



Front Row: Bradley Brumpton Thomas Bella, Nolan Frame, Brett Hanna, Austin Lewarne, Joel Fruncillo, Matt Kolb, Craig Bigsby, Bayne Bosquet, Aaron Jensen

Back Row: Myles Brumpton, Leslie Landels, Jordan Orr, Wes Landels, Braden Barr, Logan Revell, Colten Harrish, Mitchell Anderson, Ryan Sarazin, Brock Wagner, Mike Inscho, Quintin Harrish, Mason Limb, Liam MacPhee, Jay Seaton, Liam Drabiuk, Rob Seaton, Keith Hanna, Chris Scabar

2013

Sun Valley Source for Sports VERNON TIGERS JUNIOR LACROSSE CLUB

Roster: 00 Joel Fruncillo (G), 50 Thomas Bella (G), 50 Aaron Jensen (G), 2 Liam MacPhee, 3 Sean Connors, 4 Bayne Bosquet, 5 Darrell Landels, 6 Jay Seaton, 7 Liam Drabiuk 8 Craig Bigsby 'A', 9 Jordan Orr, 10 Mason Limb, 11 Mitchell Anderson, 12 Nolan Frame, 14 Aaron Green, 15 Raymond Quidi, 16 Ryan Sarazin, 22 Colten Harrish, 44 Derek Davis, 45 Quintin Harrish, 55 Theo Wagner, 56 Austin Lewarne 'A', 67 Brett Hanna 'C', 68 Braden Barr, 79 Brock Wagner, 80 Matt Kolb 'A', **Call-ups:** Logan Revell, Wyatt Tarr, Mike Inscho

Staff: Coaches: Myles Brumpton, Keith Hanna, Tom Frame & Chris Scabar, Trainer: Leslie Landels, Bench Staff: Ross MacDonald & Rob Seaton, Admissions: Roxane Seaton, Game Nite Coordinator: Wes Landels, Security: Bruce Kolb, President & GM: Rich Zecchel, Govenor: Rob Seaton

Tigers Awards: MVP – Brett Hanna & Darrell Landels, Top Scorer – Ryan Landels, Top Rookie – Quintin Harrish, Coaches Choice – Bayne Bosquet, Most Improved – Mason Limb, Best Defensive – Brett Hanna & Darrell Landels

TOJLL Awards: Goatender of the Year – Joel Fruncillo, Top Defensive Player – Brett Hanna, Volunteer of the Year – Rob Seaton



Vernon Tigers - Leaders

Leading Players

Player	Position	G	A	TP	+/-	PIM	GP	GS
Ryan Sarazin	Runner	42	15	57	0	77	14	0
Jordan Orr	Runner	19	37	56	0	35	14	0
Nolan Frame	Runner	29	25	54	0	45	16	0
Craig Bigsby	Runner	20	18	38	0	12	16	0
Darryl Landels	Runner	13	23	36	0	12	16	0
Jay Seaton	Runner	6	25	31	0	0	16	0
Mason Limb	Runner	12	16	28	0	14	14	0
Liam Drabuik	Runner	14	12	26	0	8	10	0
Sean Connors	Runner	13	6	19	0	8	11	0
Liam MacPhee	Runner	3	14	17	0	4	13	0
Quinton Harrish	Runner	10	5	15	0	12	16	0
Bayne Bosquet	Runner	5	5	10	0	23	9	0
Austin Lewarne	Runner	1	9	10	0	45	16	0
Brett Hanna	Runner	2	7	9	0	10	12	0
Braden Barr	Runner	1	7	8	0	30	12	0
Theo Wagner	Runner	1	3	4	0	61	14	0
Colton Harrish	Runner	2	2	4	0	38	16	0
Aaron Green	Runner	1	2	3	0	8	11	0
Aaron Jensen	Goaltender	0	3	3	0	0	13	4
Matt Kolb	Runner	0	2	2	0	10	7	0
Joel Fruncillo	Goaltender	0	2	2	0	2	13	11
Mitchell Anderson	Runner	0	2	2	0	2	10	0
Thomas Bella	Goaltender	0	1	1	0	0	6	1
Logan Revell	Runner	1	0	1	0	0	4	0
Raymond Guidi	Runner	0	1	1	0	2	8	0
Derek Davis	Runner	0	0	0	0	4	3	0
Brock Wagner	Runner	0	0	0	0	2	8	0
Wyatt Tarr	Runner	0	0	0	0	0	1	0

Goaltenders

Player	Team	GP	MIN	SOG	GSV	SV%	GA	GAA
Joel Fruncillo	Vernon Tigers	11	578	440	353	0.802	87	9.031
Aaron Jensen	Vernon Tigers	7	317	187	139	0.743	48	9.085
Thomas Bella	Vernon Tigers	2	65	46	34	0.739	12	11.08

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[June 12 Vernon Tigers tie up Flames](#)
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[June 2 Tigers at Raiders May 30](#)
[May 29 Tigers face tough test in Kelowna](#)
[May 17 Vernon Tigers torch Kamloops defence](#)
[May 15 Vernon Tigers snuff South Okanagan Flames](#)
[May 04 Vernon Tigers tame Armstrong Shamrocks](#)
[May 01 Tigers stop Shamrocks](#)
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The MorningStar, Published: August 07, 2013

Vernon Tigers struggle at B.C. playdowns

The Vernon Source For Sports Tigers had high expectations heading into the B.C. Junior B Lacrosse Championships last weekend in Burnaby.

The Okanagan champions left Bill Copeland Arena disappointed after going 0-4 in the four-team tourney, which ended with a 13-9 loss to the West Coast champion Delta Islanders in Sunday's bronze-medal game.

"It was a tough pill to swallow," said Tigers' head coach Myles Brumpton. "We definitely didn't expect to go 0-4.

"In a small, tight tournament, these guys played four games in less than 48 hours. Anything can happen."

Brumpton said penalty troubles played a big part in Vernon's result. The Cats averaged nearly 30 minutes in penalties per game, five more than the next nearest team.

"We were in the box for half of every single game," he said. "You're not going to win games when you do that.

"We definitely had some commendable performances from our captain Brett Hanna, Bayne Bosquet and Darrell Landels for their work on the shortman. They logged a lot of minutes and were tremendous for us."

Liam Drabiuk counted three goals and two assists to lead Vernon's offence in the bronze-medal tilt. Mason Limb (2), Hanna, Craig Bigsby, Nolan Frame and Ryan Sarazin rounded out the attack in front of Joel Fruncillo (31 saves).

Vernon finished the round-robin with a 11-9 loss to the host Burnaby Lakers.

Limb (3+1), Jordan Orr (2+1), Sarazin (2), Frame (1+2), Quinton Harrish, Hanna and Braden Barr handled the offence. Aaron Jensen recorded 33 saves.

In their lone Saturday game, Drabiuk and Sarazin potted singles as the Tigers fell 13-2 to Delta.

Despite going winless, Brumpton said the boys maintained a positive attitude throughout the weekend.

"There was no fracture in our team. The guys had a great time. Each game they came in fresh and came out working hard. The chemistry these guys had is unbelievable.

"In the periods where we had some flow established, we were in the thick of it. 5-on-5 we matched up well with all the teams."

The Tigers' Guts and Glory Award was shared by Bosquet, who played the entire weekend on a fractured foot, and Frame, who was hospitalized after taking a spear to the throat in Vernon's third game. He came back to play in the final game.

Frame, Bigsby, Theo Wagner and Matt Kolb are the Tigers' graduating players.

The Island champion Saanich Tigers outlasted the Lakers 12-10 in the gold-medal game.

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The MorningStar, Published: August 03, 2013

Tigers drop provincial opener to Saanich

The Vernon Source For Sports Tigers were looking to run the table at the B.C. Junior B Lacrosse Championships at Copeland Arena in Burnaby.

Vernon lost their opener 21-16 to the Island champion Saanich Tigers Friday night. Vernon faced the West Coast champion Delta Islanders Saturday afternoon and face the host Burnaby Lakers this morning to complete preliminary action. The final goes tonight with the winner qualifying for the western Founders Cup, Aug. 19-25, in Winnipeg. Burnaby and Delta tied 8-8 Friday night.

The Tigers struggled early and played much of the first 40 minutes shorthanded, trailing Saanich 4-1 and 11-5 by periods.

13-3 "They had 10 powerplays and scored eight powerplay goals in the first two periods," said Vernon coach Myles Brumpton. "Some of them (penalties) were for sure legit, but some weren't. I got a bench minor for politely questioning one of the calls.

"We had no legs, but we woke up in the third, scored 10 goals and played our brand of lacrosse. We can play with anybody here. We win our next two games and we're in."

Captain Ethan Garland supplied 5+5, while Cody Short added 3+2 for Saanich.

Daryl Landels pocketed 4+1 to earn a lawn chair as Vernon MVP. Nolan Frame also scored four times, while Ryan Sarazin earned 2+3 and singles came from Craig Bigsby, Mason Limb, Sean Conners, Brett Hanna, Jordan Orr and Liam Drabiuk.

