

# STICKS & STONES



## Local Heroes: The Legend of Brian Thompson – Within Nova Scotia’s Borders and Beyond!

By the Lacrosse Nova Scotia Society

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Brian Thompson with CLA VP International Competition, Stewart Begg and Sonia Begg

For anyone involved in lacrosse in Canada, Brian Thompson and the Lacrosse Nova Scotia Society (LNSS) are often viewed as one in the same. Brian has been a driving force in the development of the lacrosse program in Nova Scotia for the past 42 years. Lacrosse, with its rich cultural background, lightening speed and ability to build and blend countries and people won over his soul after he was first introduced to the game during the 1969 Canada Games in Halifax. While he has never played, coached, or officiated a single game of lacrosse, his knowledge of the sport from a technical and historic perspective have added a richness to our program’s development that would be hard to match.

Who is this volunteer extraordinaire? Brian came to Canada from England where he was a competitive soccer player. His first volunteer years were routed in the Boy Scouts of Canada as a leader and an administrator for their regional office. From 1982-86 Brian was the President of the Sackville Lakers Lacrosse Association (which later became the Sackville Fall River Wolves) where his love of the game intensified, watching his son Mark play the game from bantam through to senior.

During the time that Mark was playing for the Sackville Wolves Senior Team, Brian took over the role of treasurer for the team and the association. In the early 1990s, Brian was elected to the Lacrosse Nova Scotia Society’s Board of Directors. Over the past 21 years, he has held the roles of Vice President Administration, Finance and Treasurer. His skills and capacity to get things done are what has allowed the sport to grow in Nova Scotia from 90 players to over 1500.

In 2000, Brian stepped forward to set up a new league (the Metro Minor Lacrosse Association) in the province in an effort to boost registrations at the younger level. Brian looked after all the financial, scheduling and governance aspects of this new body. The association and the society were never in debt and programs and games were always on time.

When club zones were introduced, Brian worked to create a fair and equitable distribution of players taking into consideration the demographics of the day and planning for the growth of the sport in Halifax over the next 20 years. His thoroughness led to him being recruited to the Board of Directors for the 2007 World Indoor Box Lacrosse Championship held in Halifax. As Vice President of Finance for this event, he worked closely with the Events Halifax staff to establish a Legacy Fund as a key outcome of the championship that would benefit lacrosse in Nova Scotia for years to come.

On a national level, Brian has been the voice of Lacrosse Nova Scotia, attending CLA meetings and fulfilling the role of LNSS liaison at National Championships for our provincial teams. Brian and his wife Jan have scheduled their life and vacations around lacrosse seasons. Jan has also played an important role in the administrative side of the sport in our province.

This year Brian and Jan celebrated 50 years of marriage, and 42 years of volunteer service to the sport of lacrosse. They are a staple at every arena, now happily watching their grandson play. This year Brian will retire from the LNSS Board of Directors knowing that he has established a strong foundation that will allow the next generation of volunteers to confidently take the helm.

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## Canadian Lacrosse Association's 2012 U19 Program Announces Final 50

The Canadian Lacrosse Association and its 2012 U19 National Team staff are excited to announce the final 50 players who have been invited to attend the selection camp determining who will head to Finland for the U19 World Championships.

Over two hundred player applications were received from across the country, all vying for the invite only 50 spaces at selection camp. The talent ran deep in the applicant pool and the seven coaches and six scouts of the men's field national team program spent hours scouting, reviewing and selecting the final 50.

As noted by the CLA's Men's Field National Team Director, Dave Huntley, "these thirteen men have been watching box, high school and college games, provincial team tryouts, club tournaments, and recruiting camps since they joined the staff. They have regularly shared their findings through conference calls, texts and emails and they have far exceeded the very high expectations I had of them already. The passion and level of detail they are approaching the task of selection with is very inspiring".

In addition to coaching staff and scouts, who are scattered throughout the country, seeking out players, an evaluation session was also held in BC in conjunction with the CLA's national field championships and with the support of the BC Lacrosse Association and national championship host committee. As mentioned by Dean French, CLA National Team Chair, "we were very pleased when BC suggested the hosting of an evaluation session in conjunction with nationals. It allowed for our coaching staff to further ID future players from those provinces attending nationals and during championship competition. It also allowed for a greater connection between what the national team has to offer and the CLA's national championships."

