

Sports

Lacrosse

All-star sets sights on big leagues

A Pitt Meadows student plays lacrosse all over the Lower Mainland, and hopes to attend a top division one school in the U.S.

by Amy Judd
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No one could ever say that Riley Glemnitz is not totally committed to Canada's national sport.

The 16-year-old Pitt Meadows resident has been playing lacrosse for nine years, and plays junior and senior lacrosse at Pitt Meadows Secondary, for Team BC, the Ridge Meadows Burrards, and the Burnaby Mountain Selects.

He has also played for the Langley Thunder Intermediate A team and the Ridge Meadows Intermediate B team last box lacrosse season, as well as with the Ridge Meadows Midget team.

It's quite an extensive list.

"One of my older brother's friends, who he played hockey with," said Riley, "had us over at his house for a barbecue and I tried it in his backyard."

He hasn't looked back since.

Rather than box lacrosse, which is indoor lacrosse, Riley prefers field lacrosse and that is ultimately what he wants to play south of the border.

His time with the Burnaby Mountain



Joyce Simons photo

Playing with Burnaby Mountain Selects has given Riley Glemnitz a taste of high-level lacrosse.

Selects (BMS) has given him a taste of that atmosphere with their youth-to-collegiate-to-pro model for B.C. athletes.

"I like playing for the Burnaby Mountain Selects team for several reasons," he said.

"The coaches are really great and they taught me a lot about the game, [but] it was [also] such a fun experience travel-

ling to the university tournaments, sight-seeing in New York and Washington, and San Diego and touring the campuses."

Riley said before the BMS he had not played a high level of lacrosse, except for his first year on Team BC the year prior.

He has proven himself to be a valuable member of the BMS team, and one of his coaches, Brent Hoskins, said "Riley is a strong, athletic midfielder who can

power through opponents, [and] he really became a great driver for us this season."

The young player was also recently chosen as the offensive MVP for the fall sophomore elite team at the BMS's recent awards team.

Racking up the awards and the opportunities doesn't seem to phase the young player, however, who although has his sights on such prestigious schools as Syracuse University, Johns Hopkins or Cornell, still manages to balance his life and his school work.

"I've been having to work pretty hard with [the school work]," he said, "but actually it can be pretty balanced."

He doesn't know what he wants to study in school yet, but he does know lacrosse will be a part of his future.

"I hope that what I'm learning from the Burnaby coaches will help prepare me to play at a university level," he said.

Hoskins doesn't see a problem with Riley's goals at all. "He definitely has the size, skill, and speed to play at the next level," he said, "and will hopefully continue to work hard, both on the field and in the classroom, towards achieving his goal of playing college lacrosse."

He is now playing his fourth season of field lacrosse, is going into his fourth tournament with Team BC this September, and is travelling to Las Vegas in March with the BMS for a tournament.

He is happy being busy with everything that is going on and is preparing for what he hopes will be a bright future running up and down the lacrosse fields in the United States.

"I think it would be cool to stay down there and coach," he said, "but I haven't thought about getting a coaching degree or anything yet."

Competition

Bikers enjoy a winning start to cycling season

The Local Ride women's cycling team won World Cup medals on the weekend of their first training camp.

It was a win-win situation for the cycling team from Maple Ridge's Local Ride in late January, with teammates Laura Brown and Steph Roorda taking silver medals on the World Cup track in Beijing.

This was also the weekend of the team's first training camp in 2011, and team manager Barry Lyster said they couldn't have imagined a better start to the 2011 cycling season.

"A world cup medal on the same week-

end as our first camp," he said, "it's the best possible way to motivate these talented women."

Without Roorda and Brown, the rest of the team dedicated themselves to training during the two weekend rides in Langley, and Lyster said members of last year's Local Ride Racing squad, Lisa Perlmutter, Jenelle Cassidy and Rachel Canning were joined by new members Jasmin Glaesser, Jessica Hannah, and Sarah Coney.

"The scope and impact of this team is evident with Roorda and Brown winning silver at a track World Cup," said team director Jeremy Storie, "while the rest of the team was training and mentoring a young rider who will become a mainstay



The women's team from left, Jessica Hannah, Jasmin Glaesser, Maggie Coles-Lyster, Jenelle Cassidy, Lisa Perlmutter, Rachel Canning, and Sarah Coney.

of BC cycling for years to come."

Maggie Coles-Lyster, 11-year-old daughter of team manager and Local Ride Bike Shop owner Barry Lyster, got a taste of the elite cycling world when she joined

the team for part of the ride.

The six women participating in the camp logged some endurance miles in the Fraser Valley with more than four hours in the saddle on Saturday, including team tempo sessions and an ascent of the steady but challenging Mount Sumas.

Sunday was spent with three and a half hours on the road, and some team chases and lead-out drills.

"All in all, it was a solid weekend of training," said Storie. "But perhaps more importantly the team can look forward to the upcoming season knowing that they will have the personnel that can get the job done."

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