

# Lacrosse

## LACROSSE ACADEMY STAFF

**Jamey Bowen** - Head Lacrosse Instructor

### Box

- Member from 2005-2007 Edmonton Rush Professional Lacrosse Team (Alternate Captain), served as Asst. Coach for the Edmonton Rush in 2007 TO 2008
- Head Instructor St. FX Lacrosse Academy
- Member of the Vancouver Ravens 2002 (NLL)
- Captain and member of the Senior B National Champion Edmonton Outlaws
- Scoring Leader and 1st Team All-Star
- Played 5 years for the North Shore Indians of the Senior A League in British Columbia (1st Team League All-Star in 1997)

### Field

- Silver Medalist in the 1998 World Field Championships - Men's National Field Team
- Member of the 1996 Commonwealth Games (Demonstration Sport) representing Canada
- Played 3 years at Sonoma State University for Men's Field Program
- Proud Member of Sonoma State University Sports Hall of Fame

**Andrew Buchanan** - Post Rehabilitation Exercise Specialist

- Bachelor of Physical Education/ Bachelor of Education with Health Minor
- Certified Strength and Conditioning Coach
- Certified Fitness Consultant
- Played for Nanaimo Sr. A Timbermen/ Victoria Jr.A Shamrocks

Also many members of the Edmonton Rush (NLL) players attend the sessions to lend their expertise to the players and give them strategies to make the most of the sessions.

## INFORMATION

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Program Administrator - St. FX High School  
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**Jamey Bowen**  
Head Lacrosse Instructor - St. FX High School  
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*Join the Lacrosse Revolution.*  
**SIGN UP TODAY!**

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LACROSSE

## ST. FRANCIS XAVIER

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Lacrosse Academy  
LAX Revolution

### Lacrosse Philosophy

The St. FX Lacrosse Academy will challenge every individual who attends to meet junior, senior, college or NLL Lacrosse standards. The Academy will develop the player's skills, knowledge and sportsmanship through drills and game situations. Our program will also enhance the player's agility, strength, endurance, coordination thus making each individual a more prepared lacrosse player and better equipped to meet his/her lacrosse goals.



[www.stfrancisxavier.ecsd.net](http://www.stfrancisxavier.ecsd.net)

● **LACROSSE ACADEMY**

It is the Lacrosse Academy's goal or mandate to make at least one trip to a tournament or games outside of the local area. For the past two seasons we have attended the Claremont Shoot Out in Victoria, B.C during the last week of November. Also to better the players awareness of the game of field lacrosse and to introduce our players to potential recruiters/college coaches; and programs we have attended exhibition games in the Phoenix Arizona area. In the next few years we are planning a tour of the Eastern United States to play some top ranked High Schools and visit some US Colleges, programs and tournaments.

To date the FX Lacrosse Academy is proud to honor the following players who have attended the academy and went on to further their lacrosse knowledge and training:

- Aidan Inglis** - Simon Fraser University, Vancouver B.C - Div III
- Andrew (AJ) Pellis** - Ohio Wesleyan, Delaware, Ohio Div III
- Matt MacKenzie** - presently attending Hill Academy (scholarship offers)
- Simon Giourmetakis** - Canisius University, Buffalo, New York - Div I

**Spencer Stobbe**



**ADMINISTRATION REQUIREMENTS**

Candidates **MUST** exhibit a passion and understanding of the Sport of Lacrosse and represent good sportsmanship and fair play, and a desire to improve.

**ACADEMIC**

- Good study habits and academic standing
- Commitment and discipline
- Excellent attendance record at present school
- Independent learning
- We offer SAT prep courses and are an official testing site.

**LACROSSE ABILITY**

Students **MUST**

- have a minimum of 2 years lacrosse experience
- be dedicated to the program
- have a willingness to learn and have fun

The academy has access to the **DARTFISH** program (and laptop) that is a leader in sports recruiting. The program is able to tag specific individuals and create DVDs to send to US/Canadian Colleges. It is an excellent tool for fostering player and skill development, analyzing performance and communicating tactics and immediate feedback to players or groups.

**RUSH PROGRAM** - 1/2 days (afternoon) - Semester 1

- Based on skill and work ethic and coaches or instructors decision
- Could include any player Grade 10-12

**Field** - St. Francis Xavier Field (On St. Francis football field) September - 3rd week October

**Box** - Westend Soccer Centre (transportation provided by school bus) 3rd week October – 3rd week of January

- Academy is looking to host a field lacrosse ID camp with several DIV I US College Coaches this summer. (early July)



**FITNESS SESSIONS AND CROSS TRAINING**

(In school or specific locations)

Weight room activities and training, rock climbing, scuba diving, tennis/racquetball, basketball/baseball, football, hockey, badminton and swimming

**Sports Performance**- players will receive lectures on nutrition, goalsetting , peak performance as well as many other performance enhancing techniques. Blocks will also be set aside for players to contact US College Coaches and start contacts and relationships for the players to develop.

Roughneck Program\* - 1/2 days (afternoon) - Semester 2

- \* If numbers exceed (40 or more)
- Based on skill, work ethic and coaches/ instructors decision
- Could include any player Grade 10-12 (Directors Decision)

The dates for Semester 2 lacrosse would be as follows:

Box - 3rd week January – 2nd week April  
Field – 3rd week April - End of June

**TRAINING KITS** - Sponsored by Under Armour

- Track Suit
- Equipment Bag
- Shorts (2)
- Compression T's (2)
- Socks
- Box and Field Jerseys provided