



SIMON FRASER UNIVERSITY

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2010 Simon Fraser Men's Lacrosse Season-Ending Notebook

Clan make 10th National Championship Appearance, Reach MCLA Semi-Finals

FOR IMMEDIATE RELEASE

By William Howard, *SFU Lacrosse Media Relations*

Simon Fraser University Men's Lacrosse

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The Team: In their sixth season under Co-Head Coaches Jeff Cathrea and Brent Hoskins, Simon Fraser posted a 10-8 record and advanced to the MCLA Semi-finals before the No. 10 seeded Clan were eliminated by No. 3 Arizona State (19-9). The MCLA Semi-finals were played in Dicks Sporting Goods Park Stadium in Denver, Colorado and watched by a national television audience on Fox College Sports.

A Tradition of Success: This was SFU's tenth appearance in the MCLA Tournament, placing the Clan at No. 5 for all-time tournament appearances behind Brigham Young (14), Colorado State (12), Michigan (12) and Sonoma State (11) and tied with Minnesota-Duluth (10). SFU upset No. 7 Florida State (9-7) and No. 2 Colorado State (12-11 OT) to earn the third semi-final appearance in school history (est. 2006).

Pole Position – The Race to the National Championships: A consensus top 5 team in the nation heading into the MCLA 2010 season, a 1-5 start would see the Clan fall to as low as No. 23 in the polls before finishing the regular season on a 6-1 tear to reclaim a top 10 ranking. No. 9 Simon Fraser would enter the PNCLL Conference Championships as the top seed after posting an undefeated conference record of 4-0. Defeating Oregon State (12-5) in the PNCLL Semi-finals, the Clan would fall short to No. 8 Oregon (14-8) in the Conference Championship, receiving an At-Large bid to the MCLA National Championships for only the second time since the inception of the program in 1996. In fifteen seasons, SFU has won an unprecedented eight PNCLL Conference Championships (1997, 1998, 1999, 2000, 2001, 2003, 2008, 2009).

Old Clichés Hold True - “To be the best, you have to beat the best”: Having played eight of the MCLA's Top 10 teams and 9 opponents ranked in the Top 15 during the 2010 regular season, Simon Fraser played the second toughest schedule in the MCLA, according to Lax Power's Strength of Schedule (SOS) rankings with a rating of 83.81. Only No. 11 Colorado played a tougher schedule than the Clan with a ranking of 84.23. No. 2 Colorado State (83.15), No. 4 Chapman (81.13) and No. 3 Arizona State (82.86) rounded out Lax Powers Top 5 toughest schedules in the nation. Only No. 1 Michigan played as many Top 10 opponents as SFU in 2010 and no other team played more opponents ranked in the Top 15.

Five Earn All-America Honors: Simon Fraser placed five players on the 2010 MCLA All-America Team marking the tenth straight year that SFU has placed at least one player on the All-America Team. Leading the way for the Clan was senior Russel Thomas at midfield who grabbed second team honors. Senior attacks Adam Foss (3rd Team) and Ben Towner (3rd Team) and junior defenders Nathan Clare (HM) and Luke Genereux (HM) rounded out SFU's All-America selections. A total of 28 Clan players have earned All-America honors in the program's 15-year history, including 10 first team All-America selections. Thomas was also one of 12 players to be named to the MCLA Division I All-Tournament Team.

Head of the Class: In addition to being named to the All-America 3rd Team, Clan captain Adam Foss and fellow captain Kevin Riley were among 46 players to be named MCLA Scholar Athletes in 2010. Foss was named a Scholar Athlete for the third straight season while Riley, a senior, was named a scholar athlete for the first time in his collegiate career.

Simon Fraser is an Academics-First institution; away from the field, both Cathrea and Hoskins place a great deal of emphasis on academics and their players have excelled in the classroom, producing the programs first nine (9) Academic All-Americans and maintaining the programs best academic record.

Conference Awards: In addition to the All-America Awards, a number of SFU players received conference honors. Towner was named the PNCLL Most Valuable Player, while Foss was named PNCLL Offensive Player of the Year. In addition to the league awards, Simon Fraser led the way with 10 players receiving PNCLL All-Conference recognition. Foss, Genereux, Riley, Thomas, Towner and sophomore Ryan Hodge were named to the PNCLL All-Conference 1st Team, while juniors Clare and Ben Davies were named the PNCLL All-Conference 2nd Team. Junior Chris Tessarolo and freshman Colton Dow were named PNCLL All-Conference Honorable Mentions.

Cathrea and Hoskins were named PNCLL Coaches of the Year for a third straight season after guiding the Clan back from a 1-5 start to post a perfect 4-0 record in conference play and finish the regular season at 7-6 to qualify as an At-Large bid for the MCLA National Championships. This was the third straight year that the Clan have posted an undefeated record in the regular season and the sixth time in school history. In just 6 seasons, Cathrea and Hoskins now sport a 67-23 (.744) record at Simon Fraser and hold the school record for wins in a career.

Offensive Note of Interest: On the field, Towner led the PNCLL Division I in points per game with 4.67 while Foss was second in the conference with 3.80. Towner led the Clan with 53 goals and 80 points, while Foss finished first in assists with 31, and second in goals (35) and points (66).

Offensively, Fraser will look to its underclassman to reload for next season as only 96 of the Clan's 217 goals (44%) were scored by players who will return in 2011, while 43 of the team's 121 assists (36%) were accumulated by players with at least one year of eligibility remaining. SFU's top five scorers (Towner-80, Foss-66, Thomas-42, Tessarolo-38, Dow-33) combined for 259 points this season. The Clan boasted five players with 20 or more goals and 9 or more assists (Towner-53g/27a, Foss-35g/31a, Thomas-32g/10a, Tessarolo-22g/16a, Dow-24g/9) with Tessarolo and Dow due to return in 2011.

Defensive Notes of Interest: Defensively, SFU averaged 10.7 goals against in 2010. The Clan defense held the opposition to 2 goals or less in 43 of 74 quarters (58%) this season including 9 scoreless quarters (12%). Offensively, the Clan averaging 12.17 goals per game, including 9.46 goals per game versus ranked opponents. SFU has scored in double digits 49 times in its last 60 games and is averaging 15.37 goals per game during that time (922 goals in 60 games).

ABOUT SIMON FRASER MEN'S LACROSSE

Simon Fraser University men's lacrosse is entering its 16th season in 2011 and competes in the Men's Collegiate Lacrosse Association (MCLA). The Clan have captured eight PNCLL Conference Titles (1997, 1998, 1999, 2000, 2001, 2003, 2008 and 2009) and have earned ten National Championship appearances, placing 2nd in 1999 and most recently playing in the 2010 MCLA Semi-Finals after reaching the Quarterfinals in 2008 and 2009. The Clan are proudly sponsored by Harrow Sports and Onyx Lacrosse / 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