

STICKS & STONES



U19 Women's Field Team Wins Bronze at World Championship

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Team Canada returned from Hannover, Germany with medals hanging from their necks. Canada beat England in their final game of the U19 Women's Field World Championship to win the Bronze Medal on August 13th. Scoring early and often, Canada led 8-1 at halftime. The team never looked back in the 2nd half and cruised to a 14-5 victory.

It was a successful tournament for Canada who finished the Round Robin with a 3-2 record. They beat Haudenosaunee, England and Japan. Their losses came against the strong Australian and American teams. Canada's record set-up a rematch with the Haudenosaunee in the quarter-finals. A 20-5 win advanced them to a semi-final game against the Aussies. The team lost a close game that could've been won by either side 11-9. The 3rd place finish is an improvement from 4th at the 2007 Championship.

Twelve nations participated at the World Championship in Germany. Mother Nature proved to be no one's friend at the Championship with several rain and lightning delays causing tough field conditions. In the Gold Medal Game, USA outscored Australia 14-11.

Congratulations to Team Canada on an excellent performance!

Player's blogs, articles and photos from Germany can be found on the Women's Team Canada website: <http://www.teamcanadawomenslacrosse.com>

Profile: Danielle Smith, Executive Director, Saskatchewan Lacrosse Association

How long have you been involved in lacrosse and in what capacity (i.e. player, coach, administrator, official)?

I was introduced to box lacrosse in 1997 when I was in my first year of peewee. I played box lacrosse as a goalie in the Midland Minor Lacrosse Association of the OLA until my second to last year of Intermediate. I also began coaching in 2004 during my time with the Midland Association. When I moved to St. Catharines to attend Brock University, I was introduced to women's and men's field lacrosse. In St. Catharines, I played for the St. Catharines women's field lacrosse team. I also became involved with St. Catharines Athletics Minor Lacrosse where I was the general manager for both the box and field midget teams. In 2009, I was asked to take on the role of general manager for the Brock University men's varsity field lacrosse team. I was in this position for two years until I accepted the position as Executive Director of the Saskatchewan Lacrosse Association (SLA).

I also completed my Master's thesis on the sport of lacrosse. My thesis examined the non-fans of the National Lacrosse League. More specifically, I focused on the reasons why fans attend Edmonton Rush games and why non-fans choose not to attend Edmonton Rush games. This was a different experience as it allowed me to be involved in lacrosse in an academic capacity, while also creating an understanding for the management of lacrosse in a professional sport setting.

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Profile: Danielle Smith, Executive Director, SLA (cont'd)

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

As the Executive Director of the SLA I hope to strengthen the sport of lacrosse throughout the province. Furthermore, I would like to introduce the game within the education system. I want to develop female participation in box and field within the SLA. I want to create more enthusiasm for the sport so people in the province want to get involved in lacrosse. In addition, through my Master's thesis, I discovered many interesting findings and I hope to have the opportunity to implement these lacrosse specific findings within the SLA.

What do you envision for the future of lacrosse?

I feel that the sport of lacrosse as a whole has major potential for growth across the country. The people involved in lacrosse have so much passion and the heritage and culture that are associated with the sport can be utilized to our advantage. I envision that as long as the characteristics of the sport are presented and utilized in a way that allow each provincial sport organization to meet their own specific needs, the game will begin to promote itself.

What do you like to do in your spare time?

I enjoy playing and coaching lacrosse in my free time. Outside of lacrosse, I like to camp, as well as travel back to Ontario to spend time with my family, friends and dogs.

