

# STICKS & STONES

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## ALBERTA LACROSSE HOSTED THE 2009 CLA SAGM

Alberta Lacrosse played host and welcomed over 70 individuals from across Canada to Calgary, Alberta where, over 5 days the Canadian Lacrosse Association (CLA) held its' Semi-Annual General Meeting (SAGM).

The schedule of this SAGM differed from those held in the past as the CLA hosted its' first ever Annual Conference on the Saturday. A Coaches Meeting was held as well as some extensive MLF and Ethics Training.

The Deerfoot Inn and Casino served as the host hotel where Individual sector meetings took place on Thursday and Friday with the Board of Directors meeting held on Saturday.



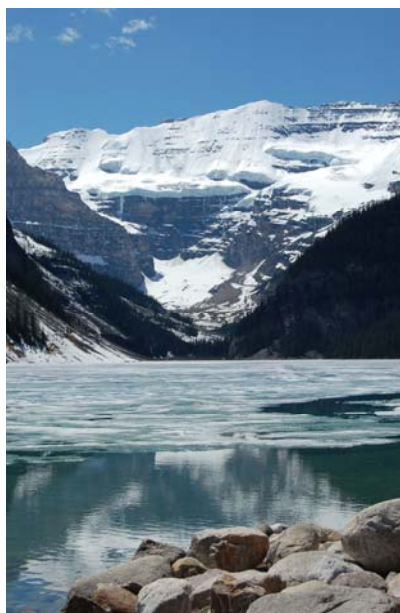
The CLA Annual Golf Tournament was held on Friday afternoon allowing people attending the Conference to take part. Those who didn't participate in the golf tournament were treated to an afternoon touring Banff, Alberta.

The Saturday evening included a great steak dinner held at the Chicago Chophouse, downtown Calgary, a fine conclusion to the CLA SAGM meetings.

On behalf of the CLA, I would like to thank all the volunteers of Alberta Lacrosse for hosting the meetings with thanks also going out to the Alberta Lacrosse Referee's Association for hosting a reception on the Friday evening.

The 2009 CLA AGM will be held in Cornwall, Ontario at the Ramada Inn, November 19<sup>th</sup> – 21<sup>st</sup>,

2009. The 2010 CLA SAGM will be something to look forward to in Saskatoon, Saskatchewan. With the success of the first Annual Conference this year we are happy to mention it will continue to be a part of the CLA SAGM going forward.



### Inside this issue:

First Annual CLA Conference A Hit	2
No Snow at the CLA's Best Ball Golf Tournament	2
Lacrosse for Life Approved at 2009 SAGM	3
Bill McBain: A Pioneer in Canada	3
Lacrosse In Newfoundland	4

### Quote

*Success is peace of mind in knowing that you did your best to become the best that you are capable of becoming.*

*John Wooden*

## FIRST ANNUAL CLA CONFERENCE A HIT!

This year the CLA's SAGM played host to the First Annual CLA Conference. The conference took place all day on Saturday, May 30<sup>th</sup> in conjunction with the CLA Board of Directors meeting. The conference featured eight speakers, who delivered ten presentations on a variety of topics from Offensive Strategies to Conduct Management. Over twenty coaches attended the conference sessions, with one coach coming from as far away as Atlanta, Georgia.

The concept of the conference was brought to the Board of Directors by Russ Sheppard, VP Domestic Development, who had participated in similar conferences south of the border. Russ thought that it would be a great addition to our semi-annual general meeting to include an event geared towards the professional development of local coaches. Much discussion was had regarding how best to approach the conference and in the end the CLA is



thrilled with the turnout we received for the inaugural conference.

The first annual conference would not have been possible without the hard work of a number of key people. The CLA would like to thank VP Domestic Development, Russ Sheppard, Lisa Smith and Bruce Codd of the ALA, Janet Kirkaldy and Donna Haggstrom, all of the speakers and most of all, Cody Jansma, who, working as a volunteer out of the CLA office, did the majority of the groundwork to put the conference together and make sure it was a success.

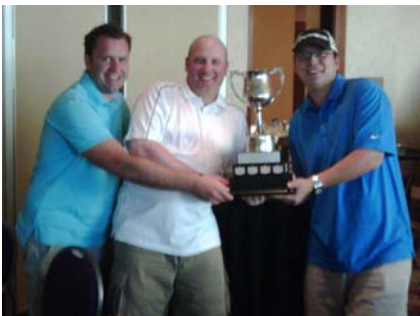
By far, the highlight of the conference was the keynote address by Kyle Miller, who delivered an inspirational presentation over lunch about his battle with cancer. Kyle captivated the audience with his story of perseverance and put an exclamation point on the first edition of the CLA Conference.

As successful as the conference was, the CLA plans to make it even better next year. We will be requesting feedback from the attendees and the presenters. With the next SAGM scheduled to be held in Saskatoon, Saskatchewan, the CLA looks forward to working with the SLA over the course of the next year to plan and promote the 2010 CLA Annual Conference.