Joel Fruncillo was relieved late in the game by Aaron Jensen in the Tigers' net.

Bannister Honda and Bannister GM gave the boys TOJLL championship hats, while the team got a generous donation from PMO Global Services and Belinda and Bob Harrish. Sun Valley Sports supplied T-shirts and shorts for the players.

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The MorningStar, Published: August 02, 2013 1:00 AM

Tigers open provincials with Saanich

Myles Brumpton's contacts told him the Coquitlam Adanacs were clearly the best team in the West Coast Junior Lacrosse League.

The Adanacs, however, will not be in the B.C. Junior B Championships starting tonight in Burnaby, after losing 12-5 to the Delta Islanders Wednesday night in Game 3 of their playoff final series.

Brumpton's Thompson Okanagan champion Vernon Source For Sports Tigers (12-3-1) open the four-team tournament tonight at Copeland Arena against the Pacific Northwest League champion Saanich Tigers. Saanich (14-1-1) stopped the Westshore Bears (12-5-1) in the league playoff final.

"Everybody down there told me Coquitlam was going to go through so I'm very happy to hear that (they lost)," said Brumpton. "They're a big, tough team with a few guys who get called up to Junior A."

Vernon enters the provincials with a team high on depth, stingy defence and great goaltending from Joel Fruncillo. Craig Bigsby and Jordan Orr pulled hat tricks in the Tigers' 8-7 final win over the Kamloops Venom.

"It's tough to say who's favoured," said Brumpton. "Playoffs are a different beast. New guys step up for every team and every team will be at their best. Our guys are ready. It's been two weeks and both (assistant coach Hanna) Keith and I noticed in practice that the guys are done practising; they're ready."

The Tigers face Delta Saturday at 12:30 p.m. and finish pool play Sunday morning versus Burnaby.

Saanich cruised to the Island title but were pushed to the limit by Westshore.

"Credit the Bears, they are our biggest competition on the Island," said Saanich GM Chris Jackson.

"When they beat us (in regular season) we had a lot of players missing and Westshore is a very good team. They're very physical, they play hard, and have added a couple of Junior A guys that are pretty good at the end of the season."

Saanich has a dynamic offence led by captain Ethan Garland, who has long been coveted by junior A programs. He forms a one-two punch with Derek Jackson.

In net is another Victoria Junior A Shamrocks castoff, Cory Mayzes, who picked up a rare lacrosse shutout on June 12 against the Peninsula Warriors.

“We anticipate Mayzes going for most of the games but we’ll see how the series goes,” said Jackson.

Key for Saanich, however, is the transition with Jordan Stringer, Colin Bashfield and Austin Guerrero leading a high-powered counter-attack.

Nanaimo Timbermen did not finish the season and Peninsula aborted the playoffs, creating an unexpected bye through the first round for the Bears and Tigers. Saanich won one game at the B.C.s last year, icing Westshore for bronze.

Delta, meanwhile, lost the West Coast final series opener 10-9 before blasting Coquitlam 12-2 in the second game.

Coquitlam placed first at 17-1-2, one point ahead of Delta (16-1-3). The Islanders are led by Dalas Chreptyk, who compiled 28 goals and 55 points, and Jordan Thauli (21G, 56 points).

Delta dispatched Burnaby 2-1 in the semifinals after doing likewise to the North Shore Eagles in the quarters.

Burnaby finished third at 14-5-1 in the 11-team loop, losing their semifinal series in three games to Delta. The Lakers swept the Port Coquitlam Saints in the quarters.

Burnaby is led by the high-scoring trio of Aaron Roberts (40 goals, 87 points), Kevin Galte (38G, 76 points) and Scott Petursson (23G, 68 points).

The B.C. champion qualifies for the western Founders Cup, Aug. 19-25, in Winnipeg.

Meanwhile, Vernon Tigers’ grad and former Thompson Okanagan MVP Brodie MacDonald finished the Western Lacrosse Association Senior A regular season as the top netminder.

MacDonald went 8-3-2 for the first-place Thunder with a 7.51 goals against average and .821 save percentage.

The Thunder (11-5-2) opened the best-of-seven semifinal series against the fourth-place Coquitlam Adanacs (9-8-1) Thursday night.

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The MorningStar, Published: July 24, 2013 1:00 AM

Vernon Tigers claim Junior B boxla crown

The Vernon Source For Sports Tigers are through to their first B.C. Junior B Lacrosse Championships since 2009, and they did it in dramatic fashion.

Darrell Landels scored the winner with 40 seconds left as the Cats edged the host Kamloops Venom 8-7 to win the best-of-five Thompson Okanagan Junior Lacrosse League series 3-1 Sunday night at Memorial Arena.

Burnaby will host provincials over the B.C. Day weekend at Bill Copeland Arena. Both the Mainland and

Vancouver Island leagues are still in playoffs.

Craig Bigsby and Jordan Orr each pulled the hat trick for the Tigers, who got one goal from Nolan Frame and two assists from Sean Connors in the oven-like Memorial.

Frame, who was a rookie at 2009 provincials, is thrilled to be going back in his final year.

“That was one of the biggest reliefs,” said Frame. “Every time I’ve been in the finals, it’s been against the Venom.

“The whole series was stressful. Every game was close and low scoring. Joel (Fruncillo, netminder) did a lot for us in that series.

“Our team knew we deserved it. I’ve never had a team like this. It’s awesome to go out on your graduating year with a team that’s so in sync together.”

Of the four games, the widest scoring margin was three goals. Fruncillo anchored Vernon’s defence with a sparkling 6.25 goals-against average in the final, capped by a 52-save showing Sunday.

Vernon co-coach Keith Hanna said the scorelines were indicative of how tightly the teams played.

“It didn’t come easy, that’s for sure,” said Hanna. “It was a great series and Game 4 was no different. It was a close, close series and Kamloops gave it a great effort.

“It gave us confidence in our game-plan, and it gave us confidence with each of our teammates now. That’ll really help us going forward.”

Vernon, who ended the regular season at 12-3-1, held period leads of 4-3 and 5-3. Things got a bit wild late in the third, with some back-and-forth scoring.

The Venom, who finished at 5-10-1 and upset the top-ranked Kelowna Raiders in the semifinals, equalized with a minute to play before Landels put it away for good.

“You could tell the heat got to everybody,” said Hanna.

Jerome Thorne and Blaine Boomer, each with a pair, and singles by Max James, Brody Jorgensen and Brett DeFrias replied for the Venom.

Kamloops’ Riley Polacik summed up his post-game feelings via Twitter: “2 sprained thumbs, bruised legs, stiff neck, but right now nothing hurts worse than my heart #venom #lacrosse #endofafunseason.”

Vernon took 40 penalty minutes to Kamloops’ 10. Tenacious Tiger defender Austin Lewarne was sent off early in the second period after taking his fifth minor.

The Tigers killed 13-of-17 minors, including two full 5-on-3 advantages.

“Our special teams were game-changers,” said Hanna. “They were where we added to our scoring and stopped theirs.”

“Our dee played really big and really mean against the fast, skilled offence Kamloops has.”

With key Tigers Mason Limb and Liam Drabiuk missing Game 4 to work commitments, and Lewarne

ejected, Vernon captain Brett Hanna logged a ton of minutes, working powerplay, transition and short man.

Keith Hanna also credited two-way players Landels, Quintin Harrish and Liam McPhee for stepping up in Lewarne's absence. He also praised rookies Ray Guidi and Aaron Green, who saw their first action in the final.

"Running and playing both ends of the floor was a challenge and they came up to it."

Offensively, the Tigers were too deep for the Venom to contain.

"When they keyed on Sarazin and me, then Bigsby came out scoring," said Frame. "Then they tried to key on him and they couldn't, and we had other players that put up numbers."

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Published: July 21, 2013 1:00 AM

Vernon Tigers look to clinch title tonight

Home-floor advantage is proving critical in the Thompson Okanagan Junior Lacrosse League final.

Craig Bigsby supplied the hat trick as the Cats stopped the Kamloops Venom 8-5 in Game 3 of the best-of-five series Thursday night at Kal Tire Place.

Vernon leads 2-1 and will have a chance to put the series away tonight (5:30) in Kamloops, but the home team has yet to lose in the final. If necessary, Game 5 would go Tuesday night (7:30) in Vernon.

The winner advances to provincials over the B.C. Day long weekend at Bill Copeland Arena in Burnaby.

Bigsby said playing in the larger, and considerably cooler, Vernon arena, has definitely worked to the Tigers' advantage in the playoffs.

"It makes it a lot easier," said Bigsby, an alternate captain. "We can definitely spread out their defence and there's so much more room to move. It makes 5-on-5 a lot easier."

Bigsby added that one of Vernon's strengths is its poise. He said the team had full confidence it could come back with a good effort after losing Game 2.

"We don't ever get down on ourselves," he said.