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

"Sports can unite a group of people from different backgrounds, all working together to achieve a common goal. And even if they fall short, sharing that journey is an experience they'll never forget. It can teach some of the most fundamental and important human values: dedication, perseverance, hard work, and teamwork. It also teaches us how to handle our success and cope with our failure. So, perhaps the greatest glory of sport is that it teaches us so much about life itself." – Ahmad Rashad (former American sportscaster and NFL player)

2011 Minor National Championships Review

The last week of July marked the beginning of the National Championship season. This year the Girls Bantam and Girls Midget Nationals took place in New Westminster, BC with four teams participating in each division. In the Bantam finals, Team Ontario outscored Team BC 4-3 to capture the Gold medal. In the Bronze medal game, Team Alberta beat Team Atlantic 4-1. In Midget, Team Ontario beat Team BC 3-1 in the championship game, while Team Alberta beat Team Atlantic in the Bronze medal game.

There was no shortage of lacrosse being played when the Pee Wee, Bantam, and Midget Nationals were held in conjunction with the Ontario Lacrosse Festival at Iroquois Park in Whitby, ON. Team Ontario came away winning Gold in the Pee Wee A, Bantam A, and Midget A divisions. Team Québec won Gold in the Pee Wee B and Midget B divisions and Team Manitoba won Gold in the Bantam B division. Congratulations go out to all the teams participating in this year's Minor National Championships.

More National Championships on the Horizon

Three more Championships will begin play by the end of August. Teams will travel to Saskatoon, SK to compete for Junior B supremacy at the Founders' Cup (August 16th-21st). For schedules, statistics, and other information, please visit the Founders' Cup website: <http://sblt.goalline.ca/>. All Founders' Cup games will be webcast on a pay per view basis at very reasonable rates for both live and archived games at www.lacrosse.ca. Seven Senior B teams will visit Akwesasne, ON to compete in this year's President's Cup (August 29th – September 4th). Follow the President's Cup on the official website: <http://www.presidentscup-2011.com/index.html>.

The Minto Cup, the Canadian Junior A lacrosse championship will commence play August 20th in Okotoks, AB. The champion will be crowned on Sunday August 28th. For more information, see the Minto Cup article on page 5.

The First Nations Trophy and Alumni Cup will take place over the Labour Day weekend, September 3rd-5th in Burnaby, BC. The U19 and U16 events will showcase Men's Field lacrosse with teams from various member associations competing at both age groups.

The Mann Cup caps the end of the Box lacrosse season. A provincial champion from Ontario and BC will compete for the Senior A Championship. The event rotates between BC and Ontario with each champion playing host to the other. This year BC will host the Mann Cup, September 7th-15th.

Thanksgiving weekend wraps up the CLA national championship season with the playing of the Senior Men's Field Ross/Victory Cup – October 7th to 9th in Ladner/Delta, BC.

You can visit the CLA website at www.lacrosse.ca for more details on the Mann Cup and Ross Cup/Victory Trophy events.

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

Send it to sticksandstones@lacrosse.ca.



The Penalty Box: Women's Field NOCP & Rules Updates

By Cheryl Macneill, CLA Umpire in Chief, Women's Field

The rules of women's field lacrosse are developed by the Federation of International Lacrosse. Here in Canada we play by those rules, with some Provincial Member Association (PMA) modifications for younger levels. The CLA has undergone some changes to the Women's Field National Officials Certification Program (NOCP) during the off-season which will be implemented during the 2011 season.

For a complete list of legal women's field sticks, go to http://www.filacrosse.com/downloads/approved_crosses_womens.pdf.

NOCP Changes – for a complete list of details for Levels 2 & 3, contact your PMA's Women's Field Lacrosse Umpire in Chief

New Level 2 Umpire Candidate Requirements

1. Attend an "approved" Level 2 Clinic or Camp that is organized by the CLA or PMA.
2. Hold a current Level 1 rating for at least one spring season before applying to stand for a Level 2 Rating.
3. Secure a signature to stand for a Level 2 Rating from any of the following:
 - PMA Women's Field Umpire in Chief.
4. Complete the appropriate "Rating Application" for attending an approved Level 2 rating event.
 - A completed application must be sent to the PMA Women's Field UIC.
 - The PMA Women's Field UIC must notify the PMA UIC and CLA Women's Field UIC of all applications.
 - The PMA Women's Field UIC must forward all forms to the Head Clinician.

