



SIMON FRASER UNIVERSITY

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No. 9 Simon Fraser End of Regular Season Report

FOR IMMEDIATE RELEASE

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

BURNABY, BC (April 29, 2010) - In their sixth season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, the No. 9 Simon Fraser University men's lacrosse team (est. 1996) enters the PNCLL Conference Championships as the top seed, aiming to hoist the Clan's 9th PNCLL Conference Championship and qualify for the MCLA's National Championship Tournament for the tenth time in program history. Fraser finished the 2010 regular season with a PNCLL conference record of 4-0 and an overall record of 7-6.

IN THE POLLS

Ranked No. 4 in the Prodigy MCLA Division 1 Preseason Top 25 Poll, Simon Fraser continues to be recognized as one of the nation's top college lacrosse programs.

Released by CollegeLAX.us, the Clan moved up one spot to No. 3 in the first poll (03/03/10) of the 2010 season with a win over regional PNCLL Division II opponent Western Washington (18-3). Fraser would then fall outside of the MCLA Top 10 for the first time since March 26, 2008 as consecutive road losses to current No. 2 Colorado State (12-6) and now No. 6 Colorado (17-7) would see the Clan drop to No. 13 (03/10/10). Fraser continued their slide to No. 22 (03/17/10) following the Clan's second out-of-conference trip of the season, losing to No. 1 Michigan (22-10) and current No. 10 Michigan State (12-9). After four games on the road, SFU returned home, where another loss to current No. 7 Brigham Young (15-9) would see the Clan slip one more spot to No. 23 (03/24/10).

No. 23 marked the lowest that Simon Fraser had been ranked since January 16, 2008 when the Clan were ranked No. 24 heading into the 2008 season. Sitting with a 1-5 record, SFU used an overtime win at home over current No. 13 Cal Poly (9-8) to rebound back to the No. 22 (03/31/10) spot. The Clan then travelled to Portland, Oregon for two neutral site contests where a close loss to No. 3 Chapman (11-8) and a convincing win over No. 4 Arizona State (14-7) would propel the Clan to No. 16 (04/07/10) in the polls.

After playing eight out-of-conference games to start the season, consecutive home wins over conference opponents Oregon State (21-7) and current No. 8 Oregon (13-11) would see the Clan climb to No. 12 (04/14/10) before two additional conference wins on the road over Montana (27-4) and Washington (18-9) moved SFU up to No. 11 (04/21/10).

Finishing the season on a 6-1 run, Simon Fraser re-entered the Top 10 at No. 9 in the final poll of the regular season (04/28/10). This is the third straight year that the Clan have finished the regular season ranked in the Top 10 after being ranked No. 5 in 2008 and No. 2 in 2009. A consistent Top 10 national contender from 1997-2003, Simon Fraser has ranked in the Top 25 every poll since the inception of the MCLA National Championship format in 1997.

VERSUS OPPONENTS

The Clan outscored their opponents 169-138 in 2010. The thirteen opponents that Simon Fraser faced this season combined to post an impressive record of 121-52 (.699) with SFU going 3-6 versus opponents ranked in the MCLA's Div. I Top 25.

STRENGTH OF SCHEDULE

Having played eight of the MCLA's Top 10 teams and 9 opponents ranked in the Top 15, Simon Fraser has played the second toughest schedule to date in the MCLA, according to Lax Power's Strength of Schedule (SOS) rankings with a rating of 82.89. Only No. 6 Colorado has played a tougher schedule than the Clan with a ranking of 83.23. No. 2 Colorado State (82.66), No. 3 Chapman (81.78) and No. 1 Michigan (81.69) round out Lax Powers Top 5 toughest schedules in the

nation. Only No. 1 Michigan has played as many Top 10 opponents as SFU in 2010 and no other team has played more opponents ranked in the Top 15.

BEWARE THE IDES OF MARCH

After opening the season on February 6 versus Western Washington (PNCLL Div. II), Simon Fraser would not play their first Division I opponent until a month later on March 5 as the Clan took a four week break from competition while Vancouver hosted the 2010 Winter Olympic Games. With a pro-longed pre-season, SFU would experience induction by fire to start the 2010 season as they played four consecutive road games over 10 days to start the month of March versus current No. 2 Colorado State (L 12-6), No. 6 Colorado (L 17-7), No. 1 Michigan (L 22-10) and No. 10 Michigan State (L 12-9). The Clan would then return home to face No. 7 Brigham Young (L 15-9) before registering their first win versus a Division I opponent on March 27 versus No. 13 Cal Poly (W 9-8 OT). In total, Fraser would post a 1-5 record in the month of March while falling from No. 3 to as low as No. 23 in the polls.

APRIL - FOOLS NO MORE

Sitting at 2-6, Simon Fraser' schedule did not get any easier as they kicked off the month of April with arguably the toughest weekend in the MCLA this season as they faced No. 3 Chapman (L 11-8) and No. 4 Arizona State (W 14-7) back-to-back in neutral site contests on April 3 and 4. The Clan would go 1-1 on the weekend, improving their overall record to 3-6 as they prepared for a stretch of four straight games versus PNCLL Conference opponents to end the season. Fraser's experience began to pay-off as SFU went 4-0 in divisional matchups, posting wins over Oregon State (W 21-7), No. 8 Oregon (W 13-11), Montana (W 27-4) and Washington (W 18-9) to claim the PNCLL's top seed. Posting a 5-1 record in the month of April, including five-straight wins to end the season, the Clan would climb from No. 22 all the way back up to No. 9.

DOWN THE ROSTER

Cathrea and Hoskins have relied on a combination of youth and experience in 2010 with a number of underclassmen playing a key role in turning around the Clan's season under the leadership of a veteran senior core. Fraser's 2010 roster features only twenty-two players to end the year with six seniors, five juniors, three sophomores and eight freshmen. Through thirteen games the Clan's starting line-up has consisted of two sophomores, four juniors and four seniors with all twenty-two players registering minutes.