Supplying singles for Vernon were Daryl Landels, Liam Drabiuk, Mason Limb, Ryan Sarazin and Quinton Harrish. Nolan Frame and Jay Seaton each chipped in with a pair of helpers.

Bigsby said Vernon's attack was well-served by its defence and transition. Harrish's goal was an example of that as Vernon captain Brett Hanna stripped a Venom ball carrier, wheeled up court and fed Harrish, who scored in tight on Dalan Etter.

"They never let down and the offence got a lot of opportunities off it."

The Tigers also trimmed their penalty minutes from 25 in Game 2 down to 14 Thursday night.

“We had a lot of penalty minutes in the second (of Game 2) and we didn’t score any goals, so it was nice we score throughout the entire game this time,” said Bigsby, whose hat-trick goal came on a delayed penalty. Mason Limb fed him inside for a doorstep snipe on Etter.

Answering for Kamloops were Mat James (2), Blaine Boomer (1+3), Trent Maunder and Brody Jorgensen.

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Published: July 19, 2013 1:00 AM

Kamloops Venom rebound to tie up Vernon Tigers

After dropping the series opener, the Kamloops Venom are right back in the mix of the Thompson Okanagan Junior Lacrosse League finals.

The host Venom rebounded with a 9-7 win over the Vernon Source For Sports Tigers in Game 2 of the best-of-five set Tuesday night at a sauna-like Memorial Arena.

Vernon had built a 2-0 lead on a pair of goals by Craig Bigsby, but faltered in the second frame as they were held scoreless while the Venom racked up five snipes.

“We came out flying, had a great first period. 2-0, no disappointments,” said Tigers’ head coach Myles Brumpton. “The second period, it was a penalty-fest and they capitalized. That was the game right there.”

Riley Peterson, with a pair, Trent Maunder, Brody Jorgensen and Jerome Thorne tallied to give Kamloops a 5-2 lead heading into the final period.

Vernon outscored the Venom 5-4 down the stretch, including a late goal with netminder Joel Fruncillo pulled for an extra attacker, but they couldn’t close the gap.

Sean Connors, Daryl Landels, Jordan Orr, Mason Limb and Nolan Frame counted singles for the Cats in period three. Thorne (2), Rob Peterson and Riley Peterson countered for Kamloops.

“We knew Kamloops would not be an easy series,” said Brumpton. “They’re a hard-working, determined team and last night that prevailed for them.

“We worked very hard on our scoring opportunities, but when we had those opportunities we just didn’t bury the ball.”

Fruncillo finished with 28 saves for Vernon, while Dalan Etter had 36 stops in the win.

Aside from the penalty problems in the second period, Brumpton said the Tigers matched up well with the Venom in Game 2. He doesn’t plan on changing the systems that have brought Vernon to this point.

“We’ve had a pretty solid game-plan throughout playoffs and we’re going to stick with it,” he said. “We’ll make minor adjustments as the game goes along like we always do.”

Game 3 went Thursday night at Kal Tire Place, with Game 4 set for Sunday night (5:30) at Kamloops Memorial Arena. If necessary, Game 5 would go Tuesday (7:30) in Vernon.

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Published: July 17, 2013 1:00 AM

Vernon Tigers neutralize Kamloops Venom in Game 1

On paper, the Thompson Okanagan Junior Lacrosse League final between the Vernon Source For Sports Tigers and Kamloops Venom looks like a wash.

After watching the No. 4 seed Venom (they finished the regular season at 5-10-1) stun the No. 1 Kelowna Raiders in last week's semifinal, the Tigers know better.

Vernon, who shared an identical 12-3-1 record with Kelowna, relied on stingy defence to stymie the upstart Venom 9-6 in Game 1 of their best-of-five championship series Sunday night at Kal Tire Place.

Game 2 went Tuesday in Kamloops, with Game 3 set for Thursday night (7:30) in Vernon.

"We knew Kamloops would come in and play strong," said Tigers' assistant Keith Hanna. "Their team has gotten better as the season went along."

The Cats took a 3-2 lead into the first intermission, with both Kamloops goals coming on backdoor plays. Hanna said the defence addressed the breakdowns between periods, which resulted in a stellar string of shutout lacrosse in the second frame.

"Our defence is really communicating well together now," said Hanna. "Our defence is floating from zone to man-to-man on command, and they're recognizing Kamloops' game strategy."

Vernon was able to hold Kamloops scoreless in the second frame, even while killing 10 minutes in penalties, including a full 5-on-3.

"Our goaltender, Joel (Fruncillo), was stellar," said Hanna. "That and our shortman was very good. Our boys came out ready to play and we stuck to our game-plan."

The majority of Vernon's penalties resulted from aggressive play while chasing loose balls, which Hanna was fine with, but he noted there were a couple of unnecessary minors, which is something Vernon needs to clamp down on.

Nolan Frame led the Vernon offence with three goals, two of them in the first period. Ryan Sarazin and Daryl Landels, each with 2+1, Jay Seaton (1+2) and Liam Drabiuk rounded out the attack in front of Fruncillo, who finished with 46 saves.

Captain Brett Hanna supplied three assists, and Jordan Orr had two.

Jerome Thorne netted 2+1 for the Venom, who got 1+3 from Blaine Boomer and singles by Kyle McLellan, Brody Jorgenson and Trent Maunder. Dalan Etter recorded 29 stops.

The winner advances to Junior B provincials over the B.C. Day long weekend at Copeland Arena in Burnaby.

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Published: July 10, 2013 1:00 AM

Vernon Tigers sweep Rocks to reach final

If it's Kelowna, it means a shorter commute. If it's Kamloops, they get home-floor advantage.

Either way, the Vernon Source For Sports Tigers have a lot to look forward to as they await their opponent in the Thompson Okanagan Junior Lacrosse League final.

The No. 2-seeded Tigers earned their way to the best-of-five championship series after sweeping the undermanned Armstrong Shamrocks in their semifinal set, capped by an 18-5 win in Game 3 Saturday night at Kal Tire Place.

Vernon will play the winner of the Kelowna Raiders-Kamloops Venom semi. The host Venom evened the series at 1-1 with a 9-5 win in Game 2 Saturday at Memorial Arena.

Game 3 went Tuesday night in Kelowna, with Game 4 set for tonight in Kamloops.

Vernon assistant coach Keith Hanna said all facets of the Tigers' game were running silky smooth Saturday night – faceoffs, loose ball, goaltending, transition and offence.

“It was a nice win,” said Hanna. “The boys came out determined and very focused. It was a complete game for our guys. They just came out and took over.”

Ryan Sarazin, who sat out Game 2 with an injury, returned to score five goals and three assists. Mitchell Anderson, with a hat trick, Nolan Frame, with 2+3, and singles by Daryl Landels (4A), Jordan Orr (4A), Craig Bigsby, Mason Limb, Quinton Harrish, Theo Wagner, Austin Lewarne and Brett Hanna accounted for the remaining offence.

“We pushed that Armstrong team hard. They ran with a bit of a short bench and we just kept at ‘em. It was a commendable effort (by Armstrong),” said Keith Hanna.

Starting with 13 runners, and already fatigued from losing a 7-5 heartbreaker the night before, the Shamrocks suffered a huge setback with the loss of captain Nathan Marcetta to a separated shoulder in the first five minutes of Game 3.

Conor Payne dialed up three goals and an assist to lead the Shamrock offence. Sam Hanley and Stephen Ringdal also scored, while netminder Cole McFarlane chipped in with two helpers in addition to 25 saves.

Joel Fruncillo had 22 stops for the win.

“The guys worked as hard as they could, but they were just outgunned,” said Armstrong head coach Bryan Cope, who was disappointed in the level of commitment of some of his players towards the end of the season.

“A month ago, we were looking pretty good.”

But with only a handful of players graduating, and with returnees now comfortable in their new roles, Cope is looking forward to next year.

“Seeing over half the guys never went over centre last year, the development was good,” he said.

“Most of my guys are young. They’ve got time to learn. It’s nice to see them learning the offence.”

Cope also credited Vernon for not running up the score any worse than it was. The Tigers rested most of their starters in the final period, and put their defensive guys on offence, and their offensive guys on defence.

“I wish them well in playoffs,” he said.

Meanwhile, Shamrock grad Brett Hawrys collected four goals and an assist as the Nanaimo Timbermen fell 15-6 to the Langley Thunder to wrap up their Junior A regular season Sunday at the Langley Events Centre.

The Timbermen finished second-last in the eight-team B.C. Junior A loop at 3-17-1, missing the post-season.

Ryan Landels’ Port Coquitlam Saints wrapped up their regular-season schedule at 7-13-1 after falling 21-3 to the Victoria Shamrocks Sunday at the PoCo Rec Centre.

The No. 6-seeded Saints opened playoffs against the No. 3 Thunder (14-7) Tuesday night at the Events Centre.

No. 4 Victoria (14-7) and No. 5 Delta Islanders (11-10) are squaring off in the other best-of-three quarterfinal series.

