

Mission Statement:

"At Bowman Lacrosse Academy, our mission is to inspire and empower young athletes in our community to reach their full potential in both box and field lacrosse. Founded by two brothers with a passion for the game and a commitment to mentorship, we strive to create a supportive, challenging, and fun environment where players of all skill levels can develop their skills, build resilience, and grow as leaders on and off the field. We are dedicated to fostering teamwork, discipline, and a love for lacrosse, helping every player build confidence and unlock their path to success in sports and life."

Andrew Bowman Bio:

Current Status:

- Junior (3rd Year) at Marquette University, competing in NCAA Division I Lacrosse
- Currently Captain of the Nanaimo JR A Timbermen

Leadership & Experience:

- Captain of the Nanaimo JR A Timbermen
- 4 years of Junior A lacrosse experience
- Named to the 2024 BCJALL 2nd Team All-Star
- Represented Team BC in both box and field lacrosse

Career Highlights:

- 113 career Junior A goals and 235 career points

Marquette University Lacrosse Highlights:

2024 Season (Sophomore)

- Played in all 14 games with two starts, tallying six points (5 goals, 1 assist)
- Notable performances:
 - Hat trick against Detroit Mercy (Feb. 13)
 - Two points (1 goal, 1 assist) against NCAA champion and then-No. 1 Notre Dame (Feb. 18)

2023 Season (Freshman)

- Appeared in 11 games with two starts, scoring 13 points (11 goals, 2 assists)
- Key achievements:
 - One of only five freshmen in program history to score multiple goals in his debut game against Lindenwood (Feb. 4)
 - Named BIG EAST Freshman of the Week twice:
 - Feb. 6 after a two-goal debut against Lindenwood
 - March 20 after a hat trick in a neutral site win over then-No. 5 Penn State (March 18)

Colby Bowman Bio:

Professional Highlights:

- 2024 NLL Draft Pick (3rd round, 33rd overall)
- 2023 BCJALL Goalie of the Year and 1st Team All-Star
- 2024 WLA Draft Protected Pick by the Nanaimo Timbermen
- Started 8 games for the Sr. A Timbermen in 2024, with 3 wins and 1 tie

Academic and Athletic Achievements:

- Graduated from Walsh University in Spring 2024
- Left Walsh as the all-time leader in points and goals
 - Career stats at Walsh: 163 points and 111 goals over 56 games

Stick Stringing Expertise:

- Started stick stringing at age 10
- Experience stringing for NLL players, Division I athletes, and Team Canada members
- Over 500 sticks strung across 12 years

Headers:

Home – Group Training – Stringing Service – Goalie Training – 1 on 1 Training – About us – Sign up or registration – Gallery

Group training:

Elevate your game with group or team training sessions led by Coach Andrew Bowman. Whether you're a small group of 2 or an entire team, these skill-focused sessions provide targeted coaching to refine your abilities and take your performance to the next level. Perfect for players looking to enhance their skills in a supportive, dynamic environment.

Stringing service:

Enhance your game with expert stringing services by Colby Bowman, a seasoned professional who has strung over 500 sticks tailored to players at every level. Trusted by top athletes, Colby has strung sticks for Saskatchewan Rush's Jerrett Smith, Team Canada's Levi Verch, and Buffalo Bandits' goalie Devlin Shanahan. Even Coach Andrew Bowman never steps onto the field without a stick strung by Colby. Experience the difference of a custom-strung stick designed to elevate your performance.

Goalie Training:

Train with NLL-drafted goalie Colby Bowman in exclusive one-on-one box lacrosse goalie sessions. Recently selected in the 3rd round of the NLL draft, Colby is a rising talent in the world of box lacrosse and is ready to share his expertise with aspiring goalies. Develop your skills with personalized coaching designed to elevate your game to the professional level.

1 on 1 Training:

Receive focused, one-on-one training with Coach Andrew Bowman, designed for players looking to refine the technical aspects of their game. With guidance from a coach trained by the highest-level mentors, you'll

benefit from in-depth analysis and targeted feedback on every part of your game. This personalized training offers invaluable insights to help elevate your performance to new heights.

About us/Bio's –

Above

Sign up or registration-

Will be on website, as a tab where people can sign up and see the available schedule or groups.

