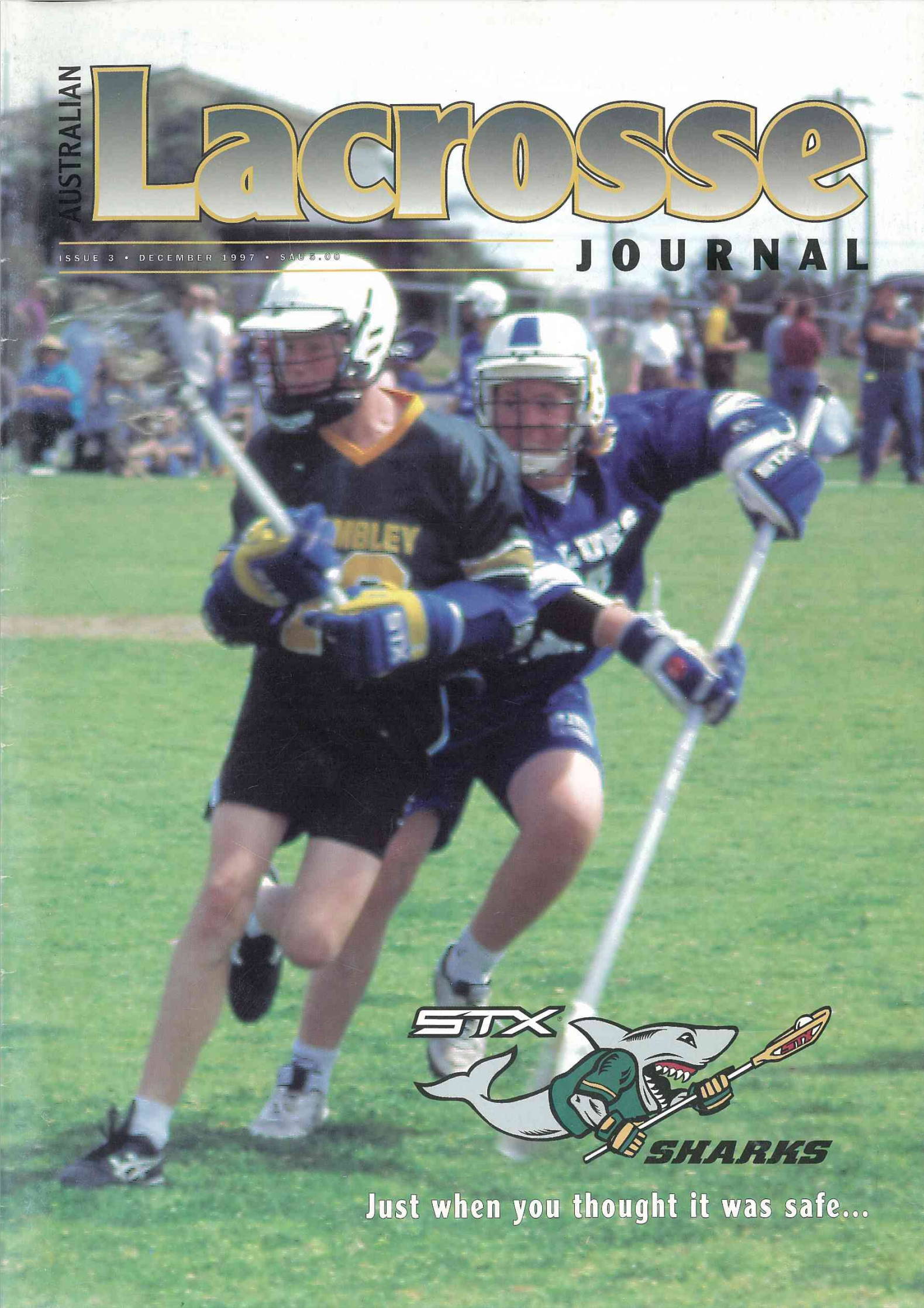


AUSTRALIAN

# Lacrosse

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## JOURNAL



**STX**



**SHARKS**

Just when you thought it was safe...

# Editorial

Executive Officer appointed to work in Sydney, both positions being on a joint basis with the Australian Women's Lacrosse Council.

An Australian Lacrosse team was selected to represent Australia in the 1998 World Lacrosse Championships to be played in Baltimore, USA.

