

STICKS & STONES

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CONGRATULATIONS TO OUR NATIONAL CHAMPIONS

The month of August and early September were very busy for Lacrosse in Canada.

The Pee Wee and Bantam Nationals opened the Championship month, of August, during the Ontario Lacrosse Festival in Whitby, ON. Team Ontario won the E. G. Dopp Trophy (PeeWee A) while Team Quebec won the E.D. Blair Trophy (PeeWee B).

Team Ontario won the Commissioners Trophy (Bantam A) while Team Quebec won the Bantam B Trophy.



This was the first year that the Girls Bantam Nationals took place in which 4 teams from across Canada participated. Team Ontario took home the gold.

The Founders' Trophy saw only eight teams competing in Edmonton, Alberta for the Junior B title.

The Ontario Green Gaels played the Calgary Mountaineers in the final, with the

Mountaineers winning 8-4, certainly an unexpected result. The Tournament MVP was awarded to Shayne Jackson of the Ontario Green Gaels.

Seven teams travelled to Iroquois, Ontario to compete for the Senior B Championships, the Presidents' Cup. The Owen Sound Woodsmen won the gold with the Tournament MVP being awarded to Findley Wilson of the Niagara Hawks who received a Timex watch engraved with the tournament logo.

The Minto Cup, the Canadian Junior A lacrosse championship was held at the Powerade Centre in Brampton, Ontario from Aug.22-30th. The Brampton Excelsiors hosted the Coquitlam Adanacs (B.C. Champions), the Edmonton Eclipse (Alberta Champions) and the Orangeville Northmen (Ontario Champions). The Orangeville Northmen won gold in the final game against Coquitlam Adanacs 8-4. The Jim Bishop Award, awarded to an individual for their leadership qualities, sportsmanship and outstanding play, was presented to Kyle Rubisch of the Coquitlam Adanacs. The Most Valuable Player of the tournament was presented to Orangeville's Adam Jones who will receive a 10k gold specially designed ring. Also running in Brampton, in conjunction with the Minto Cup,

were the Midget Nationals. Eight provincial teams from across the country competed for the Tackaberry Trophy and the title of Midget National Champions. Team Iroquois was successful in capturing the Tackaberry Trophy (Midget A) while Team Manitoba captured the Midget B Trophy.



The First Nations Trophy and Alumni Cup took place over the Labour Day Weekend in Winnipeg, Manitoba. The U19 – First Nations Trophy was presented to Team Ontario with the Tournament MVP being awarded to Dillon Ward, Goalie, of Team Ontario. The Alumni Cup was presented to Team Ontario with the Tournament MVP being awarded to Jason Rasmussen, Midfield, of Team Ontario.

As August came to an end so did the Box lacrosse season with the playing of the cov

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Quote

“ Always keep your composure. You can't score from the penalty box; and to win, you have to score.”

Bobby Hull

REACHING NEW AREAS

Over a period of ten days in mid-July, former Team Canada member, Kyle Miller, delivered seven introductory player clinics in six communities in the Northwest Territories. This venture was made possible by the Sport Canada Heritage Grant and stemmed from the CLA's desire to bring lacrosse to new areas of the country, specifically the Territories and the Atlantic Provinces.

In each community about 10 to 15 children participated in the clinics. Overall, approximately 100 children were introduced to lacrosse during the trip and, according to Kyle, some of the children picked up the game quite quickly!

It is our hope that with the equipment that was sent up to these communities and the instruction provided by Kyle, that the local recreation directors will be able to sustain lacrosse programs in



their communities for years to come. Following up on the success of this travelling clinic, the CLA will hope to carry out similar ventures in Nunavut and the Yukon next year. We also plan to return to two communities in the Northwest Territories to offer Community Coach Development Clinics to interested volunteers in order to ensure that the young athletes receive the best coaching available to them and to continue to set down some roots for lacrosse in the Territories.

The CLA office would like to thank the local recreation directors in these communities, who were pivotal in the coordination and delivery of these introductory clinics.

NEXT STEPS FOR LTAD YOU DIDN'T THINK WE WERE DONE, DID YOU?

In the aftermath of the acceptance of the Overview and Stages documents by the CLA Board of Directors, the LTAD Technical Committee has forged ahead with a handful of projects stemming from the recommendations we made in those first documents.

Our first action was to expand the LTAD Technical Committee by inviting a delegate from each of our Member Associations to sit on the committee. We feel that this will be a great benefit to all of the projects we are now working on as we will now benefit from a more diverse array of opinions and be in a position to bring a more polished product forward to the Board of Directors.

