

# STICKS & STONES

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## 2010 TEAM CANADA MEETS WITH PRIME MINISTER STEPHEN HARPER

The Canadian men's field lacrosse team has added Prime Minister Stephen Harper to its roster of supporters.

The Prime Minister met in his office with Dean French, the team's executive director, on Monday afternoon and was presented with a national team sweater bearing the number 10, which represents the team's 2010 target of winning a second straight world title.

"It is an honour to be presented with a jersey from the men's team of Canada's national summer sport, lacrosse," said Prime Minister Harper. "I know all Canadians will look forward to cheering on Canada as the players compete for the world championship in July and once more bring the gold back to Canada."

The world tournament is held every four years. Canada's 15-10 win over the United States in the 2006 final in London, Ont., ended a 28-year American winning streak. Manchester, England, is the host city in 2010. "We'll need all the support we can get to beat the Americans again," said French. "We know that the



Prime Minister is a devoted fan of Canada's winter sport, hockey, and we hope he'll be cheering us on when we take Canada's national summer sport onto the world stage again in Manchester."

Joining French to talk lacrosse with the Prime Minister were defenceman Brodie Merrill of Orangeville, Ont., faceoff specialist Geoff Snider of Calgary and high-scoring forward Merrick Thomson of Hamilton. Merrill and Snider helped Canada win the world title in 2006, all three were key players for the Toronto Nationals when they won the Major Lacrosse League pro field crown last summer and they'll have prominent roles in the 2010 lineup.

"Winning the world championship in 2006 was a special experience," says Merrill. "It is rare in life to have the opportunity to represent your

country."

"It was a proud moment not only as a lacrosse player but, more importantly, as a Canadian lacrosse player. The landscape of Canadian lacrosse is very unique and I'm thankful to be a product of the Canadian system."

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## TORONTO ROCK GAMES BROADCAST ON TSN2

The Toronto Rock Lacrosse Club and TSN2 have announced that nine regular season National Lacrosse League Rock games will be broadcast throughout the 2010 season.

The Toronto Rock's TSN2 broadcast schedule is as follows:

Toronto Rock at Boston Blazers - Saturday, January 9 at 7:30 p.m. ET  
 Boston Blazers at Toronto Rock - Friday, January 15 at 10:30 p.m. ET (tape delay)  
 Rochester Knighthawks at Toronto Rock - Saturday, January 23 at 7:00 p.m. ET  
 Toronto Rock at Calgary Roughnecks - Sunday, February 14 at 6:30 p.m. ET  
 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](http://www.torontorock.com) for more information.

## LTAD UPDATE: CHANGING HOW WE LOOK AT COMPETITIONS

The AGM in Cornwall, ON marked another significant step in the CLA's Long-Term Athlete Development process. The chair of the LTAD committee, Duane Bratt, made a presentation to the Board of Directors on the discussions that were had at the Competition Review meeting, and the resulting second draft of the Competition Review document.

The writing of this document was a great challenge as lacrosse is one of the first sports to undertake this step in the LTAD process. For that reason, we did not have many examples to compare our work to. That being said, the committee produced a comprehensive document that included recommendations on the following topics: Competition Calendar, Practice-to-Game Ratios,

Provincial Championships, Tiering and Effective Facility Usage.

At the conclusion of his presentation, Duane asked the Board to formally adopt the recommendations of the Competition Review document. The Board voted to adopt the recommendations of the committee on Practice-to-Game Ratios, Tiering, Provincial Championships and Effective Facility Usage. The one area that was not adopted was the Competition Calendar. This section will be brought back to the Sectors for their feedback. The feedback will then be incorporated and the Competition Calendar recommendations will be brought to a ballot vote for adoption by the Board of Directors.

The following updates will also be made

to the document to bolster its value to coaches and administrators:

- Sample seasonal plans to illustrate the difference in practice-to-game ratios in the pre-season, in-season and during play-downs
- Tiering case studies to highlight potential problems that can arise and proposed solutions to those problems

Heading into the New Year, the LTAD committee will be working on the following initiatives:

- Skill development cards
- School curriculum
- CLA accreditation standards

## COACHING CHANGES IN 2010

2010 will be a year of change in the CLA Coaching Program. The first significant change is the adoption of a revised set of Form 100s, which are now available on the CLA website and will soon be uploaded to the online coaching website as well (under Tools). The most notable changes on these forms relate to the splitting of the Box form into a Box minor (100BM) and a Box major form (100BS) and the requirement that Pee Wee (Box) and U16 (MF) head coaches now must be Comp-Intro "Certified" to coach at Nationals. These forms will take effect January 1, 2010.

