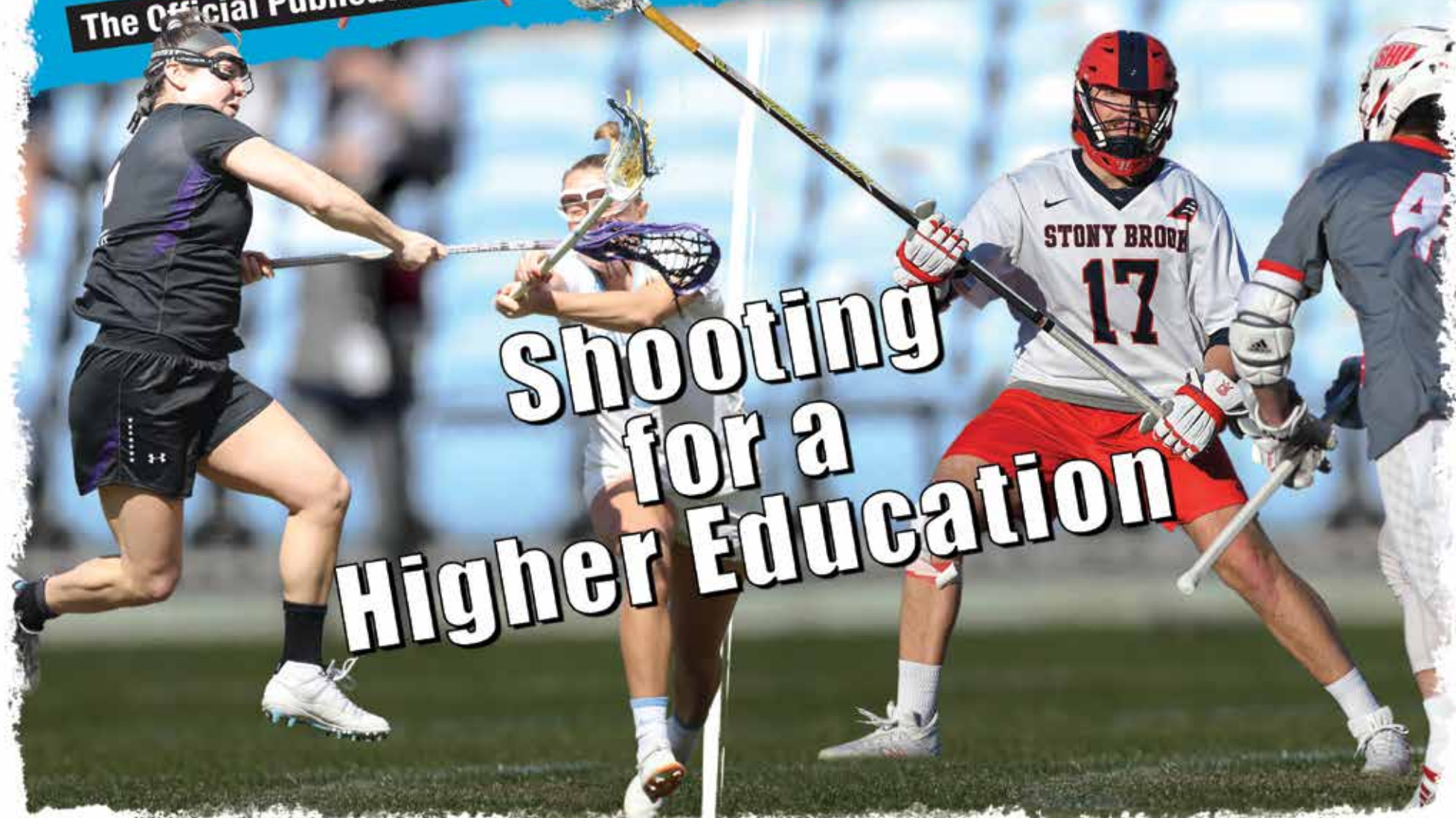


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# LacrosseTalk

The Official Publication of Canada's National Sport

## Team BC: Making the Grade



# Shooting for a Higher Education

By: LacrosseTalk Staff

“Success comes from knowing that you did your best to become the best that you are capable of becoming.” – John Wooden, UCLA Basketball Legend.

Words true in life and in sport. Where there’s an appetite to succeed, there’s a desire to reach high goals, in everyday life and on the playing field! Through sport, individuals can get the best of both worlds.

With the competitive nature of youth sports, getting to the next level may not always seem clear. Team sports, like lacrosse, continues to offer homegrown athletes a place to hone their skills and grow their game to reach their own level of greatness.

Not all athletes choose the same pathway in life and sport, but it’s being part of a team, that lifelong lessons are learned that mold young athletes into fine young adults. Team BC Field Co-ordinator Reynold Comeault sees high performance training as a great first step in opening the doors of opportunity.

“One of our primary objectives is to develop a Team BC culture that allows athletes to focus on getting the most out of training, which in turn leads to more opportunities that may present themselves,” explained Comeault. “Through our training, it enables our athletes to develop good, desirable habits, which can translate into an atmosphere that is relevant in the college environment.”

Team BC was born in 2003. Today, 16 Box and Field teams (male and female) bear the Team BC brand and the program continues to thrive and develop more budding BC athletes.

Past apprentices cut their teeth with the BCLA and Team BC at a young age where seeds were planted in their early development -- some went on to achieve greatness. Many players grew with their clubs and high performance programs and continue to make their marks on lacrosse.

Vancouver Warriors star, Logan Schuss, played on the first Team BC Bantam Box team in 2005, where he forged lifelong friendships and worked hard at his game.

“Playing at the highest level, and having success, gave me the confidence that I could take my game to the highest level for years to come,” stated Schuss. “It also showed me that I would need to continue to work hard to stay at the elite level.

Playing alongside such talented players pushed me to be better each year.”

Schuss’ efforts paid off with a scholarship to Ohio State, but it took years of hard work and determination to get to where he is today.

“My advice to players with goals of playing at the collegiate level -- love the game. It was a huge part of my life growing up. Practices and games are not enough, you need to develop your game on your own time to get to that level. Go to the box, go to the field, you can always be better.”

BCJALL, NCAA and Team Canada player, Ryland Rees, was a Team BC Field athlete from 2013-15. This Poco Saints product worked his way through minor lacrosse and was recruited to Stony Brook Men’s lacrosse Division 1 program. Each level served as a stepping stone for Rees as he continued along his lacrosse path.

“Team BC was an awesome experience and an amazing way for me to get exposure to colleges,” said Rees. “The coaching I received is what shaped me to the player I am today, pushing me to my potential that I did not even think was possible. Team BC prepared me for college because it was taken more seriously. I was never seen as the best player. This team, and the tournaments we were able to play in, really were the times I was able to take off as a player and continue to grow and improve my skill and my game.”

“Success is not only for the elite. Success is there for those who want it, plan for it, and take action to achieve it.” – Jim Brown, Syracuse Lacrosse and Football Great.

Nearly three hundred Box and Field athletes (annually) have the opportunity to train on a Team BC team, be instructed by the game’s leading edge coaches and compete at high level tournaments. Parents and athletes see the high performance pathway as the means to increasing ones skill and game play, and in making college connections.

“It’s been a very productive progression for our male and female athletes in the Team BC Program,” stated Team BC’s Reynold Comeault. “The college and university coaches are eager to recruit our players based on their style of play. With the girls, female coaches seek their high grasp of the fundamentals and how they apply their skills to the field game.”

The Team BC program assists athletes to reach the next level in order to have a chance to be noticed for college opportunities. Where there were few opportunities for these athletes’ only decades ago, BC athletes have been positioned on the recruitment radars of many institutions.

In Fall 2018, fifteen Team BC athletes, and numerous others, celebrated their NCAA National Letter of Intent Signings committing student athletes to college and university lacrosse programs -- the most ever in program history.

“Athletes that commit to attend post-secondary institutions, are the fruits of our labour,” said Comeault. “The amount of scholarships committed to those fifteen athletes alone is over a million dollars.”

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# British Columbia Lacrosse Association

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## McLucas Selected for SBC Presidents' Award

By: LacrosseTalk Staff

The 53rd Athlete of the Year Awards and Presidents' Award ceremonies founded by Sport BC took place Wednesday, March 13, 2019 at the Fairmont Pacific Rim in Vancouver, BC.

The Athlete of the Year Awards, is the longest standing sport recognition event in Canada. Awards in 18 different categories are presented each year to athletes, coaches, officials and volunteers for their performance and contribution to sport in our province. The awards play a valuable role in nurturing athletic success and recognizing some of BC's growing talent.

Sport BC is proud to celebrate the athletes, dedicated coaches, devoted officials and amazing volunteers from all member Provincial Sport Organizations and sport sector partners in British Columbia. For over 50 years, Sport BC has recognized legendary sport heroes and emerging stars.

Hundreds of BC's finest athletes, coaches and volunteers were recognized at the prestigious event. The event was a who's who of the local sports community with past Olympians & Paralympians, professional athletes, builders and media types taking in the celebrations. Gemini Award winning Sports caster, CBC's Scott Russell, wowed the crowd as banquet emcee.

The BC Lacrosse Association's 2019 selection for the Sport BC President's Award was BCLA Field Lacrosse Directorate Vice Chair (Youth Field), Surrey's Beth McLucas.

Beth McLucas has been a valuable volunteer for the past 20 years with the North Delta and Surrey Minor Box and Field Lacrosse Associations and the BCLA Field Directorate. In the early years, she assisted with tournaments, apparel sales and managed teams, but quickly got involved on the association executive level as floor allocator and worked her way up to President of Surrey Minor for 3 years.

McLucas has been one of the most involved volunteers at a leadership level in both Box and Field Lacrosse in BC. She has been a commissioner for box and a Provincial Convener for all

levels and genders of Box Lacrosse. She is currently serving in the role as Chair of a Minor Box Lacrosse Commission.

An advocate of all lacrosse, Beth has volunteered her time with both the field and box games, but her passion lies with the field discipline.

In field lacrosse, she has held almost every position available, from a field commissioner to a league chair, and always taking a role as a master scheduler. She is currently serving as the Field Directorate Vice-Chair-Youth. For over 8 years, she has been part of the Field Provincials and national committees, was the 2016 BC Summer Games Field Host Convener, and volunteered at the U19 World Lacrosse Championships and the International Youth Lacrosse Tournament in 2016.

Beth has been a mainstay at the Subway® BCLA Youth Field Provincials serving as Convener, Co-Convener and a knowledgeable volunteer for fifteen years. Her knowledge of events and her uncanny way to engage people has made her an integral part of the overall successes of the Field Lacrosse Provincial tournaments. You'll still see her at a Field Provincial helping volunteers today.

Whenever McLucas is asked to volunteer, she is always quick to say "YES". No one looks for the accolades when volunteering, but when one is recognized, it is quite a special surprise.

"I was shocked as we have so many great volunteers within our sport, and to be chosen over all it's a great honor and privilege to be recognized by BC Lacrosse," said McLucas.

Beth's volunteer efforts have not gone unnoticed as she was the recipient of the BCLA's Art Daoust Award (2011) for the executive of the year in Box Lacrosse and the Tom Gordon plaque as "Ms. Lacrosse" (2016).

A caring, thoughtful, no-nonsense volunteer, Beth has experienced plenty in the lacrosse community. An evening at the Sport BC Athlete of the Year event amongst so many sports volunteers, like herself, was a pretty impressive site.



Photo: Jonathan MacLeod, Sport BC

BCLA President, Gerry Van Beek (left) posed with BCLA volunteer Beth McLucas as she was honoured with a Sport BC Presidents' Award in March.

"It was great to see so many great volunteers from all the sports getting recognized and it was great speaking to other sports about our great sport of lacrosse."

Beth McLucas is the consummate volunteer and BC Lacrosse Association's 2019 recipient of the Sport BC President's Award.

Previous Sport BC Athlete of the Year Award President's Award recipients from the BCLA are: Gloria Siegner (1999), Elinor Hinds (2000), David Soul (2001), Jack Crosby (2002), Hugh Tait (2003), Greg Toll (2004), Deb Stocks (2005), Shawn House (2006), Greg Toll and Toni Lowe (2007), Ron McQuarrie (2008), Mike Hall (2009), Gene and Judy Regier (2010), Dave "The Wall" Jenkins (2011), Terry Mosdell (2012), Doug Wright (2013), Dennis Quigley (2014), Don Scott (2015), Harold Corbett (2016), Angie Schwan (2017) and Dirk Rachfall (2018).

The BC Lacrosse Association thanks Beth McLucas for her commitment to lacrosse.

## Adanacs Finalists for Sport BC Awards

By: LacrosseTalk Staff

The 53rd Annual Awards Ceremony and Gala dinner was held Wednesday, March 13, 2019 at the Fairmont Pacific Rim. The ceremonies recognized BC's best in amateur sport including athletes, coaches, and officials for outstanding performances in their sport over the 2018 season.

Each finalist was nominated by their Provincial or Multi-Sport Organization, High School, College or University. The Selection Committee, chaired by Bernie Pascall, included 15 highly regarded sportswriters, broadcasters, and amateur sport leaders in British Columbia.

"Each year the Athlete of the Year Awards selection committee reviews all nominations and recognizes the talented and de-



serving athletes, coaches and officials", notes President & CEO of Sport BC, Rob Newman. "The nominees for the 2019 Sport BC Athlete of the

Year Awards represent 25 sports and 16 various cities who are all representative of the strength and depth of sport development in our province over the last 53 years. Each year, we are grateful for the support and contribution of our sport and business partners and volunteers."

"It's no secret, BC boasts many of the top athletes in Canada, we reviewed an impressive list of candidates for awards consideration," says selection committee chairman Bernie Pascall. "The excellent group of finalists, reflects the remarkable degree of sports development in BC."

Annually, the BCLA nominates candidates for the Sport BC Athlete of the Year awards. This year two standout lacrosse nominations were selected as finalists.

not guaranteed that you'll receive a grant, we strongly recommend that you put in an application.

Assistance is available to any athlete 19 years of age or younger, related team or program sanctioned by the BC Lacrosse Association. The on-line application form link is <http://www.u19worldlaxfoundation.com/application/individual-player-application-form.html>

In the spring of each calendar year, the Board of Directors of the Foundation will consider applications received from teams and individual athletes to award grants for the general develop-

The Coquitlam Adanacs Junior A Lacrosse Head Coach Pat Coyle and the 2018 Minto Cup Champion Coquitlam Adanacs team were both selected as finalists in the 2019 Male Coach of the Year and Team of the Year categories respectively. This is the second time in three years.

The Coquitlam Adanacs Junior A Lacrosse Club were the defending BC Junior A Lacrosse League (BCJALL) champions and finished in first place with an 18-2-1 regular season record. Coquitlam amassed an overall 26-4-1 BCJALL regular season and playoff record. The Adanacs won their third Minto Cup in 2018, 3 games to 1, over Ontario's Brampton Excelsiors.

This title marked Coquitlam's second Minto Cup in three years under the tutelage of Head Coach Pat Coyle. Coyle is one of the biggest reasons for the Junior Adanacs' successes in past years. His leadership is unmatched as one of the most influential coaches in the league.

