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LacrosseTalk

The Official Publication of Canada's National Sport

Warriors Showcase BC Lacrosse Pros



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Photos courtesy of the Vancouver Warriors Archives.

By: Dave Sheldon, CSE

As the Vancouver Warriors embark on their inaugural season in the National Lacrosse League, there are many who are hopeful that this finally may be the perfect marriage between an organization that knows how to put on a show and the game that we have all loved in this region for so long.

BC has always been a hotbed for Canada's official sport of summer; lacrosse. With origins running deep with First Nations and the Western Lacrosse Association plus numerous leagues, organizations and programs, the river of talent is deep and wide and can be seen throughout not just BC but right across most any league of lacrosse, box or field, in the world.

Lacrosse has deep roots in BC, but why hasn't there been success at the NLL level?

Enter Canucks Sports and Entertainment. In June of 2018, the Canucks purchased the Vancouver Stealth and have done two major things right off the hop: 1 - Changed the name of the franchise to the Vancouver Warriors and 2 - Brought lacrosse back to downtown Vancouver.

In addition, the Warriors have brought in experienced lacrosse personnel with roots to BC Lacrosse. Long-time New Westminster Salmonbellies General Manager Dan Richardson now heads up a Warriors team that by no accident has a roster that is almost entirely made up of players who call BC home for 12 months of the year.

"When I was asked to lead this team, we established five pillars that we wanted our team and our fans to identify us by; RESPECT, INTEGRITY, HARD WORK, COMMUNITY AND CHARACTER" stated Richardson. "These are not just key fundamentals for success in lacrosse, but also success in life. We know that by putting these keys in place that over time our team will see the results that we are expecting."

With only two wins in 2018, and none on the home floor in Langley, Richardson,

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Head Coach Chris Gill and the rest of the management team have their hands full with trying to put together a formula for success here in Vancouver. Part of that formula will include putting BC players in a position to succeed here with the Warriors.

Richardson: "We know that there are plenty of players who live and play here in BC who for one reason or another have not had their shot to succeed in the NLL. Identifying these players and giving them an opportunity, plus drafting well and making key acquisitions, will help establish our team and give us a great chance for success."

As important a piece for the Warriors on the floor is their ability to generate excitement off the floor; enter Canucks Sports and Entertainment, who have been front and centre as one of the premier entertainment companies in North America for years. With 41 regular season Canucks games plus pre and playoff games already in their stable, Rogers Arena is also one of the busiest concert venues in North America, bringing in most if not all the elite shows that the world has to offer. CSE believes that one of these elite shows is the National Lacrosse League and have signed on to provide the backing to a franchise that has never had this depth of experience in the past.

"The goal of any event that we bring into Rogers Arena is to deliver a first-class, amazing fan experience to our guests," explains Chief Operating Officer Trent Carroll. "Having the Vancouver Warriors as part of our family provides us with an excellent opportunity to do so in a different way than we do with the Canucks or other events."

David Comuzzi, the Warriors Senior Director of Business Operations, knows that the experience in the building is just as important as the success on the floor. "Our goal is to entertain our fans from the moment that they arrive at Rogers Arena until the moment they depart," says Comuzzi. "Theme nights, giveaways, fireworks, the Bud Zone, autographs, value food and beverage...all of these items tie into the success of this organization. They all tie into a bow and allow us to bring an experience to our fans that will have them leave the building wanting to come back."

With a theme night every game, autographs on the floor, great food and beverage deals and more, the only thing missing from a good night being a great night was location. Enter Rogers Arena. Lacrosse is back downtown, and Canucks Sports and Entertainment sees that as a key cog to the success of the Warriors as well.

"Being back in downtown Vancouver gives everyone in the Lower Mainland, and BC for that matter, an opportunity to experience our games," says Comuzzi.

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British Columbia Lacrosse Association

www.bclacrosse.com

BCLA Presidents' Award Recipients

By: LacrosseTalk Staff

The BC Lacrosse Association recognizes more volunteers in the lacrosse community. Forty-seven BCLA Presidents' Award recipients were announced at the 2018 AGM over the October 12-14 weekend.

The BCLA Presidents Award promotes and celebrates the spirit of volunteerism by annually giving BCLA organizations an opportunity to acknowledge and thank an individual who has demonstrated outstanding dedication and commitment to lacrosse within their organizations.

The 2018 BC Lacrosse Association Presidents Award winners are as follows:

Ed Seidel, West Coast Senior Lacrosse League
Matthew Brewer, Prince George Senior Lacrosse League
Craig Labranche, BC Junior A Lacrosse League
Lyndsay Wilkie, BC Junior B Tier 1 League
Will Johnny, Pacific Northwest Junior B Tier 2 League
Craig Campbell, Abbotsford Minor Lacrosse Association
Carrie Johannessen, Alberni Valley Minor Lacrosse Association
Trevor Webber, Burnaby Field Lacrosse Association
Mike Rippberger, Burnaby Minor Lacrosse Association
Valerie Leroux, Chilliwack Field Lacrosse Association
Chantal Swayze, Comox Valley Minor Lacrosse Association
Rita Isaacs, Coquitlam Minor Lacrosse Association

Jeannine Creamer, Cowichan Valley Minor Lacrosse Association
Shawna Fancy, Cranbrook Minor Lacrosse Association
Josh Neumann, Delta Field Lacrosse Association
Erin Weisbrod, Delta Minor Lacrosse Association
Lyndsey Davis, Fort St. John Minor Lacrosse Association
Kathy London, Juan De Fuca Minor Lacrosse Association
Kevin Bankier, Kamloops Minor Lacrosse Association
Karen Von Hollen, Kamloops Minor Lacrosse Association
Jamie MacGregor, Kelowna Field Lacrosse Association
Leeann Vigar, Kelowna Minor Lacrosse Association
Jason Goller, Langley Field Lacrosse Association
Troy Margetson, Langley Minor Lacrosse Association
Shelley Bell, Mission Minor Lacrosse Association
Chris Giszas, Nanaimo Field Lacrosse Association
Lonny Sullivan, Nanaimo Minor Lacrosse Association
Jason Plante, New Westminster Field Lacrosse Association
Mark Smith, New Westminster Minor Lacrosse Association
Farrah Lewis, Oceanside Minor Lacrosse Association
Jane Trites, Pacific Rim Field Lacrosse Association
Nicole Nason, Peninsula Minor Lacrosse Association
Alison Gignac, Port Coquitlam Minor Lacrosse Association
Bob Bradley, Port Moody Minor Lacrosse Association
Jeff Moleski, Prince George Minor Lacrosse Association
Landen Scott, Quesnel Minor Lacrosse Association
Andrina Kelly, Richmond Minor Lacrosse Association
Devena Steinmann, Ridge Meadows Minor Lacrosse Association



47 BCLA Volunteers received a Presidents' Award at the 2018 AGM.

Andy Stuart, Saanich Minor Lacrosse Association
Tina Bulka, Semiahmoo Minor Lacrosse Association
Jeff Peters, Shuswap Minor Lacrosse Association
Deanna Cox, Surrey Field Lacrosse Association
Kelly Upshon, Surrey Minor Lacrosse Association
Sean McInnes, Vancouver Field Lacrosse Association
Chris Pinnell, Vancouver Minor Lacrosse Association
James Morgan, Victoria Youth Field Lacrosse Association
Devon Reid, West Kootenay Minor Lacrosse Association

BCLA Recognizes Volunteers at Cheers to Lacrosse AGM

By: LacrosseTalk Staff

The British Columbia Lacrosse Association (BCLA) held the 2018 Annual General Meeting on October 12-14 in Whistler, BC. Every year, this event includes meetings for various directorates, a lacrosse trade fair, a hospitality social gathering and the Annual Merit Awards Banquet. Over 285 delegates were registered for the meetings and nearly 560 participants attended the classic BCLA Annual Merit Awards Banquet.

This year's "Cheers to Lacrosse" theme had participants dress up in squad colours with 50's themed poodle skirts, bomber jackets and plenty of blue jeans and leather -- tons of fun was had by all! This AGM was a fun, festive event and was another resounding success! How about all those Nerds and Nerdettes that had fun on the stage!

The 2018-19 BCLA Executive was named. For the first time in almost two decades, a new President took the helm after longtime President, Sohen Gill stepped down for health reasons. The BCLA welcomes new president Gerry Van Beek and his executive members: Secretary - Myrna Cable, VP Administration - Tony Spagnuolo; VP Operations - Greg Toll, VP Performance Programs - Tyson Leies, VP Development - Terry Mosdell, VP Technical Programs - Dennis Quigley and Director at Large - Dave Jenkins.

"The staff worked tirelessly in preparation for the AGM - their creativity and attention to detail is always spot on," said newly elected BCLA President Gerry Van Beek. "The opportunity to meet with so many passionate lacrosse people was humbling. It was an honour to celebrate the achievements of our volunteers in such a festive atmosphere where we all had a great time. Without the good people who are the keepers of our game, the athletes cannot have great lacrosse experiences - so to them we tip our hats!"

On Saturday October 13th, the BCLA hosted the world famous buffet breakfast for the delegates, families and sponsors. Over 350 people attended the breakfast in preparation for meetings and the afternoon AGM.

In the evening, the BCLA Merit Awards Banquet took place on the main stage at the Whistler Conference Centre. The "Rock Around Lacrosse" theme was apparent with many people dressed up in 1950's apparel, some old-school letterman sweat-

ers and plenty of greasers with their gals - it was quite an eventful time!

Guests were welcomed through the banquet entrance by Lettermen schoolmates Eugene and Melvin. After a few bottles of Coke a Cola to get things going, and many photo opps outside the Diner entrance, Eugene and Melvin entertained all with their slapstick and famous one liners.

Many banquet participants dressed up in costumes to celebrate the achievements of the volunteers - like the large groups of Islanders, Adanacs, Rebels and the Salmonbellies to name a few! Congratulations to our best-dressed participants Chrystal from Nanaimo in her cherry laden dress, and Dan Soenen from New Westminster in his greaser outfit and accessories. The best-dressed team went to the Rebel Rowsers from Surrey.

The evening was once again emceed by Lacrosse Hall of Famer Dave Evans and with co-emcee KidSport's Pete Quevillon. The banquet crowd was entertained by actors Eugene and Melvin, as well as, the UBC cheer team. Tewanee Joseph, of the Squamish Nation, offered some incredible words of wisdom to the lacrosse family - all in the name of lacrosse. Paul Winterton did his regular bang-up job with the incredible year-in-review DVD that wowed the crowd.

The BC Lacrosse Association annually presents the BCLA Merit Awards to the many lacrosse volunteers who commit their free time to the sport of lacrosse. Seventeen Merit Awards were handed out during the 2018 Merit Awards Banquet held Saturday, October 13th at the Whistler Conference Centre.

The 2018 BCLA Merit Award recipients were as follows: Ted Fridge Family Spirit Award (presented annually to a family deemed to have contributed to the development and promotion of lacrosse locally and/or provincially): The Santucci Family (Dennis, Sabrina, Bianca & Adriana) of Coquitlam; Norm Wright Merit Award (Media of the Year) - Marty Hastings (Kamloops This Week); Hugh Gifford Merit Award (Box & Field Lacrosse-accomplishments of instilling sportsmanship in their players, their leadership and contribution toward improving the image of lacrosse): Box Lacrosse - Denise Forlin (Langley Senior B) and Field Lacrosse - Rita Stroup (Team BC Women's Field); Ruth Seward Merit Award (Box & Field Lacrosse-award to recognize an individual at the local level for their voluntary,



Eugene, Paula, Melvin & Myrna enjoy AGM festivities with over 500 fun seekers.

extraordinary contributions to an association or team): Box Lacrosse - Natalie Cashmore (Nanaimo Senior B); Jimmy Gunn Merit Award Senior Official: Cameron Anderson (Lower Mainland Senior Officials); Jimmy Gunn Merit Award Minor Official: Mike van de Leur (Richmond); Jimmy Gunn Merit Award Field Official: Ted Baranyai (BCLA Officials Group); John Cavallin Merit Award Senior Coach: Pat Coyle (Coquitlam Adanacs Junior A); John Cavallin Merit Award Field Coach: Ian Radonich (Adanac Field & Team BC); Bill McBain Merit Award Minor Coach: Grant Hamilton (Juan de Fuca Minor Lacrosse Association & Team BC); Art Daoust Merit Award (Box & Field Lacrosse award toward fostering and promoting the game, improving the image and stature of lacrosse at their level and provincially): Box Lacrosse - Shawn Swanson (Nanaimo Senior B) and Field Lacrosse - Trish Keizer (Pacific Coast Field Lacrosse League); Leon Hall Merit Award (Minor Box or Field Lacrosse Association of the Year) Box Lacrosse - Surrey Minor Lacrosse Association and Field Lacrosse - New Westminster Field Lacrosse; Irvine-Calder-Nevard Merit Award (award is a testimonial for outstanding public service made by firms, organizations or individuals through lacrosse sponsorship: BCLA's major Provincial Championship's' sponsor, Subway Restaurants of BC. And the most prestigious BCLA Merit Award an individual can receive, the Tom Gordon Plaque, given to an individual who has done the most for lacrosse in the past year, was awarded to longtime volunteer and BCLA Minor Directorate Chair, Gord McIntosh of Port Coquitlam.

