's Columbus Macs were down 1-0 in their Prince George Lacrosse Association final against the Old Stylers, their most hated rivals.

Doig, the Macs' player/coach and future Prince George Hall of Famer, missed the first game of the best-of-three series to be in Trail with his father who had suffered a heart attack. Fortunately for the Macs, Doig's dad recovered quickly and he told his son to hurry back to Prince George to help his team win the series.

While the Old Stylers had stacked their roster with talent imported from the Lower Mainland, the Macs were almost entirely Prince George-bred. Doig, Al Mottishaw and goalie Ed Conway were the only imports.

But Conway, the league's best goalie, was away on holidays in the Yukon. When Doig found that out he got on the phone and convinced Conway to take the next flight back from Whitehorse so he could start Game 2. That's when Doig hit upon the idea of keeping Conway's return a secret.

To build the hype, Doig boldly told Citizen sports editor Doug Martin and CJCI radio announcer Don Prentice of his plans to fly in a mystery goaltender for the rest of the playoffs.

Playoff fever was at an all-time high in the five-year old league and as fans stood in line to pack the sold-out Coliseum, and everyone was wondering if the Macs would indeed flout the rules by adding a new player to the roster.

Doig's wife Marion made Conway a vest emblazoned with a bulls-eye target which covered his chest. Conway came out for the pre-game warmup wearing the vest, an old jersey and a ball hat turned sideways under his mask.

"I told him not to go out in his normal stance and he kind of staggered out there and nobody recognized him," Doig said. "The referee

turned to me and said 'Fred, we told you you can't fly in a goalie' and I said, 'They can protest all they want, I'm playing that goalie right over there.'"

It wasn't until the lineup card was filled out that the Old Stylers found out who they were up against. Conway was spectacular in net and led the Macs to two straight wins which gave them the league title. They went on to beat heavily-favoured Vernon for the Interior title, then stunned a home crowd by crushing Nanaimo in two games to win the B.C. senior B championship. The Macs later won the Canadian title by default when Verdun, Que., decided not to make the trip west.

"I've been associated with a lot of teams but that group of kids would do anything for you," Doig said.

"It was all kids that went to school here and if you asked them to go through a wall they would keep going until they got through it."

Doig's indelible character was shaped on the lacrosse floor while playing defence for nine seasons with the Victoria Shamrocks senior A team, where he helped them to Mann Cup titles in 1955 and 1956.

Doig was a driving force in the formation of the PGLA, the city's first lacrosse league, which began as a two-team senior loop in 1966. Before long, there were four local senior teams competing in an interlocking schedule against Armstrong, Vernon and Kamloops. Seeing the need for a steady stream of local talent, he organized the city's first minor lacrosse league and spent his summers in the late '60's teaching young players at his lacrosse school. He officially hung up his stick when the PGLA folded in 1977 but has remained active as a masters player and coach.



Prince George Sports Hall of Fame member Fred Doig, centre, presents the Fred Doig provincial senior C championship trophy to Westwood Pub Devils captains Dave Bennett, left, and Blake McIntosh in 2014.

Doig is the head of a three-generation family of lacrosse players. His son Brett plays in the Prince George Senior Lacrosse Association for the team Fred now coaches, the Ironhorse Pub Bandits. Fred doesn't like to tell his age but offered up this clue.

"I'm going to play one game next year in the senior B league (for Ironhorse) and then I'll have been involved in lacrosse over eight decades," he said.

Fred's 10-year-old grandson Drew plays minor lacrosse and it looks like he's inherited his grandpa's talent.

"The kid's got some really good moves," Fred said. "He was the MVP at the Jack Crosby tournament and I was really proud of him."



mountainedgelax.com

SCAN TO VISIT OUR WEBSITE

NEW ONLINE LACROSSE PRODUCT UPDATED WEEKLY



Use your smart phone to scan this code and view our site - Download a free QR scanner app from Google Play.

