

UTES LAX

The Official Newsletter of the University of Utah Men's Lacrosse Program

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After reaching as high as #14, the Utes finish 2010 ranked #20 in the Prodigy MCLA Poll



WE LEFT IT ALL ON THE FIELD

After finishing the regular season in a 3-way tie for 2nd place in the Rocky Mountain Conference, the Utes find themselves in familiar territory with a first round playoff match-up with the #3 ranked Colorado State Rams

After an unfamiliar season where the Utes found themselves ranked as high as #14 in the country, in the end they found themselves in a familiar spot - having to beat at least one top 10 team in the conference playoffs to receive a bid to the National Tournament. This time, it was again Colorado State who had only lost one game in 2010. The Utes and Rams played earlier in the season, but it wasn't much of a game as the Rams handles the Utes with a score of 12-4 sending the Utes off the field disappointed and with their heads down.

Although the final score of the rematch was 15-7 for the Rams, there were no hanging heads. "It was the best game we played all year, and that is really what we cared most about" said Offensive Coordinator, Rick Kladis. "We were right in there with them through 3

quarters, we executed well, we never gave up, we had fun. It was closer than the score shows, and they just had more firepower than we did."

Although the Utes ended the season with a second loss to the Rams, the team's dramatic improvement across the board was very evident from the game.

"We still have a lot of work to do," said Coach Morris, "but it is clear that we are making progress, and the guys are all starting to buy in to what we're asking of them more and more. The future is bright!"

The team will be losing just 3 seniors this off-season, Mike Calvert, Erik Eidens, and Jake Vadeboncoeur, so expect next years team to pick back up right where they left off.



Coach Pappas gets the worst of this battle as the boys have some fun blocking his door with snow during an off day on the road in Colorado.

MANNING PICKS THE CORNER



left: Mark Manning rips the corner in the Utes blowout of Montana in the Indoor Facility. Manning was recognized as an All-American for the 2010 season. Congratulations Mark!

below: Sophomore Quinn “Hammer” Kane led the defensive midfielder group all season



Utes Finish the Season Just 18 Seconds From The National Tournament

“It stings now more than in did even that day, and that was a lot” says Coach Mike Pappas, referring to the double overtime loss the Utes suffered in early March in Las Vegas at the hands of the University of Arizona. Playing short handed, the Utes were leading Arizona by just one goal in a very close, defensive battle when after a failed clear, Arizona picked up a loose ball in front of the cage and tied the game with just 18 seconds to go. The game would end up going to double overtime before Arizona found the net to steal the victory from the Utes.

Coach Morris reflects on the game saying, “That game hurt. We all felt we gave it away with that late goal, and we knew that was almost a must-win to reach our goal. That ended up being true.”

When the National Tournament Selection Committee released the bracket for the 2010 tournament in Denver, the Utes were listed. The problem, was they were listed as one of the “last 3 out.” Despite beating the #10 team in the nation on the road and racking up an impressive 10-3 record, the Utes resume didn’t warrant an at-large selection once again.

“Sure, that Arizona game made things tough for us, but the entire season we knew we still had a shot to make the tournament” said Coach Morris. “We were a win away going into our playoffs so we had our shot and just didn’t get the job done. We will learn from it, and get better.”

Ute Lacrosse Summer Camps & Clinics

Utah Lacrosse is offering a number of camps and clinics this summer for boys of all levels and ages! Space is limited in all events so don’t wait to register!

[CLICK HERE TO LEARN MORE](#)



 **FACE OFF Lax**™
See you at the line!

Zac Harris' shot hits 104 MPH

In the team huddle minutes after the team's final game, Coach Morris was very clear in saying, "Next season starts right now...Let's keep working." Many players have done their jobs working out over the summer, but it would be hard to find a player working harder than Sophomore Attackman **Zac Harris**.

