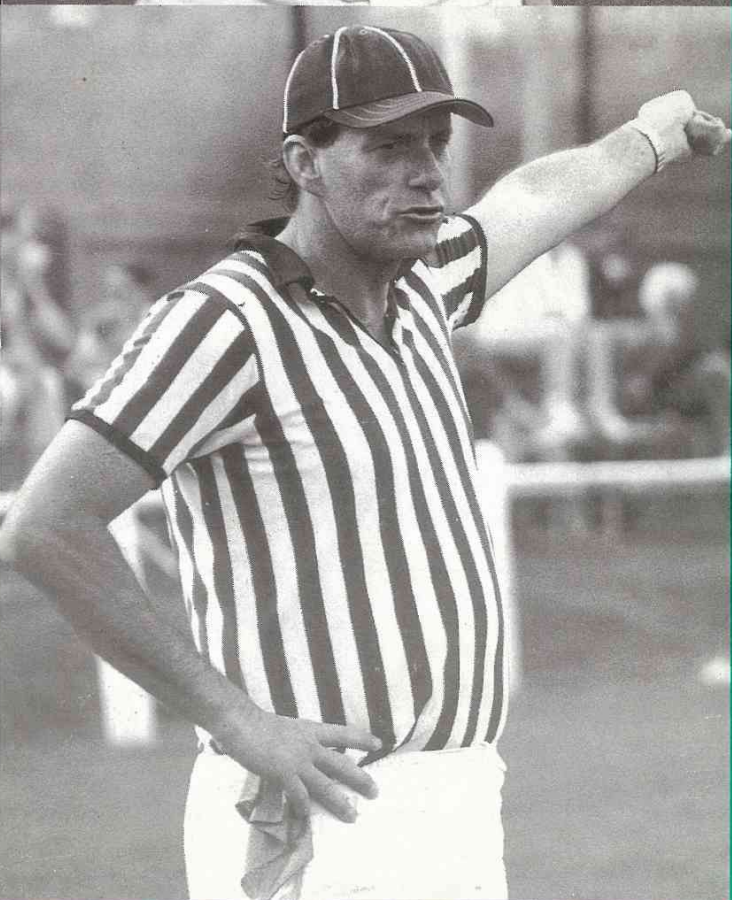
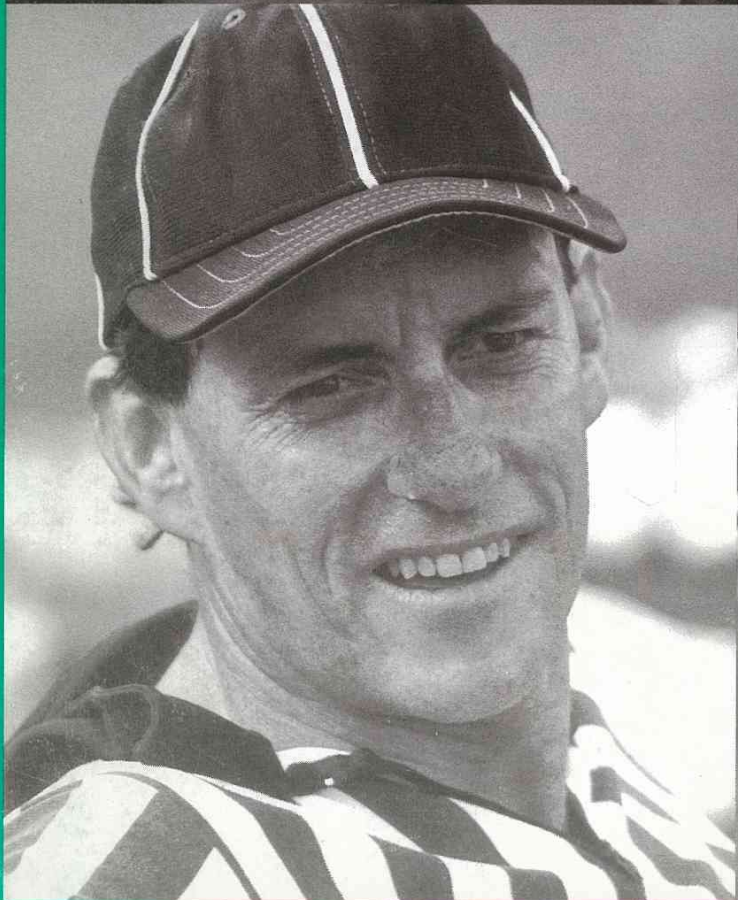
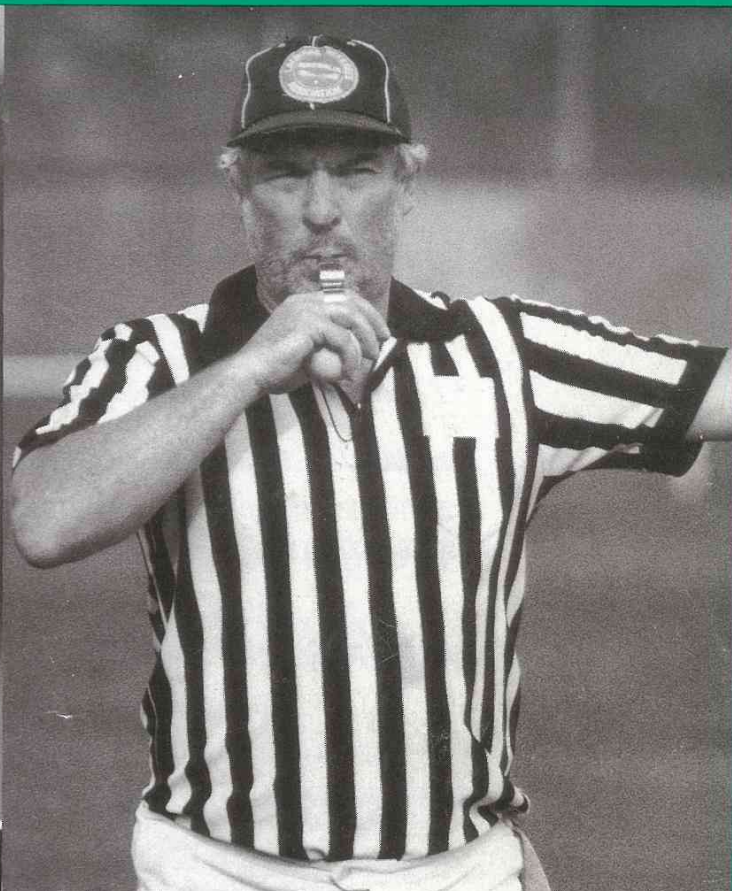
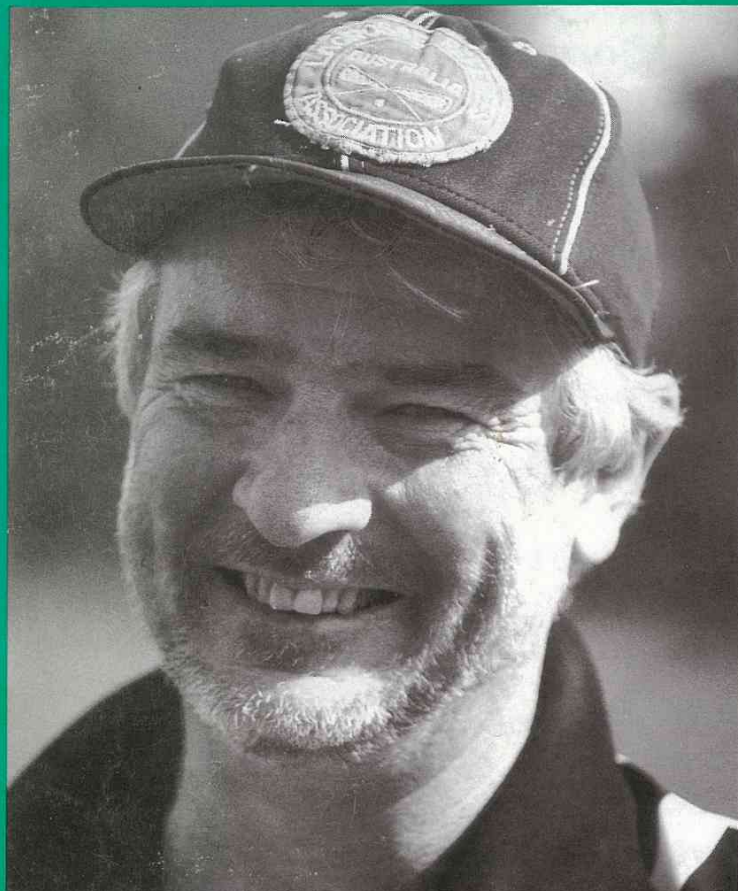


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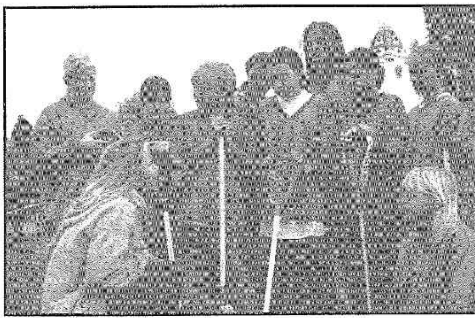
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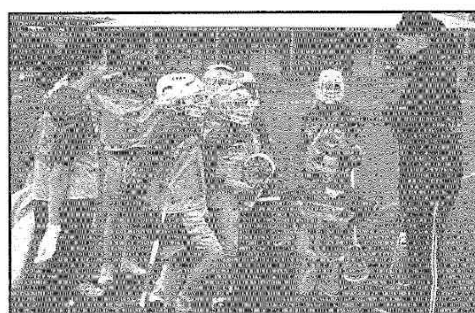
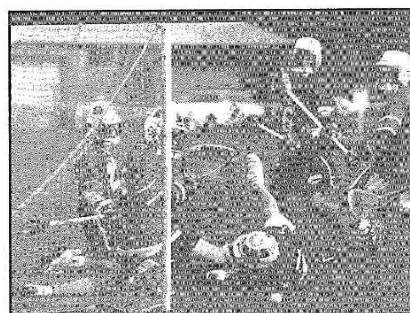
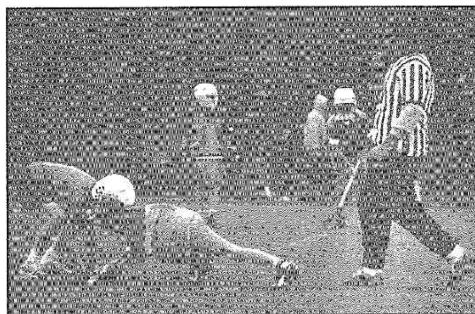
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SPORT AND RECREATION VICTORIA

JUNIOR SPORTS DEVELOPMENT CAMPAIGN

Editorial

Depending on the timing, you may well be reading this magazine during or after the Under 15 Tournament (Adelaide), the Under 17 Championships (Perth) and the Men's and Women's Senior Championships combined at the one venue in Adelaide. 'So what' you say. Well these games are where one can see the best lacrosse in Australia. From the Juniors to the Seniors the competition is just as fierce. This is when we should be getting the media involved to display lacrosse to all those who have never seen a game. How difficult is it to get media coverage? VERY DIFFICULT! Whilst we all know lacrosse is the best game there is, it's very hard to convince those who control the sports pages of newspapers and the producers of television shows that there is anything worthwhile to view. If you know somebody in the media, have a word in their ear about getting some coverage of the games. The more people out there pushing the game, the better off we will be.

The Under 15 Tournament will be held after the Senior Championships in Adelaide. Whilst many have commented it should have been on at the same time as the Senior Championships, the timing is unavoidable due to the dates for school holidays not being the same in all states. This is a great competition for the younger members of the lacrosse fraternity. A chance to be away from home, a chance to meet new people and most of all, a chance to play lacrosse for a week.

A Canadian Team will be playing at the Under 17 Championships in Perth. This will be a great opportunity for players from all states to meet with and develop friendships with lacrosseurs from another part of the world.

The men's senior competition will be interesting to say the least. With the Australian Team using it as a warm-up to the World Series, and a USA All Star team competing, the level of play should be exceptional. Mind you, questions have been raised about the USA Team. Are they here to scout the Australian Team or just for the fun of it? Time will tell.

Having the men and women play their series at the one location is another step in the right direction. It will give both sides a chance to encourage each other when they play.

So what's this article about. It's about lacrosse being one sport across Australia. A sport where we have friends no matter where we are. A sport where no matter who you are and where you are, you can meet, play or watch lacrosse with your friends.

Keep an eye out for Lloyd Holmes, Jan Jackson and myself at the Senior Championships and if you are going to Manchester for World Series, Ian Whitbourn, Josh Hayton and myself will be there. If you see us, stop us and have a chat about lacrosse and the magazine. Hopefully we will get more stories for future editions.

Keith Chamberlain

The Lacrosse Player, 13 Willesden Road
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Letters to the editor

WELL DONE

I would like to comment on Cameron Gibson's comments on lacrosse in Queensland. Probably knowing Queensland Lacrosse as well as anyone outside Queensland, I cannot emphasise enough how great their enthusiasm is. Everyone contributes to the cause and has a great time doing it. Cameron mentions their meth-

ods may seem strange to some, which I assume refers to Sunshine State Lacrosse 1995 trip to the USA (among other things). I have heard and asked the question "Why is Queensland travelling overseas to develop their domestic competition?"

While I have mixed thoughts, I must admit three weeks travelling through San Francisco, Southern California, Texas, New Orleans and to the

East Coast playing nine games and attending the University Finals sounds like a great trip that I wish I was going on. Very few get a chance to play with players from other clubs or States, let alone travelling internationally as a team.

Personally, I think this trip should become an annual event, with a national recruiting base. While there are 43 lacrosse clubs in Australia, half of the clubs can afford to miss

one player for three weeks. If the trip follows the same itinerary each year the logistics would become easy and costs would come down. If it's an annual event, young players can play ahead and save/earn the funds needed. A trip like this could help a young player enter the ranks of State League and give aspiring coaches that extra season of experience while having a fantastic overseas trip. If this trip was an

annual event, I expect that would be a way to organise a significant discount for our national team every fourth year.

Sincerely, Matthew Duryea

COACHING NEEDS TO BE...

