

# LAX • FAX

Spring 1992

VOLUME 2 ISSUE 2

## ATHLETE PROFILE - CHRIS GILL

### Canadian Jr. Field Lacrosse Team

For Coquitlam's twenty-year-old Chris Gill, a selection to Canada's National Junior (Under 19) Field Lacrosse Team that will compete in the World Junior Championships in Long Island, New York in August, is no longer good enough. Gill joins 12 other B.C. products on the 26 man roster that has a strong chance of taking a gold medal. He hopes to impress some of the big U.S. College coaches who will be in attendance scouting some of the best young lacrosse talent ever assembled. He has already turned down several scholarship offers hoping to get a prestigious full scholarship offer from one of the big NCAA Division 1 Schools. He has averaged nearly 2 goals a game against stiff competition from American collegians in exhibition play in Maryland and Virginia over the last two months and is expected to be among the Canadian team's leading scorers.

After coming up through the Coquitlam Minor (Box) Lacrosse system, Gill was exposed to Field Lacrosse during the inaugural

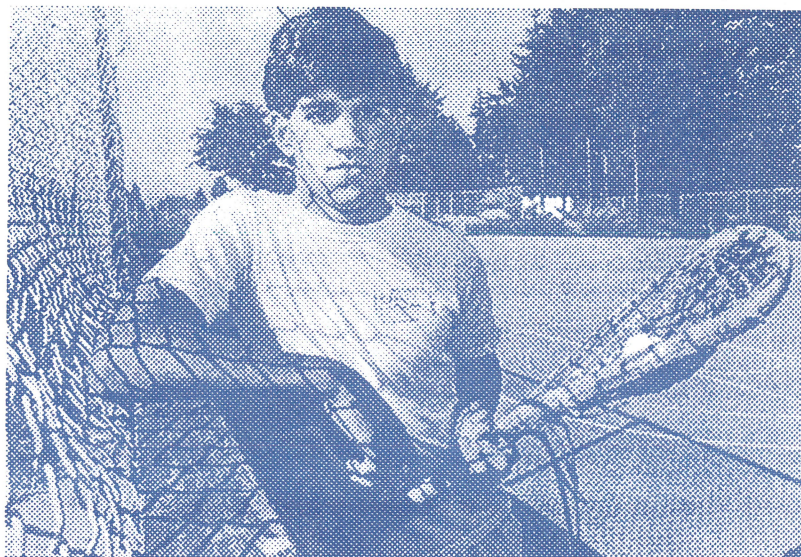
Team Canada Box/Field Exchange to Philadelphia and Baltimore in 1988. The transition to the large outdoor fields from the box was smooth for the fleet-footed Gill. He was named MVP at the Under 19 Field provincials in the same year.

As a box player the 5'11", 165 lb. Gill is coming into his own as well. Last year, playing for the Coquitlam Junior "A" Adanacs, he shared top goal scoring honours with Richmond's John Kilbride (the Vancouver Burrards 1992 First Round Draft Choice - number two overall) with 62 goals in 25 games. Gill is a threat to take the Jr. A overall scoring championship this year although he has another year of eligibility remaining. He has given up competitive hockey, wrestling and rugby to concentrate on lacrosse.

Gill's family are no strangers to the B.C.

lacrosse community. Chris, whom his Coquitlam Junior "A" Adanac teammates have nicknamed "Sohen" after Chris' father (former WLA Commissioner and current Canadian Lacrosse Association Box Sector Chairman), is the grandson of CLA Hall of Famer, Vancouver Burrard and P.N.E. Indian great Bill Dickinson. Chris' Mother Carol, is the Lower Mainland Minor Lacrosse Commission Chair.

Although Chris has hopes of following in his father's firefighting footsteps, he wants to fully develop his lacrosse potential and use it to travel, have fun and learn. What he has learned so far this spring, however was not what he had expected. It seems Chris has discovered that many of his old box lacrosse rivals that he is playing beside aren't the bad guys he had thought. In fact, many of them are his new buddies.



## In This Issue

Arena Directory .....	2
Lacrosse Cost .....	3
Events .....	4
Trivia .....	5
Regional Development .....	6
92 Minor Association .....	7
Coaches .....	8
BCLA - Who We Are .....	9
Rules .....	10
Survey .....	11
91 Top Scorers .....	13
BlueShirt Form .....	14
Local Celebrities .....	15
A Fond Farewell .....	16

## IMPORTANT SURVEY INSIDE PRIZES TO BE WON

and

## BCLA BLUESHIRT VOLUNTEER PROGRAM APPLICATION

**LAX • FAX is a quarterly  
publication of the B.C. Lacrosse  
Association for its members.**

**Head office is:  
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# MASTERS LACROSSE '92

## VERNON, BRITISH COLUMBIA June 25 to 28, 1992

The 1992 Masters Lacrosse Tournament will be held in the sunny Okanagan city of Vernon, starting the 25th of June and running to the 28th.

This brainchild of the Prince George Masters Lacrosse organization has now developed into an exciting annual event, with hosts from different areas of the province trying to outdo the organizers of the previous year. 1992 will be no exception.

In 1991, the tournament was a major success, hosting twelve teams playing in three divisions.

Teams from Ontario and Quebec travelled to compete with the B.C. teams. This year looks even better, as teams from Alberta and Manitoba have expressed interest in attending. Reports Commissioner Bruce Long, "The Okanagan Tournament Committee is in full swing. They tell me that whole families are coming, ready and eager to cheer on their favourite player - a father or maybe even a grandfather!"

Teams entered to this date are Burnaby Cablemasters, Coquitlam Adanacs,

Firefighters, Nanaimo Old Timers, New Westminster Salmonbellies, Port Coquitlam Classics, Prince George Blues, Prince George Old Stylers, Vancouver Burrards, Vancouver Coasters, the Akwesasne Old Sticks from Quebec, and the host Okanagan team.

Latest reports indicate a sellout. The hotels are already booked, and accommodations may be limited. A lot of people are planning to camp. In all, it sounds like a really great weekend of fun lacrosse!

## ARENA DIRECTORY

Abbotsford Arena	2323 Emerson Street	859-8030
Aldergrove Arena	2882 - 272nd Street	856-8221
Burnaby Arenas:		
Burnaby Lake	3676 Kensington Avenue	291-1261
Kensington	6159 Curtis Street	299-8354
Cloverdale Arena	6090 - 176th Street	574-4104
Coquitlam Sports Ctre	633 Poirier Street	936-3481
Delta Arenas:		
South Delta Rec.	1720 - 56th Street	943-7461
Ladner Rec. Ctre	4600 Clarence Taylor Cr.	946-0211
North Delta Rec.	11415 - 84th Avenue	596-0361
Sungod Arena	7825 - 112th Street	591-5321
Langley Civic Arena	20699 - 42nd Ave.	530-1323
Maple Ridge Arena	11963 Haney Place	463-5244
Mission Arena	7621 Taulbut Street	826-6271
Nanaimo Arenas:		
Nanaimo Civic	48 Arena Street	753-7788
Beban Park Rec Ctre	2300 Bowen Road	758-1177
New Westminster Arenas:		
Moody Park	701 - 8th Avenue	525-5301
Queens Park	Queens Park	524-9796
Newton Arena	7120 - 136B Street	594-8487
North Vancouver Arenas:		
North Vancouver Rec.	123 E. 23rd Avenue	988-6166
Karen Magnussen	937 Lynn Valley Road	984-9341
Port Coquitlam Rec Ctre	2253 Leigh Square	942-0285
Port Moody Rec. Ctre	300 Ioco Road	461-4411
Richmond Arena (Minoru)	7551 Minoru Blvd.	278-9704
Surrey Rec. Centre	10275 - 135th Street	581-6107
Vancouver Arenas:		
Agrodome	Exhibition Park	253-2311
Kerrisdale	5670 E. Boulevard	261-8144
Killarney	6260 Killarney Street	434-9167
Riley Park	50 East 30th Avenue	879-6222
Trout Lake	3350 Victoria Drive	876-2625
Victoria Arenas:		
Victoria Memorial	1925 Blanchard	384-0444
George Peakes	3100 Tillicum Road	388-6664
Esquimalt Arena	1155 Esquimalt Road	386-3261
White Rock Arena	14600 North Bluff	531-1434

## LAX FAX

The official publication of the BCLA  
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The views of contributing writers do not  
 necessarily constitute the views of the British  
 Columbia Lacrosse Association.

Editor's Note: If you, your group or organization  
 has something to share with our readers - an  
 interesting article, photos, information on your  
 group - then call or drop us a line. We'd  
 appreciate hearing from you.



## LACROSSE: IT DOESN'T HAVE TO COST A FORTUNE

Parents whose kids want to chase lacrosse balls around may find themselves in unfamiliar territory when it comes to outfitting them.

A SaskLacrosse survey has found that it can cost as much as \$698 and as little as \$42 to equip a lacrosse player from scratch. This is still about \$300 less than it could cost to outfit a child for hockey (from scratch) and it is likely that the average kid in Saskatchewan will already have ninety percent of the equipment he needs for lacrosse because of his hockey background.

While the prices of lacrosse equipment haven't risen excessively over the last three years, the acquisition of proper equipment is a serious problem for those who are unfamiliar with the game of field lacrosse.