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

McIntosh Named BCLA's Mr. Lacrosse

By: LacrosseTalk Staff

The BC Lacrosse Association's 2018 selection for BCLA's most prestigious award, the Tom Gordon plaque, was longtime fan, referee and volunteer, Port Coquitlam's Gord McIntosh.

The Tom Gordon Plaque is BCLA's highest honour for "Mr. or Ms. Lacrosse" for the outstanding achievement of an individual -- an honour one cannot claim as theirs without commending the efforts of others. The Tom Gordon Shield is one of BCLA's original merit awards dating back to 1969.

"Being nominated for the Tom Gordon plaque is an honor and I am still not sure it is fully deserved -- winning it is very humbling," said Gord McIntosh. "I have seen the names on the plaque of all the past winners and I know and have looked up to so many of them, which tells me that I have been around lacrosse for quite a while."

Gord has been involved in lacrosse since the age of 13. He has played, reffed, coached and been involved in different levels of executives locally in his home town with the Port Coquitlam Minor Lacrosse Association. More recently, he has served with the BC Lacrosse Association on the Minor Directorate as Chair.

McIntosh joins some great lacrosse company in being a recipient of the Tom Gordon Plaque.

Ironically, and fittingly, the gold statute trophies merit awards recipients receive are named after a highly regarded lacrosse advocate and past Tom Gordon recipient, Gord's late father, Gary McIntosh.

"What I find particularly satisfying is knowing that my dad won this award in 1987 and 1994 and how proud I was of him when he won. We were very proud of him and the messages I got from my own kids when I got home were very similar. Having my sister, Shannon, sitting at the table with me was a special memory."

Gord's commitment to lacrosse has not gone unnoticed as he was the recipient of the 2002 Jimmy Gunn Senior Referee of the Year Award and the Leon Hall Box Association of the Year Award...now he can add the Tom Gordon plaque as "Mr. Lacrosse" to his mantle.

"I appreciate all the volunteering and the people that makes lacrosse what it is, and look forward to continuing on to help



Photo: Jeff Gombar

Longtime BCLA volunteer Gord McIntosh was named Mr. Lacrosse at the BCLA AGM in October.

where I can. We never volunteer to be recognized, but I will admit that it is a great feeling to have the acknowledgement for doing what I enjoy."

Continued from cover article:
Cover Title: Warriors : Live at Rogers Arena

By: LacrosseTalk Staff

"There is a great buzz about being down here, and for millennials, it gives them a chance to start their night at our game and then head into the downtown night life for a great night out. For families, with our 7 PM start time, we know that most of these families can have their brood back home by 10 PM. For everyone, with our tickets starting at under \$20, it is a value opportunity to bring your family, coworkers, buddies or girlfriends down to a great night out."

If proof is in the pudding, then look at the first two home games for the Warriors. As of this writing, the Warriors are pacing at least double to what was occurring attendance wise out in Langley, with value focussed menu items (\$5 beverages and \$2 hot dogs, churros, pretzels and fries) and some of the best looking sports gear to hit this town in years, so far the Warriors menu for success off the floor has hit the ground running.

As Richardson, Gill and company look to get the on the floor results pointed in the right direction, the Vancouver Warriors will not only show that Lacrosse is back downtown, but that Lacrosse in British Columbia has never been stronger and will continue to grow.

Team BC at Sand Storm

By: LacrosseTalk Staff

At press time, Team BC Women's Field and the U14 Men's teams competed at the 2019 Sand Storm tournament in Indio, CA.

Team BC Senior Women's team finished with 4 wins and a loss. Game scores were: a 16-4 win over NORCAL Rize; 9-8 over Beach Baller; a 15-6 loss to TTP Tenacity Elite Bay Area; 9-6 over TTP Tenacity MAMACI and a 7-0 win over Iron Horse Austin HS.

Team BC Junior Women's team finished with 5 wins and 2 losses. Game scores were: 12-3 over Golden State Rippers; 13-2 over NORCAL Rize; 12-3 over Orange Crush (FL); a 9-7 loss to L.A. Aces; 6-4 over to TTP Tenacity Elite Houston; 7-5 over Seattle Superstix and a 6-5 loss to 212 Lacrosse.

Team BC Sophomore Women's team finished with 4 wins and a loss. Game scores were: 8-2 over Fuzion Lacrosse; 9-3 over TTP Tenacity MAMACI; 15-3 over 3D Lacrosse (Oregon); 9-4 over TTP Tenacity Elite Bay Area; and a 6-5 loss to Seattle Starz 2021.

Team BC Freshman Women's team finished with a 2-2-1 record. Game scores were: a 9-8 loss to Social Express Elite 2022; a 10-10 tie versus TTP Tenacity Elite Houston; 10-5 over Wave L.A. 22; 10-5 over Pacific Falcons; and a 10-7 loss to 3D Lacrosse (Oregon).

The Team BC U14 Men's team finished with 2 wins and 3 losses. Game scores were: 7-1 over HSLA Avalanche; a 9-3 loss to Social Express 2023; a 10-0 loss to 3D Lacrosse Pacific; a 9-4 loss to AZ Hot Sauce; and an 8-5 win over Chauncey Boys.



1968 Salmonbellies called to BC Sports Hall of Fame

By: LacrosseTalk Staff

The BC Sports Hall of Fame announced the 2019 induction class November 14, 2018 at BC Place Stadium. The banner class included the likes of hockey's Sedin brothers, former Whitecaps coach, Tony Waiters, Detroit Red Wings GM, Ken Holland and the 1968 New Westminster Salmonbellies world champion team.

In 1968 and 1969, the Western and Eastern Lacrosse Leagues formed a semi-professional league called the National Lacrosse Association (NLA).

The Eastern Division included the Detroit Olympics, Montreal Canadians, Peterborough Lakers and the Toronto Maple Leafs -- while the Western Division was comprised of the Portland Adanacs, Vancouver Carlings, Victoria Shamrocks and New Westminster Salmonbellies.

In 1968, the New Westminster finished the regular season with a 19-19 win/loss record, in third place behind Portland and Vancouver. New Westminster beat Vancouver in a hard fought seven-game semi-



final and then went on to beat Portland in six games to represent the west in the NLA finals.

The NLA Championship was played in New Westminster against the heavily favored Detroit Olympics, coached by the legendary Jim Bishop. The Salmonbellies won the World Championship in six games.

The 1968 National Lacrosse Association champion New Westminster Salmonbellies. Team Members: Bill Armstrong (general manager), Ray Bennie, Barry Bolton, Albert Brown (honorary president), Barrie Brownlie, Ian Bull,

Dan DesLauriers, Steve d'Easum, Ron Flaten, Ed Goss, Wayne Goss, Ken Henry, Larry Henry, Ken Jew, Al Lewthwaite, Mickey Lynch, Gord MacNab (trainer), Ian Matheson (secretary-treasurer), Dave McDonald (president), Bill McMurchie, Doug McRory (playing manager), Ken Mikkelsen (trainer), Les Norman, Ken Oddy, Paul Parnell, Dr. Hugh Radford (team doctor), Bill Scriver, Cliff Sepka (playing coach), John Shmyr, Paul Shmyr, Wayne Shuttleworth, Dave Tory, Ken Tory, Mac Tyler, Don Wallis, Bill Wilkes, Ken Winzowski.



Photo: CLHoF Archives

The 1968 New Westminster Salmonbellies are the fourth lacrosse team inducted into the BC Sports Hall of fame.

Other lacrosse teams, athletes and builders inducted into the BC Sports Hall of Fame include: 1908 New Westminster Salmonbellies (M) (2003), 1936 North Shore Indians (M) (1999), 1964 Vancouver Carlings (M) (2005), Alex "Dad" Turnbull (1967), Cliff "Doughy" Spring (1967), Douglas Fletcher (1968), Gary Gait (2011), Jack Bionda (1998), James Douglas (1967), John 'Dot' Crookall (1967), Kevin Alexander (2013), Merv Ferguson (1978), Paul Gait (2011), Paul Parnell (2009), Sohen Gill (2009), Wayne Goss (1989) and William 'Bill' Dickinson (1967).

World Field Championships Logo Design Contest

By: Andy Watson

Want to make your mark on the international lacrosse stage?

The 2022 FIL World Men's Lacrosse Championship is seeking submissions for its official logo - more details are available on the Facebook page at <https://www.facebook.com/2022WorldLax/>. The winning entry will receive two complimentary tournament passes and the prestige of having the logo shared on the world stage.

Preference will be given to artists and designers who are able to incorporate Indigenous culture and local landmarks and icons into the design.

The deadline for nominations is March 15, 2019. They should be sent to andywatsonbcloa@gmail.com with the email subject title "Logo Contest."

A shortlist will be compiled later this winter with a final decision incorporating public input to be made later this year.



Poco's Dickson Eyes WILC 2019

By: Gary Ahuja

This time, age will not be a determining factor in Curtis Dickson's chances of making Team Canada.

In 2008, Dickson was just above the age threshold, too old to play for his country as Canada hosted the 2008 Federation of International Lacrosse (FIL) U19 World Lacrosse Championship.

Dickson had celebrated his 20th birthday earlier that summer, rendering him ineligible for that team and forcing him to be a spectator as the best U19 players battled for world supremacy.

Making things even more difficult, the championships were played in Coquitlam, a short drive away from Port Coquitlam, his hometown.

The world is once again coming to the Lower Mainland this time in the form of the 2019 Federation of International Lacrosse (FIL) World Indoor Lacrosse Championship.

The 20-country event runs September 19 to 28 at Langley Events Centre with Canada gunning for a fifth consecutive gold medal at the quadrennial competition.

And Dickson would love nothing more than to wear the Maple Leaf, something he had

done on three previous occasions to great success, winning a pair of gold medals (2014 field lacrosse, 2015 box lacrosse) and a silver medal (2018, field lacrosse).

Missing out on making the team more than a decade ago may have been a disappointment at that time, but Dickson has responded quite nicely, carving out a phenomenal professional career in the National Lacrosse League, with 360 goals and 641 points in 138 career NLL games, all with the Calgary Roughnecks.

Dickson's play earned has already presented him with three opportunities to play on the sport's biggest stage, winning a pair of gold medals and one silver.

"It is a special moment to represent your country and hear your (national) anthem," Dickson said. "That is what everyone is there for, to play for their country (so) it is a pretty special experience."

Dickson's past international experiences have taken him to Denver, Colorado (2014), Syracuse, New York (2015) and Netanya, Israel (2018). The first and last of those competitions were field lacrosse while the other was indoor.

Inside an arena or on an open field, for Dickson it is all about representing his country in the sport he loves.

"You get to play with a lot of guys you are usually playing against, meet new people and travel to some pretty cool places," Dickson said.

But playing for Canada – on home soil and just a half hour or so from home – would be another amazing opportunity.

Langley Events Centre is also a venue Dickson is quite familiar with. In 10 career NLL games with Calgary against the Vancouver Stealth, Dickson potted 34 goals and 32 assists for 66 points, a hefty 6.6 points per game average. And in another five games as a visitor to LEC with the Maple Ridge Burrards of the Western Lacrosse Association, Dickson has tallied 11 goals and 19 points.

"The Langley Events Centre is a great venue. I think it is a perfect size for an event like this," Dickson said.



Curtis Dickson teaches lacrosse skills to children at WILC 2019 medal day.

"There is nothing quite like representing your country and I have been fortunate to do it three times now," he said. "But this would be my first chance to play at home for Canada. It would be pretty cool to get the opportunity to play in front of the home crowd and so close to home."

Dickson's parents were able to travel to watch their son play for Canada in 2014 in Denver, but they were unable to watch attend either in 2015 or 2018.

"If I am fortunate enough to be chosen for this team, it would be pretty special to have so many family and friends nearby and able to watch with it being just down the road," he said.