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Published: July 07, 2013 1:00 AM

Vernon Tigers outlast Armstrong Shamrocks

Two lines of non-stop hustle versus a full squad following well-drilled systems made for an exciting matchup Friday night at Nor-Val Sports Centre.

Buoyed by the extra support of Armstrong Shamrocks alumni night, the shorthanded Rocks pushed the Vernon Source For Sports Tigers early, only to fall 7-5 in Game 2 of their Thompson Okanagan Junior Lacrosse League semifinal series.

Vernon hosted Game 3 of the best-of-five set Saturday at Kal Tire Place. If necessary, Game four would go Monday night (7:30) at Nor-Val.

Playing with two lines and change, Armstrong took a 2-0 lead to the first intermission on singles by Sam Hanley and Brody Berg.

“They came out very well,” said Vernon assistant coach Keith Hanna, of Armstrong. “They had a lot of momentum from their alumni night here, so that really worked in their favour. They’re a never-quit team anyhow.

“But there’s no panic in our team. Our guys know our systems and once they play that, they’ll eventually get through and get some goals up front.”

The No. 2-seeded Tigers responded with a four-goal second period, offence coming from Liam Macphee, Jordan Orr, Nolan Frame and Brett Hanna. Adam New and Stephen Ringdal countered for the No. 3 Shamrocks to make it 4-4 heading into the final period.

Willy Hanley spun off a check and beat netminder Joel Fruncillo (37 saves) from in close to put the hosts ahead early in the frame, but Vernon stormed back with three unanswered goals, two on the man advantage, to secure the win.

Orr provided the equalizer with a snipe from the top of the circle on the powerplay, and Frame netted the winner on a terrific dive through the crease.

Quinton Harrish added insurance on the powerplay, beating Josh Point (27 saves) after the Tigers' Craig Bigsby intercepted the Armstrong keeper's clearance attempt.

Armstrong head coach Bryan Cope praised his players' effort, but said they were too fatigued to capitalize on scoring chances after Vernon's third-period barrage.

"We were being too tight on our sticks on offence," he said. "We were doing the right things, we were getting the rebounds, but we were starting to tighten up, especially being down a goal."

Meanwhile, the No. 1 Kelowna Raiders grounded the No. 4 Kamloops Venom in Game 1 of their semifinal Thursday. Game 2 went Saturday.

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Published: July 05, 2013 1:00 AM

Vernon Tigers tangle with Armstrong Shamrocks tonight

Vernon Morning Star

The Vernon Source For Sports Tigers owned the Armstrong Shamrocks in the Thompson Okanagan Junior Lacrosse League regular season. That trend has continued so far in the post-season.

The Tigers, who won the regular-season series 4-0, built an 8-0 lead early in the second period and hung on for a 13-6 win in Game 1 of their best-of-five semifinal set Tuesday night.

Armstrong replied with four straight goals in the second period to close the gap, but some chippy play in the final frame stifled the offensive flow of both clubs.

The teams meet again tonight for Game 2 at Nor-Val Sports Centre. The third tilt is slated for Saturday in Vernon. If necessary, Game 4 would be Monday in Armstrong, followed by Game 5 Thursday at Kal Tire Place. All games are 7:30 p.m. starts.

"Other than some untimely penalties in the second period, the boys played a disciplined and determined game and the outcome was indicative of that," said Tigers' head coach Myles Brumpton.

"We know Armstrong is a very determined team and are not going to lay down for us, so our goal is to stay focused and execute the game-plan that is in place."

Ryan Sarazin led Vernon's attack with five goals and an assist. He left the game after being checked into the boards by Armstrong captain Nathan Marcetta in the third period. He is questionable to play tonight.

Adding to Vernon's offence were Nolan Frame (3+1), Jordan Orr (2+3), Liam Drabiuk (1+4), Brett Hanna (1+2) and Mason Limb, who scored on a rarely awarded penalty shot.

Craig Bigsby and Jay Seaton each contributed three assists, while Sean Conors had two. Joel Fruncillo recorded 40 saves for the win.

Stephen Ringdal, with two goals and two assists, led the Shamrocks, who got 1+4 from Conor Payne and singles from Adam New, Cole Williamson and Austin Williamson.

Cole McFarlane earned an assist and made 37 stops for the Irish, while Sam Hanley chipped in with two helpers.

Already having to deal with a short bench, Armstrong head coach Bryan Cope is trying to coax more out of the players he does have.

“We didn’t play very well last night; guys aren’t stepping up,” said Cope. “It’s OK to make mistakes, but you’ve got to get in the game.”

The teams combined for 86 minutes in penalties, the majority of them coming in the third period.

Vernon’s Matt Kolb was ejected for trying to fight Armstrong’s Willy Hanley in the third period. Cam Nelson was also tossed as the third man in, while Hanley wasn’t penalized. The Shamrocks’ Drew Hassard earned an early shower (gross misconduct) for chirping at a referee.

After a relatively civil regular-season series with Armstrong, Brumpton was surprised by the penalty parade in Game 1.

“Usually some of our cleanest games are against them,” said Brumpton.

Added Cope: “There was no flow to the game. It just got out of hand.”

As part of Armstrong’s centennial celebration, the Shamrocks will be hosting an alumni night at tonight’s game. All former players, coaches and volunteers are welcome to attend.

The Shamrocks are asking all attending alumni to register at the front gate so they can be introduced during a first-intermission celebration.

Meanwhile, the other TOJLL semifinal began Thursday night as the No. 1 seed Kelowna Raiders hosted the No. 4 Kamloops Venom at Memorial Arena. Game 2 goes Saturday in Kamloops.

Published: June 30, 2013 1:00 AM

Vernon Tigers for Armstrong Shamrocks in semis

Vernon Morning Star

It wasn’t the dream ending the Armstrong Shamrocks were looking for, but they are bound for the Thompson Okanagan Junior Lacrosse League playoffs regardless.

The Rocks wrapped up their schedule on the road with a dismal 16-4 loss to the No. 1 seeded Kelowna Raiders Thursday night at Memorial Arena.

Armstrong, who finished third at 4-9-3, begins its TOJLL semifinal series by visiting the No. 2 Vernon Source For Sports Tigers (12-3-1) Tuesday night (all games 7:30) at Kal Tire Place.

Game 2 of the best-of-five set goes Friday at Nor-Val Sports Centre, with the third tilt set for Saturday at Kal Tire Place.

The 12-3-1 Raiders, who shaded Vernon for first on goal differential, entertain the fourth-ranked Kamloops Venom (5-10-1) in the other semi.

Had Armstrong won Thursday, they would have faced the rough-and-tumble Raiders.

“It was probably better for us because we match up better against Vernon than we do Kelowna anyway,” said Irish head coach Bryan Cope.

“But I hope we bring our A game. It’ll be a short series if we play like we did last night.”

The Shamrocks started Thursday with only 14 runners, and then lost Colton DeBoer when he was ejected for fighting Scott Renner in the third period.

Cope hopes he can muster enough bodies to field three lines against Vernon. He added the lack of manpower seems to be affecting team morale.

“It’s like they’re tired before they start,” said Cope.

“They think that if you start with 14 it’s the end of the world. It’s mental. You have to push yourself beyond that.”

To have success against the Tigers, Cope said the Shamrocks will have to find a way to slow down Vernon snipers Ryan Sarazin and Jordan Orr.

“We need to stay 5-on-5 and keep our heads in it,” said Cope. “We need to work our asses off for the loose balls and run our motion (offence).”

Drew Hassard was the Shamrocks’ main threat Thursday night, pocketing two goals in the first period and another in the second. Sam Hanley supplied the other snipe. Austin Williamson and Stephen Ringdal earned assists.

Andrew McMillan recorded 5+3 for the Raiders. Ryland Davidson netted a hat trick and league scoring leader Brendan Urban (61-45-106 in 16 games) collected 2+6.

Cope was annoyed by the Raiders’ boorish demeanor, saying their style of play goes well beyond swagger.

“They’re playing their same eight guys,” said Cope. “Even at the end of the game they’re up by 12 goals and they still have their superstars out there. It’s a joke.”

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Published: June 26, 2013 1:00 AM

Sarazin’s super seven puts Vernon Tigers in first

Vernon Morning Star

The Vernon Source For Sports Tigers are in the Thompson Okanagan Junior Lacrosse League penthouse.

How long they remain there depends on the Kelowna Raiders and Armstrong Shamrocks.

The 11-3-1 Raiders will have a chance to regain the top seed heading into the playoffs when they host the Rocks in the final regular-season game Thursday night at Memorial Arena.

The 4-8-3 Rocks have all but sewn up third-place ahead of the Kamloops Venom (5-10-1) based on a superior goal differential.

The Cats host Game 1 of their best-of-five first-round series Tuesday (7:30 p.m.) in Vernon.

Ryan Sarazin scored Vernon's first seven goals as they outlasted the Shamrocks 10-8 Saturday night at Kal Tire Place. A lethal shooter, Sarazin finished the season as the Cats' top scorer with 42-15-57 in 14 games, one ahead of Jordan Orr (19-37-56), who sat out the final game.

