



Coach's Corner

Two steps forward... one-step back.

A good workman like win over Nanaimo on Thursday, then a huge hard fought victory over Delta on Saturday and the team was well-positioned to make a strong push for top spot in the tight race for 1st place in the league standings. The only problem was we forgot to show up and play against a highly motivated Burnaby team.

The inconsistency and inability to get up for each game has hurt us a few times this season and has cost us 4 points. Those lost points will make a big difference in the final league standings and we now see us fighting for a probable 3rd place finish.

On the positive side, the quality of our game and execution of tactics was much better in both the Nanaimo and Delta games. We need to put the Burnaby loss behind us and build on the improved play from the previous games.

We have another tough weekend coming up, hosting Poco on Saturday then finishing off the league schedule in New Westminster on the wooden floor of Queens Park Arena on Sunday.

This has proven to be a very competitive league this year; the playoffs and provincials promise to deliver even more excitement. Fasten your seatbelt, we hope you enjoy the ride!

Yours in lacrosse,

Scott Browning,

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

The Babyrocks had a busy, extended weekend last week with three games in four days. The Rocks traveled over the Malahat on Thursday for a rare weeknight game in Nanaimo. The Timbermen came out ready

and scored early to grab a 1-0 lead less than one minute into the game. Victoria rebounded with their own goals and the score at the end of the first period was 3-2 in Victoria's favour. No one was pleased with the performance and a fire was lit under the players between periods. It seemed to work as the sticks came out blazing in the middle frame which Victoria dominated in every facet. The score after two periods was 10-3 for the visiting Shamrocks. The Rocks coasted through the third period to take home the expected two points for the win.

On Saturday, Victoria played host to the Delta Islanders, a team they had struggled against thus far this season. The game promised to be a tight one as both teams are fighting for one of the top four positions in the league standings and are looking for preferred seeding in the playoffs. Penalties dominated the first period and special teams were forced to log a number of minutes. The score after the first period was tied at 3 with Shamrock goals coming from the sticks of Blair Pinnock and Casey Jackson, with two. The penalties subsided in the second period with no minor penalties called against either team and only one major for a fight with 6:53 left in the period. Playing 5 on 5 seemed to work in the Shamrocks' favour as they were able to run their offence effectively and scored six goals on the period against Delta's 3. Jackson added two more on the period with singles coming from Tyler Matheson, Ben Stebbins, Jason Gregg and Karsen Leung. The score after two periods 9-6 Rocks. The third period saw Victoria extend their lead by one for a 12-8 victory. Goals in the third period came from Kyle Hofer, Jackson and Brandon McLean; both Leung and Mitch McLaren added four assists on the day.

On Sunday, the Babyrocks traveled to Burnaby to face the last place Lakers in what most observers thought would be an easy win. But, as the saying goes, never underestimate your opponent! The Lakers, on this day, looked like a different team than the one that the Rocks had beaten twice already this season. Using their fast break effectively, Burnaby lead from start to finish, holding a 3-1 lead after one period, 6-3 after two, and took home the well-deserved two points on an 8-6 final score. Burnaby goaltender Patrick Bayliss played a strong game in goal, despite his team being outshot, frustrating the Victoria shooters. Mitch McLaren provided most of the Victoria offense with 4 goals, Casey Jackson and Steve Axford added singles. A disappointing loss on the road but hopefully a game that the team can learn from for the playoffs.

Meet the Players

Curtis McKinnon



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

I've come to see that there is a huge commitment level and a hard work ethic that is required for all the players to play for this team.

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

I hope to achieve a higher level of fitness and conditioning, improve my skill level and, ultimately, win the gold medal in the provincials.

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

I played in Saanich and my biggest influence was Dave Bremner, because he was a hard working, hitting, great leader/coach, defensive player, who knew the game very well. Also, Brett Savory as he was a great coach in my minor years of lacrosse.

Tell us about your past accomplishments in the sport.

I was on the 2006 Summer Games gold medal championship team and have been to provincials 3 times.

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

Kaleb Toth is the one that comes to mind as I met him several times and I liked the fact that he excelled in both hockey and lacrosse.

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

I hope to continue my journey through the Shamrock Family and work my way up to the Senior Rocks.

