

STICKS & STONES

Volume 3, Issue 1

February 2010

2010 ANNUAL CLA CONFERENCE: IT'S ONLY 3 MONTHS AWAY!



Register Before May 14th and receive a complimentary lunch on the day of the conference!

The following sessions have been booked so far:

Tiering – Dr. Stephen Norris
LTAD: Changing How We Coach – Duane Bratt
Coach Sportsmanship – Rick Phillips
The Community Development Coach – Rick Phillips
Coaching Goaltenders – Don Watson

Feature Bio: Don Watson

Don was one of the original players to start playing lacrosse in Nova Scotia prior to the 1969 Summer Games in Halifax. He is an analytical goaltender who has played, coached and refereed. Don's hard work has paid off over the years as evidenced by the MVP and outstanding player awards in his trophy case. He also served as President of his association. By the early 1970s, Don was running free lacrosse schools during the summer for both boys and girls.

Don carried his love for the sport to the next level when he was drafted to the pros in 1975. Under the tutelage of one of the great coaches in lacrosse (Jim Bishop), Don set out on a new path, as a coach, relaying methods and techniques to the teams and players he coached in Nova Scotia

and Alberta.

Upon moving to British Columbia, Don contributed to the development of the CLA Goaltenders Manual. Over the past five years, he has been developing Goaltending Levels I through VII. Don has taken this material and coordinated goaltender clinics in BC, Alberta and Nova Scotia. Most recently, Don has been developing Shooter Level 1 material along with Modified Yearly Planning Instruments for Midget Goalies aspiring to be drafted to Junior Lacrosse.

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Sam Seward, 2008 Aboriginal Sport Circle Coach of the Year (for lacrosse) stands with his son, Turner Seward, who participated as a torch runner on behalf of the Squamish Nation. Sam is in his North Shore Indians lacrosse jersey carrying a lacrosse stick. A very special moment for the Seward family and lacrosse.

“Wendy’s legacy to the sport community was that we share, embrace and celebrate the successes of our work in sport. The BC Games Society is pleased to honour the BC Lacrosse Association for all your organization does...” See page 2 for more.

NEW VICE PRESIDENTS JOIN CLA EXECUTIVE

The Canadian Lacrosse Association is very pleased to welcome two new members to its Executive Committee. Ahmed (AJ) Jomha has moved from his previous post as Chair of the Box Sector to become the new Vice President of Domestic Competition. Terry Rowland is the new Vice President of Organizational Development. Below is a little Q&A with both gentlemen.

How long have you been involved in lacrosse and in what capacity previous to serving on the Executive (i.e player, coach, administrator, official)?

AJ:

Player – from the age 7 to 42. In major lacrosse I played Jr. B, Jr. A and Sr. B. in Alberta

Coached – for 28 years Midgets, Jr. B, Jr. A and Sr. B.

Administration – Served as a director of the Edmonton Miners for 17 years and on the RMLL for 5 years. I also served as the Box Sector Chair for the CLA for 6 years.

Terry:

I started playing lacrosse at the age of 9 in Whitby Ontario for Mr. Gibson. I played Junior A lacrosse for the Oshawa Green Gaels for 5 years and won two Minto Cups under the coaching of Mr. Jim Bishop. I played 5 games of professional lacrosse for Detroit at 17 years of age.

I coached in the Whitby minor system for 10 years and was vice president of the Whitby organization and house league director from 1983 to 1988. I coached, managed and restored the Green Gaels Junior B lacrosse team in 1995 and have been an executive member since then. I was involved in starting the Ontario Sen-

ior B league and coached and managed the Brooklin Merchants Senior B team for 3 years, as well as a executive member of the Merchants.

What do you hope to achieve during your term in your current position on the Executive?

AJ:

It is my intention and desire to assist the CLA to develop the LTAD so that it becomes an integral part of the growth of our game. I look to take our niche sport to a more prominent level in Canadian sport in the coming years.

In my capacity as VP Domestic Competition I look to continue to improve the national competitions at all levels with an emphasis of making the younger ages more competitive for all. At the higher level I will continue to work with all parties to make the Minto Cup our flagship national championship to help promote our game to the uninitiated.

Terry:

I would like to have a goal of increasing our brand awareness of the CLA and also have a goal of achieving increased registration of over 30% in the next 3 years.

To accomplish this goal we will need to have the support of all our partners (member associations) and bring on some major funding from sponsors.

What do you envision for the future of lacrosse?

AJ:

I see our sport moving from being an unknown sport to most Canadians to one which is mainstream to the Canadian consciousness. In the past 10 years we have seen lacrosse gain more public awareness but not yet understood. It is

our job to educate new viewers and participants on the rules and objectives and provide opportunities for people to experience the sport.

Terry:

I feel the players and the parents will want to have their children play lacrosse not only because it is a cool game to play but it has everything in the game for athletes who desire a fast pace team sport. Our executive will support this increase by explaining to the parents the opportunity for getting a great education in field lacrosse and also having the potential to play pro box lacrosse. Lacrosse will prosper if we can set up the proper infrastructure of teachers and managers at the minor level.

