

GLENN & KAREN MEREDITH – LACROSSE ALTRUISTS

Glenn Meredith started playing lacrosse in 1972 at Caulfield at the age of 8, which came about as he lived a few doors away from the legendary Don Miller and was a friend of one of Don's son's, Jay, both of whom attended Ashwood Primary School. Glenn and Jay joined Caulfield's Pee Wee League, playing in the Apache team coached by Don Miller and Eric Nicholls. From there, he progressed through the U12, U14, U16, and U19 teams at Caulfield. The 1974 world championship in Melbourne was a major boost to Glenn's enthusiasm for the game and this was enhanced by having 2 American players billeted at his home, Doug Schreiber and Frank Urso.

In 1980, at age 16, he started playing state league lacrosse after his junior game in the morning, playing for Caulfield until 1986.

In 1987 Glenn transferred to Malvern, where he played state league until 1997, winning 5 premierships, after which he played Division 2 and 3 until the mid-2000s.

In terms of state representation Glenn was selected in the 1980 Under 16 team, the 1982 Under 19 team, and represented Victoria in the senior team 1986, 88, 89, 91 and 1992, along with 4 Victorian box team selections.

On the international arena Glenn represented Australia in the Australian U19 touring team (USA) in 1983 the 1985 Australian box team that toured Canada, the Australian team touring Japan in 1989, the pre-world championship tour of the U.S.A. in 1990 and the world championship in Perth in 1990.



Glenn commenced his coaching career at Malvern as state league coach from 2008-13 and 2019-22, and coached Caulfield with Rob Stark from 2015-2017.

Glenn was Victorian senior coach from 2007–2011 (Alongside Chris Baker and Murray Keen), during which Victoria won 5 consecutive senior national titles. Glenn was also Victorian U18 coach (2015–2016), and head coach of the Perth Manta Rays at the 2024 Major League Six's national championship.

Glenn has been the head coach of the senior Australian team since 2014 at Denver (2014), Israel (2018) and San Diego (2023), along with several pre-world championship tours to Japan (2014 & 2018), Under 23 ASPAC's in 2019 (South Korea) and Sixes world championship in Alabama in 2022.

Glenn won't be in the coaching box this year as he wants to see a lot of games on Saturdays and keep an eye on as many players as he can, but will be helping Malvern on occasions.

"I really went hell for leather from 2012 to 2023 so I will step back a bit now to freshen up, but I'm already keen to get back into coaching again from 2026 in some form."

AWARDS

2008 Caulfield team of the century

2019 Life member – Malvern

Becoming national coach!

The journey to becoming national head coach nearly didn't happen as I was unsure if I was ready at the time to step into the huge shoes of past national coaches.

After a period of some self-doubt, it was a phone call from Janet Baker that pushed me to apply for the job, which I did and was successful.

"It's still surreal at times and I'm always learning something new, "You can't be half in" is a motto I've embraced from day one and have expected those around the role to be the same. Coaching is as much about people management as it is about strategy, I've genuinely loved building thousands of relationships over the years, both here in Australia and globally. Outside of family, it remains the greatest honour of my life."



"One of the toughest things about being national coach is selection of players. Sadly until now we can only take 23 players and those that just miss out in the final

selection camps are the people I really admire. They may not know it or believe it, and many players take it personally, but no selection I have ever been involved in has ever been personal, it's always around team balance, player attitude and selecting the best talent available.

F D Roosevelt's 'Man in the arena' speech from Sorbonne University in France in April 1910 is my all time favourite quote, it's only a couple of paragraphs but everybody should live by those words in every endeavour they apply to do, but in sport especially. In short its message was, someone who is heavily involved in a situation that requires courage, skill, or tenacity, as opposed to someone sitting on the sidelines and watching, is often referred to as "The man in the arena".

Influences on my lacrosse career

Don Miller and my father John both encouraged me in the early days but in 1974, two USA lacrosse legends, Doug Schreiber and Frank Urso, were billeted at my home in Ashwood during the world championship played at Olympic Park. I was just nine years old, but their impact was instrumental in my life - long love of the game.

Doug and Frank even visited Ashwood Primary School, sharing their knowledge and passion for lacrosse and they got me hooked. I had the opportunity to reconnect with Doug in Israel in 2018 and San Diego in 2023. I am still in touch with Doug through social media.

Lacrosse in general has always been terrific medium for relationships and friendships, and my role as national coach has certainly allowed me to develop and nurture relationships around the world.

I have taken myself to 3 coaching conferences in the USA along the journey and am still keen to go back and do more. The USA is the cutting edge for where the game is going, it takes a year or 2 for those new adaptations they come up with to arrive here.

Karen

Glenn and Karen met at Nicabella's pub in Malvern in the '80's. "Sue Gandy brought her along one Saturday night, and I vividly remember Karen's " Blue Mohawk' hairdo - hard to imagine now!"

Karen quickly became involved with the Malvern lacrosse community, eventually joining the committee, where she served in various roles for over a decade.



Through her dedication and hard work as the manager of the Australian men's team, she found her way into the high performance area with Lacrosse Australia as the assistant high performance manager, working closely with Paul Mollison for over a decade, eventually be elected to the Lacrosse Australia Board for the last 2 years. After 12 years of significant hands on involvement with LA Karen retired at the end of February 2025.

Karen was also on the inaugural committee of Lambton Mount Lacrosse Club in 2015, notwithstanding the heavy workload she had at LA, and remained on our committee for over 4 years.

According to Glenn "Her organizational skills are unmatched - lists, timelines and precision are her hallmarks. In my eyes, Sue Gandy and Karen Meredith are two of the best team managers the game has ever seen."

When the Merediths' are not involved in lacrosse they are heavily consumed in their IGA business in Murrumbidgee and thankfully for lacrosse well supported by their children.

While it is understandable that Glenn has given so much to the game as a coach and got a lot out of the game as a player, Karen has never played lacrosse, but has devoted herself to administering the game at club and national levels.

Well done Glenn and Karen, I am sure you will continue to support and serve lacrosse well into the future, our great game needs a lot more people like you in Australia.