Lacrosse has a strong internet presence with results of State and national competitions being promptly reported with other lacrosse information. We negotiated the renewal of a licensing agreement which provides valuable funds and the ALC Board of Directors scheduled a meeting in Canberra where they "presented" lacrosse to senior Australian Sports Commission personnel and a senior officer from the Office of the Minister for Sport. The Board also met with the Australian Coaching Council and a new Level 2 Lacrosse Coaching Course is being developed.

The Australian Lacrosse Journal was first published this year and has been complimented by sources both within lacrosse and externally as a high quality publication for any sport association.

All this and more has been achieved in a positive style. There have been no high profile drug scandals, no financial bail-outs because of poor management or corrupt officials.

Any fame or recognition achieved by lacrosse people has come through the excellence of their performance whether it be as players, referees, coaches, administrators or in any other capacity.

The Australian lacrosse public can share a sense of pride that the game in Australia is being well managed and is a game into which they can comfortably invite others to become involved.

While our performance in the international competitive arena could justify the tag of "the mouse that roared", a broader view would lead us to borrow the commercial tag "the quiet achiever".

**Malcolm J Stokes**  
Editor



*Meeting of ALC Board – November '97.  
Back left to right: M. Stokes,  
G Reddaway, M. Owens, D. Fox  
Front left to right: P. Hobbs,  
L. Beamsley, G. Tillotson (secretary)*

There are few National Sport Associations which could match the achievements of lacrosse in Australia in 1997, as reported in the Australian Lacrosse Council Annual Report which is distributed to every lacrosse club and association in Australia.

Through a competitive bid process we won the rights to host the next World Championships at both Under 19 (Adelaide 1999) and Senior (Perth 2002) levels. We were also commissioned by the International Lacrosse Federation to investigate and negotiate the establishment of an International Lacrosse League.

We maintained our national competition program with competitions at three levels:

Seniors	5 teams	Adelaide
Under 17	6 teams	Sydney
Under 15	8 teams	Adelaide

Three international teams (two from USA, one from England) visited Australia and were hosted by Australian lacrosse.

Development has thrived in different ways - teams from Victoria have visited Tasmania and Queensland and the New South Wales Association developed to the stage of successfully hosting a national championship (Under 17). A National Development Officer was appointed to work in Queensland and a National

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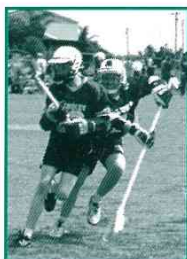
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Deadline for material - 9 May 1998



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**Front Cover**  
 WA Finals Action



**Back Cover**  
 Under 15 Tournament Results



*The Australian Lacrosse Council Ltd  
 acknowledges the support provided by the Australian Sports Commission.*

# A R O U N D The Nation

## Queensland

**Competition.** Some healthy junior competition is reported from Queensland with the Camira Commodores winning the final of a five team competition at Camira in extra time.

An Under 13 competition was played in Caboolture with four teams involved and trophies presented by Federal Member, Mal Brough, on October 26.

The Paradise Tournament (results below) saw several of the Caboolture competition players involved as ball boys and attending a clinic, with the American team donating their \$400 winnings for use in future junior programs. Contact has been made with schools at Camira and Caboolture preparing for 1998. The following program of activities for 1998 was approved by the Queensland Lacrosse Association and is a good indication of a healthy, alive organisation.



*More action at the Paradise Tournament*

## 10th Annual Paradise 2000 Tournament

Broadbeach, Surfers Paradise, Queensland  
October 30 to November 2, 1997

### FINALS RESULTS

No Balance – 9 defeated USA Wardens – 7

#### Men's All Stars

Goals	Michael Fine	USA Wardens
Defence	Jesper Heindow	No Balance
	Tony Patterson	No Balance
	Giles Davidson	USA Wardens
Face Off	Jim Sutton	The Players Bar
Midfield	Ross Patton	USA Wardens
	Brad Willmott	No Balance
Attack	Adam Michaels	USA Wardens
	Andrew Stewart	Kookaburras
	David Baker	No Balance
Coach	Tim Dickson	
Tournament Rookie	Alec Bijkerk	
Tournament MVP	Brad Willmott	No Balance

Spice Girls – 10 defeated NSW Numbats – 4

#### Women's All Stars

Goals	Sue McSolvin	Spice Girls
Defence	Ros Winter	NSW
	Jessica Minas	Paradise Chicks
	Sue Gandy	Spice Girls
Midfield	Kym Conway	Flying Fruit Loops
	Leanne Trainor	Spice Girls
	Lucy Stevenson	Qld Rebels
Attack	Liz Drummond	NSW
	Fiona Galtam	Spice Girls
	Penny Couch	Qld Rebels
Tournament Rookie	Liz Collie	Qld Rebels
Tournament MVP	Fiona Graham	Spice Girls