Coaching is not just a masochistic desire to inflict one's will on unsuspecting souls. Coaching is not an attempt to feel part of a team once your playing career is over. Coaching is a necessary part of the development of the game, a part that I believe is under-estimated, under-valued and under-utilised. The necessity to develop a pool of coaches that are accredited, experienced and willing to share their knowledge with others (in particular children) is a

critical element in the structure of lacrosse development. Offering coaching accreditation as an optional extra is, frankly, not good enough. Coaching needs to be a skill that is derived from personal ability and the proper education offered through the accreditation programs. In my utopia, where lacrosse is treated with religious fervour by more than just an enthusiastic few, the only coach is an accredited coach. Maybe then not only will our game develop, but the kid that leaves the sport because she/he reaches a plateau in their skills development that they can't cross, will also stay and play the greatest game in the world. Do something for the sport, do something for your Club, do something for yourself get accredited.'

Jorge Menidis
Victorian S.D.

REFEREES

Dear Keith,

How Much I enjoyed your May editorial. Thank you for drawing attention to our referees unstinting contribution to our sport.

Time and again , weather at local or international level, their dedication and concern for the well-being of Lacrosse is evident.

We who enjoy this exhilarating game should express more often our recognition of and appreciation for the invaluable and essential input made by referees at all levels.

Thank you.
Judith Halnan

REST IN PEACE

Dear Sir,

Having just received notice of the death of Peter Reid of Perth, Western Australia, I should like to express in your magazine the appreciation of all the work he did in Perth to promote Womens Lacrosse there.

Players should pass on their appreciation of his time and interest in Lacrosse in general of him and his family.

Yours Faithfully
Mrs. J. Parker



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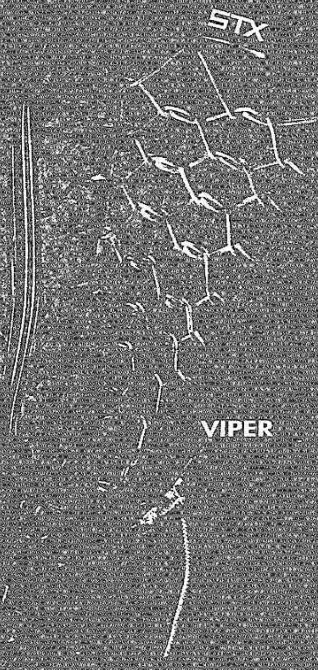
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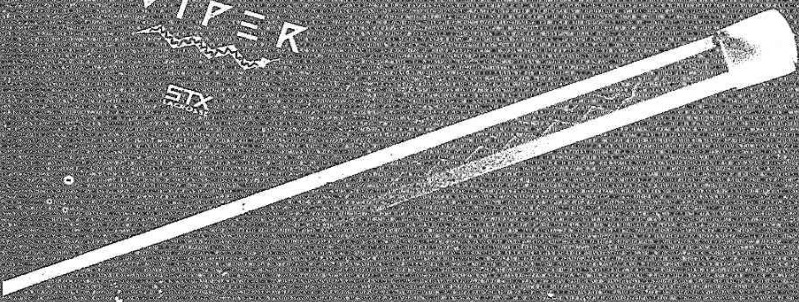


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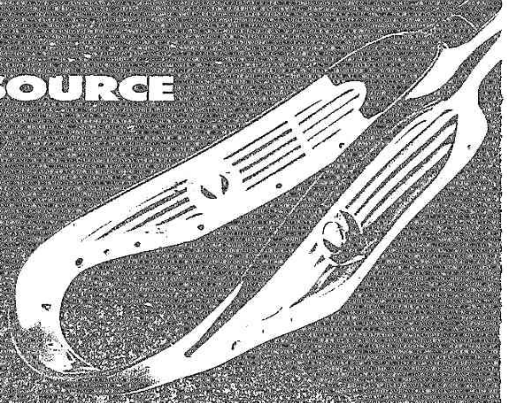
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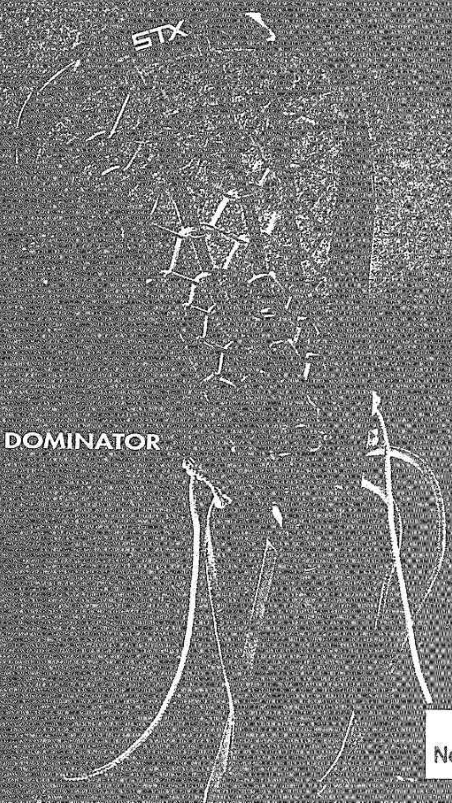


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AUSSIE SQUAD PREPARE FOR WORLD CHAMPIONSHIP CHALLENGE

By Lloyd Holmes

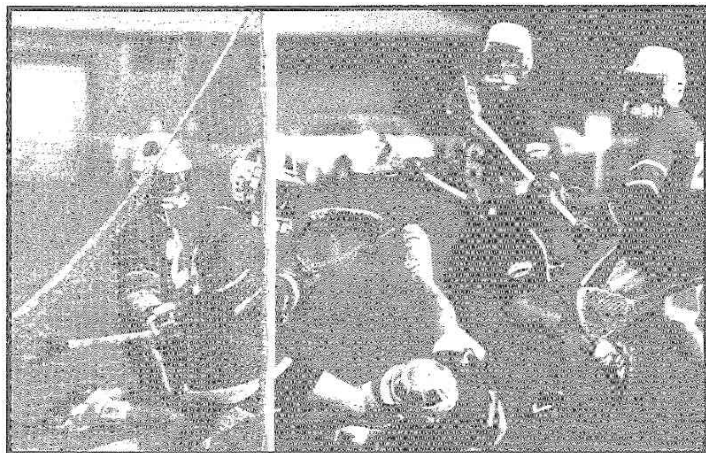
The Australian Squad assembled in Melbourne on the Anzac Weekend to prepare for their World Title Challenge at Manchester in July. The weekend started with a breakfast at the Radisson President, Albert Park, where Mal Brown (Manager of the AFL Richmond Club) formally presented the team with their uniforms. Mal was an inspirational and enjoyable speaker. He identified a significant difference in the opportunities for lacrosse, as opposed to football players. Lacrosse players have the opportunity to represent their country, something their football counterparts cannot do. Our younger players should take note of this.

Other activities during the weekend included fitness testing, getting to know other players, coaches and people associated with the Team Challenge. One of the highlights of the weekend was a game against a Victorian All Stars Team on the Sunday at the Albert Ground .

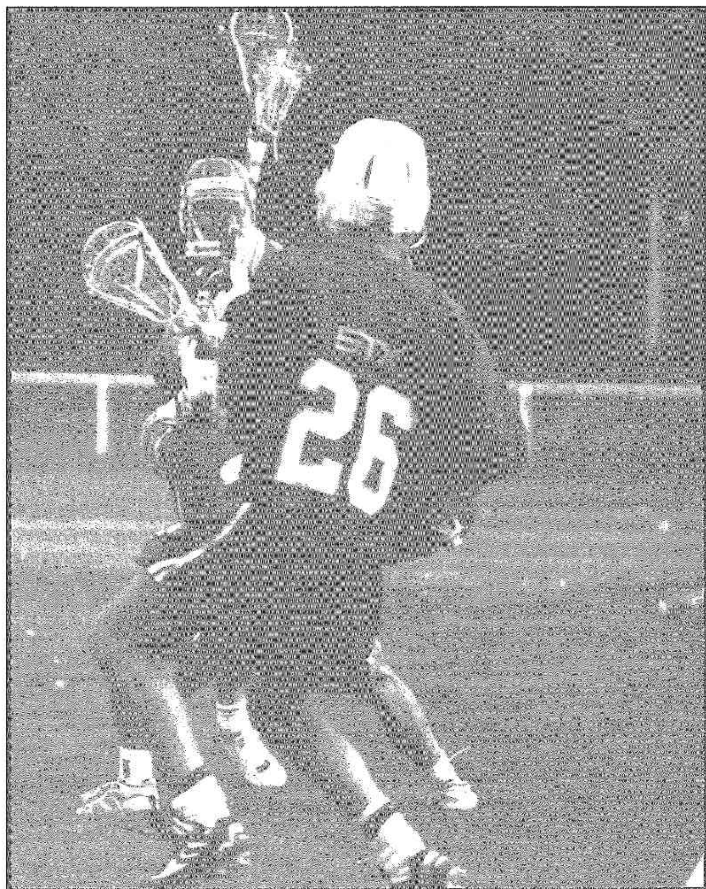
Coach John Denic took the opportunity to try out players in a very competitive situation, many of the Victorian players keen to demonstrate their skills against the top Australian line-up. The squad took a little time to get their act together, and they were up against a very talented Victorian line-up. The fitness of the squad was however very evident, and some snappy clears from the defence line showed that this team means business.

The final whistle saw Australia defeat the Victorian All-Stars 19 to 13. Goal Scorers were, for Victoria (P Cook 3; D Spreadborough, C Flaherty & T Murphy 2; S Slattery, M Jackson, J De-Carlo & C Bell 1), and for Australia (C Warren 5; C Brown 4; S Harley, D Gibson, J Brewer & M Mangan 2; A Stubbs & J Buchanan 1).

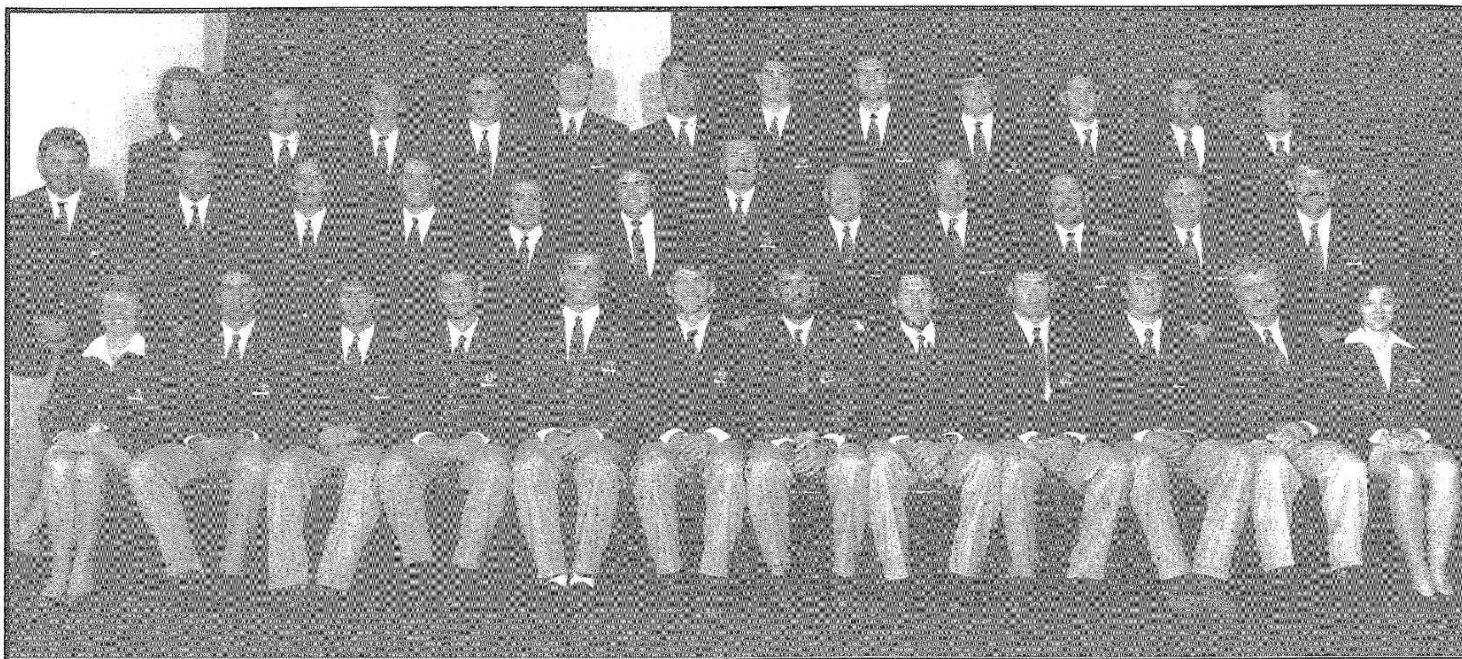
The Victorian All-stars put a lot of pressure on the Nationals, and showed their resolve to provide maximum competition to assist in their preparation for the World title. Coach of the All-Stars, Brian Bell (now Malvern State League Coach), prepared the All-Stars well. The performance shows that Victoria will be a very formidable contender this year at the National Titles in Adelaide this July.



All-Star's Colin Harper (Goalie), and Craig Bell are both on their knees as the shot from Jamie Buchanan (on the ground) makes it's way to goal, watched on by Chris Brown (6 Aus).



Australia's Darren Gibson attempts a pass off to team-mate Chris Brown.