New Level 3 Umpire Candidate Requirements

1. Attend an "approved" Level 3 Clinic or Camp that is organized by the CLA.
2. Hold a current Level 2 rating for at least one spring season before applying to stand for a Level 3 Rating.
3. Secure a signature to stand for a Level 3 Rating from all of the following:
 - PMA Women's Field Umpire in Chief;
 - PMA Umpire in Chief.
4. Complete the appropriate "Rating Application" for attending an approved Level 3 rating event.
 - A completed application must be sent to the PMA Women's Field UIC.
 - The PMA Women's Field UIC must notify the PMA UIC and CLA Women's Field UIC of all applications.
 - The PMA Women's Field UIC must forward all forms to the Head Clinician.

FIL Rule Changes – for a complete list of changes and guidance please refer to the FIL Women's Field Lacrosse Rulebook.

SCORERS/TIMERS, RULE 9.A.4 AND SUBSTITUTION, RULE 11.A.

A. Each team may substitute an unlimited number of players at any time during the play (including overtime), after every goal, after a team time-out and at halftime. All substitutions must be made through the Substitution Area. All players, including the goal-keeper, must come off the field and exit between cones/markers before a substitute may go on to the field. No other players or coaches are permitted in the Substitution Area except those players waiting to eminently enter the game. When an illegal substitution occurs, the scorer/timer will immediately notify the nearest umpire. (Minor Fouls and Penalties, Rule 19.A.15)

TO START AND RESTART PLAY, RULE 12

Each half of the game, overtime period and after each goal, the game is started with a Draw except when a free position or throw at the centre line has been awarded. A maximum of five players from each team may be between the restraining lines during the Draw; the centers and 4 other players from each team. All other players must be below either restraining line.

Guidance: When the game starts or restarts with a free position or a throw at the center line rather than with a Draw, players shall take legal positions as they would for the draw and must stand until the whistle sounds.

TO START & RESTART PLAY, RULE 12.B.2 AND MINOR FOUL PENALTIES, RULE 19.A.8.d.2

If both players draw illegally, it cannot be determined why the draw was illegal, or the umpire determines that the draw was unsuccessful because it was set incorrectly, the umpire will call time-out and reset the draw. Exception: the clock will not stop if the 12

The Penalty Box Continued...

goal difference is in effect.

OUT OF BOUNDS, RULE 14

When the goalkeeper is inside the goal circle and the nearest player to the ball following a shot /deflected shot or when the ball simply goes out of bounds, she will be awarded possession of the ball inside the goal circle to restart play.

RESTRAINING LINE, RULE 18.A.

A team must not have more than 7 attack players below/goal side of the restraining line in their offensive/attacking end of the field or more than eight defense players below/goal side of the restraining line in their defensive end of the field. One of these eight players is usually, but not necessarily the goalkeeper.

RESTRAINING LINE, RULE 18.B. ATTACK PENALTIES

The minor foul offside penalty for the attack will be set the same as the defense offside penalty.

MINOR FOULS, RULE 19.A.4

A player must not touch the ball with her hand or use her hand or body to keep the ball in her crosse. A Player must not allow any part of her body to deliberately impede, accelerate or change the direction of the ball. (Rule 17.A.3)

It is a major foul if the GK blatantly attempts to stop a shot on goal by playing the ball off her body while she is outside the goal circle. (Rule 20.A.16)

RULE MISCONDUCT 22.A.4

A player receiving a yellow card must leave the field for 2-minutes lapsed playing time. A substitute may not take her place, and her team must play with one less player below/goal side of the Restraining Line for the duration of the 2-minute suspension penalty.