USA Wardens Team with Queensland Juniors of the future

**Queensland Lacrosse Association - 1998 Program of Activities**

February	7-8	Level 1 Coaching Course
	9-12	Under 13 schools promotion at Caboolture
	16-19	Under 13 schools promotion at Camira
	18	Sign-on and skills revision for Under 13 at Caboolture at night
	22	Level O coaching course at Caboolture
	23-27	"O" Week promotion at University of Queensland
	25	Commence Under 13 season at Caboolture each Wednesday night concluding April 1 (6 weeks) AGM (date to be confirmed)
March	1	Commence Under 13 season at Camira, each Sunday morning, concluding April 5 (6 weeks). Possible inclusion of a Wellington Point team. Level O coaching course at Camira after the competition has concluded. Camira Under 15's to receive training each Sunday after Under 13 games completed.
	9-13	Demonstration at University of Queensland
April	2-15	Senior Women's National Championships in Melbourne (TBC)
May	2-9	Senior Men's National Championships in Melbourne
May/June		Under 13 schools promotion at Browns Plains
July	12	Commence Under 13 seasons in Camira (to include newly recruited players from Browns Plains) and Caboolture areas, each Sunday morning, concluding on September 13 (10 weeks).
	15-25	World Championships in Baltimore
September	18-24	Under 15 training camp at Tallebudgera
Sept/Oct	25-2	Under 13 training camp at Tallebudgera
Sept/Oct	25-3	Under 15 National Tournament in Melbourne
October	8-11	Paradise 2000 with an Under 13 North / South (Brisbane) All Stars game.

**Western Australia**

**PREMIERSHIP TABLES AT END OF QUALIFYING ROUNDS**

<b>Division 1</b>	<b>Points</b>	<b>Division 2</b>	<b>Points</b>
East Fremantle	112.5	Subiaco	92
Subiaco	90	East Fremantle	88
Bayswater	85	Wembley	56
Wembley	52.5	Phoenix	56
Phoenix	42	Bayswater	48
Wanneroo	35	Wanneroo	20
<b>Under 17</b>	<b>Points</b>	<b>Under 15</b>	<b>Points</b>
Wembley	54	East Fremantle	90
East Fremantle	52	Wembley	68
Bayswater	43	Wanneroo 2	55
Wanneroo	25	Bayswater	36
		Wanneroo 1	36
		Phoenix	3
<b>Under 13</b>	<b>Points</b>		
Wanneroo 1	74		
East Fremantle	71		
Wembley	59		
Wanneroo 2	27		

Premiership tables are on the internet at <http://www.alc.lax.org.au/>

Note: Club Division 1 teams received bonus premiership points if they fielded junior teams in at least two junior grades. Subiaco did not qualify - if they had they would have won the minor premiership. Phoenix did not qualify - if they had they would have played in the finals (4th position)



1997 Premiers - Under 13's - Wanneroo

**The Finals Under 13**

First semi final - Wembley 15 defeated Wanneroo Gold 7  
 Second semi final - East Fremantle 11 defeated Wanneroo Red 10  
 Preliminary final - Wanneroo Red 12 defeated Wembley 4  
 Grand final - Wanneroo Red 16 defeated East Fremantle 7  
 A powerful performance by the Wanneroo Red team which at least doubled the East Fremantle score in each quarter. This is the first junior premiership won by the Wanneroo Club since it was established in 1977. The Wanneroo team was coached by Club Life Member, Rob Peirce.

## Under 15

First semi final - Wanneroo Gold 12 defeated Bayswater 3  
Second semi final - East Fremantle 16 defeated Wembley 2  
Preliminary final - Wanneroo Gold 6 defeated Wembley 5  
Grand final - East Fremantle 20 defeated Wanneroo Gold 1

A complete mismatch with the Wanneroo Gold team overawed by the East Fremantle power with six scorers sharing the 20 goals.



*An Under 15's high flyer*

## Under 17

First semi final - Bayswater 18 defeated Wanneroo 4  
Second semi final - East Fremantle 18 defeated Wembley 11  
Preliminary final - Wembley 18 defeated Bayswater 6  
Grand final - East Fremantle 12 defeated Wembley 7

The first half was even (quarter time 3 each, half time 6-5) but the East Fremantle attack was consistently strong, scoring three goals each quarter which Wembley could not match in the last half.