Reference websites:

<https://www.procaliberlacrosse.com/>

<https://fusionwestlacrosse.com/>

<https://versalax.org/>

Gallery-























Tell me about the best Lacrosse schools in British Columbia

British Columbia offers a variety of reputable lacrosse programs at both the high school and university levels. Here are some notable institutions:

Royal Bay Secondary School

Located in Colwood, Royal Bay Secondary offers both boys' and girls' lacrosse academies, providing specialized training and development for students passionate about the sport.

St. Thomas More Collegiate

Situated in Burnaby, this independent school boasts a strong athletics program, including lacrosse. Many of its athletes have progressed to collegiate and professional levels.

University of British Columbia (UBC)

UBC's Thunderbirds Lacrosse Sport Club, established in 2013, is a student-run program that competes against collegiate and club teams across Western Canada and the Northwestern United States.

Simon Fraser University (SFU)

SFU's men's lacrosse team competes in the Men's Collegiate Lacrosse Association (MCLA) and has a history of success in the Pacific Northwest Collegiate Lacrosse League (PNCLL).



Pro Caliber Lacrosse

Based in British Columbia, Pro Caliber Lacrosse is a premier travel and training program that assists aspiring student-athletes in developing life skills and achieving personal goals through lacrosse.

[Pro Caliber Lacrosse](#)



These institutions provide robust lacrosse programs for athletes seeking to develop their skills and compete at higher levels within British Columbia.

Lacrosse Training Philosophy: Building Champions On and Off the Field

Core Principles

1. Fundamentals First

Mastery of lacrosse fundamentals is the cornerstone of success. Drills, repetition, and attention to detail ensure that players develop strong foundational skills like passing, catching, shooting, and defensive positioning.

2. Game Intelligence

Encourage players to understand the strategy and flow of the game. Through film analysis, situational drills, and decision-making exercises, athletes become smarter and more adaptable on the field.

3. Physical Fitness and Conditioning

A well-conditioned athlete is a more effective player. Training focuses on strength, speed, agility, endurance, and flexibility to enhance overall performance and reduce injury risk.

4. Mental Toughness

Lacrosse is as much a mental game as a physical one. Players are trained to stay composed under pressure, embrace challenges, and maintain a positive mindset in adversity.

5. Teamwork and Communication

Success in lacrosse comes from cohesive teamwork. Drills and exercises focus on effective communication, trust, and a shared understanding of team goals and strategies.

6. Continuous Improvement

Every practice is an opportunity to grow. Players are encouraged to set personal goals, embrace feedback, and strive for incremental progress.

Training Framework

1. Skill Development

- Daily skill drills: wall ball, ground ball pickups, shooting on the run
- Positional training for attack, midfield, defense, and goalies
- Emphasis on ambidexterity for better versatility

2. Tactical Training

- Small-sided games to practice real-world scenarios
- Offensive and defensive schemes, including man-to-man and zone systems
- Special teams strategies: extra-man offense (EMO) and man-down defense (MDD)

3. Fitness and Strength

- High-intensity interval training (HIIT) for endurance
- Strength training tailored to lacrosse movements
- Agility ladder, cone drills, and plyometrics for quickness and explosiveness

4. Game Preparation

- Scrimmages to simulate game conditions
- Pre-game routines to establish focus and readiness
- Post-game reviews for learning and growth

Holistic Player Development

- **Leadership:** Encourage players to take initiative, mentor teammates, and lead by example.
- **Respect and Integrity:** Teach players to honor the game, their opponents, and officials.
- **Balance:** Promote academic success, family commitments, and a healthy lifestyle alongside lacrosse.

The Ultimate Goal

The lacrosse training philosophy goes beyond producing skilled players. It aims to cultivate resilient, disciplined, and well-rounded individuals who can succeed both on the field and in life.

1. Mental Fitness Philosophy for Professional Athletes: Strengthening the Mind for Peak Performance

Core Beliefs

1. **The Mind is a Muscle**
Just like physical fitness, mental fitness requires consistent training, recovery, and growth. A strong mind enhances performance, resilience, and longevity in professional sports.
2. **Mental Fitness Fuels Excellence**
Focus, confidence, and emotional control are critical to thriving under pressure. By prioritizing mental fitness, athletes gain a competitive edge that separates good from great.
3. **Holistic Approach**
Mental fitness is interconnected with physical health, emotional well-being, and social support. Addressing the whole athlete creates a sustainable foundation for success.