Coaches Corner: Building Fundamentally Better Athletes

By Kylo Harris

Lacrosse is known as the "fastest game on two feet". That suggests that running is a pretty big part of our game, yet how many coaches actually teach running in their practices? Running is a cornerstone of physical literacy that athletes need to be taught if they are to achieve their full potential and avoid injury.

Running is a skill that needs to be acquired before an athlete can learn to run with a lacrosse stick. Jumping and landing are skills that need to be taught before an athlete can jump over an object and land without hurting themselves. Throwing and catching without implements is the basis for being able to pass, catch and shoot in lacrosse.

Lacrosse requires athletes to incorporate many basic physical literacy skills in tandem with sport-specific skills in order for them to learn to play the game effectively. In the past, athletes would enter lacrosse with a solid foundation in these physical literacy skills. One of the reasons for this was that children led more active lifestyles, including household chores. Children were also engaged in a lot more free play before the era of television and video games. Today fewer youth have chores to do and our society continues to stray farther and farther away from the concept of free play. As a result, many of our youth are not developing the basic fundamental movement skills in their early years of development as they did in the past.

If they are not coming to lacrosse with these skills, then it becomes the responsibility of lacrosse coaches to help them acquire these skills in addition to the sport specific skills of lacrosse. Teach these physical literacy skills, and then teach the skill as it is needed to perform in lacrosse.

It is critical that the coaches working with our Mini-Tyke, Tyke and Novice athletes spend time in their practices developing the fundamental movement skills that are critical to learn at these young ages. Simply playing a game for balance like Simon Says or setting up an obstacle course that trains speed, agility and jumping as a warm up is all that needs to be added to your practice. If these skills are taught properly early on, then in Pee Wee, Bantam and Midget, coaches can build on these fundamental skills and challenge their athletes to develop more advanced skills. If the fundamentals are ignored during an athlete's development, then their sport-specific skills may never fully develop and they may never reach their greatest potential, and then we, as coaches, have done a disservice to that athlete.

There are many great resources out there for coaches to help learn how to teach physical literacy skills such as: the Fundamental Movement Skills certification program offered by the Coaching Association of Canada; Athletics Canada's Run, Jump, Throw program; and Gymnastics Canada's Up, Down and All Around program. You can even buy resources that focus on fundamental movement skills, such as Coaching Manitoba's Games with a Purpose DVD. All of these courses and resources present the fundamental movement skills in a simple way that we can work into 5 minutes of our lacrosse practice to help build a better athlete, and in turn build a better lacrosse athlete. Lacrosse FITS, a program the CLA is launching this fall will be a program that falls into this category.

2011 Minto Cup Starts August 20th

The Canadian Lacrosse Association is excited for the start of the 2011 Minto Cup, the Canadian Junior A Box Lacrosse National Championship on August 20th in Okotoks, Alberta.

Four teams will compete for the coveted Minto Cup. Congratulations to the Okotoks Raiders and the Edmonton Eclipse for clinching a berth in the Championship. The Whitby Warriors defeated the Orangeville Northmen in the Ontario finals in 7 games. In the BC finals, the Coquitlam Adanacs look to repeat as Minto Cup Champions after winning their series 4-1 against the New Westminster Salmonbellies.

When: August 20th – August 27th with a final game on August 28th if necessary.

Where: Centennial Arena, 264 Community Way, Okotoks, AB

Tickets: Tickets can be purchased at the door before/during all Minto Cup games. Tickets can also be purchased by emailing minto@lacrosse.ca or buying online at www.mintocup.ca.

Online Webcast: *Watch all the action from wherever you are online!* All games will be webcast on a pay per view basis at very reasonable rates for both live and archived games. Visit www.mintocup.ca and click on webcast to access the games!



1759 Re-enactment at Fort Niagara

By CLA First Nations Director, Mike K Mitchell



A cultural demonstration between the Iroquois warriors and the early settlers. Players dressed in 18th century American attire.

