

AUSTRALIAN **Lacrosse**

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JOURNAL



1. Greg Larwood
Co-Captain



2. Terry Sparks



3. Matthew Schomburg



4. Darren Gibson
Co-Captain



5. Kim Gillespie



6. James Inge

Aussie Sharks

**The 1998 Australian
Lacrosse Team**



7. Robert Lawson



8. Scot Griffin
Co-Captain



10. Chris Warren



11. Murray Keen
Co-Captain



12. Paul Cook



14. Greg Moore



15. Matthew Windsor



16. Thomas Garnsworthy



17. John Brewer

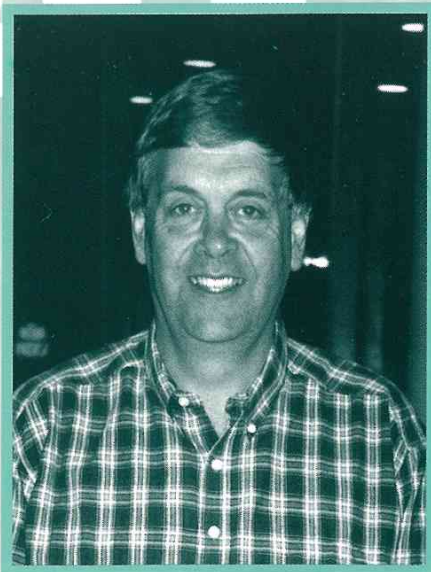


18. Michael Sheidow



19. Nathan Roost

From the President - Getting the Lacrosse "Product" Right



ALC President, Doug Fox

All of us involved in lacrosse know that we have a fantastic sport to play and coach and mix in. It gets in our blood and breeds a commitment which for most goes beyond passion.

This is a positive for our sport but it leaves some unanswered questions. If this sport really is "the hottest sport on two feet" then why doesn't it have bigger numbers of players and spectators? Why doesn't it get widespread media coverage? Why don't we have corporate sponsors knocking over our doors?

We would all like to know the answers to these questions. One thing we can be sure about is that, unlike 20 years ago, sports now live in a highly competitive, marketing-driven environment.

To have any real hope of succeeding in this environment we have to have our "product" right. Our product is the game itself, the way in which it is presented and promoted and the extent to which the game and all of its participants can present an image which is attractive and consistent to the world outside. This is an issue which is high on the agenda of the ALC Board of Directors.

We know that we cannot expect young people, parents, media, sponsors and spectators to respond to our sport if the game itself is uninspiring or the personal standards of behaviour and presentation of players, coaches, referees and officials are less than the best. There is no place for malicious play, abusive language, scrappy dress and the like. These are examples of things which let down the spirit of any sport and restrict its chances of appeal.

One year ago, at the annual ALC Fellows Dinner, the ALC conducted a survey among attendees to determine what lacrosse people regard as the most important priorities for improving the appeal and promotion of our sport. From a good cross-section of past and current players, club and State officials, referees and supporters the top priorities were:

- more publicity
- get lacrosse on television
- more and better junior development
- adjust playing rules to achieve a fast-flowing, exciting game which eliminates the stop start aspects.

The survey provided some good feedback and useful ideas which the ALC Board has taken up in its deliberations. Our recent national forum held in Melbourne added further ideas and comment by recognising that community attitudes, timescales and priorities for sport are changing in line with social and economic change.

Many interesting and potentially elevating things are happening or on the horizon for lacrosse. New State facilities are underway in both South Australia and Victoria and increased joint planning is being undertaken to ensure that lacrosse is recognised when new community sport facilities are mooted. Junior development is steadily growing in Queensland, New South Wales and Tasmania to add to the re-establishment of senior lacrosse over recent years. The talents of young people and the unexpected contributions they can make to our sport are more than admirably demonstrated by 15 year old Jake Sheppard from Victoria, who brought our National Championships and Tournament to life for the world through his magnificent "Jake's Page" on the internet.

In the final analysis, we know, by borrowing some wisdom from the commercial world, that the public is more likely to buy a product which is based on customer needs rather than one which is forced on them out of die-hard tradition. We need to be objective about our sport, to identify those aspects which can be improved and to be open enough to see the big picture and work as a unified lacrosse community to "get the product right".

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Cover Design:
*Aussie Sharks - The 1998
 Australian Lacrosse Team*



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Editorial

Different attributes in people are valued differently at different times and in different circumstances. Honesty and integrity are commonly cited attributes highly sought after, particularly by employers, and courage is often sought in lacrosse scenarios.

Lacrosse is fortunate in having amongst its membership many people who are committed to the game. We often hear reference to people being "bitten by the lacrosse bug" because they put so much of their energy into lacrosse.

It has been said that the ultimate illustration of commitment is seen any morning when we enjoy eggs and bacon for breakfast - the hen was involved - but the pig was committed!

Coaches want players, from juniors to Australian level, to be committed to get the ball and control it. The actions of a player who commits to making a loose ball his, without consideration of his personal physical well-being, can be inspirational for a whole team. Players demonstrate their commitment not only on the field but by attendance at training, reliability for games, practice which produces improvement, appearance in correct uniform with equipment properly adjusted, discipline in the implementation of team plays and their performance on the field.

Clubs look to coaches to be committed to the development of their players and teams, and to personal self development as coaches.

Associations expect clubs to be committed to fielding teams at all levels, to providing career paths for their players, to growth in the number of teams and players involved, as well as providing playing and social facilities for their members.

The lacrosse community expects Associations to be committed to providing viable competitions, competent officials, training for coaches and administrators and to arrange State representation for national competitions.

The Australian Lacrosse Council is committed to development of lacrosse nationally, to the conduct of national competitions, Australian representation at international competitions, promotion, forums and a range of other issues.

All of these expectations and tasks require the commitment of thousands of people to enable lacrosse to operate in Australia. And it happens.

Anyone who has the privilege of reading or hearing the credentials of people nominated for various lacrosse awards can only admire the commitment which has been demonstrated to achieve the feats of these people.

The commitment of many people to lacrosse, in many different roles, is one of the distinguishing features of our game.

Commitment is a highly valued attribute which is evidenced throughout the sport of lacrosse.

Malcolm Stokes

Thumbs Up for National Forum



Graeme Reddaway has the floor at the Forum

Twenty senior coaches, referees, State officials and players joined the ALC Directors for a national forum held in Melbourne during the week of the Australian Championships.

The forum was organised by the ALC to provide information on key projects affecting lacrosse and to gain input which will help in shaping the sport's future. The key points coming out of the forum's four main areas of discussion are outlined below. If you have thoughts about any of these projects send them to The Editor, Australian Lacrosse Journal, PO Box 162, Wembley WA 6014.

World Lacrosse League

Malcolm Stokes outlined steps taken over the past three years to develop a national league to achieve live television coverage for lacrosse as a means to lifting the public profile of the sport, assisting player recruitment and gaining recognition for players and

coaches who are deservedly Australian sports stars. He reported that the ALC had engaged external television brokers and marketing expertise to assist this project. Following recent advice that a nationally based competition would not attract live television, the ALC had sought, and been granted, authority from the International Lacrosse Federation to pursue television via a world league concept.

Progress has been promising and recently the ALC and ILF jointly signed a contract to enable the television brokers to present the World Lacrosse League to major international television broadcasters. If the bid for television is successful, the World League would comprise an 18 week season involving live match coverage with teams from Australia, USA, Canada, Japan, England, Sweden, Germany and Czech Republic. The format is yet to be decided but will definitely involve indoor lacrosse,

perhaps similar to the MILL competition in the USA.

Under this format, all staging costs, including travel and accommodation for teams and referees will be provided. It is not envisaged that players will be able to be paid, however each team may need to contract and pay a few of its key players as a "core" group. For most players the benefit, at least in the initial period, would be the exposure and experience gained through international competition with all expenses covered.

The forum was invited to ask questions and requested to put forward ideas about how the game should be structured to achieve the most exciting spectator and television appeal possible.

Ken Nichols commented that the concept was great for lacrosse and suggested that, within the space

constraints, provision should be made for retaining space for play behind the goal as this is a key defining feature of lacrosse and creates interesting plays and camera angles.

Other suggestions for consideration included:

- larger goal than MILL in order to encourage big outside shooting
- camera placement for television to maximise feeling of being "inside" the court with the players, eg running shot as player attacks along wall
- make the TV game as different as possible from ice hockey
- design uniforms and use of protective equipment to create "futuristic" look
- if possible retain some of the appeal of the long poles
- face-off must be quick
- consider five on court rather than six as in MILL
- accept the fact that danger is part of the excitement of the game and present it as robust with plenty of contact, but not gratuitous violence
- in the event of a tied game, consider a 5-shoot out instead of extra time.

National Championships Review

ALC Competitions Director, Peter Hobbs, commented that the move to May Championships was a move designed to improve playing conditions and reduce interference to State Association competitions, particularly in the lead-up to their finals. He pointed out that the move was a trial and that ALC wanted feedback from Associations, players, coaches and referees. He also noted that there were times when practicalities made it desirable to conduct the Nationals at times which would fit in with other key events or opportunities, eg World Under 19 Championships in July, 1999, in Adelaide.

The forum was asked for input on any aspect of National Championships and Tournaments and the following comments were made by participants:

- Disappointing that WA and SA State teams are not at full strength because of commitment of players to Australian team. In World Series or international tour years Nationals should be timed to suit departure of Australian team so as to allow for team development. However, ALC should establish policy that Australian team does not play in the Nationals and that players in the Australian Team must play with their State. The format for Nationals and Tournament to be adjusted in these years to limit State teams to matches for the Championship (with perhaps one match versus a Tournament team) and to allow more rest days when the Australian team can work-out or play against Tournament teams. In the year of International activity, the Australian Championships to be fixtured in the city which best suits the Australian team arrangements.
- To overcome the Australian Team problem it was suggested that a national club team format occur in years of international competition. It was noted that the same problem of player unavailability due to Australian team commitments would occur.
- May was generally agreed as the best time for Nationals other than years when the Australian Team has international commitments. Advantages of May were cheaper air fares, better conditions of grounds, warmer and drier weather. The clash with Mothers Day was considered undesirable and a time later in May is preferred.
- Currently we are asking teams to play too many games during one week. Rationalise the format to reduce this.
- Consideration should be given to a 2-year cycle of Senior National Championships which would ease the cost and organisational burden. WA representatives indicated that their players prefer annual competition as they would be most disadvantaged by a 2-year format given that Vic and SA would be likely to conduct an interstate game in the "off" year.

In relation to U17 and U15 bi-annual competition was considered to be unfair to young people due to the impact it would have for individuals who would not be at the top of their age group in the years when national competitions occur.

- The current ALC policy of the two visiting teams playing against each other on the first day of Nationals should be reviewed. This causes lack of attendance and income for the host State on a prime-time weekend afternoon.
- Combined men's and women's championships are appealing, perhaps also with juniors to create a lacrosse "fest". It was noted that the "fest" idea also has a down-side in that it restricts promotional opportunities to one State in any given year and may overburden the resources of the host State. In relation to combined men's and women's championships it was noted that this can occur if the host State wishes and where ALC/AWLC fixtures coincide.
- Consideration should be given to fare equalisation. This was agreed as a tricky area due to the difficulties of getting non-travelling players to contribute funds to bring others to their State and the fact that they may not receive any return benefit themselves if not part of a future travelling team. It was also felt that players who successfully supported fundraising should not be dis-advantaged by having to pool the funds. It was generally agreed that this issue was more a matter for Australian squads and teams.