Parents and players need to know what they must have in order to safely play the game and what they can adapt from hockey. With this information, they can make educated decisions when purchasing equipment and not spend beyond their budget.

The word want is a four letter word when it comes to buying lacrosse equipment. Knowledgeable consumers: Differentiate between want and need. Shop around for the best price. Know how to fit their youngsters within a budget's and the player's needs. Know how to care for the investment.

If your child has been exposed to an established lacrosse program, he will undoubtedly want the fanciest stick, customized gloves and those fancy \$150 field lacrosse helmets. This is the time to make the distinction between want and need.

If he's just starting out, the best stick for him is a basic model Brine or STX (Superlite II, Shotgun or High Wall) with a mesh, not a traditional, pocket. These sticks are simple but reliable, and the pockets are easy to work with and do not change a great deal when they get wet. Bear in mind that a stick is a necessity and it is essential that kids get one of their own.

Sticks are very personal. They are the only piece of equipment you can neither adapt nor play without. The reason for their individuality is the nature of the pocket. Just as every kid will have a different curve on his hockey stick, every lacrosse stick will have a different pocket. This can have a discouraging effect in terms of performance when a child's stick is releasing the ball high one day and hooking it into the ground the next (by using two different sticks).

Each person will have to decide how to adjust their own pocket and your retailer should be able to help you out. The only restriction is depth. You should not be able to see light between the top of the ball (in the pocket when the stick is held at eye level) and the underside of the plastic head.

A stick will normally last you several years. Occasionally, the plastic heads will snap for whatever reason. Not to worry, both Brine and STX (the only two manufacturers) have a one year unconditional warranty on the heads. If it breaks within the first year, it will be replaced.

Helmets and full face masks are mandatory in men's lacrosse at all levels (full Itechs are okay). Any comfortable, properly fitting, CSA approved hockey helmet is adequate. This can mean a considerable saving for a hockey-playing lacrosse player. The purpose of the helmet is not to be a battering ram as in football. Its purpose is to protect a player from incidental scrapes and blows — lacrosse is an aerial game!

While many players wear all their hockey equipment and simply buy a lacrosse stick, eventually, if they enjoy lacrosse and get serious about it, they move to a lacrosse glove which allows them more dexterity in handling the stick. The key feature a lacrosse glove holds over a hockey glove is the flexibility afforded by the cuffs and thumbs; especially now that fingers (and soon palms) be covered. Hockey gloves just don't have the same flexibility.

Shoulder pads are used, but not necessary. One of the joys playing field lacrosse is that you are not restricted by the players equipment. Still, some people are not comfortable without them on.

Finally, an athletic supporter should always be worn.

To keep equipment in good shape, try to air dry equipment. Other than uniforms, there really isn't much to wash. Gloves may require some oil in the palms from time to time, particularly before going into storage for the winter. Sticks should be stored in a temperature close to that which they will be used in so that the plastic heads become acclimatized. Shoes should be allowed to dry, if possible, before their next wearing.

To save money, determine your needs (as opposed to wants) and buy only the equipment that is really necessary, especially in the first year.

*Reprinted Courtesy of SaskLacrosse*

*Lacrosse Is Fun*

## NUTRITION - TEN SIMPLE RULES

Here are ten basic rules of nutrition for optimum health:

1. Eat foods that are as natural as possible: whole, unrefined and unadulterated.
2. Eat some raw or "living" foods. If cooking is required, cook as little as possible to preserve enzymes and other nutrients.
3. Eat food that is as "poison-free" as possible. Chemicals in your food, water and air harm your health.
4. Follow a "high-in-complex-carbohydrate, low-in-high-fat-animal-protein" diet. The proteins from grains, vegetables, eggs and milk are as valuable as meat protein when combined correctly.
5. Don't take megadoses of vitamins or minerals.
6. Drink plenty of water.
7. Eat as little fat as possible.
8. Relax during and after eating.
9. Don't be too rigid, whatever your diet. Once in a while, have that piece of cake or ice cream cone, so you're not continually craving a treat. Give yourself a break!
10. Try to stop eating before you are completely full.

If thou rise with an appetite, thou are sure never to sit down without one.

William Penn, 1693

*From the book "Nutrition"*



## 125th ANNIVERSARY

Have you got ideas for our 125th Anniversary. Please send them in to us! We are looking for ideas of both the national and provincial celebrations.

The CLA has decided that the celebration should start in September of 1992. We're willing to start earlier.

Please forward any ideas through the BCLA office to Sohen Gill, 125th Anniversary Co-ordinator.





# CALENDAR OF EVENTS

May 15 - 17	Surrey Rodeo Novice Tournament Mike Hall (H) 597-6606	July 1	B.C. Junior "A" Lacrosse All Star Game Victoria Eagles v/s League All Stars Esquimalt Arena - Victoria 2:00 PM Tom Davies (H) 521-3696
May 16 & 17	Port Moody 4th Annual Tyke Tournament Paul Colvin (H) 421-7757	July 3 - 5	Coquitlam Dogwood Mini-Tyke/Tyke Tournament Jim McAnerin (H) 939-3342
May 16 - 18	New Westminster Bantam A/B Hyack Tournament Eoin White (H) 522-4559	July 4 - 6	Port Moody Golden Spike Novice Tournament Paul Colvin (H) 421-7757
May 16 - 18	Prince George PW/Bant/Mid Tournament Gayle Gould (H) 964-3365	July 3 - 5	Kelowna Sun Rype Bantam B Tournament Denise Buttici (H) 868-0580 (B) 763-9000
May 16 - 18	Vernon/Armstrong Pee Wee/Bantam Tournament Margaret Bensmiller (H) 546-3814 (B) 546-9808	July 10 - 12	Bantam & Pee Wee "C" Provincial Championship Port Coquitlam Carol Gill (H) 937-7524
May 22 - 24	Juan de Fuca PW/A2B Captain Cook Tournament Pat Holloway (B) 478-0765	July 14 - 19	IFWLA Conference (Womens Field) USA TBA
May 22 - 24	North Delta Doug Fletcher Midget Tournament Bob Brisco (H) 596-2707 Dave Buck (H) 594-4797	July 15 - 19	Burnaby Jack Crosby Invitational Novice Tournament Pat Hall (H) 421-0580
May 23 - 25	NCAA Men's Field Lacrosse Championship Philadelphia, Pa. USA	July 17 - 19	"B" Minor Provincials Championships Midget - Kelowna Bantam - Richmond Pee Wee - TBA Carol Gill (H) 937-7524
May 26 - 30	World Junior Inter-Lacrosse Games Adge, France	July 25 - 26	ILF Meeting (Men's Field) Long Island, N.Y.
May 29 - 31	Juan de Fuca Dairy Queen Novice Tournament Pat Holloway (H) 478-0765	July 29 -	World Junior Mens Field Lacrosse Championship
May 29 - 31	Nanaimo Tim White Bantam Tournament Irene Morrison (H) 734-7334	August 10	Long Island, N.Y. USA
June 5 - 7	White Rock Wayne Goss Pee Wee Tournament Judy Jones (H) 536-3127	July 31	"A" Provincial Championships Aug. 1 & 2 Midget/Bantam/Pee Wee TBA Carol Gill (H) 937-7524
June 6	Hall of Fame/Oldtimers Game Round Robin Games & WLA All-Stars v/s New Westminster Sr "A" Queens Park Arena 7:00 PM Sohen Gill (H) 294-2274	July 31 -	Womens National Field Lacrosse Championship
June 6	Lower Mainland Skills Jamboree Queens Park Nov/Tyke/MiniTyke Carol Gill (H) 937-7524	Aug. 3	Calgary, Alberta
June 12 - 14	Coquitlam Dogwood Mid/Bant/PW "A" Tournament Jim McAnerin (H) 939-3342	Aug. 4 - 9	Bantam National Championship Edmonton, Alta Denise Niedzielski 1-403-464-2632
June 12 - 14	CLA Semi-Annual Meeting Chateau Laurier Hotel - Ottawa, Ontario	Aug. 4 - 9	Midget National Championship Lower Mainland Jack Crosby (H) 931-8200 (B) 298-9613
June 13 & 14	Killamey Sid Dann Memorial Mini Tyke Tournament Terry Kirstiuk (H) 435-9976 (B) 942-0244	Aug. 24 - 29	Founders Cup (Junior "B" Box National Championship) Scarborough, Ontario Aubrey Wilkinson 1-416-759-5037
June 12 - 14	Mission Sasquatch Novice Tournament Dick Brodie (H) 826-1609	Aug. 25 -	Minto Cup (Junior "A" Box National Championship)
June 13 & 14	North Delta Friendship Tyke Tournament Bruce Huxtable (H) 594-6244 (B) 293-3498	Sept. 2	British Columbia Tom Davies (H) 521-3696
June 14	West Coast Senior Lacrosse All Star Game Killamey Arena 7:30 PM Doreen Norris (H) 584-5823	Aug. 29 & 30	Senior Men's Field Tournament Mission, B.C. Hatzic Park & Hatzic Secondary School Bill McBride (H) 826-7775
June 19 - 21	Langley Dennis Hickey Bantam A/B/C Tournament Barry Ford (H) 530-6103	Sept. 4 - 7	President's Cup (Senior "B" Box National Championship) Brantford, Ontario Bob Douglas 1-519-445-4722
June 19 - 21	Surrey Cliff Sepka Midget A/B Tournament Mike Hall (H) 597-6606	Sept. 4 - 7	Junior Men's National Field Championship Oshawa, Ontario Mike Lachapelle (B) 613-748-5641
June 19 - 21	Port Coquitlam Pop Styles Pee Wee A/B/C Tournament Brad Harrison (H) 942-8115	Sept. 9 - 19	Mann Cup (Senior "A" Box Championship) Southern Ontario
June 19 - 21	Victoria Esquimalt Archie Browning Midget B Tournament Ken Hancock (H) 382-7478	Sept. 25 - 27	Brogden Cup (Unofficial North American Men's Field Championship) Baltimore, Maryland
June 20 - 21	Peninsula Tyke Tournament Ray Johnson (H) 655-1616	Oct. 9 - 12	Ross Cup (Canadian Seniors Mens Field Championship) Coquitlam, B.C. Ted Fridge (H) 942-6872
June 26	West Coast Junior Lacrosse All Star Game Port Coquitlam Arena 8:00 PM Frazer MacDonald (H) 591-3793	Nov. 6 - 8	BCLA Annual General Meeting Nanaimo, B.C. Mike Stolte (B) 294-2122
June 26 - 28	Killamey Pee Wee Tournament Terry Kirstiuk (H) 435-9976 (B) 942-0244	Nov. 12 - 15	CLA Annual General Meeting Niagara Falls, Ontario
June 26 - 28	Richmond Salmon Festival Novice/Tyke Tournament Lothar Czech (H) 275-0579		



