



January 2012

Blues News



WELCOME

Welcome to the East Fremantle Lacrosse Club, Blues Lacrosse and the first edition of the Blues News for 2012 and join us in celebrating our 113 years of lacrosse in the East Fremantle area.

Following the AGM held on Monday, 21 November 2011 at the East Fremantle Lacrosse Club, an exciting change is on the front. With many of the board positions up for grabs, it was seen not as a detriment to the club but an opportunity. Majority of positions were filled and under great leadership, the new committee is already busily preparing the club for the 2012 lacrosse season.

The East Fremantle Lacrosse Club is excited to announce the new President for 2012, Mr. Peter Cann and his committee. Peter has been a vital member of the club for the past 40 years and a solid role model for all members. As the new President Peter has high hopes and some brilliant ideas.

The Board of the East Fremantle Lacrosse Club is as follows:

PRESIDENT – Peter Cann
VICE PRESIDENT Women's – Geoff Goddard
VICE PRESIDENT Men's – *Vacant*
TREASURER – David Miller
SECRETARY – Anne Gosling
Director Sponsorship, Marketing and Website – Jess Kennedy
Director Facilities - Anthony Smirk
Director Social – Tracey Hockey
Director Operations – Sue Martella
Director Mozzies Modcrosse. – Bev Levy
Director Club Development: Braden Borbely

On behalf of the President and all committee members, we are looking forward to serving the club in 2012 and assisting in a prosperous future. We hope every one had a wonderful Christmas and Happy New Year.

Be safe and enjoy the remaining school holidays!!

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A message from the President.

As the new president of the East Fremantle Lacrosse Club I'd firstly like to publicly acknowledge and thank outgoing President and long term club servant Tim Kennedy. Tim has left the club in good shape with some of his achievements including a strong contribution in the amalgamation of the men's and women's club and the review and updating of our club constitution., Tim also took on the difficult role as Director of Men's Lacrosse with Lacrosse WA whilst at the same time making a valuable contribution as a player in our State League team. On behalf of all at East Fremantle Lacrosse Club, we thank Tim and hope to see him on the park for season 2012 and beyond, our thanks is also extended to the 2011 Board members for their contribution over the season to manage our club.

I'd also like to welcome you to our revised website. Thanks to current playing member and Board Member Jess Kennedy, we've been able to redevelop the website. On the website you'll find details regarding upcoming matches, events, training sessions, match reports and more information about the playing group.

We welcome all the new appointees to the Board for 2012 as well as those who have stayed on from last season – thank you.

Whilst we haven't filled all the required positions for the committee we do always welcome additional offers of assistance for the club whether it is as a ground set-up assistant on match days, assisting with club functions, sourcing a club sponsor, writing your team's match report or managing the canteen on match days! If you have the capacity to assist in any shape or form, please don't hesitate to email us.

Looking forward the season ahead, we face a number of challenges, we aim to create opportunities from the challenges before us today in areas such as recruitment, club participation, financial and social membership, whilst at the same time creating a positive environment and support of all our existing players and new players with improvements to our club facilities at Preston Point,

As a board and members of East Fremantle Lacrosse Club it is our aim and goal of to foster the development of our members by teaching the values of responsibility, respect, sportsmanship and teamwork. We will encourage our young and existing players reach their greatest potential both on and off the field by creating a fun, active participation, educational and nurturing Lacrosse experience. As board members, parents and coaches, we hope to instil in our players the values that will enable them to compete fairly and successfully in representing our proud club

Come along; join us at the clubrooms, Preston Point Reserve in season 2012

See you there

Regards

Peter Cann

President East Fremantle lacrosse Club



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MOZZIE MODCROSSE FIRST NEWSLETTER FOR 2012

Hope you all had a very merry Christmas and are looking forward to a very exciting 2012

Firstly I would like to congratulate all my award winners through the 2011 season you all worked very hard whilst having fun.

Special congratulations to the following Mighty Mozzie

1. ENCOURAGEMENT AWARD FOR 2011 - For hard work and listening to the coaching group:

JED MARTELLA

2. SPECIAL CERTIFICATE FOR 2011 - Most improved girl for 2011 season

EMILY DAWSON

3. SPECIAL CERTIFICATE FOR 2011 - Most improved boy for 2011 season

JARRAD DHIM.