## NO SNOW AT THE CLA'S BEST BALL GOLF TOURNAMENT

The seventh annual CLA Golf Tournament took place May 29<sup>th</sup>, 2009 in Calgary, AB at the McKenzie Meadow Golf Club. Unlike the previous attempt to hold the tournament in Banff in 2004, where a late snow storm caused the cancellation of the event, snow was nowhere to be found in the plus 27 degrees and sun which the 9 teams enjoyed.

The event was highly contested with no less than 6 teams reaching a final score of seven under. Tie breaking rules were not necessary however when the final group completed its round and handed in its' score card recording an eight under par. Congratulations go out to Steve O'Shaughnessy (LNB), Brad Kronewitt & Jenkin Yeung, both representing Ramp Interactive ([www.rampinteractive.com](http://www.rampinteractive.com)) for



posting the best score of the day. Not only did Ramp Interactive participate in the event, they also sponsored a closest to the pin contest and provided beverages as the players played through. Thanks to both Brad and Jenkin for their support of our event.

There were also a number of individual contests for longest drive and closest to the pin. Congratulations to Natasha Burgess of Lacrosse Nova Scotia for having the "Ladies Longest Drive" of the day. Jason Ryan, of Warrior Canada beat out Jim Brady of the OLA for the

"Closest to the Pin" while Joey Harris (CLA President) beat out Chuck Miller (CLA VP-Domestic Competition) in the "Ladies Closest to the Pin". We are still unsure of how this happened and the explanation got more confusing as the evening wore on.

trovsey arose when discussions surrounding the longest drive winner were taking place. Apparently, as the story goes, Bruce Logan (CLA VP-Organizational Development) launched his drive on the par 5, 475 yard, 11<sup>th</sup> hole to within 125 yards of the green. Unfortunately for Bruce, his shot was not in the fairway thereby nullifying it as the longest drive. Bragging rights go to Doug Luey, who actually landed some distance further back, but was in the fairway.

A fantastic time was had by all and on behalf of the CLA and the golfers, a special thank you to Lisa Smith and the Alberta Lacrosse Association for hosting the golfers back at the hotel with food and drinks.

Next year, the event may be renamed to the Canadian Lacrosse Foundation Golf Tournament but it will be held in Saskatoon, SK – the location of the 2010 CLA Semi-Annual Meeting.

Not to be out done however, more con-

## LACROSSE FOR LIFE APPROVED AT 2009 CLA SAGM

The CLA's SAGM meetings took place May 27-30, 2009 in Calgary, Alberta. Duane Bratt of the LTAD Technical Committee was invited to address the Board of Directors after lunch on the Saturday afternoon to request that the Board approve the Lacrosse for Life Overview and Stages documents. Duane took some time to review the major changes that had been made to the document since the last time the Board met in November. After discussing these changes and suggesting a few last-minute minor changes, the CLA's Board of Directors passed a motion to accept the Lacrosse for Life Overview and Stages documents.

This marked a huge step in the implementation of Long Term Athlete Development in Canadian Lacrosse. Many people are to thank for the completion of these documents, which required a great

time commitment from everyone involved. The CLA would like to thank the LTAD Technical Committee: Duane Bratt, Joanne Stanga, Bill McBain, Frank Nielsen, Melissa McKenzie and our Sport Canada LTAD advisor, Richard Way. The CLA would also like to thank the writer, Jim Grove and everyone else who played a key role by reviewing the documents and providing the constructive feedback needed to ensure that the CLA's LTAD documents met the needs of all of our members.

After the Overview and Stages documents were approved by the Board, Duane suggested that the time had come to revisit the composition of the LTAD committee. The Board immediately invited Duane to stay on as chair of the committee. Having just stepped down as CLA Coaching Sector Chair, Bill McBain

has offered his spot on the committee to new CLA Coaching Sector Chair, James Gow. The composition of the rest of the committee will be decided in the coming weeks.

Moving forward, the acceptance of the Lacrosse for Life Overview and Stages documents is only the beginning of the road for LTAD initiatives. Next steps will include a revisited draft of the Competition Review document, the creation of a national standardized grassroots program and a sport school program. The CLA is excited to have completed the Overview and Stages documents and eager to take the next step in Long Term Athlete Development.

## BILL MCBAIN: A PIONEER IN CANADIAN LACROSSE

This past SAGM marked the departure of a true legend in Canadian lacrosse, Bill McBain. In Calgary, Bill officially stepped down as the CLA Coaching Sector Chair, handing the reigns over to James Gow. In his wake, Bill has left a legacy in Canadian lacrosse that will live on for a long time to come.

Bill's first involvement in lacrosse came at the ripe young age of four in Fergus, Ontario, where he played until joining the Navy at seventeen years of age. In 1969, Box Lacrosse was included as one of the feature sports in the first edition of the Canada Summer Games in Halifax, Nova Scotia. Stationed in Halifax at the time, Bill was tasked with bringing together a team of players with zero lacrosse experience to represent the host province.