What about school and/or career goals?

I plan to become a fire fighter

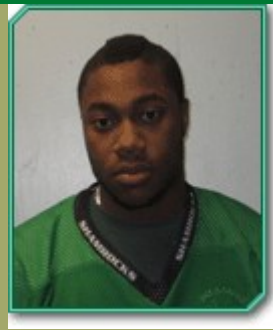
If you were a script writer, what would the perfect ending to a lacrosse movie be?

It would be the home team winning in double overtime in the championship game with a minute left in the period.

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

My pleasure, it was fun doing the interview.

Mitch Meilleur



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

I was not too sure what to expect after the training camp was over. When I was told I made the team it was a great feeling. I was expecting the games to be fast paced but it took me a few games to get used to the high tempo.

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

I hope to achieve the ability to play at a higher level of lacrosse. The skills the coaches will give me will help me further my lacrosse game and hopefully make the Junior A team.

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

I played minor lacrosse for the Saanich Tigers and my biggest influence was Dave Bremner. He really liked my style of play and pushed me to be a better player.

Tell us about your past accomplishments in the sport.

In my minor years, I played Bantam A1 for Saanich Tigers and then in Midget A we won the gold medal in Calgary.

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

I always looked up to Dan Dawson. He is a taller guy, like me, with the ability to score from where ever. I want to be like him because I have the defensive aspect of the game down, so I would like to have a little more offensive talent. To make it in the higher levels of lacrosse I will need to be a two way player.

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

Yes, I hope to make the Junior A Shamrock team next year. Eventually, I would like to play for the Senior Shamrock team.

What about school and/or career goals?

I plan to attend Camosun College in January 2009. I am going there for the university transfer program for pre-med. I'm not too sure what career I want but I am considering dentistry.

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

The game is in double overtime and both teams are starting to get exhausted from the intense four periods they previously played. My team, being the fitter team of the two, would dig deep and play hard defence, turn over the ball, run down the floor on a fast transition and snipe a goal.

Alumni Corner

Rhys Duch

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

I played in 2003 and 2004 and had the opportunity to play with many players that I had grown up with: Joel Loucks, Alex Peaty, Colin Bell, Trevor Scott, Shaun Hourigan, Kevin Milkowski and more. As well, it was the first opportunity to play with players that I had grown up playing against: Curt and Kyle Morwick, Cory Conway, Davey Sundher, Keegan Young, etc. My coach for both years was Tyson Leies. We also had Paul Meakes and Hatch, who were very helpful. I can't forget Mark Peaty and also Barry Pederson, who's one of the best guys I know. We won the Silver Medal my first year and the Gold Medal in my second year. Both years I was on the all star team, leading scorer in provincials, and in my second year, I was the MVP at provincials.



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

Coming back from six down to beat Coquitlam for the gold!

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

Senior Shamrocks in the summer. The winter, hopefully I'll find out in the draft!

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

Absolutely! It helped me develop not only my skills but relationships, in and outside of lacrosse, that are still the most important to me today.

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

The obvious one is work hard but also that it will take a lot of sacrifice. However, not too much sacrifice, the social aspect is a huge part of the lacrosse culture. Everyone knows I'm not a guy to miss a good team outing!

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

Receiving a scholarship to Stonybrook and getting through all four years at school. It's tough being away in some pretty intense conditions. I know it made me a better player and prepared me for a lot in life.

What are your future goals in the sport?

Play as long as I can at the highest level I can. I love it.

What are your thoughts on the outcome of the WLA draft and the recent trade that sent you to the Shamrocks?

Well of course it would have been great to have been able to have been drafted straight away by the Rocks, but of course it wasn't a possible situation with the way the league works. I am extremely pleased to have been traded to Victoria as I wouldn't have played anywhere else; even if I sat two years. I just would have gotten a little more travelling in earlier, I guess. Lacrosse is important to me but it can't be life. I knew I would play again, and if it took a little bit of waiting for it to be where I wanted, in my hometown, that was fine with me.

What are you doing these days outside of lacrosse?

Right now I'm working with the government and planning a nice long trip to south-east Asia.

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

**Next Home Game Saturday, July 12,
1:30 PM versus PoCo**

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