Both finalists were not selected as the overall winners in their categories, but all should be proud for the recognition received for their incredible accomplishments in 2018.

## U19 World Lacrosse Foundation Grants



The U19 World Lacrosse Foundation will provide financial assistance for the ongoing development of youth field lacrosse programs in the Province of BC as well as the ongoing development of BC field/women's field lacrosse athletes to allow them to compete at higher levels.

In the past, the BCLA has applied for each Team BC Field/Women's Field Lacrosse program. However, the Foundation has asked that athletes apply directly for this grant. While it's

ment of field lacrosse in the Province of BC and to provide assistance to high performance field lacrosse athletes.

General development assistance includes startup assistance for new clubs and volunteer development at the club level as well as field lacrosse programs that generate participation at the grassroots level for men's and women's youth field lacrosse. The Foundation will also provide assistance for club field lacrosse team expenses, Provincial field lacrosse team expenses and to individual athletes competing on Canadian National field lacrosse teams.

Applications must be received by the Foundation on or before May 31st of each calendar year to be considered by the Board of Directors who will determine the assistance that will be provided by way of a grant in July of each calendar year.

# Warriors Plant Seeds in Community

By: Dave Sheldon, Vancouver Warriors

One of the priorities of the Vancouver Warriors when they took over the National Lacrosse League franchise last summer was to develop a Community program that would do something that other lacrosse programs had failed to do; put sticks in the hands of kids and get them pumped about lacrosse. Not just in the community but also in the classroom.

For the Warriors to find success with such a program, the right person needed to be found that could not only take the lead but could identify what schools, classrooms and community centres were looking for.

Enter Curtis Hodgson.

A former standout NLL and Western Lacrosse Association as a defender, Hodgson knows the x's and o's on the floor. Hodgson also ticked all the boxes when it came to the school end of things, having become a teacher during his playing career and then stepping away from being a full-time lacrosse player two seasons ago when the opportunity to be a Vice Principal in the Burnaby School District became available.

"Hiring Curtis Hodgson for the Warriors was an easy decision," comments Vancouver Warriors General Manager Dan Richardson. "I have known 'Hodgie' for over a decade. He is a great leader, both when he played and off the floor in the community. His background in education allows Curtis to relate to the needs of the schools when it comes to having success in our programs. I had no hesitation hiring Curtis for our club as Community Coordinator."

Hodgson was excited to jump back in after doing a similar role with the former Vancouver franchise out in Langley. "The ability to team with the Canucks to help bring the Warriors to the community is exciting," explains Hodgson. "Working with Dan Richardson and knowing his work ethic and commitment to community success made this role for me one I couldn't pass up."

Curtis Hodgson has helped the Warriors roll out three separate programs in Year One alone; with the Stick to School and Subway Warriors Spring Camps paying immediate dividends to youngsters throughout the Lower Mainland.

Hodgson: "After collaborating with the BCLA, we felt that our best chance to reach new lacrosse fans was to go to schools that may not have seen lacrosse before, so we went into the Vancouver school district and visited some schools where kids may not have had the opportunity to see or play lacrosse before. The response has been overwhelming, and we are now in a waiting list situation moving forward. Every school has been over the top excited to see our players show up at their assembly."

Players like Mitch Jones, Logan Schuss, Matt Beers and Tyler Codron... leaders on the turf at Rogers Arena that become mentors to these young and enthusiastic kids. "One of my goals when I came back home was to be a part of the community programs with the Warriors," says Jones. "It was an assembly when I was in school where Geroy Simon of the BC Lions came in and talked about what it took to be a successful athlete, both on and off the field. He inspired me to get to where I am, and I want to pay it forward and hopefully inspire the next generation of athletes."

The Subway Spring Camps are also a big hit, having just concluded at the Langley Events Centre Fieldhouse. "These spring



Warriors star Mitch Jones addresses Mackenzie Elementary at a Lacrosse assembly this spring.

camps allowed both brand new lacrosse players and existing players to get instruction and inspiration from our players," says Hodgson. "The new players were excited to get on the floor while the existing players really enjoyed getting taught by the players. It was a great success and we had to turn people away we had so much interest"

Why not go with bigger camps and a larger school footprint? It's easy, says Dan Richardson. "We know that we only have one chance to make a great first impression. Let's roll out everything that we do with a lot of thought and deliberation about how we can make each event or program the most successful. Once we do that, then we can roll out more opportunities. We do not want to become a community partner that cannot deliver on our promises."

A thought that is echoed by Senior Director of Business Operations David Comuzzi. Comuzzi sees the potential of partnering like minded corporations with the Warriors in community projects, but only if the fit is right. "It is imperative for our success long term that we are deliberate in who we partner with, especially when it comes to Community programs," explains Comuzzi.

"We have partnered with Associated Labels, who have donated 24 tickets per game to a team or community program that may not be able to get to a Warriors game. We have also teamed up with Norland Construction to honor a team of the week with tickets to a game. Moving forward, when we look at our corporate partners who are looking to share in our community programming, we can be confident that by taking the proper time to find the right partner, that we can maximize the success of the program."

Comuzzi was also excited to have the Warriors involved with the TEAM BC Program, which will include the Warriors helping identify and assisting in the development of BC's elite Box and Field Lacrosse Athletes. "This allows us to help lacrosse athletes throughout our province see a pathway, whether it be to better work habits, a good school program or eventually, a place on our team with the Vancouver Warriors," explains Comuzzi. "We want to be a part of fostering, developing and nourishing these great young players"

It doesn't take long to see just how much the Warriors have done in year one of their existence here in British Columbia, but also how much more can be offered moving forward. The Warriors truly are sowing the seeds of lacrosse in our province and know that the hard work is just beginning.

## Poco's Rees A Cannon

By: LacrosseTalk Staff

Boston, MA - (February 8, 2019) – Major League Lacrosse (MLL) hosted the 2019 Collegiate Draft presented by Cascade Saturday, March 9 at the NASCAR Hall of Fame in Charlotte, N.C.

Port Coquitlam Saints and Team BC product, Ryland Rees, was a third round selection (27th overall) to the Boston Cannons in the 2019 MLL Collegiate Draft.

The 6-2, 210 pound, Senior long stick midfielder, has led the backend of his Stony Brook Seawolves team the past three seasons. Rees has been a mainstay with the Port Coquitlam Saints of the BCJALL and was a late pick up in the 2018 campaign and a late addition with the Coquitlam Adanacs that went on to win the 2018 Minto Cup.

In the 2018 college lacrosse season, he played in and started all 15 games with the Seawolves with 6 goals, 2 assists. Rees led the team in ground balls (45) and caused turnovers (24). He earned America East First Team All-Conference honors, was named to the America East All-Championship Team and served as team captain. So far in the 2019 Stony Brook lacrosse season,



Ryland Rees was selected 27th in the 2019 MLL Draft by Boston.

Rees has 4 points (3G & 1A) and 30 ground balls in ten games. Rees is a two-time Team Canada Field Lacrosse member (2016 Men's U19 team & 2018 Senior Men's team) that took a U19 silver in a heartbreaking loss to the USA in Coquitlam and another loss in the dying seconds to the US in Israel.

## Continued from cover article: Team BC: Making the Grade

By: LacrosseTalk Staff

The allure of post-secondary institutions seeking out BC athletes has piqued the interest of many. In March, Reynold Comeault presented a college recruitment workshop to over 70 people. With the high interest, comes many questions, of which Comeault has been a great assistance to families.

"The biggest question I get is -- 'how do I get started,'" said Comeault. "It's an intimidating process preparing an athlete for approaching colleges that may show an interest in them. Have a good understanding where your athlete fits. It's fine to show interest in an Ivy League school, but that may not necessarily be the best fit, nor the most realistic for the athlete."

The more effort one puts into the process will result in what one will get out of it. Last year, Comeault connected with over 100 schools of which he promoted Team BC athletes. He understands the needs of the recruiters in promoting the athlete.

"Become organized with detailing video accounts of the attributes of your athlete," said Comeault. "Build a lacrosse resume listing accolades and achievements over the athlete's career. College coaches are not only looking for athletes that put the ball in the net when they are evaluating talent, they are also looking for athletes that are hard workers, show initiative, have strong fundamentals and the presence of lacrosse IQ."

Former Vancouver Stealth President and GM and college coach, Doug Locker, reminds us that there is plenty to learn about the recruitment process. The basis of any college recruitment begins with good high school grades.

"If you don't have the necessary academic background to be offered admission, there is little the coach can do for you. Without a doubt, academics are the most important thing in the process," noted Locker.

Once grades are checked off the list, coaches will dig deeper into the personal attributes of the recruit to learn what really makes the athlete tick.

"College coaches generally look for well-rounded players. They want good people who are also great team players – willing to do whatever it takes to make themselves and the team better," explained Locker. "Coaches will also spend time looking into what type of person the player is, how they interact with their teammates, how their coaches speak about them and how hard they are willing to work to be better."

Competition is very high for scholarships. Athletic programs have to be creative in spreading funding amongst a roster of athletes.

"I think the major myth is that 'full rides' are out there for the taking and even that there are an abundance of athletic scholarships," said Locker. "At the Division 1 level in lacrosse, teams can provide a maximum of 12.6 full scholarships for all athletes on the team (10.8 for Div. 2). Nationwide only 1% receive a 'full ride'. When you consider that most rosters are in excess of 35 players, the math is pretty easy. Playing lacrosse at the collegiate level is extremely competitive."

School studies should be a priority, which will lead to far more options available to consider. Starting the process early in grade 9 is best, in order to be fully engaged in the process at the start of the grade 11 year.

Locker cautions to be mindful of selecting a school for all it offers, rather than just simply selecting a school for the lacrosse or the head coach.

"Select a school that the student will succeed as if there were no lacrosse program," said Locker. "These factors include location, field of study, overall environment, etc. Keep in mind coaches leave and the student wants, and needs, to be happy at their dream school regardless of who is coaching."

The school selection is really about where that student is most comfortable in an environment that gives the individual the best chance to succeed. Other helpful tools are to be realistic about costs and affordability and keep that in mind as the student puts together their list of potential schools. It is important to attend identification camps and showcases so that schools see athletes play. And lastly, it is prudent to visit your top schools.

There are plenty of moving parts that go into the school selection process – all of which takes time. Each process evolves to the specific needs of the athlete, but its good advice that will lead to sound, confident decisions.

"Do not rush things and do your research on the schools that you are interested in," advised Ryland Rees. "Focus on your schooling the most -- it shows coaches dedication to everything you do. If your grades are good, then that will make things much, much easier."

Good luck to the next wave of student athletes that choose the pathway to higher education through academics and athletics. Plenty of hard work can pay off in the long-run in the next phase of a young athletes' scholastic and athletic careers.

"Success is no accident, it is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." – Pele

# BCLA and Indigenous Development



Photo: Submitted photo

BCLA Indigenous Developer Bryan Baxter practices cradling the ball with youngsters in Kitimat.

By: LacrosseTalk Staff

Indigenous Development of lacrosse in BC continues to build on the successes of the past years of hard work and dedication by a volunteer base around the province. These people are

committed to bring lacrosse to all corners of the province to serve some of the most remote Indigenous communities in Canada.

Recent trips included the Haisla Community School (Kitimat), Sts' Ailes Community School (Agassiz) and Sxoxomic Community Band School (Alkali Lake). During visits to these and other schools, students are taught about the history of the game of lacrosse, as well as, some of the cultural significance as a medicine game and a way to settle disputes. In addition, students are shown the significance of the stick, which came from Mother Earth and grounds the athlete (warrior) to Mother Earth through the stick.

The basic skills of cradling, passing, catching, scooping, and shooting are shown to the students and they get to perform those skills

in an open forum and at their own speed. Mini games are used to engage the students to practice their new found skills in a fun, competitive manner. The equipment used in these demonstrations is left in the community so the student athletes can continue to play the Creators Game.

In addition to bringing the game to the students, we continue to develop capacity for the game by hosting coaching clinics in the Indigenous communities where coaches are trained at the first level of lacrosse (Community Development) at no charge. Recent clinics included at the Tsa' Owt nation (Saanich) and N'Kwala (Merritt) where eighteen Indigenous coaches were trained.

Finally, BCLA in partnership with ISPARC, hosts Spirit Lacrosse Programs in communities

throughout BC. The program consists of six to ten, one hour sessions, delivered by volunteer coaches (mostly Indigenous) who teach the fundamentals of both movement and lacrosse through the use of the Lacrosse FITS Manuals. The manuals have ready made one hour lesson plans for the coaches to follow. There were about sixteen such programs run in the province in 2018-19.

"It is very satisfying to see the growth of the game in the Indigenous communities," said BCLA's Indigenous Developer, Bryan Baxter. "An all-Indigenous lacrosse tournament in BC is no longer a pipe dream, and the beginnings of it will take place this spring with four of the Spirit Lacrosse Programs getting together in a jamboree style event at the Tset'suw Sawa'lum Games in Cowichan."

A huge thank you to all of the wonderful volunteers in the province for making the growth of the Creators Game possible in our communities.

## Wheelchair Lacrosse Rolling Along



Photo: BCLA Archives

A March Wheelchair Lacrosse clinic featured Bill Lundstrom and Ryan Baker of the WLUSA.

By: LacrosseTalk Staff

The British Columbia Lacrosse Association, in partnership with Wheelchair Lacrosse USA, offered a free Wheelchair Lacrosse Camp, March 23 at the Burnaby Lake Arena. This camp included those with or without a disability looking for a challenging, fun way to play our National Summer Sport.

Ryan Baker and Bill Lundstrom, the Co-Founders of Wheelchair Lacrosse USA were invited to BC to run this session and spread the knowledge of Wheelchair Lacrosse.

Both Ryan and Bill were injured in vehicle accidents and were introduced to each other in 2008. After some time together the duo learned that they had similar interests. Both also had a desire to play a team sport, but were not interested in any of the available offerings. Baker proposed the idea of lacrosse to Lundstrom on a ski trip to Steamboat in 2009. Within days of their return they got some used sticks, balls and gloves and went out to have a catch. They soon had several players out throwing the ball around. Wheelchair Lacrosse USA was born and later in 2010, Ryan and Bill did their first WLUSA Camp.

The one-day camp included skills, drills and speaking engagements with Ryan and Bill. Fifteen lacrosse enthusiasts took in the clinic and learned more about this fascinating opportunity.

BCLA Technical Director, Dave Showers, was instrumental in planning this camp and piqued the interest of many in the development of the new discipline.

"It was great to see the enthusiasm from the participants who learned from two energetic, passionate lacrosse people in Ryan and Bill," said Showers. "These two guys are influential in the development of this introductory program."

"We encourage everyone to come out and give it a try, whether you have a disability or not – it only takes one session and you'll be hooked," noted Showers. "We hope to gain more traction in the coming months to continue with growing Wheelchair Lacrosse in BC."

Baker and Lundstrom were impressed with the group and hope the program will grow in time.

"Typically most players will not have the experience or knowledge of the game, but that was not the case here," noted Baker. "Even though we may have only had 4 or 5 players

with a mobility impairment and the other half able-bodied, all players caught on to the specific skill sets quickly. We are encouraged by the quick progress seen by all players."

