

STICKS & STONES



Canada's Lacrosse Team Won with Class

By Neil Stevens, Team Canada Media



Team Canada celebrated their 3rd consecutive gold medal at the 2011 WILC in Prague.

Winning was great but it is how his team won the world indoor lacrosse championship Saturday that most pleased head coach Ed Comeau.

"When we picked the team quite a while ago, as always, there were a lot of people who questioned players we picked but we picked guys who we thought had talent and character and I think throughout the tournament that showed through," said Comeau. "We played tough and we played hard but we also played clean and disciplined."

"I'm very proud of our guys and our organization that we were able from start to finish to represent not only our country well but also the great game of lacrosse. I'm very proud and pleased with our guys."

Canadian Lacrosse Association president Joey Harris could not have asked for more.

"This was a great group," he said. "These guys played with integrity and with respect, and they played hard. It's one of the best teams I've seen in Canada."

"They were perfect ambassadors for Canadian lacrosse. You couldn't ask for more from this team. They're more than deserving of this championship. Each one of these guys will cherish this for a lifetime and we're awfully proud of them. If our teams in the future are like this in the way they handled themselves, we're in for a great future."

The 13-6 win over the Iroquois Nationals in the game for gold improved Canada's record at world indoor tournaments to 17-0.

The first world indoor tournament was played in southern Ontario in 2003 and the second was in Halifax in 2007. Taking it to Europe to spread the box game was deemed a success by the time players from the eight participating Federation of International Lacrosse members headed for home Sunday.

CLA Strategic Plan 2012-2016: WE WANT YOUR INPUT!!

What do you want to see for the Canadian Lacrosse Association?

This year the CLA will be developing a renewed strategic plan to take us to 2016 and we want your feedback and opinions. Between June 20 and July 11, 2011 a survey will be hosted on our homepage (<http://www.lacrosse.ca>). This short survey only takes a couple of minutes to complete. We value what our members and fans have to say, and in advance appreciate you taking the time to fill out the survey!

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Canada's Lacrosse Team Won with Class (Con't)

By Neil Stevens, Team Canada Media

"It had a unique feel to it," said assistant captain Brodie Merrill. "We got great support from the local Czech fans. It's a great city and we were very well taken care of. It was a great overall experience."

The site of the next tournament, to be held in 2015, has yet to be decided but expectations are that it will be played in the United States.

Assistant coach Derek Keenan, who was in charge of Canada's offence, offered his explanation when asked why the attack was unstoppable.

"Most important of all, every one of them checked their egos at the door," said Keenan. "This was a very gifted and skilled group and they all came with one purpose."

"None of them tried to be THE GUY. They were all, combined, THE GUY. They played as a team. That's it."

For Team Canada executive director Dean French, who poured so much of himself into this venture, the satisfaction of watching the players succeed was icing on his cake.

"Our team executed the game plan for the tournament that our coaching staff put together and you couldn't work with a better group of coaches, players and support staff," said French.

There's the big picture, too.

"It's an exciting time for Canadian lacrosse and for Canadian sports," said French. "With the 2010 hockey wins at the Olympics and with the 2011 indoor lacrosse win, we've now proven we're No. 1 in both our national sports."

One of the most effective members of Team Canada in Prague was team co-ordinator Alan Tsang, who was on top of everything at all times.

Coaches Corner: Organization—The Name of the Game

By Mike Marshall, CLA Coaching Sector Chair

No matter what the sport, the most important qualities a coach must possess are planning and preparation.

The top coaches will establish the foundation for their year as soon as they are appointed to their teams, or even sooner if they are required to attend a pre-season selection interview. A well organized presentation made to a selection committee will go a long way in determining the outcome of the interview and the possible future of the interviewee.

High performance coaches create annual plans with year-round out-of-season training and maintenance periods for their athletes. These plans include all aspects of the season, including pre and post-season training. Samples of annual and seasonal plans can be found on the CLA's online coaching website (<http://nccp.lacrosse.ca/tools>).