Coach Development

ALC Director of Coaching and Officiating, Graeme Reddaway, updated the forum on the development of a revised Level 2 Coach Accreditation program. He asked for input on the best way to achieve expansion of the pool of accredited coaches, the development of a National Coaches Association or Forum and the best form in which senior coaches could provide their support and experience to assist the development of good quality club

junior coaches. He noted that the referees had established and maintained a successful National Association which ensured regular information flow, dialogue, motivation and education.

The following comments were contributed:

- coaches need to know that something positive is offered before they will put their time into a Coaches Association or Accreditation Scheme or similar.

The Lacrosse Product

Doug Fox, ALC Director of Development, commented on the need which the sport had to identify those elements of lacrosse which are most appealing to attract and retain both players and spectators. He noted the changing social and economic climate in which young people find themselves with more diverse recreational opportunities, changed timescales related to multiple part-time rather than single full-time employment, a focus on flexible short time periods into which they fitted their sport and a decreased interest in joining clubs or becoming a volunteer. The forum was asked to highlight the key features which would enable lacrosse to be of highest possible appeal to players and spectators.

For Players

- strong physical contact
- promote exciting skills
- speed
- quick transition to offence
- fast start after penalties
- double substitution area to speed player interchanges
- defined box in attack area which ball must be taken into within set time

Attendance

Attendees at this important conference were:

Attendee

John Harris
Denis Mulroney
Graham Nicholls
John Denic
Michael Gates
Kim Gillespie, Simon Danby
Brian Bell, Ken Nichols, Terry Sparks,
Jim Buchanan
Rick Benedierks, Paul Mollison, Scott Nichols,
Nathan Stiglich
Craig Wilson, Peter Noble, Lindsay Scott
Malcolm Stokes, Leighton Beamsley, Mavis Owens,
Peter Hobbs, Graeme Reddaway, Doug Fox
George Tillotson
Rex Wigney

There must be a demonstrated and attractive reason to meet.

- coach meetings need to be given "teeth" so that the suggestions that they make about playing rules, game presentation etc will be acted upon. Action and communication has often been lacking in the past and it causes coaches to not bother. John Harris outlined the consultation process with coaches conducted in 1998 in Victoria and confirmed that rule changes had been made in

response to the direct input of coaches and players

- key speakers, including high-profile coaches from other sports should be introduced into coaches forums.
- coaches should be empowered to run their own forums and these should sometimes be more of a networking, informal, help each other format and be designed with club junior coaches in mind.

For Spectators

- obtaining a game result
- free up refereeing to prevent stop/start
- smaller spaces and less players
- plenty of goal attempts and goals
- plenty of strong physical contact
- good facilities at venues
- shorter games - 100 minutes too long
- warmer time of year for season
- NCAA rules

Representing

VLA President
Lacrosse SA
QLA President
Australian Team
Australian U19 Team
WA State Team
Victorian State Team
VIS Team
ALRA
ALC Directors
ALC Secretary
National Development Officer

A R O U N D The Nation

SOUTH AUSTRALIA

The Foster's State Men's League Competition started on April 4 and the season will conclude with the grand final on September 19.

The race to the final will prove interesting come Baltimore time with several clubs expecting to miss key personnel as they either play or spectate.

Looking around the traps this is what all the clubs are doing in South Australia for '98.

Adelaide University will be only fielding a League Reserve side for the men. There is a great deal of talk about the future of this 100+ year old club, with many sounding its death knell. The women have combined their League team with West Torrens to form the Uni Eagles.

Brighton has started this year very shaky in its junior ranks with the withdrawal of softcrosse and modcrosse teams. The League men's team is the tip for the big improvers this year, despite their drubbing at the hands of West Torrens. The team has matured well under the coaching of Bob Carter. The women's League team is being coached by former Australian, Mary Pickett, and is expected to perform well this year.

Burnside has ex-East Torrens

Payneham player, Gary Johnson, at the helm. Their pre-season trial form was not overly impressive and they will need to work hard to climb up from last position. John Claridge is coaching the women for a second year in a row and will be looking to shake the top two positions of the ladder.

East Torrens Payneham have decided not to field a League team and instead are channelling their energies into winning the Reserves premiership and boosting junior members. Early indications are looking like ETP will field a women's junior team for the first time in over ten years and have two boys teams competing.

Glenelg and coaches were the talk of the pre-season. Alan White decided that he could no longer continue and the search was on for a replacement. Following rumours that the players would be left with the decision, Trevor Stevens ex-ETP has taken over the reins. The women were in a similar situation with Otto Middlehuis replacing Wendy Greaves who has decided not to continue.

The **Sturt** off-season has been a busy one under coach, John Fuss, and with the younger players turning over a new leaf and with the combination of experience, Sturt are tipped to lift a few spots on the ladder. Frank Valla has taken the women back up to League

and is tipped to trouble a few teams. University of South Australia are returning to the women's competition but only fielding one League team. Coach is Kylie Taylor.

West Torrens, under Craig Treloar is the hot tip for the flag. There is little change in the side's make-up from last year and only Baltimore might upset an undefeated run.

Woodville's Peter Brown will be looking to turn promises into reality this year and will need a good defence to combat some off-season losses. The Baltimore factor will also play havoc with Woodville's mid-season run. The women, under Rob Potter, have come into League for the first time this year and will struggle for '98 but their future looks bright.

Kiss of Death

Men	Women
1. West Torrens	1. Glenelg
2. Sturt	2. Brighton
3. Woodville	3. Burnside
4. Brighton	4. Sturt
5. Glenelg	5. University of South Australia
6. Burnside	6. Uni Eagles
	7. Woodville

Four Junior Teams

Lacrosse SA has adopted a junior compulsion rule to come in to effect from 1999.

Any team to compete for full premiership points must meet the following criteria:

- Any club with only one gender senior team(s) must field two junior teams for the season. Clubs with both gender senior team(s) must field four junior teams for the season.
- Compliance will mean that each senior team will compete for four premiership points and a draw gives two premiership points. Clubs that can not meet the criteria will compete for three premiership points and one point for a draw.
- No mixed junior teams are applicable and do not count towards achieving full points.
- Sofcrosse is excluded in the count for junior teams.
- University teams are not exempt from this ruling and a percentage criterion is strongly suggested.

This was accepted in principle.

The ruling was designed to give clubs some flexibility in recruitment, recognising that specific age group requirements can be hard to achieve regardless of time invested.

We're Smoke Free

As part of Lacrosse SA's sponsorship with Living Health all clubs have been asked to implement 'Smoke Free' policies. The result has been a healthier environment for players, family, children and friends to enjoy at their club.

New Development Officer

Gary Mortimer and his company, Australian Print Management, have undertaken the development of juniors in South Australia. Lacrosse SA will also be continuing its push into the Iron Triangle with Burnside and Glenelg to play in Port Augusta in August.

Two New Sponsors

Lacrosse SA has recently secured two new sponsors for 1998. **Balfours** - makers of pies, pasties and cakes have

come on board with an initiative to assist all clubs and the Association, as well as spread the good word on the great taste of their products. **Adelaide Mouthguards** have sponsored Lacrosse SA in conjunction with the Senior State Women. They make sports specific mouthguards which are designed with safety as a priority.

Continuing sponsors for 1998 are **Carlton & United, Living Health, Mutual Community, Ansett Australia, Schweppes, Australian Print Management, Allan Doyle Crash Repairs** and **The Sportsmen's Association of Australia.**

AROUND THE NATION - VICTORIA

Surrey Park

Surrey Park celebrates their 50th anniversary this year and began the celebrations with a round-robin Masters competition. Honoured guests on the day included many of the men responsible for the formation and successful continuation of the Surrey Park Club.

Luncheon was served after the final game and some tasted a drop of the Surrey Red. A good day was had by all in attendance and congratulations to Chadstone, the winners on the day. Many thanks to Surrey for the sporting gesture of "loaning" Graham Fox, Ray Duthy and Ted Hobbs to the undermanned Eltham team for the day - (not a bad trio to be loaned!)

Camberwell

Camberwell juniors are doing particularly well this season, reflecting the effort that Camberwell have put into recruiting over the past few years.

Caulfield/MCC

State League Caulfield and MCC have joined forces this season. Their clubs are also very active in junior recruitment, likewise Footscray and all three clubs are waiting for their junior strengths to move up into senior ranks.

VIS Squad

The VIS squad that participated in the National Championships showed the depth of talent Victoria has now and were a credit to the coaches Rick Benedierks and Paul Mollison. The

squad, made up of players aged between 17-24, began the program last September and the final day of the Nationals completed it. Rick and Paul are looking forward to a short break before the next intake. Congratulations to the team, coaches and support staff and to Nathan Stiglich the only VIS member to be named in the Australian All Star team.

Victorian Lacrosse Foundation

The Lacrosse Foundation (a VLA initiative) Chairman, Fergus Stewart, and his committee are hopeful that in excess of one million dollars can be raised. (Refer to Foundation article elsewhere in this issue.)

Fruits of our Labours

Selection of the Australian All Star team announced after the completion of the Australian Championship was as always a highlight of the week and it was interesting to note that six of the players were from one Victorian club - nearly half the team. Consider the recruitment practice of clubs and the fruition of, often many years later, lacrosse which we know is considered an alternative sport (read small if inclined) and does not have the numbers to compete with our big brothers in football, basketball, soccer and hockey. Anecdotally we know that in the pre-war years lacrosse was second only to football in numbers and we know that many lacrosse players who served our country died on the battlefield and in prisoner of war camps.

Lacrosse in Victoria, is believed to have suffered more player losses than any other sport during World War 2. Competitive lacrosse in Australia went into recess and in Victoria was played socially between fellows on leave, and those in protected industries who were still at home. Spare a thought for the club administrators of that era and their task in rebuilding their club, and regrouping their members.

Many clubs worked hard to get going again, and some sadly didn't make it. It must have been a challenge to the administrators of that time and maybe some of today's clubs could take a look at how it was done and try to emulate it, or at some of the successful programs run today.

The club that provided six of the players for the championship team, is not a "traditional club" and has very few second and third generation players. This club now in its 35th year was previously only a small club that took on a rebuilding program from the early 1980s which is only now coming to fruition in senior ranks. Their program involved primary school children in a club competition run over five or six weeks in the immediate pre-season. Following this short program the children were invited to join up for the winter season. In the halcyon years of the competition the numbers swelled to 100 (all grade three to grade six). The numbers have dropped back a little now to between 50-60 players, but one third to a half of this number choose to go on with lacrosse.

The six players who made the Australian All Star Team came through that program, five of them did not know about lacrosse until they took part in a clinic at primary school, and the other, his father played a pretty mean game, you may have heard of him, former Australian face-off, Peter Stiglich, and the club, Eltham.

This article is written in the hope that it may inspire some others to do the same.

Editor's note: It is happening at some other clubs - see article from East Torrens Payneham Lacrosse Club elsewhere in this journal.

AROUND THE NATION - WESTERN AUSTRALIA

Competition

Team nominations for 1998 saw an encouraging increase of two in the number of teams competing in the State competition. However, the withdrawal of Under 17 and Under 15 teams by Bayswater Club after two games sees the competition again reduced to 26 teams in five divisions. One of the most disturbing aspects is the fielding of teams by only three clubs in both the Under 15 and Under 17 competition. Bayswater Club is now ineligible for bonus premiership points (25%) for their Division 1 team.

