

sport

NORTH SHORE GUIDE TO THE GAMES PEOPLE PLAY

Upset special

Blues beat two-time defending champs Langara

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THE Capilano College women's soccer team has a motto on the back of their T-shirts that says "talent wins games, teamwork wins championships."

True to that mantra, the Blues showed that they were the best team in the province when they upset Thompson Rivers University (TRU) and two-time defending national champion Langara College to win the B.C. College's Athletic Association championships held in Langley on the weekend.

"The girls played great," said coach Doug Abercrombie one day after the team's triumph, adding that everybody on the team contributed to the win. "It was a total team effort. . . . I think that was probably the difference. We played so solid Saturday and Sunday as a team."

Seeded third in the tournament, the Blues opened the tournament with a 1-0 win over second seeded TRU in a game Abercrombie called a battle.

"We played very, very well against them," he said. "They're a big strong team so it was a physical battle but I thought the kids hung in there really well."

Shawna Lawson scored the game's only goal in the first half and Capilano controlled the play and limited TRU's scoring chances the rest of the way.

"Everybody defended really well and then we actually finished on the chance we got," said Abercrombie. "In that game we dictated the way the game got played. We kept possession of the ball, we moved it around like we had talked about trying to do. Basically I thought we played our game."

In the final against top-seeded Langara, ranked number 2 in the country, it was the Blues who found themselves on their heels early on.

"(Langara) dictated the way the game got played in the first half," said Abercrombie. "They were running hard, they were winning most of the loose balls. They were putting more pressure on our goal than we were on theirs."

But the Blues defence held and goalkeeper Meghan Best, a Windsor secondary grad, made saves when she needed to. Best in fact recorded two shutouts over the weekend.



photo Paul Yates

CAPILANO midfielder Gemma Pollack is mauled by teammates after scoring a free kick goal to give the Blues a 1-0 lead in the provincial final versus top-seeded Langara Sunday. The Blues won 2-0 and will now head to Halifax for nationals, starting next Wednesday.

"She made two quality saves against Langara," said Abercrombie. "She made the critical saves when we needed them."

Abercrombie said his squad started to take over in the second half. With a little less than half an hour left the Blues got their breakthrough goal on a free kick from midfielder Gemma Pollack.

"She hit the ball in the top corner," said Abercrombie. "The goalkeeper got a hand on it but there really wasn't much she could do about it."

Langara pressed to tie for the remainder of the game and almost got their goal in the last five minutes but sweeper Faith Williams, a first year player out of Sutherland, headed a Langara free kick off her own goal line to keep the Falcons off the board.

"That was probably the turning point of the

game, the fact that she saved that one off the line," said Abercrombie.

Moments later a Langara defender handled the ball in her own box and Pollack deposited the ensuing penalty shot to seal the game at 2-0 for the Blues. Pollack, a Rockridge grad, was chosen the tournament's top midfielder while Sarah Boulton was picked as the top forward and tournament MVP.

The Blues didn't have much time to celebrate as training resumed this week in preparation for next week's national tournament in Halifax. Capilano will open the tournament with a game Wednesday against host University of Kings College before meeting Alberta champion Mount Royal College on Friday. Wins in those two games would put them into the final on

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