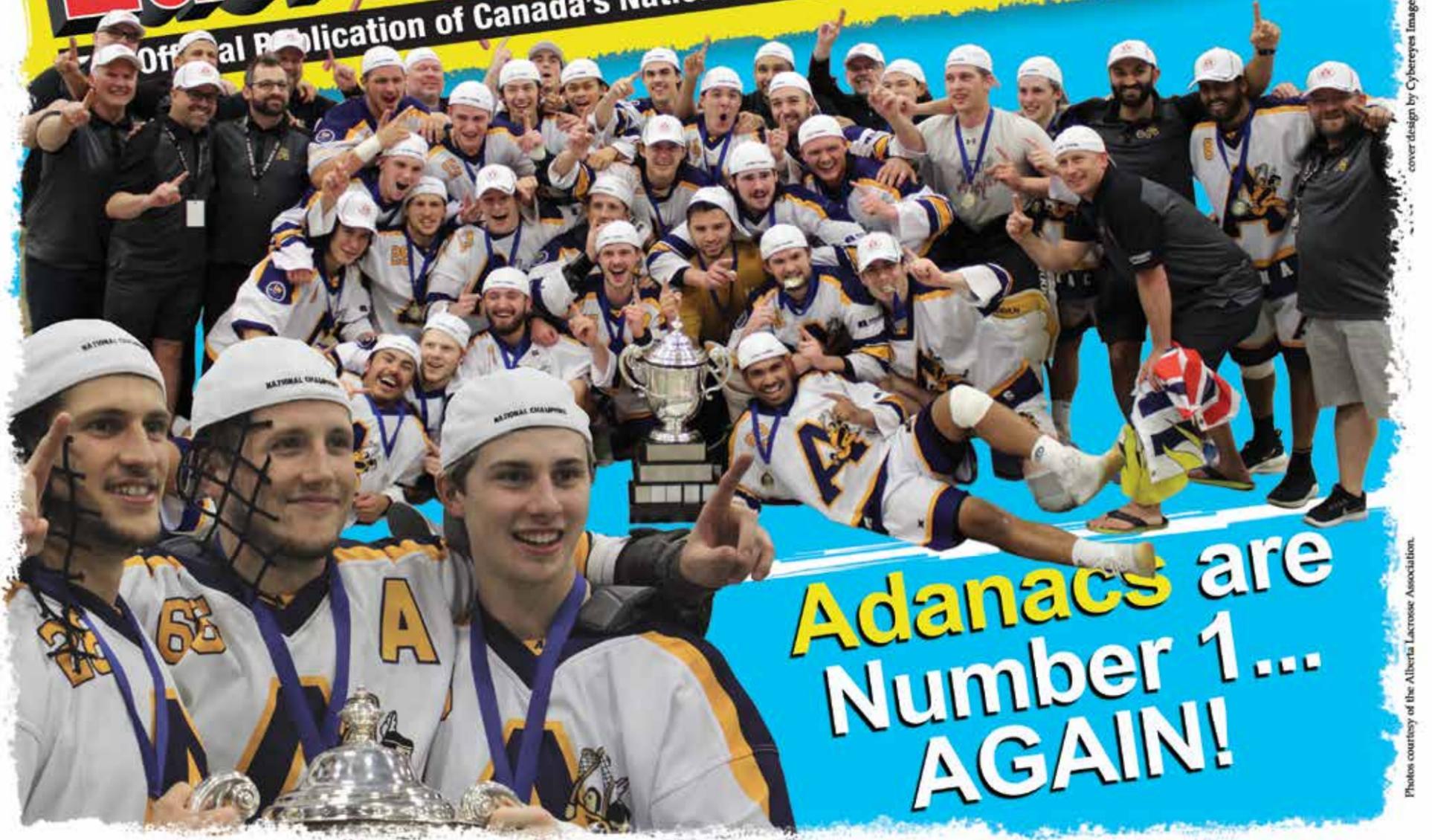


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LacrosseTalk

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Adanacs' Del Bianco takes home Minto Cup MVP and Bishop Awards!



Adanacs are Number 1... AGAIN!

By: Owen Munro

It has been more than a decade since a BC Junior Lacrosse team has won multiple national championships, but the Coquitlam Adanacs did just that this summer. The A's defeated the Brampton Excelsiors 3-1 in the best-of-five Minto Cup final series, claiming Junior lacrosse supremacy for the third time.

Coquitlam capped off an impressive 2018 run with an 18-2-1 regular season, a first place finish and Provincial title. The A's have competed for the Minto Cup every year, for the past decade, winning three titles, two in the last three years. BC has not seen such a run for the Minto since the Burnaby Lakers' stretch of five Minto Cup titles in eight seasons (1998-2005).

In the 2018 campaign, the Adanacs stifled teams on defence and turned that into an offensive onslaught, often putting games out of reach with multiple-goal runs. While it wasn't that easy for Coquitlam this time around, they certainly didn't look like Minto Cup underdogs that some had them pegged out to be.

Brampton Excelsiors finished the Minto Cup round robin with a perfect 3-0 record, Coquitlam Adanacs (2-1) finished second with Okotoks Raiders (1-3) and Calgary Mountaineers (0-3) in third and fourth. Coquitlam earned a spot in the finals with an 11-5 victory over Okotoks in the 2-3 game.

Coquitlam took a 2-0 series lead over Brampton thanks to a balanced approach on offence and a transition game that kicked itself into high-gear as the tournament wore on.

Things started slowly for the Adanacs in Game 1, similar to the round robin contest against the Ontario champs. Coquitlam fought their way back from a 4-2 deficit headed into the second period, but would outscore Brampton 9-5 the rest of the way on goals from six different scorers to win 11-9.

That momentum spilled over into Game 2, as A's goalie Christian Del Bianco stood tall and turned away every shot in the first 24 minutes of the contest. Even with Brampton scoring five of the final seven goals, it wasn't enough to save

themselves from the brink of elimination on the short end of an 8-6 A's win.

However, Game 3 proved to be a different story. A dominant second period with six Excelsior unanswered goals put Coquitlam on their heels in this pivotal game. A strong pushback was expected from the maroon and yellow, but Coquitlam finished strong, felt good about their performance, outshot their opponent 54-46, but fell short 12-8 to Brampton.

Coquitlam proved what champions are made of, in the title-clinching victory, in an absolute classic game. Despite a 7-3 Adanac lead with seven minutes left in the middle frame, Brampton stormed back with five third period goals to force overtime. In overtime, the Adanacs broke a ten minute scoring drought as Will Clayton and Ethan Ticehurst scored 57 seconds apart to take a 10-8 lead, and the party was on!

Coyle felt this title run was more special because of the circumstances the A's went through to get there. A pair of suspensions to Brampton superstar Jeff Teat and his father, head coach Dan Teat, highlighted Coquitlam's 11-9 opening game victory. Brampton would appeal the suspensions, which caused the referees to walk out of Calgary's Max Bell Arena before the start of Game 2, forcing it to be postponed.

Coyle said the waiting game before Game 2 was a tough test, but knew he had an experienced, ambitious group that would fight through any adversity.

"I'm really proud of our team. I came into the room [prior to Game 2] to give my usual pre-game speech and our guys were ready to run through a wall," Coyle said. "As soon as we found out we weren't playing that night, the focus shifted to the pregame for the next day."

Coquitlam was prepared for Teat and Brampton's explosive offence, something they experienced against other eastern teams at prior Minto Cups. Brampton bolstered their roster at the trade deadline, thus the better prepared Adanacs needed to be on top of their game.

The Adanacs also made deadline acquisitions like Adam Fulton, Dylan Foulds, Ryland Rees, Graydon Bradley and Tyson Kirkness to add to an already impressive roster. The Adanacs learned their lesson after coming up short against a tough defensive Six Nations club in 2017.

"With the core we have, you know you're going to be competitive and have a good chance of making it and maybe winning," Coyle said. "It's hard to know until you get there. You just don't know because the east has its cycles as well."

Coquitlam was well aware of the talented Excelsior Jeffrey Teat, as he beat them single-handedly with five goals and eight points against the A's in the round robin.

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continues on page 4

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2018 Hall of Fame Class Announced

By: CLA

NEW WESTMINSTER, BC - The Canadian Lacrosse Hall of Fame is proud to announce its 2018 class of inductees, which includes players Bill Squire, Brian Hall, Jason Wulder and Jim Lynch, veteran Jim Squires, builders Dan Mattinson and Edward Howe Jr., along with the 1996-2007 Junior 'A' Burnaby Lakers.



These new inductees bring the total number honoured in lacrosse's national shrine to 528 - 155 Builders, 320 Players and 53 Veterans (those who played in 1980 or before). There are also 21 teams inducted under the Team category.

The formal induction banquet and ceremonies will be held Saturday, October 27, 2018 at the Canadian Lacrosse Hall of Fame in the ANVIL Centre in New Westminster, British Columbia.

The Canadian Lacrosse Hall of Fame's class of 2018 includes:

Bill Squire (Player, Deceased) - Bill Squire had an outstanding and long 18-year career in Senior A and B lacrosse competition. Over the course of three decades (1964-1982), Squire played for Ohsweken, Brantford, Detroit, Six Nations, and the Toronto Tomahawks and Montreal Quebecois of the original National Lacrosse League. He won a President's Cup in '67 with Ohsweken, a Mann Cup and MVP award in '68 as a pick-up member of the Brooklin Redmen, and a second President's Cup and MVP trophy with Ohsweken in '82. He was third in Ontario's Major Series Lacrosse scoring in '69, scoring 63 goals with 49 assists, and in '72 with Six Nations he scored 64 goals with 58 assists. In 169 regular season Senior games he tallied 477 points and in 33 playoff games posted 79.

Brian Hall (Player) - 57-year-old Brian Hall won a Minto Cup in 1983 with Peterborough and a Mann Cup the same year as a pick-up on Peterborough's Senior team. Hall won a second Mann Cup in 1987 as a pick-up player with the Brooklin Redmen; a Presidents Cup with Owen Sound in 1990; a Nations Cup in '91 with Guelph of the Canadian NLL Pro Series; and Nations Cups in '92, '93 and '96 with the Buffalo Bandits of Major Indoor Lacrosse League.

Jason Wulder (Player) - 47-year-old Jason Wulder competed twice for the Minto Cup in 1989 and '90 with the Richmond Outlaws and four times for the Mann Cup with the Coquitlam Adanacs, winning the title in '01. Wulder won a Champions Cup in '04 with the National Lacrosse League's Calgary Roughnecks. He played a total of 17 seasons in the Western Lacrosse Association with the Adanacs and 10 seasons in the NLL with, in addition to Calgary, the New York Saints, Colorado Mammoth and Edmonton Rush. He ranks 11th all-time in the WLA with 1,189 points in 408 games, and is second all-time with 431 power play points. Wulder compiled 566 points in 195 NLL games.

Jim Lynch (Player) - 66-year-old Jim Lynch was an integral part of the 1979 and '83 Mann Cup winning Victoria Shamrocks. In seven seasons with the Shamrocks and three with the Nanaimo Timbermen, he played 161 regular season games and 44 playoff games, scoring 560 points in the former and 108 in the latter - a combined average of 3.25 points per game. Lynch was an early National Lacrosse League player, playing 45 games in '74 for the Montreal Quebecois, scoring 83 goals with 74 assists, and 41 games with 96 points in '75 for the Philadelphia Wings.

Jim Squires (Veteran, Deceased) - Born in Oshweken, Ontario in 1939, Jim Squires was an inspirational part of the revival of indigenous lacrosse in the 1960s. Among other teams, Squires was a member of the St. Catharines Athletics in '61 and '62, Oshweken '64 through '66, Brantford '67 and '69, and the National Lacrosse League's Detroit Olympics '68. The '67 Brantford Warriors team, with Squires as captain, won the national Senior 'B' Presidents Cup. He was playing coach of the Six Nations Braves of the North American Lacrosse League in 1971 when he died in a car accident.

Dan Mattinson (Builder) - Dan Mattinson coached Burnaby Jr. Cablevision teams to six B.C. championships and three national Minto Cup titles between 1974 and 1983. During that period his teams compiled a 219-78-6 record. In 1977, '78 and '79 Mattinson's team won the Minto Cup, the first and, to date, the last Western team to win 3 straight Minto Cups.



Adanacs Jason Wulder enters Hall with 1,189 WLA points.

Edward 'Ted' Howe, Jr. (Builder) - Ted Howe, Jr. played Minor and Junior lacrosse in St. Catharines, Ontario. He jumped into coaching in '76 and over the next five years took Minor teams to the Ontario Championships. In the early '80s he was instrumental in resurrecting Junior lacrosse in St. Catharines, helping to grow the house league from three to 19 teams. He continued coaching Minor lacrosse in the '90s; presided over St. Catharines Masters Lacrosse; and took St. Catharines teams to American field lacrosse tournaments, winning 4 championships. From '04 to '08 he was Secretary of the St. Catharines Junior 'A' team and in '06 was recognized by the Canadian Lacrosse Association for over 20 years of service. In 2014, he was inducted into the Ontario Lacrosse Hall of Fame.

Burnaby Junior 'A' Lakers 1996-2007 (Team) - The Burnaby Jr. 'A' Lakers dominated Junior lacrosse in B.C. between 1996 and 2007. The team was undefeated during the '98, '99 and '06 seasons and won 12 straight league championships, compiling a record of 242-26-1, on the way to national Minto Cup titles in '98, '00, '02, '04 and '05.

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

Team PVL wins BCLA 2018 Golf Classic

By: LacrosseTalk Staff

On Thursday June 21, 2018 the BC Lacrosse Association hosted the 17th Annual President's Golf Classic, honouring Canadian Lacrosse Hall of Famers from BC at Golden Eagle Golf Club in Pitt Meadows, BC.

The BCLA takes great pride in bringing the lacrosse community together with players, coaches, fans and friends of lacrosse for a day of golf and a chance to reconnect. Over 50 sponsors, athletes and friends of lacrosse enjoyed the action at the Texas Scramble event. The sun-drenched golfers had a tough time keeping cool with perfect golfing weather throughout the day.

Holes were sponsored by companies of which the BC Lacrosse Association is very grateful for their support. They included; IMPACT Canopies, BCLA, Langley Events Centre, Mr. Mikes Steakhouse & Bar, Investors Group, Warrior Sports, Delta Whistler Village Suites, Freedom 55 Financial, Pacific Fasteners Ltd., Xtreme Threads, JR Dale Management and new sponsor Pure Vita Labs (PVL). Thank you for your continued support!

The cool water bottles were sponsored by Silver Ridge Promotions were well received. A special thanks to partners who supported our tournament with products: Thrifty Foods-Haney Place, Mr. Mikes, Old Dutch Foods, Saginaw Bakeries for the tasty donuts.

Many thanks also go out the endless list of companies who donated prizes for the foursome gifts. Thanks to: BCLA, Beachcomber Hot Tubs, Big Kahuna Sports, BOND Printing, Burger Heaven, Charter Bus Lines, Delta Whistler Village Suites, Delta Burnaby & Atlas Steak + Fish, Golden Eagle Golf Course, Hard Rock Casino-Vancouver, Hastings Park Entertainment Inc., Joseph Richard Group, Langley Events Centre, Me-n-Ed's Pizza-Poco, Mr. Mikes Steakhouse & Bar, Province/Sun, Pure Vita Labs (PVL), River's Reach Pub, Sammy J's Grill & Bar, Silver Ridge Promotions, SUBWAY Restaurants of BC, Whistler Golf Course and Xtreme Threads.