## Division 2

First semi final - Wembley 17 defeated Phoenix 10  
Second semi final - East Fremantle 23 - defeated Subiaco 20  
Preliminary final - Subiaco 16 defeated Wembley 8  
Grand final - Subiaco 21 defeated East Fremantle 17



*Where IS that ball??*

Subiaco jumped from the blocks with a 9-3 first quarter and despite outscoring Subiaco in the second (5-4) and third (4-3) quarters and matching them (5-5) in the final quarter East Fremantle could not recover sufficiently. A match high seven goal contribution from veteran East Fremantle champion Peter Cann was eclipsed by eight Subiaco scorers including six from Jason Magditch and five from Miguel Campos.

## Division 1

First semi final - Bayswater 14 defeated Wembley 10  
Second semi final - Subiaco 14 defeated East Fremantle 12  
Preliminary final - East Fremantle 20 defeated Bayswater 16  
Grand final - Subiaco 13 defeated East Fremantle 12

In a similar scene to the Division 2 game, Subiaco jumped to an 8-2 lead in the first quarter and although East Fremantle doubled the Subiaco score for the final three quarters (10-5) they could not make up the difference. Both teams had 7 scorers and Subiaco champion Robin Cornish was judged best on ground.

## Best Players

The Wembley Club hosted the WALA Awards night which saw the following awards presented:

Under 13C Walker (Wanneroo)  
Under 15E McKenna (Wembley)  
Under 17D Bullen (Wembley)  
Division 2 A Allbury (Wembley)  
Division 1 M Schomburg (East Fremantle)



*WALA President Don Rudderham with the Centenary Shield*

## Best Club

The Centenary Shield award for the Club of the Year was once again won by the Wanneroo Club.



*Subiaco and East Fremantle hard at it*

## Player Numbers

Player numbers remained static but the profile changed with senior numbers exactly the same as 1996 (268); an increase of 29 to 98 in Sofcrosse; an increase of 12 in modcrosse to 404 but a reduction of 44 in junior lacrosse numbers resulting from a net reduction of four junior teams - Subiaco dropped an Under 15 and Under 17 team, Bayswater and Phoenix dropped Under 13 teams and Wembley dropped an Under 15 team; East Fremantle re-entered the Under 17 division.

## Management

The 1997 WALA Annual General Meeting saw a new management team take office but disturbing vacancies left in the key portfolios of Coaching, Junior and Senior Lacrosse.

Officers elected are:

President	Ian Toy
Vice President	Allan Griffiths
Director of Administration	Chris Milne
Director of Finance	Roger Smith
Director of Publicity	Paul Fairhead
Director of Special Projects	Don Rudderham
Director of Referees	Laslo Tiszavolgyi

Long serving Director of Finance, Roger Smith, was recognized by being elected a Life Member of WALA.

## Go North Young Man

Phoenix Lacrosse Club member Grant Moir has been teaching in Port Hedland and established the Hedland Lacrosse Association which has attracted 45 children from three schools playing modcrosse. They need assistance with equipment and contact can be made through Grant on tel: (08) 9173 3150 or his family in Perth on (08) 9332 3168.

## Victorian News

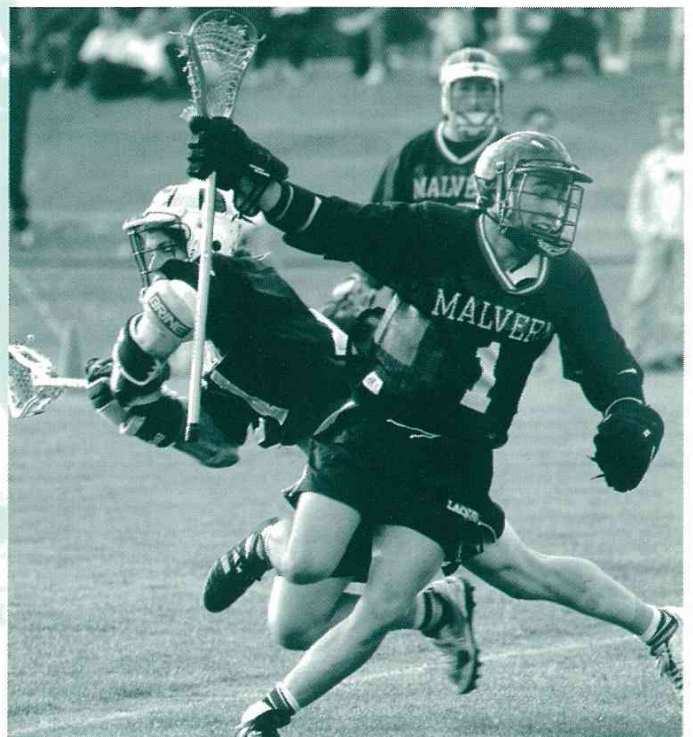
A faultless display of lacrosse saw Malvern's State League take out the big one against Williamstown, preventing "Willi" taking out the clean sweep in the senior men's competition. A fine win over Malvern in the semi final had Williamstown looking good, but Malvern had done their homework and performed perfectly to seal another one for the black and red. *(More details later in the journal.)*