Zac came to the team last year with very little lacrosse experience. However, with his amazing work ethic and positive attitude, he won himself a starting attackman spot and was a leading points scorer for the Utes! "He's a one-way sponge" says Offensive Coach Rick Kladis. "Lots of players soak up information, but when you put pressure on them and squeeze them a bit, they forget it all and let it all go. Zac retains everything, no matter how hard you squeeze him."

One of Zac's goals this summer was to increase his shot speed. Starting out this offseason, Zac was consistently shooting around 85 MPH. Through his efforts in the weight room and in the shooting cage, Zac was clocked in late May at 102 MPH, and on the day we met to see Zac and his progress, he decided to up his max to 104 mph!

"Zac is down here [at Face Offs Lax] almost every single day working on his game. He works hard, but we have a lot of fun too. It is great seeing him make so much progress and it is going to pay huge dividends for him."

Utes Offense Coach Rick Kladis plays a modified game of "horse" each day with Zac at the end of their workout. Zac has yet to beat coach, but that is likely going to change. "The speed contest simply isn't one anymore, he's got me there" says Kladis. "But his accuracy is



something we want to stay focused on as well, so our horse game is all about that." The way their game works, is each makes a dodge and takes a shot on the run, and tries to hit the numbered target in the corners of the net called out by the other during the dodge. If it is hit, the other must make the same shot or they will receive a letter. "Starting out the summer I was smoking him, but the last few games he has had me on the ropes. He will get me sometime, but I'm absolutely going to make him work for it. The day he beats me is going to be a great day for not only him, but myself and the rest of our team too!"

Zac is one of 3 players on the team from Fremont High School in nearby Ogden, UT. **Cody Pilot** and **Josh Dimick** also attended Fremont, and all three players have something in common, their work ethic. All three players came to the Utes with limited lacrosse experience, but because they simply out work everyone else, they have all earned major roles on the team. This last season, Cody was one of the top defensive midfielders and the go-to draw man on face offs as a freshman, and Josh, a sophomore, is the all-around energy guy who can play any position on the offensive side of the field.

"We love the Fremont crew" says Kladis. "They are all so valuable to our team. They have such positive attitudes, they work hard and are passionate about the game. Most of all though, they listen and simply try their best to do what we ask of them. It is a pleasure for us to coach all of them."

Ute fans should look forward to some amazing accomplishments in the future from Cody, Josh, and Zach as they continue to work hard for the team.

Incoming Ute racks up 6 points in the Utah High School title game.

The Utah High School Boys Championships were held on May 15th at Viewmont High School, and the Division I title game was between Park City and Brighton.

Park City was led all year by their senior midfielder, **Matt Mersereau**, who will be joining the Utes for the 2011 season.



Matt racked up 6 points in the game with 4 goals and 2 assists. Matt scored each of Park City's first 4 goals single handedly keeping Park City right with the undefeated and favored Brighton Bengals.

"He's Mr. everything" says Utes defensive coordinator Mike Pappas, who commented the Championship game for Prodigy Network. "He's constantly involved in the game, face-offs, offense, defense, you name it." Matt will be joined at the Utes with fellow high school teammate, and high school standout **Dillon Dutkanych**. "I am so excited to get them into our program next season,"

says Offensive Coordinator Rick Kladis. "I watched all but two of their games this season and each and every time I would see more and more potential with both of them. Ryan [Sheaffer] (the head coach of Park City) did a great job with both of them putting them in a place to be successful, and I've had plenty of my own thoughts already about ways to help them reach a whole new level. I expect them to both be contributors right away."

