

# Collegiate Club Training for the Serious Player

By: Brent Hoskins

The SFU Junior Developmental Field Lacrosse Program is designed to train players in a professional environment to best prepare them for a collegiate field lacrosse career.

This Developmental Program offers an elite level of instruction for experienced and developing field lacrosse players looking to take their game to the next level. Players will be challenged in an individual and team-learning environment in order to gain a thorough understanding of fundamentals and advanced performance skills.

Practices are coordinated with the SFU Men's Field Lacrosse program's Fall training schedule. In addition to the on field practices, athletes involved in the program will compete in competition against top programs from the US as well as from Western Canada.

Each athlete is expected to maintain a level of excellence in the classroom and in turn will receive guidance and information on collegiate academic planning at the secondary level. This program is beneficial to those players wishing to pursue a career in lacrosse at the collegiate level and may be used as part of a player resume when considering post-secondary options.

The program is based out of the SFU Men's Field Lacrosse Practice Facility at Simon Fraser University.

Some of the skill components the athletes receive during training include: Technical: dodging, passing, shooting, footwork, defense technique; Tactical: field lacrosse systems,



defending principles, attacking principles, game strategy; Mental: commitment, motivation, intensity and discipline.

"A unique lacrosse experience where field (lacrosse) is finally the number one sport. The 100% commitment to a team sport served to accelerate the learning curve," stated lacrosse parent Cam Davis.

With hard work and training came two major competitions, one being the Seattle Space Needle Tournament of which the team won the Elite Division going 4 and 1 in the round robin and beating the Tacoma Starz in an overtime final. The second tournament had the club travel to Lancaster, California and play in

the Adrenaline Lacrosse Warrior Challenge which featured teams from Washington, Oregon, California, Arizona, Nevada, North Carolina and Canada. The SFU Jr. Development squad had the second best overall record with 4 wins and a single loss to the eventual champs Nor Cal Starz. The team only allowed 13 goals against in 5 games – a testament to a great overall team effort.

The team roster included: Blake Duncan, Michael Pecchia, Graeme Stewart, Jaxson Lee, Ryan Mackay, Sam Gibson, Cody L'Arrivee, Josh Wyton, Brent Laurita, Jake Yonge, Nathan Klein, Chris Tassarolo, Mike Mallory, Ben McIntosh, Ryan Zoehner, Richard

Lachlan, Mike Kennedy, Kyle Robinson and Joshua Simons.

"This was a great opportunity for all the players to get a feel for what it takes to bring their field lacrosse career to the next level. Learning the in and outs of nutrition, traveling as a team, learning collegiate style of field lacrosse, understanding scholastic standards and most of all playing with kids from other associations was great to see," mentioned Fred Lachlan of Port Coquitlam.

The program will run again Fall of 2007. Anyone interested in SFU is encouraged to fill out the recruitment link on the SFU Lacrosse website at [www.sfulacrosse.ca](http://www.sfulacrosse.ca).

# SFU Rely on Freshmen for Leadership

By: LacrosseTalk Staff

SFU Clansmen started the 2007 campaign as a relative unknown talent. Many had written them off after two consecutive seasons of lackluster performances in the Pacific Northwest Collegiate Lacrosse League (PNCLL) final four. The tides have changed in 2007 and opponents will remember the new and improved Clansmen as a youth movement envelops the program.

The 2007 version of the SFU Clansmen field lacrosse team hosts many new talents from across Canada. A talented Freshmen class will step into starting roles and will see plenty of field time at all positions.



"With our recruiting efforts filling voids left from last year's graduating class and adding much needed depth our roster looks as deep and as talented as any SFU roster ever assembled," stated Coach Jeff Cathrea.

The lone Senior on the team, attackman Mike Christians (58G, 15A), will lead the Clan offense and will surely vie for all-conference honours. Christians will be a main cog to instill leadership and direct a young Clan squad back to national prominence while boasting a roster of 17 Freshmen and 6 Sophomores.

"Every returning player's job is to make sure we all have the ultimate goal of winning a national championship and that we're all willing to do whatever it takes to get there. I feel that we have more than managed to create that environment," claimed Senior attackman Mike Christians.

The youthful Clan sports a talented Freshman class with assets in each position. They include: Attackmen Mike Ripley (Saskatoon), Ben Towner (PoCo), Adam Foss (Calgary); Midfielders Ben Johnson (Massachusetts), Kevin Crowley (New West), Russell Thomas (Nanaimo), Jim Clifford (Coquitlam), Pierman McPhie (North Van), Mike King (Richmond), Kevin Riley (Coquitlam), Shawn Donahue (Kamloops), and Alec Tuura (New West); Defensemen Aidan Inglis (Edmonton), Jarrett Zavitz (London, ON), Clay Richardson (New West) and Luke Geneux (PoCo). The SFU defense will be anchored by goalie Ross Manson (New West).

"We have kids coming in from all over the country," says co-coach Brent Hoskins. "They've come ready to work and ready to win."

Coach Consultant, Jeff Gombar, sees the advantages of a diverse team but stresses the importance of becoming a close-knit group in short order.

"This team has huge potential to compete at a high level," stated Gombar. "The keys are to grow together through the wins and losses but stay the course as one cohesive group."

The PNCLL competition will prove to be the toughest in years with the 3-time PNCLL Champions University of Oregon Ducks by far the team to beat with a preseason #7 national ranking. Not only are the Ducks tough but others like Oregon State and Washington will prove a challenge.

At deadline, SFU met the University of Oregon and Oregon State University on the road February 10 & 11 and then hosted the University of Idaho and Gonzaga University February 24 & 25. The remainder of the SFU schedule is as follows: March 3 vs Boise State (Mercer Stadium - 5PM); March 10 vs

University of Montana (Western Washington U. - 4PM); March 16 & 17 at the University of Washington Husky Invitational vs University of Rhode Island (March 16 - UW Dempsey Center - 7PM) and Texas Tech (March 17 - UW Dempsey Center - 7PM); and April 7 vs U of Washington (Burnaby Lake - 1PM). The PNCLL Final Four will be April 29 & 30 with a location TBA and the MCLA National Championships May 9-13 in Dallas, Texas.

If you want to play for Canada's Team next season, please fill out our recruitment link on our website. For game times re information, please go to [www.sfulacrosse.ca](http://www.sfulacrosse.ca).

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