Another important change to note is the newly established coach workbook deadline that was passed by the Board of Directors at the 2009 SAGM. CLA policy now states that when a coach completes a coaching clinic, they must submit the appropriate workbook by March 31<sup>st</sup> of the following year. Failure to do so will result in the revocation of that coach's "In-Training" status.

In terms of program development, the Competition-Development program has



undergone its context approval review and has been granted 'conditional approval' by the CAC. There are a few minor adjustments that will need to be made to the program, but this means that the CLA's member associations will now be able to deliver Competition-Development courses in box lacrosse. A major project in 2010 will be converting the documentation for the Men's Field and Women's Field Comp-Dev programs.

Finally, in an effort to keep bringing you the highest quality and most user-friendly coaching program possible, the CLA has recently created and uploaded an online coaching review survey. This survey touches on many different aspects of the CLA coaching program with a goal of finding out what our coaches think we're doing well and what changes/improvements they'd like to see. Thus far, we are thrilled to announce that over 300 coaches have already responded! If you haven't filled out our survey yet, please follow this link and take the opportunity to share your thoughts and concerns with us: <http://www.surveymonkey.com/s/FRVGK57>. When we stop receiving replies, we will begin to analyze all of the results to determine what changes we can make to better serve our coaches. This survey has been translated and the French version will soon be available online as well.

## INTRODUCING LACROSSE TO THE PEOPLE OF PERU

Peru, the land of altitude and blue skies has a lot to offer on the tourist trail and in return, I hope that as Gringos in this foreign land, we are going to give the people something back! Don't worry, this isn't a travel article about my adventures. As I glance through another set of holiday snaps, I am finding it hard to believe that these ones contain pictures of little chivolitos (children from the Andes) holding lacrosse sticks, an instrument that is so alien to them and a broad smile spreads across our faces.

To paint a picture in your heads, it is early morning, the sun is shining and the Plaza De Armas (main square) in Cusco City is bustling with shopkeepers, shoeshine boys and children selling trinkets endorsed with Peru's least best kept secret, Machu Picchu.

These children boldly approach and ask which country you have come from, when answered, they instantly tell you in 'Spanglish' every fact they have learnt about England, The Queen is in charge and Manchester United have Wayne Rooney, these children are keen to impress.

The chivolitos are desperate for some adult interaction and for someone to take some interest in them, they live at 3300 metres above sea level, selling souvenirs and shining shoes to make enough money for food. Two little girls approach and ask if we would like to take a photo of them with their baby alpaca that is miraculously strapped to their back. These children were asking for one sol (30 cents/20p) for food, often these children are sent out to earn the money and don't actually see the fruits of their labour when they return home.

After a broken conversation, they informed us that they travel three hours every morning (with the alpaca!) on a bus – costing \$1 for the pair. This enables them to approach tourists and make more money for the family. Often, they have little black cheeks, mostly from dirt, however, frostbite is also taking its toll in mountain villages. The youngest of the two suddenly sees the lacrosse stick on the floor. 'Que es?' they inquisitively ask and when handed it with a ball, their eyes light up. Soon, there are children are running around ecstatically, in fact, probably causing

quite a nuisance, but they are having fun, that is the most important thing.



The scene was causing quite a stir in the main square and soon we had a little group watching what was happening and wanting to have a go. We took them to a flat piece of land just outside Cusco city where they played non stop for 4 hours next to the Inca Moon Temple. It is not everyday that the people of Peru get to experience something quite so new and exciting.

Shane and I have been here for nearly 8 months, when as a PE teacher, I accepted a job at an international school in Lima. Almost immediately, Shane got to work on the paperwork and legal structure for the association and setting up global links. Having invested over \$5000 of our own money and copious amounts of time in the lawyers office, it is hugely important that this dream becomes a reality.