BC's Best Junior Players Selected at 2018 NLL Draft

By: Owen Munro

Some of the best and brightest BCJALL players past and present kicked off their professional box lacrosse careers at the 2018 NLL Draft. 17 players were selected over the course of the 74 overall picks, and almost all of them find themselves in good situations at their respective clubs.

The newly rebranded Vancouver Warriors added some hometown flair to their lineup, picking almost exclusively from BC, and restocking the shelves under new general manager Dan Richardson. Among those selections is the 2018 BCJALL Top Scorer in the Victoria Shamrocks' Braylon Lumb, who went 55th overall. Lumb showed he can perform in all situations and developed leaps and bounds over the last two seasons when he was relied upon. The Warriors took five players from BC in total.

The Calgary Roughnecks surprisingly took even more with six. Eli Salama and Reece Callies could both develop into vital players for the team's transition game while Adam Dickson could chip in offensively if called on. Tyson Kirkness, who is fresh off a Minto Cup victory with the Coquitlam Adanacs, is also a player to watch as he could make the team out of training camp with his aggressive style of defence.

Two more BC players are headed to San Diego to join the Seals in the inaugural year. Graydon Bradley was another deadline add by the Adanacs en route to the Minto and brings a big physical presence coming out of the back gate. Zac Christianson is also a reliable defender.

Congrats to all the current and former BCJALL players and good luck in your future lacrosse careers.

For more information: <http://www.nll.com/news/nll-draft-results/>

2. Chris Cloutier - Philadelphia
5. Connor Robinson - Saskatchewan
12. Eli Salama - Calgary
13. Reece Callies - Calgary
17. Graydon Bradley - San Diego
23. Adam Dickson - Calgary
24. Nate Wade - Vancouver
30. Dennon Armstrong - Colorado
32. Jean-Luc Chetner - Vancouver

42. Dallas Wade - Vancouver
45. Carter Dickson - Calgary
52. Zac Christianson - San Diego
55. Braylon Lumb - Vancouver
58. Tyson Kirkness - Calgary
63. Dalton Lupul - Saskatchewan
66. Jon Phillips - Vancouver
69. Chase MacIntyre - Calgary

In Memoriam

Delmonico, Ron. February 16, 1934 – October 26, 2018. A popular member of the Delmonico lacrosse family has passed away. Ron Delmonico was born in 1934, the same year his father, Henry, imported hundreds of lacrosse sticks and distributed them to youngsters in Vancouver's West Point Grey district. For 20 years, Henry coached minor teams at the Locarno Box, many included Ron and his five brothers. One of the brothers, Herb, later spent 11 seasons as a goalie for the senior Richmond Farmers team despite having sight in one eye. Another brother, Norm, also saw action in the senior league. Ron played his junior years with Kerrisdale before joining the senior Vancouver Burrards in 1954, winning the rookie-of-the-year award. Later, he saw action with New West and North Burnaby, then

like his father, coached for 35 years. Currently, grandson, Matthew, plays for the Coquitlam Adanacs senior club. Sadly, Ron passed away on October 26, 2019.

Fulton, Albert. December 13, 1941 - November 21, 2018, Passed away on November 21 in Maple Ridge, at the age of 76. Born December 13, 1941 in St. Boniface, Manitoba. Survived by his loving wife Joan, son Greg; daughters Lesley (Tony); and Stacey (Matt); grandchildren Alex, Derrick, Brittany, Jayden, Julian, Ceydee, Stephanie, and Brooke; sisters Carol, Joan (Brian), Rae (Brian), Janis, Fern (Ian) as well as nieces, nephews and friends. Ab was a longtime Burrards volunteer who took on any role and was always seen around Cam Neely arena.

Watson, Dave. Passed away October 26, 2018. Retired Saanich Lacrosse President and Victoria Shamrock executive member, Dave Watson, passed away from cancer. Dave was 71.

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BCJALL 2019 Season Preview

By: Owen Munro

The BCJALL is setting up to be one of the most competitive seasons in recent memory. Not only has Coquitlam's Minto Cup title raised the standards for other teams, but teams are responding, striving to build a team that can match the best BC and Ontario can offer.

Teams like New Westminster, Langley and Victoria are primed for a potential run for the provincial title by building deep, balanced rosters that can put the ball in the net and play solid defense. Other clubs like Port Coquitlam and Burnaby are building promising programs by giving young players opportunities to immediately contribute while investing heavily in the BCJALL Midget Draft. Nanaimo and Delta also showed signs of turning things around last year, and will draw on a quality minor feeder systems to continue building momentum.

So here's how we see it going into the 2019 campaign.

Burnaby Lakers

2018 Season: 2-18-1 (Missed Playoffs)

Predicted 2019 Finish: 7th

The Lakers' two wins last season wasn't a true indicator of their talent. Burnaby struggled in the scoring department by netting the fewest goals for (156) with a total goal differential of -90. They scored at a 28% clip on the power play, which was amongst the worst in the league.

The addition of one of the game's most prolific scorers as head coach could change things. Hall of Famer, Russ Heard, accepted the role after the departure of Jason Dallavalle. If there's any place Heard will be able to help the most, it's in the goal scoring department.

Returning goaltender, Matteo Tack, showed a lot of promise with solid numbers despite a 1-5 record. He turned aside 297 shots in 459 minutes of work and a .814 save percentage. He may have to battle for the crease with new acquisition Diesel De Guzman, acquired in an off-season trade from Port Coquitlam. Ryan Johansson was the second overall pick in the 2017 draft and will surely improve on a 14 point season.

The club still has a long way to go, but things appear to be on the upswing at Bill Copeland Arena.



Coquitlam Adanacs

2018 Season: 18-2-1 (BCJALL Champions)

Projected 2019 Finish: 1st

Adding another Minto Cup to the cabinet raises expectations once again for the A's despite looking invincible en route to a National Championship. It's a team that's used to it and will be the runaway favourites to claim another BC title.

Coquitlam have one of the best talent bases to draw from but are still the most forward-thinking team when it comes to player acquisition. Having Christian Del Bianco in net definitely doesn't hurt, but trades like the transfer of Chase Scanlan from Ontario and adding Ryland Rees, Dylan Foulds and Graydon Bradley in a last-minute deadline deal with the Saints helped this team get over the top.

Look no further than Luca Antongiovanni as an example of the depth that developed through the Adanac system. The youngest player on the roster shone during the playoffs after a call-up from Midget A1 and contributed in the transition game at the Minto Cup.

Replacing Del Bianco will also be no easy feat, but the Adanacs are confident backup Nate Faccin can step up to the plate.

Delta Islanders

2018 Season: 6-14 (Missed Playoffs)

Projected 2019 Finish: 5th

Kyle Goundrey's staff look to turn things back around in a big way for the Islanders. After finishing the 2018 season with only two more wins than the 2017 campaign, 2019 looks a lot brighter.

The cupboard was pretty bare when he took over the Islanders' after an exciting provincial championship win and Minto Cup appearance in 2017. Goundrey is building it back up with assistance from Hall of Famer Andy Ogilvie. Ogilvie's presence paid immediate dividends on defense. They will need to develop what they have in the system now as their Minto run left them with only a handful of draft picks over the last two seasons.

That means the pressure is on former NLL goaltender and new General Manager, Matt Disher, to put together a competitive team, but you can bet he will be up to the task.

Langley Thunder

2018 Season: 10-10-1 (Missed Playoffs)

Projected 2019 Finish: 4th

Finishing 10-10-1 was a metaphor for the Langley Thunder's 2018 season. Despite one of the most competitive rosters on paper, the Thunder never seemed to put it all together on the floor. They averaged near the middle of the league in goals for and goals against with a -2 goal differential.

Langley has a lot of building blocks for the near future, one of the best being Braeden Washington, last season's No. 2 overall pick. Great goaltending will make the difference in close games when it matters. Washington follows Faccin as the next quality goaltending prospect to come out of Maple Ridge in recent years.

The Thunder need to make solid picks in the draft but are set up well to compete for the playoffs again this season after missing out by only a few points to Victoria.

Nanaimo Timbermen

2018 Season: 3-17 (Missed Playoffs)

Projected 2019 Season: 7th

Year in, year out, Nanaimo proves to be one of the scrappiest teams in the league. The T-men may not have been overly successful in the win-loss column the last few seasons, but things are improving.

The Timbermen have built an exciting core of young offensive players. Thomas



Coquitlam Junior Adanacs looks to repeat as BCJALL Champs.

Vaesen finished among the league point leaders (66 pts), 37 as goals. Former first round pick Colton Lidstone, chipped in with 53 points, 38 of them assists. Some defensive improvements will result in more wins -- Nanaimo finished with a -100 goal differential and killed only 57% of their penalties despite having one of the highest totals in the BCJALL.

Colin Jeffrey will get another chance to prove why the T-men invested a 2017 second round pick in him. Last year's No. 1 overall selection, Arthur Miller, also improved as he grew comfortable with the pace and physicality of Junior A lacrosse. He could have one of the biggest jumps in points of any player in the league.

New Westminster Salmonbellies

2018 Season: 15-6 (Lost in BCJALL Finals)

Projected 2019 Finish: 2nd

There was a point in the 2018 BCJALL Final series that the Salmonbellies appeared to have the Adanacs on the proverbial ropes. They flipped home floor advantage by taking the first two games on the road before being thoroughly outplayed in Game 4. It illustrated why the 'Bellies consistently have a chance to go to the Minto.

Will Malcom will be looked upon to improve on his Rookie of the Year season. While 83 points in 21 regular season games was one of the highest in the BCJALL, it was in the playoffs where he shone brightest. Malcom played some of his best lacrosse in the Coquitlam series and scored more than a few highlight reel goals.

The 'Bellies lost plenty to graduation, but none more so than losing all-star goaltender, Erik Kratz. Kratz finished off an excellent career and earned a tryout with the NLL's San Diego Seals. Keegan Melenychuk only appeared in 134 minutes over the regular season and playoffs but looked good in goal with limited action. He could be an option moving forward, but knowing New West's past history, you can't rule out the team recruiting a goalie.

Port Coquitlam Saints

2018 Season: 13-6-2 (Made Playoffs)

Projected 2019 Finish: 6th

Poco Saints transitioned into 2019 as Reg and Chris Thompson retired from the organization after 24 years and will undoubtedly be missed by the lacrosse community. Longtime Saint coach and administrator, Josh Wahl, took over the General Manager duties in 2019. He was previously named co-coach alongside WLA and NLL great, Dan Stroup, towards the end of last season.

There has been plenty of turnover with the Saints. The team lost cornerstone players Ryland Rees, Ty Goff and Graydon Bradley and will need to be replaced. More emphasis will be placed on the team's younger core, which may result in some struggles as they figure it out during the season. Poco already kick started that process with a number of first round picks acquired from trade deadline deals with the A's.

Don't be surprised to see the Saints in the thick of the 2019 playoff race. They're currently projected to finish 6th but they were also underestimated with their third place finish last season.

Victoria Shamrocks

2018 Finish: 13-7-1

Projected 2019 Finish: 3rd

It was almost too little, too late for the Shamrocks last season. They went on a tear after a rocky start but only managed to finish in fourth which matched them up with the Adanacs in the first round of the playoffs. The 'Rocks put up a valiant effort but were overmatched in the series.

The 'Rocks are always one of the best teams to develop talent and consistently win no matter who's in their lineup. The Jr. B Tier 1 team won the provincials with Patrick Dodds and Casey Wilson leading the way with a combined 172 points. Improving on 13 wins may be tough but not impossible.



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U15/12 Women's Field Provincials
&
U11 Boys Invitational Tournament
Burnaby
Burnaby Lake Sports Complex
February 15-18, 2019






Space Needle Shootout Results

By: LacrosseTalk Staff

The Washington Lacrosse Foundation hosted their 15th annual Space Needle Shootout on the November 30-December 2, 2018 in Tukwila, Washington. 84 teams participated in the largest boy's lacrosse tournament on the west coast, with teams from all over the Pacific Northwest and western states.

Out of the 84 teams, 17 teams hailed from clubs in BC including Nanaimo District Senior Secondary, Vancouver/Richmond, Royal Bay HS, Claremont HS, Ridge Meadows, Coquitlam, Victoria, Pac Rim and Delta.

Three BC teams took home titles as the Claremont Spartans Senior team took the Elite division championship; Royal Bay Juniors won the High School Division (9 & 10th grades); and the Ridge Meadows Burrards were crowned Tournament (3 & 4th grades) champs.

Claremont Senior team went a perfect 6-0 outscoring their opponents 57-19 at the Space Needle Shootout. The Spartans went undefeated in the round robin with wins over Wenatchee (10-2), Pinnacle ACES (7-2), Skyline (14-6) and Woodinvale (10-1). In the medal round, the Spartans battled to an 8-3 win over Seattle Panthers Elite, and in the final, a victory over Mercer Island (8-5) to take the Elite Division title. This was the fifth straight title in five years for the Spartans.