Competition Review

The document that we are currently working on is the second draft of a Competition Review. This document will examine our current practices and make suggestions on how to handle the following topics: scheduling of national championships, provincial tournaments, practice-to-game ratios, tiering

and effective use of available facilities.

The committee will be meeting to discuss and come to a consensus on these issues at the end of the month in Toronto. In the weeks following this meeting, committee chair, Duane Bratt, and CLA Program Coordinator, Ross Ste-Croix, will work together to produce a second draft of the Competition Review to bring to the CLA's Annual General Meeting in Cornwall, November 20-21, 2009.

Skill Development Program

After the CLA's AGM, the Committee's focus will turn to their next project, the creation of a Skill Development Program. This document will be created to fit hand-in-hand with the LTAD Stages document. The goal of this project is to create a resource for Community-level coaches that outlines the basic skills that should be taught to young lacrosse athletes and gives them tips on how best to do so.

Much like similar programs before it, such as Ringette Canada's *Come Try*

Ringette program and Baseball Canada's *Rally Cap* Program, the intent of this project is to create a program that serves as both an easy-to-use resource for coaches and a fun way to learn lacrosse for young athletes.

Upon completion, the program will consist of a separate Skills Manual for Box, Men's Field and Women's Field Lacrosse, as well as a set of 'skill cards' for each discipline. The manuals will be split up into stages consistent with the LTAD Stages document, where a group of skills will be included for each age group. The 'skill cards' will look like baseball cards with a picture of the skill on the front and tips for individual practice on the back.

The CLA is very excited to be moving forward with these LTAD initiatives and can't wait to share them with its coaches, parents and players!

2010 TEAM CANADA LACROSSE ANNOUNCES TEAM ROSTER

Thirty players have been selected from among 56 who were at a Thanksgiving weekend camp in Toronto and now general manager Johnny Mouradian and head coach David Huntley and his staff will take their time before arriving at the 23-man roster that will represent Canada at the world field lacrosse championship in Manchester, England, next July.

Among the 30 are such established pro scorers as Shawn Williams, Dan Dawson, John Grant, Gavin Prout, Mark Steenhuis, Merrick Thomson and Jordan Hall as well as faceoff specialist Geoff Snider, who was tournament MVP after Canada defeated the United States 15-10 to win the world title the last time it was contested, in 2006 in London, Ont.

“We had a very competitive camp,” said Huntley. “We were impressed by the level and commitment of all the players.

“I was most impressed by how our professional and college players related to each other. The future is bright for Canadian lacrosse. We have reduced our roster to 30 and will make more decisions over the coming months. We are one step closer to assembling the team that will compete for the 2010 world championship.”

Other attackers and midfielders who survived the first round of cuts were Garrett Billings, Matt Brown, Rhys Duch, Zack Greer, Kevin Huntley, Jordan McBride, Ryan McClelland, Kevin Ross, Billy Dee Smith, Adam Jones and Stephen Keogh.

The defence includes Brodie Merrill, Patrick Merrill, Phil Sanderson, Matt Vinc, Mac Allen, Jon Sullivan and Curtis Manning.

Goaltenders still under consideration are Chris Sanderson, who's also on the coaching staff, Brad Conlon, Angus Dineley and Evan Kirke.

Players such as Shawn Williams and Phil Sanderson provide veteran leadership.

Williams scored the winning goal for the Huntley-coached Toronto Nationals when they won the 2009 MLL pro field



championship and he's hoping to get to his third world tournament.

“Nothing compares to it,” he says of international play. “Wearing the maple leaf on the chest obviously is special, and these tournaments only come around every four years so you treat every chance as very precious.”

“I was most impressed by how our professional and college players related to each other. The future is bright for Canadian lacrosse.”

Williams doesn't find the demands of field lacrosse that much different from the box version of the sport. He plays indoors during winters for the NLL's Rochester Knighthawks and last summer earned championship series MVP honours in helping the Brampton Excelsiors win the Canadian amateur senior title.

“I kind of do the same things,” he says. “My work ethic, leadership and ability to make the right play, I pride myself on those things. I don't change my game too much in playing field lacrosse.”

The 30 candidates for the world team represent an incredibly talented group.

“It's unbelievable,” says Williams. “As we mature as a field lacrosse country, the talent is getting better all the time. We've got talented field lacrosse players now and that's a key in moving forward. The United States is the premier

field lacrosse country but, make no mistakes about it, we've got good players in field as well as box.”

