



The Nova Scotia Lacrosse Times

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TRY LACROSSE

This January & February, Lacrosse Nova Scotia, the Metro Minor Lacrosse League and the local lacrosse associations came together to present seven 'Try Lacrosse' sessions across the HRM. This series of events was designed to introduce Canada's National Summer sport to potential new players and their parents. Julie Finck took a lead on the project, bringing together the associations and creating a plan. What came out of it was the creation of free sessions used to introduce both parents and players to the game of lacrosse.

Anyone ages 6 to 12 years old was invited to come out and give the game a try and the attendance was very encouraging! Current athletes were also encouraged to come out and bring a friend with them.

Lacrosse Nova Scotia, Metro Minor Lacrosse League, and the Nova Scotia Field Lacrosse League are already working together on offering 'Try Field Lacrosse' sessions this fall and then more 'Try Box Lacrosse' sessions in the winter of 2010.

Thank you to all the clubs & volunteers that came out to help with the 'Try Lacrosse' sessions this season!



Having Fun! Patrick Keats & Zach Sampson

Member Associations

- Dartmouth Bandits Minor Lacrosse
- Halifax Northwest Rebels Lacrosse
- Halifax Southwest Hurricanes Lacrosse
- Truro Bearcats Lacrosse Association
- South Shore Bulldogs Lacrosse
- St. Margaret's Bay Storm Lacrosse
- Sackville/Fall River Wolves Lacrosse
- Breakers Lacrosse, Eastern Shore
- Western Valley Thunder Lacrosse
- Bedford Rock Minor Lacrosse

Lacrosse Leagues in N.S.

- Metro Minor Lacrosse League (MMLL)
- Nova Scotia Field Lacrosse League
- East Coast Junior Lacrosse League
- Maritime University Field Lacrosse League

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Garnet Knight Memorial Lacrosse Classic Tournament

It's that time of year again! Plans for this year's edition of the Garnet Knight Memorial Lacrosse Classic tournament are well under way. This will be our 6th year of running the tournament and we expect another full roster of teams and healthy competition, **June 26th- June 28th.**

Registration is now open until Friday, June 12th. A \$100 deposit cheque must accompany your registration form to secure a spot in the tournament. Novice, Peewee and Bantam (Select/ 'All Star') teams are invited to participate. With the advent of tiering at MMLL, we will host a Club (Rec) division for Peewee and Bantam.

For more information or detail, go to www.northwestrebels.com/GarnetKnight or email garnetknightclassic@gmail.com

Mike Hayes
Tournament Organizing Chair

Dedicated to the Game

By Silvana Germana

Dedicated individuals to the game: every organized sport has them. The St Margaret's Bay Storm Lacrosse Association is no exception, as the Storm is privileged to count amongst its ranks, Sean O'Brien.

Sean began playing lacrosse in 1970 and for twenty years remained an active goalie from the Bantam level right through to the Senior ranks. From his humble beginnings as a player on a 'Prospect Road' team in an upstart Halifax league, to traveling the country playing in invitational tournaments and national championships like the Founders' and Presidents' Cup, Sean has demonstrated his love for Canada's national sport. He even came very close to a national bronze medal in the mid '70's.

When you are as dedicated to a sport like Sean is to Lacrosse, the jump from player to coach seems a natural progression. He began coaching at the tender age of 16 with fellow team mate, Eric Newman. Together they took a Bantam Select team (via train) to Ottawa to play in an invitational tournament.

Coaching continued in the years to come, including teams that his son Ben played for. Ben is in his 8th season of playing lacrosse and plans to, like dad, keep on playing. Other midget and junior teams for the St. Margaret's Bay Storm have benefited immensely from Sean's expertise. Three years ago, Sean and Kent Hayley, coached a provincial midget team that played in the Lobster Trap tournament. Ben sees the possibility of coaching in his future, but for now he's simply enjoying the game.

The change from wooden to metal sticks aside, if asked what he believes is the most evident change in the game, Sean will tell you without hesitation: goalie equipment. In fact, "I would have thought I died and went to heaven if I could wear the equipment these goalies get to wear today", is how he put it.

The sport has evolved in Nova Scotia as anyone involved with the game can attest. Sean's involvement has shifted as well. He began volunteering on the executive committee for the Storm some years ago by assisting then president, Gordie Delano. Soon, he became president of the Storm executive himself and held this position for several years. His guidance and support has led to the growth of a strong association within the MMLL. Sean continues to be involved with the Storm, currently serving as the association's registrar for the 2009 season.

Reluctant to accept kudos for his contributions to the sport in our Lacrosse community, Sean quickly defers such acknowledgements to others he would prefer be recognized. He credits Bob Osmack for getting teams organized along the Prospect Road. He refers to Wayne Finck, the 'Hall of Famer' as "one of the longest running and most dedicated lacrosse volunteers I know..... Lacrosse in NS would not be the same without him."

There are countless of volunteers that make playing Lacrosse possible within our province. Without their efforts, our sport could not continue to grow and thrive. The St Margaret's Bay Storm would not be the Association it is today without the likes of Sean and similarly dedicated others.



