



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #10

July 3, 2008



Coaches Corner

While we got the win we were looking for last Sunday against Poco, the game was very close. Poco is a good team and not one to be taken lightly. I felt the overall effort was good but we still need to improve our offensive execution.

There is still not much room between the top four teams in the standings, and this coming weekend will go a long way to determine the final results. We have 3 games in 4 days, starting Thursday in Nanaimo, Saturday at home to Delta, and then Sunday in Burnaby. We could finish anywhere from 1st to 4th, depending on the results of these, and our final two games the following weekend.

There will be lots on the line in Saturday's home game against Delta. In addition to standings, and first round playoff seeding, bragging rights will be on the line. We are looking for a season split, and Delta will be looking to sweep us after an early season tie, and our 5 - 2 loss in Delta on June 8th.

The World U19 Field Lacrosse Championships get underway July 3rd to 12th in Coquitlam. Steve Higgs, from the Intermediate Rocks and Reed McPhail of the Junior Rocks will be competing for Canada. It will be great lacrosse and I encourage you to attend.

The Babyrocks game this Sunday in Burnaby has been moved up to a 12:30 start, and we will be taking in the 4pm Canada versus USA game before returning home.

Yours in lacrosse,

Scott Browning,

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

With no home game this past Saturday, the Baby Rocks traveled to Port Coquitlam on Sunday to faceoff against the hometown Saints. Victoria was looking to avenge their 12 - 10 loss from their last visit to PoCo on May 25.

The Babyrocks never trailed in this game jumping to a 2-0 lead after only 2 and a half minutes. Kyle Hofer scored first with assists coming from Steve Axford and Brandon McLean then Jordon Wong, on the Powerplay, with assists from Mitch McLaren and Casey Jackson. Poco responded with two quick goals in the middle of the first period before Jason Gregg put the Rocks back up by one assisted by Wong and McLaren. The first period ended with the Babyrocks leading 3-2.

Following the break, Poco tied the game two minutes into the second period on Jimmy Delaney's first of two goals. Victoria responded one minute later on a goal by Jackson from Mitch Bancroft and goalie, Robert McAllan, to regain the one goal lead. McLaren then found the twine on the powerplay at 12:27 with assists coming from Wong and Jackson. The game continued to go back and forth as Ryan Sage put Poco back within one with 9 minutes left in the period then Wong from McAllan for the Rocks and Delaney for Poco, with his second of the period. The score, with six minutes left in the second period, sat at 6-5 Victoria. The Babyrocks added two more late in the period at 2:34 and 2:18 to send the teams to the dressing rooms with Victoria leading 8-5.

The third period was a defensive battle that saw the Babyrocks held off of the scoreboard. Poco added their 6th goal of the game at 12:58 on an unassisted goal by Richard Lachlan. The teams then went up and down the floor pressing for goals only to be turned back by many great saves from both goaltenders. The Saints clawed their way to within one goal with 3:31 left in the period on a "sneak" play when Sage walked down the middle with goalie Carson Michaud on the bench for the extra attacker. The final 3 and a half minutes were nail-biting for the Shamrock fans as the Babyrocks killed off two back to back penalties. The final scoreboard showed the visiting Shamrocks winning 8-7 in a tight, highly competitive match-up.

The Babyrocks travel to Nanaimo tonight for a rare Thursday night game. The last match-up between the two teams was a close one until the Rocks pulled away in the third period. The Timbermen will be looking to stop the Rocks from a series sweep when the team faceoff at 7:00 PM this evening.

Meet the Players

Shea Wakefield



Welcome to the Intermediate Shamrocks team, has training camp and the early season unfolded as expected?

Yes and no, we have been successful in the early season only losing one of our first eight games, that loss coming to a team we should have easily dealt with, but I had initially expected this team to be dominant as it has so many good returning players.

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

Only one thing, gold.

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

I played my minor box career with Victoria-Esquamalt. My biggest influences were my coaches and the players I watched for the Shamrocks, like Dan Dawson as well as those who played against the Shamrocks, like John Grant Jr.

Tell us about your past accomplishments in the sport.

My past accomplishments in lacrosse have come with my club team and with different rep teams. With Vic-Esq, we placed third at the bantam Provincials, I went to the Nationals with the Island Rock field lacrosse team and won gold at the Summer Games with our Island Box lacrosse team.