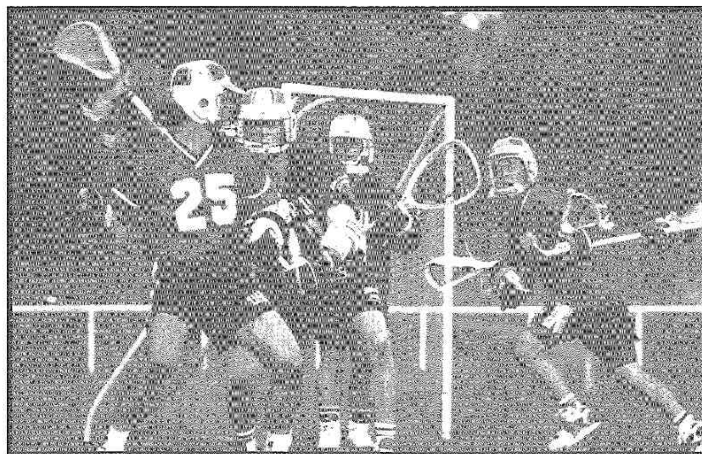


The 1994 Australian Lacrosse Team, Referees and Management Support

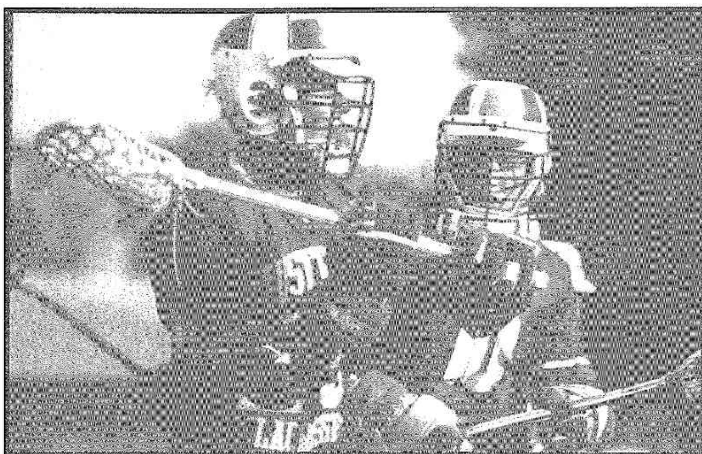
Rear : R Cornish (WA), C Brown (Vic), J Klemm (Vic), S Barr-Kemp (Vic), M Brereton (Vic), B Skepper (Vic), T Sparks (Vic), J Redman (WA), M Windsor (SA), R Lawson (SA), C Everall (WA), S Morley (SA). **Centre :** J Denic (Coach, WA), C Wilson (Referee, WA), M Mangan (SA), A Stewart (Vic), S Melissovas (Vic), G Larwood (SA), A Frederick (Manager), M Stokes (Executive Director, WA), N Coleman (Asst Manager, Vic), C Faulds (Resources Asst, WA), K Chamberlain (Team Reporter, Vic), T Hill (Asst Coach, SA). **Front :** M Owens (Executive Asst, WA), S Griffin (WA), J Brewer (WA), C Toomey (Vic), D Gibson (Co-Captain, Vic), C Warren (Co-Captain, WA), M Schomberg (WA), J Buchanan (Vic), G Elder (Referee, Vic), L Bowden (Physio, WA) **Absent :** G Purdie (Vic), T Sellan (SA)



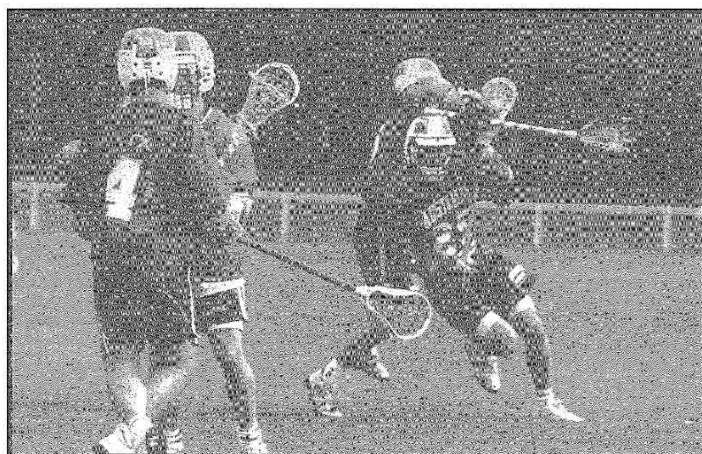
The Albert Ground Pavilion provides an impressive backdrop for play as Gordon Elder blows the whistle during a face-off. Matt Schomberg is taking the face-off for Australia, watched on by Scott Griffin (8 Aus), Steve Mounsey (6 Aus), David Spreadborough and Rod Ansell (Vic All Stars 10 & 5).



Aussie Goalie Spiro Melissovas and defenceman Mick Brereton keep a close eye on Craig Bell as he manoeuvres to get a shot on goal, Suthy Theon positioning himself for a pass off.



David Spreadborough (10 AS) as Andy Stewart (Aus) looks around for a pass.



Craig Bell (25 AS) executes an overhead check to recover the ball from Andy Stewart (25 Aus), as Darren Gibson (4 Aus) is held back by Sean Slattery .

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AUSTRALIA'S 1994 WORLD SERIES REFEREES

PHOTOS & STORY BY LLOYD HOLMES



Craig Wilson

Lloyd Holmes researched background on Craig Wilson and Gordon Elder, Australia's refereeing representatives for the 1994 World Series, and found dedicated and experienced individuals.

Craig Wilson

Craig commenced playing lacrosse in 1966 for the Nollamara Lacrosse Club in Western Australia, and has since participated in all grades from juniors through to seniors.

As a junior player he (like Gordon Elder) started as a goalkeeper, and finally ended up in mid field-attack, as he found playing in goals a very dull position with the Nollamara Club. Nollamara had won four premierships in a row as a junior side, and he found he had a very strong mid-field defence line-up in front of him as a goalkeeper, thus rarely seeing much of the action. As a junior he also represented Western Australia.

His playing career continued with Nollamara Lacrosse Club, and after mid-field attack in the juniors, ended up in the offensive line-up for the senior Club team until he retired from playing in 1986.

After he came to the "realisation that I couldn't keep up with the speed of the younger players, and fitter, hard hitting defence-men", he still wished to have an active involvement in the sport at that level, so he decided to give refereeing a go.

Craig's refereeing career started in 1986, and in his first year, had the opportunity to referee the senior grand final in WA (albeit by default). Originally he had been given the job on that occasion

to officiate as CBO, however Warren Gaunt was injured during the game when he was hit in the face by the ball which broke his jaw. So Craig stepped into the breach and has not looked back since.

Since that time Craig has refereed all grades, juniors and seniors for the local WA competition. At the WA State level he has officiated in 6 Division 1 Grand Finals and 3 Division 2 Grand Finals. At the National Level he has participated in the Australian Under 19 Championships (1988), the Australian Colts (1989), and the Senior Championships (1990, 1991, 1992 and 1993). He was selected to participate in the Grand Finals of the National Championships in 1991, 1992 and 1993.

At the international level he was selected as one of the two referees to represent Australia in the Under 19 World Championships held in the USA in 1992, and officiated in the Grand Final of that event.

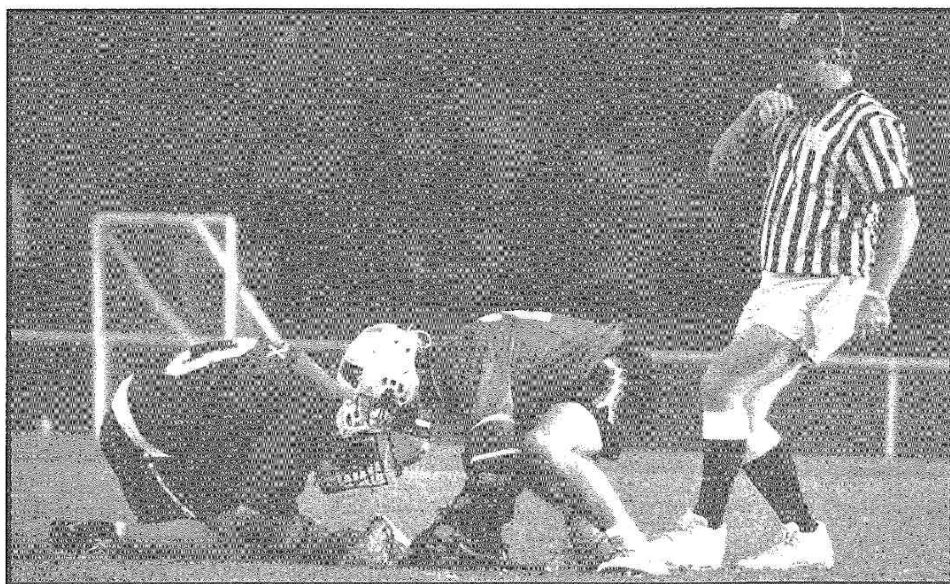
Craig's lacrosse involvement has been strongly influenced by the forefathers of lacrosse in WA and Nollamara such as Harold Balinski, Ken Sugars and Graham Hill. During his playing years he had the pleasure of playing in a team that competed against players of the calibre of Brian Griffin, Ian Try, Peter Cann, and Jeff Kennedy if you can call getting beaten a pleasure!! With that aside, he feels he could not help but be influenced and impressed by the skill and ability of the players of this calibre.

During his final years with Nollamara he held positions as Treasurer for three years, and was also involved on the Committee in the running of that Club.

For the 1990 and 1991 seasons he was President of the referees ALRA (WA) Association, and for the past 2 years has been Technical Director of the WA Lacrosse Association.

Having been selected as one of the two referees to represent Australia in the World Championships in Manchester this year, he is looking forward to the challenge this will bring for himself personally, and hopes the Australian Team will fare as well in Manchester (if not, better) than the Under 19 Australian Team in Long Island USA in 1992.

**"Refereeing,
a rewarding
experience"**



Gordon in action at the centre draw



Gordon Elder

Craig shares his experience that there are few very funny situations that occur for referees during the game, other than a little bit of creative abuse from time to time, and "when you consider that, at best, you can only ever be 50% right, all in all, refereeing is a very rewarding experience"

He certainly believes that after the heat of the moment and the pressure of the game, over a beer players recognise that, like them, you can only do your best on the day and appreciate that you can make mistakes and miss obvious fouls.

As an individual he is attracted to the comradery between referees not only in WA, but that of other States, and the positive attitudes that they have for the well being and development of lacrosse, and to helping each other.

Gordon Elder

First introduced to Lacrosse in 1959 by the late Frank Lansbury (along with the thousands of others introduced to the sport by Frank) at his local Melbourne primary school, Gordon didn't really get serious about it until he started playing with the Swinburne Tech team in 1960.

He joined Malvern in 1960, where the sport of lacrosse "started to seep into my veins". Gordon's playing career reached the interstate level in 1966 when he was selected for the Victorian Colts Team as a goalkeeper. This was followed up in 1968 with selection in the second Victorian side.

Bob Pettit recalls "Gordon used to jump up in the air every time a shot was on we often considered tying his legs to the goal-post to keep his feet on the ground!"

At the Club level, he played in Grand Finals in every year he participated (15 in all) at both the senior and junior levels, and was in premiership sides in six of these. He has also assistant secretary for 3 years at Malvern

In 1975, having been plagued with knee problems, he transferred to refereeing. In the early days he trained under Don Reymont, and considers that Don 'set the mould' for him as a referee.

Since 1975 Gordon has officiated in over 500 games, including 15 Victorian State League Grand Finals, 11 Senior Interstate Carnivals, and (including the forthcoming World Series in the UK) 3 world championships. In anyone's view this is a very formidable record.

He has also held the position of treasurer of ALRA for 5 years, and president for 1 year(1985).

He acknowledges "everyone is human, and we all make mistakes from time to time". He appreciates players and coaches who also recognise this.

He also points out "we sometimes forget things", recalling an incident earlier this year when he rolled up at Melbourne's Altona Lacrosse Club to officiate at the afternoon event. He was very

red-faced when he realised he had left all his gear at home! Needless to say he didn't look quite the part when he took to the field with borrowed gear for the afternoon but he got through the day without further mishap.

Gordon is a dedicated and proud family man with Christian beliefs. He enjoys wine, chopping wood, lawn bowls in summer, sleeping, bike riding, and mint leaves. He has also achieved considerable success in

his career in the insurance industry, and is currently Manager of MLC for the Latrobe Valley in Victoria.

He is very much looking forward to his participation in the World Championships in Manchester this year, and after that well he will continue " ... to referee as long as I am able, because I have come to realise that our game will not continue to have respect without dedicated referees.

**Gordon Elder -
over 500 games
under his belt.**

Lacrosse Legend

Sue Sofarnos

Article by Mike Slattery



Photo by Lloyd Holmes

"I am too young to be a Lacrosse Legend. There are others from Women's Lacrosse who should have been recognised before me. They are older than me (so they shall remain unnamed) but they are still competitive. They provided the role models for players like me and proved that it is acceptable to be competitive in women's sport."

The above are a few brief comments that came about in discussing with Sue Sofarnos her career as an attack Lacrosse player. This includes a distinguished record with her Club (Newport) her State (Victoria) and her Country (Australian player, including Co-Captain) covering in total the period 1972 to 1995. The other insights Sue provided before and after that quote were full of interest and enthusiasm over a wide spectrum of perspectives.

It suffices to prove that, apart from commitment and high performance, here was a Lacrosse Legend who also possesses modesty when viewing her achievements on and off the playing field.

Her Aunt, a State netballer, was a competitive sports woman who Sue credited with inspiring her through involvement as a player, official and manager. She recognised that her tomboy niece had a love for sport and she created an entry to Lacrosse for Sue as a junior player (aged 11 years) into senior competition from the outset. Under age Women's Lacrosse wasn't available in Victoria until later in Sue's career. Not that it had any affect on her development and performance. Despite the initial feeling of being thrown into the deep end, she swam through the ranks and not only achieved individual satisfaction but ultimately the panacea of team satisfaction. This was as a member of the World Champion 1986 Australian team in Philadelphia U.S.A. when they defeated the American Team. This pinnacle was attained after the disappointment of having been beaten in extra time by the 1982 American team in the Inaugural Women's World Series Lacrosse. The 1982 lesson Sue and the Australian team learnt was "that of a

real case of not believing in yourself enough". Leading in that 1982 final, after having previously beaten both the U.S.A. and U.K. teams, they awaited the American's coming back at them. When this happened, and the Australians were over-run, subsequent reflection said there was something to be said for the self-belief of the American players that they can do anything because they are the best. Call it arrogance perhaps - but it produces winners! A lesson learnt and then applied by the Australians in 1986. Including participation in the subsequent 1989 (finishing a close 3rd in Perth), and the 1993 (finishing 1 goal behind the U.S.A.) Women's World Series Lacrosse, Sue has represented Australia in all four international competitions.

Sue reflected on her experiences and saw how the satisfaction of running fast one day was balanced with the challenge of dragging out the decisive play(s) when you were not firing on another day. Her competitive players' challenge is to be competitive even when you are down and struggling. Her team players' perspective is that each one has to contribute to their maximum whether you are a big or small performer in any given game.

When viewed with a four year waiting period until the next World Series, Sue ran minor differences between players and teams as the key factor in determining ultimate success or failure. Mental factors made the difference "It just comes down to how you execute your skills, play the game out, handle good or bad breaks - probably just doing something a little bit better when it really counts" said Sue.