The PVL Putting Contest was won by Mike Berretoni, winner of a pair of BC Lions tickets and \$100 gift card at Delta Burnaby's Atlas Steak + Fish. The Hole #13 Whistler Golf get-



Team Pure Vita Labs (PVL) takes 2018 Golf Classic with a minus 10 score.

away package included a round of golf and one night stay at the Delta Whistler Village Suites went to Don Hamilton - a matter of inches away from the cup!

The men's closest to the hole award was won by Steve Campbell, while Jason Dalavalle tagged a huge drive to win the long drive contest. For the ladies, Carolyn Bodnar had the long drive. And last but not least, the winning foursome, scoring 10 under par, was the Pure Vita Labs foursome including Jim McMahon, Derek Carey, Steve Campbell and Dave Matiash.

Thank you to all the participants and volunteers like Corrine Perriman, Bev Mosdell, the BCLA staff and the GEGC staff for making this a great event. All funds raised from the event are put back into the ongoing development of lacrosse around BC. Be sure to keep the third Thursday of June in 2019 free in your calendar for next year's event.

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jeff@bclacrosse.com or 604-421-9755

Sutton, Wahl & Way Win BCLA Scholarships



By: LacrosseTalk Staff

The BC Lacrosse Association is proud to announce Paige Sutton (Victoria), Cameron Way (Port Coquitlam), and Austin Wahl (Port Coquitlam) as the 2018 BCLA scholarship recipients. Sutton was the Dorothy Robertson Scholarship recipient, Way the Wayne Goss Scholarship recipient and Wahl received the Ted Fridge Scholarship.

Paige Sutton has played Women's Field Lacrosse for 8 years and Female Box Lacrosse the past 3 seasons. She grew up playing minor lacrosse in Victoria and has competed on various teams with the Victoria Women's Field Lacrosse League, Pac Rim, Burnaby and Team BC teams. She has honed her lacrosse skills and traveled to many provinces and states to compete in some of the best tournaments.

When Sutton is not playing, she offers her time as a referee, a coach and volunteers with the local association with development programs and registrations. Paige has also assisted her father with the development of the Royal Bay High School girl's lacrosse academy. Sutton has been a student at the Canadian Sport School (CSS) the past two years where she excelled both on the playing field and in the classroom. Paige's hard work and determination paid off as she obtained a scholarship and will attend Lindenwood University and play Division 2 lacrosse.

Cameron Way has played lacrosse for the Port Coquitlam Lacrosse Association since starting as a youngster. He plays both Box and Field Lacrosse for the Saints and has won many team and individual awards at Provincial competitions. One such accomplishment Cameron achieved was winning the Subway® Player of the Year Award in Zone 3. Way gives back to the association coaching younger athletes, volunteering at Fun Lacrosse sessions and developing athletes. He has been a well-

Congratulations to all scholarship recipients. Good luck with your studies.

established and respected box referee the past four seasons.

This outstanding Riverside student-athlete is highly regarded as a leader amongst his peers, a role model to younger students and a hard worker in the community. Academically, this honours student continually strives towards excellence in everything he does. He has achieved Honours with Distinction in all of his computer programming courses and will continue his studies at Simon Fraser University.

Austin Wahl has played lacrosse in the Port Coquitlam Lacrosse Association since 2005. He has competed in both Box and Field Lacrosse for PCMLA, as well as, Field Lacrosse at Riverside Secondary. Wahl has competed in multiple Provincial and local tournaments and has won numerous all-star awards for his efforts. Austin has been a two-time member of Team BC box teams and competed in the BC Summer Games. He plays the game with sportsmanship and discipline!

When he's not playing lacrosse, Wahl volunteers his time with the PCMLA coaching teams, instructing fun lacrosse and development sessions, and scorekeeping for tournaments. This dependable and respected referee has officiated all levels over the past 6 years including tournaments and Provincials, with aspirations of reffing at Nationals one day.

At Riverside, this honour roll student was named Riverside Secondary School Athlete of the year and hockey team Most Sportsmanlike Player. Wahl has been accepted into the Kwantlen Polytechnic University Nursing program starting this fall.

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

Subway® BCLA Lacrosse Zone Players Announced



By: LacrosseTalk Staff

The 2018 Subway® BC Lacrosse Zone Players of the Year were announced earlier this summer. Eight BC Lacrosse zones from across the province nominate an athlete who best exemplifies what it takes to be a top athlete on and off the floor.

The following Midget aged athletes were selected as their Zone Player of the Year in 2018. Zone 1 - Fletcher Backshell-Jones (Cranbrook), Zone 2 - Reed Watson (Kamloops), Zone 3 - Dawson McGuinness (Maple Ridge), Zone 4 - Zander Gould (Surrey), Zone 5 - Sam Esworthy (Vancouver), Zone 6 - Devyn Zunti (Ladysmith) and Zone 8 - Jake Nohr (Prince George).

Each 2018 Subway® BC Lacrosse Zone Players of the Year received a custom embroidered track jacket and a \$500 scholarship for being named to this prestigious award. The overall 2018 Subway® BC Lacrosse Zone Player of the Year was Zone 2 representative, Reed Watson of Kamloops. Reed, in addition to the custom track jacket, received a \$1000 scholarship for the accolade.

Thomas Ungaro, goaltender for the Coquitlam Adanacs Midget A1 team, was named the 2018 Subway® BCLA Midget Provincial Champions MVP. He played an integral part of the 2018 Midget A1 gold medal winning team at the Midget Provincials in Burnaby. Thomas received a custom track jacket and a \$1000 scholarship. Congratulations to all award recipients!

Box Lacrosse Grows Its Own Coaches In Kitimat

By: Kitimat Minor

Like the rest of North America, the sport of Box Lacrosse is growing in the community of Kitimat, BC. A key pillar to sustained growth will be the involvement and dedication of trained coaches who are able to work with youth in a positive way.

"Kitimat's entry in the BCLA this past season has afforded us the opportunity to have access to highly trained and experienced instructors such as Terry Mosdell," says Trent Rowsell, President and Head Coach of Kitimat Lacrosse.

"A willingness to travel to Kitimat and host a Community Development Coaching Clinic, like the one held in June meant a lot to our association," indicated by local Pee Wee, Bantam and Midget coach, Doug Graham.

Getting involved as a lacrosse coach doesn't require a strong depth in coaching. You don't even have to be an experienced player to become a qualified lacrosse coach at a high level. You do need to be 16 years of age and prepared to align yourself with the right values that can inspire youth to join and remain engaged in the game of lacrosse for years to come.



Kitimat Grows Lacrosse Coaches in Development Clinic in June 2018.

"One of my goals in becoming a coach is to have the ability to pass on what I have been taught by my coaches to new players -- and to remain involved in the sport after I have graduated from minor lacrosse," said second year Midget player, Jacob Cordeiro,

Rowsell commented to Terry Mosdell, during the clinic, that the opportunity to have generational players involved such as Doug, who grew up playing the sport right here the community, provides an early advantage to the program. Dedicated community volunteers and local business support in the District of Kitimat will also be cornerstones to successful development.

Continued from cover article: Adanacs are Number 1...AGAIN!

By: LacrosseTalk Staff

Coyle and his coaching staff went as far as to shut off Teat on man-down situations, living with the consequences of other Excelsior shooters instead.

The plan worked to fruition; Teat finished the final series with eight goals and 13 points, but only five points in the final two games.

"One of the big adjustments was shutting Teat off and playing 4-on-3 on the short-man. "Our goal defensively was to take him out of as many scoring opportunities as possible and make the rest of the team beat us," said Coyle. "If we let him [Teat] get free reign, they win. Until you watch him play, you don't appreciate how talented he is."

A's standout goalie, Christian Del Bianco, believes Teat is an unbelievable talent capable of becoming one of the greatest lacrosse players in the world. "From a skills standpoint, I don't know if I've ever played anyone at that level. There are guys that are bigger and stronger, but the way he sees the floor is unbelievable."

The Adanacs had an ace of their own in Del Bianco. He capped off an incredible Junior career and took home the Minto MVP Jim McConaghy Award and Jim Bishop Award (outstanding player, leadership and sportsmanship). Del Bianco's second time he's has won both awards.

"The biggest thing we had going for us were some of those guys coming from Poco and Langley," Del Bianco told Jake Elliott and Brad Challoner of the Lacrosse Classified Podcast on TSN 1040 Radio. "We just had a group that always cared about the end goal. No one cared about their role -- everyone was focused on a common goal."

Del Bianco put up astounding numbers during his five-year career with the Adanacs. His two regular season losses this year were the first two of his Junior career, and he has just eight losses overall outside of his five Minto Cup appearances. He's stopped more than 85% of the more than 4200 shots he's faced in his career.

Del Bianco felt the 2016 Minto was a little more memorable being his first national championship.

"You always remember your first one, right?" Del Bianco says. "Those were both special teams, but the moment was great, going into Game 5 [2016 Minto]."

The friendship with Coyle, that Del Bianco considers to be so special, is very much a mutual one.

"I'm sort of lucky with the teams I coach, that goalies like Christian and Dillon Ward [NLL Mammoth] make me look good," Coyle laughs. "I've coached Christian for years and I'm really proud of the man he's become."

"He's wired differently, he wants to be around the game. Some goalies tend to be a little bit like prima donnas, but he's not like that, he's a real student of the game."

There were a number of other players Coach Coyle relied on, with an emerging core of young players that will continue Coquitlam's rich pipeline of talent. Even with player graduation, the Adanacs look poised to be a contender for years to come.

"Sure feels like we could be back here next year," said Coyle. "You look at our line-up, we have the likes of Dennon Armstrong, Colin Munro, Thomas and Max Semple. Ethan Ticehurst, Jalen Chaster and Josh Jackson on defence."

"We have a good opportunity to get back to where we were this year."

"The District has demonstrated them to be a partner in growing the game in our community as well as by enabling our association to become sustainable for the long term. Our goal is to grow our membership base to 100 by the year 2020," said Rowsell. To ensure we can respond with a positive experience and a quality product, we'll need good coaches who can teach and share the game of lacrosse to new players as they begin their life long journey with the sport."

Lacrosse legend remembered as 'wonderful man'

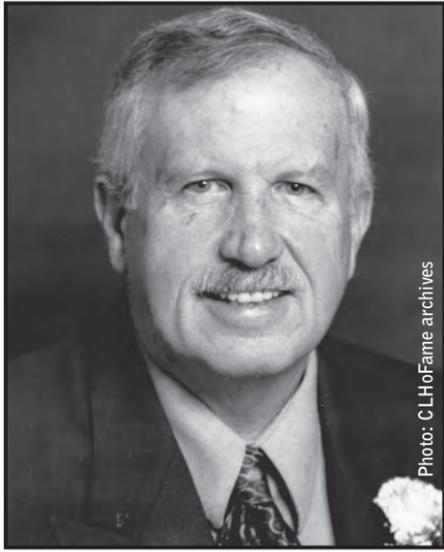


Photo: CLHofame archives

Les Wingrove.

By: Mario Bartel, Tri-City News

To tell the story of Les Wingrove's life is to go through a rolldex of a Who's Who of the Canadian Lacrosse Hall of Fame.

But the longtime lacrosse player, coach, manager, executive and member of that very same hall of fame who passed away suddenly late Friday at the age of 74 was about much more than the sport that was his life's passion, said Coquitlam councillor Chris Wilson.

"He was just such a wonderful man who wanted to make a difference in his community," said Wilson, who worked with Wingrove to construct displays to honour the athletes, coaches and builders in the Coquitlam Sports Hall of Fame.

In fact, Wilson said, it was Wingrove's idea to put the hall of fame into the lobby of the Poirier Sports and Leisure Complex where those displays were passed by 1.4 million people last year — that's almost five times more than visit the Hockey Hall of Fame in Toronto annually.

"He wanted to put it in an area where there's a constant flow of people," Wilson said. "It provides some inspiration and motivation for young athletes and gives them role models."

Wingrove's role in the formation of Coquitlam minor lacrosse, his work as a coach for seven teams from tyke to midget, as well as an official, and a two-year term as its president, helped instill in many of those young athletes a love for lacrosse. Some of those even followed as Wingrove rose through the ranks to the Coquitlam Junior Adanacs of the BC Junior A Lacrosse League and then the senior team in the Western Lacrosse Association.

Like Port Moody's Ken Thomas who had Wingrove as his coach all the way from when he was 11 years old through his junior career with the Adanacs from 1985-88 and again when Thomas came out of retirement in 2001 with the senior team and they won a Mann Cup together.

"Les wanted us to do our best, achieve our best, but he wanted us to do it the right way," said Thomas, who's also in the lacrosse hall of fame. "He was a father figure to a lot of the guys."

Another hall of famer, Pat Coyle, said it was Wingrove's persistence that convinced him to move west from Ontario where he'd won Mann Cups with the Brampton Excelsiors in 1992 and 1993.

"He was relentless," said Coyle of the telephone pitches that continued even as he set the phone down to go to the washroom then returned to still hear Wingrove trying to woo him.

When Coyle finally relented and joined the Adanacs in 1994, he was quickly absorbed into Wingrove's way of doing things, including a raucous annual party for the team at his home.

"We'd destroy his backyard and he'd just be smiling as we did it," said Coyle, who now coaches the Junior Adanacs.

Todd Clarkson, the principal at Heritage Woods secondary school in Port Moody and

a former player with the junior and senior Adanacs, said Wingrove had a knack for turning boys into upstanding young men.

"He was constantly encouraging," Clarkson said. "He was one of those guys who was very positive, and I needed that in my early 20's."

James Abbott, the president of the junior Adanacs who helped bring Wingrove back into the team's fold in 2012 after he was dismissed from his position as the general manager of the senior team in 2011, said his knowledge of the game, and of the Coquitlam lacrosse scene, were indispensable.

"He knew everything, he'd experienced everything, and you could always tap into it," Abbott said. "He was definitely a mentor to me."

Wilson said the death in 2010 of Wingrove's son, local lacrosse legend Trevor, hit him hard and he thought by working together on the hall of fame displays he might be able to help fill a bit of that hole in Les' heart. Instead, Wilson said, it was he who was nurtured.

"I got just as much out of it if not more," Wilson said. "That's just the kind of guy he was."

Abbott said Wingrove's legacy and spirit will be felt every time a player of any age pulls on an Adanacs jersey and their loved ones cheer from the stands.

"You just know and feel the importance of the Adanac logo in the community," he said. "You look across the board and he's respected by everyone."

U19 World Lacrosse Foundation Supports Team BC

By: LacrosseTalk Staff

The U19 World Lacrosse Foundation is the legacy of the 2008 Under 19 Men's World Lacrosse Championships that were held in Coquitlam, British Columbia July 3rd – 12th, 2008. As a result of this very successful event, the Foundation has been established to support initiatives aimed at promoting the development of youth field lacrosse in the province of British Columbia.

The 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 lacrosse athletes to allow them to compete at higher levels.

Assistance is available to any athlete 19 years of age or younger, related team or program sanctioned by the BC Lacrosse Association.