Foundational Pillars

4. **Mindfulness and Focus**
 - **Present-Moment Awareness:** Techniques like meditation and breathing exercises help athletes stay present during competition and practice.
 - **Eliminating Distractions:** Training routines include focus drills to sharpen attention in high-pressure situations.
5. **Resilience and Emotional Regulation**
 - **Bounce-Back Mentality:** Mistakes and setbacks are opportunities for growth. Athletes are trained to quickly reset and re-engage.
 - **Emotional Control:** Tools like visualization, self-talk, and grounding techniques help manage nerves, anger, or frustration.
6. **Confidence and Self-Belief**
 - **Positive Affirmations:** Building an internal dialogue that reinforces strengths and capabilities.
 - **Mastery Experiences:** Structuring training to build small wins, creating momentum for sustained confidence.
7. **Mental Preparation and Visualization**
 - **Pre-Performance Routines:** Customized routines that set a mental framework for success before games.
 - **Imagery Training:** Visualization of perfect execution helps program the brain for success.
8. **Stress Management and Recovery**
 - **Stress as a Tool:** Understanding how to harness stress for optimal performance.
 - **Recovery Practices:** Incorporating mental rest, such as journaling or relaxation techniques, into daily routines.
9. **Growth Mindset**
 - **Embrace Challenges:** View challenges as opportunities to learn and improve.
 - **Feedback as Fuel:** Seek constructive criticism to refine and elevate skills.

Training Framework

10. **Daily Mental Conditioning**

- Morning mindfulness or meditation sessions.
 - Visualization exercises focused on the day's objectives.
11. **Game-Specific Preparation**
 - Detailed visualization of plays, opponents, and strategies.
 - Pre-game rituals to instill calmness and focus.
 12. **Resilience Building**
 - Role-playing high-pressure scenarios during practice.
 - Journaling reflections on challenges, successes, and growth.
 13. **Continuous Monitoring**
 - Regular check-ins with sports psychologists or mental performance coaches.
 - Use of apps or tools to track emotional and mental states over time.

Supporting Principles

- **Support System:** Cultivate a trusted circle of coaches, teammates, friends, and family for encouragement and perspective.
- **Work-Life Balance:** Time for personal interests and recovery prevents burnout and keeps athletes mentally fresh.
- **Adaptability:** Mental fitness is about thriving amidst uncertainty, change, and adversity.

The Ultimate Goal

This mental fitness philosophy equips professional athletes to perform at their highest level while maintaining emotional well-being, balance, and resilience. A strong, prepared mind is the foundation for achieving greatness, not just in sports, but in life.

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Pro Athlete philosophy on diet

Pro Athlete Philosophy on Diet: Fueling Excellence, Sustaining Greatness

Core Principles

1. Food is Fuel

Nutrition is the foundation of athletic performance. Every meal is an opportunity to fuel the body for optimal energy, recovery, and long-term health.

2. Individualized Approach

No two athletes are the same. Diets are tailored to an athlete's specific sport, position, body type, training load, and personal preferences.

3. Performance and Longevity

Nutrition is not just about short-term results but sustaining peak performance over a long career. A balanced diet supports energy, recovery, and injury prevention.

4. Consistency Over Perfection

Sustainable, everyday habits are more impactful than short-term, restrictive diets. The goal is to create a lifestyle that aligns with athletic and personal goals.

Pillars of an Effective Diet Philosophy

1. Macronutrient Balance

- **Carbohydrates:** The primary energy source for intense training and competition. Emphasis on complex carbs (e.g., whole grains, sweet potatoes, quinoa) for sustained energy.
- **Proteins:** Essential for muscle repair and recovery. Includes lean proteins like chicken, fish, eggs, and plant-based sources like beans and tofu.
- **Fats:** Supports hormonal health and sustained energy. Prioritize healthy fats like avocados, nuts, seeds, and olive oil.

2. Micronutrients and Hydration

- **Vitamins and Minerals:** Essential for immune function, recovery, and overall health. Athletes prioritize fruits, vegetables, nuts, and seeds.
- **Hydration:** Staying well-hydrated before, during, and after exercise is crucial. Incorporate water, electrolyte drinks, and hydrating foods like watermelon and cucumber.