CLA VP of International Competition, Stew Begg, shares the excitement of the national team staff and is optimistic for what the future holds for national teams, "with the excellent scouting model in place in the junior program and under the new national team strategy we certainly look forward to supporting some greater player depth in each province, both established and still developing".

The 50 players selected include: Holden Cattoni (Midfield, AB), Dan Taylor (Attack, AB), Wesley Berg (Midfield, BC), Ross Bowman (Goal, BC), Quinton Bradley (LSM/Close, BC), Reegan Comeault (Attack BC), Justin DaSilva (Defense, BC), Brodie Eastwood (Attack, BC), Justin Goodwin (Defense, BC), Jesse King (Midfield, BC), Danny MacDermott (LSM/Close, BC), Michael Mesenger (Midfield/FO, BC), Mason Pynn (Midfield/Defense, BC), Chalen Rogers (Midfield, BC), Corey Shires (Attack, BC), Kody Te Kanawa (Defense, BC), Kanattio Adams (Defense, ON), Tyler Albrecht (Midfield, ON), Bryan Cole (Midfield, ON), Daniel Craig (Midfield, ON), Brennan Donville (Goal, ON), Jamie Dowell (Defense, ON), Turner Evans (Attack, ON), Joe French (Attack, ON), Tyler Gilligan (Defense, ON), Matthew Gilray (Defense, ON), Seth Griffith (Attack, ON), Zack Herreweyers (Attack, ON), Connor Hoult (Defense, ON), Kyle Jackson (Midfield, ON), Hayden Johnstone (Goal, ON), Jason Lindsay (Midfield/FO, ON), Dan Lintner (Attack, ON), Dan Lomas (Attack, ON), Ian MacKay (Midfield, ON), Aaron Moroney (Defense, ON), Michael MacDonald (Attack, ON), Riley McGillis (Goal, ON), Mike Morris (Attack, ON), Andrew Mullen (Defense, ON), Nick Nesbitt (Goal, ON), Reily O'Connor (Attack, ON), Brett Ritchie (Midfield, ON), Nick Ritchie (Midfield, ON), Jacob Ruest (Attack, ON), TJ Sanders (Attack, ON), Derek Searle (Defense, ON), Shane Simpson (Midfield, ON), Dhane Smith (Midfield, ON), Ben Thomson (Defense, ON), Mac Tomkinson (Defense, ON), Kyle Trolley (Midfield, ON), Jonathan Newhouse (Defense, ON), Chad Tutton (Midfield, ON), Daryl Waud (Defense, ON), Nathan White (Attack, ON).

Of the 50 players selected 22 are currently in the NCAA and another 15 are verbally committed to an NCAA program. The above players will next head to Oshawa, Ontario from November 24-27 for the final selection camp. Following the camp the final 23 man roster will be selected and announced.

The Canadian Lacrosse Association 2012 U19 National Team coaches and support staff include:

MF National Team Director – Dave Huntley  
 Head Coach – Brodie Merrill (ON)  
 Offensive Coordinator – Matt Brown (BC)  
 Defensive Coordinator – Taylor Wray (AB)  
 Substitution Box/Faceoff – Geoff Snider (AB)  
 Goalie Coach – Angus Dineley (ON)  
 Offensive Coach- Scott Browning (BC)  
 Defensive Coach –David Summerville (ON)  
 Video Coach- Lawrence Taylor (NS)  
 Team Manager – Terry Lloyd  
 Equipment Manager – Paul Wade  
 Therapist – Jessica Price  
 Therapist - Jenn Bell  
 Head Scout – Stu Brown (ON)  
 Western Scout – Rey Comeault (BC)  
 Western Scout - Paul Rai (AB)  
 Eastern Scout – Clancy Almas (ON)  
 Eastern Scout – Daryl Haynes (ON)



The 2012 U19 World Championships will be held July 12<sup>th</sup> to 21<sup>st</sup> in Turku, Finland. Team Canada will be playing for gold against Australia, Bermuda, Czech Republic, England, Finland, Germany, Ireland, Iroquois Nationals, Netherlands, USA and Wales.