There is a lot to learn about starting up a new program like Wheelchair Lacrosse, but passionate people are the key to its successes.

"It is important that you find some influential people that are already involved in wheelchair sports and that love lacrosse," said Baker.

"You need a leader that can help bring players and recruit talented athletes. You will also find that the lacrosse community, once they learn more about this, will really want to reach out and do things to be involved. You will find that having these people around will help create a wheelchair lacrosse community, inside the already established BCLA community."

For more information on Wheelchair Lacrosse email [info@bcwheelchairlacrosse.com](mailto:info@bcwheelchairlacrosse.com) or call Dave Showers at 604-421-9755 ext. 1.

## How Can You Contribute to BCLA Scholarships

By: LacrosseTalk Staff

Each year, the BC Lacrosse Association (BCLA) has three scholarship/bursary awards that are presented to deserving lacrosse participants in the Province of BC -- The Ted Fridge Scholarship, the Wayne Goss Scholarship and the Dorothy Robertson Memorial Bursary. These scholarships were developed to recognize outstanding contributions to lacrosse, and to encourage and assist our members in the pursuit of higher education while furthering the BCLA's objective in helping to provide trained people to meet the needs of our community. DEADLINE for applications is Thursday June 6, 2019.

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

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

records and shared four others – today he still holds 26 of those records. Goss won six Mann Cup titles in seven attempts.

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

Ted Fridge Scholarship – Ted Fridge was a school teacher by profession with a penache for sports, especially lacrosse. Ted's involvement began in Port Coquitlam as his two boys, Tom and Daren started to play for the Saints when he volunteered as coach and executive member. He joined the Adanac family in the 90's, then in 1994 served as GM of the Burrards senior club that shifted its franchise from Vancouver to Surrey and later to Maple Ridge. Fridge was a pioneer developing field lacrosse in the lower mainland in the 1980's. He spent countless weekends managing the Adanacs men's team as well as being commissioner of Senior Men's Field Lacrosse League. Fridge was inducted into the Canadian Lacrosse Hall of Fame in 2009.

To be considered for the \$500 scholarship, a candidate for the Ted Fridge Scholarship Fund must be an person currently registered with the

BCLA as a Field Lacrosse player, coach, referee/umpire, executive committee member or other volunteer position; a person who displays sportsmanlike behavior who is regarded as a helpful, upstanding leader with his/her peers; involved in the community; academic standing of A or B average and currently attending Grade 12.

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

All scholarship/bursary applications must be received by Thursday, June 6, 2019, by 4:30 PM. Those wishing to apply for a scholarship/bursary in any category will do so by using the Application Forms on the BCLA website. After careful completion of the application form, the need for references and the verification of registration, applicants must submit the form and supporting documentation to the BCLA Office, Attention: BCLA Scholarship Committee by the deadline date. The scholarship/bursary winners



will be announced no later than September 2, 2019, and all applicants will be notified.

Since 2013, the scholarships and bursary are registered as programs within the National Sport Trust Fund (NSTF). Individuals or companies making contributions of \$25 or more toward one of these programs will receive a tax deductible charitable receipt. Following is the process for making a donation to one of these three scholarship/bursary programs:

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

Wayne Goss Scholarship - Program #268

Dorothy Robertson Memorial Bursary - Program #266

Ted Fridge Scholarship - Program #267

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

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

# BCJALL 2019 Season Preview

By: Owen Munro

The 2019 BCJALL regular season is promising to be one of the most interesting in years.

The reigning Minto Cup champion, Coquitlam Adanacs, have been weakened by some key departures, none bigger than 2018 BCJALL MVP, Christian Del Bianco. Other teams have circled this season on their calendars as one of the biggest chances to make some noise.

The BCJALL receives two berths to the 2019 Minto, which is being held at Langley Events Centre. You know the Langley Thunder will want to be a part of the festivities given that the national championship will be in their backyard. The New Westminster Salmonbellies have already started adding imports from the east, while the Victoria Shamrocks always have a deep, talented squad that draws from the best of the best on Vancouver Island. Teams like Port Coquitlam and Delta would argue they are reloading instead of rebuilding.

Unlike seasons past, all eight teams come into this year with strengths that will increase competitiveness -- that includes the Burnaby Lakers and Nanaimo Timbermen, who look to vault out of the league's basement.

Parity may be the word to best describe the upcoming campaign. Gone are the days teams can stroll on to the ferry to Nanaimo with a reduced roster and expect an easy win. With the amount of players continuing to head south to further their field lacrosse careers, the bar has been set higher than ever. Not only does that raise the level of quality in the league, it also raises the competitiveness.

It doesn't just end with the players, either. Look at some of the coaching hires made during the offseason -- Dane Dobbie takes over in Langley, Hall of Famer Russ Heard will hope to return Burnaby to Minto glory and Dan Stroup already had a handful of games at the end of last season with the Saints. That alone will immediately raise expectations for players, knowing they are getting some of the best coaching in the world.

We won't get a true picture of what each team's potentials are at until players return from the NCAA, but points will be at a premium even in early May. It raises the stakes and creates a day-in-day-out product that will be exciting and intriguing for fans to follow.

**Burnaby Lakers (2018 Record: 2-18-1)**

There has to be a sense of optimism in the swamp after a few seasons middling at the bottom of the standings. The Lakers have gotten a major overhaul, with an emphasis on getting younger and more athletic. As mentioned, Heard takes over the A club after assisting at the B1 level last season, but he has his work cut out for him. Burnaby ranked dead last in goals scored and were second-last in goal differential at -90.

It won't be easy to dig out of the doghouse, but they are trending in the right direction. The youth movement means there will be mistakes, but the payoff, in the long run will be that much better.

The Lakers drafted Sam La Roue (Semiah-moo) with the first overall pick in the 2018 BCJALL Entry Draft. La Roue said at the draft that while he will be asked to be a defensive force, he can chip in offensively as well. Transition hasn't been one of the Lakers' strong points, but he can help jump start that push. Clearly, the team sees La Roue as a building block, so expect him to make an immediate impact. Look for another recent acquisition, Brandon Goff, as well as, Sam's brother Francis, to continue to push the pace from D to O. Heard's son, Ryan, will be another potential weapon coming out of the back gate.

Joining Heard on the bench are Tyler Kirkby and Chris Levis. Levis will be tasked with improving the production between the pipes. Burnaby moved on from Tyler Pongracz for Diesel De Guzman. He could form a tandem with Matteo Tack, who showed promise in spot duty.

It may be a tough run for the Lakers to start the season, but there is no reason the team can't improve on the two wins they had in 2018. It's an

opportunity to show the league how far they've come while still developing as a club. Projected 2019 record: 3-18, 8th Place.

**Coquitlam Adanacs (2018 Record: 18-2-1)**

The A's have dominated the league for more than a decade now. Each season they add players to an already strong team at the trade deadline, and continued deep runs at the Minto has become expected. Team management has done a good job scouting to find the best players possible. It also helps that Coquitlam has by far one of the deepest and most talented pool of minor players, and their feeder system is second-to-none, evidenced by their Bronze Medal showing at the 2018 Founders Cup.

That raises the expectations higher every season as teams look to knock the Adanacs off the BCJALL throne. That will be compounded this season by the loss of All-star goaltender, Christian Del Bianco. You could argue that without CDB, the Salmonbellies may very well have been the team to unseat Coquitlam last season.

Replacing Del Bianco will be Nate Faccin, a goalie they've carefully developed as a backup. He's gotten valuable experience in both the league and at a national level and not looking out of place one bit. Faccin is touted as one of the next big goaltending prospects, and it's easy to see why.

His movement is exceptional and he has a big frame that can cover parts of the net even if out of position. His statistics back up the eye test with a .812 save percentage in just under 400 minutes of regular season action and allowed seven goals per game. If that's the kind of production Coquitlam can expect on a consistent basis, maybe they won't miss Del Bianco at all, although that's a tall task for Faccin. The A's have just signed goaltending prospect Reed Watson out of Kamloops, only adding to the competition in the crease.

Another new signing to keep an eye on is former US BOXLA and current Adelphi University Junior, Justin Napolitano. The New York native was recently named as a Division II pre-season second-team All American as a defenseman and could add a different dimension to the A's defense.

Newcomer, Luca Antongiovanni, will continue his ascent to stardom. He stepped right into the Adanacs lineup as a Midget call up and didn't look out of place during the Minto. Expect him to add a different dimension to Coquitlam's transition game. If the team is able to bring back Chase Scanlan to an already stacked offensive club, Coquitlam may not fall off far from a dream 2019 campaign. Projected 2019 Record: 17-4, 1st Place.

**Delta Islanders (2018 Record: 6-14)**

The Delta Islanders have gone through a bit of a rebuilding stage since making a splash at the 2016 Minto in Langley.

Things are trending upwards this season. Coaches Kyle Goundrey and Andy Ogilvie have been patient with an extremely young group, but the focus this season will transition from learning to producing.

The Islanders return a number of key players, many of which looking to take the next steps in their development. Among them is Jake Cantlon, who scored a goal per game last season and has been a major producer for the University of Utah D1 program. Another to watch is Haiden Dickson. Besides setting a torrid pace in his rookie season with 30 goals and 44 points in 16 games, he was named Delta's Offensive MVP. It's obvious the team has put some trust in him to help carry the offence and he has so far exceeded expectations.

Ryan Jones will return after being dealt to New West for their Minto run. Jones will vie for the league's top scoring honours -- having the veteran around will set the tone for what hopes to be the most successful season in a few years. Delta put up two more wins in 2018 and are focused to return to the playoffs. Projected 2019 Record: 8-12-1, 6th Place.

**Langley Thunder (2018 Record: 10-10-1)**



The 2018 campaign for the Thunder was disappointing at best for a Langley team that was pegged as a competitive playoff contender. Much like Delta, the Thunder were maybe a bit too young for primetime, something Langley's staff will surely try to rectify this season.

The allure of playing a Minto in front of a hometown crowd will be top of mind. Langley has already made a number of moves to help realize that goal. Enter coach, Dane Dobbie, who brings a boatload of experience and a name that will immediately earn him the respect of players.

Ryan Martel returns on the backs of 87 and 97 point seasons, respectively. His playmaking and goal scoring abilities will open up the floor for a number of other players, including the likes of Connor Watson and Dylan McIntosh.

The club is also bringing in veteran goaltender, Cam Overby, to compete with Torin Vanrheenan and Braden Washington. Vanrheenan, posted a .814 save percentage and a 9.21 goals against average. Washington, a former No. 2 overall pick out of Maple Ridge, had a solid rookie campaign with a .777 save percentage in limited time, turning away 233 shots.

Langley seems set up to make a run for the Minto and you can expect them to be buyers at the trade deadline. Projected 2019 Record: 15-6, 2nd Place.

**Nanaimo Timbermen (2018 Record: 3-17)**

Nanaimo is another team that can has begun to turn the corner. The club has been diligently stockpiling the shelves with talent, and as Dan Marshall with Nanaimo News Now has pointed out, are looking to become a vastly different and improved team than the product they've put out on the floor in the past.

Head Coach, Dave Bremner, told Marshall that the expectation is to make the playoffs this season, and fortunately you can begin to see a pathway where that could happen. A young core including Thomas Vaesen (37G, 66 pts), Will Johansen (7G, 21 pts) and Ryan Sheridan (26G, 49 pts) make for a strong core to build around. Johansen, a transition specialist, will don the 'C' for the T-Men for the outgoing Jake Mickelson.

Nanaimo also has a strong incoming Midget group that will compete for roster spots. Seven players who played on the A2 team, that won the provincials, are eligible to play, and that's on top of a boatload of returning players. Don't forget about former No. 1 overall pick Arthur Miller, who will be expected to play a bigger role.

There's genuine reason to be excited in the Timbermen camp this season, but it's important they deliver a few more wins in order to be competitive late into the summer. Projected 2019 Record: 5-15-1, 7th Place.

**New Westminster Salmonbellies (2018 Record: 15-6)**

Coming off a bitterly disappointing loss in the BCJALL Finals, the 'Bellies will be back to compete for top spot in the BCJALL. The goal for the club is still the same -- to top the Coquitlam Adanacs and win the league title. And like seasons past, there's no reason not to expect New West to be in the picture for a Minto Cup berth.

The club lost a number of quality players, but still have a deep core on their roster. Players like the 2018 BCJALL Rookie of the Year, Will Malcom, returns with another offseason of work to build on. Remember, the 'Bellies were up 2-1 in the 2018 final series, with a pair of crucial road wins, even though they ended up losing to the Adanacs. Chalk it up to inexperience or luck, New West wasn't far off last season and it's hard to believe they will take a major step back in the standings.

The 'Bellies goaltending will be a key in 2019. Gone is Erik Kratz, who logged 1160 minutes in the regular season and another 487 minutes in the

playoffs. Replacing Kratz will be a difficult task, but the first man to try and do so will be Keegan Melenychuk. He only played a handful of minutes for the Jr. A club last season, but showed well in spot duty. Also vying for time will be Johnny Edin. Between the two, you have a solid one-two punch that should be able to keep the team competitive over the course of the season. Depending on how the team performs leading up to the trade deadline, you could see an acquisition to provide some depth.

Bolstering the backend will be Patrick Shoemay, last season's defender of the year, and Mack Burns, both of whom returned in an offseason deal with Burnaby. Their veteran savvy will help hold down the fort. The 'Bellies have also been actively recruiting eastern players, and rumours are that they will dip into that pool again this season in the search for reinforcements. You can expect a bit of a drop off, but when push comes to shove, the 'Bellies will be in the playoff picture. 2019 Projected Record: 13-8, 3rd Place.

**Port Coquitlam Saints (2018 Record: 13-6-2)**

The Saints were one of the pleasant surprises in 2018. After a strong showing in 2017, Poco kept up the momentum and shocked the league by losing just six games in 2018. Their season was derailed, in part, by a major trade deadline deal that saw top scorer Dylan Foulds, top defender Ryland Rees and veteran Graydon Bradley shipped to Coquitlam for the A's Minto Cup run. In return, the team stocked the shelves with much-needed draft picks and gave their young players valuable playoff experience.

Poco are positioned well this season. They have a young crop of players that have gotten the requisite experience to succeed. Head Coach Dan Stroup has been a proven winner wherever he's gone, and Josh Wahl, steps back to a management role, to start off fresh following the retirement of longtime volunteer Reg Thompson.

Last year, Wahl was a big part of Poco's B1 club's successes with a 10-7-1 record, where a number of players were seasoned to make the jump to the big club in 2019. Evan Wray was a force in the playoffs (12G) in 5 games and Jacob Dunbar, a high 2017 draft pick, filled the net (45G, 69 pts) in 17 regular season contests. New acquisitions like Ryan Johannson, Reece Hansford and Aiden Murphy could all make an impact with the Saints. Clark Walter, Jacob Patterson and Garret Winter will be expected to also help the Saints take the next step in making a deep playoff run.

The Saints have been written off before, and they've kept marching on. Don't expect 2019 to be any different. Projected 2019 Record: 12-8-1, 4th Place.