At the age of 35, he's older than most of the remaining 30.

“I feel great,” he says. “As you get older, you treat things differently. You know how to do things properly. They call that wily, I guess. But I'm a kid at heart. You want to do everything you can while you can. I'm playing as much lacrosse as I can.”

He'll be on four teams next year.

“People ask me how I do it,” he says. “All I tell them is that I don't know any different.”

Phil Sanderson last represented Canada in 1996 as a member of an under-19 team that won bronze in Japan. He

stuck with indoor box lacrosse in the ensuing years, but he got the field bug again after being asked to play for the Toronto Nationals last summer.

“That sparked the love of the field game again,” he explains.

So, he tried out for Team Canada 2010, too. So far, so good.

Adjusting from box to field has been no problem for Sanderson, who also played for the Excelsiors last summer and who'll suit up for the NLL's Toronto Rock come January.

“I'm just a blue-collar guy,” he says. “I go out and work hard and try to chip in offensively, too, if I can. I'm a Steady Eddy kind of guy _ just go out and do my job and hopefully help the team win.”

The names on the list of 30 are eye-popping, he says.

“If we gel at the right time, we'll have a really good shot at winning the world title again. I'm very excited about getting the chance to be part of this.”

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THE DEVELOPMENT OF FIELD LACROSSE IN CANADA

This past summer was certainly a busy one for the Canadian Lacrosse Association. Not only did we host a multitude of National Championships, including a Mann Cup series for the record books, but the office and its dedicated volunteers embarked on a number of exciting, new projects. Two such projects focus on the development of field lacrosse in Canada.

Tri-Province Field Lacrosse League

The first project that we set our sights on was a development camp for the Prairie Provinces. It was recognized that these three provinces would benefit greatly from the opportunity to come together for a weekend packed with practices, scrimmages and mini-clinics led by some of Canada's finest professional field lacrosse players.

While the original goal was to host this camp in August 2009, time constraints led us to postpone the event and plan

for an even better event next year and in the years to follow. The plan for next year is to bring players and coaches from Alberta and Manitoba to Saskatchewan for a weekend of games and clinics, culminating in a mini-tournament.

In 2011 and onward, it is our hope that this will expand into a multi-weekend Tri-Province Field Lacrosse League that will consist of six teams (two per province), an 8-12-game season and an annual champion.

It is our hope that by creating the infrastructure and providing start-up funding, this project will increase the level of competition in men's field lacrosse across Canada.

University Field Lacrosse

The second field lacrosse project that we undertook this past summer is an attempt to establish men's field lacrosse

as a club sport in western universities. Thus far, we have received a commitment from the University of Victoria and definite interest from a handful of other schools in BC, Alberta and Manitoba.

Our long-term goal is to establish lacrosse as a CIS varsity sport. However, this goal is the pot of gold at the end of the rainbow. Our short-term goal for 2010 is to assemble a Field Lacrosse Club League amongst interested universities in the west. It is our hope that this league will be composed of teams from all four western provinces. Competition in 2010 will take place in the form of a two-day tournament in March that will crown the first western university field lacrosse club champion. In future years, we will aim to establish a schedule of games between teams in the league that would span the field lacrosse season.

Congratulations continued from page 1

eted Mann Cup, the Senior A Box Lacrosse Championship. The Provincial Champions from Ontario and BC competed for Senior A supremacy. This year the NewWestminster Salmonbellies hosted Brampton Excelsiors with the Excelsiors' winning 4 games to 3. All of the games being very competitive and close. The Series MVP was awarded to Shawn Williams, of the Brampton Excelsiors.

Thanksgiving weekend wrapped up the CLA National

Championships with the playing of the Senior Men's Field Ross/Victory Cup – October 9th – 11th, in Mississauga, ON. Six teams competed with the Six Nations winning the Ross Cup and Burlington Lakers winning the Victory Trophy.

Another great season has come to an end and congratulations go out to all our Champions.

IMPORTANT DATES/DEADLINES TO REMEMBER

CLA Values

HEART

Health & Wellness

Excellence

Accountability

Respect

Teamwork



DEADLINES:

October 5 – Policy change proposal and reports for AGM are due

October 16 – Organization fees are due

November 15 – Claims for referee travel to National Championships are due

CLA Meetings:

Annual General Meeting – Nov. 19th to No. 21st – Cornwall, ON