"The Senior guys we are fortunate to have a very strong and deep grade 12 class in talent, lacrosse IQ, as well as numbers of players,"

explained Claremont Head Coach Darren Reisig. "The level of play for west coast lacrosse continues to rise. The Sunday final in particular between us and Mercer was excellent lacrosse."

"I feel our athleticism mixed with our lacrosse abilities was very good and likely what tipped the balance for us. We are fortunate to be able to play six real threats at any one time and when they play together prove difficult to stop."

The Royal Bay Junior team went a perfect 5-0 outscoring their opponents 52-11 at the Space Needle Shootout. The Ravens went undefeated in the round robin with wins over Bellvue (14-0), Seattle Panther (15-1) and Mid-Columbia Elite (11-1). In the medal round, the Ravens outlasted COB 21/22 7-5, and in the final, a victory over South Sound HS Elite (5-4) to take the High School (9-10 grades) Division title.

"The boys played hard, respectful lacrosse winning the Junior division in only the start of the 3rd year of the academy," said Head Coach Lucas MacNeil. "The victory was a team effort that all student athletes and parents of the academy should be proud of."

The Ridge Meadows Burrards team that competed in the grade 3 & 4 Division, also came home with hardware. The Burrards began the tournament with a 16-0 win versus Skyline, then continued their offensive barrage with a 10-3 win over Bellvue Blue to punch their ticket into the semi-finals. Ridge handled the Issaquah 11-4 in the semis, and in the



Claremont Spartan Senior team wins fifth straight Eloite Division title at Spaceneedle Shootout.



Royal Bay Ravens Juniors finish strong and won the High School 9-10 Division.

finals, met Bellvue Blue again, and played their toughest match of the tournament only to win 9-4 for the title.

This event gives highly experienced youth, middle school and high school players the

chance to compete against the best teams from around the region. This kind of opportunity makes this event a must-do for every competitive lacrosse player, as different play and coaching styles clash in an exciting tournament at the Starfire Sports Complex.

Reg Thompson Announces Retirement as Saints President

By: Owen Munro

Reg Thompson is retiring as President of the Port Coquitlam Saints after a 24-year run that began when the BC Junior A Lacrosse League expanded to the city in 1995. A group of Port Coquitlam Saints Minor executive members will fill the role Reg leaves behind.

Reg would go on to run the team with his wife Chris, the two doing everything from recruiting players to washing the jerseys after the game. He may be leaving his position, but Thompson says he will still be excited to watch the Saints compete from a different point of view.

"I'll be 77 next year, I don't like doing it the way I used to," Thompson said. "I don't like getting there three hours before now, I would rather stroll in right at game time."

"All of the memories have been special, I've enjoyed them all. Players to us as kids and when they were finished they came out as men. Lots have gone on to have success in business, trades, and lacrosse. We have three or four trainers that have gone on to be doctors."

Reg isn't going too far, but he will still be giving back to the game he's long been involved in. With his legacy comes the legacy of one of the iconic Port Coquitlam Saint logo, and that will now be used on all Poco minor jerseys, shorts

and other gear to make it what he calls it "all one flavour."

Replacing Reg is an unenviable task - he admits it's not easy to run the day-in-day-out operations of the team, but he has confidence in who is taking over. He will also be staying on as an advisor to the new executive group.

"The transition will take some time getting used to, I'll be sticking around so they don't go at it the wrong way."

BCJALL President Karl Christiansen calls Reg one of the most respected people in all of BC lacrosse. He says the dedication he has given the club and the game of lacrosse is immeasurable.

"I've known Reg Thompson for over 40 years. As a kid growing up in Port Coquitlam, Reg always wanted a place for us to play from Mini-Tyke right through. His 24 years with the Port Coquitlam Junior A team just shows his dedication to ensure kids in Port Coquitlam a place to play beyond Minor," Christiansen said. "Reg will continue to come to games in the BCJALL, he's a lifetime member and I look forward to seeing him at games as a fan cheering on the Saints as they march into 2019."

The BCJALL wishes Reg all the best in the future and good luck to the incoming executive.

Antiki Masters Win in Hawaii

By: LacrosseTalk Staff

Hawaii Lacrosse hosted the 28th annual international tournament from October 26-28, 2018. The event is a favorite of teams from all over the world who love playing The Creators Game in paradise!

The 2018 tournament was hosted at Kapiolani Park, located at the foot of Diamond Head. Teams from around the world competed in the Elite, Grand Masters, Masters, Legends and Women's divisions.

This year, the Antikis fielded four teams in the tournament: Grand Masters, Masters, Leg-

ends and for the first time sent an Elite Team to the tournament under the name Antikis Lite.

The Antiki Grand Masters won the tournament by beating the Jaybirds for the second year in a row, Legends lost in the final to Hawaii, Masters had a great trip but didn't make the finals and the inaugural Elite team lost to Olympic by one goal in the semi-finals - not bad for a team that never even practiced together.

Antiki Grand Masters (and some Legends) team roster included: James Abbott, Trevor Andres, Dave Black, Matt Black, Stu Black, Brian Bradley, Vince Critchley, Troy Dickson, Rob

Glancy, Steve Goodwin, Warren Goss, Walter Green, Jamie Hackel, Russ Heard, Ken Hinds, Cam Janzen, Ryan Keller, James Luddington, Mike Lynch, Blair Mitchell, Tosh Nishimura, and Tom Temple.

Antiki Legends roster members included: Dave Bensmiller, Steve Booth, Dean Callard, Kon Defoe, Brett Doig, Mason Gratto, Chad Hanson, William Jones, Mike Kirstiuk, Rob Lowe, Rick Mang, Ian Quinney, Ryan Reed, Bill Schonewille, Bill Smith and Alex Vanichuk.

Antiki Masters roster members included: Kyle McIntosh, Mike Bolzan, Brad MacDonald, Cam Janzen, Martin Sagmoen, David Denenberg, Walter Green, Lance Crafton, Brad Rennie, Kraig Hamady, Rob Reading, Blair

Poy, Curt Malawsky, Kelly Scott, John Olson, Justin Doucette, Chris Veenstra, Adam Kirstiuk, Aaron Vanderhorst and Kerry Susheski.

Antiki Masters also had a team of their children, Antikis Ultra Lites play a fun game with the Hawaiian Youth on the Sunday of the Tournament.

Antikis Lite Roster members included: Trevor Baptiste, Shayne Bennett, Wes Berg, Graydon Bradley, Callum Crawford, Christian Del Bianco, Adam Dickson, Carter Dickson, Curtis Dickson, Justin Goodwin, Ryan Heard, Mitch Jones, Jon Phillips, Connor Robinson, Challen Rogers, Kerry Susheski, Mitch Stokes and Mitch Winter.



Antiki Elite Team.



Antiki Masters Team.

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"Mr. Lacrosse"*



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

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

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

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

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

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

**Jack Crosby Endowment Fund Donations can be sent to:
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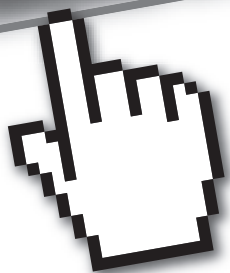
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Team BC Women Showcase Talents in Florida

By: LacrosseTalk Staff

Sunny FLA was the destination for the Team BC Women's Field Sophomore, Junior and Senior teams for the annual IWLCA Brine/New Balance Presidents Cup Recruiting Tournament in Kissimmee and Auburndale, Florida November 16-18, 2019.

The President's Cup Tournament is a showcase of lacrosse athletes, and their talents, for numerous college and university coaches to scout and make connections with young up and coming lacrosse players. This stage has been where many Team BC athletes have made impressions on college scouts and started the recruitment process. To date, over 60 Team BC Field Lacrosse athletes have gone off to collegiate lacrosse programs.

The Team BC program has attracted the likes of Team BC alumni athletes Ashley Bull (Canisius), Catie Greenlay and Danita Stroup (Northwestern) who have returned to give back to the program that once trained them. Coach Dan Stroup feels their presence on the sidelines is second to none.

"The most rewarding aspect for our players, and our program, is having a female coach in each division (in Florida) with so much experience was awesome for the girls," explained Stroup. "By far Team BC has the best female coaches in Canada."

Sophomore assistant, Catie Greenlay, has years of playing and coaching experience. She brings incredible game experience and the young players look up to her. Junior assistant Ashley Bull brings five years NCAA along with Team Canada experience that is invaluable. And Senior Assistant, Danita Stroup, has five years NCAA experience, Team Canada Women's Senior and U19 Field experience and has a 2015 U19 World Championship medal on her resume. These three young coaches add a great dimension to the Team BC program and are committed to share their lacrosse knowledge.

"All three of our teams were as well coached as I could ever hope," noted Team BC Coordinator Reynold Comeault. "The inclusion of the three best local female Women's Field Lacrosse Coaches benefitted our athletes immensely! Our on field organization and just the right mix of fundamentals and systems showed very well to the College Coaches in attendance this year in Florida."

The Sophomores were ready to get to business in their first trip to Florida. Early nerves and excitement were evident under Friday Night lights in their first game. The game was tight all the way through which lead to a 9-8 victory over STEPS NJ White (New Jersey). In game 2, the Team BC Sophomores were up against South Jersey Selects Black (New Jersey). Team BC played well in another one goal game, but was on the losing end of a 7-6 decision. Game 3 pitted the Sophomore ladies against team CRASH 2021 (Virginia). Team BC bounced back with a great performance in the see-saw battle and pulled through to take a hard-fought 10-8 win. Team BC's final game proved to be their most complete game with an explosive offensive output in a lopsided 12-3 victory to team TLC 2021 White of (Maryland).

Head Coach Fred Jenner and assistant Catie Greenlay prepared their team at a high level to be the best trained athletes for the gruelling 3-day event. Coach Jenner was proud of how the Sophomores competed and look to improve upon the little things moving forward.

"The things we did well were that we worked hard on our team defense, we supported each other well on our cleats and we played a very strong two-man game around the crease to put the ball in the net when we needed," explained Coach Jenner. "We really have to work on limiting our mistakes with turnovers, forced passes in tight and improving our face off possession."

"Our objectives were to have them (the athletes) compete with the highest amount of effort they could, play with a smile, and be amaz-



Team BC Women's Field Senior team at 2018 Presidents Cup in Florida.



Team BC Women's Field Junior team at 2018 Presidents Cup in Florida.



Team BC Women's Field Sophomore team at 2018 Presidents Cup in Florida.



ing teammates to each other on the field – they accomplished all three," noted Jenner. "Then, when all the games were done, we had a blast at Universal Studios drinking Butter Beer and going on some amazing roller coasters!!"

The Team BC Juniors competed in the top division and had to work extra hard at both ends of the field. The Juniors netted 22 goals but yielded 44 against in 4 games. Game one proved to be a lesson on ball possession and goal scoring as Team BC dropped their opener in a 14-0 loss to a talented STEPS NJ 2021 Blue (New Jersey) team. In game two, Team BC got their offensive game rolling versus a tough Summit Elite (Colorado) team, but lost 13-7. Team BC Juniors put an honest effort in, but were again out-possessed and were handed a 13-7 loss to Snipers Elite Lacrosse 2020 (New York). To round out the tournament, the Juniors got into the win column on a solid effort on both offense and defense to win 9-4 versus Minnesota Elite (Minnesota).

"The girls played great at the Presidents' Cup," said Junior Head Coach Jason Carr. "We moved up and played in the top tier and faced the best teams the US has to offer. We got off to a tough start, but the girls never gave up and fought hard every game adapting and improving each game. We now have a better understanding of where the bar is and what it will take to compete against some of the best players in North America."

The Senior squad trained hard leading up to the Florida trip. They started the tournament against a powerful Lax Maniax 2019 (Florida) squad and battled to the final whistle with Team BC the victors 9-8. In game 2, Team BC were surprised by a feisty and talented ACES (California) team and were handed a lopsided 15-3 loss. The ladies regrouped and learned from their game two experiences. Team BC Seniors faced off against Fever 2019 (North Carolina) in game 3. The teams proved to be evenly matched on both ends of the field. The back and forth action proved the same as the Seniors ended the game deadlocked in a 10-10 tie. In the final game, fatigue set in, but the ladies battled through it to put together their highest offensive output and their best defensive game as they defeated Tenacity Elite Houston 2019 (Texas) 11-7.

Coach Stroup praised the commitment of his athletes and the efforts of his coaching staff, including Team BC alumni, NCAA and Team Canada athlete, and daughter, Danita Stroup.