3. Timing and Recovery

- **Pre-Workout Meals:** Balanced meals with carbs and protein 2-3 hours before training.
- **In-Workout Nutrition:** For extended sessions, include quick-digesting carbs (e.g., sports drinks or gels).
- **Post-Workout Recovery:** A protein and carb combination within 30-60 minutes of exercise to replenish glycogen and repair muscles.

4. Anti-Inflammatory Focus

- Foods like berries, leafy greens, fatty fish, and turmeric help reduce inflammation, aiding in recovery and reducing injury risk.

5. Gut Health

- A healthy gut supports digestion, immunity, and mental well-being. Include probiotic-rich foods like yogurt, kefir, and fermented vegetables, along with high-fiber foods.

6. Minimized Processed Foods

- Limit added sugars, trans fats, and overly processed items to optimize health and performance.

Practical Guidelines

1. Meal Planning

- Plan meals ahead to ensure access to nutritious options.
- Incorporate meal prepping to save time and reduce reliance on convenience foods.

2. **Quality Over Quantity**
 - Prioritize whole, nutrient-dense foods over empty-calorie options.
 - Focus on nutrient timing rather than restrictive calorie counting.
3. **Supplementation (When Necessary)**
 - Supplements can fill gaps but should not replace a balanced diet. Use only proven, safe supplements like protein powders, omega-3s, or vitamin D as recommended by a nutritionist.
4. **Flexibility and Balance**
 - Allow for occasional indulgences to maintain mental and emotional well-being.
 - Use the 80/20 rule: 80% nutrient-dense foods, 20% enjoyable flexibility.

Supporting Habits

- **Sleep and Recovery:** Proper nutrition paired with adequate sleep enhances the body's ability to recover and adapt to training.
- **Listening to the Body:** Adjusting food intake based on hunger, energy levels, and training intensity ensures the body's needs are met.
- **Education:** Understanding the “why” behind nutrition choices empowers athletes to make informed decisions.

The Ultimate Goal

A pro athlete's diet philosophy is about fueling their body to achieve peak performance while promoting long-term health and vitality. By focusing on balance, consistency, and quality, athletes can optimize their potential and sustain excellence both on and off the field.

1. Pro Athlete Philosophy on Community Involvement: Using Influence to Inspire Change

Core Principles

1. **Impact Beyond the Game**

Athletes are more than players—they are role models and leaders. Their platform is an opportunity to inspire, educate, and uplift communities.
2. **Responsibility and Gratitude**

Success is built on the support of fans, mentors, and communities. Giving back is a way to show gratitude and create opportunities for others.
3. **Authenticity in Action**

Community involvement should align with personal values and passions. Authentic engagement creates meaningful and lasting impact.
4. **Empowering Others**

True community involvement is about creating opportunities and tools for individuals and groups to succeed on their own terms.

Areas of Focus

5. **Youth Development and Education**
 - Supporting education initiatives, mentoring programs, and sports camps to provide resources for children to learn, grow, and dream big.
 - Promoting access to sports as a tool for discipline, teamwork, and leadership development.
6. **Health and Wellness**

- Advocating for physical activity, mental health awareness, and access to healthcare.
 - Partnering with organizations to support underprivileged communities in accessing proper nutrition and fitness resources.
7. **Diversity and Inclusion**
 - Promoting equality and diversity within sports and society.
 - Using influence to break barriers, challenge stereotypes, and create inclusive spaces.
 8. **Social Justice and Advocacy**
 - Speaking out on issues like poverty, inequality, and systemic barriers.
 - Supporting initiatives and nonprofits that align with values of fairness and justice.
 9. **Local and Global Impact**
 - Engaging in local initiatives that directly benefit the communities that have supported the athlete.
 - Expanding efforts globally through partnerships and charitable foundations.

Guiding Practices

10. **Lead by Example**
 - Consistent, visible involvement sets a standard for others to follow.
 - Show up authentically at events, fundraisers, and community activities.
11. **Collaborate with Trusted Organizations**
 - Partner with established nonprofits and community groups to maximize impact.
 - Leverage these organizations' expertise to ensure resources are allocated effectively.
12. **Sustainability and Long-Term Commitment**
 - Focus on initiatives that create lasting change rather than one-time gestures.
 - Invest time, effort, and resources consistently over time.
13. **Inspire Through Storytelling**
 - Share personal journeys to connect with communities and inspire others.
 - Highlight the stories of individuals who benefit from the initiatives.
14. **Engage Fans in Giving Back**
 - Involve fans through charity games, fundraisers, and social media campaigns.
 - Foster a culture of collective action and shared responsibility.