One night, close to midnight, we had a call from Andre Cook, head coach of the Monterey Bayhawks to say that he had seen an advert that we had placed on laxspot and was thrilled that lacrosse was in Peru, he told us that he was moving to Lima in December to get married and live and would love to get involved – woo hoo – another lacrosse crazy person to drive the sport forward! Things were beginning to happen and they are happening fast.

At present, we are in contact with various manufacturers in the US to try and gain sponsorship and to really get things moving at speed. A marketing campaign was set up back in the UK approaching all schools and lacrosse clubs throughout the British Isles to donate any unwanted lacrosse equipment to help the development here in Peru. Some of you reading this may



well have received a begging letter!

The people of Peru deserve to be given the opportunity to learn a new sport. Sport is huge here and new sports are growing at an enormous rate. The people of Peru are quite possibly the most humbling people I have ever met, they are so proud of their heritage and are keen to share with you whatever they have got. In a lot of cases, we have seen major poverty (60% of Peruvians live under the poverty line, \$1 a day), malnutrition and severe cases of frostbite and cold related illnesses, miraculously, these children still manage to break a smile for the travelling gringo.

As passionate lacrosse players, it would be an honour to enable the people of Peru to enjoy a hobby that we take to easily for granted. We are hugely proud, as is everyone involved, to be part of sporting history and to give this wonderful country something that we take great pride in ourselves: Lacrosse. Viva Peru. Viva lacrosse!

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*Article & photos provided by Bethyn Barras  
Peruvian Lacrosse Association*



## THE IROQUOIS LACROSSE ASSOCIATION HOSTED THE 2009 CLA AGM

The ILA located in Cornwall hosted the 2009 CLA Annual General Meeting. Fifty delegates from across Canada met November 19<sup>th</sup>-21<sup>st</sup> to review the year and plan for the upcoming year.

The meetings opened with a Native cultural prayer given by 3 of the local children from the Mohawk Reserve. Master Chief Mike Kanentakeron Mitchell, of the Mohawk Reserve and CLA First Nations Board of Director, welcomed all the CLA delegates to Cornwall and invited them to an evening of celebration, on Cornwall Island, on the Friday night with a traditional native meal, music and dancing. Cornwall Mayor Bob Kilger, also in attendance Friday evening, welcomed all the delegates to Cornwall.

There were many items of discussion during the two day meetings which included an LTAD Committee presentation on securing facilities, tiering, practice to game ratios and provincial championships.

The membership was presented with an Online Coaching Development Tool that would benefit both the players and

coaches. This tool assists the coaches, both new and old, in developing plays from the convenience of their home, refine the play and then put it into practice with the players.

This meeting also welcomed a new Associate Member, the Newfoundland Lacrosse Association. Welcome aboard NFLD.

The 2009 AGM also saw the election of 2 new members to the CLA Executive. AJ Jomha, Box Sector Chair was elected to the position of VP Domestic Competition. Until a new Box Sector Chair has been elected AJ will continue to stand as Interim Box Sector Chair. Terry Rowland, of Port Perry, Ontario was elected as VP Organizational Development. AJ and Terry take over for Chuck Miller and Bruce Logan in their respective positions. We would like to thank Chuck Miller for his 4 years of service on the CLA Executive and thank you to Bruce Logan for his 1 year as VP Organiza-

tional Development. Good luck in your future endeavors.

In conclusion, a final thank you to Laura Morris and the ILA for all their hard efforts in putting together the Annual Meeting.



## IMPORTANT DATES/DEADLINES TO REMEMBER

*Continued from page 1*

He's confident he and his teammates will be totally prepared to win a second straight title.

"I believe we have the right leadership and support staff in place to make that happen," says Merrill.

Prime Minister Harper is a Member of Parliament for a riding in Calgary. The Calgary Roughnecks are the reigning champions of the indoor pro National Lacrosse League. Merrill will play for the Edmonton Rush and Snider and Thomson for the Philadelphia Wings when the new NLL season begins in January.

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.

### CLA Values

#### HEART

#### Health & Wellness

#### Excellence

#### Accountability

#### Respect

#### Teamwork



#### DEADLINES:

January 29: Official clinic fees due

January 31: Deadline for Lester B Pearson nominations and deadline for notification of attendance at minor nationals

February 26: Negotiation lists for inter-member transfers due

March 1: Rule change proposals due

#### CLA Meetings:

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

CLA Sponsor