Convincing wins by Williamstown in Division 1 and Division 2 over the less experienced Eltham teams showed their depth of talent. Brilliant centreman and Australia's first Hall of Fame lacrosse inductee, John Butkiewicz, announced his retirement after his team's Division 1 win. John has been an ornament to the game and we wish him well in retirement.

Junior premierships in Under 13 Division 1, Under 15 and Under 17 all went to Eltham this year. Playing against Williamstown in both the Under 13 and Under 15 grand finals had Eltham a little nervous as both teams had been defeated by them previously in the season. Each game was played in fine spirit and a close tussle until the second half when Eltham pulled away winning the Under 13's - 17 goals to 9, and the Under 15's by 12 goals to 6.

Under 17 was played between Eltham and Diamond Valley, after Diamond Valley played inspiring lacrosse to defeat Surrey Park in the preliminary final. Eltham, the only undefeated team in the competition, had a lot at stake. Coaches, Australian players Terry Sparks and Darren Nicholas, had prepared well and although the game was close early, Eltham ran out easy winners, 16 goals to 7. Eltham had three All stars in Brooks, Kendall and O'Grady who were selected at the Sydney Championships in July. Diamond Valley were a younger side and will do well again next year.

After successful negotiations by John Harris and Rick Benerdierks, Lacrosse has been accepted by the Victorian Institute of Sport as an affiliated sport. Mr Peter Spence of the VIS welcomed John (VLA President), Rick (Head Coach), Paul Mollison (Assistant Coach) and the nominated players and their families at the induction night held recently. He spoke highly of the last lacrosse group to be associated with them, and of their coaches Graeme Ross and Clive Sheppard, and is now looking forward to a successful association with the new group of 27 players and coaches.



*Adam Barnes breaks away from Marcus Civile*

Specialist coaches in weightlifting and gymnastics will assist the players, while sports science specialists will be involved with fitness preparation and nutrition workshops will follow. The VIS squad will be included as a team in the Australian Men's Championships to be held in Melbourne next May. The team will also be playing in the summer competition at Melbourne University beginning in January.

The Box Lacrosse season starts this month at the Altona box court. This style of lacrosse may not be for everyone but "everyone" who watches it enjoys the fast pace and action-packed quarters with shot clock for added pressure and big hits galore.

If you are in Melbourne on a Wednesday or Friday night make sure you visit and take in a bit of the action.

## Malvern - Back to Back Premiers in '97

by Lloyd Holmes

Malvern, having not won a back to back premiership since 1958, this year silenced their critics (temporarily at least) to become the 1997 Victorian State League Premiers. In doing so they also notched up their 40th premiership.

Williamstown in their centenary year convincingly overcame Malvern in the second semi final, and went into the grand final arguably as odds-on favourites, although Malvern had lost only one game during the year (to Williamstown in the second semi-final). The conditions were perfect for both the players and spectators - Melbourne putting on a beautiful sunny and mild spring day and the ground in great condition.

But it was not to be Williamstown's year, Malvern easily defeating Williamstown 17 to 9, in what Williamstown's coach, Alec Ingles, described as a mirror image of their encounter with Malvern in the second semi final.

### The contenders - Eltham show their force

The first semi final saw Eltham 17 defeat Surrey Park 11. Surrey had struggled during the year, relocating to Bayswater - the first step in establishing a new headquarters for their Club. Eltham on the other hand were being acknowledged as a force to be reckoned with in the final series and coach, Rick Benerdierks, was pleased with his team's performance in the lead up to the final series.