Another step backwards was the suspension of the Under 23 competition after only two games because clubs did not support the competition by providing viable teams with coaches. This competition was commenced last year and was played on Sundays using some modified rules which made the game faster.

Events

The "season starter" was the WALA Monster Shootout held at Rosalie Park on April 18. This is a 'lightning' competition with small fields, small teams, short games and a carnival atmosphere. The event was well run and enjoyed by participants.

May 16 was a junior coaching day with a general bye for all teams to encourage junior players to attend a coaching clinic. More than 60 junior players participated in the clinic which was organised by the WALA Junior Coaching Council with coaches being WA-based members of the 1998 Australian Lacrosse Team. The day included training for bench officials and referees (level 1).

Management

For the first time in several years all positions on the WALA Board are now filled with the appointment of Warren

Allen (Director of Junior Lacrosse), Ron Smith (Director of Senior Lacrosse), Doug George (Director of Publicity) and Malcolm Stokes (Director of Coaching).

The WALA Board of Directors meets every month and has arranged for every second meeting to be preceded by an hour long meeting with all Club Presidents to discuss issues of importance to clubs. This has been successfully used to ensure that proposed projects or changes by the Board are understood and supported by Club Presidents who have the opportunity to provide input and modify proposals.

Referees

It was interesting to see six people from the WA referee fraternity participating at the Australian Championships/Tournament in Melbourne (4 referees, 1 member of the Assessment Panel and the ALC Referee In Chief). There have been insufficient referees for WALA competitions so Division 1 games have been played with one referee. The requirement to provide a panel referee for each senior team nominated has been modified to enable clubs to nominate a maximum of three persons to be rostered to referee as an alternative to the nomination of a second panel referee. Obviously WA is producing quality but insufficient quantity in referees.



Murray Keen and John Denic coaching at the clinic

AROUND THE NATION - QUEENSLAND

National Development Officer, Rex Wigney, and QLA President, Graham Nicholls attended the ALC Board meeting in Melbourne, the Australian Championships finals and junior grade games in the VLA competition.

A four team, mixed, junior competition played at night in Caboolture involved 44 children and concluded on April 1. Another six week season commenced on May 3. A squad has been formed with a view to participating in the Australian Under 15 Tournament in Melbourne in September.

In Camira a school-based Saturday morning introductory season commenced on May 2 following interest from one Physical Education teacher who looks after three schools.

A weekday junior indoor competition followed by a senior competition is proposed for Caboolture in June.

AROUND THE NATION - NEW SOUTH WALES

The four men's team competition is not strong and there is no junior program to speak of. Heavy administrative workloads from 1997 activities have taken a toll and the hands-on recruiting and team building necessary to establish clubs needs re-vitalisation.



Scot Griffin has an attentive audience

WA Lacrosse Foundation (WALF)

A significant project by the WALF has been the establishment of a Lacrosse Media Scholarship which provides financial support for a Media Studies student from Curtin University who is required to generate publicity for lacrosse in Western Australia. Sean Cowan is the scholarship holder for 1998 and we look forward to increased publicity for lacrosse this year.

The WALF has also been an active player in the development of a Code of Conduct which has been adopted by WALA and is to be promoted to all clubs. The Code of Conduct has been included in the WALA Rules so that any breach of the Code of Conduct can be dealt with in the same way that any breach of other rules is handled.

1998 Australian Under 17 Championships

The Wembley Club, is actively preparing for the Australian U17 Championships in July, having been awarded the franchise to organise this event for WALA.

Lacrosse on TV

The Western Australian Ministry of Sport and Recreation is producing a promotion for officiating which includes

production of brochures and a television advertisement. Some liaison between the MSR person responsible and Mavis Owens resulted in a lacrosse photo being provided for the brochure and the video production group visiting Floreat Oval where a referee and a group of players were involved in some play around goals for the camera to shoot at. It may result in only five seconds in a 30 second TV commercial on Channel 9 - but it is lacrosse being promoted rather than one of the other 120 sports which would like to be there!



The officiating advertisement being "shot"

AROUND The World

The nearly three-fold increase in countries competing in World Lacrosse Championships since 1988 is set to be increased even further due to the efforts of the International Lacrosse Federation Development Committee.

ALC Competitions Director (Peter Hobbs) is an ILF delegate and a key member of that ILF Development Committee which met in Baltimore on March 24 and 25.

Peter reports significant activity in Korea with visits by Japan Lacrosse Association representatives and ILF Development Committee convenor, Steve Stenerson, from USA. The President of the Korean National University has given an undertaking to get lacrosse up and running and equipment has been provided along with visits by Men's and Women's coaches. Korean Lacrosse representatives are attending NCAA Championships and the World Championships in USA and teams from USA are planned to visit Korea later in 1998. There are 50 universities in Korea and following the US model makes sense.

Through the Japan Lacrosse Association, equipment is being

provided and visits arranged to Beijing University of Physical Education and the Shanghai University of Finance and Economics so things are also hotting up in China.

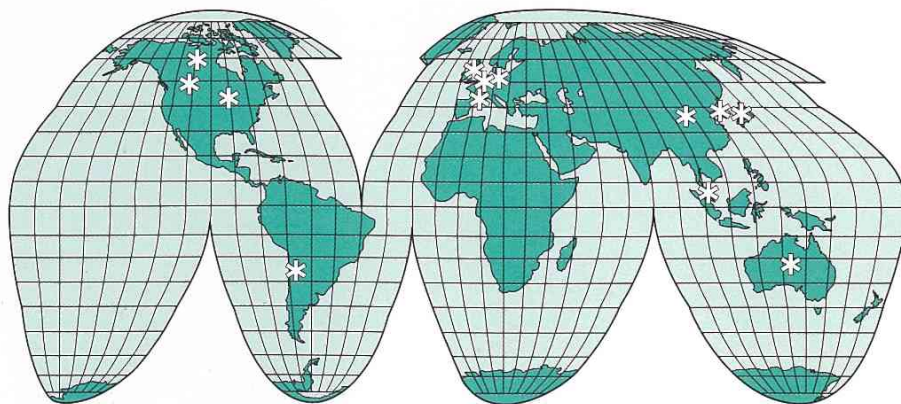
Lacrosse is still being played in Hong Kong but this has not yet developed to ILF membership status. Japan Lacrosse is also donating equipment there.

A meeting was held in Lausanne, Switzerland to see if the Universities in that city could be persuaded to take up lacrosse. Equipment has been provided and the concept involves Swiss

universities participating in the German competition until they have their own competition.

In a phone conversation with ILF President, Tom Hayes, he was pretty excited that it was found there are more than 100 people playing lacrosse in Argentina. They may develop into a force to be reckoned with given their profile in other team field sports such as soccer and hockey.

For many years Australia has been a big fish in a small pond - the efforts of Peter Hobbs maintains our status as a big fish but in a much bigger pond!



Surrey Park Lacrosse Club: 1948-1998

A B r i e f H i s t o r y

In 1998 Surrey Park celebrates 50 years.

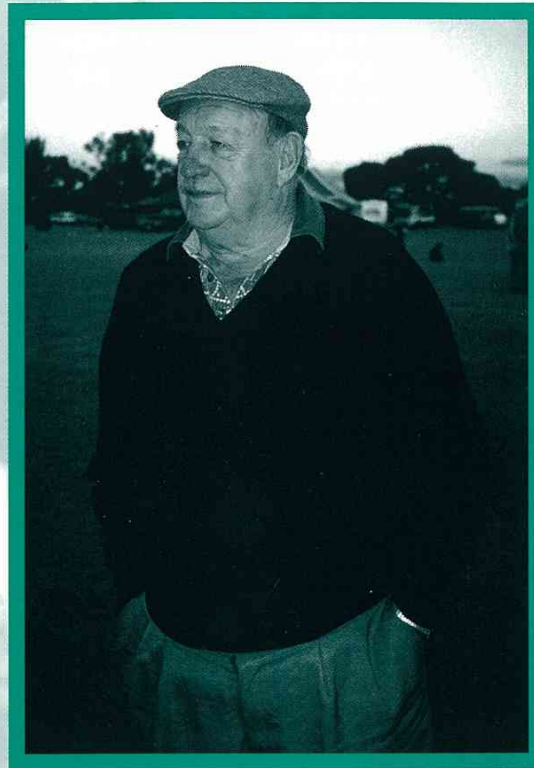
The club had its beginnings in 1948 from a merging of the Box Hill and Wattle Park Clubs which, along with Camberwell, had combined during the war years to field teams under the name of Eastern Suburbs Lacrosse Club.

The Camberwell Club had re-formed in 1946. In 1946 and 1947 the old Box Hill and Wattle Park Clubs played as Wattle Park based at Highfield Park in Riversdale Road, Camberwell. In 1948, a move to re-establish Box Hill as a separate club was abandoned in favour of amalgamation with Wattle Park under a completely new name and at a new location. The availability of a ground at Surrey Park provided for both of these requirements and so Surrey Park Lacrosse Club was formed.

The club was blessed with experienced administrators and supporters including Bill Griffiths, Bill Donald, Theo Leonard, Dave Proudfoot, Maurie and Wally Ashton, George Legg, George Tillotson and Dick Holden who were instrumental in ensuring the club got off to a good start. In particular the late Dick Holden and current Patron George Tillotson have been the mainstays of the club over a large part of its 50 years.

These people set about developing policies which included concentration on recruitment and coaching of juniors, the results of which produced many young players, particularly from the old Box Hill High School in the 1950s. These players would carry on to provide the strength the club developed from the late 1970s until the present time.

The club's playing history saw some early champions such as Wally Ashton and Roy Dickson in the 1950s and '60s. It was not until the effects of the junior



Surrey Park stalwart, and current Patron, George Tillotson

recruitment of the '50s started to have an impact that the senior team became more competitive in the late '60s and early '70s. Many years of junior coaching by the late Frank Moore and support from many parents helped develop the skill level of players of that era and set the foundation for the future strength at the club.

After first managing to reach fourth position behind the traditional strengths of Williamstown, Malvern and Caulfield, the club developed sufficient potential to attract some assistance from outside, and the likes of Graeme Lines, Bernie Spedding and Les Goding spent time at Surrey Park and helped to develop the experience and capability of the senior team.

The club also had a big boost when Camberwell Club closed its senior ranks and a large number of the senior players

and officials came to Surrey Park to continue their playing careers, while working to redevelop their own club at junior levels.

This era in the 1970s saw the club gain strength and start to win semi finals only to be knocked out in the preliminary final. The team developed strongly with the Australian goalkeeper, Doug Fox, in goals and then as playing coach for a time, before Denis Trainor took over in 1976 and began a path leading to the first grand final appearance in 1977 and the first State League flag in 1981. This was followed by State League and Division 1 wins in 1984 and the peak of State League, Division 1 and Division 2 wins in 1988. This has been followed by further State League and Division 1 wins in 1993 and State League in 1995, with senior coaches Ferg Stewart and Geoff Robinson both achieving senior flags.

The era was also paralleled by continued efforts with juniors which fed the strength of the senior ranks all through the 80s and into the 90s. Many people assisted with this effort but the efforts of Eddie Toomey in the late '70s and Graeme Lee and Russell Waite during a large part of the 1980s should not go unmentioned.

The club is now going through a period of redevelopment with a new emphasis on junior development, the maintenance of its presence at Mont Albert, after moving from Surrey Park in 1995 and the establishment of a new venture in Bayswater. With these developments in place the club looks set to move into its second 50 years with bright prospects for the future.

