



SIMON FRASER UNIVERSITY

PRESS RELEASE

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Simon Fraser names Captains for 2010 Season



#8 Adam Foss



#13 Aidan Inglis



#85 Kevin Riley



#9 Russel Thomas

FOR IMMEDIATE RELEASE

By William Howard, *SFU Lacrosse Media Relations*

Simon Fraser University Men's Lacrosse

(Photographer: Scott Weighton)

BURNABY, BC (February 3, 2010) Simon Fraser men's lacrosse co-head coaches Jeff Cathrea and Brent Hoskins (6th season) have announced that four players have been selected to serve as team captains for the upcoming 2010 season. Senior attack Adam Foss (Cochrane, AB / Cochrane High School), senior midfielders Kevin Riley (Coquitlam, BC / Gleneagle Secondary) and Russel Thomas (NanOOSE Bay, BC / Ballenas Secondary) and senior defensemen Aidan Inglis (Edmonton, AB / Ross Sheppard High School) were selected in a vote by their teammates. The four seniors will lead a team that posted a 14-1 record in 2009, winning the PNCLL Conference Championship and advancing to the MCLA Quarterfinals for the second consecutive season.

"While these four players help to make up an experienced senior class, we still have a number of freshmen and sophomores who will be asked to play important roles for us in 2010" noted Hoskins. "With a number of younger players expected to contribute, the leadership of our four captains will be critical to the continued growth and success of our team this year."

"We are very proud of the four young men who will serve as our team captains" added Cathrea. "Each possesses an outstanding work ethic, which we hope will continue to raise the bar for Clan lacrosse in 2010."

Foss returns to the attack for his final year after serving as a team captain in both 2008 and 2009. He finished 6th in the nation in points-per-game (5.27 ppg) last season, finishing the year with 37 goals and 42 assists to earn All-America 2nd team recognition. Foss was also named to the PNCLL All-Conference 1st Team and was a MCLA Scholar Athlete for the second straight season.

2009 will be Inglis' first season as a team captain. Over the past three years, Inglis has provided valuable depth to the Fraser defense, where he has also spent time as a defensive midfield and face-off specialist. Inglis' work ethic and commitment have earned him the respect of his teammates, while becoming an on and off field leader for the Clan.

Riley will also serve as team captain for the first time this season after having a breakout year offensively for SFU in 2009. Riley finished fifth in team scoring with 20 goals and 15 assists for 35 points and was named a PNCLL All-Conference Honorable Mention last season.

This will be Thomas' second season as a team captain after being named to both the PNCLL All-Conference 1st Team and MCLA 1st Team All-America in 2008 and 2009. Thomas finished third in team scoring last year with 34 goals and 15 assists for 49 points.

Since Cathrea and Hoskins took over as co-head coaches at Simon Fraser in 2005, the Clan have posted a 57-15 (.792) record. Fraser officially kicks off the 2010 season on February 6 versus regional PNCLL Division II opponent Western Washington in Burnaby, BC.



(L-R) SFU Co-Head Coach Brent Hoskins, SFU 2010 Captains Aidan Inglis, Kevin Riley, Adam Foss, Russel Thomas, SFU Co-Head Coach Jeff Cathrea

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 and 2009 PNCLL Coaches of the Year, Jeff Cathrea and 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 MCLA 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>.

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