Examples of Giving Back

- Hosting free sports clinics or mentorship sessions for youth.
- Funding scholarships or building educational infrastructure in underserved areas.
- Creating foundations or programs addressing specific issues like hunger, homelessness, or environmental concerns.
- Participating in disaster relief efforts or initiatives to combat global crises.

The Ultimate Goal

A pro athlete's involvement in the community reflects their understanding that their success is a shared achievement. By investing in others, athletes not only uplift those in need but also inspire broader societal change. The ultimate goal is to leave a legacy of compassion, leadership, and meaningful impact that transcends their athletic career.

1. Canadian Box Lacrosse Rules

Box lacrosse, Canada's national summer sport, is a fast-paced game played indoors on a hockey rink with artificial turf. Below are the key rules and regulations governing Canadian box lacrosse:

1. Field and Equipment

- **Rink Dimensions:** The playing surface is typically 180 feet long by 85 feet wide (standard hockey rink dimensions).
- **Goals:** Each goal measures 4 feet wide by 4 feet high.
- **Protective Gear:** Players wear helmets with face cages, gloves, shoulder pads, elbow pads, and rib guards. Goalies wear additional padding, including chest protectors, shin guards, and throat guards.
- **Sticks:** Players use lacrosse sticks with a mesh pocket for catching, passing, and shooting. Goalie sticks have larger heads for shot-blocking.

2. Teams and Players

- **Team Size:** Teams consist of 5 runners (forwards and defenders) and 1 goalie on the floor at a time.
- **Roster Size:** A team typically has 18-20 players, including substitutes.
- **Shifts:** Substitutions occur on the fly, similar to hockey.

3. Game Duration

- **Periods:** A game is played in three 20-minute periods.
- **Overtime:** In case of a tie, a sudden-death overtime period is played.
- **Shot Clock:** Teams must take a shot on goal within 30 seconds of gaining possession.

4. Face-Offs

- **Starting Play:** Each period and play after goals begin with a face-off at center floor.
- **Procedure:** Players clamp down on the ball with their sticks, attempting to gain possession.

5. Possession Rules

- **Over and Back:** Once the ball crosses into the offensive zone, it cannot cross back into the defensive zone unless touched by the opposing team.
- **Shot Clock:** A shot must hit the goalie or goal frame to reset the 30-second clock.

6. Scoring

- A goal is scored when the ball fully crosses the goal line.
- Players cannot intentionally use their hands or feet to direct the ball into the net.

7. Fouls and Penalties

- **Minor Penalties (2 minutes):**
 - Slashing
 - High sticking
 - Holding
 - Tripping
 - Delay of game

- **Major Penalties (5 minutes):**
 - Fighting
 - Intentional injury
 - Dangerous play
- **Match Penalties:** Result in ejection for serious offenses like intent to injure.
- **Power Play:** When a player serves a penalty, their team plays short-handed. The opposing team has a man advantage.

8. Offensive and Defensive Play

- **Offense:**
 - Teams use fast-paced passing and shooting to create scoring opportunities.
 - Picks and screens are common to create space for shooters.
- **Defense:**
 - Aggressive checking and blocking shots are key.
 - Defensive players can use body checks and stick checks to disrupt plays, but must avoid illegal contact (e.g., cross-checking above the shoulders).

9. Goaltender Rules

- Goalies must stay in their crease unless they are actively playing the ball.
- Opposing players cannot enter the goalie's crease or interfere with their play.

10. Special Situations

- **Penalty Shot:** Awarded for certain infractions, such as when a player is fouled during a breakaway.
- **Empty Net Play:** Teams may pull their goalie for an extra attacker late in the game.

11. Game Flow and Strategy

- Box lacrosse emphasizes fast transitions, quick ball movement, and precision shooting.
- Physicality is a hallmark of the game, with frequent body and stick checks.
- Teams often switch between offense and defense seamlessly due to the small playing surface and rapid pace.

