



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #1

April 28, 2008



Coaches Corner

To Newsletter Subscribers:

Welcome to the 2008 Intermediate Shamrock lacrosse season.

We are all excited to be getting started again, on what will be both a season of familiarity and a season of change.

The familiarity will be the quality of the lacrosse product on the floor. We have a strong group of returning players from last season's league Champions and Provincial Silver Medalists. They are joined by a very good group of first and second year Intermediates who will be wearing the Shamrock for the first time. The team is looking forward to another successful season.

The change comes in the form of the management of the Intermediate Rocks. After 14 years of operating a successful Intermediate program, Evelyn and Murray Rhode have retired, and have transferred the reigns to Ron McQuarrie and Scott Browning. Ev and Murr will still be found at arenas around town, as they continue to be very involved in the Senior Shamrocks.

Ron and I look forward to the challenge of operating the Baby Rocks, and are pleased to welcome a strong group that have come on board. Jamie Oldroyd joins the Baby Rocks as the General Manager, Mike Anderson is the equipment manager, Debbie Cooper will handle media, website content, ball boys and "other related duties", Catherine McLean will be looking after the financials and Gail Loucks will be overseeing game day activities.

Thank you for your support. Enjoy the season!

Yours in Lacrosse,

Scott Browning

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

The Intermediate Shamrocks are right where they wanted to be, at 2-0, after the first weekend of lacrosse action. Two strong but very different performances in week one established that the Baby Rocks will once again be a force to be reckoned with in the B.C. Intermediate "A" Lacrosse League.

Saturday saw the South Fraser Stickmen visit Bear Mountain Arena where wins by visiting teams are few and far between. The Shamrocks established their dominance early and jumped out to a quick lead in the first period, heading into the dressing room with a 5-0 lead. Goals were spread across five different players with Ben Stebbins, Brandon McLean, Steve Higgs, Karsen Leung, and Casey Jackson each contributing single markers. The second period belonged to Casey Jackson who added another three goals with singles from Mitch McLaren and Steve Higgs with his second of the day. With a 10-3 lead, The Shamrocks lost a bit of their intensity in the third period trading goals with the Stickmen and coasted to a 13-6 win. Jackson with his fifth of the day, Jordan Wong and Chris Bannister scored for the Baby Rocks in the third period while Mitch McLaren ended the day with one goal and five assists. Robert McAllan and Scott Bannister split the time in goal and had a strong game.

On Sunday, the team started their weekly ritual of crossing Georgia Straight to play a game against one of the mainland teams. The opponent on this day was the arch rival Coquitlam Adanacs. Anyone who follows lacrosse, knows there is an intense competitiveness between the Shamrocks and Adanacs regardless of the division and the intermediate rivalry is no different. Unlike Saturday's game, the Shamrocks got off to a slow start and found themselves down 4-1 after one period, with Mitch McLaren being the only Shamrock to hit the twine. The Baby Rocks used the intermission to refocus and two big goals by Casey Jackson in the second period got the team back into the game. McLaren with his second goal of the game plus singles from Jordan Wong and Kyle Dexter rounded out the second period scoring for the Baby Rocks. The score after two periods found the teams deadlocked at 6-6. In the third, both teams traded shots and were turned back by the strong goaltending of Robert McAllan for the Shamrocks and Andrew Copeland for Coquitlam. Coquitlam took the lead at 7-6 on a power play goal from Robert Church, his third of the game, with only 5:32 left to play. Not giving up, the Shamrocks evened the score two minutes later on Mitch McLaren's third goal of the game. At 7-7, it looked like the teams were heading into overtime when Coquitlam took a delay of game penalty with only 2:05 left to play in the period. Thirty seconds later, Jordan Wong, with his second of the game, buried the power play marker on an assist from Brandon McLean. From there, the Shamrocks were able to successfully kill off the clock and had pulled off the come from behind victory.

A wild finish but a great way to start the season with two wins including one against their arch nemesis, the Coquitlam Adanacs!

