



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #2

May 8, 2008



Coaches Corner

Hello lacrosse enthusiasts! We had a small glitch with our website last week so if you had a problem subscribing to the newsletter, you can do so now. If you have not subscribed to receive the newsletter, this is the last week it

will be sent to folks who have not subscribed. Please visit www.babyrocks.net to subscribe.

I hope the start to your lacrosse season is going well. Minor lacrosse is well underway, both the Junior and Intermediate Rocks are off to good starts....and the Senior Shamrocks start next Friday, May 16th, at home against the Burnaby Lakers.

The on floor game results for the Intermediate Rocks are positive, with a record of 3 wins and 1 tie thus far; the tie coming last Sunday in Delta.

To date the team has been lead by 2nd year returnees, with Karsen Leung, Mitch McLaren, Casey Jackson and Brandon McLean leading the offensive charge, and Greg Simpson and goaltender Robert "Robo" McAllan anchoring the defense.

Those players new to the Rocks this year are adjusting to the increased speed and intensity of Intermediate "A" lacrosse and are making valuable contributions to the team. In particular, Jason Gregg is proving to be a versatile all around player who gives 110% all of the time. Jason has been rewarded with specialty team responsibilities and has seen time on the power play, short man and face off units.

To be expected, early in the season, we are succeeding as a result of our overall talent level and fitness. As the season progresses success will come as a result of continuing to develop our team systems, and most importantly, consistent effort and focus for a full 60 minutes.

After two double header weekends, we hit a bit of a lull with no home game this Saturday, we are in South Fraser on Sunday, and then will enjoy the holiday weekend off. **Our next home game is Tuesday, May 20th** versus Nanaimo. There is always a good rivalry with the Timbermen and it should be an entertaining game. We hope to see you there!

Scott Browning, Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

Week 2 of the season is now in the books with the Intermediate Shamrocks posting a win plus a tie this past weekend.

On Saturday, the Shamrocks came out quickly in the first period and

grabbed a 6-3 lead after one period. Single goals were scored by Ben Stebbins, Brandon McLean, Casey Jackson and Jason Gregg, while Mitch McLaren netted two in the period. In the second period, Casey Jackson added three more goals with singles coming from Tyler Archer and Mitch Meilleur. Special teams contributed to the goal scoring as Archer's goal came on a fast break from the Short Man and Meilleur's marker came from a turnover created by the Chaser team. The Baby Rocks coasted through the third period to finish the game with a 14-6 victory. Jackson added his fifth of the day, including one short handed, while Brandon McLean, with his second of the day, and Karsen Leung rounded out the scoring. For Burnaby, Jaxon Lee had a strong game contributing three of his team's six goals. Scott Bannister got his first start in goal, adding two assists and playing well for the winning Shamrocks.

On Sunday, the team headed to Delta for a game against the Islanders who have returned to the league this year after a one year absence. The game looked to be a repeat of Saturday's game as the Shamrocks jumped out to an early 4-0 lead in the first period. Brandon McLean, Kyle Hofer, Ben Stebbins and Casey Jackson, on a short handed marker, all found the back of the net. Down but not out, the Islanders regrouped and scored two late in the period, the second on the power play in the last minute of the period.

In the second period, Shamrock penalty trouble allowed the Islanders to tie the game with another two power play goals followed by a short handed goal to put the Islanders ahead 5-4. The Baby Rocks were shut out in this period and the score was 6-4 for Delta at the end of two periods.

Mitch McLaren scored at the 30 second mark of the third period to put the Rocks within a goal. On a two-man advantage, the Rocks tied the game at 6 on a goal by Jackson. Just two minutes after that goal, McLean bagged his second of the night and the Rocks had the lead back, 7 to 6. The Islanders kept coming back, getting a pair of goals of their own, to retake the lead at 8 to 7. The Rocks looked to be coming up empty on this trip when Karsen Leung set up McLaren who found the twine for his second in the last minute of the third.

In overtime, the Islanders scored their ninth goal at 2:25 on a power play, then the Rocks with their own power play marker at 6:56 tied the game on McLean's third goal of the game. The first overtime period ended with the score tied at 9-9. The second and final overtime period was ten minutes of running time, now sudden death. Neither team could find a tenth goal as both teams played tight defense. Robert McAllan in goal, Karsen Leung and all of the defensive crew played well throughout the overtime periods. A wild, tense finish with the final score ending up 9 - 9!

Contributions to this article made by Frank Greenlay.

Meet the Players

Robert McAllan



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

I have two memorable moments from last year. The first, and funniest, is we were playing New West and Robbie was in net and we were down a couple goals so I was told to go in. While doing so, I started to head to my helmet that was on the other side of the bench and I fell down the stairs. It might have given us good luck because we ended up winning that game. The second is playing Coquitlam in the Bear and it was the first period and we were up 5 goals with about 5 minutes left, I had saved a shot and was going for a fast break to Sean when I accidentally scored on myself!

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

This year I am aiming to win the provincials and be the number one goalie in the league.

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

My minor lacrosse was played for Cowichan Valley Thunder where I started in peewee as a player and two practices in I decided to try the pads on for goalie. After that practice, I was playing for the A team and my biggest influences were Tanya Vandendugen for my first two years and then after that, Kenny Passfield helped me from second year Bantam until I reached the Shammys.

Tell us about your past accomplishments in the sport.

The most recent is being drafted by Victoria Junior A in the second round, second was making the Intermediate Shamrocks, beating out one of their seniors from the year before and last was making the B.C. summer games team in 2006.