Sue thinks Women's Lacrosse is such a fabulous sport, both to watch and participate in, that it precluded any reporting on the contentious "helmet or no helmet" issue. She also thinks that the game has certainly got faster, players throw harder and it is a safe game (her long and distinguished career has basically been injury free). Training demands have increased as the style of play has moved from one of fixed player positions to all players being mobile along the full length of the playing field. This has created the need for greater aerobic fitness and higher playing skills are demanded.

"Never having been renowned for my natural fleetness of foot was a great incentive to train hard. Rather than being boring this provided more opportunity for enjoyment with friends and individual fun. No replacement for effective and hard training exists" summed up Sue on her basic playing improvement program.

Commenting on a player's view of being coached she went on to add "Be like a sponge - listen and absorb. Take what is relevant for you. You can always be taught something. You can learn from each coach, as well as all your fellow players. As well as your personal contribution remember to do what is asked and planned from a team perspective."

And the friendships that Women's Lacrosse provides are a bonus that Sue constantly referred to. Looking back on her playing career she mentioned close friends that she competes both with and against.

Many came from school days but they had all been developed over the years to the present stage where they were her closest friends and she socialised with as well as played with them. A few she mentioned included Sue Clerk, Lynne Pike, Colleen (McVeigh) Hunter and Marg Barlow.

As the mother of 3 year old Hayley and 3 week old Jessica she felt that the support of this playing community demonstrated a

tolerance for her individual circumstances as a person as well as that of a player. She remembered Marg Barlow sharing a room with her and Hayley while interstate. Many of the other Lacrosse fraternity have minded Hayley while she played in many a game, both locally and interstate.

Her husband John has also given great support to her playing career. A fond memory was of John, with Hayley in a pusher, being accompanied by Stephen Pike (Lynne's husband), with young Thomas in pusher, progressing across the fields to watch a game in England during the Women's World Series in 1993.

As for aspirations for the future she said "The 1997 World Series" in Japan would be wonderful to compete in and seems a long way off. I don't know if I can hold out with my form and training but I will have to make a conscious decision in the future."

When questioned about her individual achievements (eg. goal scoring, best and fairest player awards) Sue was modest and vague and made the interesting observation "that women's sport doesn't recognise these like men's sport does".

The Victorian competition has developed an under 16 component over the years. In season 1994 Sue, on behalf of the Victorian Women's Lacrosse Association has been the prime facilitator in the emergence of an Under 13 series. This was done

while talking maternity leave from the field of play! (Editors Note: A significant contribution back to the game by a significant contributor to the game.) From her experience as a coach at both senior and junior level Sue thinks Lacrosse provides the opportunity to develop pride in yourself and satisfaction from your team. She went on to reminisce "that a lot of children today don't think it cool to be competitive. Life isn't like that. Winning and losing are both character building. You need to put your hand up and be counted in sport and in life. Kids can't think you are just given satisfaction. You must wear the results

you experience. It hurts me personally to lose and I see it as helping personal development."

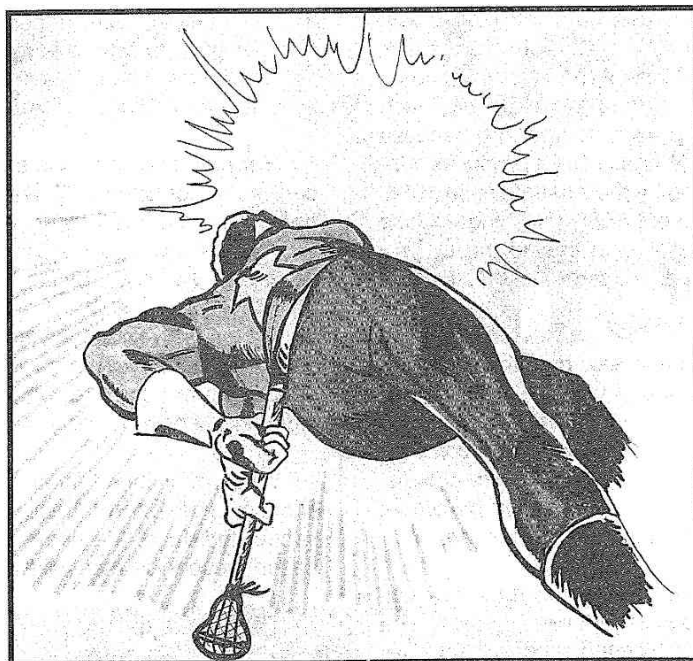
As for the future of Women's Lacrosse, Sue sees the need for development at the "grass roots" level is necessary. Improving the junior program is important from Sof Crosse into the club level. Players, Clubs and the game generally will all benefit. However, an elite program is also required to provide the top level for which players can then aspire to reach. This ideally needs a big base on which to build a program that is a mix of fun and competition from which girls can choose their individual goals and aspire to in a friendly environment. They can then understand that they can participate as well as compete.

Despite the friendly label of "Glory Girl", given to her (and many others) as attack player Sue summed up her career perspective as someone who:

- *always tried and hung in there
- *experienced both good and bad days on the field
- *gave 100% to the team
- *looked for that split second when an opportunity presented itself and attempted to make the most of it

Hopefully the above explains why Sue Sofarnos was chose as the first women's Lacrosse Legend.

"Never having been renowned for my natural fleetness of foot was a great incentive to train hard."



JUNIOR ACTION

by Just a big Kid

Hey!!! Where are the letters we expected to get. How can we give away prizes if we don't get letters from you Kids. I've seen a couple of the prizes and I'm thinking of entering a letter under another name so I get the chance to win. Maybe your letter will be better than mine.

Send you articles to Hey Kids, The Lacrosse Player, 13 Willesden Road, Oakleigh, 3166.

Helpful hints to improve your game.

Catching the Ball

Keep your eyes on the ball until it is caught.
 Control the stick with your top hand.
 Keep the hands separate whilst holding the handle.
 Hold the stick gently and in front of the body with the face of the stick toward the ball.
 Catch the ball gently. Just like catching an egg!
 Return the stick to the cradle/carry position.

Common Errors

Taking your eyes off the ball.
 Giving too much attention to your next move before the ball is caught.
 The stick is held rigid.
 Snatching the ball.
 Top hand too low on the handle.

What Happens

You will miss the catch.
 You will miss the catch.
 The ball will bounce as it hits the stick and will probably bounce out of the stick onto the ground.
 Reduces the chance of catching the ball.
 Reduces control of the stick and lessens the chance of catching the ball.

Cradling the Stick

Separate the hands to about shoulder width on the handle.
 The top hand palm should face away from the body and the bottom hand should face the body.
 Hold the handle gently.
 Bring the stick in front of you so you can see it clearly.
 Treat the ball like an egg.

Common Errors

Top hand too low.
 Grip too tight.
 Elbows not bent.

What Happens

Reduces control of the stick.
 No flexibility. Makes catching difficult.
 Reduces control. Ball not secured.

News & Views

WHAT'S UP NEXT IN QUEENSLAND?

Since the Queensland trip to Sydney at Easter, we all came home to a well-earned rest for a month. Some of us needed a break for certain unnameable reasons, it was a hard weekend. Everyone who went to Sydney had a great time and learnt a lot in respect to interstate lacrosse. A few words were spoken about the possibility of an Interstate Series between Queensland, Sydney and a combination of Victoria, South Australia and Western Australia Division 1 State teams playing a separate Australian Championship. Who knows, it may get off the ground. Our season started with training sessions at different areas around Brisbane, with super ref. Ray Trevaskis blowing the whistle for our first game on 8th May. Subsequently, a game is played every fortnight with a training session every alternate week.

In the up and coming weeks, we have the bus trip and game down the Gold Coast to look forward to. This will be a blast as I think someone is sneaking a large keg-type apparatus on board to ensure smooth driving on the way back. A quick note on the indoor scene with finals coming up. It looks like the top four contenders will all have a change to take home the bacon. This should be the closest final series to date, due to some very close competition recently, which has seen extremely fast and heated games. I think people are taking the indoor competition seriously these days, which makes for a better standard. Just remember to start saving the bucks for the USA next year as our fourteen game trip is coming closer and closer, as well as the Paradise 2000 Tournament.

Lax to the max, Cam Gibson

CODE OF BEHAVIOUR FOR SPECTATORS:

Demonstrate appropriate social behaviour. Don't let your behaviour detract from the game. Be courteous in your communication with players, team officials, umpires and administrators. Support skilled performance and team play with generous applause. Let game officials conduct events without interference. Demonstrate respect for the opposing players and their supporters.

AUSTRALIAN MASTERS GAMES IN MELBOURNE

The Australian Masters Games will be held in Melbourne in October 1995. This has become a huge event since its introduction a few years ago for the over 35 sports persons from around Australia. More than 40 different sports will be featured.

The Department of Sport and Recreation has been Liaising with Lacrosse Victoria and has allocated the Olympic Park No. 2 ground (Greyhound Racing Stadium) for lacrosse. L.V. has tentatively entered eight teams to cater for men's, womens and mixed games. The games will be played as no-contact with a four second carry rule.

If you fancy being involved in this "Masters Olympics " contact Jorge Menidis at Lacrosse Victoria on (03) 569 9655 and register your name so that we can keep you informed. So come on, be in it and show us all those great moves again!

UNDER 13 GIRLS PLAY THE GAME:

1994 has seen the introduction of an Under 13 competition for girls. This age group, for various reasons, has been an area that has never really developed in the past. This year, under the enthusiastic control of the very pregnant lacrosse legend, Sue Sofarnos, ten enthusiastic teams are catching, scooping, passing and shooting their way through the the season. Two zones each of five teams meet every Saturday at midday at various venues around suburban Melbourne. The girls play a modified lacrosse game with the emphasis on participation and introduction of the basic skills. The season culminated with a Gymkhana on Sunday, 26th June at Footscray, giving the girls a chance to see the Under 16 and senior women playing lacrosse. For information about the Under 13 girls' competition, please don't hesitate to contact Jorge Menidis at Lacrosse Victoria on 569 9655.

VICTORIA'S NEWEST LACROSSE CLUB : KNOX

At the end of competition last year, Knox restarted its summer competition utilising the daylight hours, clinics were also run through the schools again. 1994 has turned out to be a big year, apart from entering three teams, mixed primary, Under 13 boys and Under 13 girls, we have gained access to the adjoining oval and changerooms. We have gained two coaches, Owen Moodycliffe (a former Camberwell Under 19 player) now coaching the Under 13 boys and Boronia Primary School, and Phys.Ed. teacher Clive Pontin coaching primary age, leaving Sue Cody to concentrate on the Under 13 girls. All teams have Managers and Adele Lindsay (on loan to Caulfield Under 16s) is our Under 13 girls' umpire.

The Club now has a President, Secretary and Treasurer, fortnightly Newsletter and awards given weekly, but the biggest prize of all is that the Knox Lacrosse Club is preparing to be incorporated on 15th June. Invited along for the occasion are the VLA and VWLA Presidents, Jorge Menidis of Lacrosse Victoria and special guest speaker and VWLA Life Member Kendrea Kendall. Sof-crosse has been so well-accepted in the Knox area, we now have the Wantirna District playing Sof-crosse in their Friday inter-school sport, which acts as on-going promotion for the Knox Club. Our goal for 1995 - to keep servicing the juniors in the area and run Under 16 girls.

News & Views Continued on p13

LACROSSE? IS THAT LIKE THAT IRISH GAME, HURLING?

How often do you find yourself explaining to someone the game of lacrosse? Or turning to the sports page in hope of coverage of the weekends game? Or wandering the sporting goods store hoping to see anything lacrosse? I suspect each of us know the feeling.

With a few changes, we could go a long way in making lacrosse a mainstream sport. I truly believe lacrosse catches the imagination and interest of everyone. It's just that we keep it a secret. We expect our governing bodies to handle everything while they are buried in managing championships, competitions, budgets, etc. and promotions are the last thing on the list. Here are four basic changes that would be handled by four different groups that could make a significant difference.

1. Individuals:

If each individual would, once a year, write a letter to the sports editor of your major daily paper you will get those photo articles. While our numbers may not be great, they are significant and remember, "it's the squeaky wheel that gets the oil".

2. Vendors:

Tell me another recreational activity where you purchase your gear from a catalogue. Isn't cheaper to the customer to consider shipping or driving across town? We need to get lacrosse equipment into retail sporting goods stores. Are we being penny wise, dollar foolish? To grow, the equipment needs to be marketed. A larger market will reduce the costs. Lacrosse sticks will sell to the general public as they are fun to play catch with. The retail stores will work for you if we let them.

3. State Associations:

We need a 'Super League' to promote and help even out our club competition. Presently each State has State League games with scores like 30-2. Does anyone benefit from a game like that?

Consider if each State, along with their clubs, had a 'Super League' of four teams. Clubs would be divided into three or four groups to form a super team and each club had equal representation on the 'Super' team. All State and National selections would be made from 'Super' teams and players were free to change clubs. This would provide equally in club competitions and a wider spectator base to premier games. It would also be the first stages to a National competition, or a product we could package for pay television.

4. National Associations:

When a State or club purchases the right to host senior championships, they pay the cost of getting the event televised. Early indications from the ABC is that we could sign a three year contract and have our championships televised for \$10,000 a year. Presently the ALC sells the rights to conduct the championships for \$1,000 and it is estimated that clubs/States make about \$20,000. Let's not be so greedy and pay to expose our game. Once we invest in the game so will the sponsors.

Maybe this is all wrong and these changes are impossible for whatever reason, such as we have always done it this way - look where it's gotten us. But it really doesn't seem that difficult, especially when we have such a great sport to promote.

Matt Duryea

SOUTH AUSTRALIAN LACROSSE NEWS

LACROSSE SOUTH AUSTRALIA LACROSSE AT THE CROSSROADS

Year 2000 Wide World of Sports reports a story on the extinction of the game of lacrosse in Australia. It discusses the reasons why such a great game has become a dinosaur and how that sad event could have been prevented.

Fortunately, this is only a hypothetical story and yet it could eventuate into future truth if many of the current problems are ignored. I believe (and I know I'm not alone in this opinion), that lacrosse is at a crisis point. There are serious problems facing the sport which need immediate attention if lacrosse is going to survive and grow into the 21st Century.

Declining numbers, clubs struggling or folding, no juniors, vacant positions in administration and the 'Claytons' women's nationals with only two full member States participating, are a few examples of the problems facing lacrosse at present.