Over the forty years that followed, Bill wore many hats in the Canadian lacrosse community including, but not limited to: a four and a half year term as CLA President, Provincial Coach for New Brunswick, Technical Advisor for Nova Scotia, New Brunswick and Newfoundland, President of Kelowna Lacrosse, Zone Coaching Coordinator, Head Clinician for

BCLA, Master Learning Facilitator and CLA Coaching Sector Chair. Bill's accomplishments include the Lester B. Person award (outstanding contributions to Canadian Lacrosse), the Tom Gordon "Mr. Lacrosse" Merit Award (BCLA) and the Ruth Seward "Executive of the Year" Merit Award (BCLA).

What Bill will be most remembered for is his contribution to the CLA coaching program. Bill took it upon himself to make sure that the CLA made available to our coaches the accredited programming recognized by the Coaching Association of Canada that they needed to be certified in the National Coaching Certification Program. He played a key role in the development of all coaching manuals, facilitator guides, and evaluation materials for the Community Initiation, Community Development, Competitive Introduction and Competitive Development contexts. He also sat on the committee that created the CLA's recently completed Long Term Athlete Development Overview and Stages documents.

Bill also spearheaded a number of innovative coaching initiatives in the past year that will help the CLA to recruit and retain

more coaches in the years to come: the online coaching program and the apprentice program.

The best advice I received when I joined the CLA this past November was given to me by Melissa McKenzie, who said to me, "If you have a question about anything, just ask Bill McBain." I regret that I only had the chance to work with Bill as the Coaching Sector Chair for six months, but I look forward to our paths crossing again in the future and I wish him the best of luck in all his future endeavours.

As he leaves his official role with the CLA, Bill will be continuing to work with the BCLA.

Bill, I believe I speak for the entire lacrosse community in Canada when I say thank you for all that you have done for the game of lacrosse in Canada. You have truly left your mark on the game.

Ross Ste-Croix  
Program Coordinator



## LACROSSE IN NEWFOUNDLAND

Thanks to the annual Heritage Grant funding that the CLA now receives from Sport Canada, we are now able to fund a number of additional projects each year. One such project that the CLA is funding this year is the development of a provincial lacrosse organization in Newfoundland.

On the May long weekend, the CLA sent Master Learning Facilitator, Rick Phillips out to St. John's, Newfoundland to deliver a Community Development box lacrosse clinic to 16 coaches. The CLA has also loaned some equipment to the group to get a program up and running this summer.

The group in Newfoundland, headed up by James Hearn, started as a group of two dozen individuals with an interest in la-

crosse who got together once a week to scrimmage. As their interest in the game grew, they decided that they wanted to take some formal steps to develop lacrosse in Newfoundland and they contacted the CLA.

Now that they have 16 coaches trained, the group will be running a summer program with a number of open sessions for children and their parents to come out and try lacrosse. The format of the sessions was inspired by Lacrosse Nova Scotia, who has been kind enough to share a great deal of the resources they use for their "Try Lacrosse" program, which experienced great success in its first year.

The end-goal of this project is to set up

a league in Newfoundland that can grow each year and to create a provincial sport organization that can represent Newfoundland as a member of the CLA. The CLA is looking forward to seeing members of "Lacrosse Newfoundland" at our AGMs and SAGMs in the future.

Ross Ste-Croix  
Program Coordinator

## IMPORTANT DATES/DEADLINES TO REMEMBER

### DEADLINES:

June 12 – Deadline for National Championship trophies to be returned to the office

July 1 – Inter-Member Transfers (Box) must be completed

July 15 – Deadline for list of officials to work at National Championships

July 17 – Coach Registration fees are due

July 21 – First Nations Trophy and Alumni Cup entry fee are due

August 25 – Ross Cup and Victory Trophy entry fees are due

October 5 – Policy change proposal and reports for AGM are due

October 16 – Organization fees are due

November 15 – Claims for referee travel to National Championships are due



### CLA Meetings:

Annual General Meeting – Nov. 19<sup>th</sup> to No. 21<sup>st</sup> – Cornwall, ON

### National Championships:

Pee Wee/Bantam Nationals August 2-8 – Whitby, ON

Girls Bantam Box Nationals—August 2-8—Whitby, ON

Minto Cup – August 21<sup>st</sup> – 30<sup>th</sup> - Brampton, ON

Midget Nationals – August 21-30 - Brampton, ON

Founders' Cup – August 17 -22 – Edmonton, AB

Presidents' Cup – August 24–29 - Six Nations, CANAM

First Nations Trophy/Alumni Cup - Sep. 4<sup>th</sup> 6<sup>th</sup> – Winnipeg, MB

Mann Cup – September 4-12—British Columbia

Ross Cup/Victory Trophy – Oct 9<sup>th</sup> to 11<sup>th</sup> – Mississauga, ON

### International Events

Women's Sr. World Championships - June 17<sup>th</sup> - June 27<sup>th</sup>, 2009 - Prague,



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