



# *The Suburban Pride*

*The official newsletter of the Suburban Lions Hockey Club*

*April 2013*

## **Countdown to season 2013**

We are now only days away from the start of season 2013, and all teams have now begun training, grading and/or selections. For the exact start date of your grade, please check the [HWA season calendar](#).

Our first event of the season was a hugely successful wine tasting evening "An Evening of the Finest", which raised over \$9000 For our 'war chest'.

In this edition of The Suburban Pride, you'll find information about international players, links to holiday skills programs, a timely message about the importance of warm ups before training and games, important information about rule changes and a lovely note from a club parent about the work done by some of our many volunteers.

Speaking of which, we urgently need some more Approved Managers to supervise at our bar facilities, so read on if you are interested.

Finally, good luck to all of our teams. Let the season begin...

## **Have you registered yet?**

If you are one of the 769 registered members of our club, you can skip to the next article. If not, follow the [registration instructions here](#) to ensure that your details are ready for the start of the season. You must register using the new system as old details in the Sporting Pulse site will not be carried over into Hockey WA's new player management system.

**Please note: This is a new system for hockey clubs Australia wide and Hockey WA will not be transferring any previous data onto their new website. You will not be able to play or be covered by insurance if you haven't registered.**

If you are not sure which senior competition you will be playing in (eg grass or turf), choose the least expensive option (ie grass) so that at least you are registered with us, and Hockey.net. Please enter a note in the Comments field explaining this. Fees can be adjusted later.

## Dates for your Diary

See also the Hockey WA [season calendar](#) and the HWA [events calendar](#).

Sat 06 April [Grass 2013 Warm up Tournament](#)

Sat 13 April [J5/6 Grading Carnival](#)

## UK Recruits

Our men are in the Premier 1 League and we intend to do all we can to ensure that they stay there. To strengthen our team we have recruited two players from the UK whose brothers have both played for Subs before. Steve Lawrence and Adam Dixon both played in 2009 and their brothers [Richard](#) and [Sam](#) have been recruited to play for us this season.

Both players will be of immense assistance in coaching our juniors and possibly our senior women.

We sent out a notice some months ago and thought that we had accommodation sorted out, however one of our offers has now fallen through. We now need to urgently find accommodation for both either separately or together. With the current shortage of rental space in Perth I think that a billeting plan at least for the first few months would be best. If anyone can assist could you please let me know asap as both players are arriving this weekend. We can probably arrange something at short notice but need a home for them for the rest of the season.

Both elder brothers were excellent individuals and were billeted with Marg Stein but her children are no longer with the club.

Please let me know if you can be of assistance.

Regards

Bevan Lawrence

## New rules for 2013

The 2013 Season Rules are now available on the Hockey WA website including some significant changes from 2012. Please note that there are changes to the rules from

2012, especially in regards to the Junior League Rules, so please make sure you've read, understood and are fully across the [2013 rules](#). The introduction to the "8.1.1 Rules.." document outlines rule changes.

## **2013 April Holiday Clinics**

The popular Woodhouse Sports Academy pre-season holiday clinic is running again in April/May 2013.

The program offers a choice of 2 x one week programs, consisting of skill development mixed with games, where coaches will give insight into field positions and game play. There is also a NEW Advanced Junior program for Year 9-12's, separating them from the Junior clinic. Click [here](#) for more information and a registration form.

## **Wine tasted**

Over 130 people attended our wine evening on 15 March. It was a highly successful event and one that should be marked down for a repeat next year. The usual suspects did all of the hard work. Special thanks to Sandra Wallington who manages to provide food out of nowhere every time we have a function. She was ably assisted by her partner in crime and fellow old duck (or is it dux ) Cate Mansfield, and Jane Beech also put her shoulder to the wheel all night in the kitchen.

Dave Bovell assisted by Nev Cridge provided all of the atmosphere including excellent lighting, a wonderful sound system and some great music. All of the wine donors were thanked on the night but special mention must go to our great optimist Paul Edgar for providing thousands of dollars worth of fine wine. Much of it is still available and will be delivered to the clubhouses which will result in further profit for the club.