We all had a good time at the Junior windup at Manning Park (no broken ankles). Thanks to all the families that attended.

We have a new Board for 2012 who have already been working very hard since the AGM to get everything ready for the coming season. If you log onto the East Fremantle Website, (eastfremantlelacrosse.com.au) you will see an crisp new website you can check out the Board members, photo gallery, up to date news and information, calendar, and is a very user friendly site.

There is going to be a Special General Meeting on the 13th February, advise on this, club Registration Day and season commencement date will be posted on the club webpage.

Two other website to check out are:

Lacrosse WA: www.lacrossewa.com.au

Australia Lacrosse Assoc. (ALA) : www.lacrosse.com.au

Hope you take the time to check the sites out.

Look forward to seeing you all again in 2012

Bev Leavy

Mozzie Modx Director.



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PRE-SEASON HAS BEGUN

To kick start the 2012 lacrosse season Dave Cottam (our talented 2011 recruit) has organized a pre-pre-season for all women's and men's senior and u17 players. The weekly sessions will be held down at the club and will be more of a social play than serious business. Whether you need the exercise to drop a few Christmas kilos or you want an early start to polish off your mad skills, come down and enjoy the fun.

Dave anticipates that it will be just a quick 45 minutes of ball handling and running, followed by a social catch up to stay in touch leading up to the season. If you are interested there is no need to RSVP just come down to the club at [7pm every Thursday](#) beginning 12/01/2012.

This is a great opportunity to get to know each other and build strong social connections between teams leading into 2012. See you there!!



The 9 Commandments of Pre-season Training

- 1. Skills**—Lacrosse is a skill based game so this must be reflected when training. Give priority to skills training. Practice skills when you are fresh. You can't improve them when you're tired.
- 2. Running**—Lacrosse is also a running game. A minimum of six weeks is required to achieve an appropriate level of running fitness. Rush this part and the risk of injury is increased. Get the fitness base now and you will benefit later!
- 3. Weight training (for senior players)** — Weight training should be individualized as much as possible. Should include full body, sport specific exercises, with the feet on the ground and minimizing the number of exercises that isolate a single muscle such as the biceps. Weight training also helps loose extra body weight that may hinder them during a game.
- 4. Cross training**—Cross training provides variety and reduces risk of overtraining injuries. Aquatic exercises (swimming, water running, water polo), cycling (stationary, spinning, road), and boxing are effective in cross training.
- 5. Warm up, cool down**- These are a critical component of any exercise program and should not be ignored.
- 6. Fuel your body**—Depending on the conditions, a lacrosse player can lose up to 3 kilograms in one training session or game. A reduction of as little as two percent body weight as a result of sweating will affect performance. Drinking 2 litres of fluid every day plus 250mls for every 30 minutes of exercise is recommended.
- 7. Rest and recover**— If you do not allow your body sufficient time to rest and regenerate after hard training you will not get the best out of it. Recovery techniques can include hot-cold therapy (alternating hot and cold showers), massage and consuming carbohydrate-rich food and drinks as soon after exercise as possible.
- 8. Variety**— Whilst preparing yourself ensure you change up your routine not only to prevent boredom but allow the body to progressively adapt to the workload. You can vary training focus, intensity, volume, duration, venue and time to enhance performance.
- 9. HAVE FUN!!**



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DANIEL KENNEDY MAKES U19 AUSTRALIAN TEAM

After a year of commitment to the Australian U19 squad program, Daniel Kennedy's long training sessions and hard work ethic have paid off. It was announced yesterday that East Fremantle U17's player Daniel Kennedy has been selected in the Australian Men's Under-19 Team for 2012. Along with eight other West Australian representatives from various clubs, these boys will compete in the Federation of International Lacrosse (FIL) 2012 Men's Under-19 World Championship which is being played in Turku, Finland, from the 12 to the 21 July 2012.



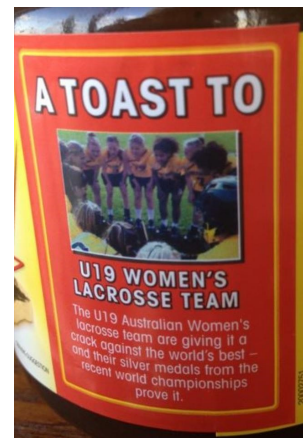
It is a major achievement in making a such team and a great honour of representing your country at an international level. A big congratulations also goes to former blues boy and current Subiaco State-League coach Gavin Leavy who has been appointed Assistant Coach and greatly assisted in preparing these boys for the final selection camp.