A proactive approach is needed to determine the destiny of lacrosse. The structure of the administration (leadership) and its function in creating and directing a vision for lacrosse will influence the destiny.

The article 'Too Many Chiefs' (The Lacrosse Player, May 1994) identifies a major problem associated with administration in the sport. I totally agree with the author. Lacrosse is 'top heavy' with administration. This creates an unnecessary duplication of financial and human resources and, in many cases, there are not enough people willing, or capable of doing the jobs. Can you imagine the quality team that could be created if lacrosse merged its expertise! The sport needs visionary leaders, it needs expertise, and it needs a group with a commitment to the future of lacrosse.

I believe a joint administration would be a positive step for the sport. If it cannot be initiated in the short term, then both lacrosse bodies should consider some areas that can become more collaborative. This initiative would receive full support from the Australian Sports Commission who have, for many years now, been urging the National bodies to consider joint administration.

The new Coach Education Project, the joint National Research Committee for Lacrosse, and the production of promotional materials illustrate how collaboration can be fostered in the sport. The question remains will lacrosse go a step further?

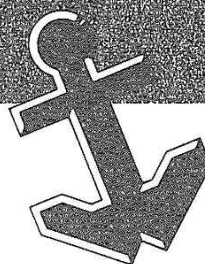
There are many reasons why this issue of joint administration has emerged. One of the most significant factors causing the increasing need for the men's and women's associations to interact is the evolution of the non-contact game of lacrosse played by children and adults in mixed competition. This 'game' has caused a major philosophical dilemma for both national administrative bodies who have avoided confronting the issues and conveniently placed them in the 'too hard' basket.

Here are some of the questions that need to be answered. What do we do with this game? Where is its place in the 'big picture' of lacrosse? Is it just a game for children? Is it just a lead up game to bigger and better things, like field lacrosse! Is it 'real' lacrosse? Do we need another game like Mod-crosse to lead these players to 'real' lacrosse. What is 'real' lacrosse anyway?

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A Chinese proverb is 'That wisdom begins when we start calling things by their correct name'. It is time for lacrosse to define its products and then it can start marketing them. There is a proliferation of names of the various forms of lacrosse including Sofcrosse, soft lacrosse, men's field lacrosse, indoor lacrosse, Pop-Lacrosse, Intercrosse, Mod-crosse, women's field lacrosse, box lacrosse. This leads to confusion amongst players who are involved in the game, let alone new players to the sport, or the general public. It severely limits the marketing and development of the game.

These issues involved both men and women and they must be addressed and resolved jointly by the sports leaders. The time has come to change the traditional perspective that views lacrosse as being just either men's field lacrosse or women's field lacrosse. There needs to be a broader vision of lacrosse that embraces a range of codes including the non-contact game. The game must be recognised as a game in its own right and not just a lead up game to field lacrosse. Administrators must be prepared to resolve this issue and develop a statement that provides direction for the sport.

The following outline and model illustrates a possible solution to this problem. The idea is supported by many people involved in lacrosse. The model has been devised by asking a few basic questions.

Q. What is lacrosse?

A. Lacrosse is an all embracing term used to explain a range of games that are played using a lacrosse stick and ball. It is an 'umbrella' term.

Q. What are the main forms of lacrosse and how could they be named?

A*Men's Field Lacrosse, Body and stick contact *Women's Field Lacrosse, Stick contact, no body contact *Intercrosse, Non contact (stick or body). 4 seconds carry limit. Mixed or single sex. All ages and at all levels. Can play with various numbers. Inside or outside venue.

The main reason for adopting Intercrosse is because of the International Association and the connections that can be developed through Intercrosse. My preference would have been the name Soft Lacrosse. This was what the 'non contact' game of lacrosse was first called when it was developed in Sth. Aust. in the mid 1980's and it aptly describes the game.

#Sofcrosse is the Aussie Sport name for the game played in schools. It uses the one on one to the ball rule and may use other modified rules for children.

*Box Lacrosse, Body and stick contact. Played on a 'walled' arena.

Q. What are the critical links and issues that form the basis of this classification?

A. *Lacrosse is a broad base term to describe a variety of codes. Each game is a game in its own right. *Intercrosse is the game that forms the basis of school and community involvement. It can be played indoor or out, with numbers of players varying from 5-8, using an appropriately sized area. It can be mixed or single sex. It uses a softer ball and either plastic moulded or strung/mesh sticks. It is played world-wide and offers opportunity for various levels of competition locally and abroad.

The Primary Schools would continue to use the name Sofcrosse as part of the Aussie Sport programme. The additional primary rule of one on one to the ball rule would be used.

*Mod-crosse is an unnecessary code. The Intercrosse (non contact game) is not only an end in itself, it is also a perfect lead up game for the other codes of field and box lacrosse.

Q. What type of development strategy should the sport adopt?

A. Our development strategies should be based on increasing our participation in lacrosse in the most effective ways. This means accepting the fact that many children (via Sofcrosse) and adults will now be introduced to lacrosse through the non-contact game, Intercrosse. Some of these participants may choose to play other codes and will be helped to make that transition because of the 'lead up' nature of this game, whilst others may simply remain playing Intercrosse.

Proactive leadership and a willingness to seek the truth will ensure that the following lacrosse story becomes a reality :

Year 2000 Wide World of Sports reports a story on the rapid expansion of the game of lacrosse in Australia. The story is based on the visionary leadership which has developed a broad interest base, strong National competitions, International competitions, the start of a National League and major television coverage.

Any thoughts/comments would be welcomed.

Wendy Piltz

THERE'S A NEW TEAM IN TOWN!

This year has seen the formation of the Adelaide Stingrays Women's Lacrosse Team. Last year, Seacombe Women's Lacrosse Club had a League and Reserves teams and teams in every Junior Grade and Brighton had some Senior teams and two teams in every Junior grade, but no League team. The problem facing both Clubs was that they had arguably some of the best juniors in the State but couldn't offer them the highest level of competition as both Clubs did not possess enough League players on their own.

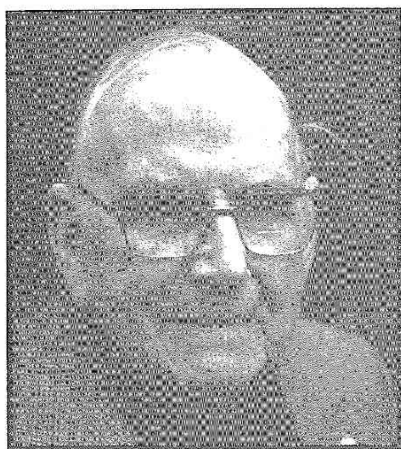
The answer was some secret negotiations between concerned members from each Club at a seaside hotel. The new team was formed and rules for which the team would function under were drawn up. While all members of Seacombe and Brighton would be invited to trial, so would players from other Clubs. 25 players trialled with a squad of 15 being finally selected. Players not chosen for the Stingrays would play for their respective original Clubs in Reserves that weekend.

The team is sponsored by Woodlands Indoor Sports Centre, who have supplied 16 gym memberships and STX, who have helped with the new uniforms which are the Syracuse colours of orange and blue.

The team attracted Australian player Cathy Flett, Tasmanian State player Judy Pullen and former University player Sarah Hallion. Recently a 17th player has been added to the squad so that there are two goalkeepers. The way the team has been set up has been excellent, with competition within the squad keen to make the weekly side. This of course, results in maximum attendance at training with most of the team putting in four sessions per week, consisting of two field trainings and two gym sessions, along with their games on Sundays.

The Stingrays had a great first up win against last year's finalists, Burnside but have failed to recapture that early form in recent weeks during May/June. However, time is on their side with current and past Australian and State players and nine players Under 17 (most of whom are trying out for the Under 19 World Cup).

There is no doubt this team possesses some of the most pro-



NONAGENARIAN LACROSSEUR

by Lloyd Holmes

Henry Volk turned 90 on the 16th May 1994. Given his age and experience, he could now be regarded as one of the more special of our 'venerable' lacrosse fraternity. This article records some of Henry's lacrosse history, from the early days as a player with Melbourne High School, to his most recent role as patron of the Victorian Lacrosse Association.

Henry commenced his lacrosse career in 1921 while at Melbourne High School. In 1922 the School Team played in D Section, and Henry was its goal keeper, a position he was to occupy for most of his playing career. In 1923 he was founding Secretary of the Melbourne High School Old Boys (MHSOB) Lacrosse Club, which he played with through C, B, Junior A (1927 & 28) and Senior A (1929 & 30).

A posting in 1927 as teacher to Silvan South School did not inhibit his participation, if anything it added to his resolve to play lacrosse. He decided to ride his motor bike the 30 odd miles to his parents home in Melbourne each Friday night so that he could play on Saturdays.

Henry is proud of his participation in MHSOB 1931 B Grade Team which he captained, and went down in the record book as top goal thrower that year. He does recall however that the Team lost to Williamstown in the Grand Final.

Henry seemed to like moving around the Clubs, and must have given the Permit Committee of the time a headache with paperwork. He transferred from MHSOB in 1932 to play with Melbourne University (Section A, as goalkeeper) while studying at that Institution. After three years with Melbourne University he joined MCC (1935), and played Section A lacrosse as goalkeeper. He then transferred to Adelaide University in 1936 (taking on a single subject so that he could play with them). On his return to Melbourne in 1937 he played with Caulfield. He rejoined Melbourne University A Team in 1938, and was Vice-Captain that year. He was captain of that side in 1939 and 1940, and retired from playing after that year. At this time the second world war had decimated lacrosse clubs.



The Adelaide/Melbourne University 1939. Henry (centre front) was captain of the Combined Universities Team that year which played Victoria.

Henry's study is a museum of his awards. He received a coveted full University Blue in 1938, plus the Australian Universities Sports Association award in that year also. He was given life membership of MHSOB in 1954, the Australian Lacrosse Council's (ALC) Certificate of Merit in 1955, the Victorian Amateur Lacrosse Association (VALA) Past President's Trophy in 1967, and was made a Life Member of the VLA in 1968. He received the Inaugural ALC Fellows Award in 1988, and was elected as Patron of the VLA in 1984.

Lacrosse could not function without administrators, and Henry has done more than his fair share in this area. Among his roles are the following :

- Founded MHSOB Lacrosse Club in 1923
- MHSOB Secretary 1923-24; 1929-31
- MHSOB President 1946-73
- Secretary Melb University 1933-34
- VLA Club Delegate MHS (1922); MHSOB (1923-24; 1929-31; 1946-68) and Melb Uni (1933-34; 39-40)
- 7 years on the VLA Executive Committee
- State Selector (1948-50; 1953-54)
- Manager Victorian Carnival Team 1950
- VLA Investigation Committee Member (1960-68); Chairman (1963-65; 1967-68)
- VLA Vice-President (1947-68)
- VLA President (1969-1978)
- Australian Lacrosse Council Vice President (1969-72; 1975-78)
- Australian Lacrosse Council President (1973-74)
- International Lacrosse Federation Vice President (1974 -75; 1977-78)

In anyone's term this certainly demonstrates dedication to the sport of lacrosse.

Henry, although 90, is still participating in sport. He plays bowls on Wednesdays and (during the pennant season) Saturdays with Caulfield Central RSL Club.

He is often seen around the lacrosse grounds on Saturdays, and is very honoured to attend Grand Finals these days as Patron, and make the presentations to the Finalists. He always has some words of wisdom on these occasions, showing his mind is still very alert on the game. So if you see Henry around the ground on a Saturday, go up and talk to him. He always likes a good chat, especially if it's about lacrosse.

PERSONALITY PROFILES FOR SA'S AUSTRALIAN TEAM REPRESENTATIVES:

Name: MARK MANGAN

State Club: Senior 1990, 1991, 1993

Years in Lacrosse: 9

Years in Aust. Team: 2

Current position: Attack/Midfield

Career highlight Being named Best Attackman at the Under 19 World Cup

Most humorous moment: Going for an "air Gait" and hitting the goalie on the head (Aust -v- Japan)

Best player played with/against: With Tim Goldstein Cornell, Brighton
Against Ryan Wade, North Carolina

Goals/ambitions for World Cup in '94: Play as well as I did at the Under 19 World Cup.

Name: TONY HILL

State Club: East Torrens Payneham, West Torrens

Years in Lacrosse: 33

Years in Aust. Team: 0

Current position: Assistant Coach

Career highlights: Undefeated Premiers and throwing 144 goals in first season as Senior Coach. Being selected as Assistant Coach for 1994 World Series Australian Team. Helping young players develop from raw talent into top players.

Most humorous moment: Spending a week in Perth with the 1980 SA Box teams. An absolute week of just plain fun times.

Goals/ambitions for World Cup in '94: To produce a team capable of winning the World Cup. To see Australia once again recognised as a major power in world lacrosse. Just to be participating in the highest standard of lacrosse possible.

Name: ALLAN FREDERICK

State Club: Player West Torrens 1962-76, Player/coach Glenelg 1977-1990

Years in Lacrosse: 33

Years in Aust. Team: 1976 Touring Team USA, Canada, England

Current position: Manager, 1994 Australian Team

Career highlights: Premiership wins at Glenelg. Playing State games for S.A. Touring in a successful Australian Touring Team.

Most embarrassing moment: Making a clearing pass in USA to goalie Evan Jones across the face of goal and ball dropped short into an attack's stick, goal to Cortland State Uni.

Best player played with/against: With - extremely hard to isolate, many top players from 1970's, 1980's.

Against - several over the years, attack line of ETP or Brighton's Raggatt &

Co. Probably most physical and challenging was Lee Vandeppeer, East Torrens. My last year's Burnside USA player Jay Foster.

Goals/ambitions for World Cup in '94: Obviously to win and be the first team to achieve this and to provide the best prepared total combination, both on and off the field.

Name: GREG LARWOOD

State Club: West Torrens

Years in Lacrosse: 17 (started at 7)

Years in Aust. Team: U/19 1988, Japan Tour 1989

Current position: Goalie

Career Highlights: Three consecutive undefeated "A Grade" seasons (1991,92,93). Best and Fairest Senior Australian Championships 1992 and 1993. Four Club Best and Fairest Awards (A Grade).

Most embarrassing moment: Losing to NSW in Perth 1993.

Best players seen:Walt Carswell, Craig Jaeger, Dave Marsson.

Goals/ambitions for World Cup in '94: Make World Cup Final.

Name: MATT WINDSOR

State Club: West Torrens

Years in Lacrosse:12

Years in Aust Team: U/19s 1991, 1992.