How did Canadians and Americans alike choose to celebrate Canada Day and Independence Day at Niagara Falls this past July? They celebrated by reenacting the French and Indian War of 1759 at the historic site of Fort Niagara, where many battles unfolded between the British and the French over 200 years ago. This was Old Fort Niagara's largest event of the year with hundreds of reenactors on hand to recreate the infamous battle of 1759.

In addition to the artillery demonstrations, mock battles and 18th century costumes, the featured cultural demonstration was a lacrosse game between the Iroquois warriors and the early settlers, with all players dressed in 18th century American attire. The game was played on an open field the size of two football fields with two large oak trees at each end serving as the goals. The game was witnessed by spectators from all over the world and was thoroughly enjoyed by all. In addition to the game, the spectators were also treated to a presentation by CLA First Nations director Mike K Mitchell, who informed them of lacrosse's North American origins and offered insight to the meaning of the game from the perspective of the Iroquois Nation. All participants received a new lacrosse book authored by Grand Chief Mitchell.

The game was very entertaining to watch and offered historical insights as to how the game grew from an Indigenous cultural and spiritual celebration into the modern international sport it is today. Grand Chief Mitchell's explanation of why the Iroquois referred to lacrosse as "The Creator's Game" was truly enlightening for some of the historians present who had never been privy to that perspective, some of whom are already planning to hold similar events in other communities to remember the War of 1812.

The event organizers noted the significant contribution made by the Native participants in the historical reenactment. They were especially pleased with the Iroquois players who showed up with their hand-crafted wooden lacrosse sticks that reflected the time period of the 1700s.

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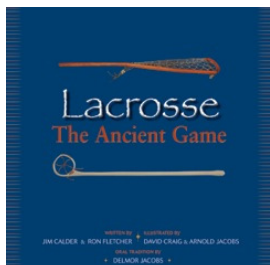


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Lacrosse: The Ancient Game



"The game stretches from cradle to grave for our people. Many young boys are given a small wood lacrosse stick when they are in the cradle. The stick is there at the other end, too. I have been to two funerals in the last little while and both men were buried with their lacrosse sticks in their caskets. This is done so that they can play the game when they go to our Creator's World. I, too, have requested a stick to take with me when I pass from here."

Cayuga Faithkeeper Dao Jao Dre

"Lacrosse – the Ancient Game™ is a richly illustrated coffee table style book every lacrosse family will want to own. It mixes the creation stories of the First Nations people with the historical records of the first Europeans who first witnessed and then went on to play the game with the aboriginal people. Factual data will include accounts from the Jesuits, brand new illustrations from top North American artists, historical pictures by George Catlin and others, right up to the first rules provided by Dr. George Beers and subsequent presentations of the game to British Royalty. Stories include how the game was viewed in the early creation stories of the First Nations. It is beautifully illustrated and a real "must-have" keepsake for all lacrosse aficionados.

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ORDER YOUR COPIES NOW!!! Go on-line at: www.lacrossetheancientgame.com.
Look for Team/Group Savings. PayPal accepted on-line or use the mail in order form.

"Lacrosse – The Ancient Game" will be available in Canada before September 30, 2011. Allow up to 3 weeks for delivery after the arrival date. Shipping rates are for Canada only.

Important Dates & Deadlines...

Deadlines:

August 9—Ross Cup and Victory Trophy entry fees & notice of attendance are due
October 4—Policy change proposal and reports for AGM are due
October 14—Organization fees are due

Events:

Founders' Cup — Aug 16th to 21st, Saskatoon, SK
Minto Cup — Aug 20th to 28th, Okotoks, AB
President's Cup — Aug 29th to Sept 5th, Akwesasne, ON
First Nations Trophy/Alumni Cup — Sept 2nd to Sept 4th, Burnaby, BC
Mann Cup — Sept 7th to 15th, BC
Ross Cup/Victory Trophy — Oct 7th to 9th, Ladner/Delta, BC
Annual General Meeting: Nov 17th to 20th, Sainte Adele, QC

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