"Our young athletes trained very hard for 3 months to prepare for this tournament, sacrificing Saturday nights and early Sunday mornings – they worked hard and it showed," said Team BC Senior Head Coach Dan Stroup.

"Coach Danita and I are very proud of how our Seniors (2019) played," said Stroup. "Our success was partly due to the work on draw control and their commitment to excellence in preparations for this tournament. Once our Seniors had control of the ball, the only time they dropped it was in the back of the opponents' net. Our Canadian stick skills also stood out with great passing plays. The team played amazing, from our goaltenders to our attacks. Many NCAA coaches took notice of our girls."

Team BC Field Lacrosse Co-ordinator, Reynold Comeault, was impressed with the Team BC efforts and was kept on his toes manning the sidelines while talking to NCAA coaches about Team BC athletes.

"Once again the President's Cup proved to be a very valuable event to attend for the Team BC Women's Field Lacrosse program," said Comeault. "The sidelines were filled with college coaches, several of which had flowing praise for the skills and abilities of our players. A Division 1 coach watching our Sophomore team with me said -- 'I'll take them all Rey'!"

Team BC Women's Field Program Head Coach, Dan Stroup, is proud of the growth of the program and owes much of the program successes to everyone involved, from management to coaches.

"I'm very proud of all our teams off and on the field," said Coach Stroup. "This trip was an amazing experience for our young athletes, but this doesn't come without months of preparation and planning for close to 60 girls by Team BC Manager Rita Stroup and our program Co-ordinator Rey Comeault. On this trip, Rita had great chaperones -- Brandi Carr (Juniors) and Carrie Dunnett (Sophomores), who assisted with all the athletes needs from driving, preparing meals and whatever our young athletes required."

A big tip of the hat to all coaches, athletes, parents and volunteers for the great experience this year. A big thank you goes out to Team Manager Rita Stroup, and her assistants Brandi Carr and Carrie Dunnett for their tireless work to make the Team BC experience special for the athletes. Team BC Field Lacrosse Co-ordinator, Rey Comeault and Women's Field Lacrosse Program Head Coach, Dan Stroup, continue to steer the program in a positive direction to help our athlete's game.

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Team BC U16 and U15 Showcase In Maryland

By: Ray Richards & LacrosseTalk Staff

The Team BC U16 and U15 Men's Lacrosse teams travelled to Maryland to compete at the prestigious Autumn Gold Showcase over the November 9-11, 2018 weekend. The teams competed in one of the most competitive recruitment showcase tournaments along the east coast. The Autumn Gold Showcase attracts over 100 collegiate coaches to watch and recruit some of the top high school lacrosse players.

After an undefeated 2017 tournament (6 wins, 1 tie), this year's U15 team looked for more of the results they had a year ago. The U16 team wanted to recommit themselves and play together again to compete at a high level and make further college connections. All games took place at Boys Latin & Gilman High Schools as well as Towson University outside Baltimore.

Team BC U16's returned to Towson after a very successful 2017 as Alumni Cup champs and a robust undefeated record at the Autumn Gold tournament. 2018 was more challenging, but a great way to play high level competitions to push ones game to the next level. The U16's competed well and came home with a 3-3-1 record.

Team BC U16 coach, Mitch Cavallarin, worked the sidelines for the U16's and was impressed with their efforts.

"Overall, the athletes progressed as the weekend went on and improved after every game," noted Cavallarin. "I was very impressed with

the level of talent that the team possessed. The team generated a lot of interest from the college scouts that were in attendance. Without a doubt, I believe that the majority of these players will be making a major impact in the NCAA in the years to come."



"Without a doubt, I believe that the majority of these athletes will be making a major impact in the NCAA in the years to come." -- Team BC Coach Mitch Cavallarin

Team BC U16 scores were:
Team BC (8) – Evolve Elite USA 20 (0). Team BC Scoring: Morais (1G, 1A), Porteous (1G, 1A), Dergousoff (1G, 1A), Ducommun (2G), Solomon (1G), Ickert (1G), Arsenault (1A).

Team BC (0) – Long Island Outlaws 20 (5)

Team BC (2) – Advnc 20 (7). Team BC Scoring: Ducommun (1G, 1A), Morais (1G).

Team BC (2) – Team 91 Carolina 20 (4). Team BC Scoring: Porteous (1G), Ducommun (1G), Arsenault (1A).

Team BC (6) – FCA MD White 20 (3). Team BC Scoring: Arsenault (2G), Ducommun (2G), Phillips (1G), Solomon (1G), Bradley (1A), Clark (1A), Dergousoff (1A).

Team BC (5) – Thunder LB3 Orange 20 Atlanta (1). Team BC Scoring: Ickert (1G), Dawson (1G), Phillips (1G), Clark (1G, 2A), Porteous (1), Arsenault (1A).

Team BC (3) – Team 91 MD 20 (3). Team BC Scoring: Porteous (1G), Bradley (1G), MacDonald (1G), Solomon (1A).

"The boys competed well and seemed to adjust to the speed and rules of the game well," noted Radonich. "The U15s seemed to do a great job of being physical and being



Team BC U16 & U15 Men's Field team at Autumn Gold Tournament in Maryland.

able to push the ball in transition when we had our opportunities to. All of the teams we competed against were older and I was really proud that the boys rose to the task to take on the challenge."

U15 scores were:

Team BC (7) – Long Island Rebels (10)

Team BC Scoring Yachney (1G), Manning (2G, 1A), Favaro (1G, 1A), Munro (1G, 1A), Miller (1G), Meyer (1G), McCormick (3A), Iacino (3A), Webster (1A), Fridge (1A).

Team BC (4) – Team 91 Florida (5)

Team BC Scoring: Favaro (2G), Yachney (1G), Manning (1G), McCormick (2A), Iacino (2A), Fridge (1A), Hoogstraten (1A), Webster (1A), Miller (1A).

Team BC (4) – Iron Horse Austin (7)

Team BC Scoring: Favaro (1G), Manning (1G), Munro (1G), Hoogstraten (1G), Vincent (1A), Fridge (1A), Hoogstraten (1A), Iacino (1A), Yachney (1A).

Team BC (6) – True MI 21 (6)

Team BC Scoring: Meyer (2G, 1A), Favaro (1G, 2A), Hoogstraten (1G), Fridge (1G), Collery (1G), Manning (3A), Shephard (2A), Vincent (1A).

Team BC (3) – API 21 (6)

Team BC Scoring: Yachney (1G), Manning (1G, 2A), Hoogstraten (1G), Favaro (2A).

Team BC (1) – True MI 20 (10)

Team BC Scoring: Marshall (1G), Munro (1A), Favaro (1A).

Team BC Field Coordinator, Reynold Comeault, was happy with the achievements of both teams and the experiences learned playing such high level competitions.

"We're very pleased with the experience gained by our U15 and U16 athletes who were able to play in front of the best college coaches in North America in an event such as the Autumn Gold," praised Comeault. "Although our U15 group didn't necessarily fare well in the wins and losses column, the experience of seeing what it takes to compete with the best American lacrosse athletes is invaluable.

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Team BC Athletes College Bound

By: LacrosseTalk Staff

Team BC high performance lacrosse program has been part of the BCLA lacrosse landscape since the 1990's when provincial all-star teams, like the BC Stars and Selects Men's Field Lacrosse teams, competed at National tournaments.

In 2003, the reinstatement of Box Nationals took shape with the first Team BC Pee Wee boy's box team that attended the Ontario Lacrosse Festival and competed at the Pee Wee National Championships in Ontario. This was the first of many youth age groups to be reintroduced National competitions. Eight years later (2011), the Team BC Women's Field Lacrosse program was born and is thriving with four high performance teams.

Team BC offers nearly three hundred Box and Field athletes (annually) the opportunity to train at a high level, be instructed by the game's leading edge coaches and compete at some of the most competitive tournaments.

"It's been a very productive progression for our female athletes in the Team BC Lacrosse Program," stated Team BC's Reynold Comeault. "The colleges and universities are eager to recruit our players based on their style of play. Coaches are very impressed with our players' grasp of fundamentals and the creative approach that they bring to the field."

Every year, BCLA athletes make college connections and attend Canadian and NCAA institutions and compete with various lacrosse programs.

The Team BC program is proud to be a training grounds to assist our athletes to the next level and have that chance to be noticed for college opportunities. Where there were few opportunities for these athletes' only decades ago, Team BC and club programs have positioned our athletes on the recruitment radars

of many institutions and opened the doors for recruitment opportunities.

To date, 100+ Team BC athletes have attended post-secondary institutions with NCAA institutions as student athletes in lacrosse programs at Division 1, 2 and 3 schools.

The 2018-19 version of the Team BC Women's and Men's Field programs has seen more athletes make college connections with many making verbal commitments and signing National Letters of Intent (NLI) this past year.

"This year marked the most Senior athletes signing their NLI with several more soon to be committed as result of their hard work and display of talent in Orlando," stated Comeault.

Fourteen athletes were honoured at an intimate ceremony hosted at the BCLA for Team BC athletes and parents to celebrate their NCAA National Letter of Intent Signing on Wednesday November 14, 2018.

Team BC athletes signing letters of intent included: Mackenzie Blair (Rockhurst), Addison Bradley (Rockhurst University), Natalie Gane (University of Oregon), Bria Hamilton (Mt. Olive), Maki Jenner (University of Denver), Megan Morris (Walsh University), Mady Morrison (Rockhurst University), Olivia Ohlmann (Campbell University), Taya Schubert (Concordia University), Daniella Stroup (Northwestern University), Alyssa Wahl (Saint Leo University), Katelyn Walker (George Washington University), Drew Andre (Lewis University) and Kevin Sobey (Cleveland State). Victoria's Ryan Sheridan (Hofstra) is another past Team BC athlete who signed a letter of intent recently.

"It is great to see the athlete come through the Team BC program to this point," said Team BC Women's Head Coach Dan Stroup. "Many of the athletes (Women's Field) have

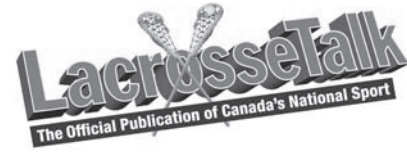
been in the program for 6 years -- now the hard work begins."

Congratulations to all athletes signing their letters of intent and best of luck with your future studies.



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Team BC Freshman Take Northwest Festival

By: LacrosseTalk Staff

Training hard, getting their feet wet in competitions and to raise their games were the early stages of development for the Team BC Freshman Women's Field Lacrosse team. They did just that with an impressive display of lacrosse at the Northwest Fall Lacrosse Festival in Yakima, Washington, November 3-4, 2018.

Head Coach Derek Murrell and assistant, Mike Kask, have a talented group of athletes that worked hard to prepare for their first test. Their efforts paid off with a flawless 4-0 record.

"I could not have been more pleased with the girls' play at this tournament," said Head Coach Murrell. "Their athleticism, competitiveness, and commitment to each other was extremely impressive. It is no exaggeration to say that their opponents were overwhelmed by their skill and intensity throughout the event."



"Our team's positive attitude and sense of togetherness is largely due to the example set by our leadership group of returning players." – Team BC Coach Derek Murrell

In the four games, Team BC outscored their opponents 34-3. In game one, Team BC Freshman outpaced the 3 Rivers team (Kennewick/Spokane, WA) 12-1. Much of the same offensive barrage occurred in game 2 with a similar 12-1 trouncing of Tenacity Portland 2021/2022 (Portland, Oregon). In the final game of the day, Team BC met a newcomer to the pitch in the Cranbrook Badgers team (Cranbrook, BC) and won 10-0.

"The team excelled at their transition game and proved that they were without question, the fittest group on the field," stated assistant coach Mike Kask. "The high level of fitness proved we could run over most opponents in the second half."

On day two, the Freshman were amped to get out and play again as they met Mission (BC) and won 14-0. In the tournament final,



Team BC Women's Freshman team went a perfect 4-0 at Northwest Festival.

Team BC had another great offensive output winning the event with a 15-1 win over Tenacity Portland.

A very impressive outcome on the score board, but as Coach Murrell pointed out, even more inspiring in their leadership and fair play!

"More impressive to me was that once each game's outcome was evident, the girls showed their maturity by not running up the score -- instead opting to work on our set offence and

controlling the ball," explained a proud Murrell. "Our team's positive attitude and sense of togetherness is largely due to the example set by our leadership group of returning players. They have set the tone for our program from the outset and are truly an outstanding group of young athletes. Of particular note is that the girls worked very hard in an effort to ensure that every player on the roster scored a goal at the tournament."

