

The Nova Scotia Lacrosse Times

Volume 1, Issue 1

May 2008

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Adanac Warriors win Bronze in Prague

The Adanac Warriors Senior Lacrosse Team returned home from Prague, Czech Republic this week after claiming the bronze medal at the Ales Hrebeky Memorial Lacrosse Tournament. The tournament is considered the most prestigious box-lacrosse event in Europe with teams from eight countries participating and sixteen (16) teams competing in the 2008 event. The Adanac Warriors team included players from lacrosse clubs all over Nova Scotia and they were the only team from Canada in this year's tournament.

The Warriors were defeated 8-1 in the semi final by the Megamen Boston (USA) who later went on to win the tournament against the 2006 winners, LC Jizni Mesto (CZE). The Warriors beat out the Czech team, LCC Radotin, 4-3 in the bronze medal game allowing them to travel all the way home to Nova Scotia with the bronze cup. They played six (6) games during the tournament that ran from April 24th until April 27th, 2008 and finished with a 4-2 record.

This was the first time for the team from Nova Scotia to travel to the tournament. Last year, a team from Ontario travelled to the tournament and took home the gold trophy, the first Canadian team to compete in the tournaments history (since 1993). It was an exciting trip for the seventeen (17) NS players that traveled over, as many of the players they were against in the tournament were current professional lacrosse players as well as many ex-pro players. They were able to meet and play the top players from a variety of countries including the USA, Germany, Czech Republic, England, Ireland, Austria, and Slovakia. With the average player age of 22-23 years old on the Warriors team, Coach Brian Leightizer said other teams were impressed to see such a strong,

young, Canadian team. The tournament is a Senior level tournament (over 21 years old) with many of the players having played pro all over Europe. Adanac Warriors goaltender, Mitch Hannigan, was chosen as the top goaltender of the tournament. The Dartmouth goaltender was also named to the All-Star team for the tournament along with four of his fellow Nova Scotia teammates. There were 24 players in total named to the All-Star team including the five (5) from Nova Scotia. Nova Scotian



Adanac Warriors in Prague

coach, Brian Leightizer was named the Head Coach for the all-star team and fellow NS coach Rod Humphreys, was named as one of the two other coaches. This all-star team played the Under 21 Czech National Team, dominating them 18-10. The Adanac Warriors traveled to Czech with the support of three coaches; Brian Leightizer, Rod Humphreys, and Jim Chisholm, trainer Bill Marr, Equipment Manager Steve Leightizer, Team Manager Amy Bragg, and Fundraising Coordinator Louis Gorman. Coach Brian Leightizer has confirmed that the team will "definitely be back (to Prague) next year".

Upcoming Tournaments

The Garnet Knight Memorial Tournament

June 27-29, 2008 the 5th annual Garnet Knight Memorial Lacrosse Tournament will take place at the Spryfield and Shannon Arena's in Nova Scotia. This tournament is open to select teams in Novice, Peewee, and Bantam. Last year, two teams traveled from New Brunswick to take part in the weekend. This year the tournament organizers hope to see more teams "from away" enjoying our Maritime hospitality and good competition.

The tournament has been named in honour of the late Garnet Knight, a leader in the game of lacrosse in Nova Scotia. He was the coach of the 1973 Canada Games Nova Scotia Lacrosse team that upset a powerful BC team in the semi-finals and went on to win a Silver Medal. "We all know what type of commitment it takes to build the spirit of lacrosse to the level we enjoy today, and this is why we chose to celebrate Garnet Knight's legacy." - Garnet Knight Tournament organizer Mike Hayes.

The tournament is hosted by the Halifax Northwest Rebels Association. This year's tournament promises to be a great time for all those in attendance. For more information, please contact Mike Hayes, Tournament Chair at garnetknightclassic@gmail.com.

Lacrosse Nova Scotia Officials Association

Letter from RIC LNS

Our box lacrosse season is around the corner and many things are falling in place for our officials. I would like to take the opportunity to welcome aboard our new officials to Lacrosse Nova Scotia Official's Association (LNSOA).

As lacrosse in Nova Scotia grows and continues to be more competitive each year our officials' experience and rules knowledge also grows. Our goal is continuous effort to upgrade officials through instruction, observation and evaluation. By standardizing our methods and officiating techniques we believe the game will continue to improve and be appreciated by all.