HOME AND NATIVE LAND

Representing the highest level of collegiate field lacrosse north of the 49th Parallel, Simon Fraser continues to attract top recruits from across Canada and has begun to attract attention from throughout the United States with Cathrea and Hoskins attending top recruiting tournaments in British Columbia, California, Colorado, Florida, Manitoba, Maryland, North Carolina, Oregon and Washington in 2009. The Clan's 2010 roster features fifteen players from British Columbia, three from Alberta, two from Saskatchewan, one from Ontario and one from Texas.

THE OFFENSE

The SFU offense has averaged 13 goals per game in 2010, and 9.44 goals per game versus ranked opponents. Most notable over thirteen games has been the Clan's improvement in offensive production as they have gone from averaging 9.7 goals per game over seven games leading up to the end of March to 16.8 goals per game in their final six games of the regular season. Leading Fraser on offense has once again been the big four of Ben Towner (Port Coquitlam, BC / Terry Fox Secondary), Adam Foss (Cochrane, AB / Cochrane High School), Russel Thomas (Nanoose Bay, BC / Ballenas Secondary) and Chris Tessarolo (New Westminster, BC / New Westminster Secondary). Towner, a 2008 and 2009 1st Team All-American, leads all Clan players at attack with 60 points (38g, 22a); followed by fellow attack, and 2009 2nd Team All-American, Adam Foss with 50 points (26g, 24a). Thomas, also a two-time 1st Team All-American (2008, 2009), leads all Clan midfielders with 33 points (23g, 10a), while sophomore attack Tessarolo sits fourth in team scoring with 32 points (20g, 12a). Freshman Colton Dow (Coquitlam, BC / Heritage Woods Secondary) rounds out SFU's top five scorers with 21 points (16g, 5a).

The Clan have also been aided on offense by the return of junior midfielder Ben Davies (New Westminster, BC / New Westminster Secondary). Davies, who sat out Fraser's first nine games of the season due to injury, has averaged 3 points-per-game (8g, 4a) since his return, while helping guide SFU to a perfect 4-0 record in PNCLL Conference play.

STARTING FRESH

Contributing to the Clan's success to end the year has been the emergence of several underclassmen. In addition to Dow, freshman Eric Ransom (Sherwood Park, AB / Bev Facey High School) with 9g, 4a, sophomore Rick Bezuidenhout (Campbell River, BC / Timberline Secondary) with 10g, 1a and freshman Stu Mills (Campbell River, BC / Timberline Secondary) with 6g, 1a have provided strong secondary scoring while freshmen Frank Davalos (Moose Jaw, SK / Albert

E. Peacock Collegiate) with 3g, 1a and Eric Dufresne (Surrey, BC / Ecole Gabrielle-Roy) with 1g have added speed and depth to the midfield.

THE DEFENSE

After averaging 13.5 goals against over the first six games of the 2010 season, Cathrea and Hoskins shuffled the deck on the Clan's defensive end, moving senior midfielder Kevin Riley, SFU's fifth leading scorer in 2009, to LSM. The move made an immediate impact and helped decrease Fraser's goals against average down to 9.7 over the final six games of the regular season. The switch also allowed for junior long poles Nathan Clare (Ladner, BC / Vancouver College) and Luke Genereux (Port Coquitlam, BC / Terry Fox Secondary), both former PNCLL 1st Team All-Conference selections, to play exclusively at close defense. Sophomore Dan Patterson (Erin, Ontario / Erin District High School) has rounded out the Clan's starting line-up, while senior Aidan Inglis (Edmonton, AB / Ross Sheppard High School) and freshmen Mitch Frank (Burnaby, BC / Fraser Heights Secondary) and Sam Biagioni (Surrey, BC / Fraser Heights Secondary) have added valuable depth off the bench.

Senior Mike Ripley (Saskatoon Saskatchewan / E.D. Feehan High School) and junior Dean Stewart (Duncan, BC / Claremont Secondary) have continued to split the majority of games in net for the Clan, while freshman Kyle Middleton (Nanaimo, BC / Woodland Secondary) has also seen action in parts of five games to register his first collegiate minutes in relief.

THE BEST DEFENSE...IS A GOOD OFFENSE?

In addition to their strong defensive play, Fraser's long poles have also been dangerous in the offensive end. Genereux (3g, 3a) and Riley (1g, 5a) lead all Clan defenders with 6 points, while Clare has chipped in 3 goals in transition.

CHANGING FACES

With starting face-off specialist Ben Johnson, a 2009 2nd Team All-American, red shirting the 2010 season due to injury, the Clan struggled at the face-off box over their first five games, as Fraser tried to fill this important void by committee to start the season. On a four game losing skid, Cathrea and Hoskins looked to sophomore Ryan Hodge (San Antonio, TX / Texas Military Institute) to change SFU's fortune and gain the Clan some valuable possessions. Hodge has excelled over the final eight games of the regular season going 118 for 196 on draws (60%) and helping guide the Clan to a 6-2 record to end the year.

THE CHAMPIONSHIPS

The PNCLL Conference Championship Final Four will take place May 1-2 at Summit High School in Bend, Oregon. All games will be broadcast LIVE at www.PNCLLChamps.com.

The MCLA National Championship Tournament, hosted by NDP Lacrosse, is May 11-15 at Dick's Sporting Goods Park (DSGP) in Denver, Colorado with the semi-finals and finals being played in DSGP Stadium, home of the MLS Colorado Rapids. Log on to www.MCLA.us and www.CollegeLAX.us for complete tournament coverage.

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>.

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