604-464-7621

#403-1515 Broadway St. Port Coquitlam

Western Canada's #1 Lacrosse Outlet

Entry to Pro, Mens & Womens, Box & Field Lacrosse Equipment

Footwear • Apparel
Goaltender Gear • Team Sales
On-site Custom Stringing and Indoor Test Cage

PLACES YOU'LL FIND SPECIALS • COUPONS • DRAWS

Find us on Facebook: /mountainedgelax

Follow us on Twitter: @mountainedgelax



Proud Supporter




2019 BCLA Box Lacrosse Provincials Warrior Fair Play Awards

Female Junior Fair Play Awards

Alivia Ungaro (Coquitlam)
 Maya Landers (Juan de Fuca)
 Kaelyn Dorman (Nanaimo)
 Garrett Atkins (Ridge Meadows)

Female Midget Fair Play Awards

Sierra Haaksma (Coquitlam 1)
 Hailey Walde (Nanaimo)
 Layla Gould (New West)
 Tiana Bikic (Ridge Meadows 1)
 Elizabeth Sinow (Ridge Meadows 2)
 Devon Hall (Saanich)

Female Bantam A Fair Play Awards

Nina Peloso (Burnaby)
 Michela Paterson (Coquitlam)
 Beth Anderson (New West)
 Fiona Sirovyak (Ridge Meadows)

Female Bantam B Fair Play Awards

Skylar Yee (Coquitlam)
 Avery Henderson (Nanaimo)
 Hannah Brine (New West)
 Presleigh Bailuk (Ridge Meadows)
 Abby McDonald (Vic-Esquimalt)

Female Pee Wee A Fair Play Awards

Alexa Cardarelli (Coquitlam)
 Brooklyn Sverdrup (New West)
 Leia Lammy (Ridge Meadows)
 Sydney St. Onge (Surrey)

Female Pee Wee B Fair Play Awards

Hayden Kok (Burnaby)
 Sonja Reed (Coquitlam)
 Hailey McCaig (Langley)
 Jayda Price (Nanaimo)
 Ellie Braidwood (Peninsula)

Official: Sarah Dmytruk

Midget A1 Fair Play Awards

Matteo De Angelis (Burnaby)
 David Charney (Coquitlam)
 Kaden Granberg (Juan de Fuca)
 Nate Van Uren (Kamloops)
 Andrew Cowan (Richmond)
 Brayden Laity (Ridge Meadows)

Midget A2 Fair Play Awards

Ian Black (Coquitlam)
 Nick Swann (Juan de Fuca)
 Caydon Beck-Boreson (Langley)
 Ben Royston (Mission)
 Grady Neild (Penticton)
 Ben Coghill (Ridge Meadows)
 Ty Pilkington (Saanich)
 Jaiden Terry (Vancouver)

Midget B Fair Play Awards

Brayden Johnson (Alberni Valley)
 Matteo Fernandes (Burnaby)
 Mikhail Omelianiec (Langley)
 Dain Lewis (Oceanside)
 Austin Goertz (Port Coquitlam)
 Duncan Faris (Port Moody)
 Brett Barwise (Prince George)
 Nate Keogh (Saanich)
 Sam Siarkiewicz (Shuswap)
 Evan Perepolkin (West Kootenay)

Bantam A1 Fair Play Awards

Ryden Evers (Burnaby)
 Kaden Murray (Coquitlam)
 Owen Venier (Delta)
 Eric Snider (Juan de Fuca)
 Myles Gifford (New West)
 Carter Smith (Ridge Meadows)

Bantam A2 Fair Play Awards

Jake Kubicek (Coquitlam)
 Jared Johnston (Kelowna)
 Jordan Conroy (Nanaimo)
 Matthew Lapokonstantakis (Pen.)
 Jackson Smith (Port Coquitlam)
 Liam Hunter (Prince George)
 Miller Renaud (Ridge Meadows 1)
 Josh Adey (Saanich)

Bantam B Fair Play Awards

Joel Fisher (Comox Valley)
 Logan Olson (Cowichan Valley)
 Cole Hunter (Langley)
 Declan Fines (Nanaimo)
 Peyton Brar (Penticton)
 Nathan Kirkham (Port Moody)
 Shaunavon Borkowski (Rdg Mdws 2)
 Krystof Krustsky (Sunshine Coast)

Bantam C Fair Play Awards

James Araki (Campbell River)
 Holden Johnston (Delta)
 Jozn Wickert (Kelowna)
 Alek Riesen (Mission)
 Jaxon Duckworth (Peninsula)

Official: Sarah Dmytruk

Pee Wee A1 Fair Play Awards

Teagan Douglas (Delta)
 Lucas Standish (Juan de Fuca)
 Mac Timms (Langley)
 Kai Stewardson (New West)
 Ryder Higgins (Port Coquitlam)
 Jett Burns (Ridge Meadows)

