

STICKS & STONES

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Inside this issue:

Team Atlantic—Friendships Forged Forever cont'd	2
The Spirit of Lacrosse in Uganda	2
2010 National Championship Summary	3
Newsy Lalonde Way	4
Zack Greer Makes Presentation to LNSS	4
Important Dates to Remember	4

TEAM ATLANTIC — FRIENDSHIPS FORGED FOREVER

BY DAVE HIGDON, LACROSSE NEW BRUNSWICK

I spent last night helping Riley (my daughter) reorganize her room to make space for this year's collection of memorabilia. When we were finished we stood back and looked around at four walls covered with team photos, ribbons, medals, and her Lacrosse Jerseys. When I looked at her, the ear to ear smile and twinkling eyes were clear signs of the movie playing in her brain. That caused the old projector in my archaic brain to grind into action as well. Before I knew it, I was watching my own personal sports review. My minds eye was filled with images of people and places from sporting events past.

That got me thinking about what we all really gain from being involved in sports. Riley's room looks great filled with physical reminders of her experiences and accomplishments. Don't get me wrong, I'd give my eye teeth to have my old Jerseys. In fact, some of my prized possessions are my Bronze Medal, game ball, and flags signed by the 2009 and 2010 teams that I was fortunate enough to be a part of for the CLA Bantam Girls' Lacrosse Championships. However, I have spoken with the girls and parents of Team Atlantic about

their experience and what made it special to them. It isn't the team jacket they now proudly wear, it isn't the great looking jersey that hangs in their rooms, it is the friendships formed. We all make friends in day to day life, but I truly believe there is no friendship like that forged from going to battle together. These types of friendships form fast, and they bond tight.

Team Atlantic was made up of girls from New Brunswick and Nova Scotia. They first met over a June weekend in Halifax, Nova Scotia. It was amazing to watch friendships form before our eyes. We had a team BBQ and within hours of introducing these two groups, the provincial borders had disappeared. We would look around to see a group of girls from NB and NS huddled together swapping phone numbers and e-mail addresses. The next time these girls were together was a month and a half later in Saint John, New Brunswick. By the time the girls from Nova Scotia arrived in Saint John, not only were the provincial borders gone but a lot of these girls were acting like they had been best friends their entire lives.

None of this came as a surprise to us. In fact, when we first began talking about a "Team Atlantic", we told the girls and parents that one of the greatest benefits of such a team would be the friendships. Anyone who has spent time in sport would have predicted this and I told them of my own personal story that goes like this. I grew up playing Lacrosse in Newfoundland. Every summer we would travel off the island to play in tournaments. One year, while playing in an Atlantic Championship, I was asked to play with New Brunswick at a National

Atlantic continued on page 2...



ATLANTIC CONT'D...

Championship. Fast forward 20 or so years. I graduate from University and move to Saint John to begin my career. I meet Penny (my wife). She decides it would be nice to take me out to meet a bunch of her friends so I would know some people in the area. When we arrive at the party she turns to introduce me to some people only to find me in a huddle with a bunch of guys I played with on the New Brunswick Lacrosse Team. Some of these guys are among my closest friends today – nearly 30 years removed from when we played Lacrosse together. I know something similar is bound to happen to some of the girls of "Team Atlantic" and from that experience they will pass on to future generations the real value of sport.

By the way, it isn't just the girls that have made friendships during the past two years, everyone involved has. Personally, I have gotten to know a lot of pretty incredible people. The list includes volunteers, other coaches, parents, and, of course, the athletes. I have been fortunate to coach some of the most incredible people I have ever met. These girls always showed up with smiles on their faces, never uttered a single complaint, were eager to learn the game, and are a joy to work with. The past 2 years have added miles of great footage that is now stored away in that old movie projector in my brain. Every so often I find myself pulling a reel off the shelf and sitting back to enjoy the memories.

THE SPIRIT OF LACROSSE IN UGANDA



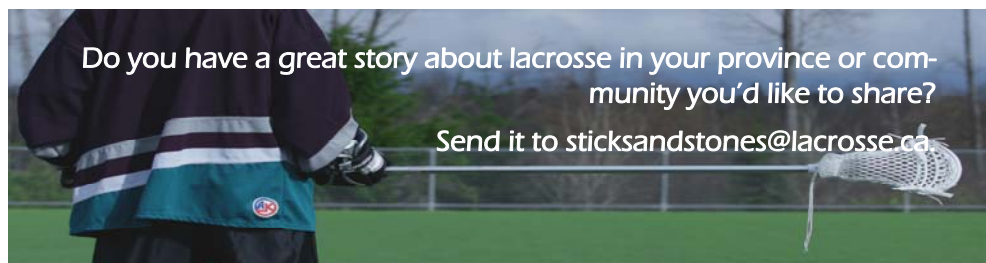
Mike Carnegie, player for the NLL's Calgary Roughnecks, took his love for lacrosse to Noah's Ark Children's Ministry in Mukono, Uganda. The children that occupy the shelter home have lost their parents to war, AIDS, malaria and abandonment.

In addition to spending most days building a secondary school, Mike had an opportunity to teach the children how to catch, throw and pick up a loose ball. The children loved the game and it was a remarkable experience for Mike and the children he visited.



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

Send it to sticksandstones@lacrosse.ca



2010 NATIONAL CHAMPIONSHIP SUMMARY

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 Manitoba 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 second year that the Girls Bantam Nationals took place in which 5 teams from across Canada participated. Team Ontario took home the gold.