Acknowledgement. The author wishes to acknowledge the article written by the late Dick Holden from which a large part of this history was drawn.

Coaching - It's Critical

The importance of coaching for all sports is recognised by the Australian Sports Commission which has a dedicated program - the Australian Coaching Council - responsible for coach education and development in Australia.

The Australian Coaching Council (ACC) manages the National Coaching Accreditation Scheme (NCAS) which offers education, training and a nationally recognised qualification to people who are coaching beginners through to elite athletes.

There are four levels of accreditation available and some sports, including lacrosse, offer 'Orientation' courses (sometimes labelled Level 0) as an introduction to the sport primarily for parents and teachers. These 'orientation' courses are not included in the NCAS and participants are not registered.

The four levels of accreditation are as follows:

Level 1

These courses provide a basic guide to coaching and equip inexperienced coaches with coaching knowledge and skills at the beginner level. The topics covered include communication, teaching and coaching methods, planning programs and practice sessions, sports safety and lacrosse specific skills and tactics. Target groups are established players (under 17 and senior), coaches of junior and lower division senior teams, specialist physical education teachers. The course duration is approximately 44 hours which includes 30 hours of coaching practice.

Level 2

These courses build on the Level 1 course competencies and equip the coach with knowledge and skills applicable to an intermediate coaching situation. Topics include sports sciences (including physiology, nutrition, psychology, biomechanics), sports medicine, legal responsibilities, people management, sport specific skills and tactics, planning the training program and coaching methods and practice. The course duration is approximately 120 hours which includes 60 hours (two seasons) of coaching practice, 30 hours of Coaching Principles and 30 hours of lacrosse specific knowledge. This is planned to be presented in 10 modules.

Level 3

This is the advanced course to equip coaches with the knowledge and skills to coach at national/international level. The courses are designed to assist coaches develop a wider range of competencies and cover advanced planning and training methods in addition to the application of sports science concepts to athletes with in-depth analysis and reporting on lacrosse topics. The 200 hour course includes 100 hours, or three seasons, of coaching practice.



Geoff Treloar has developed the Level 2 Accreditation Course

High Performance Course

This is designed to augment proven coaching abilities and produce coaches who will be leaders in the area of high performance coaching. They are individually tailored to the needs of the coach and the sport.

Lacrosse, through ex-Australian lacrosse player, Geoff Treloar, has revised the Level 2 Accreditation course to be competency based and that is in the process of being approved by the Australian Coaching Council. Lacrosse has not yet developed a Level 3 course.

Coaches are required to update their accreditation over a four year period by participating in nominated coaching and continuing education activities.

Each State Association will have details of lacrosse specific courses being conducted in their State. The State Coaching Centres will be conducting Coaching Principles courses.



Communication

the Rules About

Reference is made elsewhere in this issue of the Australian Lacrosse Journal to the availability of rule books from your State Association. Whether you are a referee, coach, player, official or supporter - before you decide whether you need a current rule book, test your knowledge on the following situations. (The answers are on the inside back cover - but don't peek before you take your pick from the options provided!)

1. **The ball is loose outside the blue crease. The blue goalkeeper, his feet within the crease, begins to rake the ball back. Before the ball touches the goal crease, a red attacker checks the goalkeeper's stick?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action
2. **The blue goalkeeper makes a save, but the ball bounces into the air in front of his goal. A red attacker bats at the ball and the crosses collide inside the cylinder above the goal crease?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action
3. **A red player reaches into the blue goal crease area attempting to pick up the ball. The blue goalkeeper checks the red player's stick?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action
4. **Red attacking. A red attacker, not in possession of the ball, is illegally pushed into the blue crease by a blue defender. He is not interfering with the goalkeeper's play of the ball?**
 - a) technical foul on blue - flag down
 - b) technical foul on blue - whistle
 - c) technical foul on red - flag down
 - d) technical foul on red - whistle
 - e) legal play - no action
5. **The ball is loose on the ground. A blue player slides into the ball and then crouches over it while his team mate attempts to pick it up?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action
6. **A red player is waiting in the substitution area to substitute, and play has resumed. A blue player leaving the field, on penalty, collides with the red player who has remained motionless whilst the blue player has come off?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action
7. **Red player has a shot at goal and in the process his stick strikes a blue defender on the helmet?**
 - a) technical foul - flag down
 - b) technical foul - whistle
 - c) personal foul - flag down
 - d) personal foul - whistle
 - e) legal play - no action

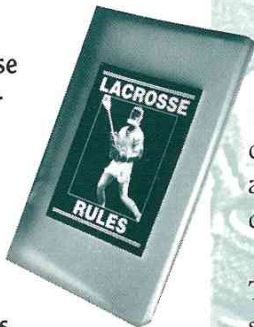
8. A player has left the field so that he can be substituted. The replacing player attempts to gain a tactical advantage by not going onto the field immediately?
- technical foul - flag down
 - technical foul - whistle
 - personal foul - flag down
 - personal foul - whistle
 - legal play - no action
9. Red attacking. A red attacker, not in possession of the ball, is illegally pushed into the blue crease by a blue defender. He is not interfering with the goalkeeper's play of the ball. Before he can exit the crease a goal is scored?
- goal allowed
 - goal disallowed
10. Red attacking and shoot at the goal. The goalkeeper makes a save, but the power of the shot forces the ball, in his stick, over the goal line?
- goal allowed
 - goal disallowed
11. Blue attacking and a flag is down. The ball becomes loose as the period ends. What happens at the commencement of the next period of play?
- centre face-off
 - red player serves time, blue starts period with ball at centre
 - red player serves time, blue starts period with ball at the converse point where the previous period ended.
12. Blue attacking and a flag is down. The whistle sounds to signify the end of the final period. The scores are level. What happens at the commencement of the first period of overtime?
- centre face-off
 - red player serves time, blue starts period with ball at centre
 - red player serves time, blue starts period with ball at the converse point where the previous period ended.
13. Blue attacking and a flag is down for a technical offence. As the period ends a blue player commits a technical offence. How does the next period of play commence?
- centre face-off
 - red player serves time, blue starts period with ball at centre
 - red player serves time, blue starts period with ball at the converse point where the previous period ended.
14. Blue attacking and flag is down for a technical foul. Another blue player sets a pick but moves into opponent as contact is made?
- simultaneous fouls - both serve time - ball is faced
 - simultaneous fouls - fouls cancel - blue retains ball
 - simultaneous fouls - both serve time - blue retains ball
 - simultaneous fouls - both serve time - red is given ball
15. Blue player "A" is on wing, player "B" is in defence area. On face-off the ball shoots out towards player "B". Seeing this, player "A" runs across the restraining line and player "B" runs across to contest the ball?
- technical foul - flag down
 - technical foul - whistle
 - personal foul - flag down
 - personal foul - whistle
 - legal play - no action

For the answers check out the inside back cover

"Publish or perish" is a common term in the academic and research world but it is equally relevant for organisations. Two publications produced by ALC have been distributed.

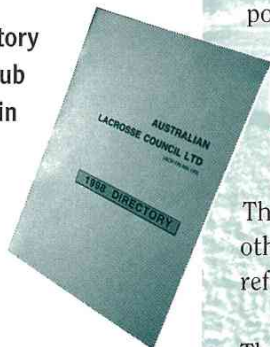
1. Rules of Lacrosse

The rules of our game have now been published in a loose leaf format which enables them to be updated as changes to rules are implemented. Each page is dated and a two hole punch is all that is required to enable new or replacement pages to be inserted. Recommended retail price is \$5 from your State Association.



2. ALC 1998 Directory

Every lacrosse club and Association in Australia has been provided with two copies of the ALC 1998 Directory. This publication includes name, address, phone and fax contacts for officers of the ALC, Referees, State Associations and clubs throughout Australia. It also includes a listing of important dates for 1998 and school term dates until the year 2000. Contact your club secretary for points of contact.



The 'Who is to Blame' Game

A major daily newspaper has recently featured these frightening headlines:
Footy game ends in fight
Boy hit by goal
Thugs threaten football
'Car crash' battering is Wayne's mark of match
Footballer dies

With the changing attitudes prevailing today, more and more of these incidents are resulting in deliberations about who is responsible and how an injured party should be compensated.

These issues potentially touch on a surprisingly wide range of parties including organisers and supervisors of events, managers, coaches, occupiers, participants, spectators and officials. Accordingly, committees of clubs and associations are included.

The answer to these issues will partly depend on which legal route of redress is pursued. The most common possibilities are tort, occupiers' liability, contract and crime.

Tort

The general law of duties owed to others in various relationships is referred to as the law of torts.

The duty owed is a duty of care to others. For some time now, courts have recognised that this duty exists in sport and recreation. To give a few examples a duty of care has been found to exist between:

- organiser and participant (rally organiser and rally car driver);
- supervisor and participant (scuba diver training supervisor and trainee scuba diver);

- organiser and spectator (organiser of stock car race and spectator);
- official and participant (rugby union referee and player).

As to whether the duty has been breached and liability arises, it will depend on the circumstances of each case.

The point can be illustrated by a recent English case where a young rugby union player sustained 'catastrophic paralysis' from a spinal cord injury as a result of a scrum collapse during a game. It was held that the referee was negligent in his application of the rules relating to scrum procedures. These rules had been specifically designed to prevent scrums collapsing so as to avoid such injury.

Injuries sustained from playing within the rules of the sport will not generally result in compensation, as some injuries are accepted as part of the activity.

Occupiers' Liability

Under the *Occupiers' Liability Act 1986* occupiers are bound to take such care as in all the circumstances of the case is reasonable, to prevent injury to persons entering premises. Occupiers in this instance include any person occupying or having control of land or other premises.

This definition may include organisers of events, supervisors of events, managers, coaches and officials.

Spectators and bystanders may have some recourse to a party who is classed as an occupier under the Act. Further, an action for breach of contract can also be run against an occupier where a contract is in place.

Contract

Potential liability lies in contract as well. Where a person enters into an agreement with another, certain obligations arise at law whether or not the parties even realise it at the time.

These obligations cover such things as the fitness or suitability of equipment to be used - as in, for example, a contract between a golf club and its touring professional. Should the golf club provide the professional with equipment under a contract, then it is obliged to take reasonable measures to ensure that the equipment is fit for the purpose for which it was provided.

There are also statutes covering product liability for defective equipment.

Criminal Liability

Criminal liability is increasingly emerging as people no longer tolerate "king hits" or other assaults delivered outside the rules of an activity conducted on or around the playing field. Anyone injured through criminal acts such as assault, grievous bodily harm or manslaughter can apply for compensation through *the Criminal Injuries Compensation Act 1985*.

Conclusion

With the ever increasing injury toll, along with the changing of society's attitude on acceptance of such injuries,

parties are increasingly accountable for their actions. Parties who are potentially liable for injuries are more likely in the future to be accountable for their sins, whether those sins are intentional or not.

Participants involved in sporting and recreational activities who owe a duty of care must take all reasonable steps to ensure the safety of other parties and to take measures to limit or exclude liability.

Limiting or excluding liability in the area of tort, occupiers' liability or contract, can often be achieved through use of exclusionary clauses or warning notices. However, these are not always successful when challenged. Courts often read them as against the party relying on the clause or warning.

Further, to limit potential liability it would be beneficial for participants in sporting and recreational activities (especially organisers, supervisors, officials and occupiers) to implement a risk management program in which a systematic approach is adopted to identify, assess and eliminate risks.