"He was on a mission. Almost everything he threw at the net went in," said Tigers' co-coach Keith Hanna. "He's quite accurate, and that, with the velocity he puts on the ball, it's just great."

The Tigers raced out to a 3-1 first-period lead as they capitalized on some disorganization in Armstrong's zone.

"We had a nice strong start. We're trying to set the tone early and play our game," said Hanna.

"They've done a very good job of following our systems. That shows right from our goaltending and defensive zone coverage into our transition and onto offence."

Armstrong stormed back in the second period on some slick pick-and-roll plays on the powerplay to take a 5-4 lead.

"That's our motion offence – I drill that into them every practice," said Armstrong head coach Bryan Cope. "They work and they look really nice when they work."

Jay Seaton, Craig Bigsby and Quinton Harrish chipped in with third-period goals for Vernon. Harrish worked a sweet crisscross passing play with Brett Hanna up the floor before netting the winner.

Darryl Landels, Austin Lewarne and Liam Drabuik each recorded two assists.

Armstrong spread out its offence, with speedy Stephen Ringdal (2), Cam Nelson, Adam New, Drew Hassard, Keith Minnis and Sam Hanley all solving Aaron Jensen, who had 36 saves. Josh Point was steady in recording 42 stops.

Having spread out his players' minutes throughout the season, Cope feels the Shamrocks have the depth to be a handful for other teams in a five-game series.

"We can beat anybody as long as we play the system we have in place," said Cope. "From (Saturday's) game, they know that now. You've got to make your opportunities count."

Whether the Tigers finish first or second, Hanna said the important thing is for Vernon to have home-floor advantage to start the playoffs.

"We have a nice big arena where we can use our fitness and stretch other teams out."

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Published: June 21, 2013 1:00 AM

Vernon Tigers shade Raiders in showdown

Vernon Morning Star

It was a satisfying win, but it might not be enough to earn the Vernon Source For Sports Tigers top seed going into the Thompson Okanagan Junior Lacrosse League playoffs.

The Tigers claimed a share of the league penthouse with the Kelowna Raiders after grounding them 12-11 in a Wednesday-night showdown at Kal Tire Place.

The teams hold identical 11-3-1 records, but the Raiders hold a 22-point lead in goal differential (tiebreaker).

All Vernon can do is try for a offensive outburst against the Armstrong Shamrocks in their final regular-season game Saturday night at Kal Tire Place. Either that, or pray the Raiders lose to the Rocks in their last tilt Thursday in Kelowna.

The third-place Shamrocks (3-7-3) host the last-place South Okanagan Flames (3-9-2) tonight at Nor-Val Sports Centre.

Mason Limb played the hero Wednesday night, netting the winner with about 90 seconds to play, helping the Cats overcome a near collapse in the third period.

Leading 10-6 after 40 minutes, Vernon ran into a string of penalty trouble early in the third period, paving the way for a Kelowna comeback. The Raiders levelled the score 10-10 with four minutes remaining before Ryan Sarazin, with his fifth goal on the night, restored Vernon's lead.

"First period was pretty close and the second period we started running away with it," said Sarazin, a Fulton grad who is headed to the NCAA Division 1 Marquette Golden Eagles on a field scholarship this fall.

"Beginning of the third period, we just got too relaxed and they started coming back. We let up when we shouldn't have."

As was the case in Vernon's win over Kelowna earlier this month, the Tigers effectively shut down Raiders' sniper Brendan Urban, limiting him to a goal and two assists.

"They've got a lot of depth and quite a few players who can put the ball in the net," said Sarazin. "But when we shut down Urban, that takes away at least a couple goals."

Daryl Landels (2+3), Quinton Harrish (2), Colton Harrish and veteran Craig Bigsby rounded out Vernon's offence in front of netminder Joel Fruncillo, who returned from injury. Scott Renner and Ryley McLennan led the Raiders with a deuce apiece.

Meanwhile, Jayden Jensen-Hunter sniped a pair of goals as the North Okanagan Legends brushed back the host Penticton Heat 5-3 in Bantam A2 playoff action Tuesday night at Memorial Arena.

Jakob Schweb, Brett Olsen (shorthanded) and Brady Marzocco rounded out the offence for North Okanagan, who held period leads of 2-1 and 4-3, and outshot the Heat 42-31.

Niklas Luttmending was the setup man with three assists.

Legends' head coach Rob Seaton said the team came ready to play, wearing down Penticton and punishing them period by period.

The Legends host the Heat Monday night (5:15) at the Kal Tire Place.

In Novice action, the Armstrong Co-Op/Gilberts Parts Depot Legends just missed out on some hardware as they fell 6-5 to the Kelowna Kodiaks #2 team in tournament play last weekend in Salmon Arm.

The Kodiaks scored with three seconds to play in the bronze-medal game.

Scoring singles for the Legends were Jakob Aeichele, Ephran Potter-Cramer, Chayton Marchand, Peyton Storey and Tye Krause. Nathan Tishenko was solid in net.

Krause and Storey each had a hat trick as the Legends opened the tourney by spanking Shuswap 12-1.

Aeichele and Potter-Cramer each added a pair, while call-up Brayden Schwaerzle and Thomas Pain netted singles.

The Legends battled the Kodiaks to a 6-6 draw Saturday morning, with Krause and Levi VanderDeen each scoring deuces. Pain and Kohl Killingback each had a single.

Krause and Storey supplied the offence as North Okanagan bowed 6-2 to Kelowna #1 later in the day.

The Legends then fell 9-4 to the Penticton Heat, with Storey (2), Vander Deen and Pain accounting for the offence.

Novice lacrosse wraps up this weekend with playoffs at Kal Tire Place.

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Published: June 19, 2013 1:00 AM

Vernon Tigers host Kelowna Raiders tonight

Vernon Morning Star

The top two Thompson Okanagan Junior Lacrosse League teams will tangle tonight as the second-place Vernon Source For Sports Tigers entertain the league-leading Kelowna Raiders (7:30) at Kal Tire Place.

The Cats, now 10-3-1, come into the tilt having split a weekend set against the ever-improving Kamloops Venom (4-10-1), winning 10-6 Saturday in Vernon before falling 15-8 Sunday at Kamloops Memorial Arena.

The Tigers wrap up the regular season by hosting the third-place Armstrong Shamrocks (3-7-3) Saturday at Kal Tire Place.

Ryan Sarazin turned the hat trick to lead the Vernon attack Saturday night. Tied 2-2 after one period, the Tigers out-scored the Venom 4-1 in the second frame to seize control.

“I was very impressed,” said Tigers’ head coach Myles Brumpton. “Keith (Hanna, assistant coach) and I implemented some new strategies this week and we saw them in play. They executed the game-plan.

“It was one of the best performances from a team perspective. For a coach, it was a treat to be on the bench.”

Jordan Orr (2+1), Sean Connors, Darryl Landels, Craig Bigsby, Liam Drabiuk and Austin Lewarne rounded out the offence in front of Aaron Jensen, who recorded 21 saves.

Nolan Frame dished up five assists and Mason Limb had two.

Brady Jorgensen (2), Jerome Thorne, Nolan Koly, Chris Case and Rob Peterson responded for the Venom, who got 44 saves from Dallan Etter.

Jorgensen ignited the Venom with seven goals in the rematch. Blaine Boomer (2+3), Peterson (1+8), Thorne, Kyle McLellan, Max James, Brett DeFrias and Case all solved Jensen.

Frame, with a hatty, Drabiuk, with a deuce, and singles by Sarazin (3A), captain Brett Hanna (2A) and Theo Wagner accounted for Vernon’s offence. Orr collected three helpers.

Brumpton called it a lacklustre team performance.

“Everyone’s entitled to a bad game, I just didn’t expect three-quarters of them to have one on the same night.

“Too many passengers suited up for the game. It was a sad performance. We shouldn’t have lost that game, but give them (Kamloops) credit – they scored 15 goals on us.

“The parity in the league is a lot closer than what the standings show.”

Meanwhile, the Shamrocks used a nine-point night (6+3) from Stephen Ringdal to earn a 13-13 draw against the host South Okanagan Flames Sunday at Penticton Memorial Arena.

Willy Hanley supplied 3+3, Cody Berg netted 1+2 and Colton DeBoer, Sam Hanley and Adam New counted singles. Drew Hassard generated five assists while netminder Cole McFarlane (49 saves) had one.

Kaid McLeod (3+2), Levi Thompson (3+1) and Chris Pond (2+3) enjoyed stellar nights for the last-place Flames (3-9-2). Dean Grimm earned 43 saves.

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Published: June 14, 2013 1:00 AM

Vernon Tigers ambush Armstrong Shamrocks in third period

By Graeme Corbett - Vernon Morning Star

The Vernon Source For Sports Tigers needed a huge third period to brush back the host Armstrong Shamrocks 12-6 Wednesday night at Nor-Val Sports Centre.