Current position: Defence

Career Highlights: Winning first Club premiership 1991. Being selected in World Team 1992 also being selected as Best Defender that same year after the World Games

Most embarrassing moment: Being beaten by anyone.

Best player played with/against: With - Walt Carswell. Against - Paul Lynch.

Goals/ambitions for World Cup in '94: To win the bloody thing.

Name: TONY SELLAN

State Club: West Torrens

Years in Lacrosse: 12

Years in Aust. Team: 1994

Current position: Offense

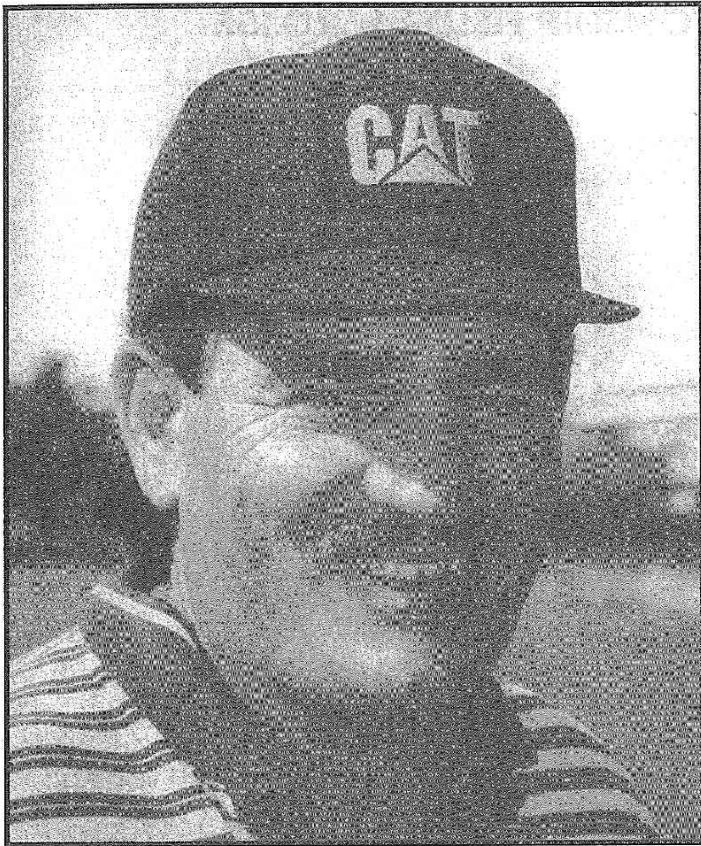
Career Highlight: Winning first Club Premiership 1991.

Most embarrassing moment: Being beaten

Best player played with/against:With - John Slaven. Against - Walt Carswell.

Goals/ambitions for World Cup in '94: Win the World Games.





John Denic, Australia's 1994 World Series Team Lacrosse Coach, was in Melbourne with the Australian Squad on the Anzac Weekend. Lloyd Holmes interviewed him before the squad met the Victorian "All - Stars" team on Sunday 24th April, and filed this report.

John Denic, at 39, has a huge task - to prepare the 1994 Australian Team to go to battle in the World Series in Manchester in July this year. This is an enormous task, and many knockers would be quick to say the competition is too great. But John's vision is big, like his physical stature. Although he acknowledges this Australian side is young, "what the players may lack in age, they make up for in endeavour".

John's lacrosse career started in 1970 with East Fremantle WA, where he played Division 1 for 12 years before moving into the coaching arena, commencing as many coaches do with juniors. He progressed to coaching Division 1, where he enjoyed considerable success with premierships in 1990, 1991, and 1992. In 1993 the Division 1 team narrowly missed on 4 in a row, going down by only one goal.

At the interstate level he coached the Western Australian Under 15 team in 1985, the Under 17 WA Team in 1987, and then in 1990 he took on the WA Senior Team. He is proud of their success from 1990 to 1993, winning the Australian title in three out of four National Titles.

In the past John feels he was very fortunate to be involved with players of the calibre of Jeff Kennedy and Peter Cann, whose experiences have provided and invaluable source of information.

Preparing to take on the World.

Compared with past Australian teams many people think this team is a very inexperienced. It is probably one of the youngest teams to compete in the World Series, but John believes it has more skills spread over all the team members, and all individuals have worked hard on this.

From defence to forward line, the team have very good stick handlers. When these skills are combined the high level of fitness, fast transitions will be the result, and John plans to capitalise on this.

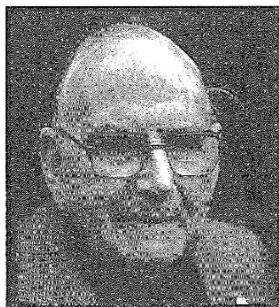
A fitness program, developed with the assistance of Assistant Coach Tony Hill, has been in place since July '93, and has included a weight training program. Past Australian players have been used as specialist training co-ordinators for specific skill areas. They include Ken Nicholls, Graham Fox and Jeff Kennedy.

When asked who he has looked as role models, John nominated Frank Poet, who was Assistant Coach to John Forrester in the 1978 Australian Team. John had a special skill in getting the best out of his players.

Outside of lacrosse John also plays softball and golf, and also has a strong interest in Karate. So if you wish to take John on at anytime, be aware of this !!! His daughters Kristy and Melanie also share John's Karate interests. They are State champions, and Melanie is touring Japan in the Australian Karate Team during July while Dad is off to Manchester for the World Championships.

"what the players may lack in age, they make up for in endeavour".

ORIGINS OF WORLD CHAMPIONSHIP FIELD LACROSSE



By Henry Volk

Henry Volk recalls how the World Championship Field Lacrosse came into being. With the World Championships due to be held this July in Manchester, it is an fitting time for such recollections.

"It was originally called the International Federation of Amateur Lacrosse (IFAL), and first came about in 1928 when the Olympic Games was held in Amsterdam, Holland. Lacrosse was played as an exhibition game at that Olympics, as there were not enough countries participating in the sport to be an 'official' event. Unfortunately this is still the case.

The IFAL was not an official body at that time, there being no constitution. Three founding countries participated in the Amsterdam Olympics, America, Canada and England. It was decided that the Secretary of the ELU (England Lacrosse Union) would be the Secretary of the IFAL. In 1957 Australia joined the IFAL. The IFAL still had no constitution at that time.

In 1967 a 'World Championship' of Field Lacrosse was held in Toronto, Canada. The four Member countries, Canada, America, England and Australia participated. The USA was represented by the Mt Washington Club, which defeated Australia in the Grand Final. A meeting was held on the 8th May 1967 to further the progress of the IFAL. This meeting was held at Princetown University, USA, was chaired by Avery Blake of the USILA (US International Lacrosse Association). Australia's representatives were Noel Jeffery, and Laurie Turnbull. It was decided they should have a constitution, but as Canada was not present they could not do anything about it. The whole thing was thus, once again, deferred.

In the early 70's Australia decided to mark the celebration of 100 years of lacrosse in this country by holding an international series in Australia in 1974. When the other three countries agreed to participate in this series the Australia Lacrosse Council decided to hold the series in Melbourne, and I had the honour of being the Chairman of the Australian Lacrosse Council (ALC) at that time.

I thought this would be a wonderful opportunity to get this, what was then, the IFAL going with an official constitution. So, when the teams arrived in Melbourne in July 1974, I arranged for representatives of the four participating countries to countries teams to get together at the Albert Ground Pavilion, Queens Road, Melbourne. One of the primary purposes of this meeting was to formally get the International Federation of Lacrosse (ILF) underway. The word amateur had been dropped at that time as it was no longer appropriate.

I had prepared a draft ILF Constitution, and presented it for the consideration of the four nation meeting. I indicated to all those present that "this has been talked about since 1928, a couple of meetings had been held, but the only action that has been taken to constitute the ILF was to appoint a Secretary (from the English Lacrosse Union). In May 1973 we had got word from the Secretary of the ELU (Nigel Wayne) to say that he recognised he was the Secretary of the IFAL, but he did not know much about it as he had only recently been appointed.

There was a lot of discussion about the formal enactment of the formation of the ILF at that meeting in Melbourne in July 1974. The Constitution which I had prepared was, after one amendment, was agreed to by all four nations, and the International Lacrosse Federation (ILF) officially came into being. In the Constitution it was agreed that the World Series would be held every four years, and it's location would be rotated in each country in turn. So Australia held the first Championship under this Constitution in 1974, with England hosting the event in 1978, USA in 1982, and Canada in 1986. Since then the Championship was held in Australia in 1990, and the next one will be held in July 1994 in Manchester, England.

The Iroquois Indians have now also been recognised as a separate nation, and they were represented separately at the Championships held in Perth 1990. Japan also sent a team of observers to Perth in 1990. The Iroquois Indians, and Japan will be represented in the 1994 Manchester Championships, making it now a six nation event."

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ADDRESS..... P/C.....

PHONE No.....M/F.....No.OF PLAYERS.....

GRADE CURRENTLY PLAYING.....REFEREE NAME.....

SIGNED.....DATE.....

Yesterday's Rivals Relive Old Times

Story and Photography by Lloyd Holmes



Rear: Alec Ingles, Mick Quinn, Alan Datson, Keith Chamberlain, Norm Coleman, Graham Minniece, Chris Ives, Mick Orr, Rob Speakman, Neville Bell, Billy Halliday, Stewart Kay, Robert Flaherty, Bob Russell, Kevin Quinn, Don Reyment (referee).

Front : Dick Brown, Murray Garnsworthy, Ross Fraser, Stephen Austin, Alan Rolley, Doug Carter, Neville Speakman, Ian Smith, Robbie Walton, Phil Pearson.

Missing from Photo : John Martin, Russell Waite & Alan Black (Malvern), Eddy Toomey, Peter Carrol & Ken Read.

The Scene : Malvern's "Town Hall" Ground
The Match : Malvern vs Williamstown V (Veteran) Grade
Date and Time : Saturday 7th May 1994 at 12 o'clock

A large gathering of veterans from Malvern and Williamstown Lacrosse Clubs assembled at Malvern for, what looks to be, and annual Vintage event. There were many comments from the crowd who turned out to watch the event. "Who's he?", "He's still up to his old tricks!", "He never could cradle and catch properly" and "He hasn't lost his touch" were typical of the oohs and aahs that were overheard during the game.

Seriously though, it was good to see the interest in the event by past players, and as organiser Norm Coleman said on the day "This is a model to work on to bring many of the older players back into the sport".

For those of us who were playing around in the 50's, 60's and 70's (and for one at least the 40's) there were many familiar faces, and indeed many of them have NOT lost their skills. For Williamstown, Alan Rolley showed he can still pop up in the right place and score (6 goals to his credit on this occasion), "Flazzer" showed flare, and Willy may be in trouble accommodating their goalkeepers if Robbie Walton decides to make a comeback.

For Malvern Billy Halliday showed great pace, while Graham Minniece and Russel Waite both read the play well at their respective ends of the ground. . Many of the players were past State League (or A Grade), Victorian and Australian players, so one would expect to a good standard (once they'd had a bit of practice though). Their level of fitness however did look a shade below their former selves, providing appropriate incentive for some to get back into some form of training.

On the day it was Williamstown that took out the line honours with a 15 to 12 goal win. Looking at the goal throwers, for

Williamstown [Alan Rolley 6; Mick Orr 3; Neville Speakman, Eddy Toomey 2; Rob Flaherty, Murray Garnsworthy 1], and for Malvern [Neville Bell, Russell Waite 3; Bill Halliday, Keith Chamberlain, Norm Coleman, Mick Quinn, John Martin, Garry Campbell 1]. Best and fairest was organised by umpire Don Reyment before the match was started (Alec Ingles checked with Don that Alan Rolley would get 3 votes), but in the end all agreed everyone were winners for a great day.

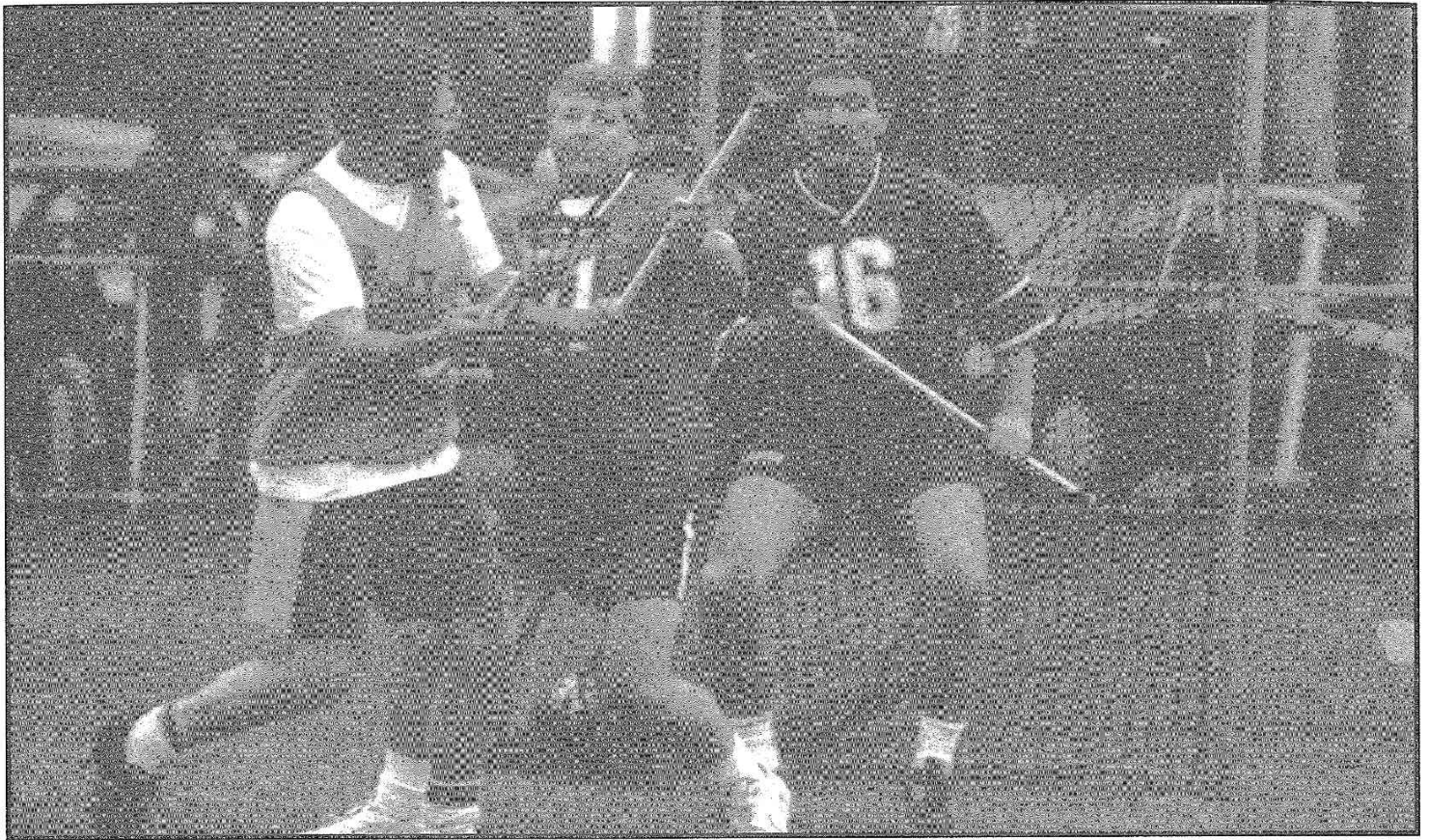
If awards were to be made for the day some of the following could have been acknowledged :

- Super Veteran - Bob Russell, having retired in 1954
- Wooden Spoon (well shovel) - Kevin Quinn
- The Little Aussie Battler - Rob Speakman
- Injury Prone - Mick Quinn

Norm Coleman recalls that 'there have been a lot of finals over the years between Malvern and Williamstown, and the players all have respect for one another it's probably one of the reasons why they enjoy coming and playing against their old rivals in games like today".