## THE BCLA'S INSURANCE COVERAGE

Since 1973, the BCLA has carried extended medical/dental coverage for its members. This insurance protects members against injury or death while participating in our sport.

Within the limitations of the policy, it will provide total disability benefits; accidental death, dismemberment, loss of sight and paralysis coverage; fracture indemnity; dental expenses; medical expenses not covered by Provincial plans; prosthetic appliances; tutorial fees; rehabilitation; eyeglass expenses; ambulance expenses; and physiotherapy expenses. The schedule of benefits payable is published in a brochure distributed each year to all Minor associations and Senior teams. If you want a copy, call the BCLA office.

In more recent years, it has become necessary to carry a Sports Liability Insurance policy. No matter how careful we are, accidents do happen, and anyone who claims injury or

damages resulting from our operations can sue the association and its members.

The BCLA carries a policy which can pay out up to two million dollars if a successful suit can be brought against it or any of its members.

This policy protects all members of the Association - directors, officers, executives, managers, coaches, officials, volunteers - who are acting on behalf of the Association. Participants are also covered while engaged in a sanctioned or authorized event.

As well as the usual coverage, our insurance also provides some valuable extensions: liquor law liability for sanctioned social events where requested; participant's bodily injury as a result of a sporting activity; participant's liability covers damages participants may cause to others; errors and omissions coverage which protects Association officers against consequences of their "wrongful acts".

## DID YOU KNOW?

Fourteen of fifteen B.C. high schools (spread over the province) recently surveyed, have lacrosse of some kind running in their schools. The majority have a form of Inter-Lacrosse. However, every school seemed to have different rules and different versions.

Some schools were using a regular rubber lacrosse ball, one used a field hockey ball ("Ouch!") rather than the soft vinyl Inter-Lacrosse game ball.

One thing is for sure, the new Inter-Lacrosse Manual and video developed by the CLA will help set some standards for the game of Inter-Lacrosse.

## A LACROSSE EXTRAVAGANZA!

Saturday, June 6, 1992  
Queens Park Arena  
New Westminster



The Canadian Lacrosse Hall of Fame and the Western Lacrosse Association are co-hosting "A LACROSSE EXTRAVAGANZA" at Queens Park Arena on Saturday, June 6th.

The WLA will kick off festivities at 6:00 pm with their annual All-Star game. This will be a shortened version of a regular game. The Mann Cup Championship team, the New Westminster Salmonbellies will take on the League All-Stars. That game will be followed by the Hall of Fame oldtimers featuring players from the fifties and sixties. The Vancouver Burrards Oldtimers will dress the likes of **John Ferguson, Sid Warick, Bob Babcock, Bob Salt**, and many others to compete against a team made up of such players as **Jack Bionda, Mike Gates, Bill Bradley, John Allen, Walt Weaver** and other favourite oldies.

Both the Oldtimers and the WLA will be involved in a skills competition - passing, catching, shooting, scoring!

This fun evening is being staged to showcase the past and the present in the Canadian Lacrosse Association's 125 Year Celebration of organized lacrosse in Canada.

## RICHMOND DE-THRONES VICTORIA IN FIELD LACROSSE FINAL

At the Provincial Championships for Mens Field Lacrosse, held April 13 and 14 in Nanaimo, the Richmond Woodies stole the "A" division provincial crown from Victoria Waxmen in a tight final, winning 11 to 9.

Veteran Dave Durante of Richmond, the tournament's second oldest player at 40, scored two goals and had one assist. Richard Peterson also scored three goals for Richmond. Grant Hamilton scored three goals, Ron Desormeaux scored two along with two assists for Victoria.

In the "B" division, Tim McInnes netted five goals and Cam Duff contributed two goals and three assists to lead Vancouver over Nanaimo, 10 to 7. It was Vancouver's second Tier II championship in a row.

Brian Norman and Kevin Shires each contributed three goals in a losing cause for Nanaimo.

Our thanks go out to the Nanaimo Field Lacrosse Club for being great hosts!

## TRIVIA

1. NAME THE FIVE BCLA PRESIDENTS IMMEDIATELY PREVIOUS TO THE PRESENT INCUMBENT.
2. WHERE HAS THE BCLA OFFICE BEEN LOCATED OVER THE PAST EIGHT YEARS?
3. HOW OLD IS THE BCLA?
4. CAN YOU NAME AT LEAST NINE PLAYERS, PAST AND PRESENT, WHO PLAYED IN THE NHL?
5. DO YOU KNOW WHAT INTERMEDIATE LACROSSE USED TO BE CALLED?
6. DO YOU KNOW WHAT MIDGET LACROSSE USED TO BE CALLED?
7. MANY YEARS AGO THERE WERE SIX PLAYERS AND A GOALIE ON THE FLOOR, NOW THERE ARE FIVE PLAYERS AND A GOALIE. WHAT IS THE NAME OF THE POSITION ELIMINATED?
8. OVER THE YEARS, SENIOR TEAMS IN NEW WESTMINSTER HAD FIVE DIFFERENT NAMES. WHAT ARE THEY?
9. WHAT IS THE TERM FOR THREE GOALS IN A GAME?
10. IN A FIELD LACROSSE GAME, HOW MANY PLAYERS ARE ON THE FIELD AT ONE TIME?
11. CAN YOU NAME THE DIVISIONS IN MINOR LACROSSE BETWEEN MINI-TYKE AND MIDGET?

Answers are on page 13



**BCLA RESOURCE MATERIAL ORDER FORM**

		MEMBER	NON-MEMBER	QUANTITY	
		PRICE	PRICE		TOTAL
<b>RULE BOOKS</b>					
RB1	Box Lacrosse (CLA)	\$2.00	\$3.00		
RB2	Mens Field Lacrosse (CLA)	\$2.50	\$3.75		
RB3	Womens Lacrosse (CLA)	\$3.25	\$4.75		
<b>COACHING PUBLICATIONS - BOX LACROSSE</b>					
CB1	Arts & Science of Lacrosse	\$2.00	\$3.00		
CB2	Choosing & Caring for a Stick	\$0.50	\$0.75		
CB3	Coach Lacrosse: The Beginner	\$1.00	\$1.50		
CB4	Coach Lacrosse: The Fundamentals	\$5.00	\$7.50		
CB5	Introductory Lacrosse: Book I	\$3.00	\$4.50		
CB6	Introductory Lacrosse: Book II	\$3.00	\$4.50		
CB7	Practice Drills for Box Lacrosse	\$2.00	\$3.00		
CB8	Trainers Handbook	\$2.25	\$3.50		
<b>COACHING VIDEO TAPES - BOX LACROSSE: Fun with Fundamentals</b>					
VC1	1 Individual Defence *	\$30.00	\$45.00		
VC2	2 Passing and Catching *	\$30.00	\$45.00		
VC3	3 Equipment and Stretching *	\$30.00	\$45.00		
VC4	4 Team Defence * (NEW!)	\$30.00	\$45.00		
VC5	5 Shooting * (NEW!)	\$30.00	\$45.00		
VC6	6 Individual Offence * (NEW!)	\$30.00	\$45.00		
<b>COACHING MATERIALS - MENS FIELD LACROSSE</b>					
CF1	Practice Drills For Field Lacrosse	\$2.00	\$3.00		
VF1	Video* - Intro to Mens Field Lacrosse	\$30.00	\$45.00		
<b>COACHING MATERIALS - WOMENS LACROSSE</b>					
CW1	Drills, Drills, Drills	\$2.00	\$3.00		
CW2	Lesson Aid for Teachers	\$1.25	\$2.00		
<b>COACHING MATERIALS - INTERLACROSSE</b>					
VI1	Video * (NEW!)	\$30.00	\$45.00		
CI1	Manual (NEW!)	\$20.00	\$30.00		
PI1	Skills Poster	\$1.00	\$1.50		
<b>OFFICIATING MATERIALS - BOX LACROSSE</b>					
OB1	Box Referee (CLA)	\$15.00	\$22.50		
OB2	Lacrosse Situation Handbook	\$3.75	\$5.50		
<b>OFFICIATING MATERIALS - MENS FIELD LACROSSE</b>					
OF1	Officiating Field Lacrosse	\$2.50	\$3.75		
OF2	Officiating Mens Field Lacrosse	\$3.50	\$5.25		
OF3	Referee Clinic	\$4.50	\$6.75		
<b>PROMOTIONAL and MISCELLANEOUS MATERIALS</b>					
TEW	Tewaarathon	\$20.00	\$25.00		
100	Lacrosse 100	\$5.00	\$7.50		
DIR92	BCLA 1992 Directory (NEW!)	\$2.00	\$3.00		
YBK91	BCLA 1991 Year Book	\$2.00	\$3.00		
VP1	Catch the Fun - Promotional Video *	\$30.00	\$45.00		

