

STICKS & STONES

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December 2009

THE FEDERATION DE CROSSE DU QUEBEC HOSTED THE 2008 CLA AGM

The FCQ and beautiful Quebec City hosted the 2008 CLA Annual General Meeting.

Forty-five delegates from across Canada met November 13-15th to review the year in that was and plan for the upcoming year.

A presentation on the Long Term Athlete Development (LTAD) was made and discussed. Final approval will be made at the 2008 Semi-Annual General Meeting (SAGM) in late May-early June. More information on the upcoming SAGM and the LTAD can be found within this newsletter.

The 2008 AGM also saw the election of 3 new members to the CLA Executive. Bruce Logan, former Lacrosse New



Chateau Laurier, Quebec City

Brunswick President was elected to the position of VP-Organizational Development, Stew Begg, Chair of the Officiating Sector relinquished his position and was elected to the VP-International Competition position and finally, Tom

Engel, former Alberta Lacrosse President was elected to the VP-Administration position. Stew and Tom take over for Bill Brydon and Erna Hall in their respective positions. We would like to thank Bill Brydon for his two year term as VP-International Competition and a special thank you to Erna for her over seven years of service on the CLA Executive. Good luck in your future endeavours.

In conclusion, a final thank you to Pierre Filion and the FCQ for all their hard efforts in putting together the Annual meeting.

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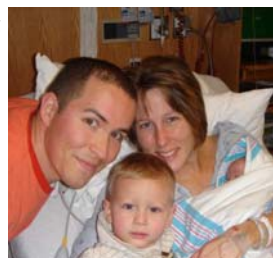
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A NEW ARRIVAL JOINS THE LACROSSE COMMUNITY

On November 16th, former CLA Project Coordinator Stu McKenzie and current Project Coordinator, Melissa McKenzie (currently on maternity leave) welcomed Renn - a 9 lbs, 2 oz baby boy into their family.

Renn now joins his older brother Hayden in the McKenzie Family.

Mother, baby and family are doing great



The McKenzie Family

Quote

"Success is to be measured not so much by the position that one has reached as by the obstacles that one has overcome"

Mark Twain



Chateau Frontenac and Quebec City from the Citadel

LACROSSE FOR LIFE TO BE APPROVED AT 2009 CLA SAGM

The CLA's AGM meetings took place the weekend of November 13-16, 2008 in Québec City, Québec. The LTAD Technical Committee was invited to present the latest version of Lacrosse for Life on Saturday November 15th during a recess in the CLA's Board of Directors meeting. Duane Bratt took the lead on the presentation and fielded questions from the Members and Associate Member Associations.

Lacrosse for Life represents the Canadian Lacrosse Association's answer to the Long-Term Athlete Development program driven by Sport Canada. Lacrosse for Life lays the groundwork for a developmental pathway that will bring Canadian children into the sport, teach them the skills using developmentally-appropriate techniques and equipment and, most importantly, ensure that they have FUN every step of the way! Lacrosse for Life caters to every type of Canadian

"As a professional lacrosse player, coach and instructor for over 10 years, I recognize the need for change in today's game."

athlete from mini-tykes to national team members, employing the latest in sport science and coaching research to help all athletes reach their true potential.

The eventual adoption of Lacrosse for Life: Long-Term Athlete Development for Canadian Lacrosse, will allow the CLA

and its

members to be better equipped to maximize the development of all players in Canada.

"Upon review of the latest version of the Long-Term Athlete Development plan for lacrosse, I am extremely excited about the direction the team working on it is going. As a professional lacrosse player, coach and instructor for over 10 years, I recognize the need for change in today's game. The LTAD team is putting many important

measures into their philosophies that will enhance learning at every stage. The importance being placed on structured skill development at every level will enhance the success of the game and its players in the very near future. The emphasis on learning, playing as a team and having fun will rejuvenate a game that has lost some of its steam in the past few years. In my opinion, the game will be better off in the long run with the implementation of the criteria that the LTAD has proposed."

Colin Doyle

The presentation and ensuing discussions at the AGM resulted in the decision that the Member Associations will come together with the LTAD Technical Committee at a meeting in early February to present their feedback and to decide on the content for the final version of Lacrosse for Life to be presented for approval by the board of directors at the 2009 CLA SAGM to be hosted May 28th-31st in Calgary, Alberta.

CLA PREPARES TO LAUNCH ONLINE COACHING PROGRAM IN 2009

Over the past few months, the CLA has been working with Adam DeBray of Baseball Canada to bring our coaching program and resources online. Adam developed an online program for Baseball Canada that has been widely successful, which prompted the CLA to follow this trend and contract Adam to design a similar program for lacrosse.