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 development 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. The Board of Directors then determine and release grants in July of each calendar year.

In 2018, the Field Lacrosse specific-granting foundation supported the efforts of some eighty (80) Team BC athletes in their long-term athlete development progression. Members of the 2018 Team BC U18 and U15 Men's Field teams and U19 and U15 Women's Field teams appreciated the generous donation in support of their programs for competitions at their respective 2018 national championships.

In Memoriam



Photo: BCLA Archives

Frank Kirby.

LacrosseTalk Staff

Frank Kirby - October 3, 1941 - Sunset July 19, 2018. It is with a broken heart to announce the passing of a Burnaby icon in the 60, 70, 80 and 90's, Frank Kirby. Frank leaves a huge hole in his wife of 18 years, Zahia Kirby. Frank was president of the Burnaby Catwalkers Motorcycle Club, during the time he opened his all so famous salon, Kirbys Unisex Salon on Kingsway and Gilley. Owner and sponsor of many local sports teams, from lacrosse, baseball, hockey, soccer, volleyball, and basketball. He was also into racing at the Langley Speedway and later on in the 90's at Skagit Speedway with his #75 Sprint car and Crew for 5 years. Kirby was an avid lacrosse builder and managed his famous Kirby's Klippers teams, as well as, numerous Senior B and WLA teams with North

Shore Indians and Thunder teams. Frank will be sadly missed around the lacrosse arenas.

Olivia Angeleen Malcom - June 10, 1998 - June 2, 2018. Olivia was tragically taken from us on Saturday, June 2, 2018 at the tender age of 19. She was born June 10, 1998 in New Westminster at Royal Columbian Hospital. She will lovingly be remembered by her parents, family and friends. Olivia loved the outdoors, whether it was ice-fishing with Jake, enjoying the beaches of Waikiki with Erica and her parents, Timothy Lake, as well as, playing or coaching NWMLA lacrosse, photography, fashion, children and cherished her work at Oxygen Yoga & Fitness, and of course her pooch Vegas. Her family, friends, and community will always remember her genuine kindness and most beautiful smile she gifted us all with daily. Her life was so full of love, promise, family, and friendships that should have lasted a lifetime had she not been taken this young. In lieu of flowers, please consider supporting the Olivia Malcom Kindness Bursary www.gofundme.com/OMkindness

Casey Martin - April 08, 1986 - July 20, 2018. Casey was born in Vancouver and raised in Burnaby, Port Moody, Coquitlam and Nanooose Bay collecting many friends of all ages along the way. Casey met all of life challenges and joys with dignity, enthusiasm and kindness to all. Her love of sports and the outdoors lives on with her many friends in hockey, soccer, lacrosse, baseball, golfing, swimming, snowboarding and mountain biking to name a few. She was very proud to have played hockey for Canada in the 2013 North American championships in Calgary Alberta. In lieu of flowers please consider donations to Jumpstart Charities.

Leslie William Wingrove - January 29, 1944 - April 28, 2018. See "Lacrosse legend remembered as 'wonderful man'" article by Mario Bartel.

BC Lacrosse Association

**2018 Annual General Meeting and
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BCJALL Season in Review

By: Owen Munro

It's rare to see a team extend its dominance over an entire decade, but it's exactly what the Coquitlam Adanacs have done in the BCJALL, and it culminated with the team's third Minto Cup championship since 2010.

The A's overcame some adversity in Game 1 at the 2018 Minto Cup in Calgary which led to the postponement of Game 2 for a day. Coquitlam stayed the course and competed in the best-of-five championship to the best of their abilities. A team effort that was rewarded at the end!

Coquitlam showed that whatever the punishment was going to be, it wasn't going to disrupt them from reaching their goal of winning another national championship. The A's would go on to win Game 2 by an 8-6 score, and would wrap up national glory by winning a thrilling overtime game 10-8.

Goaltender Christian Del Bianco finished one of the best five-year junior careers in BC lacrosse history by being named the Jim McConaghy Award as Minto Cup MVP, as well as the Jim Bishop Award for leadership, sportsmanship and outstanding play. He finished the tournament stopping more than 80 per cent of the shots he faced despite suffering an infection from a root canal shortly before the tournament.

Coquitlam's showing at the Minto showed BC's strength as a league this year, and that was backed up by the performance of several teams throughout the season. The New Westminster Salmonbellies pushed the eventual champions to six tough games in the BCJALL finals, just running out of gas as they approached the finish line.

Teams like the Victoria Shamrocks and Burnaby Lakers made major strides as organizations, with Victoria also giving Coquitlam a run for their money in the playoffs. Other clubs, such as the Port Coquitlam Saints and Langley Thunder, decided to sell off some of their assets for more draft capital and a chance to rebuild for future seasons. The Nanaimo Timbermen and Delta Islanders also both showed the potential and belief they have in some of their younger players, both winning some key games late in the season.

It's hard to believe that the momentum as a league won't continue in 2019. The calibre of players continues to grow in BC and there's also the looming potential of the BC Junior B circuit, which produced a third-place finish by another Coquitlam team in the 2018 Founders' Cup Junior B nationals. It only ensures more talent comes through the pipeline at the right time and helps teams foster a true sense of competition when training camp time comes around.

Burnaby Lakers (2-18)

A 2-18 record doesn't indicate the strides made by the Burnaby Lakers after a few years of struggling to put wins together. The team lost several close games right from the start of the season when it was unlucky to drop 9-8 and 8-7 decisions to Port Coquitlam and Coquitlam, respectively. The team got several great individual performances from the likes of Kieran McKay (17 goals and 50 points in 21 games) and Matteo Tack, who had a .814 save percentage in nearly 500 minutes of game time.

The way the season broke down for the Lakers allowed them to ship off some of their higher-end talent to give them a better shot with playoff-bound clubs. Mason Pomeroy and Elijah Uema-Martin traveled to Alberta, where they eventually won a provincial title and Minto Cup semi final appearance with the Okotoks Raiders; Kyle Durec went another province over to join the Saskatchewan SWAT, who were edged out by the Calgary Mountaineers in the RMJALL playoffs. Uema-Martin was especially solid in the semifinal loss to the Adanacs, giving up 10 goals on 47 shots. Some talent stayed in the league, as eventual Defensive Player of the Year Patrick Shoemay and Mack Burns played a regular shift with the Salmonbellies.

Look for the Lakers to take some momentum into next season with a collection of young talent and the emergence of Tack as a potential starter in goal.

Coquitlam Adanacs (18-2-1)

Some may have had their doubts about Coquitlam's ability to compete with the big boys after a few early-season losses, but those were quickly eliminated by the trade deadline. The Adanacs picked up a haul of players for a Minto run, including Team Canada men's national team long pole Ryland Rees and the second-leading scorer in the league, Dylan Foulds. Both played instrumental roles in helping Coquitlam get over the hump and etch their names in the Minto Cup history books.

Not enough can be said for the play of Christian Del Bianco, either. The superstar already commands the crease for the NLL Calgary Roughnecks, but returned to Cowtown looking to finish his illustrious junior career with another Minto ring. He did just



that, and picked up virtually every major award he was eligible for along the way. He won the Henry Delmonico Trophy as League MVP, as well as nods as top goaltender, graduating player and outstanding achievement. He was also named MVP in the BC Finals.

Here's a name to look for next year: Luca Antongiovanni. The Midget call up did not look out of place on the biggest stage of junior lacrosse, playing in every game and playing well. If Coquitlam's run of Minto appearances continue, Luca could be in line to play in 6 national championship tournaments, an absurd number matched by very few players in history.

Delta Islanders (6-14)

While there were some positive steps taken by this young Islanders team, you get the feeling coaches Kyle Goundrey and Andy Ogilvie will want to see more balls in the back of opposing goaltender's nets and less in their own. The Islanders allowed 254 goals in 20 contests in 2018; only the Timbermen allowed more goals per game. Up front, there were some pleasant surprises, as well as some standout performances from guys looking to establish their names.

The likes of Dawson Trimble and Haiden Dickson were consistent throughout the year, and looked eager to shoulder the load left behind by Ryan Jones and Riley Phillips, who were traded to New Westminster and Okotoks, respectively. Trimble especially looked dangerous in the final few games, posting up 15 points in four games at the end of the year.

The good news for Delta is that they have some real talent coming through their pipeline as well. The players graduating from minor and joining their program have had success in the past, and if they continue to develop, will hopefully be a part of an organization that desperately wants to return to the performances they showed in 2016, when they upset Coquitlam for the provincial title and showed well at the Minto in Langley.

Langley Thunder (10-10-1)

If you take a peek back at the last edition of LacrosseTalk, you'll see yours truly predict Langley to beat Coquitlam in the BCJALL finals. While that obviously didn't come true, it's easy to see the potential the Thunder have and still continue to show. They tantalized in some games, bled too many goals and scoring chances in others, and it all culminated in a 10-10-1 season that they likely hope to forget sooner rather than later.

Ryan Martel has had back-to-back 40 goal seasons, but that won't be enough for the Thunder if they want to become a consistent threat to win the league. Reinforcements could come in the form of players like Dylan McIntosh, who flashed real potential with 27 goals in 16 games. Torin Vanrheenan and Braden Washington form one of the most promising goaltending duos. Washington, the No. 2 overall pick in the 2018 Midget Draft, played 369 minutes between the pipes, going 2-3 while topping the 300 save mark.

The organization also boasts a ton of depth, evident by their success in the BC Junior B Tier 1 league, and the hope is that will continue to show in the years ahead.

Nanaimo Timbermen (3-17)

Much like Burnaby, Nanaimo made major strides as a group in 2018, playing in many competitive games. The goal now will be to translate those moral victories into literal ones. With the young group they have in the Harbour City, change could come sooner rather than later.

The T-Men will be pleased with the development of some of those young guns over the course of the season. No. 1 overall Midget Draft selection Arthur Miller grew more confident with each and every game. He only had 18 points in 16 games but proved his worth by playing a solid two-way game and getting solid chances on the Power Play. He's the type of player the Timbermen will lean on going forward.

Goaltender Colin Jeffrey could also be instrumental moving forward for Nanaimo. His first season as a starter netted him a respectable .754 save percentage as he got peppered with more than 600 shots in over 700 minutes of work. Nanaimo will also have quality draft picks they can use to continue building on the Island.

New Westminster Salmonbellies (15-6)

The 'Bellies held off a late charge by the Poco Saints to take second place in the regular season and quickly dispatched the black and yellow en route to another appearance in the BCJALL Finals. They gave Coquitlam a real run for their money in the finals, taking two of the first three games and looking like a real dangerous team in the process.

Rookie of the Year Will Malcom was a revelation for New West in the playoffs. He was consistently one of the biggest threats on the 'Bellies and found a real groove in the playoffs,



BCJALL 2018 regular season action as Langley's Tesi Oakes (77) shoots on the Burnaby Laker goal.

especially when he worked the two-man game with pickup Ryan Jones. Malcom scored a goal in all 9 playoff games and could be a contender for leading scorer in the league in 2019.

The 'Bellies will need to reload again if they want to compete for a Minto spot in 2019. They lose quite a bit of an experience roster, but can lean on the work of guys like Malcom and Drew Andre to help them get back to where they want to be. One of those big question marks is in the crease, where Erik Kratz moves on after a great career in the BCJALL.

Port Coquitlam Saints (13-6-2)

There is some debate over whether the Saints should have gone for broke and tried to compete for a Minto spot with a solid roster that had experience all over. There were rumours they were in on some Langley Thunder pickups that eventually went to New Westminster. In the end, the Saints decided to dish off some of their top-end players in Ryland Rees, Dylan Foulds and Graydon Bradley in exchange for a boatload of high draft picks in order to kickstart a rebuilding process.

The Saints have been one of the more consistent clubs over the last two summers, and there are indications they can continue that pace. They've drafted very well, particularly on the offensive end, where they will trot out the likes of Garret Winter, Daytin Vidovich and 2018 draft pick Jacob Dunbar out of Semiahmoo.

After relieving Kelly Scott of his duties as coach, Poco has turned to local lacrosse legend Dan Stroup and Josh Wahl, and they did a good job preparing their boys on short notice for the playoffs.

Victoria Shamrocks (13-7-1)

Victoria was virtually unstoppable towards the end of the regular season, putting enough space between them and the 5th place Langley Thunder while coming a point away from overtaking the Saints for 3rd place. That would've setup a massive playoff semifinals set with the Salmonbellies, a series you figure Victoria would've been quite confident of winning.

Braylon Lumb again set the pace offensively for the Shamrocks, but it was Marshal King who arguably had a bigger impact down the stretch. Despite only scoring six points in Victoria's three playoff games, King absolutely dominated after returning from school, scoring 6.5 points per game and 36 points in his five final regular season games. Cameron Dunkerley, a transfer from Orangeville Jr. B, only got better as the season went on as well; he finished the regular season with a .774 save percentage and significantly raised his performance in the Coquitlam playoff series.

With a corner on one of the best pipelines for young talent in western Canada, the Shamrocks will always produce quality talent, the question is if they can start translating that into real momentum.

Photo: Gary Ahuja

Jr B Recap - Victoria, Cowichan & Langley Win Titles

By: Owen Munro

The inaugural year for the new Junior B circuit was a resounding success, producing a bronze medal at the Founders' Cup and some great local lacrosse in the process.

While the Victoria Shamrocks laid claim to the provincial title, it was the Coquitlam Adanacs who represented BC at the Jr. B national championships in Akwesasne, Ontario. The event had to be moved back to Ontario after a problem with work visas for the referees. After getting off to a rocky start with a 12-5 loss to the Seneca War Chiefs, the Adanacs went on to roll off back-to-back wins to squeak into the knockout round.

Their run came to an end at the hands of the eventual champions in the Elora Mohawks in a spirited 15-5 game. That matched the A's up with the Manitoba Blizzard, who they edged out 8-7 for a bronze placement.

However, back in BC, Victoria was very much the team to beat all season. They were deadly on offence (they had 26 more goals than Coquitlam) and tough to beat on D, with great goal-

tending to boot. The 'Rocks also boasted the league's top scorer in Patrick Dodds (94 points).

The Maple Ridge Burrards took major strides as a club by finishing third with a 12-6 record. The team was one of the youngest in the league, but that didn't seem to bother the Burrards, who showcased some of the best depth and getting quality goaltending from the duo of Karter Williams and Ivan Rojas.

Up in the Okanagan, the Vernon Tigers outlasted the Kamloops Venom in three-games in the TOJLL finals, outscoring their rivals 44-28 in the process. The Tigers were led by the dynamic trio of Kaden Doughty (34 points in playoffs), Jake Pelletier (27 points) and Jordy Barr, who led all goal scorers with 18 goals.

In the Tier 2 provincials, the Cowichan Valley Thunder responded to a tough 19-9 defeat to the Port Moody Thunder to top them in what many say was one of the most exciting games they've witnessed. Cowichan Valley pulled their goalie despite being down a goal and a man, somehow got the ball back and tied the game up before defeating the Thunder 11-10 in overtime.



Junior B Adanacs win a bronze medal at the 2018 Founders Cup.

The Langley Thunder finished off an almost undefeated season in the Tier 3 circuit, dropping just one game in the regular season to the North Shore Indians. The Thunder would go on to defeat the Indians in the gold medal game 16-11.