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

I looked up to Dan Dawson because he was a tall right handed player with good hands and a good shot, both things that I think are good aspects of my game.

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

Yes, I would like to go on to play Junior A and possibly Senior A.

What about school and/or career goals?

After I graduate from high school, I will hopefully be going to school at either Western or McGill. I also have goals in my other sport, rugby, where I hope to play for the U20 National team.

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

5 seconds left, the captain takes the ball to the top and receives a pick from his leftie shooter, he throws a shot on net and it finds the top corner, game over.

Tyler Archer



Welcome to the Intermediate Shamrocks team, has training camp and the early season unfolded as expected?

Yes, the season is going well. I do I think that we will succeed if we play as a team and give a hundred percent for 60 full minutes of a game.

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

I hope to achieve a spot on the short-man and face-off crew by the time we reach the Provincials.

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

I played minor lacrosse for Saanich and my biggest influence was Dave Bremner. He showed me how to play good defense and made me the player I am today.

Tell us about your past accomplishments in the sport.

I have won a gold medal at the B.C. Summer Games and have won 2 B.C. high school championships.

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

I obviously looked up to Gary Gait as a child but now that I'm older, I look up to Brodie Merrill. He is a great player who, one day, I would be lucky to emulate.

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

I hope to win Intermediate A lacrosse Provincials and one day play in the NLL.

What about school and/or career goals?

I want to get a scholarship and go south of the boarder to play NCAA lacrosse.

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

Me winning a fight against Geoff Snider!

Thank you for sharing your thoughts with us today.

My pleasure, it was fun, especially the part where I got to be a script writer.

Alumni Corner

Aaron Bold



Tell us about your time with the Intermediate Shamrocks team: Years, Players, Coaches, Accomplishments, etc?

Gosh, where to start, it's been awhile since I actually looked back on those days. I'll say I played for the Intermediate Shamrocks in 2001-2002 seasons. The coaching staff were good, the players we're awesome, and I was glad to be a part of a gold medal my first year and a silver medal my last year. One of the best moments of the Int. Shamrocks was winning the gold medal and seeing the faces on Murray (Murr dogg) and Ev Rhodes.

What was the most memorable experience that you had with the Baby Rocks?

List above. Winning the gold medal in 2001 in the old Memorial arena!!!

Which team or teams are you currently playing with in the Summer and Winter?

In the summer I play for the Sr. Shamrocks, which I am very proud to be a part of. In the winter time, I play for the San Jose Stealth down in California. I miss the California weather but the weather here is picking up so I can wait a few more months to get back down there.

Do you feel your years with the Intermediate Shamrocks helped you advance your lacrosse career? Why?

Yes, for sure. As a young goalie growing up, I didn't have a goalie coach around to teach me everything. In my early career it was up to me, mostly, to gain experience as a goalie. Luckily, I never gave up on myself and I always asked questions whenever I was in the presence of an older, experienced goalie. In the Intermediate stages, I was fortunate to have a good defence in front of me so I could learn at my own pace, I guess you could say.

What advice do you have for younger lacrosse players hoping to make it to either the WLA or NLL?

Players, and Goalies, especially: don't give up on your dream! Don't let anyone take it away from you and you will go a long way in lacrosse. Always be positive no matter what happens. If something goes wrong, which it most likely will from time to time, use it a learning experience and get better through studying players and their tendencies.

Is there one lacrosse accomplishment that stands out from all the others? Why?

Definitely the 2006 Minto Cup. The whole tournament was a blast and I was not letting anything get in the way from me getting that cup. It was my last chance and I was really fortunate to obtain it.

What are your future goals in the sport?

I want to play lacrosse for as long as I can like Dallas Eliuk and Dwight Maetche. I have the utmost respect for the both of them and I was fortunate enough to play behind Dallas in my first year in the NLL, with the Portland Lumberjax.

What are you doing these days outside of lacrosse?

You really want to know? Well I work two part time jobs: one as a trainer at a gym and the other in sales at a sport supplements store. I also am taking a few course to further my knowledge in both fields. Yes, there is still more, I also am trying to become a firefighter along with doing lacrosse goalie camps on the side (boldtrainer_77@hotmail.com, if interested), nice plug, eh!!!

Thank you for taking the time to share your thoughts with us.

You are welcome!

**Next Home Game Saturday, July 5,
1:30 PM versus Delta**

**To see more game articles, statistics, and team updates
please visit www.babyrocks.net**