We congratulate both Daniel and Gavin on their selection to this team and wish them all the best in their training and lead up to the games.

Congratulations U19 Australian Women's lacrosse team - Vegemite Toast of the Nation winner -

East Freo A-grader Bec Bowland-Curtis who represented Australia in the u19 world championships last year will have her face printed on vegemite containers all over the country this month.

Prior to Christmas, Kraft held a **Vegemite Toast of the Nation** promotion award and the U19 Australian women's team won. Not only did they get some much needed publicity, the team received \$10,000. The women's team now features on the Australia Day Vegemite packaging, which is available in stores now - so go and buy before you miss out !!!



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CONGRATULATIONS

2011 EFLC certificate of merit winner and state league superstar centre-man Tim Kennedy has finally popped the question to his wonderful girlfriend Helen Pollinelli who has accepted. We congratulate Tim and Helen and wish them all the best for their planning and happy future together



THUMBS UP

- New President Peter Cann
- Dave's pre-season training sessions
- Ryan Sparks back in the cage for the first time since his operation
- Tim Kennedy's engagement
- Updated website
- Possible renovations at the club



THUMBS DOWN

- Unpaid fees for 2011



GRUMPY'S GRIPE

At the recent AGM held in Nov 2011, it was relevant that members/players of the East Fremantle Lacrosse Club owed more than \$24,000 in unpaid fees for season 2011 and prior. Players do not realize that fees are the lifeblood of our club. They help pay for the grounds, player registration, developing our juniors and improving the facilities they use and enjoy. Without this source of revenue their club will not survive and we will lose more than 100 years of history and tradition.

I am aware that some letters have been sent to those with outstanding fees informing any debt and methods of payment. If you have received a letter please consider that we are not in a financial position to write off player fees so to prevent further action being taken, we highly encourage those who receive letters to pay as soon as they can. If you have outstanding fees or know anyone that does, please pay.

If there are any discrepancies please do not hesitate to contact

Peter Cann ASAP on 0488 044 829.

FEE COLLECTION DAY
WHEN: JAN 20th 2012
WHERE: EFLC
TIME: 10am-12





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Dates for the calendar!!

JANUARY

12—Social pre-season at EFLC 7pm
21— Fee collection day at EFLC 10am-12
31— FINAL 2011 and prior fee payment DUE

FEBRUARY

1 — Fee structure announced for 2012 members
10-13— World sports expo at the Convention Centre
13 — Special General Meeting at EFLC 7.30-8.30pm
18 — Possible seniors function
26—Club Rego Day at EFLC

APRIL

29—Family fun day at EFLC

MAY

5 — Mozzies first game
5 — Boys first game
6 — Girls first game

Registration Day

Registration Day 2012 has now been locked in!

Sunday February 26 at the EFLC Clubrooms.

Come down and sign up again for another great season at East Fremantle.

Fees can be paid via EFTPOS, cash or cheque. **Don't forget, without your fees we have no club so prompt payments are greatly appreciated.**

WORLD SPORTS EXPO

This event will be held February 10-13 at the Perth Convention Centre and the EFLC needs your help. We have a great opportunity to promote not only our sport but specifically our club. If you are able to help out on either of these days please email:

eastfreolacrosse@gmail.com

SOCIAL FUNCTIONS

Got any ideas for 2012 or want to get involved in planning an event...?

Contact the EFLC Social Director Tracey Hockey on facebook or email tshockey@bigpond.com

BLUETIQUE

Leading into 2012 we have many new and exciting items available for members to purchase. Check out the club website for more information.

DONT FORGET

WHAT: Special General Meeting

WHEN: FEBRUARY 13

WHERE: East Fremantle Lacrosse Club

TIME: 7.30-8.30pm

Keep updated between newsletters on the East Fremantle club website : www.eastfremantlelacrosse.com

If you have any news or photos that you would like to share with us please email us eastfreolacrosse@gmail.com