The Junior B circuit is only getting started, and you can expect more quality and depth to come through the league as teams realize the advantages of the five-year program.

Timbermen fall just short in overtime final at Presidents Cup

St. Albert Miners win 10-8 for third straight national senior B lacrosse championship

By: Greg Sakaki, The News Bulletin

The host team wasn't able to hold off the defending champs inside a raucous arena.

The St. Albert Miners won the Presidents Cup national senior B lacrosse championship on September 2nd at Frank Crane Arena, getting past the Nanaimo Timbermen in overtime, 10-8.

The Re/Max T-men led 7-4 midway through the game, but the Miners chipped away and tied things back up. The teams swapped goals in the latter stages of the third period, but only the visitors scored once the game got to OT.

Jordan Cornfield, Miners team captain, said his team just kept working as long as it took.

"That was a tough team that we played; they did amazing, and we were able to keep battling and we had a couple bounces go our way," he said. "That game could have gone either way."

The arena was filled up for the final, with many fans clad in Timbermen red.

"We've never played in front of a crowd like this," Cornfield said. "Packed house with the drums beating. That's something else."

He said even taking into account that St. Albert hosted in 2016, this year's tournament was the best he's ever been to.

"The host committee was amazing, the atmosphere, the communication," he said. "From the top down to the bottom, they did an amazing job. They should be really proud of themselves, and the city, for coming out to support such a great event."

As far as statistics from the final, Jeff Shattler led the T-men offence with a hat trick and Jordan Cunningham had two goals and two assists. Corey Shires had a goal and two assists and Cory Conway and Shane Chalker were the other scorers. Nick Patterson was his team's player of the game, making 54 saves in the loss.



A traditional blanket ceremony opened the 2018 Presidents Cup in Nanaimo.

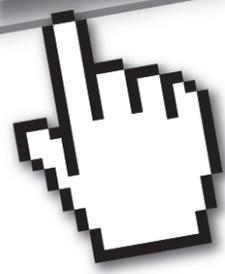
For the Miners, Mike Triolo led the way with four goals, Keegan Bal had three goals and two assists and Graedon Cornfield had two goals and three helpers. Aaron Bold was the winning goalie.

In the bronze-medal game, the Caughnawaga Indians defeated the Oakville Titans 15-6.



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Pee Wee Legends defy major odds

Guest Langley coaches boost North Okanagan team of just 11 runners.

By: Kevin Mitchell, Vernon Morning Star

No coaches for the recent B.C. Pee Lacrosse Championships in Coquitlam. No worries for the North Okanagan Legends.

Faced with a major dilemma, some very caring people decided to swing into action and find a bench boss.

“The kids deserved the opportunity to play in a provincial championship by working hard and winning their first two games in the league playdowns locally,” said co-manager Achim Colmorgen. “It was at that time that we were faced with a big decision...get a team together to go to the provincials or face a fine from

BCLA. We were determined to make this happen for these boys. We decided to reach out to the lacrosse community for support and try come up with a solution to the situation.”

Added co-manager Misty Colmorgen: “We have a very good friend that coaches Bantam in Langley. He has twin boys playing and their team won provincial gold the week prior in Richmond. When we asked him to coach this Pee Wee team that he had never met before, coach Randy Clark was both excited and apprehensive to take on this unique challenge. The first thing he asked: ‘How many players do you have coming to play?’ We told him we had 11 runners and a goalie. He said that we were crazy but agreed to make the best of things for the sake of the kids...no pressure or expecta-

tions. Little did anybody know what was about to happen.”

It was obvious early in the tournament that a special bond and chemistry was being created between the coaches and this group of total strangers. Clark starting calling them the Bad News Bears.

After round-robin play, the boys were 2-1 and in a three-way tie for first. With the help of some mathematics to break that tie, they ended up first in their pool. That pool consisted of Ridge-Meadows Burrards, Nanaimo Timbermen and the New Westminster Salmonbellies.

That set up a semifinal against a strong team of 18 players from PoCo Saturday night. The Legends battled hard but just ran out of gas in a 9-3 loss.

That set the stage for a re-match for the bronze medal game early the next morning against a Ridge-Meadows team that they had previously beat 10-5 in the first game of the tourney. The Legends had fire in their eyes and winning on their minds as they came to play and once again beat a strong Burrards team from Ridge-Meadows 9-4 for the bronze medal.

It was truly amazing to see a team with a regular-season record of 3-8 come together and gel into a tight-knit group of champions.

“They took their game to a new level, played a team game and they were rewarded for their efforts,” said Achim Colmorgen. “It was amazing to be a part of this experience...it was an emotional weekend for a lot of people. As the weekend progressed, news had travelled around the tournament about the North Okanagan team and the wide-spread support was something we will never forget.”

“When kids from other teams in the higher divisions were lining up outside of our dressing room to give the boys high fives and cheer for



North Okanagan Legends Pee Wee team Wins Provincial Bronze.

them as they took to the floor was very cool to watch. They were the Cinderella story of the whole tournament,” said Vernon assistant coach Tony Danford.

Colmorgen said the team was extremely grateful to Kari Gares (president of NOMLA), some very compassionate and caring people from the BCLA for their incredible support, the Coquitlam Adanacs Lacrosse Association for supplying the Legends with a great group of Junior players that helped by running the doors and supporting the kids on the bench all weekend, and most of all, to coaches Clark and Sean Morrison.

Said Clark: “I have been involved in lacrosse as a player and a coach for a long time and it was very special to be a part of a such a great group of determined boys...You guys rock. Battered and bruised...but never broken. It was amazing what you accomplished over the weekend with only 11 runners. It was an honour to be a part of your success. I am very proud of all of you.”

The Legends’ roster: Taylor Robins-Swanson, Jaxon Wadsworth, Sam Danford, Aidan Owen, Clayton Colmorgen, Koenn Mahar-Robins, Teigan Kelley, Tyrell Palm, Phoenix Cardinal, Lucas Aeichele, David Calder, Kayden Thorburn.

Applications: Coaching and Support Staff for Canadian U19 Women’s Field Lacrosse Team

By: CLA

OTTAWA, ON - The Canadian Lacrosse Association is now accepting applications for all coaching, scouting and support staff positions with the Canadian junior women’s field lacrosse team that will compete at the 2019 FIL U19 Women’s Lacrosse World Championship in Peterborough, Ontario.

The online application forms can be found below and the deadline to apply is October 1, 2018. Please note these are all volunteer positions.

Coaching Staff: https://lacrossecanada.formstack.com/forms/u19women_coach

Support Staff: https://lacrossecanada.formstack.com/forms/u19women_staff

All selected candidates would be required to attend training camps and events during the dates listed below:

Evaluation Camp 1: November 23-25, 2018 (Syracuse, New York, USA)

Evaluation Camp 2: January 11-13, 2019 (Syracuse, New York, USA)

Training Camp: June 21-30, 2019 (Upstate New York, USA)

World Championship Pre Camp: July 27-31, 2019 (Toronto, ON or Peterborough, ON)

World Championship: August 1-10, 2019 (Peterborough, ON)



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2018 BC Summer Games Results - Team Indigenous Competes

By: LacrosseTalk Staff



Three competing sports took the initiative to identify an opportunity to develop an all-Indigenous team to compete at the 2018 BC Summer Games in Cowichan this past July.

The BC Games Society partnered with Indigenous Sport, Physical Activity and Recreation Council (ISPARC) and the respective Provincial Sport Organizations to expand pathways for Indigenous athletes and coaches.

All-Indigenous teams participated in Box Lacrosse (a traditional First Nations sport) and basketball. In canoe/kayak (also a traditional sport) additional spots were provided for Indigenous athletes and coaches.

The 2018 BC Summer Games took place in Cowichan Valley on July 20-23, 2018. Field Lacrosse was played alongside Box Lacrosse in the team sports during the competitions.

Fourteen lacrosse teams (8 box; 6 field), over 275 athletes and hosts of coaches, officials and volunteers attended the BC Summer Games – Lacrosse being one of the most represented sports by one association at the Games. Their hard work and efforts made this event the most memorable in years.

One of those key volunteers, Greg Toll, has been the BCLA liaison to the BC Games for over 16 years. His proficient outlook and professionalism representing lacrosse at the games has built a great relationship between the BCLA and the BC Games. It is the hard work of the lacrosse community that keeps lacrosse at the forefront as a highly regarded sport at the Games.

Seven zones and Team Indigenous competed in Box Lacrosse while six zones competed in Field Lacrosse. This is a testament to all the hard work and development by lacrosse volunteers around BC.

The Box Lacrosse Pool A included Zone 1 (Kootenays), Zone 2 (Thompson-Okanagan), Zone 3 (Fraser Valley) and Team Indigenous. Pool B included Zone 4 (Fraser Valley A), Zone 5 (Vancouver-Coastal), Zone 6 (Vancouver Island-Central Coast) and Zone 8 (Cariboo-North East). Box Lacrosse competitions took place at Fuller Lake Arena and Kerry Park Arena. In Field Lacrosse, Pool



Vancouver Island-Central Coast defeated Thompson-Okanagan 10-5 for the Box Lacrosse Gold.



Team Indigenous and Zone 1 Box team pose together after game.



Fraser River defeated Vancouver Island-Central Coast 10-5 for the Field Lacrosse Gold.

A included Thompson-Okanagan, Fraser Valley and Vancouver-Coastal while Pool B was Fraser River, Vancouver Island-Central Coast and Cariboo-North East. All Field competitions took place at Forrest Field.

Field Lacrosse game scores were as follows: Fraser Valley (FV) 8-6 over Vancouver-Coastal (VC); Fraser River (FR) 17-0 over Cariboo-North East (CNE); Thompson-Okanagan (TO) 9-2 over VC; Vancouver Island-Central Coast (VICC) 16-2 over CNE; FV 11-1 over TO; VICC 8-5 over FR; VICC 10-8 over FV; FR 9-3 over TO; and VC 14-3 over CNE. In the Field medal rounds, Bronze Medal Game, Thompson-Okanagan defeated Fraser Valley 10-8 and in the Gold Medal Game, Fraser River defeated Vancouver Island-Central Coast 10-5 to win the gold.

Box game scores were as follows: Fraser Valley (FV) 12-3 over Team Indigenous (TI); Fraser River (FR) 12-3 over Cariboo-North East (CNE); Thompson-Okanagan 13-2 over Kootenays (Koot); Vancouver Island-Central Coast (VICC) 8-1 over Vancouver-Coastal (VC); TO 12-2 over TI; FV 12-0 over Koot; VICC 16-0 over CNE; VC 6-2 over FR; TO 5-2 over FV; Koot 4-3 (OT) over TI; VICC 6-5 (OT) over FR; and VC 10-6 over CNE. In the Box medal rounds, Bronze medal game, Fraser Valley beat Vancouver-Coastal 8-3 and in the Gold medal game, Vancouver Island-Central Coast beat Thompson-Okanagan 10-5 for the gold medal.

So many special people at the grassroots worked long and hard to ensure the athletes had the opportunity to try out for their zones, let alone participate in the Games.

“A big thanks to Gina Jung and Brian Boas, this year’s Sport Co-Chairs, who spent a lot of time working prior to the event,” mentioned Greg Toll. “Brian (Boas) was key during the event – he spent numerous hours watching action at the venues.”

Many people behind the scenes did their own little bit to help – if not for them, the athletes don’t receive the full games experience. Zone Representatives, camp coaches, evaluators and coaching staffs put in numerous hours in evaluation and selection processes. And the unexpected help from people like Victoria’s Sean Walmsley, for assisting with transporting athletes to the Games to be sure they would get to Cowichan.

Other notable volunteers, of the many, included Brian Lister, Lorne Winship, Brian Baxter, Kelly Fines, Dylan Taylor, Jane

Boutillier, and all the officials who called the games to make our games run smoothly.

“We have the best volunteers in all sport – we couldn’t do it without them,” said a proud Greg Toll.

16 outstanding youth leaders were recognized with a Coast Capital Savings Leadership Bursary at the Closing Ceremony of the 2018 BC Summer Games in Cowichan.

The bursary recipients were chosen from over 200 applicants for their significant achievements in sport and education and most importantly for their leadership contributions to their schools, community, or sport associations. Two lacrosse athletes were honoured with this award – they were Zackary Kuan (Kamloops) and Jacob Challman (Chilliwack).

Indigenous Team – a traditional addition to the Summer Games Lacrosse experience

For the first time in the Summer Games, BC Lacrosse developed an all Indigenous Box Lacrosse team for the 2018 games. The hard work paid off and the team competed under the guidance of BCLA Indigenous Program Developer, Bryan Baxter, and Team Indigenous Head Coach Wayne Kaboni of Merritt.

Team Indigenous went 0-3 in the games – the final game being a heartbreak 4-3 OT loss to Team Kootenay. That game made the BC Games experience complete!

The Games experience wasn’t all about wins and losses, but it’s the camaraderie and new friendships built amongst athletes. The Team Indigenous experience was a building block for many young athletes and an inspiration to many following in their footsteps.

Head Coach, Wayne Kaboni, was grateful and honoured for being selected to coach the team and the support received by the BCLA.

“I was able to share my experience as a coach and as an Indigenous person with teachings -- we focused on the fundamental aspects of the game and during the camp we taught them about the origins of the game.”

Blessings were performed to welcome the lacrosse athletes before the games which brought together athletes, coaches, parents, fans and the local Cowichan Tribe of the Coast Salish people together. Team Indigenous performed similar blessings/ceremonies prior to games and engaged other teams to be part of the ceremonies with at center floor -- telling a story about the meaning of the Creators Game.

“We felt we needed to open with an honour song to celebrate as a team and the gift of the game -- it was our own unique way of honouring the game and what it means to our culture, our people and our communities -- it was a pretty cool and heartwarming experience,” mentioned Coach Kaboni.

Some of the key messages passed on to all athletes were that they learned to respect themselves, to respect the idea of teamwork and sportsmanship.

“Our players really appreciated how the other teams respected that process it brought a new dimension to the game for our youth, other coaches and players, but I believe, also to parents who observed what we shared as a team,” explained Coach Kaboni.

“I have a lot of respect for the organization reaching out to Indigenous communities and honoring the game with an all indigenous team -- thanks again for the opportunity.”

Congratulations to all the players, coaches, officials and volunteers who worked endless hours to make these games a memorable experience for all.



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Bantam A1 Gold-Juan de Fuca Whalers



Bantam A2 Gold-New Westminster Salmonbellies



Bantam B Gold-Langley Thunder



Bantam C Gold-Victoria-Esquamalt Eagles



Midget A1 Gold-Coquitlam Adanacs



Midget A2 Gold-Nanaimo Timbermen



Midget B Gold-Prince George Posse



Female Junior Gold-New Westminster Salmonbellies



Female Midget Gold-Semiahmoo Rock



Female Bantam Gold-Coquitlam Adanacs 2



Female Pee Wee Gold-Ridge Meadows Burrards 2

By: LacrosseTalk Staff

The 2018 Subway® BCLA Box Lacrosse Provincial Championships took place during the month of July in four centres around BC. The 2018 Provincials had 106 teams with over 2000 athletes, coaches and volunteers participating in the championships.

