

## Parker's home on field lacrosse turf

By Don Fennell - Richmond Review

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Parker Sahota has never had to look far for guidance or inspiration.

His dad, Paul, has always subscribed to the belief that whatever you do, do it well. Parker has obviously inherited the same qualities.

"My father has had the most influence on my lacrosse career because since the day that I started playing (at age six) he's pushed me to my limit and then past it so that I could be the best that I can," Parker says.

Coming off a stellar performance at the recent Canadian under-16 field lacrosse nationals in Winnipeg where he ranked third-best in faceoffs and helped the B.C. select team to a third-place finish, the Grade 11 R.A. McMath student is already focusing on a new set of goals—namely guiding Richmond's under-16 squad to the provincials. His long-term goal is to get a scholarship to play for a U.S. university team.



*Parker Sahota recently helped B.C.'s elite under-16 team to a third-place finish at the national field lacrosse championships in Winnipeg.*

"The only way I can get that is to play my best and work my way up," says Parker.

Work is clearly something he's not afraid of. His work ethic is so strong that he's often selected captain of his team, as was the case again this year. He previously captained the under-14 team that finished second at the 2007 provincials.

"I like (being part of a team) that works together, all striving towards one goal," he says.

"I enjoy the feeling of accomplishment or satisfaction when we do something correctly or we win a game. And I like that lacrosse is Canada's national sport and that field lacrosse is more like the original game."

Though he also plays box lacrosse, Parker prefers the traditional field game. He says it is more "a thinking man's game" and there's a tendency to play more as a team.

Field lacrosse still has a huge following in the U.S., notably in the Ivy Leagues. But while the game is growing in Canada, Sahota doesn't envision a similar wave of popularity anytime soon. He does, however, believe the game can and is growing among youth.

Parker describes himself as an "emotional player" which contrasts his calm, apparently in-control demeanour off the playing field.

"But I'm using (the emotion) to my advantage now," he says. "I used to get frustrated and take lots of penalties. Now I use that energy to motivate myself and my teammates. I realize now that if we are down we can't get mad, we just have to put the ball in the net, and when we're up we can't become lazy."

Parker's strong faceoff skills also make him a valued member of any team he plays on.

"It's one of the things I've worked really hard on (because) whoever can control the faceoff can control the game," he says. "It's all about possession."

The opportunity to play for the provincial elite team afforded Parker the opportunity to not only add to his resume, but also play before scouts. That led to the Burnaby Mountain Selects/Simon Fraser University coaches inviting him to play for a travelling junior elite team. That team practices and holds a monitored study hall each week.

"It's kind of like a prep school," says Parker. "And we travel to the U.S. to play and visit Division One schools."