Pee Wee A2 Fair Play Awards

Keaton Thibault (Kamloops)
 Alexis Boucher (Langley)
 Garrett Sakamoto (Prince George)
 Steven Yan (Richmond)
 Quinn Cramb (Saanich)
 Graham Farstad (Vancouver)

Pee Wee B Fair Play Awards

Tyson Stotts (Comox Valley)
 Brody Duncan (Coquitlam 1)
 Luca Prince (Coquitlam 2)
 Dane Stewart (Cowichan Valley)
 Kadern Harker (Delta)
 Brady Neilson (Juan de Fuca 1)
 Blake Swan (Peninsula)
 James Knocke (Port Moody)
 Carter Bradley (Ridge Meadows 1)
 Matthew Dailey (Ridge Meadows 2)

Pee Wee C Fair Play Awards

Ethan Lewis (Burnaby)
 Pheonix Durrant (Campbell River)
 Damon Tomyk (Delta)
 Morgan Taylor (Mission)
 Maddix Paine (Richmond)
 Kayden Pratt (Ridge Meadows)
 Conner Priebe (Shuswap)
 Wade Haessel (West Kootenay)

Official - Julia Diemand

BC Lacrosse Association 2019 EVENTS

Canadian Lacrosse Association AGM

November 14-17, 2019
 Ottawa, Ontario

Field Lacrosse Coaches Clinics

Clinic Participant Info.
 Visit bclacrosse.com
 Click Coaches, Clinics, Field

Field Lacrosse Officials Clinics

Clinic Participant Info.
 Visit bclacrosse.com
 Click Officials, Clinics, Field

BCLA AGM

October 18-20, 2019
 Whistler, BC

Vancouver Warriors Home Opener
 vs
 Calgary Roughnecks

November 29, 2019
 Rogers Arena



Way To Go!

Subway® BCLA Box Provincial Hosts

Christie MacDonald (Female)
 Amanda Douglas & Matt Taylor (Pee Wee)
 Nicole Nason & Phil DiBattista (Bantam)
 Serina Rowe & Sandra Margetson (Midget)

The 2019 Subway® BC Lacrosse Association Box Lacrosse Provincial Championships were incredible successes and most memorable for fans, families, volunteers, coaches and athletes that took part!

Each host city and local association applied and were accepted to host the Box Lacrosse Provincial Championship event in their markets. In the summer of 2019, the Subway® BCLA Box Lacrosse Provincial Championships were hosted in these lacrosse communities: Nanaimo (Female), Delta (Pee Wee), Victoria (Bantam) and Langley (Midget).

Hosts of coaches, officials and volunteers spent their weekends in the hot arenas around BC to manage each Box Provincial event. Seven key volunteers and their volunteer teams from the BCLA community, took leadership for a Provincial event in their own community and should be commended for their outstanding efforts.

Thank you to all people who offered to volunteer their time for the Subway® BCLA Box Lacrosse Provincials under the guidance of Christie MacDonald, Amanda Douglas, Matt Taylor, Nicole Nason, Phil DiBattista, Serina Rowe and Sandra Margetson. Congratulations!

B.C. Lacrosse Association Subway® Restaurants Volunteer Award



All Box Provincial Hosts

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.



Subway® is a Registered Trademark of Subway IP LLC. © 2019 Subway IP LLC.

Lacrosse the Country

Orangeville Wins 2019 Minto Cup Title

By: Gary Ahuja

For the seventh time in the organization's history, the Orangeville Northmen are Canada's top Junior A lacrosse squad.

The Northmen wrapped up a perfect showing at the 2019 Minto Cup Junior A National Championship at Langley Events Centre, sweeping the best-of-five championship series 3-0 over the Victoria Shamrocks. They were also 3-0 during the round-robin and trailed for just 23:07 (just over one period) of the 360 minutes of lacrosse they played over the six games.

Jonathan Donville – acquired just prior to the Ontario Junior A Lacrosse League trade deadline back in June – scored twice in the final 5:06 to break a 5-5 tie and send Orangeville to a 7-5 victory on Friday night at Langley Events Centre.

"You almost kind of knew when the (score was tied), the stage was set for Jonathan Donville. He has been so clutch," said Northmen coach Bruce Codd.