## 2011 National Championships 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 Québec won the E.D. Blair Trophy (PeeWee B).

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

Also running in Whitby, in conjunction with the PeeWee/Bantam Nationals, were the Midget Nationals. Eight provincial teams from across the country competed for the Tackaberry Trophy and the title of Midget National Champions. Team Ontario was successful in capturing the Tackaberry Trophy (Midget A), while Team Québec captured the Midget B Trophy.

The Founders' Cup saw six teams competing in Saskatoon, Saskatchewan for the Junior B title.

The Six Nations Rebels played the Calgary Mountaineers in the final, with the Rebels winning 14 to 11. The Tournament MVP was awarded to Jesse Johnson of the Six Nations Rebels.

Seven teams travelled to Akwesasne, ON to compete for the Senior B Championships, the Presidents' Cup. The St. Regis Braves (ILA), won the gold 11-8, against the Snake Island Muskies (ILA), with the Tournament MVP being awarded to Josh Sanderson of the Snake Island Muskies. The win marked the first Presidents' Cup victory for the St. Regis Braves of the ILA.

The Minto Cup, the Canadian Junior A lacrosse championship was held in Alberta, hosted by the Okotoks Raiders. The Whitby Warriors won gold defeating the Coquitlam Adanacs. The Jim Bishop Award, presented to an individual for their leadership qualities, sportsmanship and outstanding play, was awarded to Travis Cornwall of the Coquitlam Adanacs. The Most Valuable Player of the tournament was presented to Whitby's Curtis Knight who will receive a 10k gold specially designed ring.

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 Langley Thunder hosted the Brampton Excelsiors. Brampton earned four straight victories to capture the title in the best of seven series, 4-1. All of the games were very competitive. The Series MVP was awarded to Anthony Cosmos of the Brampton Excelsiors.

The First Nations Trophy and Alumni Cup took place over the Labour Day Weekend in Burnaby, BC. Team Ontario won the First Nations Trophy while Team British Columbia won the Alumni Cup.

Thanksgiving weekend wrapped up the CLA National Championships with the playing of the Senior Men's Field Ross/Victory Cup – October 7<sup>th</sup> – 9<sup>th</sup>, in Ladner, BC. Five teams competed with the Whalley Ballers of BC winning the Ross Cup and the Calgary Raiders winning the Victory Trophy.

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

## LTAD Tip of the Month: The Fall Back Rule

By Duane Bratt, CLA National Resource Person

A big change for mini-tyke, tyke, and novice divisions is the "fall back" rule. Whenever the goalie gains possession of the ball in the crease, all attacking players have to leave the offensive zone (no pressing). This will help teach players the importance of getting back on defence. Meanwhile, the goalie has to make a pass to a teammate outside of the dotted line. This forces the goalie to pass by preventing a player from just taking the ball in the crease. The adoption of the fall back rule will help develop goalies' passing abilities.

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

**Send it to [sticksandstones@lacrosse.ca](mailto:sticksandstones@lacrosse.ca).**

## Coaches Corner: Q&A with Coach Dave Higdon



**Coach's Full name:** Dave Higdon

**Province:** New Brunswick

**Sport(s):** Lacrosse

**Coaching role:** National-level coach, women's box lacrosse. President, Lacrosse New Brunswick

**NCCP Status:** Community Sport and Competition – Introduction certified coach; Learning Facilitator and Evaluator for Competition – Introduction

### **What is your greatest coaching moment/achievement?**

My greatest moment throughout my 30 year coaching career was achieved when, with 1 minute and 27 seconds left at the 2009 Girls Bantam National Championships, I realized that my girls were actually going to leave with a medal. A bronze medal, none the less, but most importantly, our team was the underdog and all the parents had travelled all the way to Ontario to watch their girls play. Dedication and hard work from the team and their supporters had brought us up all the way to this great moment.

### **What are three things you think every coach should know?**

1. Get to know your athletes and what motivates each and every one of them. Listening to your athletes is a must.
2. You have to coach for the RIGHT reasons.
3. Always remember that you're coaching a person, a human being, and not only an athlete. It's important to realize that you have a long-term impact on your athletes; you're molding and building them as people.

