



SIMON FRASER UNIVERSITY

PRESS RELEASE

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By William Howard, *SFU Lacrosse Media Relations*
Simon Fraser University Men's Lacrosse

Simon Fraser Announces Fall Schedule

BURNABY, BC (October 13, 2009) – Simon Fraser men's lacrosse Co-Head Coaches Jeff Cathrea and Brent Hoskins (6th season) have announced that the Clan will play a handful of scrimmages over the next two weeks to close out the fall portion of the team's 2009-2010 schedule.

Simon Fraser will travel to Utah this weekend for a trio of regulation length scrimmages versus RMLC opponents. On Friday, October 16 the Clan will take on Utah in Salt Lake City. The scrimmage will take place at The University of Utah with face-off scheduled for 4:00pm MST. Fraser will then make the trip to Provo on Saturday, October 17 for a 3:00pm MST scrimmage against Brigham Young at the BYU North University Fields. SFU will conclude its trip on Sunday, October 18 versus Westminster College (MCLA Div. II) in an 11:00am MST face-off at Westminster's Dumke Field.

The Clan will then wrap-up their fall schedule the following weekend on Sunday, October 25 in Bellingham, Washington. Fraser will play a total of three scrimmages versus regional PNCLL Div. II opponents, Central Washington, Pacific Lutheran and host Western Washington. Games will run from 11:00am-4:00pm PST at WWU's Wade King Recreation Centre. Each exhibition will consist of two 20 minute halves with a running clock.

Simon Fraser posted a 14-1 record last season en route to winning their second straight PNCLL Conference Title. The Clan garnered the No. 6 seed in the MCLA National Championships before falling in overtime to Chapman in the MCLA quarterfinals.

The Clan will continue team strength and conditioning workouts through the month of November before resuming their pre-season practice schedule in January 2010.

SIMON FRASER MEN'S LACROSSE 2009 FALL SCHEDULE

Oct. 17 - @ Utah ^ – 4:00pm MST
Oct. 18 - @ Brigham Young ^ – 3:00pm MST
Oct. 19 - @ Westminster College (MCLA Div. II) ^ – 11:00am MST
Oct. 25 – vs. Pacific Lutheran (@ Western Washington) # – 11:50am PST
Oct. 25 – vs. Central Washington (@ Western Washington) # - 12:40pm PST
Oct. 25 – @ Western Washington # - 3:10pm PST

^ Regulation length scrimmage
20 minute running halves



ABOUT SIMON FRASER MEN'S LACROSSE

Simon Fraser University men's lacrosse is in its 15th season and competes in the Men's Collegiate Lacrosse Association (MCLA). During the 2010 season, 2008 & 2009 PNCLL Coaches of the Year, Jeff Cathrea & Brent Hoskins (6th season), look to lead the Clan into the Pacific Northwest Collegiate Lacrosse League (PNCLL) Final Four Conference Championships for the 13th time in team history. The team has captured eight Conference Titles (1997, 1998, 1999, 2000, 2001, 2003, 2008 and 2009) and has earned nine National Championship appearances, placing 2nd in 1999 and most recently reaching the 2008 and 2009 Quarterfinals. The Clan are proudly sponsored by Harrow Sports and Riddell Helmets.

For further information on Simon Fraser men's lacrosse please visit www.sfulacrosse.com or follow the Clan on Twitter at <http://twitter.com/fraserlacrosse>.

CONTACT: Co-Head Coach, Brent Hoskins +1 (604) 836-7748, bhoskins@alumni.sfu.ca

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