



Life Member - Sandra Nickels

I have been a member and involved with Falcons from about 1995, so around 22 years, but it may be a little more.

I was awarded a life membership with Falcons as I was heavily involved with the Minkey program and was coordinator for close to 10 years and was awarded appreciation by HAW in 2006 for services to Minkey. My kids had long gone but I still worked with Friday PSSA hockey sport, went to St Patricks School on Fridays and assisted them with hockey then brought the kids to minkey with some later joining our juniors - it was very rewarding. I was also on the committee for over 10 years, I wrote newsletters and was a general committee member. I also got our first website up and running before handing it on. I would encourage anyone who is able to join the committee or help out in any other way they can. I was involved on the committee for a long time, technology changed and that was where I saw the need for social media and our website. I worked with a friend who managed web pages and he supported me to getting our first Falcons Webpage up and running. I believe getting new 'blood' and other ideas to a committee is important and quite often we have members who are professionals in their day to day work and bring those skills to the club in a professional manner. It is important to have consistency, standardisation and good governance with a club as it is accountable to its members and hockey.

Both of my children played for Falcons my daughter, Michelle Doherty played up through the juniors then played side by side with me in 2nds Womens before she moved away when she was about 20.

My son, Daniel Doherty, also played juniors up into Mens Div 1 and 2 and also both represented HAW and Riverina Schools before he too moved away.



Over the years I too have played HAW Vets Rep and have competed at Masters and World Masters Games since 1997 competing to date in approximately 25 Masters Games events in Melbourne, Canberra, Gold Coast, Newcastle, Alice Springs, Sydney, Adelaide and recently Auckland NZ for World Masters Games.

My first Masters Games was in Canberra in 1997 with the HAW Border Masters team when fellow Life Member Jenny Wallace first introduced me to Masters Competition and I haven't stopped competing each year.

As well as competing in Hockey I have also competed and been successful with medals in Tennis, Basketball, Softball, Athletics, Dragon Boat Racing .and have made many friends from around the World through sport.

Playing hockey has allowed me to continue to stay fit and healthy, as life changes I now play 3rds women with a great group of team mates with ages spanning 14 - 60. Playing with the up and coming juniors and supporting them into senior hockey has been very rewarding. I still continue to play Masters Women Club hockey on a Monday night of which over the years we have been premiers and still continue to be a strong team in this competition.



I have many good memories; I returned to a sport that I loved so much at school in my early 30s, played sport with my kids and like many other Falcon families I played on the same team as my daughter for a couple of years which was very rewarding. I have made many good friends both with Falcons and the HAW Masters Womens where I have competed for many years representing HAW as well as making many other hockey friends from around Australia. I would recommend to anyone who plays a sport to continue playing as long as you can as it keeps you healthy, strong and fit.