Practice planning must take into account your assistant coaches and manager who are vital assets to your team and the implementation of your seasonal plan. It is essential to include your assistants in your practices, not just have them shag balls or get water for your players. Don't be afraid to hand over control of your practices to them. Instill in them a feeling of ownership of the team and you may be surprised at the ideas and strategies they will contribute. Remember, share your plans. If a drill is failing, do not try and fix it on the floor or the field. Stop it immediately and go on to the next drill. Conversely, if a drill is going better than expected, keep it going; even add a new wrinkle to it to make it more game-like. Keep in mind... if you have a plan you can change it. If you don't have a plan, it becomes that much harder to adapt when something isn't working.

Game planning must also be organized and flexible. Many a team has lost at the highest level when the opposition countered with a new wrinkle and they neglected, or refused, to adapt or counteract. The ability to adapt "on the fly" is particularly essential in close games, with time running out. There are many other game decisions that have to be made collectively by the bench staff, i.e. how do you break a hard press? Do you have a set play on a delayed penalty call? Which hand is 1st or 2nd out the door in which period? Do you have a full-field 10-man clear play, or end-of-game stall offense? Have pre-game dialogue with your assistants and discuss bench management for that particular game. A well-organized coach makes very few decisions during the game if the bench personnel are confident in their roles and responsibilities.

Assign, download and delegate responsibilities to not only your assistants, but to volunteers in Senior and parents in Minor. A wise man once calculated that there could be over 30 different positions required on a minor team and some coaches try to take them all on themselves! Do not get caught in this trap. A well-organized coach focuses solely on coaching!

Remember... to be prepared is half the victory – Miguel Cervantes

Do you have a great story about lacrosse in your province or community you'd like to share?
Send it to sticksandstones@lacrosse.ca.

Durham Regional School Lacrosse Tournament a Success

By Terry Rowland, CLA VP Organizational Development

An Interview with Rob Dymont, Organizer of the Durham Region School Lacrosse Tournament

TR: What motivated you to organize this tournament?

RD: We do so many sports in Durham and I wanted to allow more kids to play lacrosse. I decided to run a lacrosse tournament 6 six years ago and had 24 teams come out to compete. Now, six years later, we have 68 teams and over 900 players, all of them from public schools. We invited the Catholic schools to join us; however we've received no response to date. Many coaches in the area like the value of the sport of lacrosse and the teamwork that it teaches the kids. Coaches love being outdoors and watching the kids playing something they may never have had the chance to play otherwise. The entry fee to the tournament is \$65.00 per team and the fee is usually picked up by the school. This pays for the referees and prizes for the winners (usually lacrosse t-shirts to provide even more exposure for the game).

TR: Is it difficult to organize?

RD: The biggest problem is getting good field and weather conditions at this time of year. I would like to partner up with the lacrosse organizations in the area such as Whitby, Clarington, Uxbridge, Ajax and Oshawa to run clinics in their schools and gain access to the many players who want to play organized lacrosse in the Durham region. I believe that modifying the rules and playing "soft lacrosse" outside in a format similar to field lacrosse is the best approach to increase the number of players in the game. The kids like the way they can play without getting hit and learn to pass the ball every five seconds or before they pass a second player. Our games are 12 minute halves using field lacrosse nets.

TR: Do you have the support of the school board?

RD: The Durham Athletic Association has given me all the support and freedom I've needed to get the job done and promote lacrosse at the school level. I'd be happy to have helped just one player join a lacrosse club and play the game permanently. However, I estimate that out of the 900 players involved in the tournament, 100 of them play in an organized league. Many parents come out to this event and are asking how to get their child more involved in lacrosse. This game is so unique and special I feel kids are missing a great opportunity if they do not have the opportunity to play.

TR: Are you aware of the CLA's Lacrosse FITS program?

RD: Yes I am familiar with it and I think that any program that promotes lacrosse is well worth the effort. I'd like to see the high schools kids receive field sticks and get a program going where the kids can use some protective equipment and keep the "soft lacrosse" at the elementary level to prevent kids not playing for fear of getting hurt.

TR: How do you envision the growth of lacrosse at the elementary level?