Donville was quick to deflect the credit, singling out Curtis Butka for a pair of great picks which gave him the room to maneuver his way into position to get a shot on goal.

"I just tried to get to the middle of the goal and shoot it as hard as I (could)," Donville explained. "Curtis put me in a good spot for both those."

Denton MacDonald had tied the score for the Shamrocks with 6:00 to play but Donville scored 54 seconds later and again with 3:15 to play.

Donville finished the game with three goals and four points. He led the Minto Cup in all three statistical categories, with 19 goals, 20 assists and 39 points over the six games and won most valuable player.



With 6.5 points per game, had the series been extended, there is a strong possibility he would have surpassed the Brampton Excelsiors duo of Jeff Teat (22 goals) and Clarke Petterson (43 points) who put up those numbers in seven games at the 2018 Minto Cup. The pair sit second in their respective categories for scoring at a single Minto Cup championship.

The record for both statistics belongs to Esquimalt Legion's Paul Gait who put up 29 goals and 58 points in six games back in 1987.

Winning MVP is always a nice bonus, but Donville was more than content with a Minto Cup in his final year of junior.

"I was happy I could contribute at the end and make a few plays but even if I didn't score a point this tournament, it would have been just as sweet," he said. "They say it is the hardest trophy to win in our sport and I kind of see why. It took everything we had as a team. There are no words to describe it."

With the score tied at five, Codd didn't feel the need to deliver any message to his team.

"We didn't panic at any point this year. We have always had that calm demeanor. It was just stick to the process. It sounds cliché but we have been saying it all year long and they have really done a good job of doing that," he said.

The Northmen lost in the OJALL final in 2018, in what was supposed to be a rebuilding season for the squad.

"That taught us that anything is possible. We had a younger team last year and we made it as far as we did," said Northmen captain Zack Deaken. "This year, we knew that if we wanted to work the way we did we could accomplish something great and tonight we did."



Orangeville sweeps Victoria 3-0 to win the 2019 Minto Cup.

Deaken – one of 11 players from Orangeville – remembers when the Northmen won the Minto Cup in 2012.

"I just remember saying I want to do this one day and doing it here tonight, with all my brothers, it is surreal," he said. "There is nothing that can beat this."

On the other side of things, the Shamrocks are surely disappointed, but thrilled with the strides the team made, which includes the organization's first Minto Cup appearance since 2008.

"The league had us at 10-10-1 so our goal was to prove that wrong. My goal was to make the playoffs and win a playoff game, that was my honest goal and these guys exceeded that hugely," said Victoria coach Terry Dennett.

"I told my fifth-year guys I was proud to have them and I told the rest of the guys to soak it in and be ready to go for next year," he said about his post-game message. "We talked about culture and winning. Orangeville has a massive lacrosse culture. Watch them, see the experience of it. We actually got to that stage and maybe next time we are going to cross that stage and take that Cup home."

Victoria goaltender Cameron Dunkerley was the recipient of the Jim Thorpe Award. He was also the Shamrocks player of the game in the game 3 defeat, with Donville (three goals, one assist) earning the honour for the Northmen.

Dunkerley finished game three with 46 saves on 53 shots.

Kyle Waters (two goals), Ty Thompson (one goal, two assists) and Dawson Tait (one goal, one assist) rounded out Orangeville's goal scoring in game three.

Dylan Watson had three assists and was second in Minto Cup scoring with 17 goals and 29 points.

In the Orangeville net, Rylan Hartley made 43 saves on 48 shots. He finished with a 5.15 goals against average and .887 save percentage over the six games.

Jackson Boyd and Austin Madronic each had a goal and an assist for Victoria while Zach Manns and Patrick Dodds scored once apiece for Victoria.

Lester B. Pearson Award 2019 Presented to Cheryl MacNeill

By: CLA

The Canadian Lacrosse Association (CLA) recognizes an international official, Team Canada alumni goalie and promoter of the sport all in one today by presenting the 2019 Lester B. Pearson Award to Cheryl MacNeill.

Fittingly, today's presentation was made during the Team Canada reunion at the World Lacrosse U19 Women's Lacrosse Championship, which MacNeill is co-chairing.

"Cheryl has done everything above and beyond expectation for women's lacrosse," says Terry Rowland, Director of Marketing for the Canadian Lacrosse Association.