The program will allow coaches to login and complete their pre-clinic assessment, search for nearby coaching clinics and complete their evaluation workbook, all online. The program also permits facilitators to login to the system to post clinics and to log back in afterwards to check off the coaches that attended these clinics. The Member Associations (MAs) will also have the ability to login to the system at

any time to check the status of a coach, post clinic dates or to view how many people have signed up for a particular clinic. The MAs will constantly have the information of all of their coaches and facilitators at their fingertips. Finally, the CLA will also be able to login as an administrator to grade workbooks, upload resources and answer questions.

The online coaching program will also include the following resources:

- Seasonal planner
- Practice planner
- Drill library (which will include the ability to draw new drills and share them)
- Videos
- CLA blog (to include Tip of the Week & Ask the Coach)

The CLA plans to launch the online coaching program on January 1, 2009. BCLA has agreed to pilot the program and the CLA foresees that all MAs will see the value and convenience of the online program and begin using it in the very near future. The online program will come with user manuals for coaches, facilitators and administrators and the entire program will be made available to all users in both English and French.

Any coach interested in accessing the site will have the opportunity to do so for a fee. For any more information on the official launch or how to obtain a log-in, please contact Ross Ste. Croix at ross@lacrosse.ca

BC SPORTS HALL OF FAME TO INDUCT TWO LACROSSE LEGENDS IN 2009

BCLA President, Sohen Gill, and New Westminster Salmonbellies lacrosse legend, Paul Parnell, have been selected to the 41st induction class of the BC Sports Hall of Fame and Museum.

The BC Sports Hall of Fame and Museum selection committee announced eight individuals and two teams for induction as part of the 2009 class. Gill is going to be inducted in the builder category while Parnell will be inducted in the athlete category.

Sohen Gill has managed, coached and administered lacrosse for over 35 years. He coached and managed Junior and Senior teams from the 1970's to 2000 including teams in Burnaby, the Coquitlam Senior 'A' Adanacs (70-80's) the Coquitlam Junior 'A' Adanacs and lastly the

Maple Ridge Senior 'A' Burrards. Gill has been the Commissioner and Co-Commissioner of the Western Lacrosse Association (WLA) Senior 'A' Lacrosse League for over 10 years, has held various positions with the Canadian Lacrosse Association and currently in his fourth term as BCLA President. He was inducted into the Canadian Lacrosse Hall of Fame in 2005.

Paul Parnell is a renowned lacrosse star of the famed New Westminster Salmonbellies of the 1960's and 70's. In his storied Salmonbellies career, he was a 14-time league All-Star, the WLA MVP in 1965, the WLA playoff MVP in 1972, the Mann Cup MVP in 1970 and 1972 and the WLA scoring leader in 1965. In his 16 seasons with Victoria and New West-

minster, Parnell accumulated 921 goals and 880 assists for 1,801 points and 136 hat tricks in 587 games. When he retired at 37 in 1975, Paul laid claim to 23 WLA longevity and scoring records. Parnell won five Mann Cup rings in nine attempts and was a key member of the 1968 North American Professional Lacrosse champions. He was inducted into the Canadian Lacrosse Hall of Fame in 1980.

Sohen Gill and Paul Parnell join other past lacrosse inductees into the BC Sports Hall of Fame making the number of lacrosse inductees in the team category (3), athlete category (7) and builder category (4).

MEET THE EXECUTIVE

As a follow up to the our August Issue where we introduced some of the Executive members, we asked the CLA President and the new incoming Executive, a few questions to provide you with some insight into their background. The Executive we will be profiling in this article are: Joey Harris (President), Bruce Logan (VP-Organisational Development) and Stew Begg (VP-International Competition).

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

JH: I have been involved in Lacrosse for over 40 years, obviously as a player first. I participated in the 1977 Canada Games for Manitoba and played in many Founders Cups and later, Presidents Cups. I played field lacrosse when it was reborn in the mid-to late 1980s, winning three Div II championships with Manitoba and being named to the all-star team as a defenseman 3 times. Further I played for the Canadian Intercrosse team in the 2003 World Cup in Sherbrooke PQ.

I have coached the Jr and Sr Mens Pro-

vincial Team in Manitoba and have officiated in both Box and Field lacrosse.

As an administrator, I was initially Treasurer for the MLA (1984), moving to President of the MLA and on the CLA Board of Directors for 10 years. I became CLA VP Admin under Jim Burke for 3 years then Became CLA President in 2003 where I am currently in the 2nd year of my third term. I am also on the Board of the Canadian Lacrosse Foundation.

