



WESTERN CANADA JUNIOR B LACROSSE INVITATIONAL

MacDonald Cup
Western Canada Junior B Lacrosse INVITATIONAL
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macdonaldcup.ca

TEAM ANNOUNCEMENT – WESTSHORE BEARS

April 22nd, 2023 – We are excited to announce our first confirmed team for this this year’s invitational!!

“The Westshore Bears play based out of the Q Center (also home of the Victoria Shamrocks) in Colwood BC a suburb of Victoria. We play in the Pacific Northwest Junior Lacrosse League (PNWJLL) and our team was founded in 2004 by Ken Alexander and James Morgan. We have just kicked off our 20th anniversary season with preseason camp and currently have 36 guys in our camp! Before starting the Bears, James and Ken started and coached the Juan de Fuca Whalers Jr. B team in 2002 and 2003. We attended the Founders cup in 2003 in Port Coquitlam in 2003 as the Whalers and again in 2005 as the Bears. We have hosted the BC Provincials 4 times and travelled to participate in many others. As you can imagine through these Provincial championships as well as many Jr B All Star games, we spent a great deal of time interacting with Fraser MacDonald. In 2005 we were the Provincial Champs and have won many Silver and Bronze Provincial medals as well. Most recently we won the Silver Medal at the 2022 Provincial Championships. The Bears have also travelled on several occasions to Edmonton Alberta to participate in tournaments. In 2002 and 2003 Ken's son Ryan played as a callup for Ken and James and then played for the Bears from 2004-2008 upon completion of his playing career Ryan took on a role as a coach that he has held from 2009-Present. In 2010 James stopped being full time with the team to begin coaching his own children but remained with the team part time as needed. In 2021 James' oldest son Josh played 4 games with the Bears as a callup in our 6 game Covid shortened season. In 2022 Josh played as a regular callup player for the Bears throughout the entire season, including in the Provincial Championships. Josh has now graduated from the JDF U17 A1 team and while he is currently in camp with the Victoria Shamrocks Jr B T1 team, well, you could see where this could go...! Also, in 2022 James made a full-time return to the Bears while also coaching the JDF U17 A1 team. Over the last 20 years the one thing that has remained a constant has been Ken and Robyn Alexander's commitment and dedication to keeping this team going to provide an opportunity for young men looking to continue playing or to grow their lacrosse careers. Many players from the Bears have gone on to play Junior A, In the WLA or even the NLL. Most notably perhaps was Tyler Hass who was named to the NLL all-rookie team on his arrival in the NLL and won a Mann Cup in 2015 with the Victoria Shamrocks. Perhaps the thing we are most proud of however is our "Bear Family" and the fact that we have past players continue to return year after year to help with the team as coaches and volunteers. As with any large family comes many highs and lows and we have unfortunately suffered through two separate tragedies over the years. In 2003 Travis Bateman was killed tragically in a car crash right as we were getting ready to start our playoff run. Despite this tragedy our team decided as whole to continue with the playoffs and carry on participating in the Founders cup with Travis' family in attendance with the team. This tragedy was what cemented our commitment to the Team and the Bears were born from it. Once again in 2020, we were struck with tragedy when our goalie AJ Jensen and two other young men were killed when their truck was swept from the road when the Sooke River over spilled its banks during a historical storm. Before the tragedy was realized our community and our Team came together in a search for AJ and the boys over a couple of nights and days. When they were found and the magnitude of what had happened to the "3 Sooke Boys" sunk in, an entire community grieved once again. Through all of this tragedy and grief while it has always knocked us down it has always also made us stronger and more resilient. These two tragedies have really helped us to put our great sport, our team and most importantly our athletes at the fore front of everything we do. We are most hopeful to be accepted into the 2023 MacDonald Cup to continue offering our players the opportunities to grow and so that we can have an opportunity in the future to also one day perhaps host a MacDonald Cup!”- James Morgan, GM

This event will be held in the new arena at the Port Coquitlam Community Center from **August 9-13, 2023**, which will precede the 2023 Founders Cup. The active planning committee has members from all 4 provinces and is looking for volunteers and sponsors to make this a great event.

For more information, please contact the organizing committee at: westcan.jrbchampionships@gmail.com

More information will be updated throughout the year on our website: macdonaldcup.ca