Garry Fitzpatrick, Paul and Julie Luscombe and our ladies Premier 2 coach Bede Rogers assisted with the set up.

I was extremely pleased by the effort put in by our top women and men. Their help behind the bar and with the wine auction was essential to the success of the wine evening. Led by Claire Molinari they also did an excellent job of cleaning up which was greatly appreciated.

Finally, I would like to thank all of the club members from all sections of the club who attended and gave the evening such great support. The silent wine auctions raised \$3300.00 and overall I expect the club to book a profit of around \$9500.00 on the night. This money will be allocated to our top men's and women's squads.

## **Women's Program**

Our top ladies have had a successful pre-season trip to Albany with our men. Special

thanks to Todd McCabe's dad for donating his bus. Our top ladies have also had several scratch matches and are playing some excellent hockey. This team will be well worth watching this year. Several of our former juniors have made the top squad and all players are enjoying playing with our Spanish imports Paula Dabanch and Yurena Panadero Garcia who are both quality players. I think we are in for a great season for our top team.

Training and grading of our 3rd team and below has now started and selections of the squads will be announced very soon. We have now nominated six turf teams and we will be using our Promotion 2 team and Provisional 3 team as development teams for some of our very keen and talented juniors.

We are looking forward to a very successful season for our ladies at all levels.

## **Taking pre-season fitness to the extreme**

Congratulations to a number of our masters men who recently completed the Rotto Swim:

- Paul 'Goldstick' Luscombe (Vets 3) who completed a solo crossing,
- Tim 'BamBam' Bennett, Andrew 'Napoleon' Lang, Steve 'Two Feet' Hewitt-Dutton and Paul 'Slippery' Syme (ably assisted by skipper Pete 'Kenny' Wishaw and Mate Brian 'Halux' Matthews who did it as a foursome, and
- Stuart Moran (from the Might Colt 40-4's) swam solo in 5 hours 21 mins, finishing in 17<sup>th</sup> place overall.
- Well done guys.



## ***Injury Management Pre-Season***



*With all the challenges of selection - proving your fitness and showing how much you have improved since last year - it is very easy to ignore the little injuries that develop during pre-season.*

*If you do have any pre-season injury concern, make sure you tell the coach early in the process so that the injury can be managed appropriately - and injury management doesn't stop at icing, medication and physio. Injuries also affect planned training activities and specialist roles in set plays.*

*When it comes to selections, coaches are all about prioritising. They prioritise finals over round games, matches over training and games worth points against a pre-season scratch match. So it is not always the case that if you tell the coach you will have to sit out or even miss an opportunity and they won't think you are being weak. In fact, coaches are more likely to be upset if they find out about a problem when it is too late to do anything about it.*

*Remember, pre-season is the time to get rid of the cobwebs, brush up the skills and build up fitness for that first game of the season. If you have an issue, speak to the coach, seek professional advice and manage any injury. You don't need that stiffer than normal back becoming a problem throughout the year.*

## **Approved Bar Managers required**

With two social facilities within our club, we need to increase our numbers of Approved Bar Managers. Certification could open the door to roles in the wider community at any facility with a club restricted licence as well as any job needing an RSA certificate. The club has said it would sponsor a couple of licences.

This would be an ideal opportunity for university students (although we would be more than happy to have older managers as well). Ideally, we'd love an Approved Manager from each senior team that plays at Melvista and Tregonning so that we can maximise the use and profit of our bar facilities.

For more information, contact Andrew Lang at [operations@suburbanlions.org](mailto:operations@suburbanlions.org) or on 0419 948 157.

# Your name in lights?

The club continues to work with a number of organisations to build its sponsorship base. We have had long associations with many of our sponsors and this reflects the benefits both the sponsors and the club receive from their involvement with each other.

