



BURNABY MOUNTAIN LACROSSE

PRESS RELEASE

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Former Selects attackman Colton Dow named MCLA All-American

FOR IMMEDIATE RELEASE

By William Howard, *Bby Mtn Lacrosse Media Relations*
Burnaby Mountain Selects Lacrosse

BURNABY, BC (May 22, 2011) – Former Burnaby Mountain Selects attackman Colton Dow (Coquitlam, BC / Heritage Woods Secondary) has been named a Division I All-America Honorable Mention by the Men's Collegiate Lacrosse Association (MCLA) after a standout sophomore season at Simon Fraser University.

Dow, a 2009 grad, is the first BMS product to receive All-America accolades. A native of Coquitlam, BC, Dow bolstered his resume in 2011 by being selected to the PNCLL All-Conference First Team, after being named a PNCLL All-Conference Honorable Mention as a freshman last season.

Dow finished the 2011 campaign with 56 goals and 55 assists for 111 points in 18 games. His 3.055 assists-per-game ranked second in the MCLA, while his 6.167 points-per-game ranked third. His 55 assists set a school record for assists in a season, while he also registered the program high for assists in a game at 12. Additionally, Dow became the second player in school history to total 100 or more points in a season and only the seventh player at SFU to post over 50 goals in a year.



ABOUT BURNABY MOUNTAIN SELECTS LACROSSE

Established in 2006 by Simon Fraser University men's lacrosse Co-Head Coaches Jeff Cathrea and Brent Hoskins, the Burnaby Mountain Selects Field Lacrosse Program is an amateur sports organization designed to train players in a high performance environment to best prepare them for a collegiate field lacrosse career. Selection and consideration into the program is reserved for a select group of elite student-athletes, who possess the desire to work hard and learn in a competitive team environment, while demonstrating the ability to prioritize their academic goals in the highest regard. More than 265 athletes in grades 5-12 have participated in the Selects program from over 30 communities across British Columbia's Lower Mainland, BC Coast, BC Interior, Washington State and Idaho. The Selects travel to compete in top college recruiting tournaments throughout North America, winning several international events and helping to place over 40% of graduating players in collegiate field lacrosse programs.

The Selects are proudly sponsored by Harrow Sports. For further information on Burnaby Mountain Lacrosse please visit www.selectslacrosse.com or follow the Selects LIVE on Twitter at <http://twitter.com/selectslacrosse>.

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