



June 1, 2007

Tournament Committee

*Tournament Planning
Coordinator:*

Joel Johnson

Charity Co-Chairs:

Linda Hurren

Sheila Passfield

Fundraising &

Charity Coordinator:

Carolyn McCutcheon

Dear Lacrosse Team:

Welcome to the 1st Annual Rick "TUGGY" Passfield Memorial U16 Lacrosse Tournament. We are excited about this tournament for so many reasons – great games, international teams, awards banquet, professional players, and so on. To help you plan your trip to Oshawa, please review the following:

1. Durham College Residence

- We have reserved 120 rooms between August 23rd through August 27th. You are not obligated to stay the four nights but we do encourage you to stay at the Residence. Every room booked is helping our fundraising initiative. You can visit www.checkintothecentre.com or contact Matt Markovic, Sales Manager at mmarkovic@stayrcc.com, 905-728-8700 x8707 or toll free 1-877-225-3152.
- Teams will be given a floor with their own meeting room.
- A communal area is available on the 1st floor with a patio and a couple of propane barbeques if you wish to cook your meals at the Residence.

2. Bus Service

- Teams staying at the College Residence will be given rides from the Residence to the Fields (3 buses, 2 or 3 times a day)
- We are negotiating for a bus to pick up teams from the Toronto Airport.

3. Saturday, August 25th at Oshawa Civic Fields

- Non-lacrosse activities
- National Lacrosse League Professional Players
- Activities for siblings and spectators
- Raffles, silent auction, prizes, and more!
- Free Barbeque lunch for all players
- More to follow as we secure sponsors and event activities

4. Saturday, August 25th Dinner & Awards Banquet

- All teams are invited to attend the Dinner & Awards Banquet held at the Durham College Gym
- The banquet will occur immediately following the last game of the day
- Teams will be given complimentary tickets for players & bench personnel
 - i. Additional tickets will be available for sale closer to the event.
- Dinner, silent auction, raffles, video presentation, awards, sponsorship recognition, speeches, etc.
- We can accommodate no more than 900 guests in the gym. A limited number of tickets will be on sale once all tickets are handed out.
- If any parent wishes to volunteer at this event, we welcome your assistance.

The Tuggy Tournament
c/o The Oshawa Hospital Foundation
290 Simcoe Street North, Oshawa, ON L1G 4T5
www.hcmtuggytournament.com



5. Sunday, August 26th

- Playoffs, Canada vs. US All Star Game, Championship Games, Award Presentations

6. How can you help fundraise?

Remembering that this event is a charity, we have secured many sponsors to help off-set costs. However, the work of fundraising is never done. Our goal is to raise \$10,000 to assist The Oshawa Hospital Foundation in their fundraising efforts to purchase an Echocardiogram Machine at Lakeridge Health Oshawa. If your team is interested in team fundraising to help raise \$10,000 please contact Carolyn, Sheila or Linda – team pledges, ribbon magnets, sponsorships, car washes, silent auction/raffle items, etc.

7. Communication

We will do our best to provide up to date information through our website ~ www.hcmtuggytournament.com and with your team contact.

8. Team Giveaways

All players will receive a t-shirt, “Tuggy” wristband, tournament program, ticket for Saturday barbeque, ticket to the Awards Banquet, and of course, GREAT LACROSSE!!!

KEY CONTACT INFORMATION

Tournament Planning Coordinator
Joel Johnson badger525@hotmail.com

Fundraising & Charity Co-Chairs
Linda Hurren lindahurren@rogers.com
Sheila Passfield spassfield@leggataviation.com

Fundraising & Charity Co-ordinator
Carolyn McCutcheon cmccutcheon@lakeridgehealth.on.ca or
cgmccutcheon@rogers.com
WORK: 905-576-8711 ext. 3849 & FAX: 905-721-4752



TEAM REGISTRATION

1. **Minor Field Teams from Ontario:** Field OLA player cards (if applicable) for each player must be presented at registration. We will require release letters and player cards from players who are joining you from another centre.
2. **Teams from out of Province:** Birth Certificates must be presented at team registration and proof that each player on the team carries sport injury accident insurance. The team should also provide proof of commercial general liability insurance (5 million)
3. **Age Groups:** Midget (1991 & 1992)
4. **Entry Fee:** \$500 payable to "The Tuggy Tournament" to the attention of Carolyn McCutcheon, Tuggy Tournament c/o The Oshawa Hospital Foundation, 290 Simcoe Street North, Oshawa, ON L1G 4T5.
5. **Ball Boys:**
Every team is required to provide one ball boy for each game.
6. **Application Package:**
 - a. Completed Registration Form
 - b. \$500 Entry Fee payable to "The Tuggy Tournament"
 - c. Copy Bench Personnel qualifications
 - d. Approval letters for released players
 - e. Proof of sport injury insurance
 - f. Proof of general liability insurance (out of Province teams)