Meet the Players

Karsen Leung



This is your second year with the Intermediate Shamrocks team, what was the most memorable experience with from year one with the Baby Rocks?

I would have to say that winning the league and making it to the provincial finals were the most memorable experiences from last season.

What does being the Captain of the Intermediate Shamrocks team mean to you?

It's a great honour and I hope I can inspire our team to have a successful season.

What do you hope to achieve with the Baby Rocks this season?

We have set our goals high but think they are realistic: we are shooting to win both the league and the provincial title.

Where did you play your minor lacrosse and who were your biggest influences?

I played through the Saanich Minor Lacrosse Association and Dave Bremner, Darren Reisig and Chris McKay were my biggest influences.

Tell us about your past accomplishments in the sport.

My biggest accomplishment was when our island team won the gold at the 2006 B.C. summer games. A lot of the players who won this title are playing on our team this year.

As a minor lacrosse player, was there one particular player you looked up to who you wanted to emulate and why?

I looked up John Tavares because he is small, a hard worker and knows how to be a good leader.

Do you have future plans/goals that you hope to pursue in lacrosse?

To be successful in the NCAA Div I field lacrosse program this fall and to one day play in the NLL and WLA.

What about school and/or career goals?

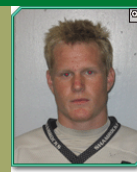
I intend on completing a degree at Bellarmine University in Kentucky.

If you were a script writer, what would the perfect ending to a lacrosse movie be?

It would have to be the Intermediate Shamrocks winning the provincial title.

Thank you for sharing your thoughts with us today.

Mitch McLaren



This is your second year with the Intermediate Shamrocks team, what was the most memorable experience from year one with the Baby Rocks?

The most memorable experience from my first season as a Shamrock would have to be the win over Coquitlam in the semi-finals of provincials, there has been a long rivalry between Coquitlam and us, it felt awesome to take them out at such a crucial time in the year.

What does being the Assistant Captain of the Intermediate Shamrocks team mean to you?

Being an Assistant Captain is an honor; I have always tried to be a leader on and off the floor. There are many leaders on our team, I am very fortunate to be recognized as one of them.

What do you hope to achieve with the Baby Rocks this season?

This season I hope our team will achieve a gold medal at provincials and to win our league.

Where did you play your minor lacrosse and who were your biggest influences?

My minor lacrosse was played as a member of the Saanich Tigers. My biggest influence as a young player would have to be Dave Bremner; Dave was my coach for the most part of my minor lacrosse years and I feel he has made me into the player I am today.

Tell us about your past accomplishments in the sport.

Through my years of playing lacrosse I have won many league championships, Provincial Bronze Medals and Provincials Silver Medals. I'm not sure I can call these "accomplishments", although you learn from every one of them. In 2006 I was a member of the First Vancouver Island Lacrosse team to win the B.C. Summer games and that was definitely a highlight of my lacrosse years so far.

As a minor lacrosse player, was there one particular player you looked up to who you wanted to emulate and why?

There were many players who I wanted to be like, I always wanted to be a player who brought intensity onto the floor and could play both ends of the floor. I would have to say the player I wanted to be most like would be Gary Gait.

Do you have future plans/goals that you hope to pursue in lacrosse?

My future plans are coming sooner than I could imagine. In the fall I will be moving to Kentucky to play Division I College lacrosse, I will be coming home in the spring to play Junior "A" Box Lacrosse as a member of the Nanaimo Timbermen.

What about school and/or career goals?

In the fall I will be taking business courses at Bellarmine University in Louisville, Kentucky. As for career goals I haven't made a complete decision yet.

If you were a scriptwriter, what would the perfect ending to a lacrosse movie be?

The ending would have to be the underdog team winning a Minto Cup in an overtime game.

Thank you for sharing your thoughts with us today.

Meet the Players

Jason Gregg



Welcome to the Intermediate Shamrocks team, has training camp and cracking the Baby Rocks lineup unfolded as expected?