RD: I would like to present our program to many areas within Ontario and to expand in all regions. I would invite anyone interested in attending our tournament to get involved and find out why kids want to play lacrosse. After all that what it's all about: **Kids Catching the Fun!**

68 teams and over 900 players participated in the 6th Durham School Lacrosse Tournament.



Traditional Lacrosse Stick Maker, Mathew Waies Etienne, Passes

Traditional wooden lacrosse stick maker, Mathew Waies Etienne, passed away on Saturday, May 21, 2011 at the age of 78, while a resident of the Tsiionkwanonsohte Chronic Care Facility on the Akwesasne Mohawk Territory. He was a master lacrosse stick maker from the Mohawk community of Kahnnesatake, who started making lacrosse sticks in the mid-1970s, when the Akwesasne lacrosse stick factory on Kawehnoke (Cornwall Island) stopped production.

For a while, Etienne was the sole manufacturer and supplier of wooden lacrosse sticks for the world market until he suffered a stroke in early 2000. He was a supplier of wooden lacrosse sticks for the Canadian lacrosse market, as well as for U.S. colleges and universities. As a result of the stroke, he sold all of his lacrosse stick-making equipment and supply of wooden sticks to Mohawk International Lacrosse owner Mark Mitchell, who is currently the only manufacturer of wooden lacrosse sticks.

According to the Mohawk Council of Akwesasne Grand Chief, Mike Kanentakeron Mitchell, "Mathew Etienne always had a friendly smile for his customers and always had a good story to tell about the game of lacrosse." He added, "He was well liked by lacrosse players who would custom order a wooden lacrosse stick to their liking, which became his reputation in the art of lacrosse stick making."

He was predeceased by his wife Harriet Ann Spittel and will be missed by his children Karen and Timothy, and his grandchildren Raven, Colton, Amber, Robyn and Caitlyn.

Calgary Women's Field Lacrosse Player Secures Spot with Team Canada

By Lesley Hawke, Calgary Field Lacrosse



Jordyn Constance, member of the Calgary Women's Field Lacrosse League, has recently made the 2011 U19 National Field Lacrosse Team. Constance, a box lacrosse player of 10 years with the Sabercats in Calgary had only been playing field for two months prior to the initial National Team tryouts. Over two years of intense training, tournament travel and performance camps Jordyn persevered through numerous cuts to make the final roster of eighteen. This makes her the first Calgary women's field lacrosse player in history to have made this prestigious squad. The roster boasts players from Ontario, British Columbia, and Alberta and will travel to Hanover Germany in August to compete in the FIL World Field Lacrosse Championship.

Aside from being a very talented lacrosse player, Jordyn holds a highly regarded reputation in hockey as well. She is a competitor in the Alberta Major Midget AAA hockey league playing for Team Calgary Chaos and has recently signed to play Division 1 Hockey in the US at a school in St. Louis. Her hockey career has included winning Player of the Month for the league as well as being the leading scorer for her team consecutively for three years.

This summer leading up to the World Championship, Jordyn will be travelling with Team Canada to numerous tournaments in the US including the US Nationals in New York, as well as the Star Spangled tournament and Nike Cup in Syracuse. Constance has travelled back and forth to Ontario to attend training camps with her fellow teammates while completing her high school education.

Calgary Women's Field Lacrosse would like to congratulate Jordyn on all of her hard work and dedication to the game of Field and we look forward to following your quest for Gold.

www.teamcanadawomenslacrosse.com

www.calgaryfieldlacrosse.com

Individual Awards at WILC 2011

A number of individual awards were handed out at the closing ceremonies of the 2011 World Indoor Lacrosse Championships and among the recipients were our Team Canada players and volunteers.

All World Team: Attack: Dan Dawson (CAN)

Defense: Kyle Rubisch (CAN)

Goalie: Matt Vinc (CAN)

The Best Individual Players: Attack: Dan Dawson (CAN); Goalie: Matt Vinc (CAN)

Spirit of Lacrosse Award: Donald G. 'Doc' Hedges (CAN); Stewart Begg (CAN - officials)

The Canadian Lacrosse Association wishes to recognize the above Team Canada players, along with Stew Begg, CLA Vice President of International Competition, and Doc Hedges, Team Canada physician, who contribute so much to our national team program. Congratulations to all members of Team Canada for bringing home the gold!