### **Why did you decide to become a coach?**

I decided to become a coach on my way back home from playing lacrosse in Newfoundland (I've played many other sports, but lacrosse was the most important for me). A friend of mine asked me: "What will you do for the next four years Dave?" That's when I realized that I wanted to stay in the lacrosse world, and coaching was the perfect way to get back into that world. Lacrosse had changed me as a person, and so I wanted to change the direction of other kids' lives too. Kids have choices to make in life, and sports help kids stay off the streets, by hitting the gym. By giving kids this opportunity, you give them the possibility to build better lives.

### **How would your athletes describe your coaching style?**

Emotional. I'm the type of coach who reaches the kids not only by teaching them technical skills, but by giving them the motivation they need to want to excel and push their limits. I want them to realize that they all have different capacities that they can use to play the best they can.

### **Your coaching takes up how much time and effort?**

Coaching takes up a lot of hours in my week, considering the fact that I have kids to take care of as well as a full-time job. During the season (mid-November to August) it's around 15 hours a week, including preparation, practices, games, and championships. It's like a part-time job on the side. Also, since lacrosse in New Brunswick is very small compared to other provinces, we do a lot of management on top of our coaching hours. Our provincial lacrosse team is made up of a lot of great people and friends, so even if it's a lot of work, it's also a lot of fun.

### **What is the most important thing you learned as part of your NCCP training?**

Other than taking coaching to a serious level, my NCCP training taught me one of the most important aspects of coaching – planning. When I was a house league coach, I would show up with nothing other than my creative and innovative skills to lead my practices. With my NCCP training, I learned that planning is crucial to helping your kids evolve throughout a season. Also, having something you can show to your kids and their parents helps them understand what you are doing as a coach.

### **Why is being a coach the best job in the world?**

Nothing beats how you feel when you are on the bench – you feel alive. If I could do my life over again, I would become a professional coach. You are changing the lives of kids, in a positive way. You're helping them grow physically and emotionally. Seeing one of your kids trying to learn how to throw a ball and seeing them grow into adults is wonderful. There simply cannot be a better job in the world.

### **A touching story ...**

Being a Learning Facilitator for lacrosse, I hear great life changing stories from coaches. One ex-lacrosse athlete that attended my course blames lacrosse for keeping him on the correct path in life. Instead of hitting the streets (he had a hard upbringing), he hit the gym, where he learned good values and respect from the sport he was playing. He is now a police officer, coach, parent, mentor, and advisor for kids. To hear this, makes my job seem even more rewarding.

## Canadian Lacrosse Hall of Fame Finds a New Home

By Chuck Puchmayr

It is an exciting time for the Canadian Lacrosse Hall of Fame, which is currently located at 65 East 6th Avenue in New Westminster, BC. This address is significant not only because it has been the home of the Hall, but also because it is the home of the Senior Salmonbellies Lacrosse Club that owns more Mann Cup victories than any other team.

The Hall, however, is on the move to a new location in the Historic Downtown of New Westminster as part of a multi-million dollar civic facility that will also house the city museums, an art gallery, theatre and convention centre. The City of New Westminster has been a strong supporter of the Hall of Fame since its founding in 1964 and the Mayor and Council continue to be ardent supporters of this national treasure.

The demolition of the new site is now complete and the construction has begun. The interior finishing will commence in the summer of 2012 with an anticipated occupancy in the winter of 2013.

We were not able to secure the amount of space that we required, however this has inspired us to be creative with the new technologies available to us and we will ensure that we do justice to the many treasures and artefacts that we are entrusted to preserve. We are currently aggressively fundraising so that we can implement those technologies that will showcase the Hall in a modern and exciting display, full of not only history, but interactivity for all to enjoy.

The first written account of Canada's National Summer Sport was in 1637 when a French Jesuit missionary transcribed a description of the game being played by Iroquois tribesmen. Called the Creators game, lacrosse is said to go back to the 12<sup>th</sup> century in the Americas, and was played for the Creator to resolve conflicts between societies/tribes or to heal the sick. It was also played as a challenge proceeded by heavy wagering and social celebration. We will be working with our First Nations Lacrosse families to preserve and feature the Creators game as a significant display and entrance into the new Hall.

Donations for this exciting project can be sent to PO Box 308 New Westminster, BC V3L 4Y6.