This necessarily includes addressing the issue of adequate insurance cover.

This article should not really surprise anybody in today's society. We are involved in the "business of sport", and as with any business, one must be responsible for the consequences of one's actions or inactions.

This article by Joshua Preston, a solicitor in the firm of Phillips Fox, which practices in the fields of sport, recreation, liquor and tourism, is reproduced with their kind permission. The article was published in "BOS" (Business of Sport) magazine in October 1997.

Australian Lacrosse Journal

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The Aussie SHARKS

Travelling to Baltimore to compete in the 1998 World Lacrosse Championships probably appears to be an exciting little adventure for Australian team members to people not directly involved.

However, for team members it is the climax of years of planning, hard work, fund raising and organising of personal lives to enable them to proudly wear the Australian blazer and compete at the highest level.

For Head Coach, John Denic, it is seven years since he was first appointed as Australian Coach and the 1998 team has been a continuation of the preparation and planning put into the silver medal

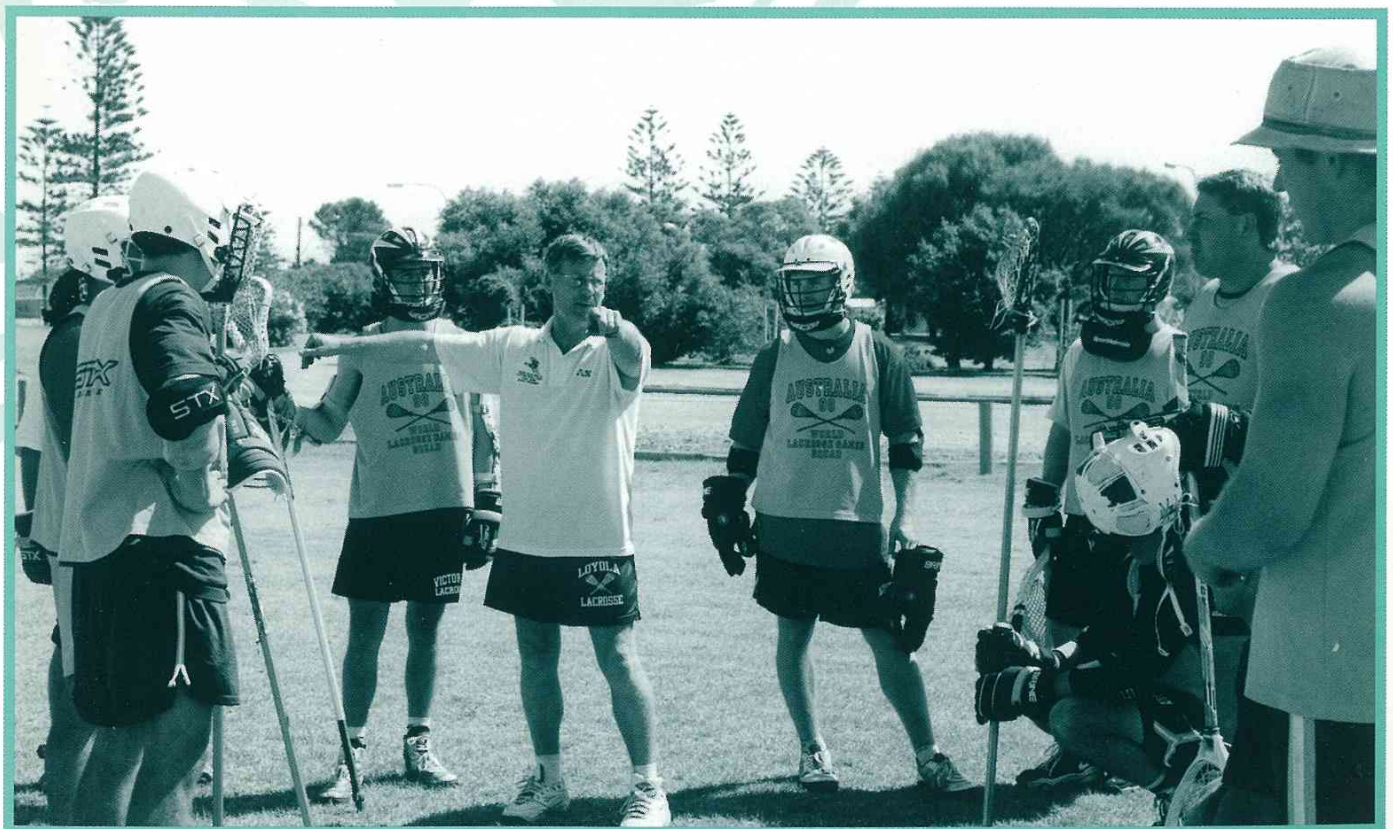
winning 1994 Australian team. Eleven of the players were also members of that 1994 team as were Executive Director, Allan Frederick, Physiotherapist, Lisa Hutchinson and Assistant Manager, Craig Wilson who was a referee. Several other 1998 team members were heavily involved in preparation of the 1994 team and some attended the championship as team supporters.

Members of this team have earned their places and deserve the support of the lacrosse community who will be watching their performance with great interest and sharing in the emotions whatever the results.

Every coach who has had any one of

these players in a team, from juniors to seniors and State teams, has contributed to the development of these players. Every club from which these team members come, has contributed to the development of the qualities required to perform at the highest level. Many people, from parents, relatives, teachers, employers and teammates have contributed to the development of the person who is a team member and take great pride and interest in the performance of that person and other team members.

Best wishes to the team for an enjoyable and successful World Championships.



Ken Nichols giving directions at the Australian team training camp

February **AUSTRALIAN LACROSSE TEAM** CAMP



John Denic makes a point at the training camp

In Camp

With just over four months to the World Championships, coaching personnel thought it was crucial to the team's preparation to hold an additional training camp for Australian-based players. Camp dates were planned to allow for Kevin Sheehan, Assistant Coach, to fly in from the USA. A definite bonus.

Once again the excellent facilities at Fort Largs Police Academy played home for the three day camp. All meals were provided in the dining room and our two-storey accommodation block contained enough single bedrooms to house all personnel. Kitchen facilities were provided in each block and the team made good use of the TV/Recreation room.

Day 1 - Friday, February 20.

All players met early Friday morning, with Head Coach, John Denic, addressing the group and advising the agenda for the weekend. The teams competition (3 teams) continued for this camp with players chipping in \$10.00 to the fund.

Players began with a stretch, warm up and were placed in teams where they worked on fast breaks and transition. A tug of war finished the morning's activities before lunch.

After a hard afternoon's training around the

goal – one on one, the mini Olympics held in the pool were a huge success with Matthew Schomburg showing his dominance.

Friday night saw the team divided evenly in to two teams, with the addition of a couple of local South Australian players "topping" teams up. Coach Sheehan with the green team and Coach Nichols with the gold team, traded goals in a tight game, with the green team coming out eventual winners. A good local crowd supported the event.

The team had an early evening back at the Police Academy watching TV and eating pizza.

Day 2 - Saturday, February 21

Saturday morning had everyone up early for a quick sprint of the surrounding areas, including the dreaded snake pit, with Darren Nicholas and John Brewer catching Paul Cook on the home stretch to take out line honours.

Breakfast was followed by working through the team's defensive and offensive movements and plays.

After lunch, team members had individual photos taken for the official program and also had the chance to meet with the team travel agent to organize post-World Championship itineraries. After a short break the defence and offence plays were put into practice in a scrimmage match.

Dinner was had, before getting on team buses and heading to the ground for another game. Coaches changed colours and an exciting game was played with the green team winning again. Another quiet evening was spent in the dorms.

Day 3 - Sunday, February 22

A bit of a sleep-in and then breakfast before further work and fine-tuning on set plays.

Sunday afternoon was very entertaining with the team going through their "man up" and "man down" plays. Coach Sheehan working with attack and defensive Coach Nichols traded push-ups for unsuccessful plays, with Coach Sheehan giving the upper body a fair workout.

After a brief swim, team members enjoyed a quiet ale before heading home.

Lisa Hutchinson (physiotherapist) and Raylene Sutton (masseur) were present at the camp, keeping the team in top shape. Both Lisa and Raylene will be travelling to Baltimore to assist the team.

Four Australian Team Captains were named at this camp, namely: Darren Gibson, Scot Griffin, Murray Keen and Greg Larwood

Merchandise

Lacrosse Team Australia has several articles of clothing for sale which includes t-shirts,

*Congratulations
to the winner of the
ALLIES sponsors raffle:*

Oliver Spray Equipment

*ALLIES sponsor wins
a trip to the
World Championships
with accommodation
and entry to the games
and presentation banquet -
valued at more than \$4,000.*

shorts, rugby tops, jean shirts and fiddlestix. All merchandise can be obtained through one of the Australian Team members in Perth, Adelaide or Melbourne

Supporters Club

A Supporters Club has been established to help offset costs for team members participating in the World Championships. A \$50.00 donation to the Supporters Club will give you:

- Lacrosse Team Australia Information Newsletter
- Lacrosse Team Australia Certificate of Appreciation
- Lacrosse Team Australia Pen
- Lacrosse Team Australia fridge magnet

Please send your \$50.00 donation and contact details to:

Sue Gandy
PO Box 97,
Sandringham, Victoria 3171

Gary Mortimer
31 Melton Street,
Somerton Park, South Australia 5044

Craig Wilson
4/59 Comer Street,
Como, Western Australia 6152

'ALLIES' Sponsorship

Each member of the Australian team is encouraged and assisted to gain sponsors to help offset the significant costs involved in being a member of this team. Some team members and their sponsors are listed below:

'ALLIES' Sponsor

- **Adelax - Adelaide Lacrosse Supplies**
Suppliers of all brands of lacrosse equipment in South Australia
- **Advanced Physiotherapy Services**
Specialist sports physio service provider in Western Australia
- **Amec Engineering Pty Limited**
Multi discipline engineering and construction company throughout Australia
- **Ashross Agencies**
General sports and STX lacrosse equipment - merchandise supplier throughout Australia
- **Australian Print Management**
Suppliers of corporate printing and stationery to national organisations
- **Battenfeld**
International extrusion and pipe machinery manufacturers
- **Binks Sames Pty Ltd**
Suppliers of industrial automatic spray painting applicators throughout Australia
- **Carey Limousines**
Specialist provider of chauffeur driven limousines in Perth, WA
- **First Pacific Davies**
Australia-wide property letting agents
- **K & F Plaster**
Specialist building services plasterer in Victoria
- **Keenscreens**
Specialist security and protective screens supplier to WA building industry
- **Macquarie Bank Limited**
Leading financial and banking institution in Australia
- **Melville Roofing**
Leading industrial and commercial roofing contractor in Perth, WA
- **Oliver Spray Equipment**
Suppliers of industrial spray painting equipment in South Australia
- **Post Office Nightclub**
A popular nightclub in Perth, WA
- **Structural Systems Pty Ltd**
South Australian structural architectural company

Player/Official

- Dennis Mulroneo - Referee
- Greg and Lisa Hutchinson
Team physiotherapists
- Allan Frederick
Executive Director
- Roger Attenborough
Team Sales and
Merchandise Co-ordinator
- Gary Mortimer
General Manager
- Sue Gandy - Team Manager
- John Denic - Head Coach
- Scot Griffin
Attackman / Co-Captain
- Craig Wilson - Team Manager
- Ken Nichols - Assistant Coach
- Murray Keen
Goalkeeper / Co-Captain
- Darren Gibson
Midfielder / Co-Captain
John Brewer - Midfielder
Terry Culley - Referee
- Greg Larwood
Goalkeeper / Co-Captain
- Michael Wann - Defender
- Michael Sheidow

THE WORLD LACROSSE CHAMPIONSHIPS

The History

The Australian team travels to Baltimore in July to contest the title of World Lacrosse Champions. Outlined below is a brief history of previous World Championships.