Ahead by a goal going into the final frame, Vernon exploded for six more to secure the Thompson Okanagan Junior Lacrosse League win.

“In the third period, our guys took control of the game, on and off the floor,” said Vernon head coach Myles Brumpton.

“It was nice to see the leaders talking the whole time. We shut them down defensively.”

The Cats cruised to an early 4-1 lead after a shaky start by Shamrocks’ netminder Josh Pointe (31 saves). Singles by Ryan Sarazin, Nolan Frame, Braden Barr and Mason Limb, on a great dive through the crease, jumpstarted Vernon’s offence.

The Rocks came alive with a pair of goals in the last minute of the period. The final snipe was a solo effort by speedy Stephen Ringdal, who weaved through traffic to beat Vernon starter Aaron Jensen with 2.4 seconds to play.

“My hat’s off to Armstrong,” said Brumpton. “They capitalized on our mistakes and kept it close until the third, especially running with a short bench.”

Neither team generated much in the second period as a string of alternating penalties stifled the momentum. Todd Hoggarth and Adam New converted for the Shamrocks, while Limb and Frame answered for the Tigers.

“Special teams sucked the life out of the second period,” said Brumpton. “Neither team was able to establish a flow.”

Vernon’s offence found another gear in the final period with Sarazin (2), Limb and Frame each completing their hat tricks, and Darryl Landels pocketing a deuce. Cam Nelson replied for the Shamrocks.

Unable to attend every game due to work commitments, Brumpton credited assistant coach Keith Hanna for picking up the slack behind the bench.

“He’s got his finger on the pulse of the team right now,” said Brumpton.

The second-place Cats (9-2-1) are chasing the first-place Kelowna Raiders (10-2-1), who hosted the South Okanagan Flames (3-8-1) Thursday at Memorial Arena.

The third-place Rocks (3-7-2) visit the Flames Sunday in Penticton.

The Cats have a home-and-home weekend set with the last-place Kamloops Venom starting Saturday night (7:30) at Kal Tire Place. Vernon visits the 3-9-1 Venom Sunday night.

“Nobody’s given Kamloops any credit this year,” said Brumpton. “Like any good young team, it takes time. Kamloops always brings their game.”

Meanwhile, Conor Webb and Jakob Schweb each fired two goals and an assist as the North Okanagan Legends outgunned the Shuswap Outlaws 8-3 in Bantam A2 lacrosse play Tuesday at Priest Valley Arena.

Brady Marzocco, Niklas Luttmerding, Brett Olsen and James Francis each had singles for the Legends, who enjoyed period leads of 2-1 and 6-1.

Kayden Beauregard and Stephane Richard each dialed up an assist as North Okanagan outshot Shuswap 68-20.

Short five regulars, the Legends picked up Riley Swiscoski and Mason Poole, who both contributed to the

win. Shuswap goaltender Noah Bumstead was stellar in stopping 60 shots, while assisting on two of the three goals.

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Published: June 12, 2013 1:00 AM

Vernon Tigers tie up Flames

Staff - Vernon Morning Star:

Some last-minute equipment changes, and no national anthem or PA announcing had the Vernon Source For Sports Tigers feeling out of sorts Saturday night at Kal Tire Place.

The Cats had to scramble to replace their facemasks as part of a league mandate, causing half the players to miss warmup. There was even concern the Thompson Okanagan Junior Lacrosse League game would have to be postponed.

When the 8-2-1 Cats did take the floor, they struggled to find rhythm as they ran to a 12-12 draw against the ever-improving South Okanagan Flames.

“It was just a bunch of unfortunate events,” said Tigers’ veteran Nolan Frame. “It kind of threw us off our game.

“We took them (Flames) too lightly, just thinking they’re close to last place and it didn’t turn out that way.”

Down by a goal heading into the final frame, the 8-2-1 Tigers rebounded to take the lead early in the third. The 3-8-1 Flames scored twice in the late going to salvage the draw.

Frame, who led Vernon’s attack with four goals and an assist, said South Okanagan’s keeper Dean Grimm (53 saves) anchored the visitors’ effort.

“The goalie was standing on his head. He was making big saves to change the momentum.”

Other Vernon offence came from Mason Limb (2+1), Craig Bigsby (1+2), Sean Connors, Bayne Bosquet, Jordan Orr, Aaron Green and Ryan Sarazin. Daryl Landels netted four helpers and Jay Seaton had two.

Sarazin and the Flames’ Liam Neary, who collected a first-period hat trick, were tossed for fighting late in the first period. Kaid McLeod (4+3), Josh Greenwood (2+5), Jacob Hollenbeck, Tanner Thompson and Levi Thompson completed the scoring for South Okanagan.

Thomas Bella recorded 30 saves for Vernon.

The Tigers visit the 3-6-2 Armstrong Shamrocks tonight at Nor-Val Sports Centre. Vernon is leading the season series 2-0.

“We just got to make sure we don’t retaliate on penalties,” said Frame. “If we can keep our temper under control we can beat any team 5-on-5.”

In other Saturday action, the last-place Kamloops Venom (3-9-1) stunned the first-place Kelowna Raiders (10-2-1) 10-8 in Kamloops.

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Published: June 05, 2013 1:00 AM

Vernon Tigers hand Kelowna Raiders first loss

Staff - Vernon Morning Star:

The Vernon Source For Sports Tigers are creeping up on the Kelowna Raiders.

The Cats improved to 8-2 with a pair of Thompson Okanagan Junior Lacrosse League wins, including a 15-9 decision over the first-place Kelowna Raiders Saturday night at Kal Tire Place. It was the 8-1-1 Raiders' first loss of the season.

Vernon outgunned the host South Okanagan Flames 14-9 Sunday in Penticton.

"It felt good for sure," said Tigers' veteran Craig Bigsby of Saturday's win. "Bringing it in their barn (14-10 loss last Thursday), we knew they could play. But coming back to our barn, we showed we could retaliate."

Part of Vernon's success stemmed from their ability to stifle Raiders' sniper Brendan Urban, who collected seven goals Thursday. He scored once Saturday.

"Our defence really stopped him, which was nice to see, but he's not their only skilled player," said Bigsby, who pocketed two goals and an assist. "We have a skilled defence so we've got a couple guys who could contain him."

Nolan Frame and Sean Connors each collected hat tricks for the Tigers, who got 2+7 from Jordan Orr, 2+3 from Ryan Sarazin, 1+4 from Jay Seaton and a single by Liam McPhee. Daryl Landels chipped in with four assists.

Pat McMillan (3), Andrew McMillan (2+1) and Evan Helgesen (2) were the main threats for Kelowna.

Bigsby said the return of Matt Kolb, Theo Wagner and Sarazin gave Vernon a lot more depth and allowed them to follow their system.

"We were trying to make them play our pace – slow it down and then speed it up when we needed it."

Sarazin netted four goals and two helpers to led the Vernon attack against Penticton. Frame (3+1), Orr (1+3), Seaton (1+2), Bayne Bosquet, Landels, Logan Revell, Bigsby and Mason Limb rounded out the scoring.

Josh Greenwood, with a hat trick, and Kaid McLeod, with 2+4, led the Flames' attack.

Vernon starter Joel Fruncillo left the game (edited by Webmaster) , and was replaced by Aaron Jensen.

Vernon hosts the 3-7 Flames Saturday at Kal Tire Place.

Meanwhile, the 2-5-2 Armstrong Shamrocks visit Kelowna Thursday night, and then host the 2-8-1 Kamloops Venom Friday at Nor-Val Sports Centre.

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Published: June 02, 2013 1:00 AM

"Edited" Vernon at Raiders May 30

Staff - Vernon Morning Star:

The Vernon Source For Sports Tigers didn't have an answer for Brendan Urban in Junior B action Thursday night at Kelowna Memorial Arena.

The talented sniper pocketed seven goals and three assists as the host Raiders brushed back the Cats 14-10 in a showdown of the top two TOJLL teams.

"He got away from us a few times and got a few real nice goals," said Tigers' assistant coach Keith Hanna. "It's just more for us to work on in practice."

Shifty Jay Seaton, with two goals and three assists, led the 6-2 Vernon attack, with Liam Drabiuk (2), Sean Connors (2), Bayne Bosquet (1+2), Quinton Harrish, Nolan Frame and Craig Bigsby rounding out the offence in front of Joel Fruncillo.

Chipping in on the 8-0-1 Kelowna offence were Brock Embury (2), Scott Renner, Evan Helgesen, Andrew McMillan and Cody Teichroeb.

After a terrific first period, the Tigers fell into penalty problems in the second frame. Down by a goal, the Raiders capitalized on a pair of 5-on-3s to build a 9-7 lead after 40 minutes, and the Tigers never recovered.

Vernon and Kelowna squared off again Saturday night at Kal Tire Place. The Cats visit the 3-5 South Okanagan Flames tonight in Penticton.

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Published: May 29, 2013 1:00 AM

Tigers face tough test in Kelowna

Staff - Vernon Morning Star Published:

The Vernon Source For Sports Tigers' five-game win streak will be put to the test Thursday night when they visit the Kelowna Raiders.

