



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #4

May 21, 2008



Coaches Corner

This week's report comes in the middle of a busy week for the Baby Rocks with three games in six days. Following this weekend, we don't play for almost two weeks then our schedule gets very busy through the middle of July, at which point the playoffs will commence.

Our week got off to a great start with a very convincing win against a young Nanaimo Timbermen team on Tuesday night. The next two games, this weekend, will be much different as we meet two teams who have been at or near the top of the standings year in and year out.

This Saturday at 1:30 PM, we host the Coquitlam Adanacs at Bear Mountain Arena. Games between Victoria and Coquitlam are always fierce battles and this game will be no different. In the previous match-up between these two teams we were fortunate to get a come from behind, one goal victory. That game was played in Coquitlam during the first weekend of the season and both teams have gone undefeated since then. Saturday's game will have a huge impact on determining who will be the regular season champion and the seeding for the playoffs.

To complete this busy week, we travel to Port Coquitlam on Sunday for our first meeting of the year against the Saints. Poco is always a strong team and, while their record so far this season doesn't show it, they will be tough to beat in their home arena.

Undoubtedly, this promises to be an exciting and important weekend for the Baby Rocks. We hope to see you out at Bear Mountain on Saturday; you will be entertained by two great teams going full out for sixty minutes!

Yours in lacrosse,

Scott Browning,

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Game Recap

After a weekend off for the Victoria Day holiday, the Baby Rocks hosted the Nanaimo Timbermen on a rare Tuesday night game at Bear Mountain Arena. Island pride was on the line as the Shamrocks and Timbermen have a long and fierce rivalry in every division.

The Baby Rocks were warned not to look past the Timbermen to this weekend's games and, in the process, drop a game to their island rivals. Their determination to establish the flow of the game came early and the Shamrocks jumped to a quick lead and never looked back. They dominated every facet of the match and sailed to a fairly easy victory.

In the first period, both teams were held off the scoreboard for the first five minutes until Mitch Bancroft found the twine at 14:27 on an assist from Karsen Leung, his first of four assists on the night. Two quick goals from the sticks of Brandon McLean and Leung put the Rocks up by 3 with only 7 minutes played in the period. Three straight goals from Casey Jackson, the last one on a power play with only 54 seconds left in the period, gave the Baby Rocks a 6-0 lead heading into the dressing room.

Nanaimo found the net first in the second period on a goal by C. Borthwick but the onslaught continued as Victoria outscored the Timbermen 9-2 in the middle frame. Blair Pinnock had an incredible period scoring four goals while line-mate Casey Jackson added two and assisted on three others. Steve Higgs found the net twice within an astonishing 11 seconds and Leung, with his second of the game, rounded out the second period scoring.

The third period saw a number of penalties called against both teams likely influenced, in part, by the one-sided score. With the special teams logging a large number of minutes, the final frame had less scoring than the first two, with the home team holding a 4-0 advantage. Jackson potted his sixth of the night and set up Pinnock for his fifth goal. Singles were added by Jason Gregg and Jordan Wong. Shea Wakefield had three assists on the night while Scott Bannister added an assist and turned back 32 stops in goal.

The final score ended up 19-2 for the hometown Rocks. Obviously not the result that Nanaimo had hoped for and they will be determined to make big improvements before these two teams meet again. For the Baby Rocks, they demonstrated the mental focus that will be needed to win the regular season; too often teams will take a team too lightly and the result can be an unnecessary loss to a team that, on paper, they should be able to handle fairly readily.

Meet the Players

Steve Axford



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

I was very happy to make the team and know that it will help to improve my lacrosse play.

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

I hope to get on the scoreboard more as the season progresses.

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

I played minor lacrosse with Juan De Fuca. My novice coach, Mike Penner, really helped me love the game and last year's coach, Brian Spaven, taught me a lot.

Tell us about your past accomplishments in the sport.

My Pee Wee team won the bronze medal at provincials and in Bantam we won the islands and last year, in Midget, we won the Matt Underwood and Wooster tournaments.

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

If I had to pick one player, I would have to say Lewis Ratcliff because of his scoring ability

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

I would like to play with the Junior Shamrocks and then see where that might lead to.

What about school and/or career goals?

My plans are to attend university where I hope to take training in a Kinesiology Program with a career goal of becoming a personal trainer.

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

It would be the last seconds of the final game of the season with a great give and go goal to win the game.

Thank you for sharing your thoughts with us today.

It was a pleasure to help.

Jordan Wong



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

I would have to say the most memorable experience from last year was going to the provincials in Coquitlam, even though we did not capture the gold medal.

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

I hope to have a very successful season, winning the league and also the provincial title.

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

I played my minor lacrosse with the Saanich Tigers and I would have to say that my biggest lacrosse influence was Dave Bremner.

Tell us about your past accomplishments in the sport.

I have had many accomplishments; the one that I am most proud of is winning the BC Summer Games.

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

I did not have one particular player who I looked up to, but instead I tried to emulate various skills from several players and I tried to incorporate these skills into my own game.

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

Next year I will be going to Bellarmine University in Louisville, Kentucky to play Division I lacrosse.

What about school and/or career goals?

While playing lacrosse at Bellarmine University, I plan to major in Business.

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

The perfect ending would have to be winning a championship game in overtime after battling through adversity.

Thank you for sharing your thoughts with us today.

Thank you, it has been fun doing this.

Alumni Corner

Jordan Sundher



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

When I played Intermediate A we were called the Mansell Bobcats (1995 and 1996). Even though we went by our sponsors name, we were still under the Shamrock's umbrella. We practiced at JDF arena but we played most of our home games at the Panorama Arena in Sidney. My first season I had Murray Muralt as my coach and my second season I had Brian Spaven. We never won the provincials in those two years but it was still a very enjoyable time.

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

My most memorable experience was just making the Intermediate A team. I was the only player to make it from my Peninsula Midget A team and I felt it was quite the accomplishment. It set me on the path to the WLA and then the NLL.

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

I play with the Victoria Shamrocks. I am not currently playing in the NLL.

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

Playing Intermediate A introduced me to a much higher, more intense level of lacrosse. Not only was the lacrosse more intense but so was the travel. Traveling to Vancouver every other weekend helped prepare me for the travel schedule in the WLA and eventually the NLL. Balancing your life, a job and playing at an elite level are obstacles every NLL and WLA player face daily.

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

Do not get focused on one aspect of your game. In order to play in the NLL you have to have a good overall game. There is no room for one dimensional players at the elite level. If you are an offensive player continue to work on your defensive play and vice versa.

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

Winning the Mann Cup in 2005 was my greatest accomplishment. I won my first Mann Cup in 2003 but I only played two of the five Mann Cup games and was basically still a rookie on an All-star caliber team. In 2005, I had an important role on the team and was a major contributor to our success. As well, I had grown up playing lacrosse with more then half the guys on that team and it was the pinnacle of all our lacrosse careers. We started on the journey to the 2005 Mann Cup back when we first played Intermediate A for Victoria.

What are your future goals in the sport?

My immediate goals for lacrosse are to get the Victoria Shamrocks back on the winning track. Last season we had a brutal season and I am hoping to change that this year. After having unparalleled success in my first 7 seasons with the Shamrocks, last year was a shock and we are all hoping to change our luck from last year.

What are you doing these days outside of lacrosse?

I work for the City of Victoria as a Civil Engineering Technologist.

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

Thank you and good luck with your season.

**Next Home Game Saturday, May
24, 1:30 PM versus Coquitlam**

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