



Lacrosse Talks Interview: Russ Sheppard

The first Lacrosse Talks of 2020, featuring Russ Sheppard, will be released in video and podcast format on Thursday May 7. The Canadian Lacrosse Foundation's Video Lacrosse Library and Lacrosse Talks project features video and podcast interviews of some of Canada's most dynamic lacrosse builders, coaches and players. The purpose of the project is to capture the personal stories of those who have shaped the game over the last 80 years.

Video (available May 7): <https://youtu.be/GXdiaFjuzdk>

Podcast (available May 7): <https://www.spreaker.com/user/9898665/russ-sheppard-s2>

Russ Sheppard Biography:

Russ was introduced to lacrosse in Saskatchewan through master coach Al Luciuk. He played some senior men's lacrosse and began coaching youth in 1995. He moved to Nunavut as a teacher in 1998 and began the Kugluktuk Grizzlies lacrosse program in 1999. Soon after, he formed Nunavut Lacrosse. The journey of his program and the amazing impact the game had on the disenfranchised youth of the region has been captured in the recent release of the full-length motion picture "The Grizzlies."

This Lacrosse Talk will tell the story behind the initiative and the movie and will be of great interest to all who love this game.

His involvement with the game did not end with the Grizzlies. Russ moved to Edmonton in 2005 and helped found the Edmonton Razorbacks. He coached the Midget A Warriors, the Sherwood Park Titans Junior B, Team Alberta Box Midget and Bantam, and Team Alberta U16 and U19.

He signed a life rights movie deal in 2006 for the Grizzlies program and helped start and build the Vimy Ridge Lacrosse Academy. Russ moved to Toronto in 2008 to become the dean of students and the assistant lacrosse coach for the Hill Academy. In 2009, he coached the Sherwood Park Titans and attended law school in Edmonton.

In 2012, he moved to Cranbrook, B.C. where he started the Badgers Field Lacrosse Program and assisted in growing Cranbrook Box Lacrosse.

As an administrator, Russ was a board member of the Canadian Lacrosse Association for six years and the B.C. Coaches Chair since 2014. Russ has worked with over 30 athletes who went on to play lacrosse in college in Canada or the NCAA. He is a master learning facilitator for box and field lacrosse, a writer of both box and field lacrosse manuals, and has worked with the CLA coaching committee for many years. Overall, he has helped to train thousands of coaches across Canada.

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[Click here for a full list](#) of the interviewees featured in the Legends of Lacrosse and Lacrosse Talks interviews.

Watch all the video stories here: https://www.youtube.com/channel/UCCBvOxZi_Bu2toDatSBvvZA

Listen to all the audio podcast stories here: <https://www.spreaker.com/show/lacrosse-legends>

(The Podcast show and all episodes will also be made available on iTunes, Google Play, iHeartRadio and Spotify as soon as the episodes start getting released).

Partner Websites

[Canadian Lacrosse Association](#)

[Canadian Lacrosse Hall of Fame and Museum](#)

[Manitoba Lacrosse Hall of Fame](#)

[Ontario Lacrosse Hall of Fame and Museum](#)

About the Canadian Lacrosse Association

Founded in 1867, the Canadian Lacrosse Association (CLA) is the governing body responsible for all aspects of lacrosse in Canada. Our organization is comprised of 10 Member Associations representing nearly 85,000 individual participants, including coaches, officials, and athletes of all ages and abilities. The CLA's mission is to honour the sport of lacrosse and its unique nation-building heritage, by engaging our members, leading our partners, and providing opportunities for all Canadians to participate. The CLA oversees the delivery of numerous national championships and the participation of Team Canada at all international events sanctioned by World Lacrosse. The CLA is proud to be affiliated with partners that share the same vision and values, including our corporate partners - NormaTec Recovery Systems, Canadian Red Cross, Westjet, RockTape, OPRO and Baron Rings - as well as our funding partners the Government of Canada, the Coaching Association of Canada, and the Canadian Lacrosse Foundation. For more information on Canadian Lacrosse Association and the sport of lacrosse, visit our website at www.lacrosse.ca and follow us on [Facebook](#), [Instagram](#) and [Twitter](#).

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