The Raiders, who lead the Thompson Okanagan Junior Lacrosse League at 7-0-1, are the only team to beat the 6-1 Tigers this season. The teams tangle again Saturday night at Kal Tire Place (formerly Wesbild Centre).

Kelowna also tops the league in penalty minutes at 328, more than double Vernon's 143.

"They have a good physical presence so we need to work to our strengths and the rest should fall into place," said Tigers' assistant coach Keith Hanna, who will be without injured veterans Ryan Sarazin, Theo Wagner and Matt Kolb for Thursday's tilt.

“They have a good fast-break that we have to cut down on. If we can slow that down, it takes away some goals.”

Vernon enters the showdown having won a pair of weekend games. They grounded the 1-8-1 Kamloops Venom 11-6 Saturday at Memorial Arena, and then outlasted the ever-improving South Okanagan Flames 14-12 Sunday in Penticton.

“Both games were pretty good,” said Hanna, who called up first-year Midgets Logan Revell, Mitchell Anderson and Brock Wagner for weekend duty.

“Both teams had improved quite a bit, which is good for parity in the league.”

Vernon got two goals each against Kamloops from Jordan Orr (3A), Quinton Harrish, Nolan Frame and Bayne Bosquet. Liam Drabiuk, Sarazin and Craig Bigsby added singles and Liam MacPhee supplied two helpers.

“From back to front we played pretty sound lacrosse,” said Hanna. “Our offence was really spread out, which is really good to see.”

Vernon withstood a third-period charge by the 2-5 Flames Sunday and were led offensively by Mason Limb, with 3+3, and Drabiuk and Orr, each with 2+2. Sean Connors (1+2), Jay Seaton (1+2), Daryl Landels, Bigsby, Nolan Frame and Brett Hanna rounded out the attack.

Connor Walton had 3+3 for the Flames, who got 2+2 from Chris Pond and Gage Buchanan.

In other Sunday action, the Armstrong Shamrocks rallied with four third-period goals to salvage an 8-8 draw with the Venom in Kamloops.

Trailing by three goals heading into the final period, the 2-4-2 Rocks got solid goaltending from Cole McFarlane and some stellar shortman play to earn the draw. Nathan Marcetta pocketed the equalizer in the final minute.

“They showed a lot of heart and effort,” said Armstrong head coach Bryan Cope.

“They’ve come a long ways and you can really see the changes in them. Guys are playing with more confidence and that’s going to make a big difference.

The Rocks visit the Flames Friday night.

In B.C. Junior A action, Vernon’s Ryan Landels had a goal and two assists as the Port Coquitlam Saints brushed off the Nanaimo Timbermen 14-10 Sunday at the PoCo Rec Centre.

Trailing 10-8 after two periods, the 4-5 Saints reeled off six unanswered snipes in the third period to secure the win. The 1-6 Timbermen got 1+2 from Armstrong product Brett Hawrys.

Hawrys is tied for 10th in league scoring with 14-13-27 in seven games while Landels is tied for 12th with 13-12-25 in nine games.

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Published: May 17, 2013 1:00 AM

Vernon Tigers torch Kamloops defence

Staff - Vernon Morning Star Published:

The Vernon Source For Sports Tigers put on a clinic in precision shooting as they picked apart the Kamloops Venom 20-3 Wednesday night at Wesbild Centre.

The Cats seemingly scored at will as they raced out to an 8-1 first-period lead en route to their third straight Thompson Okanagan Lacrosse League win.

"It exemplified the execution of a true transitional lacrosse system," said Vernon head coach Myles Brumpton.

"At this point in the season it's a great sign."

Ryan Sarazin led the 4-1 Vernon offence with four goals and three assists, while Liam Drabiuk netted 3+4 and Sean Connors turned a hat trick.

Jordan Orr delivered the goal of the night as part of his 2+4 performance, going top shelf with a behind-the-back beauty during a second-period powerplay.

Craig Bigsby (2+2), Quinton Harrish, Daryl Landels, Colton Harrish and Nolan Frame (1+3) completed the offence in support of Joel Fruncillo (14 saves). Aaron Jensen came on in relief at the halfway point, finishing with 18 saves and two assists.

"We had output from 85 per cent of our players; 17 of 20 players produced points," said Brumpton, who was equally pleased with the Tigers' 14 penalty minutes. "That's just good lacrosse."

The last-place Venom (1-6) scored once in each period, with Rob Peterson, Blaine Boomer and Riley Poacik supplying the offence. Netminder Dalan Etter was pulled after getting shelled in the first period. Cody Mior didn't fare much better in relief. They combined for 31 saves.

"They're still a good team, but they're young," said Brumpton. "They have some skilled guys who can play."

The Tigers resume TOJLL action next Saturday when they visit the Venom at Memorial Arena.

The Armstrong Shamrocks (1-4-1) host the South Okanagan Flames (2-2) next Friday night (7:30) at Nor-Val Sports Centre.

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Published: May 15, 2013 1:00 AM

Vernon Tigers snuff South Okanagan Flames

Staff - Vernon Morning Star Published:

The Vernon Source For Sports Tigers appear to be finding their swagger in the Thompson Okanagan Junior Lacrosse League.

The Cats reeled off their second-straight lopsided win, grounding the South Okanagan Flames 13-2 Saturday

night at Wesbild Centre.

“I was impressed with the team in their ability to remain focussed,” said Vernon head coach Myles Brumpton, who was pleased to see the team lower its penalty minute total (20 PIM).

“We had a job to do and we went in and got it done. Every player knows his job and everybody from the goalie out did their job and did it well.

“Two goals against – there’s not a whole lot more to be said.”

Vernon, now 3-1, hosts the last-place Kamloops Venom (1-5) tonight at Wesbild. The Venom bowed 13-11 to the 2-2 Flames Sunday at Memorial Arena in Penticton.

Nolan Frame netted four goals and three assists for the Tigers, who raced out to a 4-0 first-period lead against South Okanagan. Ryan Sarazin supplied 4+1, Jordan Orr had 2+3, Craig Bigsby collected 1+2 and captain Mason Limb and Quinton Harrish each pocketed singles.

Liam McPhee chipped in with four assists and Daryl Landels added three to help netminder Joel Fruncillo (31 saves).

Jacob Hollenbeck and Kaid McLeod replied for the short-benched Flames who got assists from Ryan Harms, John Ciardullo and Josh Greenwood.

South Okanagan keeper Charles Nicholas made 44 stops.

Meanwhile, Armstrong Shamrock grad Brett Hawrys had three goals and two assists as the host Nanaimo Timbermen bowed 11-10 to the Burnaby Lakers in Junior A play Saturday at Frank Crane Arena.

Owen Barker, another Armstrong product, chipped in with a goal and an assist. Peyton Lupul led the Lakers with four goals and an assist.

Vernon’s Ryan Landels was held pointless as the Port Coquitlam Saints bowed 9-5 to the host Delta Islanders Saturday night at Sungod Arena.

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Published: May 08, 2013 1:00 AM

Vernon Tigers tame Armstrong Shamrocks

Staff - Vernon Morning Star Published:

The Vernon Source For Sports Tigers put on a special teams clinic Saturday night at Wesbild Centre.

The Cats went 8-for-14 on the powerplay and added two more shorthanded goals in an 11-6 Thompson Okanagan Junior Lacrosse League win over the Armstrong Shamrocks.

“Solid performance by the boys,” said head coach Myles Brumpton, noting the Tigers were also 73 per cent on the penalty kill.

“They ran through our systems seamlessly. We won most of the loose ball battles and when we had

possession we made good work with it.”

Ryan Sarazin showed great precision from the top of the circle in collecting four goals for Vernon (2-1), who held period leads of 4-1 and 10-2.

Rookie Liam Drabiuk hustled for 2+3, veteran Craig Bigsby pocketed a pair on the man advantage, Jordan Orr supplied 1+2 and Liam MacPhee netted a third-period shorty, assisted by Austin Lewarne. Shifty Jay Seaton added three assists.

Stephen Ringdal had 3+1 for the 1-4 Irish, who got singles from Adam New, Joel Castle and Conor Payne. Willy Hanley had three assists and Sam Hanley had two.

Armstrong head coach Bryan Cope said the non-stop penalties kept the Rocks from finding their rhythm.

“We deserved a lot of penalties, but there was no flow to the game,” he said.

“You can’t run the system when you’re shorthanded all the time. And with the guns they’ve got you don’t want to give them opportunities.”

Joel Fruncillo recorded 36 saves for the win. Cole McFarlane made 35 stops for Armstrong.

Armstrong hosts the undefeated Kelowna Raiders (5-0) Friday night at Nor-Val Sports Centre. The Tigers entertain the South Okanagan Flames (1-1) Saturday at Wesbild.