"Cheryl played many years with Team Canada as their goalie and always had a winning record. As a teacher in life, she is also a great educator and promoter for women's lacrosse in Canada."

The CLA presents this award annually 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.

MacNeill was Team Canada's goalie in 1989 and 1993 World Lacrosse (then the Federation of International Lacrosse) Women's World Cup. Since then, she has become a highly respected and highly qualified international umpire and has mentored many quality Canadian umpires over the years.

She has also co-chaired the 2007 and 2019 U19 women's world championships in Peterborough and the 2013 senior women's world championships in Oshawa, with senior women's coach Fred Blowes.

MacNeill certified as a local level umpire in 1989, provincial level umpire in 1993, national level umpire in 1999 and international level umpire in 2003. She most recently officiated games in Latvia. In a memorable moment in her career, she was an umpire at the gold medal



Cheryl MacNeill receives the 2019 LBP Award from CLA's Jane Clapham.

game of the 2017 World Cup in Germany. She was also head umpire at World Cup gold medal games in 2003, 2005 and 2009.

She has also officiated at the Hong Kong Lacrosse Open and Auckland, New Zealand High School Championships both in 2016. Additionally, she has umpired at Metro Atlantic Athletic Conference championships in 2004, 2011 and 2013 to 2016, plus National Collegiate Athletic Association Division 3 championship games in 2016 and 2017.

Past winners of the Lester B. Pearson Award are:

- 2018 - Dave Huntley
- 2017 - Joey Harris
- 2015 - Terry Lloyd
- 2014 - Mike 'Kanentakeron' Mitchell
- 2013 - Don Blacklock
- 2011 - Stan Cockerton
- 2010 - John Herd
- 2008 - Stew Begg
- 2007 - Sohen Gill
- 2006 - Jim Burke
- 2005 - Chuck Miller
- 2004 - Jim Price
- 2002 - Joanne Stanga
- 2001 - Bill McBain
- 1983 - Joan Gostling
- 1981 - William Hutton
- 1980 - Ed Linstead
- 1979 - Frank Huntley
- 1978 - Jack Fulton
- 1977 - Jim Bishop
- 1975 - Ken Newton
- 1973 - Morley Kells

Lacrosse Championship: Peterborough Ousts Victoria for Threeppeat

By: Cleve Dheensaw, Times Colonist

The Lakers defeated the Western Lacrosse Association-champion Victoria Shamrocks 7-5 in Game 5 to win the best-of-seven 2019 Mann Cup series 4-1.

It is Ontario's 13th Mann Cup title in 14 years, a run interrupted by only the Shamrocks in 2015. So this was sweet revenge for the 11 members of the Lakers still around from the 2015 team.

The Shamrocks' quest to hoist the Mann Cup for the 10th time, in the 70 years of franchise history, was denied. They were left to wonder how such a promising start to the series — a blowout Game 1 victory followed by a three-goal lead late in the third period of Game 2 — turned so suddenly on them.

Credit the Lakers. This is a seriously good team and a deserving three-time national champion. Peterborough won all the small but critical battles, especially on faceoffs and loose balls. Once the tide turned, they never let it revert back to Victoria. Any time Victoria was able to put together a surge, Peterborough answered — and almost instantly.



Peterborough veteran Shawn Evans had two goals Wednesday to advance further into second place on the Mann Cup career points list with 177, behind only all-time leader John Tavares's 203 Mann Cup points.

"It never gets old," Evans said.

"There were so many ups and downs this season, but we kept pushing. And Victoria did a great job. That is a great Victoria team and these are great Victoria fans."

Both goaltenders were outstanding. Pete Dubenski, the WLA playoff MVP, made 47 saves in goal for Victoria. Mike Poulin made 39 saves for Peterborough and was named the Mike Kelly Award winner as 2019 Mann Cup MVP.

"What an honour this is when you see all the great names who have won this award in the past," said Poulin.

But he said the award should have gone to the upstart Dubenski, who fashioned the comeback story of the year in lacrosse, after rising from playing Senior B last season.

"What that kid [Dubenski] did this season was unbelievable," said Poulin.



Peterborough wins their 17th Mann Cup title in club history.

Chris Wardle, Larson Sundown, Tyson Gibson, Graeme Hossack and WLA rookie of the year Chris Boushy scored for Victoria in Game 5.

