

Hockey / Lacrosse Connection

Canada's two national sports (hockey-winter, lacrosse-summer) have had a long connection.

Newsy Lalonde was the first two-sport super star. A celebrated player with the Montreal Canadiens, he spent his off-seasons playing field lacrosse. As a 2-time NHL scoring champion he won both the Stanley Cup (1916) and the Canadian Professional Lacrosse Championship (1911, 1918, 1920).

Over the next 100 years many great hockey stars played lacrosse to improve their fitness and develop new skills.

Lionel Conacher (Canada's Athlete of the first half century) won Stanley Cups with Chicago in 1934 and Montreal in 1935 and was an outstanding professional field and box lacrosse player.

Wayne Gretzky played lacrosse as a youth to expand his skills, while Adam Oates, another Hockey Hall of Famer (2012) won the Junior 'A' lacrosse MVP award three consecutive years (1981-83).

Sarah Nurse played girls box lacrosse in Hamilton and played on the 2018 Canadian Women's hockey team, winning silver at the Olympics in Pyeongchang, South Korea and played on the gold medal winning World Championship hockey team in Calgary, Alberta in August 2021.

Doug Favell of St. Catharines was both a Minto Cup (lacrosse) and a Memorial Cup (hockey) Junior A Canadian champion.

The current Toronto Maple Leafs have a strong lacrosse connection. President Brendan Shanahan played as a youth, and captain John Travares played Junior lacrosse in Mississauga.