Committed Players Joining the Utes Roster for Next Season:

- Aaron Anderson (Salt Lake City, UT)
- Erik Boschuite (Meridian, ID)
- Taylor Brandon (Salt Lake City, UT)
- Joe Callahan (Salt Lake City, UT)
- Chris DaCar (San Ramon, CA)
- Dillon Dutkanych (Park City, UT)
- Derek Ghaul (Columbus, NJ)
- Riley Greenwood (Ogden, UT)
- Pat Guinn (Salt Lake City, UT)
- Spencer Hafer (Holladay, UT)
- Harrison Hawkes (Green Bay, WI)
- Evan Lai-Hipp (West Hartford, CT)
- Jon Lee (Salt Lake City, UT)
- Connor Lund (Woods Cross, UT)
- Trace Mackey (Trout Valley, IL)
- Matt Mersereau (Park City, UT)
- Montana Shaum (Pleasant View, UT)
- Adam Strauch (Saint Johnsbury, VT)
- Jeff Steenblik (Salt Lake City, UT)
- Robert Torick (Pleasant View, UT)
- Connor Wright (Sandy, UT)

listed are players who have committed as of June 1, 2010

ALUMNI



“Glory Days”

top: Alumni sporting their “alumni shirts” designed by Adam Grow

center: Dan Schmidt and Steve Kladis get suited up

bottom: Coach Kladis and Alumni Coordinator, Robbie Bell after a successful game

The Launch of the Utah Men’s Lacrosse Alumni Association

One accomplishment from the 2010 season that the Utah Lacrosse staff is most proud was the launch of the Utah Lacrosse Alumni Association.

Team Offensive Coordinator and Director of Development, Rick Kladis, took the reigns this season to see that an official group was created for past players and coaches of the Utah Men’s Lacrosse Team.

“One of the first things I wanted to accomplish when coming on board was to create an official alumni association,” said Kladis. “We all owe a lot to the guys who put in so much work in the past to get the program where it is today - on and off the field. It provides a way that we can thank them for their efforts by welcoming them to stay involved and be part of the program that they helped create. It is great for everyone.”

For the first event, the team hosted the 2010 Utah Lacrosse Alumni Weekend which was an overwhelming success. Alumni were welcomed to watch the Utes defeat Gonzaga University 16-3 on Friday night on campus in the

Spence Eccles Indoor Facility. Then, the Alumni played a full length, regulation game with many of the players on the current team on Saturday morning followed by a fantastic barbecue hosted by Robbie and **Tamara Bell**. Over 25 Alumnus took part in the event, some came in from as far away as Seattle, WA (**Joe and Tom Fernandez**). “It meant so much that Joe and Tom made the trip for it” said Kladis. “All the guys that made the effort to come into town really made the event a success and made the foundation for what will surely be a great event each year.”

Robbie Bell, a standout midfielder for the Utes from 2001 - 2004 has accepted the role of the Alumni Coordinator. “Robbie did so much for the team in the past, he is ideal to head this thing up and make it a success,” says Kladis. “As everyone could see from the first event, our alumni association is now in great hands!”

If you are an alumni of the Utah Lacrosse Program and would like to join the Alumni Association, please register online at www.utelacrosse.net or email Robbie Bell directly by clicking [here](#). You can learn more on the Alumni page on the team website.



Check out all the different helmets from the past years!

What we're working on right now

This is a very big summer for our program. We have many exciting things we are working on both on and off the field that the program is going to benefit from for years to come.

Without a doubt, the biggest challenge for our team has been that we have not had a field on our campus that we can call a "home." This is something that our staff began meeting with University departments about literally the week they were brought on board, and we just recently learned that it has all paid off!

As many of you know, the University has started construction on a new facility which will include a turf field with men's lacrosse lines!

This is enormous to say the least as this facility will provide not only our team, but our school and community something very special. We will now be able to bring in more top teams from around the country for home games, and offer lacrosse fans a place they can come watch the highest level of lacrosse in the state - right here on the campus of the University of Utah!

In addition to the new home field, we are busy with a number of other things as well. After successfully launching the Alumni

Association, Coach Kladis has now focused his efforts on launching an official Utah Men's Lacrosse Booster Club which will provide a means for our supporters to be more connected with our team and events each year.

Coach Morris is busy daily working with other programs on scheduling for the 2011 spring season. As always, our schedule will surely be one of the nations toughest just with our conference games alone, and we expect to bring in a number of additional top teams for home games to really display our team to the local lacrosse community.