The events and locations were: the Bantam Provincials July 5-8 in Richmond, the Female Provincials July 12-15 in Surrey, the Pee Wee Provincials July 12-15 in Coquitlam, and the Midget Provincials July 26-29 in Burnaby.

The 2018 Subway® BCLA Box Lacrosse Provincial medal winners were as follows.

Pee Wee Girls-Gold: Ridge Meadows 2, Silver: Coquitlam 1, Bronze: Delta 1. Pee Wee A1-Gold: Juan de Fuca, Silver: New Westminster, Bronze: Coquitlam. Pee Wee A2- Gold: Saanich, Silver: Prince George, Bronze: Nanaimo. Pee Wee B-Gold: Abbotsford, Silver: Semiahmoo, Bronze: Peninsula. Pee Wee C-Gold: Port Coquitlam, Silver: Nicola Valley, Bronze: North Okanagan.

Bantam Girls-Gold: Coquitlam 2, Silver: Coquitlam 3, Bronze: Langley. Bantam A1-Gold: Juan de Fuca, Silver: Coquitlam, Bronze: Ridge Meadows. Bantam A2- Gold: New Westminster, Silver: Comox Valley, Bronze: Peninsula. Bantam B-Gold: Langley, Silver: Kelowna, Bronze: Victoria-Esquamalt. Bantam C-Gold: Victoria-Esquamalt, Silver: West Kootenay, Bronze: Shuswap.

Midget Girls-Gold: Semiahmoo, Silver: Burnaby, Bronze: Ridge Meadows 1. Midget A1-Gold: Coquitlam, Silver: Ridge Meadows, Bronze: Juan de Fuca. Midget A2-Gold: Nanaimo, Silver: Saanich, Bronze: Mission. Midget B-Gold: Prince George, Silver: Oceanside, Bronze: Cowichan Valley.

Junior Girls-Gold: New Westminster, Silver: Port Coquitlam, Bronze: Ridge Meadows 1.

The SUBWAY® Team Sportsmanship awards went to Pee Wee B Prince George Posse team, Female Bantam Surrey Rebels team, the Bantam A2 Semiahmoo Rock team and the Oceanside Sharks Midget B team.

The Warrior Tournament MVP's were as follows.

The Warrior Sports Canada Most Valuable Player award selections were:

Pee Wee A1 – Oliver Josephson (Juan de Fuca); Pee Wee A2 – Luke Neary (Saanich); Pee Wee B – Nicholas Catalano (Abbotsford); and Pee Wee C – Tory Sharp (Port Coquitlam). Bantam A1 – Koen Block (Juan de Fuca); Bantam A2 – Jordan Vincent (Comox Valley); Bantam B – Sean Coyle (Langley); and Bantam C – Ryley Lockhurst (West Kootenay). Midget A1 – Thomas Ungaro (Coquitlam); Midget A2 – Kyle Pepper (Saanich); and Midget B – Brendan Jamieson (Oceanside).

Female Junior – Veronica Robinson (Nanaimo); Female Midget – Claire Snyder (Semiahmoo); Female Bantam – Hope Nystrom (Langley); and Female Pee Wee – Hannah Bigiulli (Ridge Meadows).

A special thank you to Subway® Restaurants of BC for being the title sponsor of the BCLA Box Lacrosse Provincial Championships including sponsoring the Meal Program offering a \$5 Cash Card to every athlete participating in the 2018 Provincials, as well as, the title of the Team Sportsmanship Awards; major sponsors Warrior Sports for sponsoring the Fair Play hats, tournament MVP packages and supplying the lacrosse balls; to Randy Clough (Xtreme Threads) and Ari Katsiamitas (Mogul Mush) for the custom cinch bag Game MVP award; to Dean Whitson of Silver Ridge Promotions for producing great apparel items for all lacrosse fanatics; Freeze Frame Photography and Bob Orr for shooting photos at all Box Provincial events and STA for assisting team travel for all BCLA Box and Field Lacrosse Provincial Championships.

Also, we could not put on such quality tournaments without our many volunteers from all over BC. Thank you to the Provincial Tournament Committees and host committees with their volunteer teams for their endless hours of work preparing for the events.

A special thanks to the hosts and key volunteers who were awarded the BCLA Volunteer award per event: Midget-Susan Kirkby (Burnaby), Bantam-Stacey Okino (Richmond), Pee Wee-Jodi Kent (Coquitlam), and Sean and Angie Reid (Surrey). Your commitment to Box Provincials is appreciated by the athletes, parents and friends of lacrosse.

Team BC Men's Field at Nationals

By LacrosseTalk Staff



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

Team BC Field U18 and U15 teams attended the Alumni Cup and First Nations Trophy National Field Lacrosse Championships in Oshawa, Ontario, August 31 - September 2, 2018.

Both Team BC teams were looking to get back to the top of the podium – the U15's to repeat as champs and the U18's to take the step after winning silver in 2017.

Team BC U18 Head Coach, Justin da Silva and assistant coaches Mitch Cavallarin and Bill Reed, were well-prepared for what the First Nations Trophy U18 Nationals offered. The top 22 athletes were ready to faceoff with this year's competition.

Da Silva, a Team BC alumni player and coach has experienced the 3-day grind of nationals and one can never be too prepared.

The 2018 Team BC U18 Men's squad went through plenty of ups and downs with player movement and injuries, but da Silva stayed the course and prepared his team to be in the best position possible to succeed.

This team was a good mix of youth and age with athletes aged 16 to 18 years. From top to bottom, the roster offered talent, depth and endurance to the system.

"We were the best prepared team at Nationals," noted Coach Da Silva. "I felt our team was ready for nationals from the goal out."

The U18's ended up in second place after round-robin play with a 3 win, 1 loss record. Team BC scores were: an opening 22-2 victory over Saskatchewan, a 19-5 loss to Ontario, and two straight wins 28-1 over PEI and 10-4 over Quebec to round out the round robin.

The finals were a tough battle against the talented Ontario side.

Ontario opened the scoring to go up by two when BC's Mitch Sandberg narrowed the score to 2-1 midway through the first. Ontario rattled off four goals in a row to lead 6-1. BC's Tristan Kirkham made the score 6-2, but Ontario answered to lead at the half 8-2. Team Ontario continued their offensive barrage and outscored BC 7-3 in the second half. The final score, Ontario 15, BC 5 and a fifth silver medal in six years.

"It was pretty tough finish this year," reflected Coach Da Silva. "We ran into a solid Ontario team and just got off to a rough start in the final. The boys showed a lot of heart, I couldn't have been more proud of them."

Team BC's all-star selections included Team BC players: Tristan Kirkam, Mitch Sandberg and Kevin Sobey.

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

This team was selected in early Spring 2017 and trained hard for the Alumni Cup under the tutelage of Head Coach Ian Radonich. Radonich and staff were all about constructing this team early and creating a tight-knit group both on and off the field leading up to Nationals.

"Getting the athletes together in the spring started to build the puzzle together," said Coach Radonich. "We not only trained on the field, but off we planned team building exercises like climbing the Grouse Grind and doing circuit training and mental focus exercises with Olympian Leah Pells."

Team BC recorded a perfect 6 win and 0 loss record in the round-robin scoring 78 goals while allowing only 12. Game scores were: 6-5 over Ontario, 13-1 over Quebec, 22-0 over PEI, 7-4 over Alberta, 15-0 over Manitoba and 15-2 over Saskatchewan.

In the gold medal game, Ontario opened the scoring only to be answered by BC's Noah Manning to tie the score at one. Ontario went on a 5 goal run and a 6-1 lead after one frame. BC caught on fire with four goals in over five minute to narrow the score to 6-5, but that would be as close as Team BC would get as Ontario took an 8-6 lead into the half.

The Ontario offensive wave continued in the third as the netted five straight goals in ten minutes. BC score two more by Josh Iacino and Liam Hoogstraten to end the third 13-8. In the final frame, Noah Manning rounded out BC's scoring with a four-goal performance, but Ontario continued their scoring ways with five more goals en route to an 18-10 victory.



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

The Tournament All-Star Team included Team BC players: Noah Manning, Josh Iacino and Jordan Vincent.

"One thing that stood out with this group was their ability to come back versus Alberta and Ontario," explained Radonich. "They bought into the idea of not giving up -- they battled and played for each other. The coaching staff and I could not have asked for a better group of young men to coach and compete with, they not only realized the importance of each game but they were able to have a great time being with each other."

"I'm very proud of the achievements of both Team BC U15 and U18 teams," said Team BC Field Technical Coach, Rey Comeault. "Our U15's went undefeated in round robin play, however fell to Ontario in the gold game. Ontario's depth proved too much for our very talented group. Similarly, our U18's fell to Ontario in the final game, but closed the gap on Ontario quite significantly. I was exceptionally pleased with the preparation of both teams, players and coaching staffs, but in the end, we fell a bit short."

The 2019 Alumni Cup and First Nations Trophy Nationals will be held in BC in Kelowna.

Team BC U19 & U15 Women at Nats

By: LacrosseTalk Staff

Many Team BC female athletes went coast to coast this summer. No, not as in the end to end rushes like Hall of Fame hockey star, Bobby Orr, rather, literally, in travel as Team BC female athletes competed at Female Box Nationals in Halifax, but also travelled to the CLA U19 and U15 Women's Field Invitational Nationals in Calgary, AB.

The Team BC U19 and U15 Women's Field Lacrosse teams boarded their buses for a smoky Calgary to compete outdoors at the CLA U19 and U15 Women's Field Lacrosse Invitational National Tournament, August 18-19, 2018, at the Calgary Soccer Centre.

Team BC U19's had a 1 win and 3 loss record and were outscored by their opponents 41-16. Game scores were: an 11-2 loss to Ontario, an 8-7 win over Alberta and a 12-3 loss to Ontario. The final game was an 11-3 loss to Alberta.

"The U19 girls had a tough National tournament -- our conditioning really showed and one weekend of preparations was not enough," noted Head Coach Dan Stroup.

"Alberta and Ontario were very good coming off their field season. It was a great learning experience for our girls reminding

them that conditioning needs to be done on their own as well. The positives are the girls agree that it wasn't their best effort and are working very hard on their conditioning and competing hard at practices. I wouldn't want to be the next team to play them."

The Team BC U15 team, on the other hand, may have surprised themselves and competed at a raised level of expectations. Every game was very close!

Team BC U15's had a 2 win and 2 loss record and were outscored by their opponents 28-26. Game scores were: a 9-6 see-saw battle loss to Ontario in the opener, and two 6-5 wins over Alberta and Ontario respectively.

BC met Ontario in a crazy gold medal game. BC opened the scoring early, but the score went back and forth until Ontario went on a four goal run late and closed the half with a 7-2 lead. After making some player adjustments at the draw circle and tightening up our break out and offensive ball control, the U15's went on a 5-1 run and tied the game up 8-8. Unfortunately it came down to who was going to control the ball last, and with 30 seconds left in the game, Ontario scored the go ahead goal to win the gold 9-8.

"We were very pleased with the efforts of the players in rallying so well, and almost completing the comeback," mentioned Head Coach Fred Jenner. "It exemplified how well these girls came together through the tournament with only three practices together. Three best part about our team, was that out of the 16 runners on the team, half were from the Freshmen Team! So the future for the program is definitely very bright!

Another bright light on the program is with the addition of



Team BC U15 Women's team came back from a 5 goal deficit, only to lose 9-8 in the gold medal game

Team BC alumni coming back to the program and coaching the athletes. Ashley Bull (Canisius) and Danita Stroup (Northwestern) assisted Dan Stroup with the U19 team and Selena Lasota (Northwestern) assisted Fred Jenner with the U15 team.

Team BC Field Co-ordinator, Reynold Comeault was pleased with the competitions, but knows there is a lot of work ahead of these athletes. The U15 and U19 teams attended Calgary with an expectation of success.

"Our U19 battled hard but fell to a very energetic and hard-working team from Alberta keeping us out of the Gold game," explained Comeault. "The coaches and players weren't exceptionally pleased with the result but felt good about the progress our team made through the training sessions. Our U15 team fell to Ontario in the gold medal game in the final minute. The players battled an older Ontario team and left everything on the field."

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Team BC Box at Nationals

By: LacrosseTalk Staff

Five Team BC Box Lacrosse teams competed in four provinces at the 2018 Youth National Box Lacrosse Championships. The Female Nationals were held July 21-25 in Halifax, Nova Scotia; the Pee Wee boys Nationals, August 5-11 in Whitby, Ontario; the Bantam boys Nationals, August 9-14 in Saskatoon, Saskatchewan; and the Midget boys Nationals, August 12-18, in Calgary, Alberta.

Team BC Box Lacrosse teams competed well at Box Nationals this summer and brought home five medals – one gold, two silver and two bronze.

Female Bantams-A determined Bantam squad headed to Nova Scotia with golden aspirations after losing in the gold game one year ago. After a slow start, the Bantams gelled together and posted a 4-2 round robin record.

An opening game 6-4 loss to Ontario set the tone and made the athletes dig deeper to raise their level of play. A bounce back 15-1 win over Nova Scotia got BC on track, only to drop a physical 4-3 loss to Alberta. The Bantam girls regrouped to rattle off three straight victories 4-3, 9-0 and 6-5 over Ontario, Nova Scotia and Alberta respectively.

BC advanced to the finals and was ready for their rubber match with Team Alberta. BC opened the scoring on a Jordan Baxter shot 7 minutes into the game, only to increase the lead to 2-0 on a Malaena Michielin marker. Alberta cut the lead to one before Mya Stewart-Parsons regained a 3-1 lead to end the second. Alberta fought back to tie the game at three on two goals in less than five minutes. BC's Jordan Baxter scored the final two tallies for her hat trick at the 13:45 mark in the third, en route to a stunning victory to win the Bantam gold medal and be crowned National Champions.

Team BC top scorers overall were Teagan Ng (6G, 3A), Jordan Baxter (5G, 4A), Malaena Michielin (5G, 5A), Keira Martin (3G, 5A) and Alyssa Clark (1G, 7A). Goaltenders Ella Friesen and Ainslee Rushton posted a team 3.14 goals against average over 7 games. Teagan Ng and Ainslee Rushton were Team BC's tournament all-star selections.

"The girls started off a bit slow – we had to get used to the full contact game as well as getting to know each other on the floor," noted Head Coach Brad Downey. "We lost two of the first three games -- the team quickly bonded together with team activities away from the arena. We became a very close team and created friendships that will survive outside the lacrosse world."

A close team delivered positive results on the floor, something imperative for success at Nationals.

"I believe the girls learned when we all work together, hard work and teamwork will beat individual talent," said Downey. "I'm very proud of the girls and what they accomplished – it was a very rewarding experience. This group of athletes were very coachable, hardworking, and selfless players which made this experience very special and one I won't soon forget."

Female Midgets-High hopes of a repeat gold medal were on the minds of the Team BC Female Midgets. Head Coach, Matthew Black, and his staff, prepared the athletes for the Nationals grind and finished the round-robin with a perfect 4 win and 0 loss record for first place.



"I'd like to say how proud we were as a coaching staff with how our athletes conducted themselves on and off the floor. They really showed that Team BC is a first class program." Bantam Head Coach Curt Malawsky.

Team BC outscored their opponents 29-9 in round robin play. Game scores were: 11-2 and 4-0 over Nova Scotia, and 8-4 and 6-3 over Team Ontario.