The Lacrosse Hall of Fame will also be inducting nine new members and one team during the 2011 induction ceremony on November 12, 2011. The new inductees include: Builders Dr. Donald Hedges (Coquitlam, BC) and John Herd (Brampton, ON); Box Lacrosse Players Dan Wilson (Vancouver, BC), Chris Prat (Victoria, BC), Bram Wilfong (Nepean, ON) and Steve Mastine (Cheltenham, ON); Veteran Players Kenneth Matheson (deceased-New Westminster, BC) and Bill "Cass" Castator (Cheltenham, ON); Field Lacrosse Player David Huntley (Towson, Maryland) and the 1980-98 Victoria Royal Waxmen/Seasprays field lacrosse squad in the Team Category.

## Equipment Reminders On Nets, Facemasks and Goaltender Equipment

### NETS:

As per CLA technical bulletin 09-03, effective January 1, 2012 all Box lacrosse nets will need to be purchased from Canadian Lacrosse Association (CLA) approved manufacturers who have met the net specification standards as approved by the CLA Board of Directors.

The current approved net manufacturers are STX/NAMI, Warrior and Riley.

Approval is open to all manufacturers and those wishing to become CLA approved net manufacturers should contact the CLA office at:

Canadian Lacrosse Association  
18 Louisa Street, Suite 310  
Ottawa, ON K1R 6Y6  
Tel: (613) 260-2028  
Email: [info1@lacrosse.ca](mailto:info1@lacrosse.ca)

Technical bulletin 09-03, a box lacrosse net reminder with the net diagrams and the list of approved net manufacturers is available on the CLA website at [www.lacrosse.ca](http://www.lacrosse.ca) under 'Equipment'.



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## Equipment Reminders On Nets, Facemasks and Goaltender Equipment (Cont.)

### HELMETS AND FACEMASKS:

A reminder that starting on **January 1, 2012** the following policy, as listed in the CLA Operations Manual, will take effect in regards to helmets and facemasks:

#### 12.4. Helmets & Facemasks

12.4.1. Lacrosse is a sport with intrinsic hazards and participation in the sport implies the acceptance of some risk of injury. When used as intended for lacrosse and in accordance with the manufacturer's fitting instructions, the use of the helmet certified under these standards is intended to reduce the frequency and severity of head injuries.

12.4.2. For Box and Men's Field Lacrosse, all players are required to wear a helmet which must meet either of the following standards:

12.4.2.1. A National Organizing Committee for Safety in Athletic Equipment (NOCSAE) approved helmet and facial protector, approved as a complete unit, for lacrosse.

12.4.2.2. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for lacrosse.

12.4.2.3. A Canadian Standards Association (CSA) approved for Ice Hockey helmet with the appropriate CSA approved facemask for hockey with the following exceptions:

12.4.2.3.1. The facemask shall be designed to cover the wearer's entire face to the lower line of the jaw, and prevent the ball or the head of the stick from touching the face of the wearer.

12.4.2.3.2. The facemask must be finished so that it does not create a risk of injury to the wearer or another person when it is used as it is intended.

The above is also outlined in Technical Bulletin 09-01 – Facemask Standards and a Helmet and Facemask Reminder which is available on [www.lacrosse.ca](http://www.lacrosse.ca) under 'Equipment'.

### GOALTENDER SPECIFICATIONS:

The goaltender specifications for Junior to Major and Minor lacrosse are also available on [www.lacrosse.ca](http://www.lacrosse.ca) under 'Equipment'. Note that new Minor lacrosse specifications will become effective April 1, 2012.

## Player Application Now Open for 2013 Canadian Women's World Cup Team

The Team Canada player application is now open and players are invited to apply to play for the 2013 Canadian Women's World Cup Team. The Team will compete at the 2013 FIL World Cup in Oshawa, Ontario in 2013.

Visit [www.lacrosse.ca](http://www.lacrosse.ca) to complete your application by November 11, 2011.

<http://www.teamcanadawomenslacrosse.com/TeamCanadaBlog/2011/10/are-you-ready-for-2013/>



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## Important Dates & Deadlines...

### Deadlines:

November 15—Claims for referee travel to national championships are due

### Events:

Annual General Meeting: Nov 17th to 20th, Sainte Adele, QC

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