Norm believes there are a lot of ex-players out there who would be very willing to play in games like this if they were asked. "All it takes is a little organisation, and we would get a lot of old players back and involved in the sport". Aside from the players there were lot of 'on-lookers' there from the past including such names as Fox, Antrim, Daly, Slogget, Sheeky, Tombakis, Reddaway, Happel, Haley, Pettit, Egan, Wright, Jackson, Gandy, Whitbourn, McDonald, O'Brien and Taylor (the last 3, referees).

So why don't you get your Club to get together and organise a "Veteran's" Grade game. Who knows where it could lead to!



Alan Rolley gets set to take a shot on goal, goalie Kevin Quinn, and backman Graham Minniece prepare for the medicine. Rolley scored 6 goals, and was a great influence on Williamstown's win.



Bob Russell (Malvern), started playing in 1936 for Northcote High School, and still playing! Here he marks Murray Garnsworthy.

Noel 'Nobby' O'Brien at the half time break giving Umpire Don Reymont clues on how to even up the game, and letting Don know he'd just won \$100 on the last race.



A Saturday Morning's Junior Lacrosse

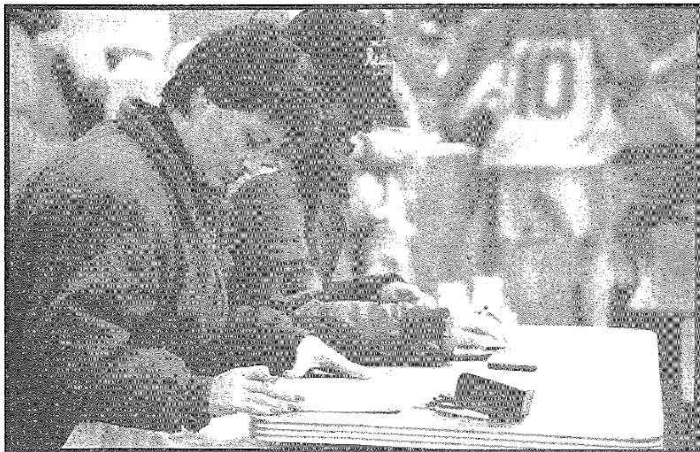
Saturday morning the 21st July Lloyd Holmes decided was the time to track down some junior action in South East Melbourne, and record some of what makes junior lacrosse tick.

It's 8 o'clock Saturday morning, breakfast's going down quickly as the drive from Eltham to Chadstone take's a while. "Has all the gear gone into the car?" , "What time were we supposed to meet at the Clubrooms?" Doesn't this sound familiar?

Saturday mornings lacrosse doesn't just happen it takes work, for the parents, for the Club people who mark out the grounds and get the goals out, for the coaches, for the parents and others who look after the canteens and score, for the referees not forgetting the most important ingredient, the kids. But when you see them enjoying the game you realise it's all worthwhile.

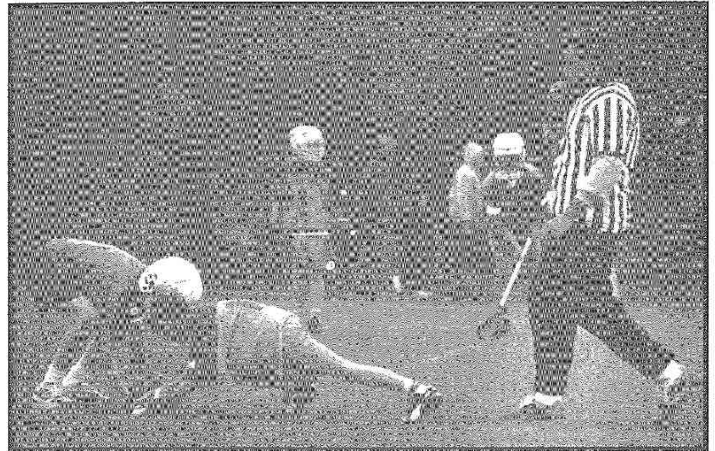


Steve Green, one of the many junior coaches braving the wintry conditions to look after juniors. Here he provides some helpful advice to Under 13 Springvale Braves before their clash with Camberwell Turbo.



Gloria Young (Camberwell) left, and Jan Barlow Springvale join the band of scorers who probably have the coldest time on Saturday mornings. Where would the game be without scorers?

Under 13 Springvale takes on Camberwell Turbo



Brad Sheldon (Camberwell) at left, and Wayne Barlow, get set for the face off, as referee Ross Melville blows the whistle. Ready to make a dash from the sideline are the Brave's player, and Turbo's Nick Davis.

Under 15 Chadstone v Eltham Gold



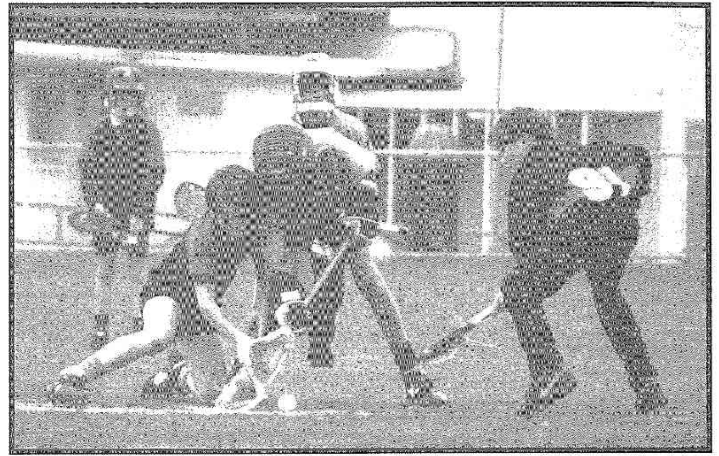
The 'Lacrosse Player' layout expert also coaches Eltham Under 15 Juniors, and seems to be able to hold the attention of his players. In the clash against Chadstone, it has been some time since Chadstone defeated an Eltham Junior side.

Under 13 Caulfield v Camberwell

Many senior players help referee juniors, and its not always considered to be a pleasurable task. below Caulfield's Jon Thomas keeps a keen eye on the play as Caulfield's Corey Hawkins (18) shoots at goal, Camberwell's Cameron Loring (16) too late to do anything about it. Danny Podolsky follows from behind.

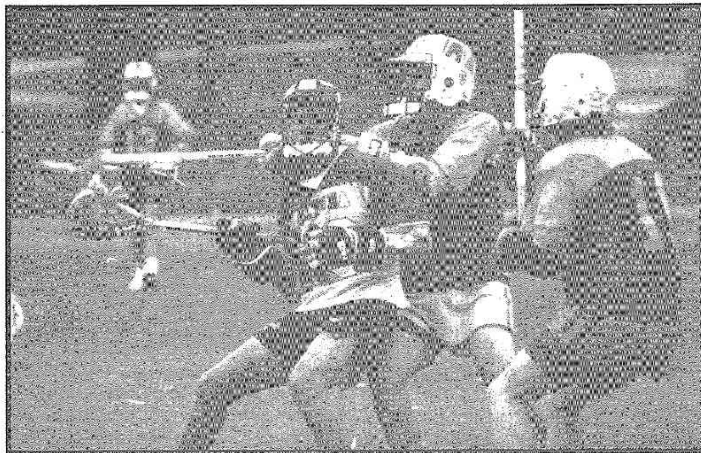


Under 13 Malvern Braves v Malvern Redskins

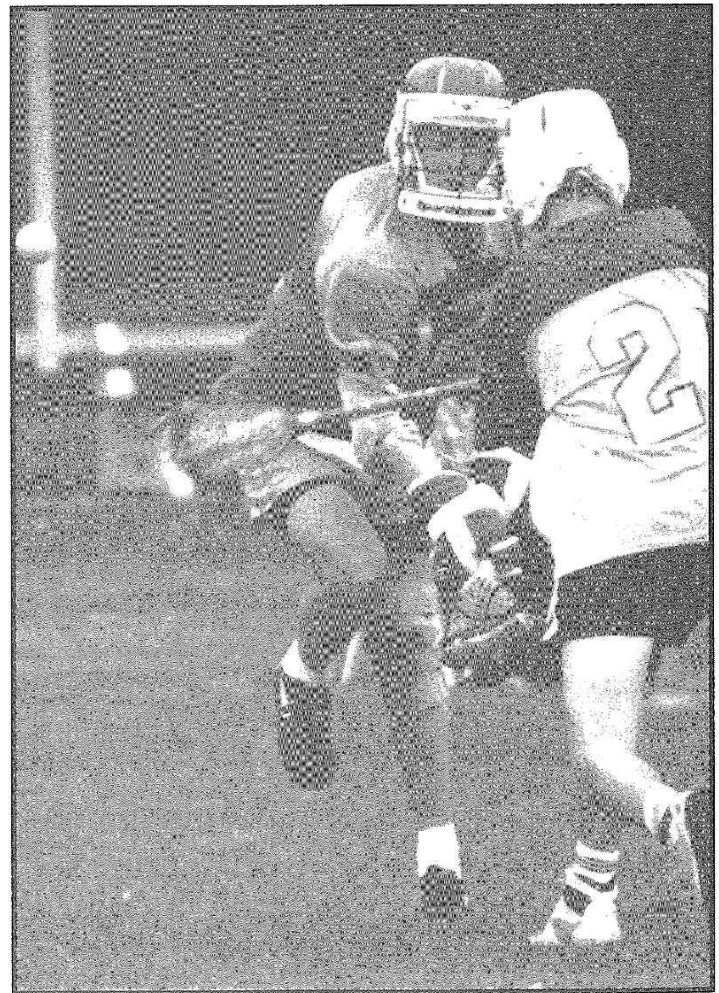


The Under 13 game at Malvern was an 'in-house' game, Malvern Braves meeting Malvern Redskins. The Brave's Cam Scott (left) contests the centre face-off with Redskin's Alex McKenzie, with the Redskins Jason Ridgeway ready to pounce on the ball should it come his way. Behind the play Brave's Craig Brown (left) and Redskin's Gareth Alexander in the white helmet wait for action to come their way.

Under 17 Altona v Caulfield



Under 17's, the stepping stone to senior lacrosse, provides a lot of high quality action for spectators. Here David Humphries (Caulfield) holds Altona's Troy Dorrington (where have we heard that name before?), Michael Hodgson (10 Caulfield) ready to back up should the need arise.



VICTORIAN LACROSSE LADDERS

4 June 1994

STATE LEAGUE

CLUB	W	L	D	PTS	GF	GA	%
MALVERN	9	1	0	36	188	102	184.31
WILLIAMSTOWN	8	2	0	32	285	97	293.81
SURREY PARK	8	2	0	32	249	106	234.91
CAMBERWELL	7	3	0	28	194	102	190.20
ELTHAM	6	4	0	24	168	96	175.00
M.C.C.	4	6	0	16	79	213	37.09
ALTONA	3	7	0	12	109	164	66.46
CHADSTONE	3	7	0	12	85	179	47.49
CAULFIELD	1	9	0	4	102	253	40.32
FOOTSCRAY	1	9	0	4	56	203	27.59

DIVISION 2/3

CLUB	W	L	D	PTS	GF	GA	%
ELTHAM (2)	8	1	0	32	153	49	312.24
WILLIAMSTOWN (2)	7	1	1	30	143	48	297.92
MELBOURNE UNIV.	6	3	0	24	111	70	158.57
FOOTSCRAY	6	3	0	24	124	94	131.91
ALTONA	5	4	0	20	83	87	95.40
CAULFIELD	4	5	0	16	83	108	76.85
SURREY PARK	3	6	0	12	72	143	50.35
WILLIAMSTOWN (3)	2	6	1	10	32	72	44.44
M.C.C.	2	7	0	8	52	113	46.02
ELTHAM (3)	1	8	0	4	16	85	18.82

DIVISION 1

CLUB	W	L	D	PTS	GF	GA	%
WILLIAMSTOWN	9	0	0	36	335	46	728.26
SURREY PARK	8	1	0	32	212	84	252.38
MALVERN	6	3	0	24	214	94	227.66
ELTHAM	6	3	0	24	212	98	216.33
M.C.C.	5	4	0	20	103	155	66.45
CAMBERWELL	4	4	1	18	127	155	81.94
ALTONA	3	5	1	14	103	167	61.68
DONCASTER	2	7	0	8	51	225	22.67
CHADSTONE	1	8	0	4	57	226	25.22
CAULFIELD	0	9	0	0	51	215	23.72