Over the past months our officials have attended one of seven clinics to re-certified or upgrade their current levels. Our numbers are down from last year. But, I believe our officiating will be better mainly due to the clarification of procedures and emphasis of rules presented during the clinics and the new evaluation procedure we have implemented this season.

This year the CLA has implement that officials tighten the standard of CLA Rules of emphasis which will definitely enhance the quality of the game, facilitate better skills development for the

Coaching Tools on LNSS site

The LNSS VP Technical Development has worked hard over the last few months to ensure that the LNSS site has some useful tools on it for our coaches. The site now has a link on the left hand side menu called 'Coaches Corner' where information on courses, certification, and useful forms can be found. Included on its own page in the coaches corner, is the new 'tools and videos' section. Here you will find a variety of resources for coaches including practice planners, goalie specific information, and lots of video to help with the lacrosse fundamentals. Make sure you're taking advantage!

The Lobster Trap Midget Tournament

July 31st-August 3rd, 2008 at the Shannon Arena in Dartmouth, Nova Scotia.

The Lobster Trap Tournament is open to all club teams in the Midget age bracket. The caliber of the teams is not so important as their participation. Selfishly, it is designed so our NS boys can gain a sense of where they stand against the rest of the country. The Lobster Trap Tournament began in 1973 and was played annually until the mid 1980's. Following the 1985 tournament, the handcrafted Lobster Trap Trophy was lost and was not re-discovered until 2004 when it was found resting in a basement stairwell at Sport Nova Scotia. The tournament was reborn in 2004 and has continued annually since then with teams traveling from Ontario, New Brunswick, and Alberta to attend. For more information on this year's tournament, please email Lesley-Ann Dunn at lesleyanne.dunn@gmail.com and visit the LNSS website (www.lacrossens.ca).



players and provided everyone involved with a more satisfying experience, the following rules:

- Rule: 3 – The Players' Bench
- Rule: 9 – The Uniform
- Rule: 11 – Headwear
- Rule: 12 – Goalkeeper's Equipment
- Rule: 13 – Player's Equipment
- Rule: 38 – Checking from Behind
- Rule: 43 – Face-offs
- Rule: 60 – Leaving the Players' Bench/Penalty Bench
- Rule: 64 – Slashing

To view these clarifications and emphasis please go to the MMLL website.

I look forward to seeing you in the arenas and hope that you all have an enjoyable lacrosse season.

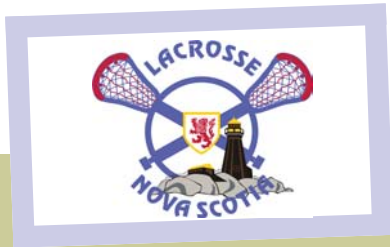
Cheers,
Hal

The following tools are online now:

- Top 100 Lacrosse Drills
- Game Planner
- Drills, Skills, and Spills
- Checking Clinic
- Basic Drills Matching Player Development
- Tools for Goaltenders

www.lacrossens.ca
'Coaches Corner'
'Tools and Videos'

Volume 1-7 of 'Lacrosse Fundamentals' - CLA videos



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We're on the web!
www.lacrossens.ca

DATES TO REMEMBER

May 31st — Ikon Sport Awards Dinner

June 27-29th—Garnet Knight Tournament

July 31st– August 3rd — Lobster Trap Midget Tournament



Ikon Awards—LNSS Nominees

The Ikon Sport Awards are put on by Sport Nova Scotia and recognize and celebrate the achievements of Nova Scotia's athletes, coaches, officials, associations, sponsors, and volunteers. Lacrosse Nova Scotia used the nominations collected from the LNSS annual awards in December to decide on those who should also be attending the dinner and award show on May 31st, 2008 at the Westin hotel. The following names were nominated for the Ikon Awards for the LNSS:

Coach of the Year -- Darrell Sampson

Official of the Year -- Bill Morris

Volunteer of the Year—The Taylor Family

Male Athlete—Matt Redden

Female Athlete — Lindsay Maclellan

Association of the Year — Truro Lacrosse Assoc.