What do you like to do in your spare time?

AJ:

I work a lot so all my time away from work and lacrosse is spent with my family.

Terry:

I enjoy the outdoors fishing, golfing and travelling.

What is a favourite quote or saying that you follow in life?

AJ:

Life is a gift, we should appreciate every moment we are given to experience it.

Terry:

Never knowingly embarrass anyone.

Please join the CLA Executive, staff and volunteers in welcoming AJ and Terry to their new positions.

BCLA RECIPIENT OF ACHIEVEMENT AWARD

In April 2009 the BC sport community was shocked and saddened by the sudden passing of BC Games Society Co-Chair, Wendy Ladner-Beaudry.

To recognize and honour the contribution of Wendy Ladner-Beaudry, the BC Games Society has created an award which recognizes a Provincial Sport Organization that has been progressive, dynamic, and professional in their approach to sport participation and development.

The BC Games Society has decided, unanimously, that the BC Lacrosse Association become the recipient of the inaugural Wendy Ladner-Beaudry Sport Achievement Award presented by the BC Games Society. The award presentation will take place during the Sport BC Presidents' Awards on March 31, 2010.

The Canadian Lacrosse Association would like to congratulate and recognize the BCLA board, staff and volunteers on their achievement in receiving such an honour.

CUFLA LAX SHACK AWARD WINNERS

The Canadian University Field Lacrosse Association ('CUFLA' - www.cufla.ca) is pleased to announce the league's annual Lax Shack award winners by vote of CUFLA's coaches:

Josh Wasson-McQuigge, Trent Most Valuable Player

Peterborough, Ont. native Josh Wasson-McQuigge was voted the league's MVP. A gifted player who can control the pace of a game, Wasson-McQuigge broke his collar-bone during the fourth game of the season and, despite the injury, helped Trent to advance to CUFLA's final four. In six regular season games Wasson-McQuigge scored 18 goals and four assists for 24 points, adding four goals and four assists in two playoff games. Wasson-McQuigge plays box lacrosse for the Peterborough Sr. A Lakers and is a professional box lacrosse player as a member of the Toronto Rock in the National Lacrosse League (www.nll.com).

Corey Fowler, Carleton Scoring Champion

A native of Niagara-on-the-Lake, Ont. who plays Jr. A lacrosse for the St. Catherine's Athletics, Corey Fowler led all CUFLA players in scoring with 49 points in 10 games to win CUFLA's 2009 scoring title. A natural leader with an uncanny ability to find the back of the net, Corey is the second Fowler to play for Carleton: his older brother Ryan graduated in 2009.

Mack O'Brien, Trent Outstanding Midfielder

Mack O'Brien, a Peterborough, Ont. native, was named CUFLA's top midfielder. O'Brien had a stellar 2009 season scoring 26 goals and 16 assists in 10 games. O'Brien, one of the best two-way players in CUFLA, has tremendous offensive skills and a strong outside shot while he also plays tough defense. O'Brien plays Sr. A lacrosse for the Peterborough Lakers.

Kalvin Thomas, Trent Outstanding Goaltender

Kalvin Thomas, the third Peterborough, Ont. native to win a league award that also plays for the Peterborough Lakers Jr. A, repeated as CUFLA's top goaltender for the second straight year. Thomas' strong play in net, coupled with this ability to clear and control play, make him an invaluable player.

Kyle Dorosh, Western Outstanding Attackman

Kyle Dorosh, an Oakville, Ont. native, was named the league's most outstanding attackman. Dorosh led Western's regular season scoring with 38 points (23g, 15a) and placed 2nd in the CUFLA West scoring race. Dorosh had a point in 44% of Western's total scoring this season. Dorosh is a Western graduate student pursuing a Master's in Clinical Anatomy. A four-year Dean's Honour List Student, Dorosh was recently awarded the Schulich Graduate Research Scholarship. Dorosh is an Anatomy Teaching Assistant for first year medicine and physiotherapy students, and he volunteers his time in the local London, Ont. minor lacrosse system. Dorosh plans to attend medical school next fall.

Brendan Farrer, McGill Radovic Outstanding Defenseman

A native of Oakville, Ont. and a graduate of T.A. Blakelock High School, Brendan Farrer is a four-time CUFLA All-Canadian, CUFLA's 2008 (co-winner) Most Outstanding Defenseman, as well as McGill's MVP in 2008. Farrer has played Jr. A and Sr. A box lacrosse with the Burlington Chiefs in Ontario. An honours student in McGill's Faculty of Management, Farrer is a senior who has been named to McGill's Principal's Academic Honour Roll every semester since his freshman year in 2006.

Shawn Mahoney, McMaster Outstanding Graduating Player (2010)

A native of Oshawa, Ont. Shawn Mahoney played high school lacrosse for St. Peter's Secondary in Peterborough, Ontario. Mahoney anchored McMaster's defense in 2009 and always guarded the opponent's top attackman. Mahoney has been a leader and team captain for the past four years, and was named All-Canadian in 2007. Mahoney is pursuing a Bachelor of Science degree in Earth and Environmental Science.

