

TRI-CITY SPORTS

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Field of big prizes

Coquitlam's Colton Dow and James Delaney of Port Coquitlam are good, all-around field lacrosse players.

As of this week, they're also All-Americans.

The attackman Dow of Coquitlam was named a Div. 1 All-America honourable mention by the Men's Collegiate Lacrosse Association (MCLA) after a standout sophomore season at Simon Fraser University.

A Heritage Woods secondary school grad and former Burnaby Mountain Selects player, Dow was selected last season to the Pacific Northwest Collegiate Lacrosse League (PNCLL) All-Conference first team after receiving honourable mention status the previous campaign.

Dow finished the 2011 season with a staggering 56 goals and 55 assists for 111 points in 18 games.

His 3.05 assists per game ranked him second in the entire MCLA, while his 6.17 points per outing left him third in the league. Dow's 55 assists set an SFU single-season record, along with becoming the second player in school history to rack up 100 or more points in a season and the seventh player at SFU to post over 50 goals.

Meanwhile, Delaney is another Burnaby Mountain Selects grad who was chosen to the 2011 United States

Intercollegiate Lacrosse Association (USILA) All-American team as an NCAA Div. 2 honourable mention.

The award caps a memorable year for Delaney, who was also selected to the East Coast Conference (ECC) second team and is currently competing for England at the FIL World Indoor Championships in Prague, Czech Republic.

A sophomore at Seton Hill University in Greensburg, Penn. and

St. Thomas More Collegiate grad, Delaney had a dynamic season for

the Griffins. He finished second on the squad in goals with 22, first in assists with 15 and second in points with 37.

Delaney's 2.64 points per game ranked him 45th nationally among NCAA Div. 2 players.

Other 2011 SFU league award winners included Coquitlam attackman Calvin Craig, a Gleneagle secondary school grad, who was named the to the MCLA Div. 1 second All-American team.

Craig also captured PNCLL Div. 1 Offensive Player of the Year honours as well the Freshman on the Year award.

PoCo's Luke Genereux, meanwhile, was selected an MCLA Div. 1 third-team All-American at his defender position.

He was also a PNCLL Div. 1 All-Conference first team star.



Zoha Rashidi, a Grade 11 student with the Gleneagle Talons, fights through the tackle of a Heritage Woods Kodiaks opponent during United Rugby Club's annual seven-side high school tournament Wednesday at Town Centre Park.

CRAIG HODGE/THE TRI-CITY NEWS

PoCo's Bridge swings to Minnesota

By Larry Pruner
THE TRI-CITY NEWS

Port Coquitlam's Courtney Bridge is packing her mitt to Minnesota.

Bridge, 17, signed a letter of intent to attend on scholarship the University of Minnesota, Crookston and play shortstop for the Golden Eagles women's softball squad, it was announced Monday.

"It's pretty nerve-wracking, to be honest, but it's exciting, too," said the five-foot-eight Bridge, who toiled for the PoCo

Ravens club from age 5 through 16 before jumping last year to the Richmond Islanders 'A' '93 squad. "I'm sure I'll set some [personal] goals as the season approaches but first I'll just be adjusting to life away from home."

A Burnaby Mountain secondary school student, Bridge chose Minnesota over other offers from post-secondary schools in New Mexico, Virginia and Georgia.

"It was a great fit," said Bridge, who went for a fly-down recruiting visit a few

weeks ago. "It's a really, nice small campus so it should be easy for me to find my way around."

A four-year team captain who has earned 12 MVP tournament awards, Bridge is an honours student who plans to major in environmental sciences.

Golden Eagles head coach Mitch Bakken has high hopes for Bridge, who he's expecting to start immediately at shortstop in place of a graduating senior.

"Courtney is a very versatile

player," Bakken said. "She can swing from the right side and slap from the left side of the plate which is going to bring an added dimension to our lineup. She is a tough competitor and I think she will do a great job as a freshman filling that role."

The University of Minnesota, Crookston is an NCAA Division II institution and a member of the Northern Sun Intercollegiate Conference (NSIC). The Golden Eagle Equestrian team is a member of the Intercollegiate Horse Show Association (IHSA).



PoCo's Courtney Bridge will switch-hit for the U of Minnesota, Crookston Golden Eagles next season.

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