Technical Bulletin 11-05: Legal vs Illegal Helmets

Effective Immediately

The purpose of this Bulletin is to further clarify the way the Helmet, Mask and Chin-cup are being worn today at both the Minor (midget and below) and Major (above minor) levels. This is further clarification to the prior bulletins: Technical Bulletin 11-04—Level vs Illegal Helmets, Technical Bulletin 09-01 Facemask Standards, and Technical Bulletin 07-03—Approved Helmets for Midget and Below. Please visit www.lacrosse.ca and look under 'Equipment' for full details regarding Technical Bulletin 11-05.

CLA Sponsor



CLA Loses a Dear Friend in Bill McBain

The CLA lost a dear friend, ambassador, mentor, guide and volunteer with the passing of Bill McBain on June 17, 2011. Bill had an undeniable influence on our sport, on those that had the pleasure to work with him and on the many that he coached, mentored and guided. He was the father of the CLA's National Coaching Certification Program and a leader when it came to ensuring every lacrosse player at every level had access to a certified lacrosse coach.

Bill McBain played lacrosse from the age of four until he joined the Canadian Navy at the age of seventeen. Bill is no stranger to the development of lacrosse with roots dating back to his service days in the Maritimes since the 1960's.

In the 70's, Bill was the Technical Director for the New Brunswick, Nova Scotia and Newfoundland Lacrosse Associations. He coached the first New Brunswick provincial team and developed the first women's field lacrosse team in Newfoundland. In 1977, Bill was named the Canadian Lacrosse Association (CLA) representative at the 1978 Edmonton Commonwealth Games, when lacrosse was a demonstration sport.

For his years of service to his country and sport, Bill was inducted into the **Canadian Armed Forces Hall of Fame** in 1983. By 1985, Bill had served on the CLA's Board of Directors for 14 years. As part of his CLA tenure, a few noteworthy accomplishments included acquiring funding and co-coordinating the Canadian National Lacrosse Championships, and initiating the CLA's Lester B. Pearson Award in recognition of unselfish dedication and outstanding contributions of sportsmanship and distinguished leadership to the game of lacrosse. Bill was the recipient of the **Lester B. Pearson Award** in 2001.

Locally, Bill was part of the growth and success of the Kelowna Minor Lacrosse Association. Over the years he participated as President and taught numerous introductory programs to school teachers, students and recreational centre participants. He was known to volunteer his time to local fundraising activities, to host tournaments and to run special practices for coaches.

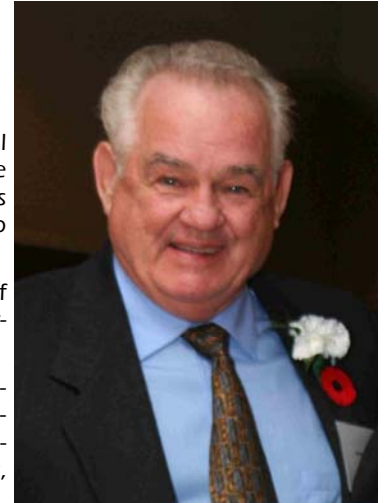
Provincially, Bill served as Chair of the BC Lacrosse Coaches Association for six years, and continued his role as the BC Master Learning Facilitator and spent countless hours in classrooms and on the field of play as an NCCP Learning Facilitator and Evaluator. Bill became the BCLA's Vice President of Development in 2000 where he managed a team of developers who were paramount in the growth of lacrosse from 10,500 to 15,000 participants. He was even a key member in developing lacrosse in Nunavut, the Yukon and the Northwest Territories.

In 2005, Bill was the BCLA Provincial Head Coach and he was the Regional Coach for the Interior PacificSport Group Regional Sport Centre in Kelowna. He solidified lacrosse in the Kelowna sports community with his tireless work. Bill's efforts were recognized as he was named one of the **2008 PacificSport Community Heroes** in Kelowna.