The Founders' Trophy saw eleven teams competing in Mimico, Ontario for the Junior B title.

The Halton Hills Bulldogs played the Mimico Mountaineers in the final, with the Bulldogs winning 4-3, a first time Founders Cup win for the Bulldogs. The Tournament MVP was awarded to Brendan Muise from the Mimico Mountaineers.

Seven teams travelled to Burnaby, BC, to compete for the Senior B Championships, the Presidents' Cup. The Onondaga Redhawks won the gold 14-7, against the Owen Sound Woodsmen, with the Tournament MVP being awarded to Jeremy Thompson of the Onondaga Redhawks.

The Minto Cup, the Canadian Junior A lacrosse championship was held in Coquitlam, BC, hosted by the Coquitlam Adanacs. The Coquitlam Adanacs won gold defeating the Orangeville Northmen in 2 games. The Jim Bishop Award, awarded to an individual for their leadership qualities, sportsmanship and outstanding play, was presented to Jeremy Noble, from the Orangeville Northmen. The Most Valuable Player of the tournament was presented to Coquitlam's Robert Church who will receive a 10k gold specially designed ring.

Also running in Coquitlam, in conjunction with the Minto Cup, were the Midget Nationals. Seven 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) for a second year in a row, while Team Nova Scotia captured the Midget B Trophy.

The First Nations Trophy and Alumni Cup took place over the Labour Day Weekend in Saskatoon, SK. The U19 – First Nations Trophy was presented to Team Ontario with the Tournament MVP being awarded to Richard Lachlan of Team BC. The Alumni Cup was presented to Team Ontario with the Tournament MVP being awarded to Joe French of Team Ontario.

As August came to an end so did the Box lacrosse season with the playing of the coveted Mann Cup, the Senior A Box Lacrosse Championship. The Provincial Champions from Ontario and BC competed for Senior A supremacy. This year the Peterborough Lakers hosted the New Westminster Salmonbellies with the Lakers' winning 4 games to 2. All of the games were very competitive and close. The Series MVP was awarded to Shawn Evans of the Peterborough Lakers.

Thanksgiving weekend wrapped up the CLA National Championships with the playing of the Senior Men's Field Ross/Victory Cup – October 8th-10th, in Montréal, QC. Seven teams competed with the Calgary Boykiws winning the Ross Cup and the Toronto Blue Jays winning the Victory Trophy.

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



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.



NEWSY LALONDE WAY

One of Cornwall's most celebrated sons received additional honours today as the City of Cornwall officially renamed the roadway that accesses the Cornwall Civic Complex "Newsy Lalonde Way".

"Newsy Lalonde helped pave the way for many other young men and women to play hockey and lacrosse in Cornwall," said Mayor Bob Kilger, "The Cornwall Civic Complex is one of the landmark hockey facilities in Eastern Ontario and it is very appropriate that both visitors and hockey players travel down Newsy Lalonde Way as they enter the arena."

The Cornwall Civic Complex also houses the Cornwall Sports Hall of Fame, which features a special showcase for Newsy Lalonde and other notable local athletes, including Newsy's teammate and fellow Hockey Hall of Fame member Cy Denneny, Olympic Gold Medallist Lori Dupuis, the Memorial Cup Champion Cornwall Royals, and many others.

Lacrosse Superstar

During the off season, Newsy spent his summers playing lacrosse, in which he showed an equal amount of aptitude and was named "athlete of the half century" for the sport. He started play in 1905 as a goaltender, but moved to the attack position in 1910, becoming the sport's greatest star. He would break the scoring record for his Montréal team in 1910 with 31 goals. Lalonde scored an incredible 66 goals for the Montréal Nationals in 1914. He was inducted into the Lacrosse Hall of Fame in 1965.

ZACK GREER MAKES PRESENTATION TO LNSS

BY LESLEY DUNN, LACROSSE NOVA SCOTIA



Zack Greer presents LNSS with his game worn Team Canada Jersey and commemorative print prior to a university lacrosse game.

Photo : Lauren Dunn, BPR

This year several members of Canada's World Field Lacrosse Team carried more than the hopes of their country on their shoulders, they carried the dreams of many minor lacrosse association players on their sleeves. In an effort to foster a tighter connection between young lacrosse players and Team Canada, minor lacrosse associations across the country were afforded an opportunity to support a Team Canada player on their journey to Manchester England.

The Nova Scotia lacrosse community seized the opportunity and put their support behind Zack Greer who holds the all-time Duke and NCAA lacrosse goals record, is a 4 time All-American and 2-time NCAA finalist.

Zack plays in the NLL for the Minnesota Swarm and in the MLL for the Long Island Lizards. "Zack was a natural fit for us. He has spent the past couple of years helping Nova Scotia build our lacrosse program, plus he has an aunt and uncle that live in Hubley making him an unofficial Blue-noser," said Kevan Mills, President of Lacrosse Nova Scotia.

Recently, on a trip to Nova Scotia, Zack presented Lacrosse Nova Scotia Society with his game worn Team Canada Jersey and a commemorative print at centre field prior to a university lacrosse game between the Saint Mary's Huskies and Acadia Axemen.

IMPORTANT DATES/ DEADLINES TO REMEMBER...

DEADLINES:

November 15—Claims for referees travel to National Championships are due.

CLA Meetings:

Annual General Meeting: November 18-20, Ottawa, ON

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