1. 1967 - Toronto, Canada

Game Results	Australia	11	England	9
	Australia	18	Canada	10
	Canada	11	England	8
	USA	18	Canada	7
	USA	11	England	8
	USA	25	Australia	11

Final Standings	Team	Won	Lost	Goals For	Goals Against
	USA	3	0	54	26
	Australia	2	1	40	44
	Canada	1	2	28	44
	England	0	3	25	33

(Decided on final round-robin standings.)

2. 1974 - Melbourne, Australia

Game Results	USA	24	England	10
	Canada	18	Australia	14
	USA	26	Canada	15
	Australia	15	England	3
	England	19	Canada	11
	USA	20	Australia	14

Final Standings	Team	Won	Lost	Goals For	Goals Against
	USA	3	0	70	39
	Australia	1	2	43	41
	Canada	1	2	44	59
	England	1	2	32	50

(Decided on final round-robin standings.)

3. 1978 - Manchester, England

Game Results	USA	22	Australia	17	
	Canada	21	England	15	
	USA	28	Canada	4	
	Australia	16	England	10	
	Canada	16	Australia	13	
	USA	12	England	11	
Finals	3 vs 4	Australia	19	England	9
	1 vs 2	Canada	17	USA	16

(in overtime)

Final Standings	Team	Won	Lost	Goals For	Goals Against
	Canada	3	1	58	72
	USA	3	1	78	49
	Australia	2	2	65	57
	England	0	4	45	68

4. 1982 - Baltimore, USA

Game Results	USA	23	Canada	12	
	Australia	25	England	5	
	USA	23	Australia	10	
	Canada	26	England	8	
	Australia	24	Canada	18	
	USA	26	England	9	
Finals	3 vs 4	Canada	20	England	19
	1 vs 2	USA	22	Australia	14

(in overtime)

Final Standings	Team	Won	Lost	Goals For	Goals Against
	USA	4	0	94	44
	Australia	2	2	73	61
	Canada	2	2	70	74
	England	0	4	41	99

5. 1986 - Toronto, Canada

Game Results	USA	18	Australia	12
	Canada	15	England	12
	Australia	17	England	11
	USA	21	Canada	11
	USA	32	England	8
	Canada	17	Australia	14
Finals 3 vs 4	Australia	22	England	6
1 vs 2	USA	18	Canada	9

Final Standings	Team	Won	Lost	Goals For	Goals Against
	USA	4	0	89	40
	Canada	2	2	52	65
	Australia	2	2	65	52
	England	0	4	37	86

6. 1990 - Perth, Australia

Game Results	Canada	18	Iroquois	15
	USA	21	Australia	9
	Canada	30	England	14
	USA	26	Iroquois	10
	Australia	24	England	7
	USA	25	Canada	14
	USA	21	England	7
	Australia	23	Iroquois	8
	England	15	Iroquois	12
	Canada	26	Australia	17
Finals 3 vs 4	Australia	16	England	6
1 vs 2	USA	19	Canada	15

Final Standings	Team	Won	Lost	Goals For	Goals Against
	USA	5	0	112	55
	Canada	3	2	103	90
	Australia	3	2	89	68
	England	1	4	49	103
	Iroquois	0	5	45	82

7. 1994 - Manchester, England

Game Results	Australia	26	Iroquois	11
	Canada	19	England	13
	USA	33	Japan	2
	Australia	28	England	7
	Iroquois	16	Japan	2
	USA	16	Canada	10
	Canada	33	Japan	7
	England	19	Iroquois	6
	USA	14	Australia	12
	USA	26	Iroquois	6
	England	20	Japan	1
	Canada	19	Australia	11
	USA	16	England	4
	Australia	26	Japan	6
	Canada	20	Iroquois	16

Semi Finals 2 vs 3	Australia	18	Canada	17
1 vs 4	USA	25	England	3
5th place	Iroquois	19	Japan	13
3rd place	Canada	25	England	10
1st place	USA	21	Australia	7

Semi finals played for first time.

Now the statisticians should have a wonderful time with that lot!

AUSTRALIAN LACROSSE COUNCIL FELLOWS

The ALC Fellows Award is the highest form of recognition which can be provided by lacrosse in Australia. The 1998 ALC Fellows Dinner was held at the members dining room in the Melbourne Cricket Club during the Australian Championships on May 7.

The conditions for the award provide for only one person to be recognised each year and Mr L W (Bill) Taylor was inducted as an ALC Fellow by ALC President, Doug Fox.

Bill started life with a strong lacrosse pedigree as his father was I J Taylor who played with Perth Lacrosse Club from 1903-1926, represented WA as goalkeeper from 1907-1924, was WALA Secretary from 1916-1932 before transferring to Victoria where he was active in lacrosse administration for 20 years, including service as ALC Secretary from 1934-1953.

Bill first played in junior ranks with Melbourne High School Old Boys in junior ranks from 1937-1939 and transferred to the Camberwell Club in 1940. He joined the RAN in 1942 and resumed with Camberwell in A grade in 1946 and 1947 before being transferred to country Victoria in his employment.

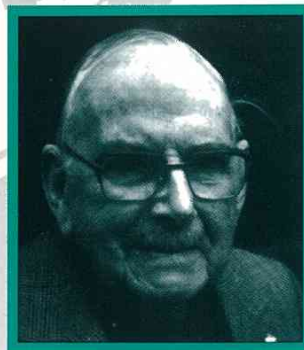
In 1969 Bill returned to lacrosse in a refereeing career which continued until 1991. He refereed numerous senior and under 19 national championships, accompanied the 1976 Australian Team Tour as official referee and also refereed Victorian Box Lacrosse for eight years, including national competitions in Perth and Adelaide.

His career in administration included seven years as Treasurer of ALRA (Vic), 10 years as VLA Secretary, four years as VLA Vice President, eight years as VLA Public Officer and four years as a committee member of the Victorian Box Lacrosse Division.

Bill was manager of the Australian Box Lacrosse Team in 1978 (Edmonton Commonwealth Games) and 1980 (Vancouver World Series). He was awarded the ALC Certificate of Merit in 1979 and Life Membership of the VALA in 1982.

Current ALC Fellows who attended the dinner included Harold Horner who travelled from Perth for the occasion, Ken Forrest from South Australia, George Tillotson and Phil Humphreys from Victoria.

VALE



*Eminent
lacrosseur,
the late
Henry Volk*

Lacrosse lost a wonderful supporter when ALC Fellow, Henry Volk, passed away earlier this year. Henry was another Melbourne High School student who was injected with the lacrosse bug when he commenced playing as

goalkeeper in 1921. He was founding Secretary in 1923 of the Melbourne High School Old Boys Lacrosse Club (MHSOB) and played with them until 1931 when he captained the B grade team which lost to Williamstown in the grand final. He subsequently played with Melbourne University (1932-34, 1938-40), MCC (1935), Adelaide University (1936), Caulfield (1937).

Henry made a terrific contribution to lacrosse administration at all levels over a period of 55 years from 1923 to 1978 being a Club Secretary for seven years, Club President for 28 years, VLA delegate 35 years, VLA Executive Committee seven years, VLA Vice President eight years, VLA President 10 years, ALC Vice President eight years, ALC President two years, ILF Vice President four years. He was a Victorian State Selector for five years and Manager of the Victorian State team in 1950.

Henry was made a Life Member of MHSOB (1954), VLA (1968) and was elected as Patron of the VLA in 1984. He was awarded the ALC Certificate of Merit in 1955 and was inducted as an inaugural Fellow of the ALC in 1988. The Best and Fairest Player in the Australian Under 17 Championship is recognised on the Volk trophy which will have special significance for the 1998 winner.

Lacrosse will miss this wonderful man.

Issue 3 of the Australian Lacrosse Journal invited readers to nominate where they have seen a lacrosse 'symbol' in a book, movie or television program. Congratulations to Julie Nichols who identified the following sightings:

TV Series

"Class of '96" (American Drama)
American college show where the main characters have sticks in their dorm room and students are seen throwing the ball around on the grass in the college grounds.

"Almost Perfect" (American Sit-Com)
Main male character wears lacrosse t-shirts, has a stick in his house and mentions when he used to play in college.

"Chicago Hope" (American Drama)
Doctor character played by Mark Harmon has a stick in his office with other sporting equipment.

Movies

"The Juror" (Demi Moore)
Demi's character's son plays lacrosse and is seen in all his gear going to training and you also see a group of guys, with sticks and gear on, jogging past.

"Dead Poets Society"
(Robin Williams)
At the beginning of the show you see some students outside the school having a throw.

If you "spot" lacrosse in other places please write and tell us about it.

On the web

INTERNET

Lacrosse followers around the world were able to keep up to date with results from the recent Australian Lacrosse Championships through the internet with Jake's Page (www.geocities.com/Colosseum/Park/8366/) which also included photographs of the action and trophy presentations.

Fourteen year old Jake Sheppard from Moreland Lacrosse Club was "the man behind the screen" who ran the page which was appreciated by many people world-wide.

Australian Lacrosse Council President, Doug Fox, caught up with Jake after a game and presented him with the book "American Indian Lacrosse - Little Brother of War" by Thomas Vennum Jnr in recognition of his efforts.

There are many interesting lacrosse sites on the internet. For the benefit of our readers we will provide a list in each edition of sites you advise us about. Here are a few to start off the list:

Glenelg Lacrosse Club

www.geocities.com/Colosseum/Track/5200/

Woodville Lacrosse Club

www.student.adelaide.edu.au/~ozzy/lacrosse/

Surrey Park Lacrosse Club

www.geocities.com/Colosseum/Track/8472/

Australian Lacrosse Council

www.alc.lacrosse.org.au

West Australian Lacrosse Assoc.