\* These videos can also be rented: \$5.00 each for a two week period  
 Price includes taxes, shipping and handling  
 Please enclose cheque or Money Order with your order

**TOTAL**

NAME

ADDRESS

POSTAL CODE

ASSOCIATION/TEAM

\*\*Prices subject to change without notice

Thank you for your order

**REGIONAL DEVELOPMENT**

Do you have friends living in areas that don't have lacrosse? Have they ever asked you, "Lacrosse looks like fun, eh! Can I play?" Well, the BCLA would like to help you with that answer.

A group has been getting together trying to come up with a plan to help get lacrosse going in areas, regions, communities, or towns in British Columbia that don't yet play lacrosse. This group is the Athlete Development Committee of the Long Range Plan, chaired by Andy Reid. Our plan is to put together packages of information, equipment, etc. that can be sent to people who get in touch with the lacrosse community, asking how to get lacrosse started in their area.

Of course, many of you have been helping develop lacrosse in new regions for years. The committee needs your advice! We need to know:

- What books have you sent to people asking about lacrosse?
- What drills have you taught them?
- Who is the key person? coach? parent? PE teacher? players? experienced?
- How did the coaches learn the game?
- Have you sent videos, or sticks, or goals, or equipment?
- Did you get the stuff back?
- Did the league/team get off the ground? play a full season? more than one season? fold?

The committee is ready to put all of this information together, but we want to know what has worked and what hasn't.

Please help keep B.C. a world leader in lacrosse by helping the sport grow. Write your experiences in lacrosse development in a letter to:

Athlete Development Committee  
 B.C. Lacrosse Association  
 #202 - 3920 Norland Avenue  
 Burnaby, B.C. V5G 4K7

or telephone:

Andy Reid in Victoria - 381-5688  
 Ellen Makar in Vancouver - 430-4437



## LANGUAGE LESSON

### by Rokwaho (The Wolf)

I assume all you ball players know how to pronounce "Lacrosse", and that it is a French name given to the sport because of the resemblance of the wooden lacrosse stick to their bishop's staff. A few of you older guys know that "Tewaarathon" is the real name for our game. Your pronunciation, though is way off!

Years ago some confused scholar decided to apply the Roman alphabet to the Mohawk language. The "T" in the aforementioned word is pronounced like the English "D", the "R" is more like an "L", there is no "H" sound in our language, and the "N" is silent. So, "Tewaarathon" is pronounced "de wa A la do". Tewaarathon refers to the lacing of the original wooden stick.

Scientists claim that the Mohawk language is one of the oldest languages in the world. The Mohawk language is also the original Iroquois language; other Iroquois nations (Seneca, Huron, Cherokee, etc.) speak an Iroquois dialect but not the true language. Mohawks are the

head and foundation of the Longhouse, or the Six Nations Iroquois Confederacy. The Longhouse consists of the Mohawk, Onieda, Onondaga, Cayuga, Seneca, and Tuscarora nations. The Longhouse is the oldest government in the world today. It was also the model that the United Nations was based on. Also, both Democracy and Communism were based on the Iroquois Constitution. "Mohawk" is an Algonkian word meaning "cannibals". In our language, our name is "Kanienkehaka", which means "people of the flinty land". Iroquois is another Algonkian name; it means "big snakes." We say "Kanonsionnweonkwe", which roughly translates to "people of the Longhouse".

Tewaarathon has been the Mohawk national sport for over 1,000 years and it is still an integral part of our culture. Some of you may not realize it, but Lacrosse is also the official national sport of Canada.

*Reprinted from Lacrosse Across Saskatchewan*

## SCHOLARSHIPS AVAILABLE

If you are graduating from high school in a few months, you will be interested to know that the BCLA has a Scholarship Program.

In its eight years of activity, the Scholarship program has given out seventy-four scholarships for a total of \$14,800. These were awarded to students, active in the game of lacrosse, who planned to continue their education in British Columbia.

Here's how it works —

1. Get your Scholarship Application Form from the BCLA office.
2. Complete all four pages of the application form. (This is very important)
3. Mail in your application before the end of June.

## 1992 MINOR ASSOCIATION PERSONNEL

### PRESIDENTS

Burnaby	Jack Crosby .....	931-8200
Coquitlam	Jim McAnerin .....	939-3342
Dawson Creek	Richard Frank .....	782-8693
Delta	Wayne Owen .....	946-8183
Juan de Fuca	Murray Muralt .....	478-2622
Kamloops	Jan Polanski .....	579-5344
Kelowna	Bill McBain .....	762-8227
Langley	Al Billings .....	533-2719
Mackenzie	Paul Lafrenieu .....	997-5407
Maple Ridge	Don MacDonald .....	462-0067
M/Abbotsford	Kerry Bysouth .....	859-7981
Mission	Dick Brodie .....	826-1609
Nanaimo	Laurie Russell .....	758-8395
N Westminster	Eoin White .....	522-4559
North Delta	Bob Brisco .....	596-2702
Nth Vancouver	Gail Phillips .....	929-3648
Peninsula	Ray Johnson .....	655-1616
Pt Coquitlam	Larry St Germain .....	941-5373
Port Moody	Ingrid Bubersky .....	944-1370
Prince George	Gayle Gould .....	964-3365
Richmond	Lothar Czech .....	275-0579
Saanich	Bryan Carbery .....	479-4168
Surrey	David Soul .....	590-2774
Tumbler Ridge	Dan Forster .....	242-5824
V/Killarney	Terry Kirstiuk .....	435-9976
V/Armstrong	Pat Bonin .....	546-3260
V/Esquimalt	Ron Cullen .....	592-4123
White Rock	Judy Jones .....	536-3127

### HEAD COACHES

Pat Hall .....	421-0580
John Marcher .....	931-5798
Richard Frank .....	782-8693
Al Hutchings .....	946-0284
Mike Armstrong .....	478-7012
Jan Polanski .....	579-5344
Larry Keating .....	765-0955
George Rayburn .....	530-1437
Paul Lafrenieu .....	997-5407
David Hayter .....	467-0556
Frank Webber .....	859-2991
Paul Joseph .....	826-7102
Earl Nicholson .....	758-0120
Rob Allison .....	524-3831
Dave Buck .....	594-4797
Gail Phillips .....	929-3648
Burt Minter .....	655-3364
Dennis Quigley .....	944-8585
Ken Rudisuela .....	469-1294
Barry Bertrand .....	964-9330
Raly Dupuis .....	271-5789
Eric Heavener .....	383-7596
Dan Wray .....	596-1234
Dan Forster .....	242-5824
Terry Miller .....	433-9680
Tim Bronson .....	542-4906
Joe Medeiros .....	595-2070
Viggo Elvevoll .....	585-2835

### HEAD REFEREES

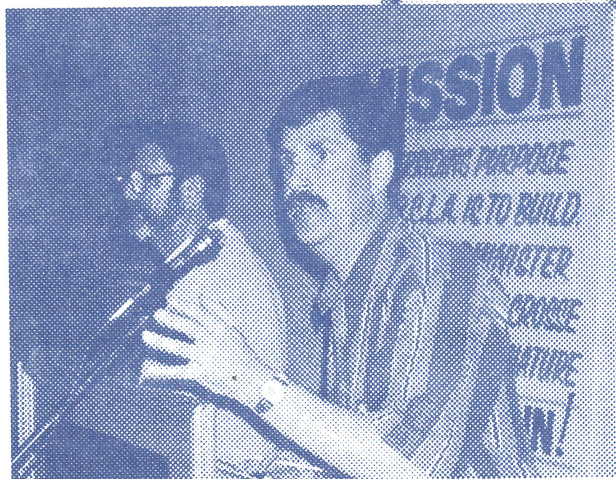
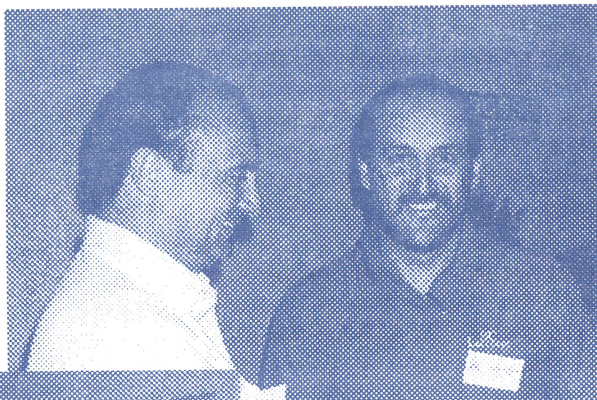
Arleigh Bell .....	421-8147
Carlo Ciardullo .....	936-1317
Richard Frank .....	782-8693
Carol Taylor .....	946-1582
Kevin Hanna .....	478-6927
Jan Polanski .....	579-5344
John Tanasichuk .....	762-3228
Brent Thompson .....	856-3937
John Freeman .....	997-6866
Craig Laker .....	467-1758
Vince Ciccone .....	859-4082
Doug Knight .....	826-6109
Jim Turley .....	754-5837
Eoin White .....	522-4559
Ben Myketiak .....	596-8056
Gerry Sickavish .....	9875986
Mike Neumann .....	384-0285
Peter Mutch .....	941-0069
Jan Pavan .....	469-1222
Ross Gould .....	964-3365
Duane Zeelenberg .....	244-0845
Shelley Price .....	721-0684
Art Pruett .....	576-9474
Dan Forster .....	242-5824
Stuart Burke .....	321-1204
Jeff Connauton .....	542-7016
Kevin Bendall .....	385-8572
Eric Benetti .....	531-9177