Yes, it was an awesome training camp, packed with skill. As for making the roster, I really feel lucky for being selected to be part of this great program.

What does being the Assistant Captain of the Intermediate Shamrocks team mean to you?

Being the Assistant Captain means being a leader of a team with an exceptional amount of talent and drive. I hope I can work hard enough to set an example and help lead this great group of athletes towards our common goal both on and off the floor.

What do you hope to achieve with the Baby Rocks this season?

I really hope to achieve a gold medal at provincials. Nothing would be sweeter than a big gold medallion after a season of hard work and development.

Where did you play your minor lacrosse and who were your biggest influences?

I've played all of my minor lacrosse for the Victoria/Esquimalt Eagles lacrosse association. My biggest influences were definitely the coaches I've had over the years and their commitment and passion for the sport.

Tell us about your past accomplishments in the sport.

I've been to the provincials several times winning one bronze and a silver.

As a minor lacrosse player, was there one particular player you looked up to who you wanted to emulate and why?

There isn't one specific player I can think of but rather the entire Sr. Shamrocks lacrosse team. I really like them because of their unique mixture of skill and grit, which seems to be a winning combination.

Do you have future plans/goals that you hope to pursue in lacrosse?

I plan on trying to get as far as I can in lacrosse hopefully one day playing some form of professional lacrosse.

What about school and/or career goals?

I am planning on attending a post secondary institute and perhaps get a degree in Engineering.

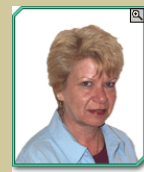
If you were a script writer, what would the perfect ending to a lacrosse movie be?

The perfect ending for me would be a come from behind win in overtime to bring home the hardware.

Thank you for sharing your thoughts with us today.

Alumni Corner

Evelyn



and



Murray Rhode

If you see Evelyn or Murray at a Baby Rocks game this year, they will hopefully be enjoying it from the stands, purely as spectators. For the past fifteen years they have been anything but spectators! While Evelyn was officially the General Manager and Murray was the Team Manager, between them they covered the jobs of the president, fund raiser, equipment manager, program publisher, volunteer organizer, Team Mom, uniform designer and everything else in between, including cutting the fruit and filling the water bottles for the players. To say they worked diligently for the good of the players and the organization would be an understatement.

The history of the team dates back to 1993, the year that Evelyn and Murray founded the team. In its first season the team operated as an Intermediate "B" team and played only exhibition games. In 1994, they received an Intermediate "A" franchise and for the next 14 years the team has been competing in the B.C. Intermediate "A" Lacrosse League. For the first 5 years the team was called the Mansell Bobcats named after its sponsor, Mansell Excavating. In 1998, a major change occurred when Murray and Evelyn were approached and asked take on the Shamrock name to which they proudly agreed.

Between 1994 and 2007 the team compiled a record of 192 wins, 85 losses and 7 ties in league play. During this time the team has won 4 league championships, 3 provincial gold medals, 4 silver medals and 3 bronze medals; only failing to qualify for provincial championships 2 of the 14 seasons. In her true humble fashion Evelyn says "we would not have met these impressive goals without the dedication of coaches, staff, volunteers and sponsors we have had over the years." Anyone involved with the organization over those years also knows that these accomplishments would not have been possible if it were not for the leadership and dedication that Evelyn and Murray provided.

The number of players who have come through the Intermediate Shamrocks program and have gone on to play in the WLA and NLL is a testament to the quality of the program that Evelyn and Murray established. On behalf of all the former players, parents, volunteers and coaches of the Intermediate Shamrocks, the Baby Rocks thank Evelyn and Murray for everything they have done for this team and wish you the best of success with the Senior Shamrocks!

**Next Home Game Saturday, May 3,
1:30 PM versus Burnaby Lakers.**

**To receive future editions of this newsletter, please visit
www.babyrocks.net to subscribe.**