Eltham's momentum was halted however when they met Malvern in the preliminary final, after Malvern were beaten solidly by Williamstown 19 to 9 in their second semi final. Eltham proved to be a formidable opponent in the preliminary final, but Malvern came home to earn their berth in the grand final in a low scoring (10 goals to 7), but hard fought game.

So the scene was set, it was to be old rivals Malvern and

Williamstown for the grand final and around 800 turned out to see the battle.

### The Grand Final

The hype level was high. Williamstown, having won both the Division 2 and Division 1 grand finals, were aiming to take out the trifecta. Williamstown's coach, Alec Ingles, had a lot riding on his shoulders, but has an impressive coaching history which includes taking out six consecutive grand finals between 1975 and 1980. Malvern were equally intent on making it their year, and coach, Gary Campbell, was keen to make his mark for Malvern in his first year back as head coach. Malvern's fortunes had waxed and waned throughout the year and Gary was intent on not allowing a repeat of Malvern's second semi final collapse.

### The Grand Final Quarter by Quarter

1st Quarter - The first quarter saw both teams falter under pressure. Williamstown's Darren Gibson and Thomas Garnsworthy notched up the first two goals. Their crisp play indicated they would carry on the job the way they had in the previous encounter with Malvern. Williamstown went on the attack in the early part of the quarter peppering the goals, only to be thwarted by a top effort by Malvern's goalie Spiro Melisovas. Malvern bounced back and by the end of the first quarter they were 4 to 3 up.

2nd Quarter - Malvern's strength across the midfield in the second quarter, ably led by veteran centremen Chris Baker, gave the experienced Malvern machine the drive they were looking for. Williamstown's Jarrad Klemm and David Jobson fought hard to counter this drive, but Malvern's centre line-up made it difficult for Williamstown to convert face-off advantages into possession. Malvern scored 6 goals from 5 goal-throwers in this quarter giving them a comfortable margin of 6 goals going in to the second half. Williamstown had difficulty penetrating the strong Malvern defence, and were contained to one goal for the quarter, thrown early in the piece by Thomas Garnsworthy.

3rd Quarter - The third quarter was again dominated by Malvern across the centre. Jarrad Klemm, who had been a major force in Williamstown's second semi final win over Malvern, struggled to exert his influence against a very confident and aggressive Baker. The 4 goals to 1 margin in the third quarter gave Malvern a 9 goal lead going into the final quarter.

4th Quarter - Many in the crowd were looking for a comeback from Williamstown (as Surrey had done in their grand final against Williamstown in 1993). The youthful Williamstown side, though starting off well, could not break through the experienced Malvern defence. A formidable effort was made and Williamstown outscored Malvern 4 goals to 3 in the final quarter, 2 of those goals coming from the experience of Darren Gibson who scored 3 of Williamstown's 9 goals for the game.



Darren Gibson 'embraces' Paul Cook



## Division 1

The grand final saw a well oiled combination of youth and experience in the Williamstown side come home clear winners 28 goals to 10 over Eltham to take out the Division 1 finals. Williamstown had 9 goal-throwers (including Adam Vincent with 8 and Brian Smith with 6), while Eltham had 6.

Williamstown's John Butkiewicz and Brian 'Smeller' Smith were acknowledged in the presentations for their contributions over their careers. It had been announced that this would be their last year ..... but I would suggest watch this space!

## Division 2

Skill and experience of Williamstown led to a 23 to 11 victory over Eltham.

## The Future???

Eltham, having reached the preliminary finals in State League, and the grand finals in Division 1 and Division 2, have clearly signalled they will be a club to contend with in the future. They are clearly laying the foundation for the future and are approaching this in a very organised manner. Williamstown's youth will clearly mature in the coming year also. So the other top sides ..... be prepared!

## South Australia



*South Australia Allstar Team*

## The Final Results

The Fosters League Men's grand final between Woodville and West Torrens promised to be one of the hardest fought and closest matches for some time. If only someone had told West Torrens that.

The first quarter saw both teams take up the attack but with little success in the scoring division. West Torrens scrambled to a two goal lead at the end of the quarter.

West Torrens then went on to pile on 11 unanswered goals in the second and third quarters and terminated Woodville's hopes with a 13 goal lead going into the final quarter.

Man of the Match, West Torrens goalkeeper, Greg Larwood, was instrumental in containing Woodville and creating opportunities with excellent clearing.