**Victoria Shamrocks (2018 Record: 13-7-1)**

The Shamrocks looked like a dark horse candidate towards the end of the 2018 regular season. Re-inserting Marshal King, into what was already a potent offence that featured Braylon Lumb and Brad McCulley, gave the Shamrocks that much more explosiveness. The defense and goaltending also found their bearings after a bit of a rough start to the season.

A quick start to the 2019 campaign will be the best medicine for the 'Rocks.

The losses of King, Lumb and McCulley are big, but the pipeline is stocked with talent. The provincial champion B1 club graduated offensive players like Patrick Dodds and Casey Wilson, who put up a combined 172 regular season points. The 'Rocks will also rely on some veteran guys like Ben Preston (21G, 57 pts) and Skyler Wilson (45 pts) to add an offensive punch.

It remains to be seen who will take the goaltending reigns this season. Orangeville transfer Cam Dunkerley found his groove in 2018, logging a workhorse 1060 regular season minutes, and all but two minutes in the playoffs. If there is enough belief in trusting a young 'tender, enter Adam Bland, who was a Midget A1 provincial All-Star after he backstopped Juan de Fuca to a Bronze medal. Spencer Erwin also had promising numbers in limited time with the Jr. A club. Projected 2019 Record: 10-10-1, 5th Place.

# Patience is Key to Warriors Long Term Success

By: Dave Sheldon, Vancouver Warriors

Spring has sprung here in British Columbia.

In the National Lacrosse League, spring is where the rubber hits the road and playoff aspirations are realized or thwarted. For the Vancouver Warriors, year one of their journey at Rogers Arena has had a fair share of both excitement and setbacks. With the playoffs now all but off the table for this season, the Warriors can measure their wins and losses both on the turf and off.

On the turf, the Vancouver Warriors can certainly chalk up a check mark in the win column. While no one is satisfied with missing the playoffs, inheriting a franchise with just two wins on the season and an absence of top draft picks for two years could be daunting. General Manager Dan Richardson set character as a prerequisite for being on this team in year one, and it is a foundation that he and the franchise have now set as an expectation for any player who wants to be a part of the Vancouver Warriors going forward.

“We could have made it easy on ourselves and kept some personnel who were here last year and maybe we achieve the same results we have now,” comments Richardson. “But my responsibility here is to be able to grow this team into a winner and you cannot achieve that without a strong foundation. That foundation starts with character, integrity and respect. We have worked hard for everything this season and the players and staff all know this, and we have done it by keeping the players that were keys to success from last season and surrounding them with new players who not only have the values that we have asked them to possess, but can also pass those along to their present and future teammates.”

Head Coach Chris Gill agrees. Gill knew that the road would certainly be a challenging one when he signed on to be the voice behind the bench, but he and Richardson made sure that they surrounded themselves with like minded, hard working coaches that the players could relate to and succeed with in Rory McDade, Clayton Richardson, Dan Perreault and Dwight Maetche.

“We needed to be straight forward in our approach with our players,” says Gill. “There may be teams out there that are stacked with talent, but they need to know that no one will outwork us. We need to be the harder working team to give ourselves that opportunity for success. The players have responded to that and for the most part this season you have seen us in every game we have played. The record certainly doesn’t reflect the work ethic of our team.”

Success is measured in so many ways in lacrosse. It would easy to just look at the scoresheet and say that Mitch Jones has had a successful year, but it’s more than that. Keegan Bal and Jordan McBride will end up with career years and proof that they can play and succeed in the National Lacrosse League, something that until this year that either player was given the opportunity to do.

Eric Penney came into the season as a competent backup to veteran Aaron Bold. Coming out of the season, he has established that he can be a viable #1 goalie in this league with numbers that have him in the top five in goals against average and save percentage.

Matt Beers is the most visible defender, but veteran Ian Hawksbee will finish the season as the leader in loose balls. Justin Salt and James Rahe have been valuable in their roles in transition and the Porters, Colton and Zack, two guys from Chilliwack who just want to play, have shown that heart and hustle come in all sizes.

There is a lot to work on to make this team better, but Dan Richardson’s platform also includes another word...patience.

“There is no such thing as a quick fix in sports,” opines Richardson. “When you try and make a quick fix, there is always a sacrifice, and that is usually the future, and the future in our game is draft picks. This franchise found themselves where they were in the standings before we took over because there was a thought that the quick fix would solve everything. We need to be patient, set our pillars of success, and make key signings and selections that move this team forward. This first year started us down this path and we look to continue to build by being patient and smart in our decisions.”

Off the floor the same can be said for the success of this team at Rogers Arena. The Warriors will finish the season with an average attendance in the 7000 range, which must be looked upon as a success given the time frame given to put everything together. David Comuzzi, Senior Director of Business Operations for the Warriors,



The Warriors averaged over 7,000 fans per game at Rogers Arena. Zach Porter high fives young Warrior fans.

likes where the team is going, but is far from content with the opening season downtown.

“While we are pleased with our opening season with lacrosse being back downtown, we know that we are only getting started,” remarks Comuzzi. “Our goal long term is to fill the building. Not just the lower bowl, not some of the 300 level, but the whole building. It is a tall order, but we want every game to be an event every single night. The on the floor product will evolve into something pretty special here, but for us to augment that with entertainment throughout our building will be the key to our long-term success.”

Comuzzi continues, “We know and value our diehard lacrosse fans and will always look to serve them and entertain them. Our goal is also to tap millennials and families to the most entertaining show in town. A sport that has the most athleticism surrounded by wall to wall fun. The beauty of this off season is to take the notes that we have learned from our first year at Rogers Arena and parlay that into an even better product in year two and moving forward.”

Expect more concerts, more spectacles in the building, great food and beverage options and most importantly, more fan engagement in coming seasons downtown. “At the end of the day, we ask our visitors what they want to see, the good and the bad so that we know better how to succeed,” comments Comuzzi. “We are listening and look forward to presenting what we know will be a phenomenal experience at Rogers Arena in the future.”

The future indeed looks bright for the Vancouver Warriors after year one. The key to being patient is staying with the plan. The Warriors look to be on their way to making that happen.

## BCJALL 2019 Regular Season Schedule

AWAY vs HOME	DATE	TIME	ARENA
Shamrocks vs Saints	Sun Apr 29	4:00PM	Poco Rec Centre
Adanacs vs Shamrocks	Sat May 5	4:00PM	The Q Centre
Thunder vs Timbermen	Sat May 5	4:30PM	Nanaimo Ice Centre
Saints vs Islanders	Sat May 5	7:00PM	Ladner Leisure Centre
Timbermen vs Saints	Sun May 6	5:00PM	Poco Rec Centre
Shamrocks vs Lakers	Sun May 6	5:00PM	Bill Copeland Arena
Salmonbellies vs Lakers	Mon May 7	8:00PM	Bill Copeland Arena
Timbermen vs Shamrocks	Tue May 8	7:30PM	The Q Centre
Thunder vs Adanacs	Wed May 9	7:30PM	Sports Centre
Salmonbellies vs Thunder	Thu May 10	7:30PM	Langley Events Centre
Adanacs vs Saints	Fri May 11	8:00PM	Poco Rec Centre
Saints vs Shamrocks	Sat May 12	4:00PM	The Q Centre
Salmonbellies vs Timbermen	Sat May 12	4:30PM	Nanaimo Ice Centre
Lakers vs Islanders	Sat May 12	7:00PM	Ladner Leisure Centre
Timbermen vs Lakers	Sun May 13	5:00PM	Bill Copeland Arena
Thunder vs Lakers	Mon May 14	8:00PM	Bill Copeland Arena
Islanders vs Salmonbellies	Tue May 15	8:00PM	Queens Park Arena
Lakers vs Adanacs	Wed May 16	7:30PM	Sports Centre
Islanders vs Thunder	Thu May 17	7:30PM	Langley Events Centre
Salmonbellies vs Saints	Fri May 18	8:00PM	Poco Rec Centre
Lakers vs Shamrocks	Sat May 19	4:00PM	The Q Centre
Saints vs Timbermen	Sat May 19	4:30PM	Nanaimo Ice Centre
Shamrocks vs Thunder	Sun May 20	4:00PM	Langley Events Centre
Timbermen vs Islanders	Sun May 20	5:00PM	Ladner Leisure Centre
Adanacs vs Salmonbellies	Tue May 22	8:00PM	Queens Park Arena
Adanacs vs Islanders	Wed May 23	8:00PM	Ladner Leisure Centre
Lakers vs Thunder	Thu May 24	7:30PM	Langley Events Centre
Thunder vs Saints	Fri May 25	8:00PM	Poco Rec Centre
Islanders vs Shamrocks	Sat May 26	4:00PM	The Q Centre
Shamrocks vs Salmonbellies	Sun May 27	4:00PM	Queens Park Arena
Timbermen vs Adanacs	Sun May 27	5:00PM	Sports Centre
Lakers vs Salmonbellies	Tue May 29	8:00PM	Queens Park Arena
Saints vs Adanacs	Wed May 30	7:30PM	Sports Centre
Salmonbellies vs Islanders	Wed May 30	8:00PM	Ladner Leisure Centre
Adanacs vs Thunder	Thu May 31	7:30PM	Langley Events Centre
Islanders vs Saints	Fri Jun 1	8:00PM	Poco Rec Centre
Adanacs vs Shamrocks	Sat Jun 2	4:00PM	The Q Centre
Lakers vs Timbermen	Sat Jun 2	4:30PM	Nanaimo Ice Centre
Salmonbellies vs Islanders	Sat Jun 2	7:00PM	Ladner Leisure Centre
Timbermen vs Thunder	Sun Jun 3	4:30PM	Langley Events Centre
Islanders vs Lakers	Mon Jun 4	8:00PM	Bill Copeland Arena
Thunder vs Salmonbellies	Tue Jun 5	8:00PM	Queens Park Arena
Islanders vs Adanacs	Wed Jun 6	7:30PM	Sports Centre
Saints vs Thunder	Thu Jun 7	7:30PM	Langley Events Centre
Salmonbellies vs Adanacs	Fri Jun 8	7:30PM	Sports Centre
Thunder vs Shamrocks	Sat Jun 9	4:00PM	The Q Centre
Islanders vs Timbermen	Sat Jun 9	4:30PM	Nanaimo Ice Centre
Timbermen vs Salmonbellies	Sun Jun 10	5:00PM	Queens Park Arena
Shamrocks vs Lakers	Sun Jun 10	5:00PM	Bill Copeland Arena
Adanacs vs Lakers	Mon Jun 11	8:00PM	Bill Copeland Arena
Saints vs Salmonbellies	Tue Jun 12	8:00PM	Queens Park Arena
Shamrocks vs Timbermen	Tue Jun 12	7:30PM	Nanaimo Ice Centre
Lakers vs Saints	Fri Jun 15	8:00PM	Poco Rec Centre
Salmonbellies vs Shamrocks	Sat Jun 16	4:00PM	The Q Centre
Islanders vs Timbermen	Sat Jun 16	4:30PM	Nanaimo Ice Centre
Timbermen vs Thunder	Sun Jun 17	4:30PM	Langley Events Centre
Shamrocks vs Islanders	Sun Jun 17	5:00PM	Ladner Leisure Centre
Saints vs Lakers	Mon Jun 18	8:00PM	Bill Copeland Arena
Shamrocks vs Timbermen	Tue Jun 19	7:30PM	Duncan Arena
Lakers vs Salmonbellies	Tue Jun 19	8:00PM	Queens Park Arena
Islanders vs Adanacs	Wed Jun 20	7:30PM	Sports Centre
Adanacs vs Thunder	Thu Jun 21	7:30PM	Langley Events Centre
Islanders vs Saints	Fri Jun 22	8:00PM	Poco Rec Centre
Adanacs vs Timbermen	Sat Jun 23	4:30PM	Nanaimo Ice Centre
Thunder vs Islanders	Sat Jun 23	7:00PM	Ladner Leisure Centre
Shamrocks vs Saints	Sun Jun 24	5:00PM	Poco Rec Centre
Timbermen vs Salmonbellies	Sun Jun 24	5:00PM	Queens Park Arena
Islanders vs Lakers	Mon Jun 25	8:00PM	Bill Copeland Arena
Thunder vs Salmonbellies	Tue Jun 26	8:00PM	Queens Park Arena
Saints vs Adanacs	Wed Jun 27	7:30PM	Sports Centre
Lakers vs Thunder	Thu Jun 28	7:30PM	Langley Events Centre
Salmonbellies vs Saints	Fri Jun 29	8:00PM	Poco Rec Centre
Thunder vs Shamrocks	Sat Jun 30	4:00PM	The Q Centre
Saints vs Timbermen	Sat Jun 30	4:30PM	Nanaimo Ice Centre
Timbermen vs Adanacs	Sun Jul 1	2:00PM	Sports Centre
Shamrocks vs Islanders	Mon Jul 2	2:00PM	Ladner Leisure Centre
Adanacs vs Lakers	Mon Jul 2	8:00PM	Bill Copeland Arena
Saints vs Lakers	Tue Jul 3	8:00PM	Bill Copeland Arena
Salmonbellies vs Adanacs	Fri Jul 6	7:30PM	Sports Centre
Thunder vs Saints	Fri Jul 6	8:00PM	Poco Rec Centre
Salmonbellies vs Shamrocks	Sat Jul 7	4:00PM	The Q Centre
Lakers vs Timbermen	Sat Jul 7	4:30PM	Nanaimo Ice Centre
Thunder vs Islanders	Sat Jul 7	7:00PM	Ladner Leisure Centre
Shamrocks vs Adanacs	Sun Jul 8	2:00PM	Sports Centre

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# McBride to play for Ireland at WILC

By: Gary Ahuja

Retired from professional lacrosse, the lure of playing at a World Championship less than an hour from his hometown was too good of an opportunity to pass up for Andrew McBride.

McBride called it a career following the 2014 National Lacrosse League season, following a 182-game career, all for the Calgary Roughnecks. That also included another 23 playoff games and a pair of NLL titles (2004 and 2009).

But come September, the 36-year-old will be back on the floor, serving as a veteran presence with the Irish National Team at the 2019 Federation of International Lacrosse World Indoor Lacrosse Championship.

His coach with Ireland – who was also part of the Roughnecks staff when McBride was on the roster – knows just how valuable McBride is to the team.

“You can only coach so much. Once they are on the floor, especially on those big rinks, the players

can't hear what you are saying and you need a calming influence like Andrew on the floor, which is great for us,” explained Jeff Dowling. “Guys are going to rely on him, he is fantastic.”

The tournament will be held September 19 to 28 at Langley Events Centre, just a quick car ride from McBride's hometown of Ladner. McBride was inducted into the Ladner Sports Hall of Fame in 2016.

With the tournament so close to home and wanting his two daughters to see him play (he retired from the NLL around the time his eldest was born) were big factors in McBride's decision to rejoin Team Ireland. He originally played for the team at the 2015 Championship.

“It will be an exciting opportunity to play at home for me, to be able to play in front of my kids, my parents, my wife, it is just such a big honour,” he said. “And it is exciting for all these different countries to get to see Beautiful BC and the Lower Mainland.”

So how exactly does a kid from Ladner wind up representing Ireland?