# SUPERCLINIC '92

The second annual SuperClinic, for coaches, officials, athletes and parents, was held at the Royal Towers Hotel in New Westminster on March 28 and 29. Presentations and sessions were held on goaltending, sport and drugs, offensive strategies, ethics and fair play in lacrosse, conditioning and injuries.

Coaching Chairman David Hayter thanks SuperClinic guest speaker Bob O'Billovich (B.C. Lions Head Coach) after his talk on "Being a Winner".



Casey Cook and John Hannah conducted the Ethics and Fair Play workshop. They are trying to develop a Code of Ethics for players, coaches, officials, administrators and parents as part of the BCLA's Long Range Plan.

## CANADA'S NATIONAL COACHING CERTIFICATION PROGRAM NCCP

This program is designed to meet the needs of practicing coaches, male and female, whether they be beginner or experienced. The program is structured on five levels and presents coaches with the Theoretical, Technical and Practical aspects of coaching. Each coach should participate in all components of the program to develop his/her full potential as a coach. The Theory courses are sponsored by the provincial/territorial governments across the country and relate detailed information on such topics as leadership, motivation, training and teaching methods, etc. common to coaches in all sports. The Technical courses are offered by the national/provincial (territorial) sport associations and present the specific skills, drills, tactics of a particular sport in a progressive, logical sequence. The Practical component of the program consists of actual on-the-field coaching where the principles learned in Theory and Technical are practically applied by coaches working with their athletes. When a coach completes all three components

of a level, that coach becomes formally certified and receives a national passport booklet. Therefore, for coaches who want to avail themselves of all aspects of coaching, opportunities are available through the Theory, Technical and Practical components of Canada's National Coaching Certification Program.

### EXPLANATION:

**THEORY** Course taken at a University or Community College or put on by a qualified Lacrosse Course Conductor.  
**+ TECHNICAL** Course put on by a qualified Lacrosse Course Conductor.  
**+ PRACTICAL** After completing a Technical Course and then coaching one year.  
**= LEVEL I CERTIFICATION** On completion of all of the above.

*The BCLA wishes to recognize the contributions of*



*Ministry of Municipal Affairs, Recreation and Housing  
Hon. Robin Blencoe, Minister*

## A COACHES CORNER

The rejuvenated BCLCA is working hard to upgrade the quality of coaching education programs in the province.

Please fill out the questionnaire that will be coming your way in the mail and return it to the BCLA office by June 12th.

It will help us determine your needs and wants.

## TEN WINNING SLOGANS

1. Be a competitor - 100% effort - nothing less will do.
2. Winning isn't the only thing but the effort to win is.
3. Failure isn't fatal and success isn't final.
4. A winner never quits and a quitter never wins.
5. Adversity develops character.
6. When the going gets tough, the tough get going.
7. Be positive - learn from your mistakes.
8. Character is what you are - Reputation is what people think you are.
9. You only get out of it what you put into it.
10. If you are going to be the best, you have to beat the best.

*From Bob O'Billovich Head Coach B.C. Lions Football Club as presented at Superclinic '92 (March 28, 1992)*



# The BCLA - Who we are and what we try to do

The BCLA is 102 years old. It is one of the oldest sport governing bodies in Canada.

Last year we adopted a new mission statement:

*The overriding purpose of the BCLA is to build, develop and administer the great sport of Lacrosse befitting its unique nature: it is a fun sport to participate in, that also provides opportunities for the pursuit of individual or group excellence.*

The Executive is charged with providing the leadership and vision for the organization so that our mission statement can be realized.

The office staff serves the Executive and tries to provide the lubricant so that lacrosse volunteers can communicate effectively. This means a lot of our time is spent on typing, registering, corresponding, responding to enquiries, filing, billing, faxing, booking, phoning, referring, mailing, ordering, selling, rerouting, and redistributing. Last year 70% of the BCLA budget went to administration and meetings. This year we've reduced this to 50%.

At present, we are trying to determine how we can most effectively serve our 600 coaches, 600 officials, 6000 athletes, and 1500

volunteers through the Long Range Plan. *Please take a few moments to fill out the enclosed questionnaire so that we can better assist you in the future.*

As a volunteer driven and run organization we're constantly looking for more help and support (Please see **Volunteer BlueShirt Application Form**) so that we can better achieve our goals.

*What does being a BCLA Member do for you?*

Below is a list of some of the benefits of being a BCLA member.

## 1. Insurance

\$2,000,000 accident liability insurance for coaches, officials and athletes.

## 2. Communication

Copies of our quarterly newsletter LAX FAX that keeps you up to date on tournaments, clinics, comings and goings and the latest in lacrosse. Clubs and associations receive copies of rulebooks, BCLA Directories and yearbooks, and regular mailings of minutes and announcements. We try to provide our members with fundraising, organizational, media liaison and other information. The BCLA regularly meets with the government, educational

institutions and other agencies and lobbies for our sport. We also try to pass information to media to promote our game to the fullest through regular press releases. If you have an announcement or something to say LAX FAX provides a great vehicle.

## 3. Fundraising Opportunities

Ability to take part in BCLA fundraising opportunities.

## 4. Reduced Prices

Discounts on all BCLA publications, videos and merchandise.

## 5. A Voice in the Association's Future

A vote at the AGM for selection to the Annual General Meeting (See a Constitution for details).

## 6. Affiliation and Association

We're members of Sport B.C., the Canadian Lacrosse Association and several other associations. This means you too are members!

## 7. Education

We put on clinics and Superclinics so that coaches, officials and athletes can have exposure to the best and the newest.

## 8. Scholarship Opportunities

BCLA members are eligible for educational scholarships.

## 9. Programs

Being a member allows your team to compete in provincials and other sanctioned tournaments. The BCLA has a library of videos and publications that we're constantly upgrading. We recognize service for volunteers and try to recognize the outstanding among you. This year minor associations were given large pictorial signs to assist them in the recruitment process. The Long Range Plan should help us determine other programs.

## 10. Helps to ensure the long-term survival of lacrosse

By starting programs in schools, looking at a game for the disabled, creating regional development programs and taking part in a Long Range Planning process we hope that lacrosse can be enjoyed in all parts of the province by everyone for many years to come.

## 11. Other Services

The BCLA has a meeting room and a volunteer office available at its Burnaby headquarters. If you're in the area, drop by and say hello!

## NCCP SPRING THEORY COURSE LIST

DATE	LOCATION	CONTACT	PHONE #
<b>LEVEL I</b>			
May 25-28	New Westminster	Denise Rutherford	527-5492
May 30-31	Victoria	Paul Convey	592-1556
June 13-14	Williams Lake	Mark Richie	392-2311
Aug. 3,5,8	New Westminster	Al Chin	527-5472
<b>LEVEL II</b>			
May 29-31	Kamloops	K.J. Klontz	828-3536
May 29-31 & June 6	Nanaimo	Brian Sugiyama	756-5200
June 16,18, 20,21	Victoria	tba	592-1556
<b>LEVEL III</b>			
May 29-31 Home Study Combined	Castlegar	Bob Gurney	365-7292
June 6&7 / July 25&26	Vancouver	Eric Broom	822-4764
July 23-26	Vancouver	Eric Broom	822-4764



# RULES AND THEIR INTERPRETATIONS

For the first time in many years, a National Officiating Conference was held to discuss officiating programs, the needs and resources, and to set directions for development. The meeting was chaired by Murray Taylor, CLA Chairman of Officiating, who stated, "Over the course of the weekend, there were many frank exchanges and compromises on all sides to meet the best interests of lacrosse officiating as a whole. It has brought back a true national perspective to the officiating program."

One of the major tasks was completion of the new Box Rule Situation Handbook which is now in force as the common manual for officiating. A following series of directives to officials were compiled to be passed along to officials and coaches in all provinces, at all levels. The ultimate goal is the standardization of rule applications across Canada.

## RULE 43 - FACE-OFFS

Clearly the intent of the 1991 rule change was to bring back the draw skill of face-offs. This has been confirmed by the Box Sector Committee and by member associations. Therefore, in order to better achieve that goal, the following interpretation shall apply: In Section (b): The rule shall be interpreted that the feet must remain outside the parallel lines throughout the draw. The balance of the rule is applied as written. The ball must come out within three seconds or there has been a draw violation.

