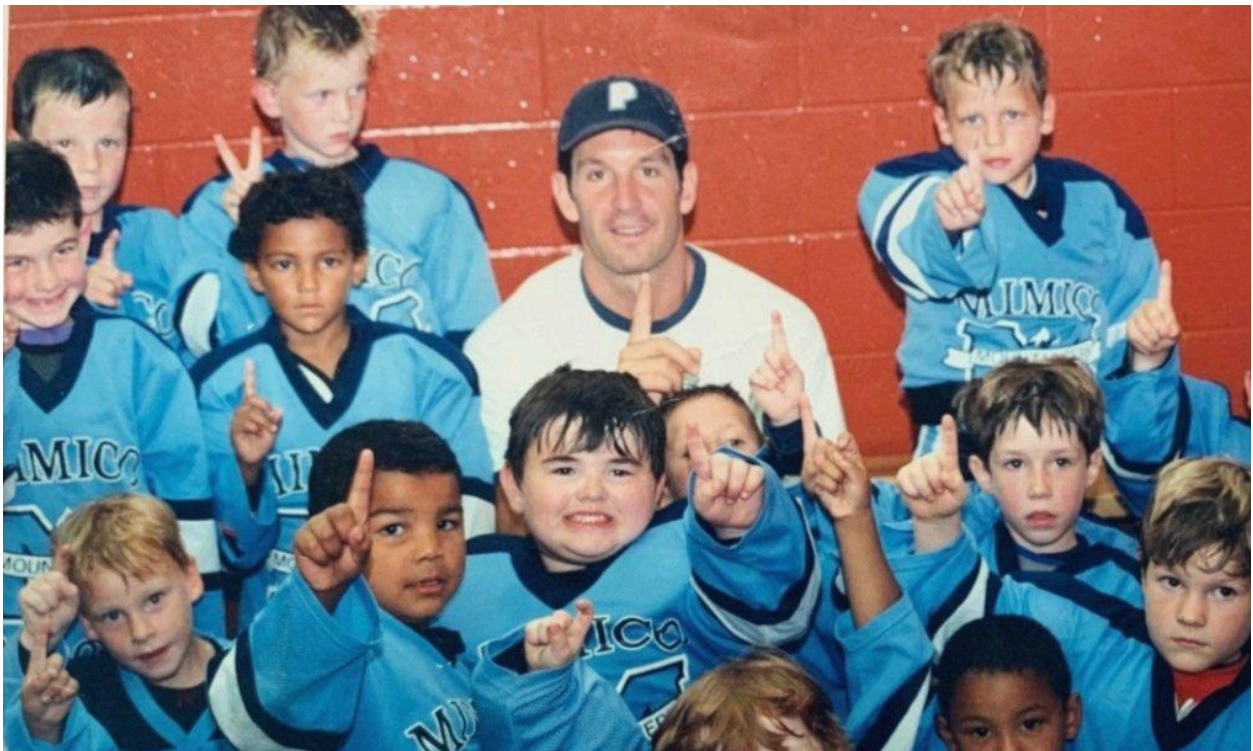




FOR IMMEDIATE RELEASE
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Scott Laughton's Lacrosse Roots Come Full Circle with Trade to the Toronto Maple Leafs

From the Box to the Big Leagues — Ontario Lacrosse Star Returns Home to Toronto



Toronto, ON — The Ontario Lacrosse Association (OLA) is thrilled to celebrate the homecoming of Ontario lacrosse standout **Scott Laughton**, who was acquired by the Toronto Maple Leafs ahead of the NHL trade deadline. Laughton's journey from lacrosse to the NHL highlights the strong connection between lacrosse and hockey — and how playing lacrosse can give young athletes a competitive edge in any sport.

Before Laughton became a first-round NHL draft pick (20th overall in 2012) and a gold medalist with Team Canada at the 2023 IIHF World Championship, he was a standout lacrosse player in Ontario. Laughton got his start with the **Mimico Mountaineers** Paperweight team in 2000, where he served as **team captain** alongside **assistant captain Connor Brown**. The team,

which also included future NHLer **Nick Paul**, went the entire season without a loss. The team was coached by **Brian Shanahan**, brother of Maple Leafs President **Brendan Shanahan**.

A 2000 photo of the Mimico Paperweight team — featuring a young Laughton, Brown, and Paul with Brendan Shanahan — underscores the deep connection between Ontario's lacrosse and hockey communities. Reflecting on his own lacrosse roots, Shanahan spoke about the lasting impact of the sport.

“There is no question that lacrosse helped me become a better all-around athlete,” said Shanahan. “But more important to me are the memories — small town rinks, competing for my community, summer fun at tournaments, teammates and family. These are some of my fondest memories of my Mimico Lacrosse days.”

Brown's lacrosse career ended much earlier than Laughton's, but the former Mimico Mountaineers played hockey together for more than a decade. Laughton may have stepped away from hockey every summer, but it “paid off” for him, Brown told *The Philadelphia Inquirer*, because the two “go hand-in-hand.”

Laughton continued to excel at lacrosse, later playing for the **Halton Hills Bulldogs** and representing **Team Ontario** at the Minor National Box Lacrosse Championships, where he led Ontario in points, posting an impressive 9 goals and 12 assists (21 points) in 9 games at the **Ontario Lacrosse Festival** in Whitby.

Laughton's Lacrosse Background Shaped His Hockey Career

Laughton credits lacrosse for helping him develop as a hockey player, particularly with his hand-eye coordination, quick decision-making, and ability to handle pressure. As Laughton neared the OHL draft, he had to cut back on lacrosse to focus on hockey — but the sport remains close to his heart.

“Lacrosse was my favorite sport growing up,” Laughton said. “I loved playing and started when I was probably 4-years-old. That was the summer sport for me.”

Laughton believes more young hockey players should consider picking up a lacrosse stick in the summer, both to improve their skills and to avoid burnout from year-round hockey.

A Blueprint for Success for Young Athletes

Laughton's success story underscores the value of playing multiple sports — particularly lacrosse — for young hockey players looking to sharpen their skills and avoid burnout.

“Now kids are playing hockey nine months, 10 months, 11 months out of the year, and I think it just gets to be too much as a kid,” Laughton told *The Philadelphia Inquirer*. “I think it just helps you kind of keep your mind away from hockey as a kid, and you don't get sick of it and you have a great sport to play.”

With **2025 Ontario Lacrosse registration now open**, Ontario Lacrosse is encouraging families to explore the benefits of lacrosse as both a primary and complementary sport. Parents can visit playlacrosse.com to find their local lacrosse association and sign up today.

As Laughton laces up his skates for his hometown team, his lacrosse roots remain a core part of his success. Ontario Lacrosse invites the next generation of young athletes to follow in his footsteps — starting with a lacrosse stick this summer.

To learn more about Ontario Lacrosse and register today, visit playlacrosse.com.

About Ontario Lacrosse Association:

The OLA exists to improve, foster, perpetuate and govern the sport of lacrosse within the province of Ontario. In addition to coordinating the administration and operation of the sport, the OLA provides informative resources, technical development programs and additional supplies for those interested in developing the “fastest game on two feet.” For more information or to become involved, contact info@ontariolacrosse.com.

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