In McBride's case, it began with an invitation from one of his coaches at the time with Calgary, Jeff Dowling, who was tasked with assembling and coaching the Ireland entry for the 2015 World Indoor Lacrosse Championship.

McBride's grandparents were born in Ireland making him eligible to represent the European country.

“What better honour than to be able to play for a country that has played a part in the heritage of my family? I jumped at the opportunity,” McBride said.

This will be his second time playing for Ireland, helping the team finish in sixth spot at the 2015 World Indoor Championship and he also knows this could be his last crack on the international stage.

“I am getting a little bit long in the tooth, but I am relishing this opportunity,” he said. “Anytime you can represent your country, anytime you can play at home, anytime you get to play the



Ladners Andrew McBride will compete for Team Ireland at WILC 2019.

Creator's game, it is a great thing and I am going to go out and enjoy the tournament and hopefully inspire the next generation of Irish players to do what they can to join lacrosse and strive for greatness in lacrosse.”

In the meantime, he will continue readying for the Championship.

These days, McBride is an assistant coach with the Colorado Mammoth, and for his playing preparation, he anticipates suiting up for part of the summer with the Senior B Ladner Pioneers of the West Coast Senior Lacrosse Association.

# Smith to Coach Aussies

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 September's World Lacrosse Championship during the 10-day competition at Langley Events Centre.

“That's a tough one, I don't know who they will cheer for,” he admitted. “(But) I have a feeling they will probably cheer for Canada.”

The hypothetical dilemma stems from the fact the boys – Harrison, who turned four in March and Ryker, who turns two in November – 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 but also living in both Coquitlam and Langley.

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 – 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 FIL World Indoor 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 2007 WILC 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 is not with the team just out of allegiance, he is 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.

At all four previous World Indoor Championships, Canada has taken top spot with Iroquois second and the United States third. Smith admits the competition will be hard-pressed to knock those three from their lofty perch.

“I think our skill level as increased and I would like us to challenge for the fourth spot,” Smith said, adding it would be considered a disappointing tournament if the team was not at least playing in the fifth/sixth place game.

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# Team BC Field Teams Set for Kelowna Nats



Photo: Maria Coladero

Team BC U18 and U15 teams will compete for the First Nations Trophy and Alumni Cup over Labour Day weekend.

By: LacrosseTalk Staff

The Team BC Field Lacrosse Program continues to develop athletes and teams. Of the eight Team BC Field teams (Men's: U14, U15 and U18; Women's Middle School, Freshman, Sophomore, Junior and Senior), many past coaches have returned to coach Team BC in 2019.

The Team BC U18 and U15 Field teams started the player identification process last November. Team BC Field Co-ordinator, Reynold Comeault, has returned most of his coaching

staffs and is confident the new crop of athletes, who will spend more time together, will grow quicker as a unit.

"I'm very pleased with the caliber of both the U15 and U18 teams that will be representing Team BC at home in Kelowna this Labour Day weekend, said Comeault.

"Our expectation is to be exceptionally competitive and challenge the country for the championship in each of the divisions. I believe each of teams check the box in each category required for team success and look forward to a great event."

U18 Co-Head Coaches, Justin Da Silva and Mitch Cavallarin, return to the fold and both have extensive Team BC experience. The U18's look for improvement on their 2018 silver medal finish at nationals. Joining Da Silva and Cavallarin will be Bill Reed to round out the coaching staff.

The U18 team is a good-sized team and has plenty of talented athletes. Da Silva and Cavallarin look to use their speed and size as assets to ensure success this summer. Successful teams are built from the defense out, and the U18's fit that mold. Defensively, they will be a tight, cohesive group, with two goaltenders that will make a difference in the back end.

"Defensively we have a lot of depth and experience," said Cavallarin. "The group will be able to work as a unit and will be very stingy. There is not a doubt that we have two of the best ball stoppers in the country. We look to really push the pace and play a fast and physi-

cal game - generating a lot of offensive chances from the back end."

Coach Da Silva feels the U18's will attack at all ends of the field.

"The team is much more dynamic than other teams in the past. We can be a threat from all areas on the field, push the pace and capitalize in transition, and the players want to work for each other to have an opportunity at the national title," said Da Silva.

The Men's U18 and U15 Field Nationals (First Nations Trophy and Alumni Cup) return to BC for the first time since they were held in Burnaby in 2011. Playing on home turf has its advantages.

"We get to play in front of our home fans and families which is such a unique opportunity," noted Cavallarin. "Organically adds motivation to all the athletes - wanting to perform well for themselves as well as for their family and friends. We are going to be prepared for the opportunity to have a lot of success on our home turf. The group of athletes that we have selected thrives in the big moments - they love the stage and are ready to perform."

Under the tutelage of Ian Radonich, the U15's have been in the Alumni Cup championship game the past five years, with one title in 2017. Radonich looks to get back to the gold game for another crack at a title. Ian has built a disciplined, hard-working team that is very familiar with each other.

Radonich's U15's coaching staff return includes returning coach and Team BC alum Richard Cambrey and Dave Bigley. They will be focused on building a team using the past national experiences and will train hard to be best prepared in the quest for gold.

"This year, the talent that came to camp has really pushed the level of competition that will

set the stage for us to succeed this year," said Coach Radonich. "The team is big, fast and strong at both ends of the field. Having three returning players, two of which are goalies is a massive strength for us. Focusing on fundamentals and developing a high lacrosse IQ sits at the top of the list of importance. We are confident that the training program we instill, on the team, will ensure that we are in the best shape possible."

Radonich feels playing on Team BC and wearing the Team BC jersey is pressure enough to perform, but playing Nationals at home will be added motivation to play well.

"Playing at home always carries different aspects to how to approach the game," said Radonich. "The message is simple -- don't worry about anything else but the controllables on the field. If we take care of what we can control, the results will follow."

Team BC Director, Jeff Gombar, likes the well-rounded approach and the depth of each team. Playing the Nationals in BC will add inspiration to perform.

"Both teams are exceptionally well coached and will be prepared for whatever their competitors will throw at them. The rosters are deep with skill and a grittiness that could lead to positive outcomes at Nationals."

The 2019 U18 First Nation Trophy and the U15 Alumni Cup Men's Field Lacrosse Nationals will take place on home turf August 29-September 1 in Kelowna, BC.

## BC Trio on Teewaaraton Watch Lists

By: LacrosseTalk Staff

The Teewaaraton Foundation has announced the 2019 Teewaaraton Award men's and women's watch lists. The lists include the top players across all three divisions of NCAA lacrosse and highlight the early contenders for the 2019 Teewaaraton Award.

The Teewaaraton Award annually honors the top male and female college lacrosse player in the United States. The selection committees are made up of premier collegiate coaches and are appointed annually by The Teewaaraton Foundation.

The 50 men's and 50 women's watch list candidates were announced March 2, 2019. On the Division 1 lists, for the second year in a row, are Team BC alumni and BCLA products Selena Lasota, Tre Leclair, and Ryland Rees.

Women's Field Lacrosse star, Senior attacker, Selena Lasota (Campbell River, BC) of the Northwestern Wildcats is currently second in team scoring with 64 points (50G & 14A) on 98 shots in 12 games. Last season, Lasota was an All-Big Ten selection, IWLCA West/Midwest All-Region first team player and named to the Inside Lacrosse Media All-American Second Team. She finished 15th in the nation in goals per game with 3.57 while leading her team in goals (75) and points (93).

Tre Leclair (Surrey, BC) is a Junior attacker with the Ohio State Buckeyes this year. He is currently second in Buckeye team scoring with 29 goals and 2 assists on 72 shots in 9 games. In 2018, Leclair was an All-Big Ten second team selection and was the Buckeye team's leading scorer with 37 points on 26 goals and 11 assists. Tre received USILA All-American honorable mention accolades in 2018.

Senior defender and captain, Ryland Rees (Port Coquitlam, BC), bolsters the backend of the Stony Brook Seawolves defensive unit with 4 points (3G & 1A) on 9 shots in ten games and is first on the Seawolves in ground balls with 30. Rees played in and started all



Photo: CLAC

Selena Lasota joins Tre Leclair and Ryland Rees on Teewaaraton List for the second year in a row.

15 games where he earned America East First Team All-Conference honors and was named to the America East All-Championship Team. Ryland led the team in ground balls (45) and caused turnovers (24).

Five men's and five women's finalists will be announced on May 9 and invited to the 19th annual Teewaaraton Award Ceremony in Washington, D.C., on May 30.

About The Teewaaraton Foundation

Founded at the University Club of Washington, DC and first presented in 2001, the Teewaaraton Award is recognized as the pre-eminent lacrosse award, annually honoring the top male and female college lacrosse player in the United States. Endorsed by the Mohawk Nation Council of Elders and U.S. Lacrosse, the Teewaaraton Award symbolizes lacrosse's centuries-old roots in Native American heritage. The Teewaaraton Foundation ensures the integrity and advances the mission of this award. Each year, the Teewaaraton Award celebrates one of the six tribal nations of the Iroquois Confederacy - the Mohawk, Cayuga, Oneida, Onondaga, Seneca and Tuscarora - and presents two scholarships to students of Native American descent. To learn more about The Teewaaraton Foundation, please visit [www.teewaaraton.com](http://www.teewaaraton.com).

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# Team BC Juniors Learn Lesson on Lax, Life



Team BC Women's Field Junior team were named Co-Champions at the 2019 Sand Storm Tournament.

By: LacrosseTalk Staff

Four Team BC Women's Field Lacrosse teams and the U14 Men's team spent a sunny January weekend at the 2019 Sand Storm tournament in Indio, CA.

All teams competed well and learned a ton of lacrosse along the way, but it was the Team BC Junior Women's team that took their game to the next level, on and off the field.

The Junior Women team went into the event with high expectations only to lose in the final game.....or so they thought.

The Juniors finished the Sand Storm tournament with 5 wins and 2 losses.

After dominating their first three opponents -- 12-3 over Golden State Rippers; 13-2 over NORCAL Rize; and 12-3 over Orange Crush (FL), the girls dropped a close 9-7 loss to L.A. Aces. They would go on to defeat TTP Tenacity Elite (Houston) 6-4 and Seattle Superstix 7-5, only to end up with a 4 win, 1 loss record, and tied with three other teams. After win-

ning the tie-breaker, the Juniors moved through and punched their ticket into the finals.

The Team BC Juniors were up to the task and competed at their highest level of the weekend. At the final game, the sidelines were filled with 300-400 hundred fans that watched the best of the best in the 2020 graduation year.

"I have to tell you I've never seen a crowd that big at a Women's lacrosse game before," noted Team BC Co-ordinator, Reynold Comeault.

Team BC was up against an undefeated 212 Lacrosse (New York) squad that averaged 13 goals per game in round robin play.

A tight game ensued as 212 took a 2-0 lead. The teams traded goals in a low scoring affair as Team BC kept pace with an athletic 212 squad. At halftime, the scoreboard read a 4-2 score in favour of 212, but it was the sentiment of the Team BC staff that the score was only 3-2 for 212 Lacrosse. It was thought the score-keeper had made an honest mistake flipping the score incorrectly.

"We brought it to the score benches attention and tried to work through the score discrepancy but to no avail," noted Team BC Field Lacrosse Coordinator Reynold Comeault. "We were confident the score was incorrect and tried to find a solution."

The correct score was apparent to players and fans alike on both sidelines, but the score remained the same as posted with Team BC down two-goals going into the second half.

In the second half, 212 got on the scoreboard first, but Team BC answered quickly to keep the score close. The teams traded goals later in the half as Team BC gained momentum and netted the final goal of the game, which should have ended the game in a 5-5 tie and send the game into overtime. The girls gave it their all and ended up on the losing side of the ledger with a 6-5 score.

The coaches, athletes and parents left the field disappointed, but the athletes kept their heads high under the unfortunate circumstances.

"The parents were more upset than the kids," noted Team BC Women's Field Head Coach, Dan Stroup. "The team played incredibly well from the goal, to the defense and on the attack. The kids knew they played their hearts out and did their best, but they too were a bit confused with the outcome."

Reynold Comeault was impressed how the team dealt with the outcome.

"The biggest thing that I took away was how the team showed sportsmanship and class by not losing their composure -- I was exceptionally proud of the girls. When the game had concluded, our girls knew the game was tied -- no one put on a negative scene, they all gathered with Coach Carr who expressed how proud he was with their performance."

Head Coach Jason Carr huddled with his team afterwards to clear the air in an unfortunate situation.

"It was pretty emotional," said Coach Carr. "They are all competitors and all their efforts went into winning that [tournament]."

"The players handled themselves very well. We stayed classy and handled it respectfully -- and it was the right way. I asked them to focus on the journey, what it took to get there and feel



proud of their accomplishments. Lots of good lessons and life experiences."

The Juniors raised their level of play in a short time and played fantastic at a high competitive level. This team was as good as any of the teams they played in the Presidents Cup in Florida.

Fully knowing the game ended tied, the team, held their heads high thinking of the one that got away, and enjoyed their last night together as the sun set over the Coachella Valley.

Upon returning home to BC, and not satisfied with the results, Team BC's Reynold Comeault and Dan Stroup, connected with the Sand Storm tournament co-ordinators regarding the discrepancy and simply wanted to make the wrong, right.

After viewing the game footage, it was apparent the score ended in a 5-5 tie. An honest mistake made at the scorekeepers bench precipitated the issue. The Sand Storm tournament co-ordinators agreed and made amends and announced on February 5th, 2019, that the Team BC Junior team were named co-champions of the Girls 2020 Division.

Program Head Coach, Dan Stroup, summed the entire experience up in one sentence.

"Our girls can hold their head up knowing that sports are not about winning at all cost -- it's about fair play, integrity and sportsmanship -- win or lose."

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# Team BC Box Teams on Home Turf for 2019 Nats

By: LacrosseTalk Staff

The 2019 Team BC Box Lacrosse programs get underway this Spring with the District Camps on April 20 leading to the Provincial Tryout Camps in May. All Men's and Women's Field Lacrosse teams have been selected for the 2019-20 season. Nearly 1000 Box and Field athletes have been identified and evaluated from regions around the province for Team BC programs.

Only one Team BC team brought home a Box National Championship in 2018, the Female Bantam team. The Female Midget Box team brought home silver in tough title match versus Ontario. The Pee Wee and Midget boys won bronze medals while the Bantam boys took silver. Team BC teams will be constructed in the coming months with only one goal on their minds – to win gold, on home turf in 2019!

The 2019 Team BC Box program consists of five teams -- Boys Box: Pee Wee, Bantam and Midget; Female Box Bantam and Midget teams. The Team BC Provincial Tryout Box Camps for each of the teams will be: Bantam (May 3-5); Pee Wee (May 10-12); Female (May 18-19) and Midget (May 24-26). All Box Nationals will take place August 20-24, 2019 hosted in Coquitlam. Please check the BCLA website Team BC page for up to date camp information.

"The Team BC Box program takes great pride in developing coaches and athletes alike in order to produce not only great lacrosse competitors, but great lacrosse people," explained Team BC Director Jeff Gombar. "Our athletes want to be on Team BC to represent our association and our province on the biggest stage of youth lacrosse. We are confident playing Nationals in BC will bring the best out of our athletes in their search for a title."