Team BC met rival Team Ontario in the gold game. Ontario took a quick 2-0 by the 6:04 mark of the first frame until Breanna Hollingshead opened the scoring for BC. Ontario continued the fast paced game with two more goals to end the first 4-1. Ontario poured it on to make it 5-1 just 0:28 into frame two. The teams traded goals late in the second with Ontario ahead 6-2. BC's Lauren Black got the score to 6-3, but the western girls just couldn't catch their stride as Ontario potted two late goals and went on to win the gold medal 8-3.

Team BC top scorers were Raegan Mackenzie (6G, 3A), Teagan Dunnett (4G, 5A), Lauren Black (7G, 1A) and Callie Foreman (2G, 4A). Goaltenders Leona Sinclair and Madison Kokoska posted a team 3.40 goals against average over 5 games. Lauren Black and Raegan Mackenzie were Team BC's tournament all-star selections.

"The Midget girls worked very hard but could not get past the strong shooting of Team Ontario," noted Coach Black. "The momentum did not go our way in the final game but despite that, we played hard right to the end."

"The girls enjoyed their experience despite losing the final game. As a young team, with only one returning Midget player, the girls played very well and gave the competition a huge challenge. We are well positioned to build on our success for next year."

Pee Wee-The Pee Wee boys finished the round robin in second place with a 4 win, 1 loss record. Team BC scores included an opening 2-1 loss to Ontario – an action packed game that had fans on the edge of their seats! In game two, BC got in the win column with a 13-1 win over Nova Scotia and rattled off three more victories -- 12-1 over Manitoba, 10-4 over Saskatchewan and 7-4 over First Nations.

In the 2-3 crossover game, BC jumped out to a 4-0 lead early in the second, only to see it dwindle as Team First Nations pecked away to score four unanswered goals to push the game to overtime. Team First Nation took the lead 5-4 at the 4:10 mark of OT, but BC's Jaxson Roy tied the game with 4 second left in OT and took the game into double OT. After multiple chances for each team, Team First Nations potted the winner at 5:58 to end one of the most exciting games of the Pee Wee Nationals. Team BC regrouped for the bronze game and fought back with a spirited effort to win a decisive 12-0 victory over Saskatchewan.

Team BC top scorers overall were Oliver Josephson (6G, 9A), Adam Dane (9G, 3A), Jaxson Roy (7G, 2A), and Nathan Dawe (3G, 6A). Goaltender tandem Malcolm Tyler and Grayson Manning yielded a measly 18 goals in 7 games and a 2.57 team goals against average. Oliver Josephson was Team BC's tournament all-star selection.

The rigors of league, Provincials and Team BC training meant the time spent together with athletes was focussed not only on team play, but also growing together as a cohesive group and learning along the way.

"Our team needed to grow together as a team quickly," noted Coach Van Beek. "They bonded by playing not only lacrosse, but common games and activities. They realized that as a team, they are equal or better than any other



Team BC Female Bantam-Gold medal.



Team BC Bantam Boys-Silver medal.

team at Nationals. We are hungrier for better than a bronze medal. We know better and more preparation will get us to the next level."

Bantams-The Bantams went into Nationals with a well-rounded team of grinders with a hunger to win. They ended up in second place with a 4 win and 1 loss record after the round robin – their only blemish a 4-1 loss to Ontario. Team BC scores were: 10-1 over Manitoba, 7-2 over First Nations, 14-3 over Saskatchewan and 9-3 over Nova Scotia.

Team BC met a physical Manitoba squad in the 2-3 game. BC got up quickly on goals by Josh MacDonald and Dylan Manson, only to have Manitoba tie the score in the first. Team BC scored three unanswered goals by Malawsky, Coghill and Lavery in 1:43 in the second to jump out to a 5-2 lead. Manitoba would make it close in the third but time ran out with BC on top 5-4.

In the gold game, BC gave it their all against a big, talented Ontario squad. Ontario opened the scoring at the 2:50 mark, but BC answered on a Manson tally minutes later. The teams traded goals as Ontario held a 3-2 edge after one. Ontario took a 4-2 lead, but BC again clawed back with two goals by MacDonald to knot the game at 4 after two. BC took a 5-4 lead on a Koen Block goal at the 6:31 mark of the third, but Ontario rattled off three goals to win the game 7-5 and the title. Dylan Manson was selected as Team BC's tournament all-star.

Team BC top scorers were: Jaxon Smart (7G, 9A), Dylan Manson (7G, 4A), Koen Block (5G, 4A) and Luke Lavery (4G, 5A). Goalties Jack Kask and Ty Reeve posted 3.60 and 3.00 goals against averages respectively.

"I'd like to say how proud we were as a coaching staff with how our athletes conducted themselves on and off the floor," stated Coach Malawsky. "They really showed that Team BC is a first class program."

Possession, Composure, Resiliency and Trust were the cornerstones of the Bantam team. This group embodied togetherness which brought the team goals to the forefront.

"To start the tournament, the boys were playing WITH each other, but by the end of the eight days they were battling, bleeding and working for each other," explained Malawsky. "I truly believe the players, coaches, management and parents are all better for the experience at Nationals."

"Even though a silver medal is not what we came for -- it really showed we have closed the gap on Ontario and in two years from now, the Team BC Midgets will be a force to be reckoned with."

Midgets-The Midget team looked to better their 2017 fourth place finish. Parity was evident with the Midgets as it was a four-team battle at the top with improved Alberta and First Nation squads. The Midgets placed third with a 4-2 round robin record. Team BC scores were: an 8-4 opener win over First Nations, 17-3 over Manitoba, a 7-3 loss to Ontario, a



Team BC Female Midget-Silver medal.



Team BC Midget Boys-Bronze medal.



Team BC Pee Wee Boys-Bronze medal.

10-2 win over Saskatchewan, a close 5-4 loss to Alberta and a 10-1 win over Nova Scotia.

BC met Alberta in the 2-3 game. After a tightly contested 2-2 first frame, Alberta scored six stright goals in the second for a commanding 8-2 lead after two. BC battled and narrowed the gap to four in an 8-4 loss and a spot in the bronze medal game.

Team BC met Nova Scotia for the bronze and had plenty to prove. After a scoreless first frame, BC rattled off five unanswered goals in less than thirteen minutes to end the second at 5-0. Nova Scotia broke the shutout at the 1:31 mark, but Team BC kept the barrage coming and scored the last five goals of the game to handily defeat Nova Scotia 10-1 and win the bronze. BC's ten goals were scored by nine different players.

Team BC top scorers were: Thomas Vela (7G, 8A), Marcus Klarich (10G, 4A), Kenyon Nyman (5G, 9A) and Carter Sheridan (9G, 4A). Goaltenders Thomas Ungaro and Trace Recsky held their opponents to 31 goals against in eight games for a team 3.88 goals against average. Cole Arthur was named the Team BC tournament all-star.

While not the result the Midgets wanted, much was accomplished with this gritty group of athletes.

"I am proud of our team and what we accomplished -- we ethically maintained our decision to not resort to O/D and we competed at the best level we could -- the players were rewarded with a bronze medal," said Coach Bradley.

"They came together as a group and as team and for that I am extremely proud that our staff was able to foster that environment. Many decisions were made that not all agreed with, but every decision was made for the benefit of the team as a whole and I believe they respected that."

The 2018 Team BC Box Lacrosse program again had a successful year at Nationals competitions with athletes learning plenty along their long term athlete development journey.

The 2019 Box Nationals for all five Team BC Box teams will be on home turf in BC.

2018 BCLA Box Lacrosse Provincials Warrior Fair Play Awards

<p><u>Female Junior Fair Play Awards</u> Celine Theberge (Nanaimo) Meaghan Black (New West) Cassie Lacusta (Port Coquitlam) Mikayla Quinn (Ridge Meadows 1)</p>	<p><u>Midget A1 Warrior Fair Play Awards</u> Julian Vargas (Burnaby) Nick Turenne (Coquitlam) Kaeden Granberg (Juan de Fuca) Austin Krug (Kamloops) Ezrahan Glanville (New West) Will Carriere (Ridge Meadows)</p>	<p><u>Bantam A1 Fair Play Awards</u> Jayden Toomer (Coquitlam) Riley Neilson (Juan de Fuca) Andrew Cowan (Richmond) Ben Coghil (Ridge Meadows) Tyler Iocchelli (Saanich) Ryan Baker (Semiahmoo)</p>	<p><u>Pee Wee A1 Fair Play Awards</u> Damiano Racic (Coquitlam) Keagan Lindsay (Juan de Fuca) Noah Buchan (Langley) Sasha Zuk (New West) Colin Lambert (Port Coquitlam) Cormac Munro (Ridge Meadows)</p>
<p><u>Female Midget Fair Play Awards</u> Maddie Burkett (Burnaby) Maddy Rypma (Nanaimo) Myrah Ali (New West) Reegan Gill (Ridge Meadows) Adrianna McKenzie (Ridge Mdws 2) Layla Gould (Semiahmoo)</p>	<p><u>Midget A2 Warrior Fair Play Awards</u> Luke Dpsen (Coquitlam) Julia Diemand (Kelowna) Trase Recsky (Mission) Lynden Wellwood (Nanaimo) Charlie Lever (Richmond) Matthew Blackwell (Ridge Meadows) Mike Johanson (Saanich) Ryland Sorensen (Semiahmoo)</p>	<p><u>Bantam A2 Fair Play Awards</u> Noah Choi (Chilliwack) Jared Geransky (Comox Valley) Jeremy McInnis (Kamloops) Eric Rhode (New West) Maverick Andrews (Peninsula) Jackson Smith (Port Coquitlam) Kaylin Parish (Prince George) Oskar Lucas (Vancouver)</p>	<p><u>Pee Wee A2 Fair Play Awards</u> Owen Lamb (Coquitlam) Jack Bouck (Kelowna) Daniel O'Leary (Nanaimo) Jordan Tran (New West) Dalton Barwise (Prince George) Quinn Teiffel (Richmond) Parker Sorenson (Ridge Meadows) James Hall (Saanich)</p>
<p><u>Female Bantam Fair Play Awards</u> Megan Seller (Coquitlam 1) Marion Hesse (Coquitlam 2) Jade McKinnon (Coquitlam 3) Julia Cotton (Langley) Camryn Baglo (Nanaimo) Mya Sujan (Surrey)</p>	<p><u>Midget B Warrior Fair Play Awards</u> Dylan Negrich (Burnaby) Dominic Comuzzi (Coquitlam) Xander McCaffery (Cowichan) Tyler Hille (Delta) Daylen Laflamme (Oceanside) Jackson Jamieson (Penticton) Daniel Sturgeon (Prince George) Spencer Rawson (Ridge Meadows) Tyler Deighton (Saanich) Cody Lemay (West Kootenay)</p>	<p><u>Bantam B Fair Play Awards</u> Carter Duperron (Alberni Valley) Lorenzo Castellani (Coquitlam) Luke Rishaug (Kelowna) Nathan Clark (Langley) Nicco Medd (Mission) Dexter Komen (Nanaimo) Adelyne Nikula (Oceanside) Same Gomes (Vic-Esquimalt)</p>	<p><u>Pee Wee B Fair Play Awards</u> Ewen de Lisser (Abbotsford) Bryant Wong (Coquitlam) Chris Monckton (Nanaimo) Jaxon Duckworth (Peninsula) Liam Hunter (Prince George) Liam McNeilly (Ridge Meadows) Luke Bulka (Semiahmoo) Dominick Brown (Shuswap)</p>
<p><u>Female Pee Wee Fair Play Awards</u> Devyn Hartley (Coquitlam 1) Grace Shepherd (Cowichan Valley) Kiera Shaughnessy (Delta 1) Marissa Callaghan (Delta 2) Allison Gregory (Nanaimo) Scarlett Mohadeo (New West) Kaitlyn Davie (Ridge Meadows 2) Anna McKee (Surrey)</p>	<p><u>Bantam C Fair Play Awards</u> Nathan Afflect (Coquitlam) A.J. Pannu (Delta) Seth Burton (Shuswap) Marco Fabbiano (Vancouver) Io Pringle (Vic-Esquimalt) Ryley Lockhurst (West Kootenay)</p>	<p><u>Pee Wee C Fair Play Awards</u> Bordy Duncan (Coquitlam) Clayton Colmorgen (N. Okanagan) Jeffrey Geiger (Nanaimo) Jared McMullen (New West) Asia Munro (Nicola Valley) Tory Sharp (Port Coquitlam) Arrow Goodpipe (Ridge Meadows) Riley Russell (Saanich)</p>	



2018 Subway® BCLA Box Lacrosse Provincial All-Star Teams

<p><u>Female Junior All-Stars</u> Celine Theberge (Nanaimo) Meaghan Black (New West) Cassie Lacusta (Port Coquitlam) Mikayla Quinn (Ridge Meadows 1)</p>	<p><u>Midget A1 All-Stars</u> Thomas Vela (Burnaby) Thomas Ungaro (Coquitlam) Adam Bland (Juan de Fuca) Trey Dergousoff (Kamloops) Austin Ducommun (New West) Brayden Wandler (Ridge Meadows)</p>	<p><u>Bantam A1 All-Stars</u> Brayden Allen (Coquitlam) Riley Drew (Juan de Fuca) Keegan Okino (Richmond) Jack Kask (Ridge Meadows) Tyler Iocchelli (Saanich) CJ Fahlke (Semiahmoo)</p>	<p><u>Pee Wee A1 All-Stars</u> Ben Gharbi (Coquitlam) Oliver Josephson (Juan de Fuca) Kaizer Nystrom (Langley) Lexy Stevenson (New West) Jordan Cecchetto (Port Coquitlam) Keegan Laity (Ridge Meadows)</p>
<p><u>Female Midget All-Stars</u> Gigi Gaspar (Burnaby) Joscelin Martin (Nanaimo) Lauren Black (New West) Taylor Zachow (Ridge Meadows 1) Soleil Brooks (Ridge Meadows 2) Claire Snyder (Semiahmoo)</p>	<p><u>Midget A2 All-Stars</u> Eidan Joss (Coquitlam) Dustin Gallinger (Kelowna) Matt Collis (Mission) Sean Clark (Nanaimo) Jaden Bourne (Richmond) Cole Lowe (Ridge Meadows) Harrison Thompson (Saanich) Peyton Hooper (Semiahmoo)</p>	<p><u>Bantam A2 All-Stars</u> Nathan Leroux (Chilliwack) Jordan Vincent (Comox Valley) Nathaniel Van Unen (Kamloops) Adam Guthrie (New West) Rowen Cairns (Peninsula) Jordan Rekunyk (Port Coquitlam) Derek Gelowitz (Prince George) Joel Mullen (Vancouver)</p>	<p><u>Pee Wee A2 All-Stars</u> Owen Lamb (Coquitlam) Tanner Harrison (Nanaimo) Nathan Thomas (Kelowna) Mitch Nash (New West) Nolan Vansickle (Prince George) Jamie Hikida (Richmond) Jett Burns (Ridge Meadows) Luke Neary (Saanich)</p>
<p><u>Female Bantam All-Stars</u> Grace Robinson (Coquitlam 1) Jesse Kask (Coquitlam 2) Ella Friesen (Coquitlam 3) Hope Nystrom (Langley) Keira Martin (Nanaimo) Teagan Ng (Surrey)</p>	<p><u>Midget B All-Star Awards</u> Matt Bifulco (Burnaby) Zachary Wawryk (Coquitlam) Kalum Lachance (Cowichan Valley) Jacob Van Oostrum (Delta) Brenden Jamieson (Oceanside) Finn Halladay (Penticton) Jake Nohr (Prince George) Dawson White (Ridge Meadows) Riley Gains (Saanich) Dustin Perepolkin (West Kootenay)</p>	<p><u>Bantam B All-Stars</u> Cole Kenzie (Alberni Valley) Lorenzo Castellani (Coquitlam) Jensen Jones (Kelowna) Sean Coyle (Langley) Nathan Roseborsky (Mission) Liam Baker (Nanaimo) Evan Obodzinski (Oceanside) Morgan Brandwood (Vic-Esquimalt)</p>	<p><u>Pee Wee B All-Stars</u> Nicholas Catalano (Abbotsford) Jesse Robinson (Coquitlam) Bostyn MacDonald (Nanaimo) Nikos Sdrakas (Peninsula) Liam Hunter (Prince George) Quinn Mulcahy (Ridge Meadows) William Denman (Semiahmoo) Tate O'Brien (Shuswap)</p>
<p><u>Female Pee Wee All-Stars</u> Meghan Hartley (Coquitlam 1) Elora Waardenburg (Cowichan Valley) Taylor Murrell (Delta #1) Grace Murrell (Delta #2) Avery WincheII (Nanaimo) Zoe Bishop (New West) Hannah Bigiolli (Ridge Meadows 2) Priya Khangura (Surrey)</p>		<p><u>Bantam C All-Stars</u> Ferdinand Tesang (Coquitlam) AJ Pannu (Delta) Joseph Jankowski (Shuswap) Marco Fabbiano (Vancouver) Chet Miller (Vic-Esquimalt) Reese Phillips (West Kootenay)</p>	<p><u>Pee Wee C All-Stars</u> Orrin Adi (Coquitlam) Teigan Kelley (North Okanagan) Markus Fisher (Nanaimo) Shae Long (New West) Asia Munro (Nicola Valley) West Shaw (Port Coquitlam) Arrow Goodpipe (Ridge Meadows) Parson Shahi (Saanich)</p>