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Published: May 01, 2013 1:00 AM

Tigers stop Shamrocks

Staff - Vernon Morning Star Published:

It was only Game 1 of 16 and the Vernon Source For Sports Tigers opened the regular season with a shaky come-from-behind 9-7 win over the Armstrong Shamrocks Saturday night at Nor-Val Sports Centre.

The Tigers, who face the 3-0 Kelowna Raiders Thursday night at Memorial Arena, are the last Thompson Okanagan Junior Lacrosse League team to see action. It was 4-2 Rocks after one and 7-7 after 40 minutes.

“Hard work, determination,” replied Tigers’ co-coach Keith Hanna, on what was paying off. “Right out of the gate, we were pretty rusty. We came back in the second and then put on a great show in the third period with some end-to-end action.

“Our goalie (Joel Fruncillo) really stood tall in the third (stopped all 12 Shamrock shots) and we scored some real nice goals. Defensively, we manhandled them in the third and were hitting everything. I think that was the difference.”

Two-way man Mason Limb led the Tigers with some stellar backchecks.

Alternate captain Craig Bigsby pocketed 3+1 for the Tigers, while Jordan Orr and Nolan Frame each supplied 2+1. Singles came from Daryl Landels and Liam MacPhee.

Marlon Forrest (2), Willy Hanley (1+2), Keith Minnis, Conor Payne. Mike Hanley and Drew Hassard replied for the Shamrocks.

"I was really satisfied with our first period," said Shamrocks' head coach Bryan Cope, assisted by Adrien Lemaire.

"We've been falling behind 3-0 in the first so it was nice to finally have a good start. The guys were running some nice offensive plays. I have a lot of kids who never went over centre using the offence/defence system last year so it's starting to come."

Cope praised captain Nathan Marcetta for digging hard for loose balls, one early-season weakness the Rocks will give special priority to in practice this week after losing too many battles in the third period Saturday night.

Vernon and Armstrong meet Saturday night in the Tigers' home opener (7:30) at Wesbild Centre). The 0-3 Irish host the 1-2 Kamloops Venom Friday night and expect to welcome back veteran Stephen Ringdal. Both Armstrong and Vernon are carrying 25 players.

Tiger grad Ryan Landels is playing for the B.C. Junior A Lacrosse League Port Coquitlam Saints and leads the loop with 10 goals and 12 points in two games. He was named Player of the Week Monday as he scored five times in a 9-8 loss to Langley Thunder and netted 5+2 in a 15-5 win over Burnaby Lakers.

Former Tiger Tyler Landry was called up to play for New Westminster Junior A Salmonbellies from New West's Intermediate A team. Landry made seven stops on 10 shots in relief as the Junior A Bellies lost 11-10 to the Victoria Shamrocks at Bear Mountain Arena.

Shamrock grad Brett Hawrys supplied 3+1 as the Nanaimo Timbermen opened the B.C. Junior (A) Lacrosse League with a 12-9 loss to the host Coquitlam Adanacs Saturday night.

Owen Barker of Armstrong also made his Junior A debut with the T-Men, getting two assists and two penalties, one a high sticking major.

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April 17 2013

Vernon Tigers go 2-0 at Ice Breaker

Staff - Vernon Morning Star Published: Published: April 17, 2013 1:00 AM

The Vernon Source For Sports Tigers showed they can get it done with either stingy defence or explosive offence at the Archie Jack Junior B Lacrosse Ice Breaker tournament in Armstrong.

The Cats opened the tourney with a 5-2 decision over the host Armstrong Shamrocks Saturday morning at Nor-Val Sports Centre, and then rocked the Kamloops Venom 11-6 in the afternoon.

We weren't looking at the win or loss column; it was strictly an opportunity to assess the new guys coming in," said head coach Myles Brumpton.

"The Ice Breaker is good for three things - assessing players, getting back our timing and building confidence of everybody."

Vernon's Darryl Landels and Nolan Frame each pocketed a pair against Armstrong, with Ryan Sarazin adding a single. Assists went to Mason Limb, Jordan Orr, Craig Bigsby and Derick Davis.

Conor Payne and Drew Hassard answered for the Irish. Todd Hoggarth added a helper.

The Tigers trailed by one at the first intermission, evened the score 2-2 at the second, and then pulled away in the third.

Limb, Bigsby and Sarazin collected third-period deuces to brush back Kamloops. Orr, Frame and Austin Lewarne tallied in the second period after Landels opened the Cats' account in the first.

Riley Pollack and Trent Maurer each fired a pair for the Venom.

The Baby Rocks bowed 8-7 to the Kelowna Raiders in their Saturday afternoon game.

Armstrong led by a goal going into the third period, but couldn't hang on for the win.

Like Brumpton, Armstrong head coach Bryan Cope used the Ice Breaker as a final audition for his players before the Thompson Okanagan Junior Lacrosse League begins this weekend.

Armstrong opens regular-season play against the Raiders Friday night (7:30) at Nor-Val. The Shamrocks visit Kamloops Saturday night.

The Cats don't get going until Saturday, April 27 when they visit Armstrong.

I just wanted to mainly see what the guys could do and see if they could show me something different than what they do in practice," said Armstrong head coach Bryan Cope.

"We just have to start putting more in the net. The effort's there, we just have to dial it in a bit."

Meanwhile, the North Okanagan Legends opened the Bantam A2 season with a doubleheader sweep, recording 7-3 and 8-4 wins over the Penticton Heat Saturday.

Brett Olson and Conor Webb each had two goals in the opener, with singles coming from Jakob Schweb, Stephane Richard and Cameron Lock.

The Legends carried the play in the first and third periods, outshooting Penticton 36-25 overall. They allowed one goal on the powerplay, but also surprised Penticton with two goals on the short man.

Captain Stephane Richard led the team in hits and was a standout on the penalty kill.

Jake Pelletier canned 3+1 in the second match, with Olsen, Jayden Jensen-Hunter, Richard, Kayden Beauregard and Webb adding singles.

The Legends built period leads of 2-1 and 6-1 and outshot the Heat 36-21.

The larger, more physical Legends earned 43 penalty minutes, including a game misconduct, to Penticton's six PIMs. Curtis Hubert and Beauregard played solid on short man.

"The effort was good and the boys seem eager to play," said Legends' coach Rich Zecchel. "Our defence was much improved from Game 1. The offence from both games was definitely not according to our game-plan but we did score enough to win."

In Bantam B2 play Sunday in Armstrong, the Legends bowed 5-3 to Penticton, who scored twice shorthanded and twice on the powerplay.

Taylor Peltier recorded 32 stops to keep North Okanagan competitive, and Chase Bronson tallied twice for the Legends. Brodie Drydyk added a third as the Legends made a strong push in the third period.

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April 12 2013

...8th Annual Ice Breaker

By Graeme Corbett - Vernon Morning Star Published: April 12, 2013 1:00 AM

The five TOJLL teams will get tuned up for the regular season at the annual Archie Jack Memorial Ice Breaker Tournament this weekend at Nor-Val Sports Centre.

The Shamrocks open play Saturday morning (9 a.m.) against the Vernon Source For Sports Tigers, and then face the South Okanagan Flames at 12:30 p.m.

The Cats face the defending champion Kamloops Venom at 2 p.m. In other Saturday action at Nor-Val, the Kelowna Raiders tangle with Kamloops at 10:30 a.m., and the Raiders and Flames go at it at 3:30 p.m.

Without Hawrys and Barker, the Baby Rocks will be missing a little firepower, but one luxury they do have is manpower.

Bryan Cope, who is taking over as head coach from Pat Nelson, has had full practices and said he shouldn't have a problem using up his 25 available player cards.

"We're going to be just fine," said Cope, who struggled to field a competitive roster as coach of the Vernon Senior C Tigers last season. "We've got a lot of good athletes.

"They all seem keen and they listen well and they're in good shape, for the most part.

"You're going to see an old-school lacrosse team - up, down and off. Loose balls win games and that's what it's going to be."

The Irish will be led by veterans Nathan Marcetta, Daniel Peterson, Conor Payne and the Nelson boys, Sheldon and Cam. Cole McFarland is returning as the No. 1 goalie.

With just one graduating player (Ryan Oliverius), the Tigers aim to field a competitive lineup, backed by the strong goaltending tandem of Crankbrook's Joel Fruncillo and Trail's Thomas Bella.

Said Tigers' GM Rich Zecchel: "It'll be much like last year - fast, skilled with pretty good dee.

"I like our experience, our size and our goaltending. We're quite deep on offensive skill."

Ryan Landels, who is considering the Junior A route, and Prince George's Mike Quarin, a bruising attacker, are unlikely to return. However, the Cats will be boosted by returning captain Brett Hanna, Bayne Bosquet, who plays with the Simon Fraser Clansmen, and Ryan Sarazin, who will join the Marquette Golden Eagles on an NCAA Division 1 field scholarship this fall.

Promising newcomers include Liam Drabiuk, Mitchell Anderson and Brock Wagner.

Vernon visits Armstrong for both teams' season opener on Saturday, April 27. The Cats host the Irish for their home opener a week later at Wesbild Centre.

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