Final Scores: West Torrens 19 defeated Woodville 8  
Goalscorers: West Torrens - S Harley 5/2, T Sellan 3, J Mihelios 3, S Reppucci 2/1, W Little 2, J Kernaghan 1/4, M Hope 1/2, P Larwood 1/1, C Johnston 1. Best: G Larwood, M Windsor, C Johnston, S Harley, S Reppucci. Goalscorers: Woodville - J Inge 4, A Feleppa 2/1, T Dickson 1/2, B Howe 1. Best: R Feleppa, I Marchesan, T Dickson, D Arcenas, A Feleppa.

## Other Grand Final Results

League Reserves: Woodville 7 defeated Glenelg 6; B Grade: Woodville 14 defeated Burnside 9; Under 17: Brighton 14 defeated Sturt 7; Under 15: West Torrens 12 defeated Glenelg 9; Under 13: North Adelaide 9 defeated Brighton 6.

## 1997 Lacrosse SA Presentations

The annual Lacrosse SA presentation night is one of the major functions on the calendar and was attended by more than 200 people.



*Peter Noble receives a tray from Lacrosse SA President Bruce Rosewarne*

In the League Best and Fairest, as voted by the referees, James Inge staved off brother Peter to win by three votes. The surprise packet of the night was Peter Goudie from wooden spooners, North Adelaide, picking up third in the voting.

Peter Inge picked up the Most Valuable Player, as voted by the coaches; Rookie of the Year was Brighton's Lee Perham and Rob Mollison was named Referee of the Year. The League All Stars Team: Greg Larwood (West Torrens), Rob Lawson (Glenelg), Tim Mildren (Brighton), Jim Sutton (Burnside), Steve Reppucci (West Torrens), Konrad Frankee (Glenelg), Peter Inge (Woodville), Paul Kernaghan (West Torrens), Chris Johnston (West Torrens), Mark Norton (Sturt), Anthony Feleppa (Woodville), James Inge (Woodville) and Tony Sellan (West Torrens). Coach: Peter Brown (Woodville).

Craig Treloar, Coach West Torrens premiership league team, has been appointed Senior Men's State Coach for 1998.

## Women's Awards

Kirrily Hurst (Burnside) was the umpires choice for Best and Fairest, out polling Tracey Rehn (Glenelg), Jenni Adams (Brighton) and Leanne Craddock (Adelaide University) tying for second place.

Cathy Flett was re-appointed as Senior Women's State Coach.

## Annual General Meeting

Congratulations are extended to Peter Noble who was awarded Life Membership of Lacrosse SA at the AGM conducted on November 18, 1997.

# The Boomerang Brigade

*A lot of Australian lacrosse players have decided to attend university (college) in the United States to achieve their academic and lacrosse ambitions. In this article two players answer some questions which will be of interest to parents and players contemplating this move. Most players do come back home to Australia - with some notable exceptions, eg Gordon Purdie.*

1. *Keith Nyberg played with the Eltham Club before going to Limestone College which is an NCAA Division 11 Men's Lacrosse District 3 institution.*

**Q** What course did you study ?

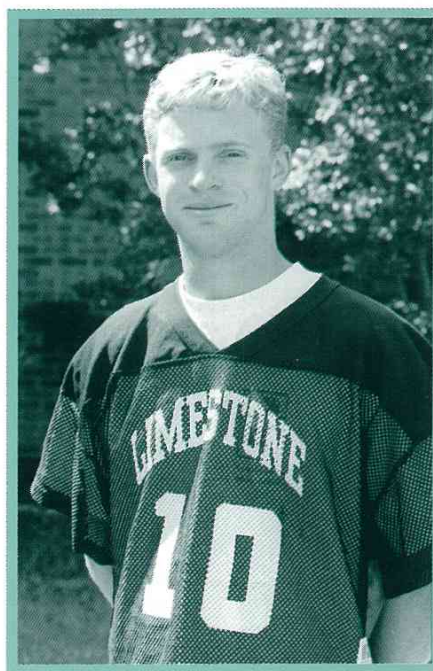
**A** I was a Studio Art (Fine Art) major at Limestone, with a minor in Business. I was also in the Honours Program and graduated with Honours, cum laude, and was awarded the College's General Excellence Award. I am now at Swinburne University and just completed the first year of a three year Industrial Design course. I think I qualify as a professional student!