## RULE 64 - SLASHING

This was the most controversial item of the 1991 Box season. The Sector at the AGM set a task for the Officiating Committee to establish a clear definition of the slash and how it is to be applied by officials in the game. The participants at the conference are in complete agreement that this is a vital issue, though the extent to which the use of the stick is to be permitted at the Junior and Senior level needs some further discussion. We lose more young players and potential players from the slash than for any other reason.

## For Minor Lacrosse:

**Players may only check with that portion of the stick between the hands. Any use of other parts of the stick, in particular the head, which makes contact with the opponent's body is a slash.**

## For Senior Lacrosse:

**There are four elements which must be taken into account for a check with the head of the stick to be legal:**

1. It must be an attempt to dislodge the ball. Use of the portion of the stick not between the hands on a non-ball carrier will be called a slash.
2. It must land below the elbow.
3. It must not be done persistently.
4. It must not be done with undue force or intent.

There is no such thing as a legal slash, the above describes a legal check. Referees are instructed to call slashing closely. Note, an action intended as a slash that misses, must be called a slash.

## RULE 38 - CHECKING FROM BEHIND

This call must be enforced to the letter. The most dangerous check in the game is from behind near the boards. Referees are instructed to watch the completion of the check after a shot or goal (in particular the trail referee). It is still a penalty if the check is delivered as the ball is shot.

## RULE 40 - CROSS-CHECKING

Read the rule in the book and enforce it. Remember, the proper technique is to put the stick on the player and to push. Any hitting results in a penalty.

## CLUTCH AND GRAB

Far too much grabbing and holding is being allowed with the free hand (the hand off the stick). This is resulting in hockey-type play and wrestling matches in the corners. Review Rules 46 (Free Hand), 51 (Holding), and 75 (Wrap Around).

Allow the skill of the players to decide the game.

## HALLMARKS OF ASSOCIATION EXCELLENCE

by Dr. Al Litvak, York University

### EFFICIENT

- functioning volunteer board
- well-developed bylaws
- competent leader
- sound financial controls
- ability to operate programs that successfully carry out the association's mission

### EXCELLENT

- clearly articulated sense of mission
- presence of true leader
- existence of involved and committed volunteer board
- ability to attract financial and human resources

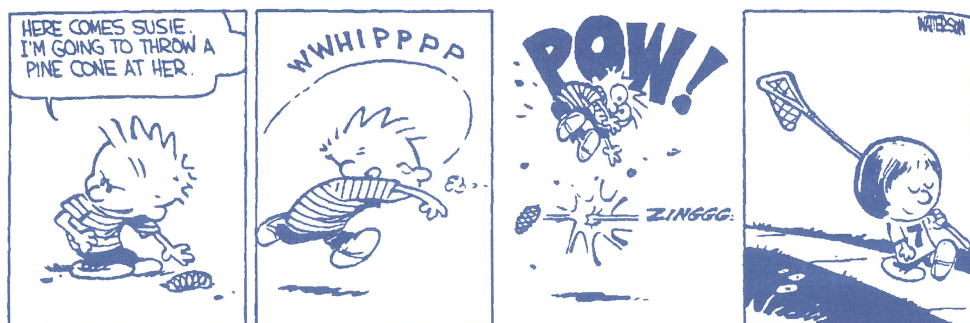
## FIELD LACROSSE MAKES THE COMMONWEALTH GAMES!

Men's and women's field lacrosse will be demonstration sports at the Commonwealth Games being held in Victoria - the only demonstration sports to be included.

According to Executive Director Mike Stolte, "We have been told that our lacrosse delegation (mostly Victoria lacrosse enthusiasts) made a very strong presentation."

"This will be an extraordinary showcase for a great sport. We're hoping this will lead to the growth of all facets of Womens and Mens lacrosse - field, box and Interlacrosse - on an international, national and provincial level."

Lacrosse is one of Canada's only indigenous games. It was developed by Canada's aboriginal peoples and has been played for more than 600 years.



Lacrosse Is Fun



# BCLA LAX FAX Survey

Please take a few moments to answer our questions. It will assist the Long Range Plan Committees of the BCLA build programs and services and ensure lacrosse continues to grow in B.C.

**All returned surveys will be eligible for Brine or STX merchandise prizes!** (All replies are confidential. If you do not wish to include your name, please still return your completed questionnaire.)

## ABOUT YOU (DEMOGRAPHICS)

Respondent:

- ☐ Male
- ☐ Female

What is your current involvement in the game? Please rank those that apply (1 being the highest).

- ☐ minor athlete
- ☐ senior athlete
- ☐ coach (specify level)
- ☐ official (specify level)
- ☐ club/association executive
- ☐ retailer
- ☐ parent (specify level your child(ren) is/are involved in)
- ☐ other (specify)
- ☐ no involvement in game

What is your primary involvement in the game? (Please rank)

- ☐ minor box lacrosse
- ☐ senior box lacrosse
- ☐ mens field lacrosse
- ☐ womens field lacrosse
- ☐ interlacrosse
- ☐ no involvement in the game

During the lacrosse season, how many hours per week do you spend involved in lacrosse? \_\_\_\_\_

What is your age?

- ☐ under 13
- ☐ under 16
- ☐ 17-19
- ☐ 20-29
- ☐ 30-39
- ☐ 40-55
- ☐ over 55

Including you, how many members are in your family? \_\_\_\_\_

How many family members are involved in lacrosse? \_\_\_\_\_

For how many years have you been involved in lacrosse?

- ☐ less than 1
- ☐ less than three
- ☐ less than five
- ☐ less than 10
- ☐ less than 20
- ☐ 20 or more
- ☐ no involvement

In which city/town do you live? \_\_\_\_\_

What is the highest level of education completed?

- ☐ Elementary School
- ☐ Secondary School
- ☐ Technical/Trade School
- ☐ Community College
- ☐ University Degree
- ☐ Graduate or Post Graduate Work

What is your current employment?

- ☐ Professional
- ☐ Self-Employed
- ☐ Manager
- ☐ Skilled Labourer
- ☐ Clerical
- ☐ Home Maker
- ☐ Retired
- ☐ Student
- ☐ Other

Approximately, how much have you spent in the last 12 months on lacrosse? (ie. registration, equipment, souvenirs, attendance, etc.)

- ☐ \$0
- ☐ less than \$50
- ☐ less than \$100
- ☐ less than \$200
- ☐ less than \$400
- ☐ less than \$700
- ☐ more than \$700
- ☐ not applicable/unknown

## INVOLVEMENT

Which of the following accurately describes the reason(s) for your involvement in lacrosse? Please rank those which apply (1 being the highest)

- ☐ Physical conditioning
- ☐ Travel opportunities
- ☐ Community service
- ☐ Team environment
- ☐ Competition
- ☐ Recreational/Social aspects
- ☐ Opportunity to excel
- ☐ Cost relative to other sports
- ☐ Other (please specify) \_\_\_\_\_

What are the three most appealing aspects of the sport of lacrosse for you? (please rank)

- ☐ speed of the game
- ☐ skill involved in the game
- ☐ history/heritage of the game
- ☐ underdog status of game
- ☐ good off season training for another sport
- ☐ strategy involved
- ☐ body contact
- ☐ friends/social part of game
- ☐ cost
- ☐ other (specify) \_\_\_\_\_

What are the three least appealing aspects of lacrosse for you that might prevent your involvement in the future? (please rank) lack of tournaments/competition certain rules (please specify)

- ☐ cost
- ☐ poor/no organization in your area
- ☐ timing of games/practices/meetings
- ☐ access to facilities
- ☐ quality of coaching
- ☐ quality of officiating
- ☐ lack of Fair Play/Ethics
- ☐ violence (ie. slashing or fighting)
- ☐ probability of an injury
- ☐ other (please specify)
- ☐ not applicable



Outside of your club/team or association, have you attended a lacrosse game in the past year?

- ☐ Yes  
☐ No

If NO why not?

- ☐ Lack of information/media coverage about other lacrosse matches  
☐ Cost  
☐ Location of games not good  
☐ Time of games not good  
☐ No access to schedule(s)  
☐ No time  
☐ Other sports more appealing to watch  
☐ Other (Please specify)

What would make you want to attend more lacrosse games (please list)?

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Which of the following OTHER sports/activities have you **taken part in** over the last 12 months? (as a player, coach, official or parent)

- ☐ baseball  
☐ basketball  
☐ football  
☐ hockey  
☐ rugby  
☐ softball  
☐ soccer  
☐ other (please list)

Which of the following OTHER sports matches or games have you attended over the last 12 months? (not as a coach, player, official or parent)

- ☐ baseball  
☐ basketball  
☐ football  
☐ hockey  
☐ rugby  
☐ softball  
☐ soccer  
☐ other (please list)

List in order of preference your five favourite sports.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

## SERVICES AND PROGRAMS

If there were a field lacrosse program in your area would you be interested in getting involved as a:

- ☐ recreational player  
☐ competitive player  
☐ coach  
☐ official  
☐ other volunteer/organizer  
☐ no involvement

If there were an interlacrosse program in your area would you be interested in getting involved as a:

- ☐ recreational player  
☐ competitive player  
☐ coach/instructor  
☐ official  
☐ other volunteer/organizer  
☐ no involvement

LAX FAX is published four times yearly. We are presently trying to put information in LAX FAX that is interesting to everyone, please list stories or areas you would like to see covered (ie. Canadians playing in the U.S., How to Choose a Stick, etc.).

