



ROWAN BIRRELL

CLASS OF 2022 **4.0 GPA**
OPTION TO RECLASS FOR 2023

NORTH VANCOUVER
BRITISH COLUMBIA CANADA

6'3" | 190 LBS | LEFTY ATTACK & MIDFIELD



rowanbirrell@gmail.com

604-908-8094

Youtube channel

rowanbirrell.com

NCSA profile

PERSONAL DETAILS

HOMETOWN

North Vancouver
British Columbia
Canada

DATE OF BIRTH

December 10, 2004
(17 yrs old, Class of 2022)

HEIGHT & WEIGHT

6'3" / 190 lbs

HIGH SCHOOL

Argyle Secondary
North Vancouver
(Class of 2022)

4.0 GPA for 5 years

(90%+ Average)

Grade 12 courses:

AP Physics, Biology,
Chemistry, Pre-Calculus,
Calculus, English Literature,
AP French (in French
Immersion since kindergarten)

OTHER SPORTS

Basketball, Soccer

HOBBIES

Weightlifting, playing guitar,
salmon fishing, fixing up my
1978 CJ-7 Jeep

CURRENT FIELD/BOX TEAMS

Over 13 years playing Field & Box

FIELD LACROSSE

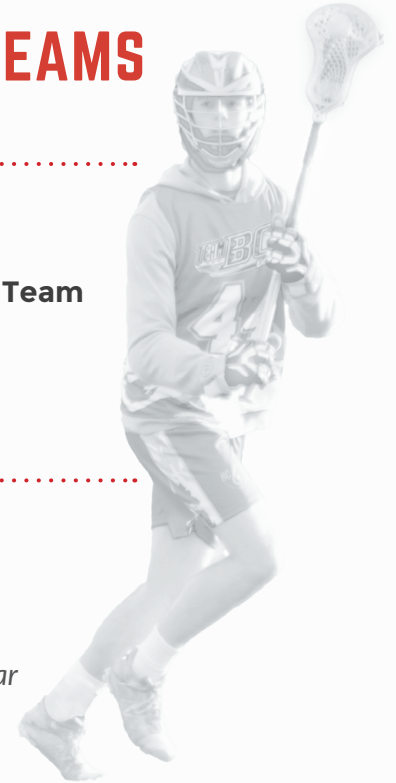
Lefty Attack & Midfield (good off-hand)

- Pro Caliber Lacrosse Academy Travel Team
- Team BC U18 Provincial Team
- New Westminster Salmonbellies U18
- RLL Rivals Lacrosse League U19

BOX LACROSSE

Lefty Forward

- Burnaby Junior A Lakers
One of the youngest players to be drafted in 2021 and to play Junior A level in my draft year



VIDEO HIGHLIGHTS

Field & Box Lacrosse Highlights on Youtube

10 highlight videos, featuring over 50 minutes of goals/assists/key plays at BC Provincial Championships, Travel Team & Academy tournaments/showcases in Canada/US:

Youtube youtube.com/channel/UCfviEVRblykXV4g_6_NjWAA

Personal website rowanbirrell.com

NCSA RECRUITING PROFILE

Academic achievements & tournament/showcase schedule:

ncsasports.org/mens-lacrosse-recruiting/british-columbia/north-vancouver/argyle-secondary/rowan-birrell

PERSONAL GOALS

Play at an NCAA university, obtain a university degree in Sciences, play Senior lacrosse professionally



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COACH REFERENCES

PRO CALIBER LACROSSE ACADEMY

Box & Field (5 years)

▶ **TYLER PACE** (NLL, Denver alumnus)

✉ tyler@procaliberlacrosse.net

☎ 604-445-1434

TEAM BC (U18) PROVINCIAL TEAM

▶ **MITCH CAVALLARIN**

(Hampden-Sydney alumnus)

✉ cavallarinmitchel@gmail.com

☎ 778-240-2978

▶ **ALEX BODIN** (RIT alumnus)

✉ alex.bodin@outlook.com

☎ 778-903-2436

FUSION WEST LACROSSE ACADEMY

▶ **KEVIN CROWLEY**

(NLL, MLL, Stony Brook alumnus)

✉ kevin@fusionwestlacrosse.com

☎ 267-616-2718

NORTH SHORE MINOR LACROSSE

Box/Field Club Team (12+ years)

▶ **MARK BIRRELL**

Coach for 12 years including Midget A1 Box and Field, 2018 BC Summer Games Field, 2019 Jr NLL Warriors Box travel team

✉ mbirrell@telus.net

☎ 778-867-2222

▶ **ERIC WALTZ** (West Point alumnus)

Coach, U18 Field Lacrosse

✉ ewaltz@globalterminals.com

☎ 604-267-5263

BURNABY JR A LAKERS

Junior A Box (1 year)

▶ **RUSS HEARD** Head Coach

✉ russheard@shaw.ca

☎ 604-218-9759

FIELD & BOX HIGHLIGHTS

- **Pro Caliber Lacrosse (PCL) Travel Team** Member of this elite lacrosse academy since 2017. *Summer 2021: The Hill Academy Canada Cup*, 5-game series vs The Hill (1W-1L-3T). *Fall 2021: undefeated at Towson Autumn Gold* (6-0), Claremont Spartan Shootout (3-0) and PCL Jamboree (5-0).
- **Team BC (U18) Provincial Team** One of 20 high-performance athletes selected to represent the province of British Columbia. Undefeated at the 2021 FLG in 3D Fall Shootout in Delaware (6-0).
- **Canada Top Prospects 40 Invitational Showcase by Edge Lacrosse** One of 40 high-caliber players selected Canada-wide to attend this elite invite-only showcase in Ontario, Canada. Player selections made by Edge Lacrosse.
- **BC Provincial Champion (U18) & 5-Time MVP at Provincial Championships** As an underage player (15 yrs), I was selected MVP for 2 games at the U18 British Columbia Provincial Lacrosse championships in 2020; I led my team (Burnaby-North Shore) in goals and points during regular season & BC Provincials
- **Rivals Lacrosse League U19 Champion, Spring 2021** Selected to the ALL-STAR Roster (3 goals, 2 assists in the All-Star game)
- **Drafted to Burnaby Lakers JR A Box Lacrosse Club** One of the youngest players to be drafted in 2021 and to play Junior A level in my draft year; finalist in 2021 BC Junior A Summer Showcase series
- **In the past 5 seasons, I have led my club field teams in both goals and overall points.** For 2 of those seasons. I played up as an underage player (U15 in (2015 & U18 in 2018).
- **For 5 years, a member of Vancouver Aces field travel team** which won Gold at the 2020 Best of the West Tournament in Las Vegas.
- **At age 12, I played up as an underage player on my U15 club team** and was selected as MVP at the BC U15 Provincial Championship Gold medal game (3 goals, 3 assists).
- **At age 14 (2019 Midget [17U] season) I was asked to play up** for 2 Junior B box teams (Burnaby Junior [22U] B1 and North Shore Junior [22U] B2) and try out for the CLL Junior [22U] team; scoring 3 goals & 4 assists in 3 games.
- **Selected to try out for the 2020 Junior Canadian Lacrosse League U17 and Junior U21 team.** (Championship cancelled due to Covid)
- **Selected to the 2018 USBOXLA Nationals All-Star game roster** in Huntington Beach, California while playing for NLL Junior Stealth travel team (member for 4 years).
- **Selected to the 2018 Vancouver Coastal field team** (youngest player on team) at the 2018 BC Summer Games. I led this team in goals and overall points.
- **Selected as team Captain and/or Alternate Captain** for numerous club and box and field travel teams.