WILC 2019 - One year out

By: Gary Ahuja

Brett Mydske has won league championships, professional titles, and a host of individual accolades over his career. But winning a gold medal for your country? Nothing tops that feeling.

And not only has Mydske done so twice with the Canadian men's indoor box lacrosse national team, but the team has captured gold on both occasions.

"Growing up watching Team Canada hockey and the Olympics and stuff like that, you never expect to represent your country, but to be called and asked is definitely the highest honour and privilege I have experienced in my lacrosse career," he explained.

Hearing O Canada being played in the arena for the victors is a feeling like no other.

"Lining up with your teammates, everybody arm-in-arm singing O Canada, it is definitely a great experience," he explained. "You get goosebumps."

Mydske first helped Canada win gold at the 2011 World Indoor Lacrosse Championship in Prague and duplicated the feat four years later in Syracuse.

The championships return in 2019 and Mydske, who is now 30 years old, would love nothing more than a third chance to don the Maple Leaf jersey.

Making the opportunity even more special is the fact the New Westminster native would do so close to home as Langley Events Centre is the host venue for the 2019 FIL World Indoor Lacrosse Championship.

The championships, with up to 20 countries expected to attend, run Sept. 19 to 28, 2019.

Mydske played at LEC for the first half of his Western Lacrosse Association career with the Langley Thunder before being traded to



Photo: Gary Ahuja

BC's Brett Mydske hoisted the 2015 WILC trophy in Syracuse for Canada

his hometown New Westminster Salmonbellies in 2017.

"Anytime representing your country is a great experience, but to do it on home soil, in front of family and friends would just be the cherry on top," he admitted about the possibility of a third chance to wear Canada's red and white.

Of course, Mydske knows despite his past involvement with the national team program, there are no guarantees.

"They could make five Team Canada's with the amount of talent we have in this country," he said. "And if I do get the call, that would be a privilege. These championships happen every four years, so you can't take anything for granted because you never know if you will get a chance again."

Tickets on sale soon. Starting October 3, BC Lacrosse Association members will have the first opportunity at purchasing full event and three-day packages at a 20% discount. General access to the packages at regular price begins November 5.

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BC Lacrosse Association 2018 EVENTS

Canadian Lacrosse Association AGM

November 22-25, 2018
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Click Coaches, Clinics, Field

Field Lacrosse Officials Clinics

Clinic Participation Info. Visit

bclacrosse.com

Click Officials, Clinics, Field

BCLA AGM

October 12-14, 2018
Whistler, BC

Vancouver NLL Team

Home Opener

December 8, 2018
Rogers Arena



Way To Go!

Don Scott (BCLA VP Administration/Finance)

Don Scott got involved in lacrosse in 1976 when his son picked up a stick in Mini-Tyke. In the 80's, he did colour commentary for community TV Adanacs games and it wasn't long after that, he got involved as President of the Ridge Meadows Minor Lacrosse Association.

42 years later, he can be seen at a field, or an arena, watching his grandson play lacrosse. Scott has served as the WLA Commissioner, Senior Directorate Chair, BCJALL Commissioner, and has served for past 7 years on the BCLA Board of Directors, as VP of Administration/Finance – a position he holds today.

Scott has also volunteered at the national level for the CLA as Convener of both the Presidents' Cup Senior B National Championships and the Minto Cup, Junior A National Championships.

Don is the consummate volunteer and tirelessly continues to give back. His many years of commitment to lacrosse are admirable – something he'd never change for a moment. Whenever he's asked to volunteer his time, he was always quick to say "YES".

Don's efforts have not gone unnoticed as she was the recipient of the coveted 2015 Sport BC President's Award and BCLA's Tom Gordon plaque as "Mr. Lacrosse." Congratulations Don!

B.C. Lacrosse Association Subway® Restaurants Volunteer Award



Don Scott

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



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Lacrosse the Country

CUFLA BC Alum at Worlds in Israel

By: Stephen Stamp

Little did Alex Millin know that a ball hockey league in Korea would lead to him playing at the FIL World Lacrosse Championships in Israel.

Having moved to Korea to teach English, Millin missed his days playing lacrosse for the Bishop's Gaiters (2010-14). He had followed some friends from Bishop's who had gone to Korea to teach, and after being in the Asian country for just over a year was making do with ball hockey for his sporting outlet.

Then one day, one of his friends casually mentioned that he had "some friends who used to play lacrosse here."

"I got in contact with them and then I got in contact with [eventual Korean teammate] #15 Hyunjoon Park and then I ended up just joining them, going out and playing with them," Millin said after Korea's final game in Israel. "I ended up making some lifelong friends just by going out and playing the good old game of lacrosse."

Millin played a key role on offence for Korea, competing in its fifth world field lacrosse championship. The 26-year-old midfielder from Port Moody, British Columbia led the

team with 15 goals in their seven games and added a pair of assists. He finished strong with 4 goals and an assist as Korea won their final game, a 12-7 decision over Russia to earn 35th overall in the 46-team tournament.

He won a Baggataway Cup with Bishop's in 2011 and as a proud Gaiter alumnus was happy to see several other members of the team taking part in the games in Netanya, Israel. Newmarket native Rick Sainthill (Bishop's 2008-12) played for Finland.

A trio of Bishop's alumni who played for the Gaiters in the '00s served as the coaching staff for Luxembourg. Khristopher Scott, originally from Kelowna and now living in Vernon, was the head coach for the nation's first foray onto the world stage. New Westminster native Andrew Barber, now living in Toronto, was an assistant coach alongside Drew Pollock, who has stayed in Lennoxville and is the Gaiters' general manager and assistant coach.

"It's crazy how small the lacrosse world is," Millin says. "A couple of people have come up to me and said, Oh, you went to Bishop's, do you know this guy? And sure enough, I do



know him. Bishop's is a small school, it's a family out there, the team here is a family. The whole lacrosse community is just a small family in itself. It means the world being able to represent the Gaiters through and through."

Millin spent a total of two years, seven months in Korea. After the World Championships in Netanya he was heading back to Port Moody. Which seems like it might set him up perfectly to play for Korea again at the 2022 FIL worlds, which will be held in nearby Coquitlam. But having moved back to Canada, Millin doesn't think he'll be able to play. That only adds more meaning to the time he got to spend playing alongside his Korean teammates.

"It's been amazing. This is a once in a lifetime experience," Millin says. "I don't think I'll be eligible for the next one in Coquitlam. I couldn't be happier with this group of guys. Unfortunately we had a couple of injuries so some of the guys couldn't make it here but it's been one hell of a ride hanging out with all of these guys, just getting to experience this, see all of these amazing lacrosse players out here. It truly is one of the best experiences of my life."



Port Moody's Alex Millin Competed with Korea at the 2018 Worlds.

In that once in a lifetime experience, Millin is asked, do a moment or a handful of moments stand out? Are there high points for you?

Millin smiles broadly as he responds with a shake of the head. "No, it's all been too fun, it's all been too fun."

Canada Loses 9-8 in World Championship Controversial Final

By: CLA

NETANYA, ISRAEL –The 2018 FIL Men's Lacrosse World Championship final came to a controversial end in Netanya, Israel, with the United States besting Canada on a last-second goal to claim gold. It was a heartbreaking end to a great tournament from the Canadians, who were trying to defend the World Championship title they won four years ago in Denver, Colorado.

Tom Schreiber of the U.S. scored with one second left in the game, much to the dismay of the Canadian coaches and players who were convinced time should have run out. A discrepancy between the stadium clock, the one the coaches and players were relying upon all game, and official game clock seemed to cause the confusion.

The American's missed the net on a pair of chances on their final possession, prior to the game-winning goal, but it appeared the game clock failed to restart when the ball was brought back into play. There was also issues on how much time should be left on the clock following Schreiber's go-ahead marker.

It was a tough loss for the Canadians, one that left the coaching staff searching for answers.

"It is what it is," said head coach Randy Mearns post-game. "It felt to us like there was nine seconds on the clock, and the play started and the clock didn't move for four seconds, and it went on and on. The U.S. took a shot and there was four seconds left and we were like, 'How are we not already at zero.'"

"It was chaotic down there. I don't know what else to tell you," he added in reference to the scorekeepers area where the referees

convened try and make sense of the situation. "They huddled up and their conclusion was that the goal was scored with time left on the clock. The refs made a decision, and they stuck with it, and we didn't get another opportunity."

But regardless of the controversy, it was a tremendous game between the North American rivals, who were meeting in the World Championship final for the sixth consecutive time.

Curtis Dickson led the way for Canada with three goals, while Ben McIntosh and Mark Cockerton added two each. Mark Matthews netted the other, chipping in an assist as well.

Dillon Ward made 9 saves in the game, including 7 in the first half, for a Canadian squad that was outshot 31-21.

After allowing the first two goals of the game to Tom Schreiber and Paul Rabil, Canada's offense came to life, scoring four straight times to end the first quarter with a 4-2 lead. Dickson started and finished the scoring, with McIntosh and Matthews also finding the back of the net.

The U.S. clawed their way back to tie the game in the early second quarter, thanks to goals from Ryan Brown and Matt Danowski, but Cockerton and McIntosh replied soon after to put Canada up 6-4 at the half.

The Americans scored the only two goals of the third quarter off the sticks of Brown and Marcus Holman, which tied the game at 6-6 with only 20 minutes to go.



The team's went back and forth in the final frame, exchanging goals until the final minutes. Dickson opened the scoring, with Schreiber responding shortly after. Cockerton put Canada

back on top, with a 8-7 lead, which is when the momentum suddenly changed.

Canada won the ensuing face-off, but a questionable offsides call during the clear gave the U.S. possession of the ball. Ryan Brown tied the game with a laser past Canadian goaltender Dillon Ward with 3:43 left on the clock.

"We didn't feel like we were offsides," stated Mearns. "That happened with about three minutes left. We were up a goal and we have the ball...and we are pretty good at holding the ball."

Schreiber would score the game-winner on his team's final possession, giving the U.S. their 10th World Championship title.

A large contingent of Canadians took home individuals awards for their performances throughout the tournament.

The FIL All-World team included five Canadians: defenders Graeme Hossack and Ryland Rees, midfielder Ben McIntosh, attack Curtis Dickson, and goaltender Dillon Ward. Ward and Dickson were named the tournament's best goaltender and attacker, respectively.

U.S. defender Michael Ehrhardt was named the tournament's most valuable player.

The late Dave Huntley, architect of the Canadian men's field national team program who passed away earlier this year, was



Team Canada's Curtis Dickson battled for Canada in a 9-8 loss to the USA.

posthumously honoured with the FIL's Spirit of Lacrosse Award.

"Dave meant everything to this program," said Mearns. "He won in 1978 and had basically been involved since then. [His passing] was a big loss, a real tough loss. The national team program meant the world to Dave Huntley."

Canada's senior men's field team will look to reclaim gold on home soil in four years when Coquitlam, British Columbia welcomes the lacrosse world for the 2022 FIL Men's Lacrosse World Championship.

- Tournament scores were as follows:
- Canada vs England (12-6 Win)
 - Canada vs Scotland (22-3 Win)
 - Canada vs United States (11-10 Loss)
 - Canada vs Iroquois Nation (10-5 Win)
 - Canada vs Australia (13-7 Win)
 - Canada vs Iroquois Nation (15-4 Win)
 - Canada vs United States (9-8 Loss)

Peterborough Sweeps Maple Ridge to Win Back-to-Back Mann Cup Titles

By: CLA

The host Peterborough Lakers earned an 11-8 victory last night to complete a four-game sweep of the visiting Maple Ridge Burrards and win the 2018 Mann Cup, their second consecutive Canadian Senior A box lacrosse national championship title.

The win gave the Peterborough franchise its 16th Mann Cup title, which includes ten under the Lakers moniker (2018, 2017, 2012, 2010, 2007, 2004, 1984, 1982, 1973 and 1966). The defending champion Lakers were hosting the best-of-seven series for the first time since 2012.

The Burrards were competing in their second Mann Cup series in three years. They fell 4-1 to the Six Nations Chiefs in 2016.

Hometown hero Shawn Evans' led the series in scoring with 24 points (3g, 21a) on his way to winning his sixth Mann Cup. He was named the championship's most valuable player, becoming only the fourth player to win the Mike Kelley Award three separate times (2018, 2017, 2010) and the first to do so with the same team.

Evans', who started this year's series with 35 goals and 99 assists for 134 points, climbed his way up the Mann Cup record books with his MVP performance. By the time it was done, he had surpassed John Tavares (111) for first in all-time assists with 120 and jumped over Colin Doyle (137) and Dan Dawson (138) for fourth in all-time points, and now sits behind only Geordie Dean (161), John Grant Jr. (174) and Tavares (203).



The opening game of the series was an absolute barn burner, with Peterborough's Adam Jones scoring in sudden death double-overtime to give his team a 14-13 win and 1-0 series lead.

Down 10-5 after the second period, Maple Ridge scored six unanswered goals to claw their way back and take an 11-10 lead, before Thomas Hoggarth tied things up for the Lakers at the 15:21 mark of the third period to force overtime. The Burrards scored the first two overtime goals, but the Lakers answered with two of their own to force a sudden death second overtime period. Jones scored at the 4:42 mark to put an end to a thrilling game.