BENCH PERSONNEL CONTACT INFORMATION

TEAM NAME: _____

| ROLE | NAME | PHONE | ALTERNATE PHONE (cell) | EMAIL |
|--------------------|------|-------|---------------------------|-------|
| Head Coach | | | | |
| Assistant Coach | | | | |
| Trainer | | | | |
| Manager | | | | |



The Tuggy Tournament
c/o The Oshawa Hospital Foundation
290 Simcoe Street North, Oshawa, ON L1G 4T5
905-576-8711 ext. 3849

BACKGROUND

Joel Johnson ~ badger525@hotmail.com
Linda Hurren ~ lindahurren@rogers.com
Carolyn McCutcheon ~ cgmccutcheon@rogers.com
Sheila Passfield ~ spassfield@leggataviation.com

The 1st Annual Rick "TUGGY" Passfield Under 16 Field Lacrosse Tournament to be held on August 24th, 25th & 26th in Oshawa is to raise awareness of Hypertrophic Cardiomyopathy and benefit Lakeridge Health Oshawa through assisting in the purchase of an echocardiogram for The Foundation's Heart to Heart Campaign.

The possibility that young, well-trained athletes at the high school, college, or professional level could die suddenly seems incomprehensible. It is a dramatic and tragic event that devastates families and the community. Sport on its own is not a cause of enhanced mortality, but can be the trigger for sudden death in athletes with heart or blood vessel abnormalities by predisposing them to life-threatening heart irregularities.

Sudden death most commonly occurs in football or basketball, accounting for two-thirds of sudden death of athletes in the US. In the rest of the world, soccer is the sport most commonly associated with sudden death. Sudden death occurs in 1 to 2 in 200,000 athletes annually and predominately strikes male athletes. (At this time, it is difficult to obtain Canadian statistical information.) Although this number seems low, this number became Rick Passfield and without education, it could be your son or daughter.

Here is the story of Rick Passfield, a well-known goalie in the North American lacrosse community affectionately known as "TUGGY". On October 31, 2005 he began his day with his Bellarmine University teammates. During his morning sprint training, on his third circuit, he stopped. A teammate went over to him as he was bent over trying to catch his breath. He told his teammate he was having trouble catching his breath – he laid down on his side, his breathing shallow and quick – still conscious, but then, as he

The Tuggy Tournament
c/o The Oshawa Hospital Foundation
290 Simcoe Street North, Oshawa, ON L1G 4T5
www.hcmtuggytournament.com

was listening to his MP3 player full of his “training tunes”, he rolled onto his back and quietly left this world – the song his player was tuned into, ironically was “Until My Heart Stops”.

The roar of thunder throughout the lacrosse community was overwhelming. It was only sometime after did we learn that Rick, an elite athlete, having played lacrosse since he was three years old was living with a serious, yet undetected heart condition, hypertrophic cardiomyopathy.

Not a lot is known about this condition and it has become our role to ensure that we educate and raise awareness of HCM. Many colleges and universities run various health related tests. However, it is also the role of the athlete to be his or her own advocate and ask for specific related testing. The median age of HCM Sudden Death is 17. This means that high school students participating in athletic programs should also be asking doctors to test for any type of heart defect.

This lacrosse tournament that Joel Johnson, Linda Hurren and a dedicated group of volunteers are organizing will help raise awareness of HCM and honour Rick’s life through the sport he loved most – Lacrosse. We have invited teams from across North America to participate. Unlike so many lacrosse tournaments across Canada, we are hosting a Dinner & Awards Banquet, National Lacrosse Professionals will be signing autographs; plenty of activities for the non-playing fans; barbeques and so on.

Our immediate goal is to assist raise \$10,000 toward an Echocardiogram machine at Lakeridge Health Oshawa. Our mission is to raise awareness of Hypertrophic Cardiomyopathy.

If you are interested in supporting this tournament through sponsorship, donations or volunteering, please visit www.hcmtuggytournament.com.

-30-