Nationally, Bill was a Level 3 certified coach and served as the Canadian Lacrosse Association's Coaching Chair. He was instrumental in the development of several technical coaching manuals in box lacrosse and men's and women's field lacrosse and helped to implement a Trainer's Aid Program and to coordinate the foundation of new instructional DVDs furthering player and coach development. Bill and his writing teams become sport leaders in the creation of new coaching education materials used in the CLA's new National Coaching Certification Program (NCCP). Bill was a key figure in the national transition to and implementation of the new NCCP for lacrosse and in the training of new Learning Facilitators, Evaluators and coaches.

Bill made extraordinary contributions to the game of lacrosse at all levels and promoted a positive image of coaching and respect for the game of lacrosse. He has been and will continue to be missed greatly by the staff, executive, board and volunteers of the CLA. We miss his laugh, his infectious spirit and his passion for making this great game even better.

As noted by CLA President Joey Harris, "our deepest sympathies to Bill's wife, Mary, and all of his loved ones in the loss of a great father, grandpa, coach, man. His legend will live on". Harris has noted that an annual excellence in coaching award will be established in Bill's name – the award will exemplify the hard work and dedication to coaching that Bill represented.



The Fun with Fundamentals 3-part DVD series is a must have for anyone who is serious about CANADA'S NATIONAL SUMMER SPORT. Elite players, including Shawn Williams, Delby Powless and Steve Toll, provide expert guidance while demonstrating and highlighting the key teaching points of each skill, technique and strategy.

From scooping, cradling, passing, catching, and shooting to motion offense, team defense, line changes and drills, you will better your ability to play and read the game of box lacrosse.

The Fun with Fundamentals series can be purchased through your Provincial Lacrosse Association.



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A Contract to Remember

By Mike K Mitchell, CLA First Nations Director

The 2010 President's Cup winning Onondaga Red Hawks who play in the Can Am Senior B Lacrosse League have an amazing story to share. Last year, the Chiefs and Clan Mothers of the Onondaga Nation served notice that drugs and alcohol would not be tolerated in any sporting activities sponsored by the Nation. They informed all the players in their lacrosse program that they would have to sign a contract agreeing not to engage in the use of any form of drugs or alcohol during the regular season and play-off schedule and that any player who didn't wish to participate would be released from the team. This unique strategy led to a number of team meetings where some serious discussions took place about the damage drugs and alcohol had done to Native American athletes past and present in various sporting endeavours. The result was a tremendously successful season, including a league championship and a berth in the Canadian Senior B President's Cup championship event in British Columbia.

The most amazing part of this story was an agreement made by the players to extend their contract to include the President's Cup, keep the team together and not pick up any players from other teams in their league (meaning that no players were picked up who played on pro and senior A teams, which is the norm for teams appearing in the President's Cup). The Red Hawks wound up winning the President's Cup and brought back a lot of pride to their community, as well as a national championship and memories that will last a lifetime.

Strength of Spirit: The NorthStar Program

Article from Above & Beyond magazine, Nov/Dec 2010

Watching a 2007 ESPN video on YouTube, a young lacrosse player from Ottawa, Noah Hoselton, couldn't believe his eyes and ears. The eight-minute video he was watching told the story of the impact of lacrosse on the Nunavut community of Kugluktuk, and how the introduction of the sport helped bring an end to a crippling series of teen suicides.

Read the full article on the [Getting Involved](http://www.lacrosse.ca) page at www.lacrosse.ca

Important Dates & Deadlines...

Deadlines:

June 28 – Inter-member transfers (box) must be completed
July 4 – First Nations Trophy and Alumni Cup entry fee & notice of attendance due
July 15 – Deadline for list of officials to work at National Championships
July 15 – Coach Registration fees are due

Events:

Girls Box Bantam & Girls Midget Nationals – July 23rd - 28th, New Westminster, BC
Pee Wee/Bantam/Midget Nationals – July 31st - August 6th, Whitby, ON
Annual General Meeting: Nov 17th to 20th, Sainte Adele, QC



The Canadian Junior A Lacrosse National Championship is coming to Okotoks, Alberta from August 20th to August 28th, 2011.

Purchase your tickets today! Contact minto@lacrosse.ca to place your order.

www.mintocup.ca