The score was 6-5 when a highly questionable, and petty considering the circumstances, penalty call for interference against Victoria allowed Peterborough to score on the power play at 15:30 of the third period for the insurance goal. The officiating was a source of verbal outrage for the Shamrocks the entire series.

"I'm extremely disappointed for our guys," said Shamrocks GM Chris Welch.

"They were not given a chance [by the refereeing]. This was beyond the worst officiating. It was a disgrace. A national championship showcase deserves better. But full credit to Peterborough. They are deserving champions and are a class organization from top to bottom."

The Shamrocks, already without scoring stars Jesse King for the Mann Cup and Rhys Duch, out all season, took further blows when offensive-threats Tyler Pace and Casey Jackson

went out in Tuesday's 8-6 loss and veteran sniper Chris Wardle on Wednesday with a reported broken wrist after a two-handed slash.

Snipers Josh Fagan and Cole Pickup drew in and indeed provided a pick-up with some sparky play. But in the end, there was simply too much firepower missing from the Victoria line-up to have much of a chance against a big, strong, fast — almost complete — Lakers team.

Even if the Shamrocks did manage to extend the series past Wednesday, it was hard to see how they would have pulled out games six and seven. They simply ran out of bodies and steam.

Peterborough's 17 Mann Cup championships is second only to the New Westminster Salmonbellies' 24.

The Lakers completed the first Mann Cup threeppeat since the Six Nations Chiefs from 1994 to 1996 and the fourth since the Mann Cup became a national competition in 1926. The record is four consecutive Mann Cup wins, set by Peterborough, from 1951 to 1954. The Lakers will chase that next year.

Canada Wins Silver at the 2019 Women's Lacrosse U19 World Championship



Team Canada U19 Women lost 13-3 to the USA in the 2019 Lacrosse World Cup Championships.

By: CLA

Peterborough, ON—The championship game against Canada and the USA took place August 10, 2019 at Trent University. The USA had a strong game, winning 13-3. Team Canada came away as silver medalists at the 2019 Women's Lacrosse U19 World Championship.

In the second quarter, Bianca Chevarie and Annabel Child scored Canada's first two goals, starting to close the gap between the USA 2. Annabel scored another goal for Canada in the last quarter.

"Our girls played hard. They left it all on the field. As the coaching staff, we couldn't be more proud of their efforts even though it didn't go our way," said Scott Teeter, head coach of Team Canada. "I thought the back-breaker was the last minute of the second quarter. We went down through transition with about a minute and a half left. We could have made it 5-3, and the next thing you know we go into halftime 7-2. I think that was the difference of the game right there."

At halftime, World Lacrosse presented the World Lacrosse Development Award to four deserving individuals. Wendy Cuthbert from the Ontario Lacrosse Association was recog-



nized her contributions to the development of the sport.

At the closing ceremonies, Kylea Dobson and Eve Hritzuk were recognized as two of the top 10 players in the championship. They were two of Team Canada's top scorers throughout the championship. Team Canada accepted their silver medals with smiles and pride, cheered on by a large crowd of friends, family, and supporters.

"This team has shown tremendous dedication and they've come together as one family," said coach Teeter. "I talked to them about being a family, and a lacrosse family, and they'll remember this experience for the rest of their lives."

VICTORY TROPHIES

Your One Stop For All Your Award & Trophy Needs

FRIENDLY SERVICE



QUALITY WORK



A BCLA Partner for over 20 years!

#12 - 5901 East Broadway, Burnaby

Call 604-298-9534

www.victorytrophies.com

Coaches Corner

Offence-Defence in Minor Lacrosse

By: Duane Bratt, CLA National Resource Person

In the NLL championship game of 1999, the Toronto Rock unveiled a special offence-defence (O-D) system that helped them beat the Rochester Knighthawks for the championship. While elements of O-D had been used in the past, typically late in the game or through the use of raggers and chasers on special teams, it was largely unprecedented to do it for an entire game. The exposure of a national TV audience and the stake of the game meant that a lot of attention was given to running an O-D system. Within a handful of years most senior and junior teams were running some variation of O-D. Naturally, this quickly spread to the minor ranks.

An O-D system involves specializing players to play only offence and other players who only play defence. This changed many aspects of the game: line changes, length of shifts, transition. There are a lot of positives with the O-D system for teams whose primary focus is winning (ie., Sr A or Jr A). But for teams that should be primarily focused on player development (ie., all of minor lacrosse) running O-D is highly detrimental. Early specialization pigeonholes players and does not allow them to develop all of their skills. You end up with defensive players who lack proper stick skills and offensive players who do not know (or care) how to play defence. This is why long term athlete development strongly opposes early specialization.

