



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #3

May 14, 2008



Coaches Corner

Last season, the Canadian lacrosse Association banned the use of 'offense/defense' in minor lacrosse. 'Offense/defense' is a term given to a system whereby lacrosse players are playing either offense only, or defense only. This rule begins to deal with the larger issue of players specializing in only one facet of the game.

At all levels of lacrosse, players should be developing all aspects of their game: offense, defense, loose balls, face-offs, special teams, etc. When you graduate from minor lacrosse into the senior divisions, you do not want to be seen as a one-dimensional player. In senior lacrosse, coaches may begin to get players to focus on the stronger aspects of their game. You will certainly be rewarded for developing all parts of your game. "The more you can do – the more you will play"

The professional National Lacrosse League recently expressed its full support for the banning of 'offense/defense' in minor lacrosse. One of the main attractions of lacrosse is that it is a fast-paced, high tempo, running game. Creating transition – up and down the floor – creates excitement in lacrosse. The NLL, and the lacrosse community, recognizes the need to develop both individual skills and team systems that will create and maintain this exciting aspect of our sport.

If you are a lacrosse player who aspires to some day play at the Senior 'A' or NLL level, it is important to remember that an NLL team may only dress 16 players (+ 2 goalies) for each game. Roster spots are hard to earn. If all you can do is be a right-handed shooter, then there are likely only a couple of spots on the team available to you. If, however, you are also solid at loose balls, can run transition, play good defense, and work face-offs, then there is a greater chance that you will be in the game day line-up.

As you develop in the senior divisions, coaches will show you many different systems and opportunities to develop your whole game. Learn them.

Become the complete Player!

Ron McQuarrie, Assistant Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

With no home game this past weekend, the Baby Rocks traveled to the South Surrey Recreation Centre on Sunday where they

defeated the hometown South Fraser Stickmen. The visiting team scored first and often. The Shamrocks scored at even strength, short-handed, and on the power play for a comprehensive 13 to 5 win. The win extended the Rocks' unbeaten streak to 5 games for a solid start to the season with a record of four wins, no losses and one tie.

The Rocks got first period goals from Casey Jackson on a power play at 5:39, assisted by Mitch McLaren and Brandon McLean; Blair Pinnock tallied unassisted at 7:51; McLean found the twine unassisted at 9:07; Mitch Bancroft found a hole assisted by Shea Wakefield at 10:11, and then Jackson bagged his second of the night at 18:42, unassisted. South Fraser scored twice in the first period, one of those goals coming on the power play. The score at the end of one period was 5 to 2 in favour of the Rocks.

In the second period, the Rocks picked up where they left off in the first. Jackson got his hat trick goal short-handed at 4:05, with helpers credited to Karsen Leung and Jordan Wong. That was followed by an even strength goal from Bancroft at 9:01, unassisted. South Fraser got a goal back at 13:12, before the Rocks closed out the middle frame with the fourth from Jackson on a power play at 17:49, assisted by Wong and McLean. The second period ended with the Rocks holding a dominant 8 to 3 lead.

South Fraser started fast in the final stanza, scoring the first goal of the period at 1:27, signaling that they did not want to go quietly. That goal, however, seemed to spur the visitors and the Rocks went on a five-goal run: Wakefield from Kyle Hofer at 1:55; Jason Gregg short-handed at 4:12, assisted by Wong and Jackson; Jackson with his fifth goal on a power play at 6:28 from Steve Higgs and Hofer; Jackson with his sixth goal set up by Wong at 9:54; and the last goal for the Rocks coming from the stick of Higgs, with assists from Wong and Leung at 10:36.

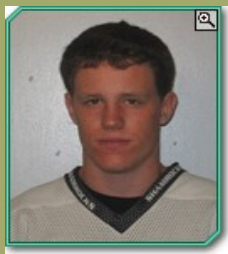
South Fraser did get the last goal of the game at 19:17 but the game was clearly in the books by then. The final score was a convincing 13 to 5 win for the visitors from Vancouver Island. The Baby Rocks sailed home to the island holding a league leading 4 - 0 - 1 record.

With the Victoria Day Holiday long weekend upon us this coming weekend, there is no home game again this Saturday. **Next home game for the Baby Rocks is a match with the Nanaimo Timbermen at Bear Mountain on May 20th, at 7 PM.** These two teams have a fierce rivalry at all levels of lacrosse as island pride will be at stake. It promises to be an exciting game and the Intermediate Shamrocks hope to see you there!

Article written by Frank Greenlay.

Meet the Players

Brandon McLean



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

Even though we fell short I enjoyed the gold medal game against New West last year the most.

What do you hope to achieve with the Baby Rocks this season? Do you have a specific goal?

I would like to win a gold medal this year and redeem ourselves from last year's defeat in the provincial final.

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

I played for the Saanich Tigers. My biggest influences would have to be my coaches who have developed my game from day one.

Tell us about your past accomplishments in the sport.

I would say that the following are the ones that stand out for me:

- BC Summer Games Champions
- 2007 All Star Team of the Intermediate "A" league
- MVP of BC High School Lacrosse 2007, 2008

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

There was never one player in particular but as I watched others play I would pick up on little things I appreciated from their game and would try and build that into my own game.