Adanacs up for Two Sport BC Awards

2018 Minto Cup Champs & Coach Pat Coyle Nominated for Team & Coach Awards

By: LacrosseTalk Staff

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

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

"Each year the Athlete of the Year Awards selection committee reviews all nominations and recognizes the talented and deserving athletes, coaches and officials", notes President & CEO of Sport BC, Rob Newman. "The nominees for the 2019 Sport BC Athlete of the Year Awards represent 25 sports and 16 various cities who are all representative of the strength and depth of sport development in our province over the last 53 years. Each year, we are grateful for the support and contribution of our sport and business partners and volunteers."

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

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

Sport BC Team of the Year Nomination: Coquitlam Adanacs Junior A Lacrosse Club

2018 marked 13 consecutive seasons the Adanacs achieved a winning regular season record. After losing thirteen players from their 2017 roster, the defending BC Junior A Lacrosse League (BCJALL) champions finished 2018 in first place with an 18-2-1 regular season record. Coquitlam amassed an overall

26-4-1 BCJALL regular season and playoff record.

This well-balanced team scored 248 goals, with only two players in the top 20 league scoring. The league's stingiest defense, headed by league Top Goaltender and All-Star, Christian Del Bianco, only allowed 131 goals against (6.24 goals per game) in 21 regular season games.

Head Coach, Pat Coyle's, Adanac team finished the regular season in first place atop the BCJALL, entered the playoffs as the top seed and swept the Victoria Shamrocks 3-0 in the semi-finals. In the BCJALL Provincial finals, the A's found themselves down 2 games to 1 in the best-of-seven finals to the New Westminister Salmonbellies. Coquitlam rattled off three straight wins, outscoring New Westminister 36-13 the rest of the way, to capture the BCJALL title 4 games to 2 and a spot in the 2018 Minto Cup National Championships.

The Coquitlam Adanacs won their third Minto Cup in 2018, 3 games to 1, over Ontario's Brampton Excelsiors. The A's finished the 2018 campaign with 32 wins, 6 losses and a tie. This title marked Coquitlam's second Minto Cup in three years. The Adanacs are the first western Canadian lacrosse team to win multiple national titles since the Burnaby Lakers (1998-2005). The 2018 Minto Cup title was Pat Coyle's second as Head Coach.

Sport BC Male Coach of the Year Nomination: Pat Coyle (Coquitlam Adanacs Junior A Head Coach)

Pat Coyle's reputation as a fierce competitor from his playing days has truly carried over into his coaching acumen. This National Lacrosse League and Canadian Lacrosse Hall of Famer has done it all as a player.....now he's doing it all as a coach!

As we know and for whatever reason, players (especially of high caliber) are not always a great fit to coach at high levels. It may be hard to comprehend, but Coyle may be as good a coach as he was a player. This is not by accident.

Pat is one of the biggest reasons for the Junior Adanacs' successes in past years. His leadership is unmatched. He has such an innate ability to get the most of his players regardless of their skill set or role. Coyle really connects, and yet, knows when to separate himself, but



Coquitlam Adanacs win 2018 Minto Cup.

be supportive when his players need it. Pat is such a great role model to anyone – both young and old. Many past and present Adanacs can attest, Coyle may be one of their most influential coaches in their careers.

Coyle's ability to never let anyone be "comfortable" may be his most inspiring trait. He consistently places healthy pressure to make sure everyone puts their best foot forward in order to be the best one can be. This may equate to making some very difficult decisions,

but in the end, it makes the Adanacs team the championship team they are.

His professionalism and daily approach to the team really aligns with the culture the Adanacs are trying to portray. He is the perfect fit for the Adanac family and they could not be happier with Coach Coyle at the helm for another hopeful run in 2019.

Best of luck Adanacs in both Coach and Team Category at the Sport BC 2019 Athlete of the Year Awards.

The World Returns to Coquitlam

By: Andy Watson

A total of 30 teams from across the world will attend the 2022 Federation of International Lacrosse Men's World Lacrosse Championship.

Once again, the volunteer committee of Cliff Pascas (chair), Jane Boutilier, Garth Cambrey, Dirk Rachfall and Andy Watson will manage the tournament organization.

Plans are in the early stages to host a festival-style tournament - similar to what is held at other men's world championship tournaments and to run parallel to the world championships similar to the youth festival held in 2016 when Coquitlam hosted the men's under-19 world championship.

All games will be played at Coquitlam Town Centre Park with main Blue Division games to

be played at Percy Perry Stadium. Plans are in place to bring in portable seating to add to the capacity of the stadium.

You can get the latest information through Facebook and Twitter - a web site will be launched soon at www.2022worldlax.com, www.twitter.com/2022_lax and www.facebook.com/2022WorldLax

The United States look to defend the title as Canada will look to win its first gold medal in eight years after losing on a buzzer-beater in Israel last July. Steve Govett will be the general manager for Team Canada which last won gold in 2014 in Denver and also won a gold medal on home soil in London, Ont., in 2006.

Dave Huntley Posthumously Honoured with Lester B. Pearson Award

By: CLA

OTTAWA, ON – The Canadian Lacrosse Association (CLA) is proud to announce that the late Dave Huntley, a man who dedicated his life to growing the sport of lacrosse and the Canadian national team program, has been selected as this year's recipient of the Lester B. Pearson Award, one of the highest honours bestowed by this country's lacrosse community.

The Lester B. Pearson Award, which has been handed out 22 times since its creation in 1973, is presented by the CLA to an individual in recognition of their unselfish dedication and outstanding contributions of sportsmanship and distinguished leadership to the game of lacrosse and to the physical and mental development of young Canadians.

Over the past four decades, Huntley, a native of Toronto, Ont., was a driving force behind the evolution of field lacrosse in Canada and the growth of the game - at the grassroots, high school, collegiate and professional levels - throughout North America.

He was involved with the Canadian senior men's field lacrosse team at every FIL World Championship since 1978, helping shape the national team program into an international powerhouse that has since captured three world titles.

"if you were around Dave his passion for lacrosse was obvious, but his ability to connect with people was unique." – Team Canada Coach Ed Comeau

Huntley suited up as a player twice, bringing home gold in 1978 and bronze in 1982; roamed the sidelines as a coach from 1986 to 2010, winning gold on home soil in London, Ont. in 2006; and was the team's general manager in 2014, responsible for selecting the coaches and players that would help win the country's most recent gold medal.

"Hunts is the perfect recipient of the Lester B. Pearson Award," said Randy Mearns, head coach of the Canadian men's field lacrosse team. "He was one of the most influential, upstanding, intellectual and selfless individuals I have ever met. He transcended the game with heart, passion, honesty and an eagerness to be involved in your life. He nurtured and thrived on meaningful relationships and dared to dream big."

Huntley grew up playing box lacrosse but found his true calling in the field game. He was a standout midfielder at John Hopkins University, helping the Blue Jays capture the NCAA Division I national championship in 1978 and 1979. He was named a three time All-American and took home the McLaughlin Award as the nation's top midfielder during his senior season.

His tremendous technical knowledge of the game and his player-first coaching style helped him craft a successful career behind the bench and on the sidelines. He spent 10 seasons with a handful of National Lacrosse League franchises and coached Major League Lacrosse for eight seasons, capturing league titles with Baltimore in 2005 and Toronto in 2009. He also coached with Loyola University and the nationally ranked Calvert Hall High School in Maryland.

While his personal accomplishments and accolades were numerous, Huntley will be most remembered for his good character and kind-hearted nature. He was a well-respected man who was extremely passionate about the game of lacrosse and cared deeply about the people that were involved with it.

"If you were around Dave his passion for lacrosse was obvious, but his ability to connect with people was unique," said Ed Comeau, general manager of the Canadian men's indoor team, in an interview with NLL.com from January 2018. "Dave's insight and assessment on player's talent, drive and character was second to none. He challenged the way we looked at lacrosse and sought out new and improved ways to play."

In winning the Lester B. Pearson Award, Huntley joins a group of distinguished past winners that includes fellow 1978 world championship gold medalist Stan Cockerton (2011) and a pair of volunteers that worked alongside him with the national team, Terry Lloyd (2015) and Stew Begg (2008).

"Despite only meeting him in person once, I was able to learn a lot about the kind of person Dave Huntley was through conversations with our national team coaches and athletes, and by reading the countless tributes and stories about him shared following his passing," said Alain Brouillette, former Marketing and Communications coordinator with the CLA. "It became clear that he embodied exactly what this award stands for, so I decided to put his nomination forward."

This is not the first time that Huntley's contributions to the sport have been recognized.

He was inducted into both the Canadian Lacrosse Hall of Fame and the US National Lacrosse Hall of Fame in 2011 and was also one of 55 members of the Canadian lacrosse community to receive a Queen Elizabeth II Diamond Jubilee Medal back in 2012.

Huntley was also posthumously awarded the Spirit of Lacrosse Award, which is presented to a person who is very influential to their national team's success, during this summer's 2018 FIL Men's Lacrosse World Championship in Netanya, Israel.

Additionally, in August 2018, Major League Lacrosse inaugurated the David Huntley Man of the Year Award, which is presented to the lacrosse athlete who has demonstrated "sportsmanship and professionalism that are beyond reproach" and who "makes selfless, meaningful contributions to Major League Lacrosse, the game of lacrosse, and to his community."

Huntley was a teacher, mentor and had a positive impact on so many people in the lacrosse community. His legacy will continue to live on through the players, coaches and administrators that had the privilege of learning from him over the years, a list that includes long-time national team midfielder Geoff Snider.



Photo: Team Canada Lacrosse Archives

David Huntley played a major role in the Team Canada Men's Field program from 1978 to 2017.

"Everyone who knew Dave personally always knew where they stood with him," said Snider, a face-off specialist who played on national teams coached or manager by Huntley since 2006. "He knew what you needed to hear, whether it was positive or negative, and his delivery was always direct and on time."

"Hunts gave his time to more people than I could ever understand," added Snider. "His dedication to others, especially those he cared about, is unrivalled. He contributed immensely to the growth of lacrosse in North America and to the lives of so many of our sport's young leaders, many of whom will look to carry on his legacy."

Despite his sudden passing in December 2017 at age 61, Huntley remained a key figure in the national team's journey to the podium at this summer's World Championship in Israel.

His number 18 jersey, along with those of late national team goaltenders Kyle Miller (#35) and Chris Sanderson (#17), was showcased on Canada's sideline during each game. This subtle tribute not only helped honour a man whose legacy runs deep within the global lacrosse community, it served as a reminder to those suiting for Canada that they were playing for a group of men who dedicated their lives to the sport.

While the team did not achieve its ultimate goal - losing in heartbreaking fashion to the U.S. in the gold medal game - they played the entire tournament with passion and tremendous character, something that their long-time mentor would have surely been proud of.

With his team's loss still fresh on his mind, coach Mearns summed up the reciprocal impact his friend had on Canadian high-performance lacrosse with a few powerful words.

"The national team program meant the world to Dave Huntley," he said. "His passing was a big loss, a real tough loss. Dave meant everything to this program."

"We all miss him dearly, I know I certainly do."

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Lacrosse Leads Burnaby Sports Hall of Fame Class

By: Grant Granger

Two lacrosse greats and a lacrosse pioneer developer will be inducted into the Burnaby Sports Hall of Fame along with three other individuals and a team.

The 2018 induction class is headed by soccer's Bruce Wilson, the captain of Canada's only FIFA World Cup soccer squad who

played with and against some of the game's greats. Wilson will join lacrosse legends Eric Cowieson, Alex Carey, the champion of minor lacrosse in South Burnaby, George Pittendrih, Simon Fraser University women's softball coach Mike Renney, auto racing pioneer Al Ores, Burnaby Lake Rowing Club mainstay Glen Smith and the 2009 Burnaby Lake Rugby Club women's team as inductees during a banquet at the Metrotown Firefighters Hall on Thursday, Feb. 28, 2019.

ATHLETE – Alex Carey, Lacrosse. Carey learned his lacrosse in East Burnaby before playing junior for the Mount Pleasant Legion 177 which won the Minto Cup, Canada's national junior championship, in 1956. He was on two Vancouver Carlings/Burrards Mann Cup championship teams in 1961 and 1964 missing out on the 1963 Mann Cup because of injury. Carey accumulated 228 goals, 251 assists for 480 points in 334 regular season games in the Western Lacrosse Association with the final six years playing for the Coquitlam Adanacs. Carey had another 84 points, including 38 goals in 81 post-season games for a career total of 564 points.