By the mid-2000s, the CLA and many provincial bodies realized that they were facing an epidemic of minor teams running O-D systems. This was due to the desire to win now outweighing the need to properly develop players. The modelling effect by the top pro, Sr A, and Jr A teams also contributed to the rise of O-D in minor. This led the CLA and provincial associations to create policies to ban the use of O-D deeming the practice “unethical” in minor lacrosse.

Several steps were needed. The first was to define O-D. The current definition is “when

a team continuously incorporates a system in which a player, or players are played on one end of the floor only. All players shall remain on the floor for both an offensive and defensive possession in each playing shift. A team will be deemed to have violated the Policy if one or more players are found to be only playing in a defensive or offensive possession for more than one playing shift, or if a player, or players show a consistency of playing predominantly in only a defensive or offensive position during the game. The above only applies to all even-strength situations.” The second step was to identify appropriate individuals who would determine whether a team was running an O-D system. Typically, it is a provincial association’s coaching chair, tournament convenors, provincial convenors, or national convenors. Step three was to establish sanctions, usually a suspension for the offending team’s head coach.

For the most part, this ban on O-D has worked. However, there remained a problem when the stakes are at their highest: minor provincials and minor nationals. For example, the top teams at the 2018 midget nationals blatantly ignored the O-D regulations. In response, the CLA revised its policies, eliminating loopholes, removing warnings, and strengthening enforcement. It worked. During the 2019 minor nationals the new policies were distributed in advance to the provinces before the teams arrived in BC. They were also re-emphasized again during the pre-competition meeting. During the five divisions that constituted minor nationals, the cohort of CLA convenors and referee-in-chiefs monitored all of the games. One coach was removed early in the nationals, but that was it. When you compare 2018 and 2019 the transformation was remarkable. Now what is needed is to replicate the success of the new O-D policies at the CLA at the provincial level.

The purpose of minor lacrosse is to develop all of a player’s skills. Running an O-D system is contrary to that. Continual education of coaches on the downside of O-D at the younger ages is needed. But so are strong policies and enforcement of those policies at the national and provincial level. The beneficiary, as always, are the players.

with a press up, walking lunges and plank walk outs, are all ideal low-intensity, multi-directional movements.

Phase two and three is ‘Activate’ and ‘Mobilize’. In this segment, the goal is to activate key muscle groups and mobilize the ranges of motion that would be used in the sport or activity of choice. Purchase some inexpensive resistance bands for mini-band exercises and also include exercises that cover the 7 foundational movements of squat, lunge, hinge, plank, push, pull and rotate. In addition, include balance work - for example, an exercise like standing on one-leg while rotating the lacrosse stick from hand to hand and around the body - and extension and flexion work of the spine (try cat / cow or other similar poses used in yoga).

Lastly, phase 4 is ‘Performance’. This segment ramps up intensity in preparation for a game and helps to improve performance by using high-intensity drills that are specific to lacrosse. Sprinting, agility and power are important parts of the game and should be included. Add in some reactive drills such as quick stick and other patterning movements like 3 on 2’s and short-moderate accelerations and sprinting.

Noticeably, traditional static stretching has been left out of the formula. The debate still continues over its actual benefits. However, dynamic stretching has been shown to improve performance. This type of stretching acquires muscle to be active through a range of motion versus just motionlessly holding a stretch.

Ultimately the goal of any warm up is to have our players physically and mentally ready to hit the field. With a little bit of planning and preparation, a “ramped” up warm up will improve your athlete’s on-field performance and ideally keep movement related injuries at bay.

Warm Up for Improved Performance

By: Krista Popowych Maznik

Probably one of the most undervalued training segments before a game or practise is the warm-up. Often the lackluster effort that some players put into this time is reflective on the quality of their actual practice or game. Getting your athletes into the habit of warming up properly will significantly improve their on-field performance. In addition, it could lower the incidence of preventable injuries and prepares players mentally for a game.

Long gone are the days when a 2 minutes jog and some static stretching could be considered a warm up. It is important to set aside at least 15 minutes to prep. As a coach, putting an emphasis on a quality warm-up is key. If it is not the coach leading the charge, choose one or two players who are willing and motivated to take on this important role.