The Lakers won the second game of the series in lopsided fashion, defeating the Burrards 10-1 to take a 2-0 series lead.

Mike Mallory scored the game's opening goal for Maple Ridge, but it would be only one his team would score before being shut down by a strong Peterborough defense. Holden Cattoni (3g, 1a) and Turner Evans (2g, 2a) helped facilitate ten straight goals for the Lakers, while goaltender Matt Vinc stopped 30 of 31 shots, coming one save short of a shutout.

The Burrards effort in the third game of the series was much better, but they were once again unable to solve a stingy Peterborough defense, falling 11-6 and giving the Lakers a commanding 3-0 series lead.

Evans paced the offence with eight assists, while Kyle Buchanan (3g, 3a), Cory Vitarelli

(4g, 0a) and Zach Currier (2g, 0a) were the top goal scorers. Former Laker Curtis Dickson (1g, 3a), who capture the 2017 Mann Cup with Peterborough last season, led Maple Ridge with four points.

Maple Ridge put forth a tremendous effort with the series on the line in the fourth game, but three straight goals from Peterborough in the third period put the game out of reach and helped the hometown Lakers claim their second consecutive Mann Cup with an 11-8 win.

Jean-Luc Chetner scored for the Burrards in the opening minutes of the final frame to tie the game at 8-8, but the Lakers responded with a pair of goals from Cattoni (2g, 1a) and a single from Jones (2g, 2a) to pull away. Peterborough captain Robert Hope scored an empty netter in the dying minutes to seal the deal and send the crown into a frenzy.

Evans led the tournament with 24 points (3g, 21a), while teammate Kyle Buchanan wasn't far behind with 22 points (4g, 18a) of his own. Peterborough's Cory Vitarelli and Adam Jones were the top goal scorers, finding the back of the net nine and eight times, respectively. Meanwhile,



Peterborough Repeats as Mann Champs.

Ben McIntosh (5g, 10a) and Curtis Dickson (6g, 8a) were the top scorers for Maple Ridge.

Matt Vinc and Evan Kirk split time between the pipes for the Lakers, with both finishing with a 2-0 record. Vinc was the top goaltender statistically speaking, finishing with a 4.49 goals against average .888 save percentage.

For more information on the 2018 Mann Cup, including tournament statistics and box scores from each game, visit <http://manncup.pointstreaksites.com/view/manncup>.

FIL Senior Men's World Championship Comes to BC

By: LacrosseTalk Staff

Three times lucky!

It was over a casual conversation at the 2005 First Nations Trophy U19 Field Lacrosse Nationals when the dream of hosting a world-class lacrosse event in BC was born.

The Canadian Lacrosse Association's, Jim Price, convinced BC representatives who attended the National tournament to bid on the 2008 Federation of International Lacrosse (FIL) Under-19 World Lacrosse Championships. Cliff Pascas, former BCLA Field Directorate Chair, attended the Nationals over a decade ago and thought it would be a great idea. The rest is history.

Tri-Cities resident, Cliff Pascas, and a team of dedicated volunteers, successfully brought the world to Coquitlam twice and managed two U19 Men's Lacrosse World Championship in 2008 and 2016. Both events Canada took silver – in the 2016 gold medal game, the sold out crowd was treated to a last second buzzer-beater as Canada dropped a heartbreaking one goal game to the USA 13-12 on home turf.

So why do this all over again...three major international events in a span of 16 years?

Answer, because they can!

BCLA's Dirk Rachfall, who served on the 2016 World's committee, was wooed at CLA meetings by FIL Past-President and OLA Executive Director, Stan Cockerton. Part of their conversation touched on a proposed new structure to limit the number of competing Men's teams to 30.

The wheels started turning...again!

The same management team has successfully run the 2008 and 2016 Under-19 World Lacrosse Championships, now it is a step to host the Senior Men's division and the added logistics around that.

"Hosting 24 teams is manageable, but 30 will be some extra work of which we are ready for," noted Cliff Pascas.

The infrastructure and hosting model is already in place with plans already in motion for the challenges that lie ahead.

"We have a pretty good reputation for hosting world-class events and that was a pretty big part of the process," said Pascas. The City of Coquitlam was all over this bid."

One of the biggest challenges is that the FIL requires a 6000-7000 seat stadium for hosting the Men's event.

"This is our biggest hurdle -- our plan is to increase the seating of Percy Perry Stadium with temporary grandstands, which will be an awesome atmosphere with crowds close and on top of the action."

A festival component will be part of the event planning with hopes of having all competitions on site at own Centre.

The 2022 FIL Men's Senior World Championship will be held in Coquitlam, BC, Canada over the period of July 14-23, 2022.

The Championship will be played at the Town Centre Park using the Percy Perry Stadium. This is the same venue at which both the 2008 and 2016 Men's Under 19 Championships were held.

The Host Organizing Committee is headed up by Cliff Pascas who chaired the Organizing

Committees in both 2008 and 2016, so well experienced with FIL world events. Most of the Host Organizing Committee members were also involved in the earlier events and so plenty of knowledge and experience there.

This will be the first FIL Senior Men's World Championship where the number of national teams will be limited to 30.

Boas Receives Community Sport Hero Award

By: LacrosseTalk Staff

Sport BC, BC Games Society and KidSport BC honoured local Nanaimo sports volunteers with the Community Sports Hero Awards last May.

Celebrating its 15th year, the Community Sport Hero Awards, partnered with the BC Games Society and KidSport, recognize coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level. In 2018, Sport BC will travel to 6 communities across British Columbia and celebrate sport volunteers in local communities. Since its inception in 2001, 50 Provincial Sport Organizations have honoured over 600 sport volunteers in 51 different communities.

The Sport BC Community Sport Hero Awards were presented at the BC Games' 40th anniversary special event at the Nanaimo Museum on May 2.

The local honourees are Eloy Fiandor for judo, Selena Pellizzari for equestrian, Rick Bevis for volleyball and Brian Boas for lacrosse.

Brian Boas started playing youth lacrosse in Nanaimo in 1979. He volunteered for his first coaching position at the time when he was a Senior B Timberman player (early 1990's) when coaches were needed for Pee Wee and Bantam teams.

Over the years, he has also coached ice hockey and school volleyball over and above

his lacrosse commitments. Brian jumped in with both feet to coach his son in Mini-Tyke in 2009, then, he took on more leadership roles with the NMLA executive as the association Coach Co-ordinator (2010-2012) and the association President for 5 years finishing his tenure in 2016. Boas served as the Vancouver Island Minor Lacrosse Commission Chair this past season.

Brian offered his services and took on the role as Sport Chair (Lacrosse) at the 2014 BC Summer Games (Nanaimo) and recently, the 2018 Cowichan Valley games. He served as a WLA game commissioner for the Nanaimo Timbermen for two seasons. Brian also sat on the Nanaimo Parks & Recreation committee and assisted with the covered lacrosse box project in Nanaimo.

A few cherished lacrosse moments include winning the Island Pee Wee A1 title and capturing silver at Provincials in 2016, as well as, being a high performance coach for the Team BC Pee Wee team in 2016 that won a bronze medal at nationals.

Brian Boas is the consummate BCLA volunteer and a cog in the Nanaimo and Vancouver Island lacrosse community.

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Coaches Corner Statistics

By: Duane Bratt, CLA National Resource Person

Analytics has come into all sports in a big way. Baseball, which has always been fixated on statistics, took centre stage with the publication of the book, and later movie, Moneyball. Moneyball showed how analytics, as opposed to traditional scouting methods, could be used to allow a small market team (Oakland A's) to contend with the richer large market teams (i.e. -New York Yankees). Since then, enhanced statistical analysis has been used in basketball, hockey, and a host of other sports. What about lacrosse?

For the most part, lacrosse still relies on traditional statistics. For example, teams still track individual and team loose ball statistics. This is because winning the loose ball battle still highly correlates with winning games. Another prominent statistic is tracking shots. Not just how many shots, but where on the floor, where on the net, and who is shooting the ball. For me as a coach, I have always tracked (in live time) how goals are scored. I have a simple code that I use: 5 (5v5 goals), 4 (4v4 goals), T (transition goals), P (power play goals), SH (shorthanded goals), FO (face-off goals), Press (press goals).

Enhanced statistics are starting to creep into the game, but only at the highest levels (pro, Sr A, Jr A). Here are some example of some types of enhanced statistics: breakout time (how long does it take a team to get the ball out of their own zone), unforced turnovers (bad passes, moving picks, etc.), forced turnovers (stripping the ball, forcing a bad pass), time on the floor (how long in a game does a player play), movement on the floor (tracking where on the floor does a player go), time of possession (how long does a team control the ball in a game), and swing passes (how many times does an offensive team move the ball from one side to another in a game).

The reason that lacrosse has not, yet, fully embraced the analytics movement is because the gathering of statistics is filled with challenges. Here are a series of questions that every team should ask themselves. First, what statistics are you going to track? Given limited human resources, teams should focus on the most important ones.

Second, who is going to track these statistics? Some coaches try to do this themselves, but given all of the other demands on a coach's time during a game, it is unlikely that this is a good idea. Other teams have the luxury of having a dedicated person in the stands that can collect statistics. If you have such a person, congratulations, you are ahead of other teams. But even if you have such a person, there are only so many statistics that one single person can collect at any one time. Therefore, once again, you need to figure out what statistics are most important.

Other teams use non-playing players to collect statistics. There are plenty of reasons for using non-playing players in this fashion, but the reliability of the data can sometimes be suspect. I still remember looking at the statistics sheet between periods and the non-playing player had recorded us winning face-offs 2-1. The problem was that 8 goals had been scored in the period! Obviously, he was distracted from putting his full attention into collecting statistics. Conversely, it has been my experience that goalies in the stands are very good at tracking shots.

Third, what is the purpose of the statistics? If it is to make in-game adjustments, then you need the data immediately. If, on the other hand, you are using it to make adjustments in practice, determine game lineups, use it for motivation, or to track process goals, then you do not need the data immediately. This would allow a coach to track the statistics themselves using video after the game. If you are not using the statistics in any of these ways, then why are you devoting time to collecting them?

Lacrosse statistics are important and I would expect that more sophisticated analytics will gradually come into the game. But before

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

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

- 1 Coquitlam Adanacs 18-2-1
- 2 Burlington Chiefs 15-5-0
- 3 New West Salmonbellies 15-6-0
- 4 Brampton Excelsiors 14-6-0
- 5 Port Coquitlam Saints 13-6-2
- 6 Victoria Shamrocks 13-7-1
- 7 St. Catharines Athletics 13-7-0
- 8 Saskatoon SWAT 13-3-0
- 9 Orangeville Northmen 12-8-0
- 10 Whitby Warriors 12-8-0

teams dive in, they need to answer those critical questions: What statistics? Why collect them? Who is going to do it? How are you going to do it?

Speed, Agility, and Quickness Training

By: Krista Popowych Maznik

Training for speed, agility and quickness (SAQ) goes hand in hand with lacrosse receiving top billing as the fastest game on two feet. Creating the mind-set and future training ground for young athletes means emphasizing the importance of SAQ during practises and in games. Fortunately at the core of these three components, the message is easy to impart: train fast, be fast. Working with our players pre-season isn't always possible. Fortunately SAQ training can be done in-season and doesn't need to be arduous. A dedicated and challenging 15-minute SAQ program coached post warm up is beneficial. Not only will your players improve their speed, they will position themselves quicker and respond faster in game situations.

To develop the athlete, coaches must consider the unpredictability of the sport and create scenarios where players must read and react quickly to various situations. The faster an offensive player can react, respond and manipulate their body around the defense could be the difference between scoring or learning a big stick lesson the hard way. To train reaction time, create opportunities for players to respond to various stimuli.

Drill #1

In this drill, players need 4 cones and a partner. Line up three cones equal distance apart with one additional cone center and back, creating a T-formation. The spacing of the cones is based on player skill-set and age. Partner A is positioned at the back cone (home). Player B

acts as the mock coach. The goal is for partner A to respond as quickly as possible to the various combinations of directions called out by his or her partner. The target points will be the right, center, left and home cone. For example, a left-right-home command means the player would sprint forward to the left cone, shuffle across to the right, and backpedal home as quickly as possible. The player should always be in the athletic-ready position, feet in motion, listening and responding to the cues. Between commands, allow a quick recovery. Switch roles and repeat the drill in 2-minute increments.

Drill #2

The next partner drill uses 2 cones placed laterally about 12-15 feet apart, creating a defined space. Have partners face each other in the athletic-ready position. One partner is the leader and the other partner mimics everything their partner is doing. Shuffling right, left, left again, on the spot fast feet, and so forth. The follower needs to respond and keep up with what their partner is doing. Continue for 90 seconds, recover for 30 seconds and then switch leaders. Repeat for 2-3 sets. As a player's footwork improves, add in stick handling. Athletes must then respond and mirror both their partners' lower and upper body positions. Be sure to space the players correctly when adding any additional equipment.

The acceleration component of speed training is very important in lacrosse. By definition, acceleration is the rate at which an object changes its velocity. The faster a player can accelerate, the better. Fast accelerations are

key to transitional movement patterning (i.e. stop and start) and needs to be purposeful and developed. With any SAQ drills, such as ladder drills or agility circles, add short sprints to the end of every single set. This will train both acceleration and speed.

Drill #3

Place four cones in a straight line. A player starts and returns to cone 1 each set. Sprint forward and back from cone 1 to 2, 1 to 3, 1 to 4 and so forth. Next add in agility circles at each cone. On the last set, the player attacks and sprints as fast as they can to a defined finish line placed further away.

Drill #4

Simple power drills such as leaping, single leg bounding, and jumping also help improve a player's speed and acceleration. In this drill, ask all the players to line up. Next, have them walk a few steps and lunge forward on their right leg. As they transition out of the lunge, they drive up and leap as far forward as they can, landing on their left foot. Then they repeat the sequence leading with the opposite leg. Walk a few steps, lunge left and leap right. The key is sticking the landing, generating force through the ground and driving up.

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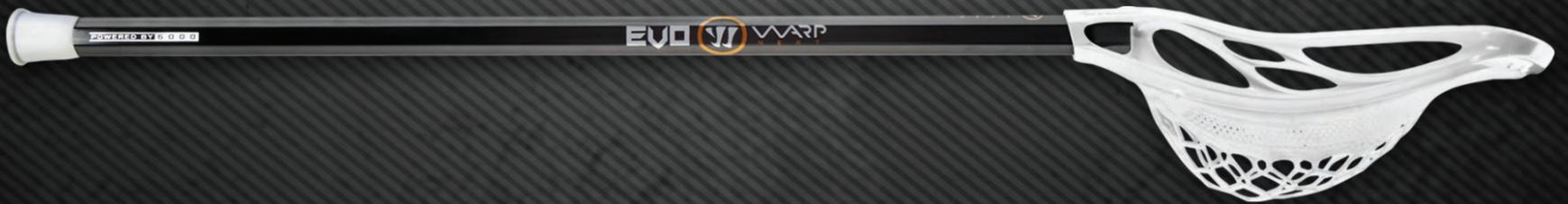
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