

Tri-City flavour spices up field lacrosse roster

Thirty-six Tri-City players have made the Burnaby Mountain Lacrosse Elite Development Program roster; it was announced Monday.

Burnaby Mountain Selects are widely recognized as one of Canada's top field lacrosse development programs, combining excellence on the field with academic achievement.

The program will field six travel teams this fall, including U-12 elite (1998, 1999 born), U-13 elite (1997 born), freshmen elite (1996 born), sophomore elite (1995 born), junior elite (1994 born) and senior elite (grad 2011).

More than 120 student-athletes from 25 different communities across B.C. and Washington state will represent the Selects at top tournaments in California, Maryland, Nevada, North Carolina, along with exhibition events in Portland and Tacoma.

Founded in 2006, the Burnaby Mountain Selects program is designed to copy the collegiate template as the

Simon Fraser University men's lacrosse program, with the objective of best preparing young student-athletes to play at the post-secondary level.

Coquitlam players on the Selects include Jim Barnes, Alex Bodin, Gordie Bowden, Dylan Chand, Jalen Chaster, Christian Del Bianco, Jaxon Disanjh, Andrew Gallant, Zach Hartmann, John Hofseth, Julian Infanti, Josh Kemp, Angelo Pontellini, Iain Roby, Eli Salama, Conner Stroup, Jordan Stroup, Taylor Stuart, Mark Sund, Jordan Taylor, Alex Thomson and Ethan Ticehurst.

Also on the roster are Port Coquitlam's Kyrin Clarke, Brodie Gillespie, Grayson Greer, Ryland Hemmerling-Rees, Will Kinnaird, Chase Malcolm, Mitchel Milani, Gordie Phillips and Kierran Smith, along with Port Moody's Kyle Dozzi, Brendan Gauthier and Landen Wray.

Anmore's Dylan Kaminski rounds out the local flavour in the program.

Conte connects for U16 Panthers

Gina Conte struck for a pair of goals to guide the Coquitlam Metro-Ford Panthers to a 2-1 triumph Sunday over the Kerrisdale Stingers in a girls Under-16 Silver soccer game at Percy Perry Stadium.

In girls U-14 Gold play, Shannon Metzner and Sydney Le Goff bagged a goal apiece as the North Coquitlam Rage battled to a 2-2 draw with Port Coquitlam United.

LIGHTNING FAST

Three members of the PoCo-based Lightning Speedskating Club all posted personal best times at a short-track meet in Calgary over the Thanksgiving weekend.

They included Zackery McLaren and Mikaela MacPhail, both 15, and 16-year-old Clifton Stewart.

The meet featured athletes from as far-away countries as Bosnia, Israel and New Zealand.

McLaren and MacPhail are competing Saturday in a meet in Kamloops, with hopes of improving their times in a bid to compete in the Canada Winter Games trials Nov. 6-7 in Abbotsford.

RINGETTE WIN

Alyssa Twersky, Jessica Cichos and Kim White zipped in a goal apiece to pace the Port Coquitlam-Ridge Meadows U-19 ringette squad to a 3-2 triumph Sunday over Burnaby-New Westminster at PoCo Rec Centre.

Breanna Josephson, Gwen Tucker and Jennifer Eberl all drew assists, while goalie Savannah Mark scooped the win.

LACHLAN SCORES

Port Moody's Lauren Lachlan of the Simon Fraser Clan headed home her team's lone goal in a 2-1 defeat to the Seattle Pacific Falcons in a NCAA Div. 2 women's soccer game last Thursday in Burnaby.

The Clan dipped to 6-4-2 overall, including 5-3-2 in the Great Northwest Athletic Conference.

PUCK PUNISHERS

PoCo Punishers avenged a 7-3 loss last week to the Ridge Meadows Bantam C4 hockey team by crushing the same squad 9-4 in a rematch Sunday in Pitt Meadows.

Austin Campbell and Chase Vader bagged three goals apiece.



HOT SHOT

Spencer Allen of the Coquitlam Cheifs beats Ridge Meadows Rustlers goalie Andrew Henderson with a close-in shot during a recent PeeWee A minor hockey league game at the Sports Centre.

CRAIG HODGE/BLACK PRESS

Save 20% on exterior renos!

Our biggest sale EVER!

Upgrade now and beat the winter cold!
Book with Ecowest before November 30 and save 20% on all exterior upgrades including:

- vinyl windows
- exterior doors
- vinyl siding
- roofing

- Save up to 50% on your home energy costs
- Earn government rebates for energy-efficient upgrades
- Low-interest financing available with options to defer payment for one year with no interest

Update the look of your home and improve warmth and comfort for the winter, plus save up to 50% on your heating costs!

Call for a free estimate

604.552.9378

or visit us online at ecowest.ca

Ecowest Owners
Aaron Vaughan & Shawn Camp

windows • doors • heating • siding • roofing • additions • kitchens • baths