wala.lax.org.au

Victorian Lacrosse Association

www.ais.com.au/lax/vla/vla1.html

NSW Lacrosse

www1.tpgi.com.au/users/laxnsw

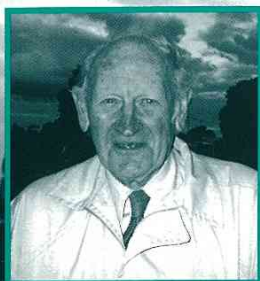
Aust U19 Lacrosse Team 1999

austu19.lax.org.au

*Jake Sheppard
receives his award
from ALC President,
Doug Fox*



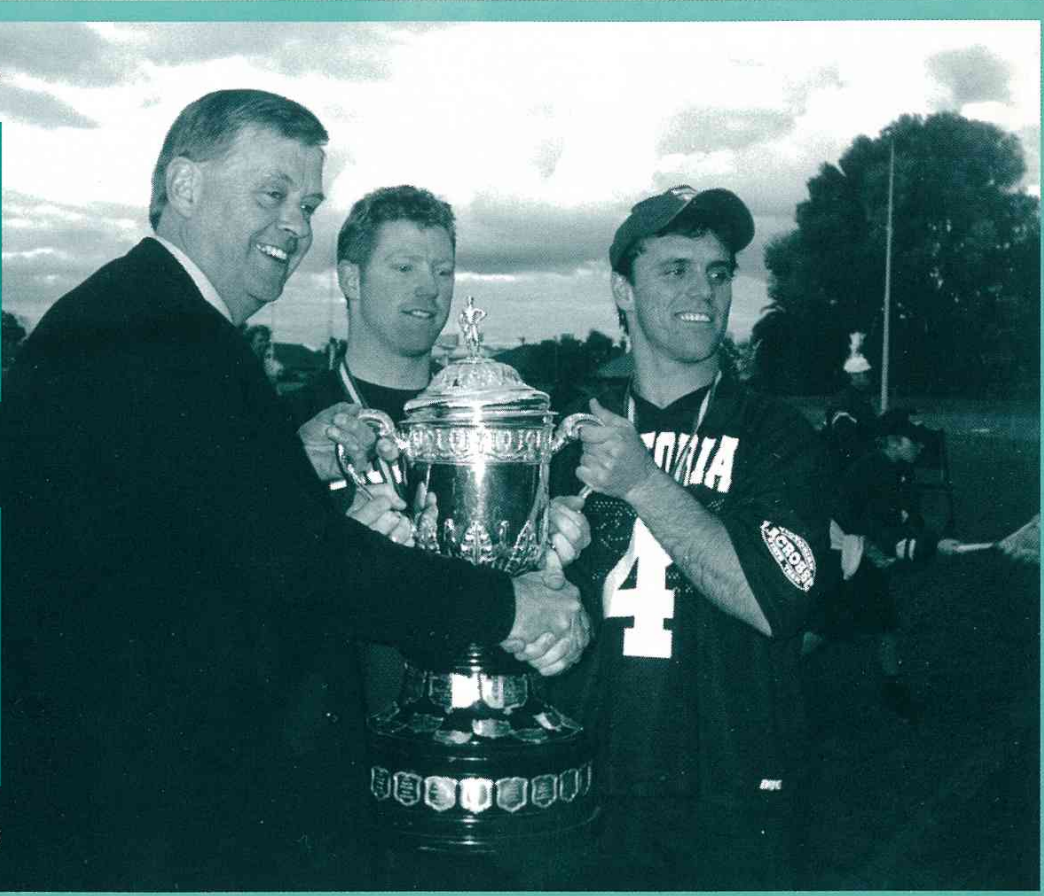
Behind the scene organisers



Tournament Director - Robert Russell



Championship Committee Co-ordinator - Fiona Carroll



Australian Champion Team Victoria Co-Captains Scott Garnsworthy and Darren Gibson presented with the Garland McHarg Cup by ALC President, Doug Fox

Results - 1998 Australian Senior Championships

AUSTRALIAN CHAMPIONSHIP

Game	1	South Australia	16	def	Western Australia	9
	2	Victoria	28	def	South Australia	5
	3	Victoria	25	def	Western Australia	6
		Western Australia	13	def	Victorian Institute of Sport	12
Final		Victoria	25	def	South Australia	11

AUSTRALIAN TOURNAMENT - Championship games plus the following:

Victoria	30	def	Victorian Institute of Sport	4
VIS	13	def	Western Australia	7
Victoria	33	def	Australian Under 19	4
VIS	14	def	Australian Under 19	10
VIS	16	def	South Australia	7
Western Australia	17	def	Australian Under 19	7
South Australia	12	def	Australian Under 19	10

Australian All Stars Team: Jamie Buchanan, Mark Cleveland, Darren Gibson, Scott Garnsworthy, Ben Fleming, Darren Nicholas, Terry Sparks, Brad Skepper and Robbie Stark (Vic), Thomas Cahill and Brad Smith (WA), Aaron Sargent (SA) and Nathan Stiglich (VIS). Coach: Brian Bell.

Championship Best and Fairest - Aaron Sargent (SA)

Tournament Best and Fairest - Darren Nicholas (Vic)

EVALUATION

Evaluation is a constant part of our lives. We evaluate our performance in many different areas - at school, work, socially and in lacrosse. And we evaluate the performance of people, machines, systems, organisations in many different ways.

Coaches need to evaluate the skills and abilities of players with whom they are working. Sometimes it is of value to the coach and the player to formalise this evaluation and work together to improve the player's performance, particularly in areas shown by the evaluation to be weaker than others. The form below provides a guide for coaches who may not have done this before. The important part of any evaluation is the communication between the person doing the evaluation and the person being evaluated. The evaluation or assessment by the coach should be discussed with the player, individually, who should have the opportunity to discuss any points of concern. The outcome should be an agreed program for the player which is designed to improve the performance of the player before the next evaluation. Sometimes the value of using a formal system is that it provides the opportunity for the coach and player to discuss each other's performance and understand each other. It may also be useful for the coach to provide

players with a mechanism by which they can evaluate the performance of the coach!

In designing programs with players for improved performance, consideration must be given to the individual attributes and potential of each individual player. Junior players require different programs

to seniors, differences in size, age, experience, perceived potential abilities must all be taken into account to design goals and programs which are achievable, which are challenging but which are not so unrealistic that the spirit is broken. That is one reason why coaches should work with players to design the program.

PLAYER EVALUATION

NAME _____

Personal Role:

1. Goalkeeper

2. Face-off

3. Attack

4. Defence

5. Midfield - short stick

6. Midfield - long stick

Predominant Hand

1. Right

2. Left

3. Equally Strong

	Needs Work	Fair	Good	Very Good	Excellent	COMMENTS
Lacrosse Techniques (Skills)						
Catching - Natural Hand	1	2	3	4	5	_____
- Opposite Hand	1	2	3	4	5	_____
Throwing - Natural Hand	1	2	3	4	5	_____
- Opposite Hand	1	2	3	4	5	_____
Ground Ball Ability	1	2	3	4	5	_____
One-on-one Defence	1	2	3	4	5	_____
Stick checking skills - Volume	1	2	3	4	5	_____
- Variety	1	2	3	4	5	_____
Defensive Body Positioning	1	2	3	4	5	_____
Double Teaming in Defence	1	2	3	4	5	_____
Backing-up in Defence	1	2	3	4	5	_____
Feeding Ability	1	2	3	4	5	_____
Cutting	1	2	3	4	5	_____
Picking - Willingness to Set	1	2	3	4	5	_____
- Effectiveness	1	2	3	4	5	_____
Dodging	1	2	3	4	5	_____
(Note - Type/Direction)						_____
Shooting	1	2	3	4	5	_____
Physical Attributes						
General Fitness	1	2	3	4	5	_____
Speed	1	2	3	4	5	_____
Endurance	1	2	3	4	5	_____
Agility / Flexibility	1	2	3	4	5	_____
Power / Strength	1	2	3	4	5	_____
Mental Awareness						
Self Discipline	1	2	3	4	5	_____
Mental Toughness	1	2	3	4	5	_____
Creativity	1	2	3	4	5	_____
Coachability	1	2	3	4	5	_____
(Willingness to Accept & Act on Advice)						_____
Pride	1	2	3	4	5	_____
Concentration	1	2	3	4	5	_____
Self Confidence	1	2	3	4	5	_____
Positiveness	1	2	3	4	5	_____
General						
Willingness to achieve personal best	1	2	3	4	5	_____
Willingness to train	1	2	3	4	5	_____
Lacrosse knowledge	1	2	3	4	5	_____
Tactics of Lacrosse	1	2	3	4	5	_____

THE *Real World* of a *Lacrosse* CLUB

Trevor Brown is Secretary of the East Torrens Payneham Lacrosse Club Inc and has outlined the Junior Development Program being conducted by that club.

We at East Torrens Payneham Lacrosse Club (ETPLC) have been and are at present in the same situation as a lot of clubs around Australia. We have had our good times as well as our bad times and are now endeavouring to rebuild our junior boys and girls teams, as well as our senior player bases.

Under our club's junior portfolio we set about a Junior Development Program which has as its base a schools coaching clinic program. The initial hard ground work and school contacts were initiated by our club treasurer and junior committee member, Trevor Entwistle. Working with the other members of the committee they targeted 32 schools in close proximity to our clubrooms (junior primary, high and girls/boys colleges) before the end of the final school term in 1997. We received back a show of interest from seven schools asking for coaching clinics in term 1 of 1998. These schools were re-contacted by Trevor and coaching clinics were fully booked for term 1. The remaining 25 schools who missed the initial clinics were re-contacted, advised and given the opportunity to book for term 2, which some schools have already done at this early stage. **Main point is to always follow up even though you hear nothing from the initial contact.** Situations are always changing.

Obviously to manage this exercise we required the services of a number of people within the club, as some 700 students were involved, with all the necessary information being distributed to helpers as well as included in the club magazine. The point here is - **keep everyone informed - stops the confusion and frustration!** Certain club members had offered their time to



help with the coaching clinics and it is hoped that other club members, now knowing what is involved, can arrange to assist these people at some time. I have previously mentioned that for the club to grow we need to build on our junior base and this is the ideal opportunity, given the exposure over a short period, to so many school students. Clinics usually run for approximately 45 minutes and are fun sessions given the age group of the students, so it's not hard and the emphasis is on the basics of lacrosse, which we all know - catching, picking up and throwing. The schools had been advised from the outset that near the end of term 1 we would like to run a lightning carnival amongst the schools which was held at our grounds at Payneham on Wednesday, April 8 (during school hours to get parent and teacher participation - very important as we will require them to keep the students interested when we are not at the school).

The ultimate goal of this exercise is to recruit new junior/senior members to our club and those involved in the clinics were asked to keep this in mind at all times and utilise the short periods with the students to 'push the barrow' on ETPLC's behalf. We purchased as much promotional material that was available, within our budget, for all the

coaches involved to use, together with some incentives/give-aways which will be given to students for good performance at the clinics. Many of these schools we have not had contact with before, nor have they had softcrosse clinics, so the ball is in our court and we need to run with it and maximise the possibilities of picking up, somewhere between 2%-5% realistically, of new members from the contacts made.

As you can see, our club has been lucky to have a member such as Trevor Entwistle, whose organisational ability has certainly put our club in a good position to make the most of the time available. He has had to pester, push and talk long and hard to get enough people to help coach at these school clinics but it has been a definite bonus to our club and we hope to enter boys and girls teams in the Association's competition. We have given schools the incentive of allowing their teams to be in either school or club colours, keeping the school's name with our club being their sponsor in this competition. All clubs have members the like of Trevor in their ranks and it only takes a little push to get them motivated.

We can only hope that all this hard effort comes to fruition. The initial interest shown by some of the school children at the clinics has been encouraging to date and we can only be positive in our approach, ensure continued follow up to students and back up for teachers and hopefully we will reap the benefits of our junior committee's hard work.

If any club would like further information or help to get a program up and running, Trevor Entwistle would be only too happy to pass on his experience to those interested. He can be contacted through our club ETPLC, PO Box 188, Marden SA 5070.

The Club that died

Everyone who reads this is, or will have been, a member of a lacrosse club or some other club, and will no doubt understand the point of the story.

The club had been stagnating for a number of years and while there had been a lot of talk about what needed to be done no one had the time to implement it. That was until a new member stood for the position of president (he was the only one who nominated).

The first thing he did was attend a number of courses on sport administration to make sure that he understood all the "ins" and "outs". Back at the club he began to implement a number of initiatives: inviting members to committee meetings, encouraging members to gain coaching accreditation, setting up regular social activities and such like. He was always down at the club, talking to people, asking them to help or for a bit of advice.

Gradually he noticed that people began to avoid him, meetings started later as office bearers came late and a general air of discontent could be felt around the club.