Past National experience is important when building a Team BC team. 2018 National Cham-

pion Female Bantam Head Coach, Brad Downey (Ridge Meadows) returns behind the bench to direct the Female Bantams back to the championship game. Knowing what it took to build a successful team last year will confirm his philosophy on what will make the team even better in 2019.

"We are looking to build a team of fast, strong, athletic girls, who can play both ends of the floor well," said Coach Downey. Athletes that are aggressive on loose balls, play great defense and excel in a team oriented offense will succeed in our system."

Downey knows the makeup of the individuals will play an important role in forming a tight group of 20 athletes competing for a common goal.

"We are looking for girls that have a positive attitude, that can adjust to different situations and deal with adversity. We will need to come together as a team, buy into the team systems and accept our roles on the team to be successful."

The 2018 Female Midgets won silver after dominating the round robin portion of the tournament, only to run out of steam in the gold medal game. Their skill and drive to succeed proved they were a level above their competitors, but the Midgets will need to feed off the silver medal finish last summer and learn from those experiences.

Returning Head Coach, Matthew Black (New Westminster), lost plenty of sleep thinking about their 2018 gold medal loss and will be better prepared for anything thrown their way.

"We are looking to build a dynamic group of players who are fit and skilled enough to bring home the gold," said Coach Black. "They will have a very strong sense of team over self and will use their talents to improve team success over individual results. I expect a good mix of senior players augmented by a strong representa-

tion of first year players that will give our opposition more than they can handle."

A heartbreak championship loss in 2018 will be motivation enough for Black and his team to work even harder to succeed.

"The young women are hungry for success and couple that with the home venue, our preparation for the games will ensure we field a strong and competitive team. A gold medal is what we are aspiring for and expect to achieve!"

The Female teams will be reminded of past glory and let down and will compete to their highest degree with the goal to win double golds in 2019.

The Team BC Midgets will have a familiar face as bench boss with former Team BC Box and Field Coach, Daren Fridge (Coquitlam). Fridge is no stranger to Team BC and knows the athletes well in this age group. Fridge's focus will be on athletes with smarts and a will to do what it takes to win.

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

Keeping with coach consistencies, enter two-time Team BC Head Coach Gerry Van Beek who will move up from the Pee Wees and coach the Bantam boys team in 2019.

Van Beek and crew have seen what it takes to be successful at Nationals and will build a team best fit for the rigors of Nationals with playing so many games in such a short time.

"It is a given that every player on Team BC Bantam will have exceptional lacrosse skills, great athleticism, and a team first attitude," said Coach Van Beek. In Bantam, players begin to have specific lacrosse identifications and most players selected will have multiple attributes including exceptional stick-handlers, physically strong players, extremely fast players and role players."

With Nationals being at home for the first time since 2014, Van Beek is aware the home team will be under the microscope and will need to put all distractions aside and maintain focus to push for the top.

"With BC hosting Nationals this year, the extra local attention may create a difficult dynamic for



the players. Players need to focus under the pressure of scrutiny."

It has been 11 years since a Team BC Pee Wee team has won a National title. That notoriety could change with ex-NLL and WLA player in Victoria's Bruce Alexander. Alexander, a 11-year NLL veteran, was a leader with the Victoria Shamrocks on 3 Mann Cup winning teams.

Once an offensive stalwart, Alexander finished his career as a force to be reckoned with on defense, while playing a disciplined game.

"My style of coaching is that I push the kids to play a fast paced game, where we push the ball up the floor and try to create fast break or transition opportunities," said Coach Alexander.

"I really focus on solid team defense and very discipline play. My teams in the past have taken very few penalties, which is super important as special teams become more and more important as the kids get older. I like to stress the importance of team play and unselfish players. This certainly leads to a concept of each player contributing to the team for the best result."

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

"Our Box teams are in great hands with the leadership of our head coaches and coaching staffs," said the Team BC Director. "Our coaches will prepare the young athletes for all situations in order to reach their highest potentials. We expect our athletes to increase their lacrosse IQ's, give it their best efforts on and off the floor and have an everlasting Team BC experience they won't forget."

The 2019 Box Lacrosse Nationals for all five Team BC Box teams will be August 20-24, 2019, in Coquitlam, BC.

## BC Coaches & Players at WILC 2019

By: Gary Ahuja, LEC Corporate Communications & Media

While the rosters and coaching staffs are still being finalized, there are already plenty of local coaches and players well known in the B.C. lacrosse community who will be taking part in the World Indoor Lacrosse Championship this September at Langley Events Centre.

Starting with the host squad, a pair of assistant coaches with long and successful careers in the sport will be manning the bench as Canada goes for a fifth consecutive gold medal as both Pat Coyle and Curt Malawsky are part of the Team Canada coaching staff.

Both are involved in the National Lacrosse League as head coaches with Coyle in Colorado leading the Mammoth and Malawsky in Calgary and the Roughnecks. Coyle is also head coach of the BC Junior A Lacrosse League's Coquitlam Junior Adanacs while Malawsky is an advisor for the organization.

Team Austria features Kyle Sorenson as head coach and Julian Kolb as the team's defensive coordinator. The pair also work together in the Western Lacrosse Association as part of the Burnaby Lakers organization.



Adam Smith is serving as co-head coach for Team Australia. Smith is also involved with as an assistant coach with the Langley Junior A Thunder and video coach for the Langley Senior A Thunder.

And Victoria's Scott Browning is the head coach for Team Hong Kong. Browning has more than 25 years coaching experience with Canada and has been involved with Hong Kong for another five.

On the players' side of things, some of the countries have already named final rosters, including Team Ireland, which will feature Andrew McBride, Patrick Szabo and Brendan Szabo.

McBride is originally from Ladner while the Szabo brothers are both from Delta. Patrick played Senior B last season with the Ladner Pioneers while Brendan was part of the BC-JALL's Delta Islanders.

The 2019 WILC will host twenty teams from around the world September 19-28, 2019 at the Langley Events Centre.

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# Ice Breaker Masters Lacrosse Tournament



Gold 1 Final Champs: North Shore Cowboys.

By: Steve Varley, North Shore Cowboys Masters Lacrosse

The 13th Ice Breaker Masters Tournament (aka the “April Fools Tourney”) took place over the March 30-31, 2019 weekend at Harry Jerome Arena in North Vancouver. This year’s event featured six Grand Masters teams (age 45+) playing in two divisions including: top seeded Burnaby Coasters, Port Coquitlam Hitman, South Fraser Stickmen, Vancouver Justice, host North Shore Cowboys and for the first time, Nanaimo Timberman.

Round-robin play commenced Saturday March 30 morning with 120 well-seasoned and somewhat grizzled lacrosse vets playing a hectic mini-game schedule each team matching up against three venerable opponents, including back-to-back games (oxygen please). As is tradition, the infamous Dangerous-Shot-Orange-Traffic-Vest was begrudgingly worn by players returning from the sin bin with the highly coveted Toilet-Seat-Award gladly presented postgame to the most memorable opposing team player.

Day 1 featured surprisingly energetic master’s play with Ben Chow’s Coasters running the table into top spot in the Black Division and Ian Paterson’s Cowboys trotting to the Blue Division lead. Steve “Langley” Booth’s South Fraser Stickmen took out Paul Horn’s Hitmen to take third seed with Andy “Gump” Reynolds’ tourney rookies Timbermen axing out fifth over Steve Kingra and Matt Black’s Team Justice.

Day 2 commenced with the Gold 3 Final where, in a well-balanced match, Team Justice scaled their play to win 11-10 over the Timberman, in spite of a four-goal effort by Nanaimo’s Ken Morrison. In the Gold 2 Final the Stickmen, with four strikes



Gold 2 Final Champs: Surrey Stickmen.

from Terry “Soupy” Cambell, again overpowered the Hitmen in a 9-6 win.

The Gold 1 game was a rematch of last year’s finalists with host Cowboys, down by two after twenty thanks to Darren McEwen’s pair, were paced by shorthanded tallies from Scotty Rezensoff and Matty McInnes to hold the reins in a 7-4 win over perennial champs Coasters.

Special mention and credit is due to most esteemed Referee in Chief, Curtis Gulliford and his solid crew, as well as the stellar youth Bench Official team of Cole Bzowy, Lauryn Patterson & Olivia Patterson. Without referees and officials there is no game!

The two action packed days included notable examples of highly unforgettable lacrosse, intermingled with easily forgettable tales of past glory, some of which may even be true. Most Sportsmanlike and Valuable Players award recipients include: Wes Tyre and Ken Morrison (Timbermen), Ian Quinney and Sav Lattanzio (Justice), Paul Horn and Billy Mutch (Hitmen), Darren McEwen and Ryan Keller (Coasters), Scott Rezensoff and Curt Palidwor (Cowboys).

Next up for wily lacrosse veterans is the 32nd BC Masters Lacrosse Championship taking place June 29-30 and hosted by the Coasters Lacrosse Club at Bill Copeland Sports Centre, Burnaby.

For additional information contact Ben Chow at benchow5@yahoo.ca or check out on Facebook at: Masters Box Lacrosse Championship. Masters Lacrosse for life!



Gold 3 Final Champs: Team Justice.

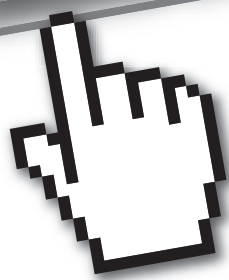
## In Memoriam

**McKibbin, Terry**, Born in Vancouver on March 22, 1938, passed away one day after his 81st birthday on March 23, 2019. Terry was an outstanding athlete in many sports including lacrosse. His first taste of senior lacrosse was in 1959, as a call-up player with Nanaimo. The following year, he turned to the senior level full time for 10 seasons with Vancouver, New Westminster, North Burnaby and Coquitlam. Over 84 games, this defender scored 29 goals and 7 assists while racking up 173 penalty minutes.

**Brenner, Alfie**. Born in Vanguard, SK, June 3, 1928, passed away March 30, 2019. He broke into senior lacrosse with Indians in 1947 until mid-1950’s when he joined the Vancouver team. He played 412 games from 1947-1964 and scored 136 goals and 141 assists in a 16 year career. He was inducted into the Canadian Lacrosse Hall of Fame (2003) in the Veteran Category.



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# Del Bianco No. 1 Pick to Adanacs

By: Gary Ahuja (Langley Events Centre)

Christian Del Bianco was taken first overall by his hometown Coquitlam Adanacs to kick off the 2019 Western Lacrosse Association Junior Draft.

The Senior A Lacrosse League held their annual draft for graduating junior players on Thursday night at Langley Events Centre with the seven teams combining to select 53 players.

Del Bianco was widely expected to go first overall after an unreal junior career with the Coquitlam Junior Adanacs.

In 2018, he went 12-2 with a 5.60 goals against average and a .856 save percentage. He capped off his final season of Junior A lacrosse by helping Coquitlam capture the Minto Cup as Canada's National Junior A champions. He won the Jim McConaghy Memorial Award as the most valuable player at the Minto Cup and the Jim Bishop Award, which is presented for displaying a combination of sportsmanship, leadership and outstanding play. Del Bianco also won the Bishop Award in 2017 when the Adanacs were runners-up for the Minto and earned the MVP in 2016 when he helped Coquitlam capture the Minto Cup.

He also won four of the five major awards (most valuable player, top goaltender, top graduating player, and the outstanding achievement award) from the B.C. Junior A Lacrosse League.

Ryland Rees, who played for the Port Coquitlam Saints and then Coquitlam following a mid-season trade, was selected second overall by the Burnaby Lakers. Rees had 14 goals and 31 points in 13 regular season games in 2018.

Picking third overall, the Langley Thunder chose Brad McCulley, from the Victoria Junior Shamrocks. McCulley scored 26 goals and 57 points in 16 games.

And McCulley was one of three straight picks from the Junior Shamrocks, as Marshal King was fourth overall to the Maple Ridge Burrards, and Braylon Lumb went fifth to the Nanaimo Timbermen.

King had 31 goals and 72 points in 11 games while Lumb led the BCJALL in scoring with 57 goals and 103 points in 21 games.

Keegan Bell, from the New Westminster Junior Salmonbellies, went sixth overall to the Victoria Shamrocks and Graydon Bradley (Port Coquitlam Saints) was the seventh pick.

Bell finished 2018 with 36 goals and 67 points in 20 games.

Bradley was the first defender selected. He had four goals and 11 points last season, splitting time between Port Coquitlam and Coquitlam.

Draft Results by Round:

- 1st Round
- 1st Christian Del Bianco (Coquitlam)
  - 2nd Ryland Rees (Burnaby)
  - 3rd Brad McCulley (Langley)
  - 4th Marshall King (Maple Ridge)
  - 5th Braylon Lumb (Nanaimo)
  - 6th Keegan Bell (Victoria)
  - 7th Graydon Bradley (Burnaby)

- 2nd Round
- 8th Carter Dickson (Coquitlam)
  - 9th Eric Kratz (Burnaby)
  - 10th Dalton Lupul (Langley)
  - 11th Dylan Foulds (Nanaimo)
  - 12th David Byrne (Nanaimo)
  - 13th Larson Sundown (Victoria)
  - 14th Tyson Kirkness (Burnaby)

- 3rd Round
- 15th John Hofseth (Coquitlam)
  - 16th Eddie Smith (Nanaimo)

- 17th Ty Goff (Coquitlam)
- 18th Ryan Wilkinson (Langley)
- 19th Liam Young (Nanaimo)
- 20th Dylan Rehman (Victoria)
- 21st Tanner Poole (New West)

- 4th Round
- 22nd Riley Phillips (Coquitlam)
  - 23rd Jake Mickelson (Nanaimo)
  - 24th Connor Frost (Langley)
  - 25th Charlie Kurtenbach (Maple Ridge)
  - 26th Brad Phillips (Nanaimo)
  - 27th Gabe Harman (Victoria)
  - 28th Pascal Coombes (Victoria)

- 5th Round
- 29th Angelo Pontellini (Coquitlam)
  - 30th Brodie Gillespie (Burnaby)
  - 31st Gordie Bowden (Langley)
  - 32nd Dylan Chand (Maple Ridge)
  - 33rd Chris Benedict (Nanaimo)
  - 34th Zack Homer (Victoria)
  - 35th Mason Pomeroy (Burnaby)

- 6th Round
- 36th Parker Kump (Coquitlam)
  - 37th Matthew Kim (Burnaby)
  - 38th Tanner Riley (Langley)
  - 39th Dakota Coyle (Maple Ridge)
  - 40th Brady Georget (Nanaimo)
  - 41st Colton Boomer (Victoria)



Goaltender Christian Del Bianco was the 2019 WLA Draft first overall selection.