Photo: L to R: Ben O'Brien & Sean O'Brien

Lacrosse Performance Pieces

The LNSS has recently added a 'Performance Tips' section to their website under the 'Coaches Corner'. The current article is 'The Importance of Deceleration'. All coaches and athletes are encouraged to have a read (PDF version available on web below full article) and keep an eye out for new articles.

This article was written for the LNSS by Sean Holmes. Sean has a BA in Kinesiology & Health Sciences from York University and is a Certified Strength & Conditioning Specialist. He played professional lacrosse with the 2001 Buffalo Bandits, was a member of Team England at the World Indoor Lacrosse Championships in 2007, and in 2008 helped the Brampton Excelsiors capture the Mann Cup.



2009 LNSS Lobster Trap Tournament

Registration is now open for the 2009 LNSS Midget Lobster Trap Tournament

Shannon Park Arena, Dartmouth

Thursday July 30 to Sunday August 2nd, 2009

Last day for registration is Friday July 17th.

For more information visit www.lacrossens.ca

or email tournament director, Lesley Dunn, lesleyann.dunn@gmail.com



Update to members from the CLA SAGM

The Lacrosse Nova Scotia Society sent three delegates to Calgary the last week of May to attend the Canadian Lacrosse Association's (CLA) Semi-Annual General Meeting. Nova Scotia ensured representation as these meetings review rule changes in all disciplines, policy changes, and discuss projects in all areas of lacrosse. The following are a few updates to pass onto our members;

Most provinces are seeing a small decrease in the number of total registrants in both clubs and provincial team programs. Causes discussed included economy, extended other sport seasons, and lack of youth recruitment. The CLA is discussing ways that it can work to increase participation and assist in recruitment projects.

The Long Term Athlete Development (LTAD) Model for Lacrosse was passed as an almost completed draft. This means that in the coming months, lacrosse will join the many other sports across Canada to adapt their programs with the long term well being of athletes in mind. This is a very important move for the sport of lacrosse and its clubs, coaches, and officials. This document will also help unify the lacrosse community by ensuring that all provinces are playing with the same rules, formats, etc.

The CLA SAGM included a one day lacrosse conference along with meetings this year. With its success, the plan is to continue holding these conference sessions along with these yearly meetings. Speakers this year included; Russ Sheppard, Jimmy Quinlan, Kent Ridley, Chuck Baranowski, Kyle Miller, and Brodie Merrill. Next year's conference will be held in Saskatoon, Saskatchewan in May 2010.

The Canadian Women's Field Lacrosse team will be heading to the Prague World Cup this month. Please see www.teamcanadawomenslacrosse.com for more information. The 2011 U19 Women's Field Lacrosse team will be hosting try-outs this summer. Please contact the LNSS Office if you are interested in more information on this opportunity.

Coaching

Once a coach attends a training course, he/she is deemed 'in-training' until they complete their workbook and become 'trained'. A policy change was made at this SAGM which will begin for 2010 for all coaches - "He or she must submit the evaluation workbook by March 31st of the following year. Failure to do so will result in the revocation of his or her 'in training' status." With this being the case, the LNSS strongly encourages ALL COACHES who have taken courses over the last few years to complete their workbooks before 2010 so that they will remain as a trained coach. Please contact the LNSS office for more information.



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

Lacrosse Nova Scotia Society (LNSS) is a non-profit organization that acts as the recognized lacrosse authority throughout the province of Nova Scotia. The LNSS are members of the Canadian Lacrosse Association and are a member in good standing with Sport Nova Scotia. The LNSS is committed to providing not only a safe and fun filled playing environment but also a sport environment that promotes equal opportunity and prohibits discriminatory practises.

Lacrosse Nova Scotia is working to implement lacrosse programs across Nova Scotia and insure all groups of person's have the opportunity to play the game. Lacrosse Nova Scotia also has the objective of offering a game which emphasis fair plan and equality for all participants and is working towards increasing women's lacrosse, aboriginal programs, and funding/equipment for those athletes in financial need.

DATES TO REMEMBER

Garnet Knight Memorial Tournament - June 26-28th, 2009

Lobster Trap Midget Tournament - July 30-August 2, 2009



Masters Lacrosse

The Masters Lacrosse League took off May 3rd and has been flying ever since. A total of 33 players are registered with the league and the roster has an impressive list of ten female players and about 40% of the league are first-time players. Each week's hourly practice has really paid off and competition has jumped by leaps and bounds during the first month.

Bolstering two full teams with plenty of spares on each bench, the league is working on expansion to four teams for the 2010 season. Each team will have at least fifteen runners and a goalie.

To help foster growth, the league allows anyone over the age of twenty with no lacrosse experience to join the league. Those thirty-plus with lacrosse experience are all welcome. The league is also a great way for those wanting to play senior men's lacrosse to get a jump start on their fitness, as the senior box usually starts in July.

Those interested in playing next year should check www.dartmouthbandits.com regularly. There will be another free event in April 2010, where those who have never played lacrosse can get some pointers and scrimmage. So come join the fun every Sunday from May to July at Shannon Park Arena for \$110.



Photo from the Free Masters session this April