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

No, not really but only because I didn't follow the league that much. I just went out and played the game the way I was told to.

As a goalie, what are the biggest or most unique challenges you face?

Being the number one goalie and staying there, and being consistent.

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

I am going to pursue lacrosse to the furthest point I can make it to.

What about school and/or career goals?

I hope to get into a sport psychology program. If that doesn't work out, then I will pursue a trade that involves both working outside and team work.

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

First of all, I would never be a script writer but if I had to, it would be for the goalie to stop a breakaway in overtime and throw the ball down the floor to score in an empty net.

Scott Bannister



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

Yes, I believe so. We had a lot of good lacrosse players trying out for the team this year. Our final roster is as strong as can be. We had to let a bunch of solid players go at the same time but that's the way it goes when you're fighting with numbers. Overall, the tryouts were intense and solid. I feel good about our team!

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

Hopefully this season as a team, we can improve our record from last season (14-4). Being able to win all the season's series and having a solid record at home. Personally, having a good Goals Against Average and Save Percentage is critical, as well as having a respectable amount of assists.

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

I played minor for the Peninsula Warriors. The biggest influences were Bob Brown, Mike Laurner, Scott Browning and my father Rob Bannister. In terms of players, Steve Higgs was a big influence. He helped me become a better goaltender.

Tell us about your past accomplishments in the sport.

In 2002, our PeeWee A2 team won the gold at provincials, in 2003, our Midget A1 team won gold at provincials, and in 2006, I was part of the BC Summer Games zone 6 team, who won the gold medal.

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

Well I always looked up to pro players like Dallas Eliuk, Dwight Maetche, and Victoria goaltenders such as Aaron Bold and Bob Hayes. However, I also looked up to a few minor players I played with like Steve Higgs, Cory Conway and the Morwick brothers.

As a goalie, what are the biggest or most unique challenges you face?

Consistently adjusting to new gear and equipment. Trying to keep pace with the improving players and new sticks, which are lighter than ever, which makes it easier as a forward to fake and shoot accurately and harder for a goaltender to stop.

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

I am hoping to further my career and success by playing Junior A lacrosse in the next couple of years, followed by WLA and/or NLL.

What about school and/or career goals?

At the present time, I am working at the Peninsula Co-op gas station, saving up money, so that within the next couple of years I will be able to attend college/university.

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

Winning the championship. No matter what level you are playing, that should be the ultimate goal. This year it's time for the Intermediate A Shamrocks to win the Intermediate title, once again.

Alumni Corner

Chris McKay



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

The team was known as the Mansell Bobcats and it was the first time that many of us current Shamrocks first started to play with each other after opposing each other all through minor. There was a strong contingent of Saanich players and then some JDF, PEN, and Nanaimo kids sprinkled in. We were a strong team for two years but did not win a championship.

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

This was the beginning of our weekly journeys to the mainland in search of competition as opposed to just playing in year end tournaments. I believe that a bond was created by our numerous ferry trips over the next decade as our core group of players got to know each other inside and out.

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

I am currently playing with the Victoria Shamrocks of the WLA and just finished an NLL season with the Edmonton Rush after being dispersed from the Arizona Sting who went dark for the year (and maybe more).

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

Again, as I remember the beginning of my career in Intermediate, I recall lots of travel and learning to play out of your comfort zone, on the road, and at a moments notice due to any sort of inconvenience. This lesson continues to be learnt through Jr. and Sr. lax and is very helpful when transitioning to the NLL and the sometimes ridiculous travel schedule that you are forced to endure.

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

Diversify your game! The league is becoming too good and the athletes are training too hard to be a one dimensional player. Challenge yourself to be able to play both ends of the floor no matter the situation and never be considered a liability in the game. O guys that score three, and three a game are great, but O guys that get three to six points a game, pick up 10 loose balls, and hustle back on D to stop fast break opportunities are invaluable.

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

I have been very fortunate to play for two Mann Cup Championship teams in two very different roles. The first championship team in 2003 I was a secondary supportive type player fighting tooth and nail to be in a veteran savvy line-up every night. The team was loaded with the "who's who" of the NLL and I learned a lot from being quiet and watching different players prepare each night. The second championship team was our generation of athletes and all of my friends who I had grown up playing the sport with. We all knew what was needed and how to go about doing it and it was fun to win without the major superstar brand (although there were still some very good players on the squad).

What are your future goals in the sport?

In the pro league, obviously I would love to capture an NLL Championship. I have played in the championship twice and unfortunately come out on the wrong end. That is a major goal of mine and one I hope to accomplish before my playing days in that league are over. Closer to home, I just enjoy playing in front of family and friends and continuing to grow the sport while working with the future up and comers at various camps, clinics, and lacrosse programs. I really enjoy the coaching aspect and hope some day to give back to the sport I love so much.

What are you doing these days outside of lacrosse?

I have recently started my employment with the Saanich Fire Department and am really enjoying my job. On my time off I am helping run the Claremont Sports Institute Lacrosse program with Shammies Alum Darren Reisig. Other than that, I am still enjoying my time training and time spent outdoors.

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

Thank you and I want to wish the Baby Rocks all the best with their upcoming season and lacrosse years beyond that.

Cheers, Chris McKay

**Next Home Game Tuesday, May 20,
7:00 PM versus Nanaimo**

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game articles and statistics, please visit
www.babyrocks.net**