- 42nd Jake Richardson (New West)

- 7th Round
- 43rd Damon Prince (Coquitlam)
  - 44th Jordan Gabriele (Burnaby)
  - 45th pass
  - 46th Thomas Hankins (Maple Ridge)
  - 47th Riley Taylor (Nanaimo)
  - 48th Guy Cullen (Victoria)
  - 49th Scott Barker (New West)

- 8th Round
- 50th Connor McNeil (Coquitlam)
  - 51st Steven Robertson (Burnaby)
  - 52nd pass
  - 53rd Max Gerhardt (Maple Ridge)
  - 54th Taylor Martin (Nanaimo)
  - 55th Tyler Mace (Victoria)
  - 56th pass

## Clan Look to Close Out 2019 Strong



By: Clayton Fenney, SFU Lacrosse

The Simon Fraser Clan have been back in action over the spring, with six games played so far this season (as of writing in late March) with two more PNCLL conference games left to be played (Apr. 12th vs. Idaho, and Apr. 14th vs. Oregon State).

The new season has brought many new faces to the team with 19 underclassmen forming the bulk of the Clan's roster - 13 of which are Freshmen. With only one Senior, captain Tim Turnbull, the leadership has had to come from within, rather than the traditional top-down approach from years past.

Boasting one of the youngest rosters in program history, the Clan have seen some struggles with energy and emotions in games due to lack of experience in the college style of play. On the flip side, however, the young core will be a shining light for years to come, with many Freshmen and Sophomores being put into positions to fill substantial playing time.

The Clan sit 5th of 6th in the conference with a 1-5 (0-3 PNCLL) record, many could say the season is at a loss. With two in-conference games left though, SFU holds their post-season fate in their own hands with the potential to win out and earn a playoff seed. Games have been tight all season long, as well as, the Clan have been leading, tied, or within two goals at the half in five of six contests in 2019.

"While it might not be the start to the season we've wanted, there's been a lot of positives we've pulled from each game so far," says Assistant Coach Matt Sobey, "we've kept pushing for 60 minutes each and every game, but sometimes we take our foot off the gas momentarily. We've remained competitive in all our games, especially the first halves, and we just need to continue improving on that."

Sobey, a former 1st Team All-Conference Face-off Specialist for the Clan last season, is



SFU Clansmen lost 10-9 to the Washington Huskies in 2019 PNCLL action.

optimistic about the future of the team in the latter half of the season going into playoffs, and already looking at next year's roster. "With the amount of quality minutes played by Freshmen and Sophomores this season, it's going to give us a lot of depth in the final run, as well as future seasons."

A big part of the Clan's ability to be in games has come between the posts, as Tej Grewal - now in his second year as the starting goalkeeper - is on pace to set personal records boasting a 62.8% save percentage, 115 saves (12th highest in the MCLA), and 19.2 save per game average (4th highest in the MCLA). With most of the Clan's veterans players coming on the back end - Juniors Grewal, LSM Mason Hicks, and Senior Defence Tim Turnbull - the ability to change or maintain momentum has largely landed in the hands of the upperclassmen in the defensive end, and all three have the potential for record years statistically.

With a hopeful outlook on the rest of the season, and the chance to play themselves into another post-season PNCLL Championship appearance, the SFU Clan are buckling down for the potential to play in the 2019 MCLA National Championship in Salt Lake City in May.



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# Core and Ab Workout

By: Krista Popowych Maznik

In both sport and activities of daily living, having a strong core is central to moving well and decreasing the risk of injury. A strong core will also help our players train more effectively and undisputedly improve their on-floor performance.

In general terms, the core is often referred to as the postural muscles of the abdominals and back. Imagine a midsection girdle that is interwoven with various layers of muscles and supportive tissues. To train the core, a deeper understanding of both the inner and outer core musculature is helpful.

The inner core muscles assist in stabilizing the spine and pelvis and help to minimize potentially injury causing rotational movements. With rotational patterning being a key movement component of lacrosse, a strong core is a must. Although the inner unit muscles are involved in automatic functions such as breathing and urinary control, their key role is stabilization. The muscles of the inner unit - often referred to as the 'powerhouse' - include the diaphragm, pelvic floor, transverses abdominis and the multifidi muscles. When these muscles are not engaged properly, other muscles in the body try to make up for their inactivation. This compensation process can lead to further weakness of the inner musculature and may cause chronic pain in the low back, hip and knee injuries, shoulder and neck tension, and potentially upper body repetitive strain injuries due to poor posture.

Unlike the inner unit that is not involved in spinal or limb movements in the body, the outer core musculature does create movement. Movement at the shoulder girdle, spine and limbs occurs through outer core activation. Examples of some of the outer unit musculature

include the gluts, obliques, erector spinae and quadratus lumborum.

Because the core is the foundation for all movement, exercises that challenge the inner and outer unit in a functional manner are essential. Getting your athletes on board with regular core training will benefit them short and long term. Most of your players probably have a love/hate relationship with planks and other core exercises already. However, if they are just getting started, or their form is poor, always use modified positions (i.e. knees down in a plank exercise). Placing an athlete in a poor posture and then adding time over tension will only cause injury and defeat the purpose. This goes for any of the exercises listed below. Observe your players throughout the exercises and encourage them to 'think first, move second' - using a few simple cues such as maintain neutral spine, deep abdominals engaged, controlled movements and avoid holding their breath.

## Training Plan

Focus: Core / Abdominal Training

Equipment: Lacrosse Stick (optional)

Total Time: 12-15 minutes

Workouts Per Week: 2+

Warm Up: 5 minutes minimum

## Plank Challenge

With the forearms on the ground, elbows in line with the shoulders, extend the legs, keeping the body straight. Avoid sagging at the back or tenting the glutes up. Remain in a neutral position. Next, extend the right arm out to the side. Touching the fingertips to the floor. Hold for 5 seconds. Return to the start, extending the left arm to the side and hold. Repeat back and forth for 30-60 seconds. Repeat for 2 sets.

Dead Bug (with lax stick)

Next, transition from the plank exercise into a back lying position. Lift the legs off the ground, knees bent, shins parallel to the floor. Holding your stick shoulder width apart, extend both arms straight above the chest. Slowly lower the right leg to just above the floor while extending the arms behind the head. Draw the knee and arms back to the start position, then lower left leg and arms. Repeat lowering and lifting for 20 reps.

## Side Plank (with lax stick)

Transition into a side lying position with the hips aligned. Press up onto the right hand, keeping the legs and feet stacked. If this is too challenging, keep the elbow down on the floor or stagger the legs. Holding the stick parallel to the floor, extend the arm up to the ceiling then lower it to tap the ground. Repeat the rotational reach and lowering repeatedly while keeping the hips lifted. Try 30-60 seconds on each side.

## Bicycles

Return to a back lying position. Lift the knees off the floor and place the hands behind the head, slightly lifting the head, neck and shoulders. Rotate the right elbow to the left knee, extending the right leg. Then the left elbow towards the right knee, extending the left leg. Repeat continuously at a steady pace for 8-12 reps. Rest and repeat for 3-4 more sets.

## Seated Paddle (with lax stick)

In a seated position, neutral spine, with the heels on the floor, lean slightly back. Grabbing the lacrosse stick with both hands, extend the arms in front of the body. Begin to 'paddle' the stick in a figure-8 formation. For greater challenge, lift one or both feet off the ground. Avoid collapsing through the lower back. Repeat for 2-3 sets for 15-30 seconds.

Kneeling Side-Bends (with lax stick or hands behind the head)

In a kneeling position, place the lacrosse stick behind the neck resting it on the upper traps, hands wider than shoulder width apart. Maintain a neutral spine. Keeping the hips square, rotate to the right as far as possible, then slowly bend down to the side, hold for a moment, then lift up and rotate back to the starting position. Repeat the sequence to the left, moving with control. Continue for 30-60 seconds and repeat.

## V-Sit Hold (with lax stick)

In a seated position, lacrosse stick extended with both hands, lift the feet off the floor. Tap one end of the stick on the floor, tapping back, tap middle, and tap forward on the right side and without dropping the feet, repeat the sequence to the left. Return to the start, rest if needed and repeat starting on the other side.

Back Extensions (with or without their lax sticks)

For the last exercise, have your athletes lie on their stomach. Holding their stick with their arms extended overhead and resting on the floor, keeping the eyes down and back neutral. Slowly lift one leg, then lower. Then lift the other leg and lower. Next lift the arms only, keeping the legs down. Finally transition to lifting both arms and legs at the same time, extending through the spine. Hold for 10 seconds and lower. Repeat for 4-6 sets.

Bio: Krista (Popowych) Maznik is an award-winning fitness professional and a lacrosse-mom who works and trains in Ladner, BC. For more exercise or training ideas, she can be reached at [info@kristapopowych.com](mailto:info@kristapopowych.com).

## BC Lacrosse Association 2019 EVENTS

### Subway® BCLA Box Lacrosse Provincial Championships

Pee Wee

July 11-14 (Delta)

Female

July 11-14 (Nanaimo)

Bantam

July 18-21 (Peninsula)

Midget

July 25-28 (Langley)

### CLA Youth Nationals

All Box Youth Nationals

August 20-24 (Coquitlam, BC)

### U18 & 15 (M) Field Nationals

Aug. 29-Sept. 1 (Kelowna, BC)

### U18 (W) Field Nationals

Aug. 5-6 (Peterborough, ON)

Minto Cup

Aug. 15-26 (Langley, BC)

Mann Cup

Sept. 6-14 (BC)



## Way to Go!

### BC Lacrosse Association Subway® Restaurants Volunteer Award

#### Russ Sheppard, Chair BC Lacrosse Coaches TSG

Russ Sheppard's love for lacrosse started when introduced to the sport by friend, Al Luciuk, in Saskatchewan.

He has taken his lacrosse from coast to coast to coast. Russ founded the Razorbacks Lacrosse Club in Edmonton. Before his time in Alberta, he was instrumental in introducing lacrosse to the youth of Kugluktuk, Nunavut. A movie called "The Grizzlies" was spawned from his story about his journey as a school teacher in Nunavut.

Russ has been a big part of the coaching realm nationally as he served as the CLA Coaching Chair from 2008 to 2014.

In 2013, Sheppard set roots in Cranbrook and began coaching Box & Field Lacrosse. He has served in many positions with the BCLA including the Zone 1 Coach Co-ordinator (since 2014), Summer Games coach (2018), the BCLA Operations Committee and the Team BC Committee.

Sheppard is a Box/Field Learning Facilitator and clinician in BCLA's coach education program. He has served as the BC Lacrosse Coaches Technical Support Group Chair for the past 4 years molding our coaching education program to better serve our coaches.

Congratulations Russ!



Russ Sheppard

The Subway® Way to Go Volunteer award is offered to BC Lacrosse Association volunteers who best exemplify the meaning of community and sport. This person goes over and above the call of duty in the BC Lacrosse community.



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# Lacrosse the Country

## FIL's 6 on 6 Format to be Tested as Part of Coquitlam 2022 Festival Tourney

By: Andy Watson

COQUITLAM – With the world men's lacrosse championship coming to Coquitlam in 2022, event organizers are once again supporting a festival tournament with men's, women's and youth games to be held concurrently with the main event.

The tournament organizing committee recently recruited two well-known lacrosse volunteers Beth McLucas and Mary Clare to serve as co-coordinators for the festival.

The men's division will feature the Federation of International Lacrosse's new 6-on-6 format. This is a hybrid style of lacrosse that based on draft rules uses a 70x36 meter field, five runners and one goalkeeper (with four subs) per side, in games played with eight-minute quarters. No long poles are allowed on the field and a 45-second shot-clock will be in place. Face-offs start each quarter but after a goal is scored, possession is given to the non-offending team. More detail and full rules are available at the FIL web site.

"Some festival teams that do not make the 30 teams participating in the main event may even be sending teams to the festival event, so we have the potential to have an international division," said Dirk Rachfall, tournament director of the 2022 FIL Men's World Lacrosse Championship organization committee.

These rules are designed for lacrosse's eventual goal to return to the Olympics. And while the inclusion of lacrosse in the Olympics is still being negotiated, the FIL set up a working group to develop details of lacrosse on the game's biggest international stage should the federation gain the final approval for a return to the Games (which, based on most recent discussions, would most likely be in 2028 in Los Angeles).

The shift to a hybrid, 6-on-6 format is consistent with other sport rule innovations, most notably seen in the evolution of the rugby sevens game.

In the women's game, the goal is to have a women's U19 national tournament return



Photo: Vancouver Sports Pictures

30 countries will compete at the 2022 FIL Men's Lacrosse World Championships in Coquitlam.

to Coquitlam as part of the festival, and potentially other age groups, to showcase future female stars.

Tentative plans have festival game play being proposed for the North Field adjacent to the main tournament venue of Coquitlam Town Centre and Percy Perry Stadium. Organizers

say the North Field is an excellent site to split the existing surface into two fields for the hybrid format.

A festival-style tournament was also held in Coquitlam for FIL men's under-19 world lacrosse events in 2016 and 2008 held at the same location.

## Head Coach and Team Coordinator Announced for Canadian Men's Box Lacrosse Team

By: CLA

Ottawa, ON — The Canadian Lacrosse Association (CLA) is pleased to announce Glenn Clark as head coach and Sean Ferris as team coordinator of the 2019 Canadian Men's Box Lacrosse Team. The team will compete at the FIL World Indoor Lacrosse Championship (WILC) in Langley, B.C. in September.

"Glenn Clark is a former player (2003) and coach (2011 and 2015) with Canada and understands the unique role that Canada plays on the international stage for box lacrosse. He is an excellent communicator, teacher and strategist of the game," said Eddie Comeau, GM of the Canadian Men's Box Lacrosse Team. "We feel confident that Glenn can not only assemble an excellent coaching staff but also select and lead a team of Canada's best players to try to win a gold medal at the 2019 WILC."

Clark has experience coaching lacrosse from tyke to the professional level. He is currently the head coach of the New England Black Wolves in the NLL, and head coach of the Toronto Beaches in the Ontario Junior A league. In 2016, Clark won NLL Coach of the Year award. As an assistant coach for the Canadian Men's Box Lacrosse Team in 2011 and 2015, Clark is ready to take on the role of head coach this year.

Ferris has extensive experience working with the Canadian Men's Box Lacrosse Team



and brings with him a wealth of knowledge as the team coordinator. As the assistant coach of four professional lacrosse teams over the past 15 years, Ferris currently works for the Georgia Swarm Professional Lacrosse Team. He has brought his passion for lacrosse to the Canadian Men's Box Lacrosse Team as team coordinator twice before.

"Sean gained valuable experiencing working with the National team at the World Indoor Lacrosse Championships in 2011 and 2015. Sean is able to effectively work with all members of the team to plan the various logistics required to attend the WILC. His contributions in this area enable the team and staff to focus on the task of trying to win a gold medal," Comeau shared.

Please join us in welcoming Clark and Ferris to the staff of the 2019 Canadian Men's Box Lacrosse Team.

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## Subway® BCLA 2019 Box Lacrosse Provincial Championships

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July 11-14, 2019

**Pee Wees**  
**Delta**  
July 11-14, 2019

**Bantams**  
**Peninsula**  
July 18-21, 2019

**Midgets**  
**Langley**  
July 25-28, 2019

For additional Provincial tournament information visit

[www.bclacrosse.com](http://www.bclacrosse.com)





# Team Canada Coaches Announced for Men's Box Lacrosse Team

By: CLA

Ottawa, ON — The Canadian Lacrosse Association has announced the assistant coaches for Team Canada's senior men's box lacrosse team. The team is being assembled for the FIL World Indoor Lacrosse Championship (WILC) in Langley, B.C. from Sept. 19-28, 2019.

