

Grange Royals Round Up

News from around the club

March 2018 – Issue 01

Welcome Back

Welcome to the 2018 Season!

Thanks, for the first time or once again, for being a member, supporter or follower of our club.

We look forward to another year of games, gatherings and celebrations.

I appreciate the support of the Club's Management Committee and many other volunteers in preparing for the season ahead.

I also wish to acknowledge the work being undertaken by Coaches and Managers in preparation for the year.

I wish you all the best for the year and trust you enjoy Season 2018.

Dave Edward
President

Season 2018 Begins

Hockey is back this Saturday as our Premier League teams kick off their 2018 seasons. There is genuine excitement amongst both groups as they look to improve on their 2017 results.

In a great initiative, Hockey SA are having a Premier League Gala day with all men's and women's Premier League games being played at the State Hockey Centre on Saturday.

Our PLM kick off the day at 1:45pm on pitch 2, with the PLW on the main pitch at 2pm. It would be great to have a big contingent of Grange Royals supporters at the ground cheering on our Premier League teams.



PLM – Coaches Word

Ben Edwards and I are both excited by the challenge to take the Premier League Men forward in 2018 and beyond. We are keen to progress the excellent development shown by the group under Mark Dedman in recent years, and we see success on the horizon.

Pre-Season began in mid-January, following a program put together by High Performance Analyst and Club Member Alec Buttfield, of BioAlchemy.

We have been really happy with the effort the guys have been putting into our fitness campaign, and we are confident the increased fitness base will allow us to play at a higher level for longer throughout the season.

Our mindset has been to firstly get a good fitness base into the Premier League Squad, and to increase the depth of that squad. Numbers have been excellent at training, and now we continue to explain to the group how we are targeting sustainable improvement. We are setting high standards and expect they will be met.

As we move into round 1 this week, there is an air of anticipation and expectation that we embrace whole heartedly. Finals is our first goal for 2018, and we look forward to completing the steps required to make that goal a reality.



LIVE, LOVE, PLAY HOCKEY

PLM – Coaches Word cont.

We welcome Tom Jordan back to Grange Royals from teaching in the country, who has slotted back into the squad seamlessly, and we welcome Brad Sofia in as goalkeeper. Brad has quickly formed excellent relationships with the group and has shown he has the skills to help us progress as a team. In addition to these 2 high quality players, we are pleased to announce Kerri and Phil Prider have agreed to come on board as co-managers of the Premier League Men's team, and Nathan Burgess, who returns to our club from teaching and coaching in Victoria, has been appointed as Metro 1 men's coach. These appointments will allow Ben and me to concentrate on the hockey itself, with Nathan taking on the challenge of helping the Metro 1 men to climb the ladder as well.

Gavin Buttle and Ben Edwards

Around the Grounds

PLM

Round 1: vs Woodville, 1:45pm @ State Hockey Centre, Pitch 2

PLW

Round 2 : vs Forestville, 2pm @ State Hockey Centre, Pitch 1

Save the Dates



Here are a few key dates for upcoming events at the club. Lock them in your calendar now.

-  **Saturday 7th April** - First Schnitzel Night at the Club
-  **Saturday 14th April** - Normal menu commences
-  *Raffles and Supporters Club will once again be part of our Saturday nights*

Photo's Wanted

If you take any photo's throughout the 2018 season, please send them to the Round up Team for inclusion in our weekly newsletter. It is always special to share what is happening around our club through pictures.

Please send them in to:

newsletter@grangeroyals.org.au

Clearances & Dual Registration

If you have come to Grange Royals from another club, then we need to make sure a clearance has been submitted and approved prior to the start of the season. Even if you have not played for 3 years, we still need to make sure a clearance is sought from your old club.

If you are playing for a country based club as well as Grange Royals this season, we need to make sure a Dual Registration is submitted prior to you playing for Grange Royals.

If you are unsure what to do, or not sure if you need to bother, then please contact Mark Dedman at mark.dedman@sawater.com.au or 0417 859 025

Mark Dedman
Hockey Director