Eric Cowieson, Lacrosse. Cowieson cut his lacrosse teeth at the Confederation Park box in North Burnaby, a hotbed for talent in the 1960s, winning several minor championships with Norburn. He played in three Minto Cups in the four years he played junior for Burnaby Cablevision, winning in his final year of

1977. Cowieson played 18 years — including being captain for 14 seasons — with the New Westminster Salmonbellies winning the Mann Cup four times. Despite being known primarily as a defensive player, Cowieson managed to score at a clip of 1.65 points per game in his career.

BUILDER – George Pittendrih, Lacrosse. Pittendrih was first introduced to lacrosse in 1908 and he ended up introducing the sport for many a decade to many a young boy as a coach, organizer and executive member of South Burnaby minor lacrosse. Besides all those duties, his commitment to the sport extended to even clearing land on the vacant lot next door to his 13th Avenue home for neighbourhood boys like Carey to come play.

Contact: Grant Granger, chair Burnaby Sports Hall of Fame, 604-803-9571

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Way To Go!

Linda Cretney (BCLA Box Provincial Director)

In 2002, Linda got involved in lacrosse when her son began playing. She joined the Peninsula Minor executive as the Coach Coordinator (2004), managed floor allocations and took on key roles in the Matt Underwood tournament (10 yrs). She was hooked and has been a part of the lacrosse community ever since.

Cretney has continuously served on the Vancouver Island Commission since 2012 as Zone 6 Rep, Commissioner and Female Box Coordinator. She's played a major role in the development of Female Box Lacrosse on the Island.

Linda is a tireless volunteer and continues to give back. Provincially, she has served as a Box Provincial Supervisor since 2011 and can be seen in the event HQ on her laptop. Nationally, Linda was a part of the host team that coordinated the first CLA Female Box Lacrosse National tournament (2012) in Victoria.

Cretney is very proud of her work on the Matt Underwood event, Female Development and just loves to see the sweaty smiley faces of kids playing lacrosse.

Linda's efforts have not gone unnoticed as the recipient of the BCLA Presidents' award (2008 & 09) & was part of executives that won the Leon Hall Top Association awards (2007 & 2015) Congratulations Linda!

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Linda Cretney

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Lacrosse the Country

12 BC Athletes Invited to Team Canada Camp

By: LacrosseTalk Staff

Sixty-eight athletes from across Canada attended the Team Canada U19 Women's Field Lacrosse tryout camp November 23-25, 2018 in Rochester and Syracuse University in upstate New York.

Twelve BC athletes, all past and current Team BC athletes, attended the initial camp for the U19 Women's Field National team that will compete at the 2019 FIL World Championships at Trent University, in Peterborough, Ontario next summer.



BC athletes included: Hayley Anderson, Emma Betts, Lily Ferguson, Natalie Gane, Maki Jenner, Quinn Malcolm, Christina Sato, Claire Snyder, Jessica Soenen, Daniella Stroup, Amy Vegh, and Shonly Wallace.

The goal of this camp was to identify the top 33 players that fit the coach's philosophy for defending Canada's gold medal in 2015. Those 33 will move on to the next camp stage in January 2019.

Team BC Sophomore head coach, Fred Jenner, has been named Team Canada U19 Women's Team Coordinator and Assistant Coach. Despite the busy schedule, he was pleased with the efforts of all.

"The camp went very well, despite the -14 degree weather," noted Jenner. "The BC girls did very well knowing they were just coming off a big trip to President's Cup in Florida the weekend before."

The talent level of the U19 athletes has gotten much better in Canada as more athletes have taken to the Field Lacrosse discipline more than ever.

Team Canada U19 Head Coach Scott Teeter noted this is the deepest and most talented group of U19's ever assembled in the history of Team Canada tryouts.

A great problem to have but many tough decisions will be to come for final player selection.

At press time, it was announced that five BC athletes were selected to the top 33 roster. Congratulations to all BC athletes to be identified to try out for Team Canada and to the five athletes who will compete for a final roster spot (Hayley Anderson, Natalie Gane, Maki Jenner, Jessica Soenen, Daniella Stroup).

Canada Announces Coaching Staff for U19 Women's Field Lacrosse National Team

By: CLA

OTTAWA, ON – The Canadian Lacrosse Association (CLA) is pleased to announce the appointments of the coaching and support staff that will help lead and mentor Canada's future stars at next summer's 2019 FIL U-19 Women's Field Lacrosse World Championship in Peterborough, Ontario.

A group of highly qualified coaches will join returning head coach Scott Teeter – who led Canada to a historic gold medal at the 2015 FIL U-19 Women's Field Lacrosse World Championship – on their quest for a second consecutive title.

"I am extremely excited to get the chance to work with Team Canada again and look forward to the opportunity to defend our gold medal on home soil," said Teeter, who also helped guide the senior women's team to silver medals at both the FIL Women's Lacrosse World Cup and IWGA World Games in 2017.

The coaching staff will be made up of the following individuals:

Scott Teeter, Head Coach (Shelburne, ON). Teeter, a resident of Louisville, Kentucky and current head coach of the University of Louisville's women's lacrosse team, will return as head coach of Canada's U-19 women's field team for the third time. In this role, he has led Canada to a historic gold medal performance at the 2015 U-19 World Women's Championship in Edinburgh, Scotland (in their first appearance in the finals) and to a bronze medal at the 2011 U-19 Women's World Championship in Hanover, Germany.

Prior to moving to Kentucky last year, Teeter spent 14 years as the head coach at Canisius College, where he led the program to Metro Atlantic Athletic Conference Championship in 2011, 2012, 2013, 2014, 2016 and 2017. He served as an assistant coach at Buffalo State College in 2002 and a student-assistant coach and team manager for Canisius from 1998-2002.

As an athlete, Teeter was a four-year letter-winner for the Canisius College hockey team, graduating with a bachelor's degree in physical education in 2002 and a master's degree in physical education (with a concentration in sport psychology and coaching) in 2004. His lacrosse background started in his hometown of Shelburne, Ontario, where he played field

lacrosse for his high school and box lacrosse for the nearby Orangeville Northmen.

Allison Daley, Associate Head Coach (Peterborough, ON). Daley brings over a decade of international experience, as both a player and coach, to this year's U-19 team. She was an assistant coach with the 2015 U-19 women's team that won gold and has also played for both the senior and U-19 teams as a goaltender. Most recently, in 2017, she was a veteran presence on the senior team that won silver at both the FIL Women's Lacrosse World Cup in England and IWGA World Games in Poland.

Daley is currently the head coach at Canisius College, where she replaced Canadian head coach Scott Teeter just three weeks prior to the start of the 2018 NCAA season. In her first season at the helm, she led the team to the championship game of the MAAC Championship tournament. During her four seasons as a player with Canisius, Daley was a two-time all-conference player and earned IWCA Regional All-American accolades.

"It is always an honor to have the opportunity to represent your country and I am humbled to have the chance to coach a second time with the Canadian U19 Team," said Daley. "To have the opportunity to represent Canada and to also have the World Championships in my hometown, where I played for the Canadian U19 Team in 2007, is really special. I'm excited to work alongside an incredible coaching staff to defend our World Championship."

Katie Ranger (nee Guy), Assistant Coach (Whitby, ON). Ranger has been an athlete in the women's national team program for the last 13 years and a coach for the last four years in the Ontario Women's Field Lacrosse League. On the field, she was named to the All-World Team at the 2013 FIL Women's Lacrosse World Championship as a defender and was co-captain of the senior women's team during their 2017 campaign.

While playing at Penn State University, Ranger was the team's captain and ranked in the top-25 in NCAA Division I for ground balls and caused turnovers. This past season, she was the head coach of the Oshawa Lady Blue Knights and led the team to an undefeated season and an Ontario provincial champions. Ranger is also a national level umpire in women's field lacrosse.

"I am excited and honoured to be named to the coaching staff of the U-19 national team," said Ranger. "It's special for me to return as a coach to Peterborough where I had my first experience playing for Team Canada on the U-19 team in 2007."

Emily Boissonneault, Assistant Coach (Whitby, ON). Boissonneault is in her third year of coaching at James Madison University and was promoted to associate head coach this year. She was on the sidelines this past season and helped guide the team to their first NCAA Division I national championship and best record at 22-1.

Boissonneault has represented Canada on the last two senior World Cup teams (2017, 2013) and currently plays in the United Women's Lacrosse League (UWLX) for the Boston Storm. She has received numerous awards during her lacrosse career at the University of Detroit, including the Horizon League Women of the Year in 2012 and the President's Award in 2012, the latter presented to the most outstanding senior student-athlete.

"Being chosen as a member of the U19 coaching staff is a dream," said Boissonneault.

Kaylin Morissette, Assistant Coach (Courtice, ON). Morissette is currently a third-year coach at the University of Louisville, where she was a four-year starter. As a player with the national team, the midfielder and draw specialist represented Canada at the 2017 and 2013 FIL Women's Lacrosse World Cups, as well as at the 2011 FIL U-19 Women's Lacrosse World Cup.

During her playing days at Louisville, she earned four All-Conference, three All-Regional and three All-American honours. For three consecutive years, she ranked second in all of

NCAA Division I Women's lacrosse in draw controls. Upon graduation, she was selected by the Baltimore Brave of the Women's Professional Lacrosse League (WPLL) during their inaugural entry draft.

"I am honoured to be selected as one of the coaches of the U-19 national team," said Morissette. "I am so excited share my passion for this sport and our country with the next generation surrounded by the people that helped me fall in love with lacrosse in the first place."

Fred Jenner, Assistant Coach/Team Coordinator (Victoria, BC). Jenner has been coaching the freshmen and sophomore teams in the Team BC girls field lacrosse program for the last five years. His knowledge of the game and his ability to quickly learn a player's strengths and weaknesses is one of his most valuable attributes.

Jenner was the team manager for the senior women's national team at the most recent FIL World Cup in 2017. At the end of the event, he was presented with the FIL Spirit of Lacrosse Award in recognition of his contributions to the team and the national team program. He has also represented Canada as a player with the senior and U-19 men's teams.

"I'm excited to be back working with Team Canada alongside the coaches and players," said Jenner. "I'm looking forward to doing all I can for the team so that the coaching staff and players can focus on their goal of repeating as U-19 World Champions."

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Mustangs 3-Peat as Baggataway Cup Champions

By: CUFLA

Photo by Seyran Mammadov

TORONTO (CUFLA) – Third-year attack Tristan Simeoni scored the lone goal in overtime to lead the Western Mustangs to a 9-8 victory over the Brock Badgers and their third consecutive Baggataway Cup as the national championship wrapped up on Sunday November 11, 2018 at Varsity Stadium.

Fourth-year midfielder Rowan Kelly led the Mustangs with three goals as they claimed their sixth national title since CUFLA was founded in 1985. Fourth-year attack Cody Ward earned championship most valuable player honours after scoring five goals over the weekend, including two in the championship final victory.

Connor Ham led the Badgers with three goals and one assist in the loss.

Second-year Badgers attack Campbell Parker opened the scoring midway through the first quarter and Ham tallied his first of the

game with 19 seconds remaining to put Brock up 2-0 after 20 minutes of action.

Ham notched his second less than two minutes into the second quarter on the power play to give the Badgers a three-goal advantage. Western finally found the back of the net as Ward and Cole Davis scored back-to-back goals within two minutes of each other. Ham completed the hat trick before time expired to put Brock up 4-2 at halftime.

Third-year attack Tyrus Rehanek scored early in the third quarter to restore Brock's three-goal cushion, but the Mustangs responded in a big way. Kelly scored a power play marker, Ward notched his second of the game and Jonathan Tokiwa found the back of the net to tie the game at 5-5.

Parker answered back just before the third quarter ended as Brock held a narrow 6-5 lead heading into the final frame.

Kelly wasted no time, scoring his second of the game for to even things back up at 6-6, but Brock restored a two-goal lead as Kurtis

Woodland and Brown tallied. It was all Western from there as Simeoni scored with two minutes remaining and Kelly scored with 58 seconds to go to force overtime.

SCORING SUMMARY:

WES 0-2-3-3-1-0: 9

BRO 2-2-2-2-0-0: 8

Championship MVP:

WES: Cody Ward

Players of the game:

WES: John Andrew Kit

BRO: Adam Kirchmayer

SCHEDULE & RESULTS

Quarter-Final 1: Brock 18, Nipissing 4

Quarter-Final 2: McGill 11, Toronto 6

Semifinal 1: (#1 East) Brock 12, Trent 11 (OT)

Semifinal 2: (#1 West) Western 10, McGill 6

Championship Final: Western 9, Brock 8 (OT)

The frosting on the cake of a third straight Baggataway Cup championship for Western was having six Mustangs named to the Inside Lacrosse All Baggataway Cup team.