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Which of the following do you find hard to get that might be of interest to you? (Please mark VI (Very interested), I (interested), or N (not interested)).

Lacrosse books/ manuals (Instructional)

Lacrosse books/ manuals (statistical, promotional, etc.)

Lacrosse Videos (Instructional)

Lacrosse Videos (Game films/Hi-lite films)

Current B.C. Lacrosse information

Current Canadian Lacrosse information

Current International Lacrosse information

U.S. College Lacrosse Scholarship information

Lacrosse headgear/helmets

Other Lacrosse equipment (Specify)

Sticks

Lacrosse t-shirts

Lacrosse sweatshirts

Lacrosse posters

Lacrosse pins

Lacrosse ballcaps

Skills camps

Other Developmental Camps/Technical Clinics

Other (please specify)

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If you are presently not involved as a volunteer what might interest you in getting more involved?

- ☐ pay  
☐ awards/recognition nights  
☐ challenging work  
☐ being able to work from home  
☐ a job title and responsibility  
☐ a special project  
☐ work in an area of interest  
☐ a small well defined time commitment  
☐ other (please specify)

*Thank you for taking the time to respond to help out lacrosse in British Columbia!*

**To be eligible for prizes please drop off or mail completed surveys to:**

**BCLA,  
202-3920 Norland Ave.,  
Burnaby, B.C., V5G 4K7**

Name:

Address:

City:

Postal Code:

Phone #:



## LEAGUE TOP SCORERS IN 1991

		G	A	Pts
<b>WESTERN LACROSSE ASSOCIATION</b>				
Rick Brown	Victoria	24	79	103
Ben Hietjes	New West'r	37	60	97
John Tavares	Vancouver	46	48	94
Jeff Wilfong	Coquitlam	38	49	87
Jim Veltman	Coquitlam	19	60	79
Keith Cowieson	Burnaby	29	46	75
Troy Cordingley	Coquitlam	27	39	66
John Wilson	Burnaby	21	43	64
Geordie Dean	New West'r	20	43	63
Russ Heard	Burnaby	27	32	59

### WEST COAST SENIOR LEAGUE

Kevin Shires	Nanaimo	57	69	126
Ken Morrison	Nanaimo	60	59	119
Gord Minot	Langley	37	71	108
Duane Jacobs	North Shore	56	51	107
Charles Martin	North Shore	28	52	80
Wayne Baker	North Shore	28	52	80
Tim McInnes	Vancouver	34	43	77
Tim Winter	Ladner	28	46	74
Chris Baker	Ladner	31	42	73
Troy Gurney	Burnaby	30	38	68

### JUNIOR A LACROSSE LEAGUE

Curt Malawsky	Coquitlam	55	97	152
Kevin Brunsch	Coquitlam	55	84	139
Leo Paquin	Richmond	58	68	126
Jason Wulder	Richmond	49	73	122
John Kilbride	Richmond	62	47	109
Chris Gill	Coquitlam	62	39	101
Del Halladay	Victoria	53	47	100
James Redfern	Victoria	53	36	89
Mike Hagel	Sth Fraser	42	45	87
Chris Prat		39	47	86

### WEST COAST JUNIOR LACROSSE

Bob Berkly		51	33	84
Tom Sohler	Delta	40	31	77
Ian Morris	Pt Coquitlam	28	39	67
Daxon McRae	Pt Coquitlam	32	33	65
Brent Grey	Delta	27	37	64
Mike Busche	Nanaimo	26	38	64
Phil Webster	Pt Coquitlam	30	32	62
Blair Mitchell	Port Moody	41	16	57
Mike Shaw	Delta	32	25	57
Ron Sahdra	Nanaimo	26	31	57

### INTERMEDIATE A LACROSSE LEAGUE

Brad Downey	Pt Coquitlam	57	58	115
Derek Malawsky	Coquitlam	36	60	96
Ken Briden	Coquitlam	31	60	91
Chris Konopliff	Coquitlam	35	50	85
D.J. Serr	Pt Coquitlam	46	38	84
Mike Debaughn	New West'r	36	38	74
Karl Probst	Sth Fraser	42	30	72
David Nadalin	Pt Coquitlam	34	35	69
Jason Chick	New West'r	28	40	68
Kevin Stewardson	New West'r	27	39	66
Steven Porter	New West'r	27	39	66

## VIDEOS AVAILABLE FROM BCLA OFFICE (VHS)\*

### PROMOTION:

Whippit Promotion - Registration Lacrosse  
It's For you - Registration Soft Lacrosse -  
Registration "Inter-Lacrosse" - School  
Instruction

### EDUCATIONAL:

Fun with Fundamentals - .. Individual Defence  
.. Passing and Catching .. Equipment and  
Stretching .. Team Defence .. Shooting ..  
Individual Offence

Why do I Officiate? Three Teams on the Floor  
Box Lacrosse - Common Penalties (no audio)  
Introduction to Field Lacrosse

### GAMES

Mann Cup 1984 - Game #4 - Victoria/  
Peterborough Mann Cup 1984 - Game #5 -  
Victoria/Peterborough Presidents Cup 1985 -  
Bronze Medal Game Minto Cup 1984 Final  
Game - 3rd Period - Whitby/New Westminster  
(29.38 min) Bantam Nationals 1984 Bronze  
Medal Game - Guelph/Burlington IFWLA  
World Cup '89 - Bronze Game - Canada/  
Australia  
- Gold Game - U.S.A./England  
Brine World Cup Final World Lacrosse 1990  
(Field) Canada/U.S.A.

### MISCELLANEOUS

WLA Junior Draft 1990 PRO'88 Indoor Box  
Lacrosse Lacrosse Hall of Fame Induction  
Banquet 1988 Lacrosse Hall of Fame Induction  
Banquet 1989 Lacrosse Hall of Fame Induction  
Banquet 1991 Nations in 1980 - Jack McPartlins  
Speech at Banquet Nations in 1980 Overview  
BCLA 100th Birthday - 1890-1990 Welcome  
to Lacrosse - Finnair

\* \$5.00 rental charge for 2 week rental

## TRIVIA Answers:

1. Thompson, Bannister, Lewis,  
Goodrich, Avander 2. 1200 Hornby Street,  
6362 Fraser Street, 3920 Norland Avenue  
3. 102 years 4. Rick Lapointe, Barry  
Ashbee, Ryan Walter, John Ferguson,  
Jack Bionda, Tom McVie, Cliff Romning,  
Joe Sakic, Ike Hildebrandt 5. Juvenile A  
6. Juvenile B 7. Rover 8. Commandos,  
Salmonacs, Adanacs, O'Keefes,  
Salmonbellies 9. Hat Trick 10. Twenty  
11. Bantam, PeeWee and Tyke



# WE NEED YOU!

## B.C. Lacrosse Association BlueShirt Volunteer Program Application Form

The BCLA is volunteer driven and run. In order for Canada's National Game to develop and flourish there is a lot of challenging and rewarding work that must go on behind the scenes. We are asking for your assistance in the administration, development and the promotion of the great sport of lacrosse. There are many areas where your talents and interests can help us. Each volunteer will have a job description, training and an orientation and you will be eligible for some great prizes!

If you are enthusiastic, have some experience in an area and can spend several hours per week (for as little as two months) please complete the following application form and send a resume (if possible) or a description of your interests and experiences to:

**BCLA BlueShirt Volunteer Program**  
202-3920 Norland Ave.  
Burnaby, B.C.  
V5G 4K7

### Areas of Interest (please place a tick beside your interest areas)

#### Athlete Programs

- ☐ Skills Development
- ☐ Counselling (ie. Drugs, Fair Play)
- ☐ Training
- ☐ Disabled Programs
- ☐ Women's Development
- ☐ Recruitment
- ☐ Retention
- ☐ Athlete Development Programs
- ☐ Native Program

#### Coach, Official or Volunteer Executive

- ☐ Coach
- ☐ Coaching Developer
- ☐ Official
- ☐ Officiating Developer
- ☐ Association/Team Volunteer

#### Schools Program

- ☐ Schools Co-ordinator
- ☐ Inter-lacrosse clinicians
- ☐ School Development

#### Office & Administration

- ☐ Clerical, Secretarial
- ☐ Retail Goods Management
- ☐ Computer Consulting/Troubleshooting (please list software)
- ☐ Photocopying, Other Office
- ☐ Bookkeeping or Financial Planning

#### Volunteers

- ☐ Volunteer Co-ordinator
- ☐ Recruiter
- ☐ Recognition Co-ordinator
- ☐ Volunteer Training
- ☐ Volunteer Orientation

### Newsletter/Publications

- ☐ Co-ordinator
- ☐ Photographer
- ☐ Writer/Feature Contributor
- ☐ Layout/Design

### Public Relations

- ☐ Public Relations Co-ordinator
- ☐ Special Events
- ☐ Speaker's Bureau
- ☐ Advertising
- ☐ Promotions
- ☐ Brochure/Material Design

### Media

- ☐ Media Relations Co-ordinator
- ☐ Press Releases

### Marketing

- ☐ Marketing Co-ordinator
- ☐ Research

### Sponsorship and Fundraising

- ☐ Sponsorship Co-ordinator
- ☐ Fundraising Co-ordinator
- ☐ Canvasser
- ☐ Raffle/ Bingo Administration
- ☐ Other Fundraising

### Membership Services

- ☐ Membership Co-ordinator
- ☐ Alumni Co-ordinator

### Other

- ☐ Legal Counsel
- ☐ Strategic Planning
- ☐ Special Events
- ☐ Odds & Sods
- ☐ Researcher

Other (Please list your interests, we're interested in making your experience rewarding)

### Name:

### Address:

### Home Phone #:

### Work Phone #:

### Fax #:

### Occupation:

### Age (if under 16):

### Interests:

### Relevant Experiences:

### Availability (Please place a tick beside times you would be available):

- ☐ Summer
- ☐ Fall
- ☐ Winter
- ☐ Spring

- ☐ Morning
- ☐ Afternoon
- ☐ Evening

- ☐ Weekday
- ☐ Weekend
- ☐ Available Anytime

How many hours a week could you commit?