Sponsorship is vital to the successful running of the club and we have a sponsorship structure in place that we hope provides attractive opportunities for corporate sponsors at all levels. Please continue to support our sponsors where you can.

Many club members (or their parents) are not in a position to become a corporate club sponsor through their employer but we regularly receive offers of support from many members. To date the club has not had a way of recognising these important contributions, so this year we are introducing a sponsorship category to recognize and acknowledge families and individuals who make valuable financial contributions.

The new sponsorship category is called *The Pride*.

Many people ask what happens to any monies donated to the club. The answer is that the money goes to a variety of areas, including but not limited to:

- Provision of goal keeping equipment for the juniors
- Acquiring items to improve our facilities at the club houses
- Paying for coaches and training programmes to improve the level of professionalism of the club
- Supporting our premier mens and ladies teams

So the club is seeking applications from club members to join *The Pride*. There are two levels of membership to becoming a Pride member:

1. Family membership - \$500
2. Individual membership - \$250

Each member will be represented on the *The Pride Honour Boards* that will be erected at both the Tregonning and Melvista Club houses. Individual members will receive one of the new club caps and family members will receive 4 caps. Members will also receive invitations to watch our top men's and ladies' sides during the winter season. In order that we get the Honour Boards made up and installed in the club houses we would ask that all applications be received by 30<sup>th</sup> April 2013. To become a member please email:

- the name you wish to appear on the Honour Board
- level of sponsorship – Individual or Family
- contact details (must include email address)

to [secretary@suburbanlions.org](mailto:secretary@suburbanlions.org) who will advise payment options and welcome you to *The Pride*.

## New Goalie & Training Gear

Our club provides training gear (balls, cones, bibs) for teams and also protective gear

for a number of teams including all junior teams. Sponsor FHE help us out enormously with discounts and contributions, supplemented by funds from fees and fundraising.

So far this year we have spent quite a lot of money replacing all the really old ( 7+ years old) J5/6 kickers and leg pads and chest protectors, bought training gear for the men's 1+2 and women 1+2, 3 new junior kits, a part kit for a couple of vets/metro teams, replacement items (gear bags, quite a few busted helmets, and miscellaneous broken and lost bits) and 580 balls for juniors.

Thanks to our long-standing and soon to be retiring Equipment Manager, Tracy Antill, who this year (finally) has had some help. Thanks to Vaughan, Denis and Annalise who came down to help last weekend, and to the men who did a great job of finishing off the shelving and tidying the shed.

With these purchases and attention, the gear is in great shape for someone else to take over. If you can help, please contact Garry at [president@suburbanlions.org](mailto:president@suburbanlions.org)

## **Bouquets**

It is always nice to hear positives, and we were thrilled to receive the following email recently. We'd like to thank all of our volunteers, and there are many, who freely give their time and talents to support our great club.

*To the Suburban Lions Committee*

*I just wanted to say thanks for the tremendous amount of work you are all doing. I know as volunteers it is often a thankless job but I was watching the team working with the J5/6 players yesterday (and then Elaine scurrying around at the turf on Wed) and observed how busy you all are and how you still manage to do it with such good grace.*

*My daughters are all loving the start to the season.*

*Thanks- great work!*

*Cheers*

*Meg*

# F-H-E Easter Sale!

22nd Of March - 5 Of April 2013

# 20% OFF



STICKS, SHOES & BAGS!  
INCLUDES ALREADY DISCOUNTED PRODUCTS!

Includes new 2013 model **ASICS MIZUNO** shoes & new Model **GRYPHON** and **VOODOO** sticks!

Available In Store and Online  
Online Coupon Code: **EASTER20%OFF**  
Excludes F-H-E Agents

## F-H-E PHS Container Store Now Open For The Season!

Perth Hockey Stadium, Hayman Road, Bentley 6102

Phone: 0402 075 858

Monday - Friday 5:30pm - 7:30pm

Saturday 9:00am - 3:00pm

Sunday 10:00am - 4:00pm



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### Bronze Sponsors



### Club Partners