Tournament MVP Cody Ward and third-time All Baggataway team defensive midfielder Austin Haber led the way for Western. Losing finalist Brock had four players named to the team while semifinalists Trent and McGill had two and one, respectively.

Here is the link to the full story on Inside Lacrosse. Below is the full team selected by Inside Lacrosse writers Stephen Stamp and Pat Gregoire.

Attack: Cody Ward, Western; Campbell Parker, Brock; Cole McWilliams, Trent

Midfield: Kurtis Woodland, Brock; Rowan Kelly, Western; Nick Chaykowsky, Trent

Defence: Tanner Baldin, McGill; John Kit, Western; Adam Kirchmayer, Brock

LSM: Latrell Harris, Brock

D-middie: Austin Haber, Western

Faceoff: Jackson Rakoczy, Western

Goalie: Manraj Nijjar, Western

Team BC Coach Downey Receives Honour



Brad Downey was part of the Whittier College Purple & Gold Hall of Fame 2018 induction class.

By: LacrosseTalk Staff

Team BC Female Bantam Head Coach, Brad Downey, had an incredible year both on and off the field in 2018.

Downey, a Port Coquitlam Minor Lacrosse product, starred for the BCJALL's Port Coquitlam Junior A Saints in the 90's before being drafted by the Coquitlam Adanacs. This natu-

ral goal scorer played 10 seasons (1995-2005) in the WLA with the Coquitlam Adanacs and finished his final two seasons with the Maple Ridge Burrards, winning a Mann Cup in 2001 with the A's.

In the summer of 2018, this first time Team BC Box Head Coach directed the Team BC Female Bantams to a national title with a 5-3 victory over Alberta at the 2018 CLA Female Bantam National Championship in Halifax. A summer to never forget!

"I'm very proud of the girls and what they accomplished. This group of athletes was very coachable, hardworking, and selfless which made this experience very special and one I won't soon forget."

But it was the news from his alma mater that he was selected as an inductee into the Whittier College Purple & Gold Hall of Fame, Class of 2018...that put the cherry on the top of his memorable summer.

"It's quite an honor, especially thinking of all the great players that have gone to Whittier," noted Downey.

Downey played collegiate lacrosse at Whittier College in Los Angeles from 1994-1997

where he led the Poets offensive attack for four seasons.

In his first year, Brad led his team in goals (45G) and was selected to the Western Collegiate Lacrosse League (WCLL) All-Star team. As a sophomore, he was named a team captain and finished the season as team leader in points (89P) and again named the team's best offensive player (1995).

This 4-time WCLL All-Star and 3-time team captain helped the Poets to a perfect season (17-0) and their first WCLL League Championship in 3 years (1996). Along the way, Brad set many NCAA Division 3 scoring records, including most points in a season (163), most goals in a season (107) and most goals per game in a season (6.29).

To round out his college career, with numerous team and league awards on his shelf, he was named the Whittier College Male Team Sport Athlete of the Year as well as USILA All American. As a Senior, Brad helped lead the Poets to a second WCLL title by scoring 101 goals with 68 assists to break his own NCAA scoring record with 169 points. He earned his second USILA All American Award and represented Whittier in the USILA North South

All Star game. Brad was also named a USILA Scholar All American, the first for Whittier Lacrosse at that time.

"I'm very proud of my time at Whittier and what the teams were able to accomplish, how our teams got national recognition to help build the next group of players to compete at Nationals. The experience and ceremony was humbling. My parents, wife, and kids all went and it was great. I hope it was a learning experience for my kids."

Federation of International Lacrosse Receives Provisional Recognition by the International Olympic Committee

By: FIL

New York, NY – The Federation of International Lacrosse (FIL) is pleased to announce and expresses its appreciation to the Executive Board of the International Olympic Committee (IOC) for its decision to provide provisional recognition to FIL.

"The IOC's Executive Board's decision to provisionally recognize FIL has created a major milestone for the sport of lacrosse. FIL is truly honored to have received this recognition by the IOC," said Sue Redfern, President of the Federation of International Lacrosse. "This decision will assist us and our member nations as we work to create opportunities for participation in the sport of lacrosse around the world."

Founded in 2008, FIL began its journey to be recognized with the merger of the Men and Women's international federations. FIL has worked diligently to achieve its vision and

mission since that time and the sport has grown to 62 member nations and impacts millions of athletes worldwide.

"FIL is very pleased to have received this recognition by the IOC Executive Board," said Jim Scherr, Chief Executive Officer of the Federation of International Lacrosse. "The IOC recognition provides a real opportunity to enhance and accelerate the efforts of FIL to continue to grow and develop the sport around the world."

The Federation of International Lacrosse is responsible for the governance of lacrosse and provides support to the overall development of the sport worldwide. Earlier this year, FIL hosted the 2018 FIL Men's Lacrosse World Championship, which was the largest ever with 46 nations competing in Netanya, Israel. In 2019, the FIL Under-19 Women's World Championship will be held in Peterborough, Canada, August 1-10, and the FIL World

Indoor Lacrosse Championship in Langley, Canada, September 19-28.

"The IOC provisional recognition is a testament of the hard work of all of the athletes, coaches, officials, and volunteers of the sport of lacrosse," said Ron Balls, Secretary General of the Federation of International Lacrosse.

The International Olympic Committee promotes sport and competitions through national and international sports throughout the world, with a focus on developing sports for all to participate in. The IOC is also responsible for the selection and conduct of the Olympic Games and Youth Olympic Games. The goal of the Olympic movement is to contribute to the building a peaceful and better world by educating youth through sport without discrimination of any kind, in a spirit of friendship, solidarity and fair play.

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Coaches Corner

Canada Games Coaching

By: Duane Bratt, CLA National Resource Person

It still needs final official approval, but it seems that box lacrosse will be back in the Canada Summer Games. In 2021, in Niagara, Ontario, lacrosse will make its return to the Canada Summer Games for the first time since 1985.

There are several changes from the 1969-1985 period when lacrosse was previously in the Canada Summer Games. Instead of being at the Junior age group, it will now be Midget (U17 box). And it will be both male and female. The Midget (U17 box) nationals will be replaced in 2021 with participation in the Canada Summer Games. This is all great news for lacrosse!

However, there is one big challenge -- Coaching. As per the rules of the Canada Summer Games, all members of the coaching staff must be competitive-development certified. And they need to be certified by February 8, 2021.

The Canadian Lacrosse Association (CLA) has been delivering competitive-development courses for almost a decade, so there is a pool of coaches (primarily in Alberta, but also in BC, Ontario, and Nova Scotia) who have received some training at the competitive-development context. But there is only one coach who has successfully gone through the entire certification process (lacrosse and multisport training plus evaluation) in all of Canada. Clearly work needs to be done since there needs to be a pool of about 100 competitive-development certified coaches across the country.

The good news is that the CLA has developed a multi-faceted plan. In January 2019, there will be a training session for learning facilitators and evaluators to deliver the competitive-development course. The lacrosse-specific portion of the


course has also been redesigned to only run on two weekends instead of three. This will increase the amount of multisport modules (coaching and leading effectively, psychology of performance, prevention & recovery, leading drug-free sport, and developing athletic abilities), but coaches have more flexibility in when they can take these modules. Finally, there will be an intensive schedule of training sessions across Canada:

- Part 1 in February 2019 in Toronto
- Part 2 in March 2019 in Calgary
- Part 1 in September 2019 in Halifax
- Part 1 in September 2019 in Regina
- Part 2 in November 2019 in Moncton
- Part 2 in November 2019 in Winnipeg
- Part 1 in January 2020 in Vancouver
- Part 2 in February 2020 in Montreal


There are two additional challenges beyond the requirement for competitive-development certified coaches. First, there needs to be one Indigenous coach on the staff of both the male and female teams. One of the reasons that lacrosse was accepted back in the Canada Summer Games was because the CLA emphasized the Indigenous roots and character of the game. Ensuring a competitive-development certified Indigenous coach will not be an issue for some provinces, but it will be a potential issue for other (mainly smaller) provinces. Therefore, the CLA and Member Associations are creating opportunities for Indigenous coaches.

Second, each female team has to have a female head coach. Despite the growth in female box lacrosse (especially in the large provinces of Ontario, BC, and Alberta), the vast majority of the coaches remain men. Therefore, the CLA and Member Association are creating opportunities for female coaches.

The process to successfully certify a pool of competitive-development coaches (male and female) will take a lot of work. But the benefits of inclusion in the Canada Summer Games makes it highly worthwhile. Moreover, all of lacrosse will benefit by having a cohort of competitive-devel-



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National Rankings
(2019 Pre-Season Ranking)

Senior A Lacrosse Top 7

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

Junior A Lacrosse Top 10

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

opment certified coaches across Canada who can become leaders and mentors in their communities.

Fundamental Movement Training

By: Krista Popowych Maznik

As our young athletes transition into Box Lacrosse after Field season, it is an ideal time to consider adding a new training regime to our player's workouts. With the skills crossover being relatively interchangeable, the movement patterning and preparation can be amped up. When developing well-rounded exercise programs, sport performance specialists take into consideration seven fundamental movement patterns. These movements include a squat, lunge, hip hinge, plank, push, pull and rotation. For example, shooting often uses a lunging, pulling, pushing and rotational action. All executed at speed.

With that in mind, training programs that focus only on a few of the fundamental movements can create muscular imbalances. Injuries in athletes are commonly caused when one

muscle group is stronger than the other. Poor movement patterning is also a factor. A relatively small difference in strength from one muscle group to another is almost two-times more likely to cause injuries. Layer on poor patterning, and the risk increases.

In the training world, a common saying is that weight stack machines build muscles, but they don't necessarily train movement. Therefore, using one's own body as resistance is the best moving machine around. The exercise sequence uses no equipment; perfect for any at-home or do anywhere workout. It covers the seven fundamental movements and layers in task complexity to create a more challenging training ground.

Increasing task complexity is as simple as making movement patterns more multifaceted. Shifting from a stationary to dynamic move

(i.e. an on-the-spot lunge to traveling lunge), altering the base of support (i.e. transitioning from a wide squat to a single leg squat), or adding in object manipulation (i.e. touching the hand to the ground on a side lunge) are all examples of increasing task complexity.

To better foster your young athlete's success, begin with the base moves. The age, fitness and skill level of the player will dictate the number of reps and sets they complete for each exercise. Always start gradual, 12-15 reps for 1-3 sets and assess whether progression or regression is needed. In addition, swap out any of your favourite moves. Use the fundamentals as a guideline and be creative. Box Lacrosse, like most sports, require athletes to respond and react in multiple situations. Therefore, train the way you want to play for greater success.

This training information is best recommended for athletes U13 and older.

Fundamental Movement	Base Move	Increasing Task Complexity
Lunge	Alternating Lunges	Alternate lunging forward and lunging back on the same leg. On the forward lunge, cross both arms under the front knee. On the reverse back lunge, reach for or touch the floor. Repeat on the other leg. Start slow then mix up the tempo.
Squat	Wide Squat	In a wide-legged squat position, toes out, extend the arms overhead and to the sides. Lower the body while mimicking the action of a lat pull down. As you return to the start position the arms go up. Repeat. Focus on keeping the knees behind the toes and concentrating on activating the back muscles. For more intensity add in low jumps at the end of the set.
Hinge	Dead lift	Start in a standing position. Hinging forward from the hips, place the hands on the ground. Walk the hands along the ground extending the body into a plank position. From the plank, perform a push up. Walk the hands back towards the feet and return up to the starting position. Repeat and add additional push ups each set.
Push	Push Up	In a push up position, place one hand in line with the shoulder and one hand closer to the hip. Perform an off-set push up. Change the hand positions and repeat.
Pull	Back Contractions	In a standing position, with a slight hinge forward, extend the arms out to the sides. Draw the shoulder blades together. Focus on contracting the upper back muscles. Release and repeat. Change the tempo of the movement for a greater challenge.
Plank	Forearm Plank	With the forearms on the ground, hips lifted and level, body long, and core activated, reach and extend one arm out the side. Allow the fingertips to rest on the ground. Hold for 4 seconds. Repeat on the other side without lowering to the ground.
Rotation	Side to Side Twists	Lying down, draw the feet in towards the gluts. Lift the hips, maintain a neutral spine and extend the arms to the sides. Keep the hips lifted. Reach and rotate the right arm across the body, touching the extended left hand. Return to the start position and rotate in the opposite direction, moving towards the right. Repeat.

Krista Popowych Maznik is an international award-winning fitness educator, and lacrosse mom based in Ladner, BC. For more information please email Krista at info@kristapopowych.com.



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