These rules, governed by organizations like the **Canadian Lacrosse Association (CLA)**, create a high-energy game that demands skill, teamwork, and endurance. For more details or league-specific rules, refer to the CLA or local box lacrosse league guidelines.

1. Canadian Field Lacrosse Rules

Field lacrosse, a traditional outdoor version of the game, is governed by **Lacrosse Canada** and adheres to specific rules that distinguish it from box lacrosse. Below are the key regulations for Canadian field lacrosse:

1. Field and Equipment

- **Field Dimensions:**

- The field is 110 yards long and 60 yards wide, divided into offensive, defensive, and midfield zones.
- Goals are 6 feet wide and 6 feet high, positioned 15 yards inside each endline.
- **Protective Gear:**
 - Players wear helmets with face cages, gloves, shoulder pads, elbow pads, and mouthguards. Goalies wear chest protectors and throat guards.
- **Sticks:**
 - Attackers and midfielders use shorter sticks (40–42 inches).
 - Defenders use longer sticks (52–72 inches).
 - Goalies use sticks with larger heads for blocking shots.

2. Teams and Players

- **Team Composition:**
 - Teams consist of 10 players: 1 goalie, 3 defenders, 3 midfielders, and 3 attackers.
- **Positional Zones:**
 - A minimum of 4 players must stay in the defensive zone, and 3 must stay in the offensive zone at all times.
 - This leaves 3 midfielders free to move across the field.

3. Game Duration

- **Regulation Time:**
 - A game consists of four 15-minute quarters.
 - Halftime lasts 10 minutes.
- **Overtime:**
 - In the event of a tie, sudden-death overtime periods are played until a winner is determined.
- **Possession Clock:**
 - Teams have 80 seconds to take a shot on goal once they gain possession.

4. Face-Offs

- **Start of Play:**
 - Each quarter begins with a face-off at the center X.
 - Players clamp down on the ball with their sticks and attempt to gain possession.
- **Wing Players:**
 - Two wing players line up along the wing lines to compete for the ball once it is released.

5. Possession Rules

- **Offside:**
 - Teams must maintain the correct number of players in offensive and defensive zones to avoid an offside penalty.
- **Advancing the Ball:**
 - The ball must cross the midfield line within 20 seconds of gaining possession in the defensive end.
- **Crease Rules:**
 - Offensive players cannot enter the goalie's crease.
 - Defenders may enter their own crease but cannot stay for more than 4 seconds.

6. Scoring

- A goal is scored when the ball crosses the goal line inside the goal frame.
- Players cannot use their hands or feet to intentionally direct the ball into the goal.

7. Fouls and Penalties

- **Personal Fouls (1-3 minutes):**
 - Slashing
 - Tripping
 - Cross-checking
 - Unsportsmanlike conduct
- **Technical Fouls (30 seconds or loss of possession):**
 - Offside
 - Holding
 - Pushing
 - Interference
- **Man-Down Situations:**
 - When a player is penalized, their team plays short-handed.
- **Expulsion Fouls:**
 - Serious offenses, such as intent to injure, result in player ejection.

8. Offensive and Defensive Play

- **Offense:**
 - Teams use set plays, pick-and-rolls, and quick passing to create scoring opportunities.
 - Shots are often taken on the run to capitalize on defensive lapses.
- **Defense:**
 - Man-to-man and zone defenses are common strategies.
 - Defenders use body positioning and stick checks to disrupt attackers.

9. Goalie Rules

- Goalies are the last line of defense and can use any part of their body to block shots.
- Goalies can leave the crease to play the ball but lose crease protection outside of it.

10. Special Situations

- **Extra-Man Offense (EMO):**
 - When the opposing team is penalized, the offense has a man advantage and creates specific plays to score.
- **Man-Down Defense (MDD):**
 - Defenders focus on tight rotations and blocking passing lanes to neutralize the extra attacker.
- **Penalty Shots:**
 - Awarded if a clear scoring opportunity is obstructed by an illegal action.

11. Substitutions

- Substitutions are allowed on the fly or during stoppages in play.
- Teams use a substitution box near the midfield line for quick changes.

12. Coaching and Strategy

- **Timeouts:**
 - Teams are allowed 2 timeouts per half to discuss st