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

Next year I will be attending Ohio State University and competing on their field lacrosse team. I also hope to continue my lacrosse aspirations by possibly playing professionally one day.

What about school and/or career goals?

I will be taking an engineering program during university and plan to pursue a career in engineering.

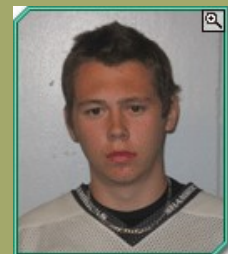
If you were a script writer, what would the perfect ending to a lacrosse movie be?

That is a hard one but if lacrosse ever goes the way of hockey or soccer, I think a great finish to a championship game would be to score the winning goal in a shoot out win!

Thank you for sharing your thoughts with us today.

Thank you, it has been fun doing this.

Bruce Mackie



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

From last year I would have to say my most memorable moment with the Baby Rocks would be winning the league. It's still hard to say provincials were "memorable", as with so much hard work and effort, we fell short only receiving silver in the province.

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

This year, with an incredible group of players, and a strong nucleus of returning players, I'm hoping to improve on our regular season record, and take the title at provincials.

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

I played my minor lacrosse career with the Cowichan Valley Thunder and my biggest influence would have to be Danny Green. He was a family friend and had mentioned that lacrosse would be a great sport to help complement playing high-level soccer over the winter. I'd also like to mention Brian Spaven who, in my Bantam year, brought intensity into the Valley from different organizations and he helped develop my lacrosse skills and ambitions.

Tell us about your past accomplishments in the sport.

Like most of the players on the team, the most memorable accomplishment would have to be the 2006 BC Summer Games. We were the first team to beat Zone 3 (Coq, Poco, Langley, Maple Ridge) in the Summer Games history. As well, winning the island championships in Bantam (against Saanich), and being one of only a handful of players to play on the Cowichan Valley's first ever A1 team.

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

I've never really looked up to anyone in particular but have always looked up to fast, hardworking players who can play both ends of the floor.

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

After this Intermediate season, and with school permitting, I would like to continue playing on into the Jr. A level and hopefully go on to play in the WLA.

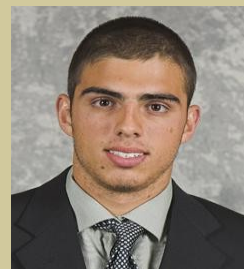
What about school and/or career goals?

Next year I'm going to the University of Victoria and am enrolled in the Faculty of Social Sciences. I am looking to pursue a career in Business and Economics.

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

No contest, the movie would end with the "good" team scoring the winning goal with 0:01 left on the clock to win the championship.

Alumni Corner



Michael Pires

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

I was fortunate enough to play for two great Intermediate Shamrocks teams in 2005 and 2006. I was also lucky to have two outstanding coaches, Tyson Leies and current coach Scott Browning. In 2005 we came from behind to beat Coquitlam in the Provincial Finals and in 2006 we won the regular season and beat Nanaimo to win the Bronze. I played with so many good players during my time with the Baby Rocks, but guys like Cory Conway, Cayle Ratcliff, Matt Flindell and Matt Yager really stick out for me.

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

Coming back from an 8-6 deficit with less than 5 minutes to go in the Provincial Championship game to beat Coquitlam in 2005 was an amazing thing to be a part of. The team never quit and showed a lot of heart against a great Adanac team. I will never forget that game.

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

Currently I play for the Ohio State Buckeyes in the winter and for the Victoria Jr. Shamrocks in the summer.

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

Personally, the Intermediate Shamrocks was very important for me to get better as a player. I think that it is a great league to adjust to playing with bigger, faster and stronger guys. The Baby Rocks have produced some great players over the years and they will continue to do so.

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

Don't put down your stick. It is very easy to finish your lacrosse season and throw your stick in the back on your garage for the winter and then try to pick it up again the next year. Stick skills are something that are essential to have at the next level, whether it be at the offensive or defensive end of the floor. Even if it's just throwing the ball against the wall a couple times a week, having a stick in your hands all year round is key.

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

In 2003 we knew that we had a good Midget team, maybe good enough to compete for an A2 Provincial Title. We soon realized that we were for real and found ourselves in the Midget A1 Provincials. We snuck into the semi-finals finishing 4th in the round robin and had Poco in front of us. We took them down in the semis and faced the heavily favoured Coquitlam Adanacs in the finals. They were the only team we hadn't beaten all year and they were considered to be unbeatable. Down 3-0 in the first, we clawed back for the upset and proved that small associations could compete at the highest level.

What are your future goals in the sport?

My goals are to keep improving my game and hopefully be fortunate enough to be drafted into the WLA and NLL. This season, I would like to win a Minto Cup with the Jr. Rocks and at Ohio State we are currently preparing to play Duke in the NCAA Quarterfinals, so hopefully we'll have the opportunity to play in the Final Four.

What are you doing these days outside of lacrosse?

I am currently attending The Ohio State University and during the summer I will be working at the Panorama Recreation Centre leading summer camps.

Thank you for taking the time to share your thoughts with us and good luck against Duke this weekend.

Thank you and good luck with the rest of the season. Bring home the Gold!

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

**To receive future editions of this newsletter, see more
game articles and statistics, please visit
www.babyrocks.net**