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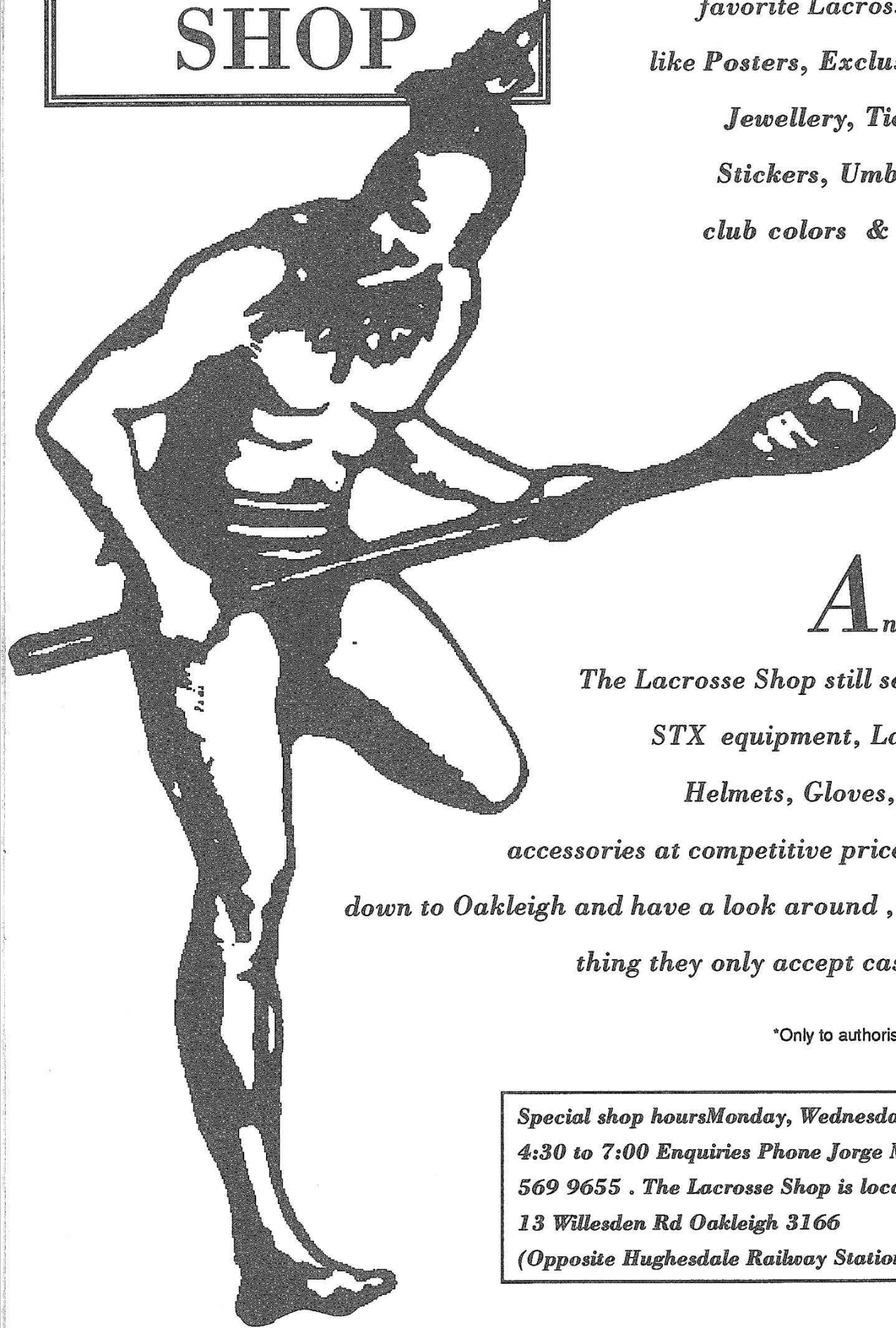
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New Junior Girls Competition gets off to a great start

When the Victorian Women's Lacrosse Association decided to run an Under 13 Girls competition in 1994 they didn't anticipate the tremendous response it would have. Sue Sofranos, VWLA's co-ordinator for the new innovation, relates how the first series got underway and some thoughts for the future.

The VWLA realised late last year that there was a real need for a junior girls competition, and decided it was time for action. An plan was developed and, as with most initiatives of this form, it required an input of people and money. A successful approach was made to Vic Health for support, and Sue Sofranos was appointed as Special Projects Officer to co-ordinate the initiative. Sue's brief was to :

- help Clubs recruit in primary Schools
- set up an Under 13 competition in 1994

The combined efforts of all the people involved were well rewarded when the competition got underway on Saturday April 23rd this year. At the start of the competition there were nine teams participating, however after a couple of weeks Camberwell joined in, making it a ten team competition in two zones :

Western Zone - Footscray, Newport, Williamstown, and Caulfield

Eastern - Camberwell, Chadstone, Eltham, Surrey Park, Malvern and Knox

Caulfield, although located in the Eastern area, agreed to go into the Western area to facilitate a more balanced competition in that region.

The first season of this new competition has been an enormous success, particularly considering the "ball only got rolling" back in December 1993.

Games have been played at 12 o'clock, and there has usually been good numbers of friends, parents and club people around at games to watch the progress and give the players support. Experienced lacrosse onlookers have been very impressed with how quickly the girls have picked up skills.

The home and away games finished on the 18th June, and a Gymkhana was held on Sunday 26th June to wrap up the season. This activity preceded the Senior Women's Williamstown vs Newport match of the day at Footscray, enabling the girls to watch how lacrosse is played at higher levels.

Why has this been so successful this year, when it has failed in the past? The Saturday timeslot has certainly been a great plus, enabling people whose time is already committed on a Sunday to give better quality time on Saturday. The appointment of a co-ordinator was also essential to get the competition away, particularly given the pressures on already overworked club and association officials. Parents with sons playing lacrosse were also better able to co-ordinate all activities on the one day, and really it just couldn't be scheduled in conjunction with all the other activities in Sundays anyway.

The success this year in recruiting players from primary schools for a new competition has shown it can be done, and the

VWLA will be looking forward to even more recruitment next year. It is hoped that the Special Projects concept can be used again next year to assist help clubs in their efforts to develop their junior program. Had some Clubs made greater use of Sue's talents this year, there may well have been even more teams participating.

Where to from here ? Sue is looking forward to 1995 with anticipation, with more teams joining, and the skill levels rising. Who knows, if there is enough support even a daylight saving competition in the October to December time-spot could eventually. Look out for developments in this area.

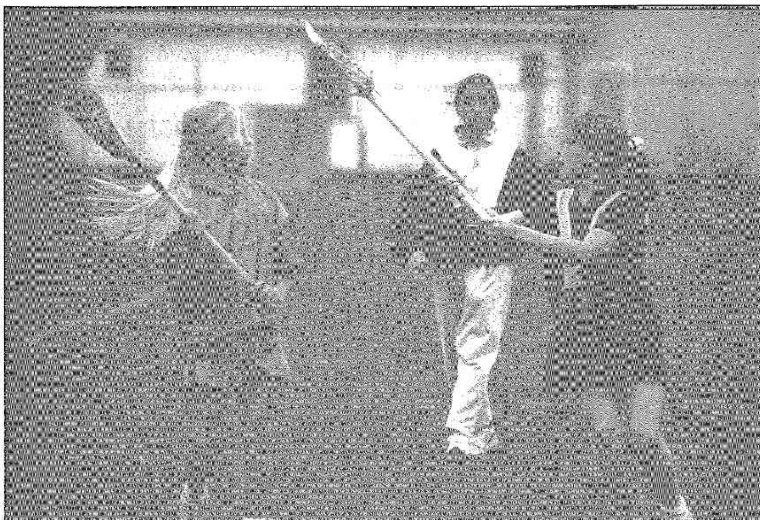
"The success this year in recruiting players from primary schools for a new competition shows it can be done!" Sue Sofranos



Jenny Minniece has a very attentive team watching on as she gets ready for a start to their game against Surrey Park. Surrey Park were too strong on the day. Most of the Malvern side are new players this year, some have parents who are associated with Malvern Club, but the rest from local schools and friends of team members.

fessional lacrosse players in regards to commitment and attitude and already this is laying the foundation for future success and it will not be long before we see some more wins coming up for the Stingrays!

Brett Cope
Coach, Adelaide Stingrays



GENDER EQUITY

Lacrosse South Australia and its affiliates are proud to announce that we are developing a gender equity action plan to ensure South Australian women and girls access to a complete range of participation, training and competition opportunities, and to assure equity in all aspects of the sport, including the provision of rewards and incentives, coaching, refereeing, officiating and administration. The implementation of a gender equity play will benefit our sport by :

- Treating all our members fairly and equally.
- Creating an atmosphere which is inclusive of women and girls within our sport;
- Increasing our membership numbers and so bringing increased revenue and talent into our organisation and increasing our chances of producing champions;
- Enabling the organisation to fully access the talents of all existing members; and Giving us visibly as a model sport organisation committed to equity.

The program will involve information and assessing it specifically by gender, consulting widely within the organisation on equity issues, changing existing policies and practices which may adversely impact on women and the establishment of new special measure programs that will move us closer to an equity position. The Executive Committee has appointed a Board Member of Equity and has allocated appropriate time and resources to the gender equity planning task.

A series of workshops will be conducted and working committees will be established in each Club to consult widely on the issue, to play and to implement our gender equity action plan.

I encourage all of you to input into the consultation process and to lend your ongoing support to this initiative, which has my strongest endorsement.

Kathy Bengler
Equity Officer

REF'S CORNER

FACING AT THE CENTRE

Here is a situation which occurs frequently at the centre face-off.

A team has a player off on a penalty. The face-off players are about to move into the face-off position (all other players are in their correct positions) and the coach has elected to leave the midfield position in the wing area vacant because he has one player off on penalty - this vacant position is on the opposite side of the field to the penalty area. The face-off proceeds but before possession is called, the player in the penalty box comes on the field because he has been advised his penalty time has expired. What happens?

Answer

The team of the player whose time expired before possession was called and who came on the field is penalised by having the ball awarded to the opposing team as a result of an illegal procedure.

The argument goes something like this:

- only the players in the wing areas are released when the whistle is sounded;
- the arrangement of players in wing areas is one from each team;
- by having a player come on to the field in such circumstances is the same as having two players from one side and one player from the opposing side in a single wing area. Moreover, the other wing area has only one player;
- the team has the right to select which area it wishes to leave vacant (**Rule 34.9**). It does not have the right to place more than the correct number players in a wing area even though players are released from these areas on the face-off whistle.

The reasoning is one of equality, same number of players in the various areas at face-off. The only selective imbalance

allowed is when there is a player in the penalty box. Just as defence and attack players are not released until possession has been called, so a player cannot create an imbalance from the penalty box.

However, when the coach or team wishes to leave the wing area nearest the penalty area vacant in anticipation of a penalty time being completed, the player may come on the field at any time to fill that gap:

- before the face-off whistle has been sounded;
- before possession has been called.

Curiously many coaches do not seem to think that this is important, or events have moved too fast for them to arrange the wing area nearest the penalty box vacant at face-off.

The rule book is capable of being misread on this matter - have a look at **Rule 6.15**:

A team which does not have the required number of men in each designated area at the time the whistle is (sounded) to start a centre face-off has committed a technical foul. Now have a look at **AR34.19** A team which has no players in the penalty box only has nine players on the field at the time of a centre face-off.

RULING: Legal play.

The team shall be exempt from confining its players to the goal and wing areas to the extent of the number of player it is playing short. The team shall have the right to choose the confining area(s) in which it shall exercise its exemption

It may help if **Rule 61.5** is read while considering that it is not possible to have no mid-fielders but stacking either the attack or defence line with the extras created. Here again, equality and balance are the key understandings.

This is one reason why referees often count players in each area prior to a centre face-off. Excluding goalkeepers and centre men, they can quickly count 3, 1, 1, 3 for each team and know that everything is OK.

HELP NEEDED!

Can a player, who is on penalty, remove helmet or gloves (or both) while he is in the penalty box?

The rules appear to be silent on this matter. Some comments from coaches and players would be useful. A variation to this question would be, can a player remove gear before he sits on the chair designated in the penalty box (i.e., before his penalty starts)?

To register your comment contact either Mike Slattery (571 3235) or John Harris (742 4797).



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	Junior Devt	Ben North	848 2752
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VITORIAN LACROSSE CLUB CONTACTS WOMENS

ALTONA	John Kosowski	24 Hotham Street Williamstown VIC 3016	397 8309
CAULFIELD	Gaelene Willis	1 - 3 Yendon Road Glenhuntly VIC 3162	571 3581
CHADSTONE	Julia McIntyre	43 Kambrook Road Nth Caulfield VIC 3161	571 3363
ELTHAM	Margaret Cobern	9 Boulton Court Greensborough VIC 3088	434 6575
FOOTSCRAY	Debbie Hoekstra	86 Roberts St West Footscray VIC 3012	314 8224
MALVERN	Regina Daly	16/5 Grandview Rd East Hawthorn VIC 3123	429 5133
MELBOURNE UNI	Sean Williams	C/- Sports Union Melb Uni Parkville VIC 3052	380 6274
M.C.C.	Maria Rekaris	21 Hillside Pde Strathmore VIC 3041	379 5335
NEWPORT	Kristine Palmer	51 Ferguson St Williamstown VIC 3016	397 1630
SURREY PARK	Arnold Porter	21 Oxford Street Nunawading VIC 3131	874 3738
WILLIAMSTOWN	Shelley Maher	4 Afton Crt Glen Waverley VIC 3150	561 1965

Womens Calendar Dates in Italics

July	
3	<i>Round 15 Chadstone B Grade only</i>
2 - 9	Australian Senior Championships in Adelaide
2-10	<i>Senior Women's National Championships</i>
9 - 17	Australian Under 15 Tournament in Adelaide
	Australian Under 17 Championships in Perth
10	<i>Round 16 Melb Uni B Grade only</i>
14	Australian Men's Senior Team departs for Manchester
17	<i>Round 17 Altona</i>
20 - 30	World Series Lacrosse Championships in Manchester
24	<i>Round 18 Eltham</i>
25	<i>Delegates Meeting MCC. 7.00 pm start</i>
August	
8	VLA Committee Meeting
22	<i>Delegates Meeting MCC. 7.00 pm start</i>
September	
12	VLA Committee Meeting
26	<i>Delegates Meeting MCC. 7.00 pm start</i>
October	
10	VLA Committee Meeting
24	<i>Delegates Meeting MCC. 7.00 pm start</i>
November	
7	VLA Committee Meeting
21	<i>Delegates Meeting MCC. 7.00 pm start</i>
28	<i>Annual General Meeting MCC 7.00 pm start</i>
30	VLA Annual General Meeting
December	
12	VLA Committee Meeting

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