The entire coaching staff's recruiting efforts are in full swing as we are making final contacts and arrangements to welcome in a record number of incoming players. As of June 1st, we already have commitments from 19 players from 9 different states joining our team next year which has created quite the buzz of excitement around the team.

Lastly, Coach Kladis and Coach Pappas are preparing for a number of lacrosse camps and clinics they will be running this summer to begin the team fundraising efforts and to continue our efforts of developing the young future Utes in our community.

IN THE WORKS



top: Coach Pappas, Coach Morris, and Coach Kladis

left: Paige and Sydney, the best team stats crew in the nation, at the scores table in Las Vegas for the Arizona Game.



The girls joined the team in sporting mustaches for the Vegas trip... the coaches opted out.



COACHES CORNER

Thank you to everyone for making the 2010 season a success we can build on!

After our second season as the coaching staff of the Utah Men's Lacrosse Program, we have made some dramatic improvements. However, we have done so only with the help of many other people and organizations. As such, we all chose to use this edition of our "Coaches Corner" to simply thank a few of those people and organizations who have helped us throughout these last two years.

The Utah Athletic Department

We have been extremely fortunate to have an Athletic Department who supports our efforts. **Dr. Chris Hill**, the Director of Athletics at the University of Utah has taken time to meet with our staff anytime we have asked, and has done everything in his power to help us in our efforts to develop our program.

Most people forget that as a club sport, Dr. Hill and the rest of the staff in the Athletic Department at Utah are not responsible for us as they have an entire department of other sports and programs they are responsible for. Everything they do to assist us is a favor. However, they have gone out of their way to support and assist us on countless occasions and we are extremely appreciative!

Salt Lake City Parks and Recreation

We want to thank **Will Kocher** for working with us so generously for our facility scheduling of practices and games in the Indoor Facility. This year, one of the biggest steps we made on campus was that the Athletic Department and

Salt Lake Parks and Rec painted the lines on the turf in our indoor facility for us. Huge thanks to **Steve Pyne** for this as well as this was fantastic in so many ways! Other than the aforementioned, thanks to **Gavin Gough** for basically being on call to paint for us.

Prodigy Network

We all want to thank the entire crew at Prodigy for all of the video services for our coaches and team film through the season. We have the best situation around where our coaches and players have access to film in unbelievable ways, at anytime to help us each prepare for and analyze our games.

Face Off Lacrosse

We want to send a huge thank you out to all of our friends at Face Off Lax. For everything from balls, to team sweats and alumni t-shirts, everyone at Face Off takes such great care of us and gives us the best service we could imagine. We know we are very lucky to have such a great relationship and partnership with them!

"Laxapalooza" & Adam Grow

Many thanks to **Adam Grow** for organizing and managing "Laxapalooza," the event which hosts the Utah vs. BYU annual game. Specifically, thank you for making it something special for our program as well as the sport of lacrosse in the state of Utah. The event continues to increase in interest, and we are proud to be a part of it. We also look forward to



continued growth - we want as many people as possible to be there to witness the Utes first victory over that team from down south!

Jackie Hertgen

A special word of thanks needs to go out to **Jackie Hertgen** who has done so much to help with the administrative duties of the program the last two years. She helps organize all of our paper work, keeps the books, sells gear at games, and so much more. Without her help and support the past two years there is no way we would be where we are!

Hillary Williams & Our Training Staff

This year, the University granted us access to a training room where our athletes could receive treatments anytime on campus. Hillary Williams, an athletic trainer who graduated from the University of Utah, worked with our team the entire season at practices (even the midnight ones), games, and in the training room during the day. We cannot thank Hillary and her staff enough for their work taking care of our boys all season long!

Support Utah Lacrosse

The Utah Men's Lacrosse Program is a registered 501-3c non-profit organization in the State of Utah. All donations to Utah Men's Lacrosse are tax deductible and eligible for many employers matching gifts programs. If you are able to make a donation of any kind, please visit our website at www.utelacrosse.net

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- Rick Kladis
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