Carter Williams, McMaster Rookie of the Year

Williams, a native of Calgary, Alberta who attended high school in Scottsdale, Arizona and played for Team Arizona and the Arizona Starz club, led McMaster in scoring with 22 goals and 10 assists. Williams also led all league rookies with points, and was named an All-Canadian.

Ed Comeau & Jason Tallevi, McMaster Coaching Staff of the Year

McMaster's 'Cinderella' run to CUFLA's championship, the Baggataway Cup, started with a crucial win over reigning national champion, the University of Guelph. Guelph was a heavy favorite going into the game, with six Guelph players earning All-Canadian status. McMaster's semi-final playoff win was against the top seed in the East, Trent University, whose three All-Canadians included the league's MVP, its outstanding midfielder and goaltender. McMaster's eventual nail-biting loss in overtime to Brock (13-0) in the championship game surprised everyone around the league.

McMaster, long considered a "class act" by CUFLA's opposing coaches, encourages sportsmanship, leadership, and respect both on and off the field. McMaster's head coach, Ed Comeau, is also the head coach and general manager of the Orlando Titans of the National Lacrosse League (NLL).

CUFLA's "Radovic Outstanding Defensemen Award" is named after Dennis Radovic, a Defender at the University of Western Ontario from 1985-1988. A graduate of R.S. McLaughlin C.V.I. in Oshawa, Ontario, Dennis served as a 4-time captain, was a member of two of Western's Championship teams (1985, 1988), and was named Western's team MVP in '85 and '86. An Ontario Scholar, Dennis was heavily recruited by several Ivy League Division I lacrosse programs yet he chose to stay and play in Canada. Dennis was heavily involved in the creation of the very first CUFLA championships held at York University in 1985. Known for his humble persona and gracious manner, yet competitive to the core, Dennis was a true gentleman lacrosse player.

After graduating from Western, he became a teacher and lacrosse coach at Monsignor Paul Dwyer High School in Oshawa, Ontario. A number of Dennis' students have gone on to be successful players in CUFLA and NCAA programs.



FAVOURITE LACROSSE VIDEOS WANTED!

Request for video projects planned and produced by Canadian athletes that demonstrate their favourite lacrosse moments. Creativity is encouraged!!

Categories:

- Box Lacrosse (12 and under) – BEST VIDEO
- Box Lacrosse (21 and under) – BEST VIDEO
- Women's Field Lacrosse – BEST VIDEO
- Men's Field Lacrosse – BEST VIDEO

Awards for first, second and third place will be provided in each category.

*More than one video may be submitted by any one person or group.

Videos should be no more than 5 minutes in length and can include:

- original footage of game or practice situations
- technical concepts (i.e. a favourite practice drill or tricks with sticks)
- interviews with lacrosse coaches or with other players
- historical, technical or comical elements
- musical vignettes of digital photos (i.e. mashing)

Send submissions to:

Ross Ste-Croix, Program Coordinator
Canadian Lacrosse Association
2211 Riverside Drive, Suite B4
Ottawa, ON K1H 7X5
613-260-2028 x301

ross@lacrosse.ca

DEADLINE to submit: August 31, 2010

Videos can be viewed at: <http://www.youtube.com/canlacrosse>

Note: All videos will be screened to ensure appropriateness before being uploaded.

Videos will only be uploaded if they are accompanied by a signed Media Release Form.

Winners will be contacted and announced on the CLA web-site (www.lacrosse.ca) in early October.

CLA Values

HEART

Health & Wellness

Excellence

Accountability

Respect

Teamwork

Do you have a great story about lacrosse in your province or community you'd like to share?

Send it to sticks&stones@lacrosse.ca.



IMPORTANT DATES/DEADLINES TO REMEMBER

TORONTO ROCK GAMES BROADCAST ON TSN2

The Toronto Rock Lacrosse Club and TSN2 will be broadcasting the following regular season National Lacrosse League Rock games:

- Toronto Rock at Edmonton Rush - Sunday, February 21 at 7:00 p.m. ET (tape delay)
- Orlando Titans at Toronto Rock - Saturday, February 27 at TBD
- Calgary Roughnecks at Toronto Rock - Friday, April 2 at 10:30 p.m.ET (tape delay)
- Toronto Rock at Buffalo Bandits - Saturday, April 10 at 7:30 p.m. ET
- Rochester Knighthawks at Toronto Rock - Friday, April 16 at TBD

Broadcast Times listed above are live broadcasts unless otherwise indicated. Times are subject to change.

Visit www.torontorock.com for more information.

DEADLINES:

February 26: Negotiation lists for inter-member transfers due

March 1: Rule change proposals due

March 3: Transfers can begin

April 1: Deadline for RIC (box) appointment for nationals

CLA Meetings:

Semi-Annual General Meeting: May 27-May 30, Saskatoon, SK

Annual General Meeting: November 18-20, Mississauga, ON

CLA Sponsor