BL: I started playing lacrosse in the early 70's and participated in 2 Founders' Cups and the 1977 Canada Games. I was President of the Fundy Lacrosse Association in 2001, later becoming Lacrosse New Brunswick President in 2002 to 2008.

SB: Started in lacrosse in 1959. Started officiating in 1962. RIC of EOLA, AB, Chair of the CLA NOCP program and have coached.

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

JH: As President I have always indicated that I want to leave the position on good terms and Lacrosse in a better state than it

was when I became President. This of course is no slight to the previous two presidents Jim Burke and Bill Hutton. Those individuals had the right skills for the tough times lacrosse was facing and had to make some very hard decisions. It was through their efforts that lacrosse was reborn (Hutton) and became more financially stable (Burke). Without their work, lacrosse would not be as advanced as it is today. I am just adding to their success. I believe I have brought the skill set that was needed next to continue the evaluation of lacrosse - strategic planning and governance of the sport. Before I leave I would like to see us have our Long Term Athlete development program under-way, our membership issues resolved; further financial stability and a strong national team strategy and program underway.

BL: I would like to see a National Marketing and Sponsorship committee put in place with members being actively involved from across the country. The goal would be to have recommendations come out of these committees that are effective, cost efficient achievable and measurable.

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Meet the Executive - continued from page 3

Certainly not an easy task but one well worth undertaking.

SB: I hope to have more open communication with the Canada and the World in relation to Canada's National Sport

What do you envision for the future of lacrosse?

JH: The CLA - lacrosse and sport in general are changing. That change is being driven by competition from other sports and other forms of entertainment; changes in the demographics of Canada (culture and age being two key components), financial issues and relationships with both the various provincial and national sport governing bodies. We, as the CLA and members of the lacrosse community need to change to keep lacrosse up there with the other sports into the future. We need to change our way of thinking and promoting our game and developing our lacrosse players. Working as individual provinces that is difficult and will spell the end to that ability to maintain our current status let alone try and grow our sport. That is why a strong national body, with all provinces working together (not against each other) and being honest with each other is so important to directing that change and keep growing our sport. The leaders of our sport must think outside of their provinces and what is good for the game. If they protect their own interests to the point that it negatively effects all of lacrosse, then they lose in the long run, and so does the rest lacrosse. Hard decisions had to be made many years ago which turned out to

be the right ones. That has to happen again. That is what a strong national body does. Lacrosse has come a long way to be where we are at today and is a result of a lot of hard work by many individuals and volunteers . We need to keep that momentum by supporting the national body and its efforts. The CLA is not just the Executive or Board of directors - the CLA is everyone in lacrosse all across Canada. The future of lacrosse for generations to come is in our hands. We need to work together to make sure that future remains bright.

BL: The sport of lacrosse has seen a growth phase over the past few years.

SB: Continue to grow stronger in the sport and the numbers. To share our experiences and develop lacrosse throughout the world .

What do you like to do in your spare time?

JH: I have a young family (2 boys - age 7 & 3) whom are both getting into sports. We have a cottage that we spend lots of time at in the spring and summer. Family is very important to me. I still keep active with respect to golf and my own personal fitness. I am part of an entertainment group that performs dinner theatres and entertains (sing - skits) at various functions. I do envision getting back into the grassroots once my duties at the senior administrative level lessen.

BL: Much of my spare time is consumed volunteering within the lacrosse community, locally in my children's lacrosse asso-

ciation, provincially and Nationally with my most recent move to the CLA Executive. Outside of this, our entire family enjoy skiing in the winter months and relaxing at the lake in the summer.

SB: There is no spare time. Officiating and coaching lacrosse is a full time job. I am also on the Board of Directors for Sports Officials Canada. During the "off season", my wife Sonia and I travel the world.

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

JH:

- "You never get caught in a lie if you always tell the truth"
- "Don't bring me problems, bring me solutions"
- "Respect and trust are earned not granted and are difficult to get back once lost"

SB: "Many hands makes little work and only creates success, if we share."

In the next issue of Sticks & Stones, you will meet Tom Engel, CLA VP Administration.



Seasons Greetings

From the CLA Office

CLA Office Hours during Christmas Holidays:

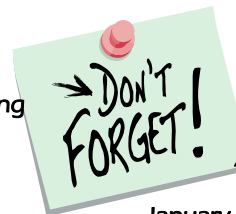
OPEN: Dec.22-24, 2008

CLOSED: Christmas Day, Boxing Day

OPEN: Dec.29-31,2008

CLOSED New Years Day

OPEN: Jan.2, 2009



Administrative Deadlines

January 30 — Officials Clinic Fees Due

January 31—Deadline for Nominations for Lester B. Pearson Award

January 31—Deadline for Notification of attendance at Minor Nationals