



# VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #8

June 19, 2008



## Coaches Corner

Serious, high performance athletes must develop good time management skills in order to balance their school, family, work and social life with the significant training and competition demands related to their sport. This holds

very true for the Intermediate Shamrock players given that our game schedule is predominantly weekend based combined with twice-a-week training sessions. During the month of June, this becomes particularly important as all of our players are writing provincial examinations and a high percentage of them are experiencing high school graduation.

As Coaches, it is critical that we recognize these other demands, and the importance of moderating the training schedule and intensity, to help the players achieve a good balance. We also need to look at the length of the season, and make sure that we do not over-train too early, at the risk of burning players out. This sounds reasonable in theory but it is not easy to do. Coaches have to fight the temptation to add a practice to introduce a certain play or to improve the special teams. I think we have gotten better each year at managing this, and have been able to give our players a couple of weekends off this year. We have also eliminated some practice dates when coming off of a heavy game schedule, such as the 5 games in 9 days that we just finished up last Sunday!

New Westminster, Coquitlam, Delta and Victoria continue to sit atop the league standings and, as a result, this coming weekend is very important. We host New Westminster on Saturday and they will be looking for revenge after our 12 – 6 win a couple of weeks ago. Things will be similar against Coquitlam on Sunday; we have won both games against them so far and the Adanacs will be determined to avoid a sweep.

I hope you are enjoying the lacrosse season. Please join us on Saturday, 1:30 at Bear Mountain where we tackle the reigning provincial champion New Westminster Salmonbellies.

Yours in lacrosse,

Scott Browning,

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

## Weekend Recap

On Saturday, the Babyrocks hosted the Burnaby Lakers for the second time this season. The Rocks started off with a bang when Jordan Wong scored at 21 seconds. The scoring for both teams went quiet after that until, with 2:34 left in the period,

Shea Wakefield scored from Mitch McLaren. The Bayrocks scored two goals in the last minute of the first period from the sticks of McLaren and Steve Axford. The Lakers were held off of the score-sheet and no penalties were called against either team.

The quiet penalty front lasted only 27 seconds into the second period when the Babyrocks took their first of six penalties in the period; Burnaby would stay out of the box until the third period. Despite all of the power-plays, Burnaby still had trouble scoring and buried only one even strength goal in the second. The Babyrocks added four more on the period, two of them shorthanded from the sticks of Karsen Leung and Kyle Hofer, with the other two from Wong and Axford. The Babyrocks were up 8-1 after two periods.

The third period saw another five penalties assessed to the Babyrocks but the Lakers managed only one more goal on Scott Bannister, at 9:31. Bannister made numerous big stops on the day. Goals for the Babyrocks in the third came from Hofer, two power play goals from McLaren and Casey Jackson, Mitch Meilleur on a shorthanded goal and Mitch Bancroft from Bannister. Jackson rounded out the scoring with just over one minute to play from Leung. The final score was 14-2 for the Babyrocks.

On Sunday, the Babyrocks traveled to the North Surrey Rec Centre to meet the South Fraser Stickmen. South Fraser was fast out of the gate scoring the first goal of the game at the 54 second mark. The teams played scoreless lacrosse until the Rocks tied the game at 14:13 on a marker from Karsen Leung assisted by Jordan Wong. The teams went to the dressing room tied 1-1.

In the second period, the Stickmen started fast again scoring at 6:46 and 9:49, to claim a 3 to 1 lead. That seemed to wake the Rocks up, with the visitors going on a four-goal run before the period was over. Victoria goals came from Steve Higgs, Leung with his second short-handed goal, Casey Jackson also short-handed, and the second goal from Higgs at 17:32. The second period ended with the Rocks holding a two-goal lead: 5 to 3.

The early part of the third period featured a number of penalties which forced the teams to play four aside. Wong found the range at 8:23 for the Rocks but South Fraser responded to draw back to within two goals. The Rocks were not done though, scoring the third goal with the teams at four aside with McLaren putting Victoria up 7 to 4. Victoria scored again at 12:16 to ice the game, as McLaren got his second goal with Wong racking up another assist. The final score was 8 to 4 for the Babyrocks. South Fraser outshot the Rocks 48 to 40 but Robert (Robo) McAllan had another strong game in goal for Victoria.