Head coach, Glenn Clark, will work with the assistant coaches Pat Coyle, Curt Malawsky and Mike Hasen, and scout Mike McKay.

Team Canada assistant coach Pat Coyle has had tremendous success as an athlete in field and box lacrosse. He played for Team Canada in three different world championships—the FIL U19 Men's Lacrosse World Championship, the 2002 FIL Men's Lacrosse World Championship and the 2003 World Indoor Lacrosse Championship. After 12 seasons playing in the National Lacrosse League (NLL) for Toronto Rock and Colorado Mammoth, he has now been coaching the Colorado Mammoth for five years.

"Pat Coyle was an original member of Canada's national team in 2003," said Eddie

Comeau, general manager of the Canadian men's box lacrosse national team. "He has had great success as a player and a coach and his defensive knowledge will help our team be very prepared for the 2019 WILC."

As head coach and assistant general manager of the NLL Calgary Roughnecks since 2013, Curt Malawsky brings years of experience to the team. He was the offensive coach for the U17 Team Canada box lacrosse team. His history with Team Canada dates back to when he played in the 2003 World Indoor Lacrosse Championship and won gold.

"Curt Malawsky has been an elite level coach with great success at all levels. His passion for the game along with his ability to provide offensive strategy will be a key asset for Canada this year," expressed Comeau.

The third Team Canada assistant coach, Mike Hasen, has coached five teams to win the Mann Cup in the past 10 years. He has experience as a coach for Team England at the 2015 World Indoor Lacrosse Championship. Hasen is currently the head coach of the Rochester



**"Curt Malawsky has been an elite level coach with great success at all levels." – Team Canada Box General Manager, Ed Comeau**

Knighthawks in the NLL and the head coach of the Peterborough Lakers.

"Mike Hasen has had success in the NLL leading the Knighthawks to three titles, and winning Mann Cups with the Peterborough Lakers," said Comeau. "His ability to lead groups of talented individuals to championships was a big factor in his selection to the staff for the 2019 WILC."

The video and scouting position has been filled by Mike McKay. Comeau said, "McKay will work closely with the coaching staff to ensure our players and staff are prepared throughout the tournament and we will utilize his ability to assist with in-game reviews and adjustments for the team."

In the coming months these coaches will be assembling the team of Canada's best box lacrosse players to represent Canada at the 2019 FIL World Indoor Lacrosse Championship.

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# Top 25 Players Announced for Canadian Women's U19 Field Lacrosse Team

By: CLA

Since December 2018, players from across the country have been competing for a spot on Team Canada to play at the FIL Women's Lacrosse U19 World Championship. This field lacrosse world championship is taking place in Peterborough, Ontario from Aug. 1-10, 2019.

The first evaluation camp for the team took place in December with 70 athletes in attendance. After some difficult cuts, 35 players were invited to attend the second evaluation camp that was held from January 11-13. Now, 25 players are one step closer to representing Canada on the world stage.

Scott Teeter, who was coach of the Canadian gold-medal winning team in 2015, is head coach again this year.

"I am very excited to name this group of talented athletes through to the next round," said Teeter. "The talent level of this U-19 group is



deeper than it ever has been before, which has led to a ton of difficult decisions. The girls are leaving it all on the field and are making it very tough. With more tough decisions to come, the coaching staff will have to find the right combination to defend our World Championship."

The last evaluation camp to determine the final roster will take place in June. Please see below for the list of 25 players, in alphabetical order of last name:

First Name	Last Name	Position	Club Team
Hayley	Anderson	D	Team BC 2019
Madalyn	Baxter	M	Oshawa Lady Blue Knights
Mackenzie	Beam	D	Oshawa Lady Blue Knights
Bianca	Chevarie	M	Six Nations Lacrosse
Jordan	Dean	D	Oshawa Lady Blue Knights
Kylea	Dobson	A	Oshawa Lady Blue Knights
Cassidy	Eckert	G	Oakville Lady Hawks
Jacklyn	Hooley	A	Oshawa Lady Blue Knights
Eve	Hritzuk	A	Sherwood Park Lacrosse
Samantha	Irwin	M	Toronto Beaches Lacrosse
Clare	Johnston	A	Kingston Lacrosse Club
Kennedy	Lynch	M	Garrison Forrest School
Skylar	McArthur	D	Kawartha Lacrosse
Jillian	McNaughton	M	Oshawa Lady Blue Knights
Claire	Mills	A	Oakville Lady Hawks
Bailey	Mutch	A	Big 4 HHH
Paige	Pagano	G	Toronto Beaches Lacrosse
Nicole	Perroni	M	Oshawa Lady Blue Knights
Jordyn	Sabourin	M	M&D Lacrosse Club
Charlotte	Smith	M	Skywalkers Lacrosse
Ainsley	Thurston	M	Lax Maniax
Olivia	Toll	D	Oshawa Lady Blue Knights
Brooklyn	Walker-Welch	M	Team Ontario
Shonly	Wallace	A	Puget Sound Selects
Raegan	Wilson	M	Oakville Lady Hawks

## In Memory of Jack Crosby "Mr Lacrosse"



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

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

Charitable donations will be invested in the principle of 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.

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

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

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

Jack Crosby Endowment Fund Donations can be sent to:

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

# Coaches Corner Ending Abuse in Sports

By: Duane Bratt, CLA National Resource Person

We all know the horror stories. Graham James and Larry Nasser went to prison and became international pariahs for their sexual abuse of their athletes. But all local sports associations – including lacrosse – know of individuals who did similar behaviour.

In response, the Coaching Association of Canada (CAC) established a Safe Sport Task Force to develop and implement a universal code of conduct to reduce all forms of abuse in sport. While many sport organizations (including lacrosse) have put processes in place to protect their athletes, there is currently no universal system to prevent abuse across all sports, at all levels, and across Canada. This universal code of conduct would require, for example, mandatory training for coaches, athletes, volunteers and all other persons in contact with athletes, as well as the implementation of rules and procedures to ensure their protection.

Lacrosse has already adopted the three main steps to responsible coaching. The first step is the “rule of two.” This means that a child is never left alone with a single adult coach. Two NCCP trained/certified coaches should always be present with a minor athlete in a vulnerable situation, ie., a dressing room or hotel room. One of the coaches must also be of the same gender as the athlete. This protects not only the athlete

from potential abuse, but also the coach from allegations of abuse. The second step background screening. This can take the form of a criminal record check or a vulnerable sector check. The third step is ethics training. This is why the Make Ethical Decisions is embedded in the lacrosse coaching program.

While all of these three steps have been developed. There have been some gaps in their implementation. In addition, lacrosse associations need to communicate these measures of responsible coaching to all stakeholders.

One important gap that needs to be closed is preventing repeat offences. A universal code of conduct would include a set of sanctions that would eliminate a major loophole in the system. Due to a lack of alignment, a coach is able to change sports, change clubs, or even change provinces in order to avoid sanctions for inappropriate conduct.

In March-April 2019, the CAC will host safe sport summits across the country. Working with the Canadian Centre for Ethics in Sport, national and provincial sport organizations, and government agencies to share current best practices, develop a universal code of conduct, and create a national code of sanctions that would be implemented and enforced throughout Canada.

Community sport poses some specific challenges because it relies heavily on the voluntary participation of members. This is why the CAC, in the words of its CEO Lorraine Lafrenière, is “strongly encourage[ing] parents and families to ask more questions about the systems in place to protect their kids. The more questions asked,

the more likely sport associations are to adopt a universal code to protect their athletes and participants.”

Another important initiative is the establishment of the Canadian Sport Hotline. This is a national toll-free confidential helpline for victims and witnesses of harassment, abuse and discrimination in sport. The Canadian Sport Helpline provides professional listening and referral services by phone or text at 1-888-83-SPORT (77678) or by email at [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca), from 8 a.m. to 8 p.m. Eastern Time, seven days a week.

Lacrosse, and all other sports, are supposed to be played for enjoyment, develop/maintain fitness, meet new friends, and develop life skills. But too many kids are scarred for life by predators who infiltrate the sport system. Taking concrete steps to end abuse will enhance the enjoyment of athletes, give parents piece of mind, and end the dark side of sport.

# Lacrosse Included in 2021 Canada Summer Games

By: CLA

Ottawa, ON— April 11, 2019, Sport Canada announced that lacrosse will be included in the 2021 Canada Summer Games. The Canadian Lacrosse Association (CLA) is excited to be part of this national event and bring together the best youth box lacrosse players in Canada.

Lacrosse last participated in the Canada Summer Games in 1985 and the CLA is thrilled to see Canada’s national summer sport make its return to this collaborative multi-sport event. The CLA is ready for this challenge and looks forward to creating legacies.

“The CLA and its member associations are proud to showcase the game our indigenous people gave to us—the Creators game, the healing game—at the Canada Summer Games,” said Joey Harris, president of the CLA.


“We would like to thank Chief Ava Hill, the 2021 Host Society, Canada Games Council, Sport Canada and the Minister of Science and Sport, Kirsty Duncan, for their continued support and contribution to this historic lacrosse milestone.”

The 2021 Canada Summer Games will take place Aug. 6-21, 2021 in Niagara, Ontario.

“Adding a culturally vital sport like Lacrosse to the Canada Games sport programme is just one way we can contribute to the Truth & Reconciliation Commission’s Calls to Action related to sport,” said Evan Johnston Chair of Canada Games Council Board of Directors. “We are grateful for the Government’s continued support and look forward to working with our partners across the country to implement this exciting pilot project.”

Other sports included in the Canada Summer Games are athletics, baseball, basketball, beach volleyball, canoe and kayak, mountain biking, road cycling, diving, golf, rowing, rugby, sailing, soccer, softball, swimming, tennis, triathlon, volleyball and wrestling.

Additional information will be forthcoming soon.



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**Subway® Restaurants  
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National Rankings  
(2019 Pre-Season Ranking)**

**Senior A Lacrosse Top 7**

- 1 Peterborough Lakers 12-3-1
- 2 Maple Ridge Burrards 9-8-1
- 3 Oakville Rock 10-5-1
- 4 New West Salmonbellies 15-3-0
- 5 Victoria Shamrocks 12-6-0
- 6 Brooklin Redmen 7-8-1
- 7 Nanaimo Timbermen 10-7-1

**Junior A Lacrosse Top 10**

- 1 Coquitlam Adanacs 18-2-1
- 2 Brampton Excelsiors 14-6-0
- 3 New West Salmonbellies 15-6-0
- 4 Burlington Chiefs 15-5-0
- 5 Victoria Shamrocks 13-7-1
- 6 St. Catharines Athletics 13-7-0
- 7 Orangeville Northmen 12-8-0
- 8 Whitby Warriors 12-8-0
- 9 Six Nations Arrows 11-9-0
- 10 Okotoks Raiders 13-3-0

## Western Lacrosse Association 2019 Schedule

DATE	AWAY	HOME	TIME	VENUE	DATE	AWAY	HOME	TIME	VENUE
May 23	Langley	New West	7:30 PM	Queens Park	June 28	Langley	Victoria	7:00 PM	The Q Center
May 24	Nanaimo	Victoria	7:00 PM	The Q Center	June 28	New West	Burnaby	7:30 PM	Bill Copeland
May 25	Burnaby	Coquitlam	7:00 PM	Poirier Sports	June 29	Victoria	New West	5:00 PM	Queens Park
May 26	New West	Nanaimo	6:00 PM	Frank Crane	June 29	Nanaimo	Coquitlam	7:00 PM	Poirier Sports
May 26	Langley	Victoria	6:00 PM	The Q Center	June 30	Nanaimo	Burnaby	6:00 PM	Frank Crane
May 26	Coquitlam	Maple Ridge	6:45 PM	Cam Neely	July 2	Langley	Maple Ridge	7:30 PM	Cam Neely
May 29	Burnaby	Langley	7:30 PM	Langley E.C.	July 3	Coquitlam	Langley	7:30 PM	Langley E.C.
May 30	Maple Ridge	New West	7:30 PM	Queens Park	July 4	Victoria	Nanaimo	7:00 PM	Frank Crane
May 31	Burnaby	Victoria	7:00 PM	The Q Center	July 4	Burnaby	New West	7:30 PM	Queens Park
June 1	Maple Ridge	Coquitlam	7:00 PM	Poirier Sports	July 5	Victoria	Burnaby	7:00 PM	Bill Copeland
June 2	Burnaby	Maple Ridge	6:45 PM	Cam Neely	July 6	Maple Ridge	Nanaimo	7:00 PM	Frank Crane
June 5	New West	Langley	7:30 PM	Langley E.C.	July 6	New West	Coquitlam	7:00 PM	Poirier Sports
June 6	Victoria	Nanaimo	7:00 PM	Frank Crane	July 7	Coquitlam	Nanaimo	6:00 PM	Frank Crane
June 6	Coquitlam	New West	7:30 PM	Queens Park	July 9	Nanaimo	Burnaby	7:00 PM	Bill Copeland
June 7	Maple Ridge	Burnaby	7:30 PM	Bill Copeland	July 9	New West	Maple Ridge	7:30 PM	Cam Neely
June 8	Nanaimo	Langley	5:00 PM	Langley E.C.	July 10	Victoria	Langley	7:00 PM	Langley E.C.
June 8	Burnaby	Coquitlam	7:00 PM	Poirier Sports	July 11	Coquitlam	New West	7:30 PM	Queens Park
June 9	Victoria	Maple Ridge	6:00 PM	Cam Neely	July 12	Langley	Burnaby	7:30 PM	Bill Copeland
June 12	Maple Ridge	Langley	7:30 PM	Langley E.C.	July 13	Nanaimo	Coquitlam	7:00 PM	Poirier Sports
June 14	New West	Victoria	7:00 PM	The Q Center	July 14	New West	Nanaimo	6:00 PM	Frank Crane
June 14	Coquitlam	Burnaby	7:30 PM	Bill Copeland	July 14	Victoria	Maple Ridge	6:00 PM	Cam Neely
June 15	Langley	Coquitlam	7:00 PM	Poirier Sports	July 18	Burnaby	New West	7:30 PM	Queens Park
June 16	Maple Ridge	Victoria	6:00 PM	The Q Center	July 19	Coquitlam	Victoria	7:00 PM	The Q Center
June 19	Coquitlam	Langley	7:30 PM	Langley E.C.	July 20	Langley	Nanaimo	7:00 PM	Frank Crane
June 20	Nanaimo	New West	7:00 PM	Queens Park	July 20	Maple Ridge	Coquitlam	7:00 PM	Poirier Sports
June 21	Coquitlam	Victoria	7:00 PM	The Q Center	July 21	Nanaimo	Maple Ridge	6:00 PM	Cam Neely
June 21	Langley	Burnaby	7:30 PM	Bill Copeland	July 21	Burnaby	Victoria	6:00 PM	The Q Center
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June 26	Nanaimo	Langley	7:00 PM	Langley E.C.	July 26	Nanaimo	Burnaby	7:00 PM	Bill Copeland
					July 27	Victoria	Coquitlam	7:00 PM	Poirier Sports



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