Finally, someone mentioned that the club felt dead. The president hearing this began with new passion to stimulate the members and club in general. But to no avail. The club was dead.

Being a religious man, the president felt that if the club was really dead then it deserved a proper funeral. He circulated all members and life members advising that as the club was dead he had arranged for a proper funeral to take place next Sunday.

This caused some commotion amongst everyone associated with the club, many felt that the president had finally cracked under the work he was putting in. But there was no way that they would be missing the "funeral".

The day arrived and the club hall was packed - standing room only. People who had not been down to the club for years were in attendance. At the front of the hall, under the honour board, was a coffin with the lid off with the president sitting nearby. The local priest began the ceremony, reminding those present of the proud moments during the club's history, of its impact on the local social life and youth. The congregation whilst listening were distracted by WHO was in the coffin. Finally the priest intoned that it was indeed a sad day for the community as the club was to be laid to rest.

Before performing the task he was going to pay his last respects and invited everyone to do the same. Slowly he walked to the coffin and looked inside for a few minutes before moving on, he was followed by the president and then one by one each person in the room moved forward to find out WHO was in the coffin. As each one silently moved forward and lent over to glance inside a sudden change came over them. Stunned, they returned to their seat and quietly sat, talking to no-one.

From that Sunday onwards the club changed. The gripes about a dead club ceased, members volunteered their time and talents. Where at one time it had been a thankless task trying to get help on any projects, now there was no shortage of willing hands.

The club grew in membership and strength, and was respected within the community for the positive impact it provided the youth.

Years passed and the story about the day the club died was part of its culture and it was passed from old member to new member. As the embellishing story teller reaches the part about the members looking into the coffin the new member is usually beside themselves with curiosity..."And what did you see in the coffin the day the club died?"

"A mirror, just a big mirror and my own reflection looking straight back at me!"

Preventing Burnout

by Wendy Swift

Burnout is a state of complete physical, mental and emotional exhaustion and can have a number of different causes. Overcoming burnout usually requires time out from competition and training if the athlete is to ever return to his or her previous level of competitiveness. Many athletes give up their chosen sport altogether so it is far better to recognise the signs and symptoms of burnout and aim for prevention.

Burnout is not a sudden occurrence and there are usually a number of early warning signs. A slump in performance, feeling stale, flat or unmotivated for whatever reason could be an early warning sign. These warning signs can be debilitating and depressing and if not addressed will continue on a downhill slide into burnout. Recognising warning signs is not always easy as you may attribute them to other causes. For example you may feel that your partner is no longer as supportive as they were previously or that work is just a bit out of control at the moment, or that it is just a busy time of year. If you can recognise the early warning signs you can implement some changes to prevent burnout. Here are some more specific symptoms to look for including:

- loss of self confidence
- irritability
- lack of appetite
- prolonged tiredness
- anxiety
- sleeping difficulties
- anger or feeling quarrelsome

Be particularly aware of these symptoms if they are not characteristic of you. Other indicators include persistent physical problems such as bowel problems, higher than normal resting heart rate, slower recovery and weight change. If these symptoms are present you should always seek a medical check up first and then ask yourself the following questions:

- How long is it since you have had a break from training?
- Is your training regime the same week in and week out without variation?
- Are you always following the instructions of others - coach, training partners - so that your training is not really in your control?
- Do you feel you are overloaded with commitments, including work, family, sport and other interests?

- Are you bored with your competition goals?
- Have you been feeling that your accomplishments are nothing great?
- Do you receive encouragement or congratulations on what you have achieved and are still doing?
- Do you feel that competition is extremely stressful?
- Do you perceive the rules of your sport to be too stringent and the administration unhelpful or abusive?

If you are an athlete who finishes competition only to head straight into off season training you are setting yourself up for a slump in performance or burnout. Even if you are physically capable of continued work your mind needs a rest too. Remember that your body is a total package and the length of your sporting season is an important factor in the occurrence of burnout. Take a break, either an end of season rest, or a simple unscheduled rest day, to put the spark back in your competition.

Monotonous training schedules can lead to mental fatigue, boredom, and loss of enjoyment which makes training harder than it should be. Put some variety into your training. If you plan your own sessions this is easily done with a bit of forethought. Establish the goal of the session then use your imagination to come up with different ways of achieving the goal. Adding in some mental skills training such as imagery can also make a useful and interesting change. If you train with a group of friends, have each person come up with a different session. Most coaches are aware of the need to put variety into their sessions, if you feel that they don't, you need to communicate how you are feeling. This will give you back a feeling of control, that you are directing your own path and are not at the mercy of external factors.

Sport is not the only area in which an athlete can feel a loss of control. Family, social and work pressures often build up to intolerable levels. When the pressures come from several different sources simultaneously you may feel that you can't identify what is wrong. It is the cumulative effect that is causing the warning signs of burnout. Identify something that you have control over and make some changes to suit you. If your time schedule is too full, make a list of the things most important to you and make sure that these are not the things being sacrificed. Learn to say "no" to some of those things that did not make the list.

Feeling flat or unmotivated can be a result of monotonous training or a result of being bored with your goals. To turn your motivation around remember that goals are not only long term and not only for

competition. Goals can cover any aspect of your life from managing your time, to making yourself plan out a new training session. By adding in some short term goals that show results immediately you develop an achievement orientation that will start you feeling motivated about your schedule. Refer back to information you may have on good goal setting and remember to include some rewards.

Keeping up your self esteem and being proud of what you have accomplished will help prevent burnout. Ensure that you build yourself a support network of friends, training partners and family. After competition ensure that you are not judging your success in comparison to others. Look at your own personal goals and how well you progressed toward them. For example, "Did you have an error free competition?", "Have you reached your desired fitness level?" "Have you improved the technical skills of your sport?". These are accomplishments in which any athlete should take pride and will help you to continue to feel good about your sport.

Stress is another major cause of burnout. Competition can leave you in a highly emotional state, either elated or frustrated and angry. Maintaining these highly emotive states after you have left the sports venue can make competition a stressful experience, especially if you have had a run in with administration. Find some ways to wind down after competition. You could have a regular post competition outing with friends or team mates but don't allow yourself to gloat over your successes nor sink into depression over a poor performance. Discuss aspects of the performance in ways that will improve your next competition. By controlling your post-competition levels of emotion or tension you can eliminate another source of stress that would otherwise contribute to burnout.

Remember to watch for the warning signs of burnout, prevention is the aim. If they are present, look for things that you can control, add some variety to your training, re-vamp your goals, build up your support network, control your post-competition levels of emotion and remember to take a break from your sport. If you are already in a state of burnout and can't turn things around on your own seek some professional assistance from a sport psychologist.

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"The Masters Athlete" magazine

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A Strong Base - The Foundation

When we think of a lacrosse club with a strong **foundation** for future growth we usually have in mind a strong junior player program. This article discusses **foundation** in a financial sense - which is a little ironical as most financial statements do not mention the human resource assets of the organisation.

Lacrosse at all levels requires money to enable projects to be implemented - whether that project is buying lacrosse equipment for juniors, upgrading the clubrooms, employing a coach, running a clinic, hosting a national championship, travelling overseas to compete or an endless list of things we would like to be able to do.

When we sit down to plan a project we look at the costs and consider where the money is to come from. A wide range of fundraising activities from raffles to selling merchandise and quiz nights are organised and sponsorship is often sought from sympathetic businesses.

What is often overlooked is seeking a donation.

While a sponsorship is a business deal whereby both parties receive a material benefit (you get the money, the sponsor gets the promotion or seats or tickets etc), a donation is a gift which is transferred voluntarily and (in the context of this article) the donor must not receive any material advantage in return.

Making a donation can be an attractive proposition for individuals and businesses if that gift is tax deductible.

The Australian Sports Foundation is an initiative of the Australian Sports Commission and was established in 1986 to assist in the raising of funds for the development of Australian sport. It is the only organisation which allows donations to sport to be eligible for tax deductibility.

Donations can be directed to the Australian Lacrosse Council or a particular lacrosse project which has been approved by the Australian Sports Foundation, or a general donation can be made for distribution to sports throughout Australia. The Australian Sports Foundation retains a two percent administration fee before the donation is allocated to the area of your choice when you have stated your preference for a particular sport, project or appeal.

The Australian Lacrosse Council is registered with the Australian Sports Foundation and this enables associations and clubs to lodge projects with the ASF. Projects should fall into one of the following six categories to be eligible for ASF approval.

1. Travel to competition or training camps
2. Equipment purchase
3. Facility development or refurbishment
4. Sport assistance - individual
5. Sports development
6. Hosting major events

To apply to conduct an ASF approved project, an Information Kit is available from the Australian Sports Foundation, PO Box 176, Belconnen ACT 2617. Tel: 02 6214 1267. Fax: 02 6214 1656.

The **Western Australian Lacrosse Foundation (WALF)** was established in 1991 to manage the funds generated by the successful conduct of the 1990 World Lacrosse Championships. The Foundation has provided a facility for clubs to obtain loans for lacrosse development projects and also provides grants for approved lacrosse projects. Projects undertaken by the WALF include development of Business Plans for clubs, conduct of planning seminars for WALA, purchase of modcrosse equipment which is hired to schools and clubs, conduct of WALA award presentations, conduct of coaching clinics and many others. The WALF is managed by five trustees, two of whom are appointed by the WALA and two are elected by clubs. All projects are recommended to the WALA Board of Directors for approval.

A new development in **Victoria** is the establishment of a significant trust fund in the name of Lacrosse Victoria. The initial fund target will be in excess of \$1 million. The plan is that the fund, when invested, will yield an annual return which will be available for use in the administration and promotion of the game of lacrosse in Victoria.

- It is proposed that the fund will be established and grow:
 - through periodical transfer of surplus dollars from the governing bodies
 - from a "bequest scheme" by which supporters of the game may bequeath some part of their estate through their legal will to ongoing support of the game.
 - through sponsorship and special events.

Because the fund will be structured so that monies will not be available until the fund target is reached, the initial focus must be on raising this initial amount. Fergus Stewart is leading this initiative for Lacrosse Victoria.

ANSWERS to 'About the Rules' Quiz

Q	A	Relevant Rule
1.	E	(AR 48-1)
2.	B	(AR 48-5)
3.	E	(48-1ii)
4.	A	(AR 49-8)
5.	B	(58-1)
6.	C	(46-2, 79-3, 79-4)
7.	E	(AR 71-1)
8.	E	(AR 46-3)
9.	B	(AR 49-9)
10.	A	(AR 38-2)
11.	C	(AR 34-9)
12.	C	(31-1ii, 34-1i)
13.	A	(AR 34-10)
14.	B	(AR 81-1)
15.	B	(34-7)

Aussie Sharks



20. Michael Wann



22. Peter Inge



23. Brad Skepper



24. James Buchanan



25. Robert Stark



26. Darren Nicholas



27. David Spreadborough



Allan Frederick
(Executive Director)



John Denic
(Head Coach)



Ken Nichols
(Assistant Coach)



Kevin Sheehan
(Assistant Coach)



Gary Mortimer
(General Manager)



Sue Gandy
(Team Manager)



Craig Wilson
(Team Manager)



Lisa Hutchinson
(Physiotherapist)



Raylene Sutton
(Masseur)



Dennis Mulrone
(Referee)



Terry Culley
(Referee)



Peter Knight
(Referee)



Mike Slattery
(Referee)

Players absent from photo shoot were: 21. Mark Mangan and 9. Gordon Purdie



Australian Institute of Sport