Article by Deb Anderson (Saturday) and Frank Greenlay (Sunday)

## Meet the Players

### Asahel Beaudet



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

Coming into the training camp and the early season I have been quite nervous but as things have settled down I have become more comfortable with my role on the team.

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

I am hoping to improve my defensive and physical game this year and the coaching staff have been very accommodating and helpful in their teaching methods. I feel like I am learning what it takes to improve my game.

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

I played my minor lacrosse with the Victoria Esquimalt Eagles and the Saanich Tigers. With my biggest influences coming from Claremont Secondary School as both Darren Reisig and Chris McKay helped me grow into and appreciate the game.

*Tell us about your past accomplishments in the sport.*

I have been fortunate enough to win two consecutive BC High School field championships, the Island Banner with the Saanich Tigers in Midget and with The Esquimalt Eagles in Bantam.

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

Growing up I always tried to be a few players. I always wanted to be Darcy Berthiaume and Tom Marachek out the front gate. Chris McKay out the back gate and Darren Reisig in the middle.

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

Hopefully I will be able to continue into junior next year and I hope to always be able to play Lacrosse.

*What about school and/or career goals?*

I plan on attending U-Vic next year to pursue a degree in Biology

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

It would have to be a tie game at the end because, like we have all heard a thousand times, if Lacrosse was played perfectly the score would be zero- zero.

### Kyle Hofer



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

It would have to be winning the league last year.

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

I would really like to win the gold medal this year at the Provincials.

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

I played for JDF and my biggest influence would have to be Ken Alexander.

*Tell us about your past accomplishments in the sport.*

Won the Summer Games as part of the Island Team in 2006.

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

Ryan Ward, just because he is a hard working and smart player who can put the ball in the net.

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

I would like to play NCAA lacrosse, then one day play in the NLL and MLL.

*What about school and/or career goals?*

My career goal is to make lots of money!

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

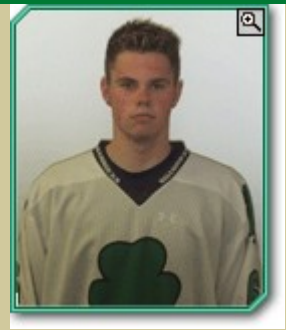
Blowing out the other team in the finals!

*Thank you for sharing your thoughts with us today.*

Thank you, it has been fun doing this.

## Alumni Corner

### Lucas MacNeil



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

My first year was my all time favorite year of lacrosse. As a team, we gelled unbelievably and were the perfect definition of a team. We had no individuals; rather we were a solid group. Going into the BC's at Memorial Arena, we knew we could win and that's exactly what we did. We were the last team to ever win a championship in the old Memorial Arena. Aaron Bold won Provincial MVP and I shared the scoring title with Illia Gajic from Burnaby. Winning the BC's in my first year was an unbelievable feeling because we did it as a group with the majority of us growing up together since mini-tyke. Tyson did a remarkable job of getting the right guys for solid team chemistry.

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

Winning the BC's in Memorial Arena with a group of guys who I had grown up playing lacrosse with.

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

Currently I am going to school at UVic so I don't play in the winter and I play for the Sr. Shamrocks in the Summer.

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

Overall I would say yes. It helped me develop another part of my lacrosse game other than scoring. Being able to play in a two man game on offence instead of just going 1 on 1.

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

Be committed and make the right decisions. Work hard on and off the floor and be prepared for the season coming up.

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

Winning the scoring title in my first year stands out a bit. Being the younger guy on the team, I did not expect to achieve such an accomplishment. Most of all, winning the BC's stands out.

*What are your future goals in the sport?*

Eventually, I would like to play in the NLL when I am done school and to play for as long as I can.

*What are you doing these days outside of lacrosse?*

I am in my last year of school at UVic and then I will start teaching at the high school level.

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

My pleasure, good luck with the season

**Next Home Game Saturday, June  
21, 1:30 PM versus New West**

**To see more game articles, statistics, and team updates  
please visit [www.babyrocks.net](http://www.babyrocks.net)**