Mark Verstagen, original founder of Athletes’ Performance, and Dr. Ian Jeffreys created the framework for what is known as the RAMP protocol. This sequence breaks the warm up into 4 phases: Raise, Active, Mobilize, and Performance.

In ‘Raise’ the goal is to increase body temperature, heart rate, breathing, blood flow and joint viscosity. Think of this as the pre-cursor to similar movements that will be done later at higher intensity or speed. Exercises like shuffling, high knee skips, glut kicks, directional change drills using cones or ladders, squats

SUBWAY

Subway® is a Registered Trademark of Subway IP LLC. © 2019 Subway IP LLC.

LacrosseTalk
The Official Publication of Canada's National Sport

Subway® Restaurants
LacrosseTalk
National Rankings
(2018 Final Season Ranking)

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

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

Zebras Earned Their Stripes

So Can You,
Become a BC Lacrosse Referee!

Be a Leader

Great Part-Time Job

Professional Development



New & Experienced Referees
are Welcome for:

Men’s Field Lacrosse
Women’s Field Lacrosse

Contact the BCLA at 604-421-9755
or Email info@bclacrosse.com

LacrosseTalk
The Official Publication of Canada's National Sport

Lacrosse Talk – Fall 2019

BCLA Phone # 604-421-9755
Publisher – British Columbia Lacrosse
Controller – Rochelle Winterton
Managing Editor – Jeff Gombar
BC Editor – Jeff Gombar
Cover – Cybereyes Images

*Contributing Writers: Canadian Lacrosse Hall of Fame, Jane Boutilier, Owen Munro (BCJALL), Gary Ahuja (WILC 2019), CLA, Duane Bratt, Cleve Dheensaw (Times Colonist), Ted Clarke (Prince George Citizen), Krista Popowych Maznik, Clayton Fenney (SFU Lacrosse), Dave Sheldon (Vancouver Warriors).

*Contributing Photographers: BCLA Archives, Vancouver Sports Pictures, Prince George Citizen File, Paul Evans, Gina Goller, Ramona Johnston, Marnie Nicklin, Darwin Dwornik, Danica Hunter, Shannon Rennie, Lonnie Hoffman, Jeremy Araki, Freeze Frame Photography, Mike Verhagen, Anne Solomon, Jeff Gombar, Gary Ahuja, BCJALL, Clifford Skarstedt, Nathaneal Laranjeiras, Garrett James (LEC), Brandi Carr.

Layout and Typography
Creative Plus Solutions
kim@creativeplussolutions.com

Advertising Sales
Jeff Gombar
jeff@bclacrosse.com
(604) 421-9755, fax (604) 421-9775

The distribution of Lacrosse Talk to members of the BCLA is a benefit of membership.

If you do not wish to continue receiving LacrosseTalk, please email us at info@bclacrosse.com and request that your name be removed from the LacrosseTalk mailing list.

Return undeliverable addresses to:
British Columbia Lacrosse Association
#101 – 7382 Winston Street,
Burnaby, BC V5A 2G9

 Find us on
Facebook

LacrosseTalk Partners:

 **HOSTING BC.**

 **BRITISH COLUMBIA**

viaSPORT
BRITISH COLUMBIA
CHANGING THE GAME. CHANGING LIVES.

INTERNATIONAL
Web exPress
PRINTING NEWSPAPERS, PERIODICALS, AND CATALOGUES

Canada

The BCLA wishes to acknowledge
the support and contribution of the
Province of British Columbia.

HYDRATE TO DOMINATE



WES BERG, Professional Lacrosse Player

- Optimal endurance and energy levels
- Mental alertness without stimulants
- No artificial sweeteners, flavors or colors
- Tested for banned substances and label transparency
- 100% sugar-free formula

@PUREVITALABS



YouTube

PVL.com



PURE VITA LABS

LOWEST PRICES GUARANTEED
supplementscanada.com

Supplement
Source.ca

SVNCanada.com
Supplements, Vitamins, Nutrition

vitamart
Canada's Health Store .CA

www.BODYENERGYCLUB.ca



THE LINE OF FIRE

Introducing the Burn FO, where legendary speed teams up with the world's most dominant force. Available now.

Learn more at Warrior.com/BurnFO