**THANK YOU FOR YOUR INTEREST!**



## **LOCAL CELEBRITIES FROM THE MAJOR INDOOR LACROSSE LEAGUE - - 1992 VERSION**

The Major Indoor Lacrosse League has several professional lacrosse players and a staff member from the British Columbia lacrosse scene who had outstanding performances during the 1992 season. In its sixth year of operation, the MILL has seven teams including the Baltimore Thunder, Boston Blazers, Buffalo Bandits, Detroit Turbos, New York Saints, Philadelphia Wings and the Pittsburgh Bulls. Each team plays four home and four away games during the regular season which runs from the end of December through late March/early April. The League averaged over 10,000 fans this season League-wide.

Every year, the Major Indoor Lacrosse League recognizes the players and staff who made outstanding contributions to their teams during the season. The following players from the Vancouver, British Columbia area received special recognition:

### **DAVE EVANS, PHILADELPHIA WINGS**

Dave Evans was voted the MILL's 1992 Coach of the Year. Evans, whose team was in a rebuilding year with twelve rookies, led the Wings through the first and second rounds of the American Division playoffs and then to the Championship, where the Wings lost in overtime at the Spectrum to the Buffalo Bandits, 11 - 10.

Dave has been a dedicated member of the Wings for the last five years, and has earned the respect of his team with his leadership

abilities. He resides in Burnaby during the off-season, and is a Specialist Coach with the Vancouver Burrards during the summer.

### **DALLAS ELIUK, PHILADELPHIA WINGS**

Dallas Eliuk was voted as Second Team All Pro Goalie for the second consecutive year. Dallas played in every regular season game this year and was second best in the League for Saves with a total of 312 saves, an average of 39 per game. He will be goaltending with the Burnaby Lakers this summer.

### **PAUL GAIT, DETROIT TURBOS**

Paul Gait was voted First Team All Pro for the second year and honoured with the Detroit Turbos MVP award. Although Paul played in only seven of the eight games, he achieved first place in the League with 33 goals, 20 assists, for a total of 53 points. Originally from Victoria, B.C., Paul currently resides in Syracuse, New York.

### **GARY GAIT, DETROIT TURBOS**

Twin brother Gary Gait was also voted First Team All Pro for the second consecutive year, and was honoured with the Turbos' 7th man award for his contributions to the team and the community, and for providing inspiration to his teammates. Gary Gait played in all eight regular season games and was second place in league scoring with 27 goals, 22 assists for a total of 49 points. Also from Victoria, Gary currently lives in Baltimore, Maryland.

## **THE QUESTION CORNER**

*Dear Editor: Why does the BCLA allow helmets to be worn in Womens Field Lacrosse, a sport that does not normally require any protective equipment?*

*Interested spectator*

Dear Interested spectator:

The BCLA made a decision to allow competitors to wear helmets if they so desired, in provincial (sanctioned by the BCLA) play. Since that time, correspondence has been received, both for and against the practice.

As a sport governing body, our first obligation is to provide a safe environment in which anyone can enjoy the sport of lacrosse. If a player requests that head protection be worn to protect herself from acquiring an injury or to protect herself from further injury, we feel that a person has the right to do so.

We have not instituted the wearing of helmets in Womens Lacrosse, nor are we moving towards compulsory helmet use for women's field competition.

*If you have a question, write LAX FAX Editor c/o BCLA*

## **CANADA'S NATIONAL SPORT FLOURISHES ON LOWER MAINLAND**

If team registration numbers are any indication of a game's popularity, box lacrosse is witnessing a rebirth on the Lower Mainland characteristic of its glory days.

Thirty-one new minor teams (under 16 years of age) will be taking to the arenas this spring representing a growth of over 18%. Richmond is leading the way, fielding nineteen teams this year (a 58% increase). Burnaby, South Delta, Maple Ridge, Vancouver/Killarney, New Westminster, North Delta and Squamish Nations have all fielded at least 25% more teams this year than last.

The most surprising growth has been in the midget age grouping (14 and 15) which has grown by seven teams to twenty-six (36.8% increase). "This has been an age group that had been dropping off for years," said BCLA Executive Director Mike Stolte. "It's exciting to see the Squamish Nation represented this year," said Stolte "Lacrosse is a unique piece of shared culture." Stolte attributes the growth to the spread of Interlacrosse, a development game, in schools. "The game sells itself on its own merits once played by school children. It is exciting and addictive. There is also an

awful lot of hard work behind the scenes by volunteers in the minor associations." In Ontario box lacrosse registration numbers have doubled in the last five years. Manitoba and Alberta cannot recruit enough coaches and officials and have had to limit the sport's growth.

"All of lacrosse will really benefit from our exposure in the 1994 Victoria Commonwealth Games" said Stolte, referring to Mens and Womens lacrosse's selection as the only demonstration sport for the Games.

*Reprinted courtesy of Sports Vue.*



## ASSOCIATION PROFILE- RICHMOND MINOR LACROSSE ASSOCIATION

Interlacrosse school development has paid off for the Richmond Minor Lacrosse Association. Association President Lothar Czech credits the hard work of his association, and especially Dave Chambers and several of the Richmond Outlaws with a 58% increase in minor box lacrosse teams (from 12 to 19 teams) this year. Chambers goes into schools (up to grade 7) at lunchtime and puts on short InterLacrosse demonstrations. "The school board and schools have been very supportive", say Czech. Over the last two years, the Richmond Association has hit every elementary school in Richmond. Czech also credits a mobile mall display and a good relationship with Richmond Minor Hockey as keys to Richmond Minor's success. "We've got a great mall display with a target and sticks. Once a kid tries shooting, they're hooked", says Czech.

"We also try to hit hockey people at tyke and mini-tyke. We go to arenas and talk to hockey coaches emphasizing that lacrosse is a great off-season sport and that it really develops great endurance and hand-eye coordination. It doesn't hurt that Paul Coffey, Wayne Gretzky, Adam Oates, Cliff Ronning and Ryan Walter developed many of their skills in lacrosse."

Minor box lacrosse registration is up 18% this year on the lower mainland.

## HEATHER GALE A Fond Farewell

Heather Gale has worked for the BCLA for the past twelve years, and now she is leaving us. Before she joined our staff, Heather was one of the Norburn volunteers who helped to make that organization such a good one in the sixties and seventies.

Born and raised in East Vancouver, Heather is married and has three children - Steve, Randy and Dana. Her husband Doug was also involved with the Burnaby organization for many years. Both were also involved with soccer.

Heather and Doug lived in Burnaby for many years, moved to Coquitlam three years ago, and are now moving to Penticton at the end of May because of a job transfer for Doug.

From her recruitment to help out with "The Nations in '80", Heather went on to assume responsibility for the technical programs - coaching and officiating - and the Stick Loan program. These projects have all continued through the



years, often without specific leadership, all because of Heather's work.

As is the case in so many positions, additional responsibilities are added so easily - rarely, if ever, are they subtracted. And so it has evolved over the years, and Heather has risen to every occasion. There are many adjectives which describe Heather: patient, cheerful, willing, understanding, reliable, energetic, tireless, able - to name a few.

There is no doubt that Heather will be missed - by her co-workers in the lacrosse office, by all her friends here in lacrosse. Our best wishes go with Heather and Doug as they enter this new phase of their lives.

## A MESSAGE FROM THE PRESIDENT

The beginning of the box lacrosse season has traditionally been an exciting time in B.C. This year is especially exciting. 1992 marks the 125th Anniversary of both Canada and Canada's national sport, Lacrosse.

The BCLA has a new mission and is embarking on a Long Range Plan to ensure "Lacrosse Stays Fun" and to administer, develop and promote our great game. Plans are underway to develop lacrosse in B.C. schools and to develop a form of lacrosse for people with disabilities.

In the last two years we have seen a rebirth of the game in many areas thanks to the hard work and commitment of many volunteers. Last year registration was up 17%. This year our numbers will be up again. Strong B.C. coaching and officials associations will ensure that we are continually upgrading the quality of lacrosse for our players.

The future for lacrosse is looking great!

Doug Deschner  
President

BCLA  
#202 - 3920 Norland Avenue  
Burnaby, B.C.  
V5G 4K7