**Q** Who has had the greatest Influence on your lacrosse ?

**A** Mike Cerino, Head Coach at Limestone College. He visited Australia in 1988 and 1990 which is when he first coached me. I was so impressed that when I weighed up where to go for College, I knew he was a great defensive coach, so I played for him.

**Q** Highlight of your career ?

**A** Probably playing and captaining Limestone my junior year and going to the All-American banquet and also making Academic All-American, when there were only eight for the whole country that year.



*Keith Nyberg*

**Q** How different are Training Sessions compared to Club training ?

**A** Two to two and a half hours. Intensity is the key. You are NEVER late and the whole practice is planned and runs to specific times. You play hard every play, every practice, six days a week. We also lifted three mornings a week.

**Q** On the US college circuit what is your pre-match routine?

**A** If it's an away game, we travel by bus and get there at least two hours before the game. We then change into game shorts, t-shirt and put on cleats, before taking helmets, sticks and gloves to the game field

to look at the surface and make sure we have the right footwear while throwing around and getting loose. We would then go back and get all our gear on, walk out to the field in two lines, and do a half lap like this before breaking into stretching lines, and doing five jump jacks to cadence. We then stretch, do line drills, defence warms up separately by shuffling, drop stepping and ground ball drills while offence is cutting, feeding and shooting (30-40 balls makes this flow well!!!) We then go 4 vs 3 on the goal, captains are called, we have a coin toss and ends selected. We then have starting line-ups announced and jog out as announced, before the national anthem is played. We then line-up for pre-game spiel with the refs.

**Q** What is the major difference between college and club lacrosse ?

**A** The professionalism of college lacrosse. The training, lifting, coaches (1 head coach, 3 assistants), medical trainer and equipment, facilities, travel and accommodation. It's just a whole other world.

**Q** What do you need to do to get to the USA and play college?

**A** Start early! It will take at least 18 months to organise everything properly, minimum! Find out where you want to go. The Lacrosse magazine in the USA offers a free list and selection guide for people who subscribe to it and the Lacrosse Foundation. Then write to the schools for information. You need to find out where it's offered and sit the SAT exam. Apart from that, the biggest hurdle will be money! No one will give you athletic scholarships without seeing you play, so you

may be up for a lot of \$'s the first year. Only Division 1 and 2 give athletic scholarships. Division 3 is only academic scholarships. You also have to decide if you want to play as soon as you get there, or are prepared to ride the bench a bit. I suggest a Division 2 school for most people if they want to play and be successful early on. Transfer is a possibility after that.

**Q** Are there many differences in lifestyle / culture ?

**A** Just lots of little things. Words, slang, food brands, types of junk food! The cars are different and drive on the right side of the road. I don't know, it's just all a little different and so are people's attitudes to different things, it's hard to pin down.

**Favourite Sport After Lacrosse ?**

It used to be basketball which I played for 10 years, but now it is soccer after playing four years at Limestone.

**Ideal Sportsman ?**

Alan Border. He always came through when Australia needed it and he weathered the bad times before being able to enjoy the good. He was also unpretentious and was a true sportsman and diplomat on and off the field.

**Favourite Food ?**

Well, definitely NOT cafeteria food! Every meal every day for four years, I've had enough. Probably Mexican food, there was a lot of authentic stuff in the USA.

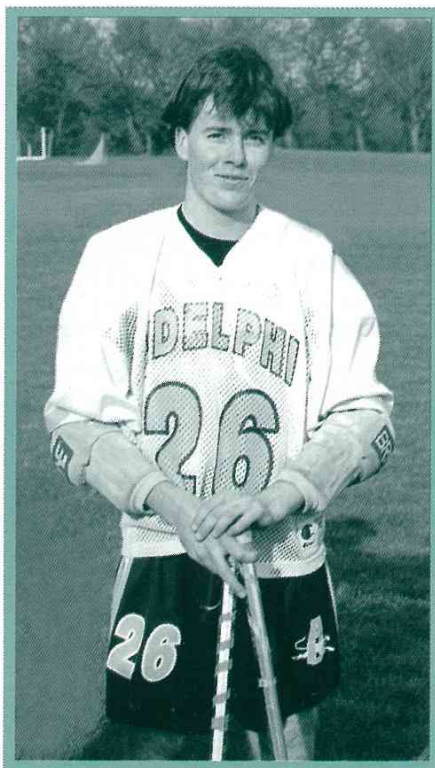
**Favourite Band ?**

The Dave Mathews Band (another US band - really good live).

**Favourite Movie ?**

I think "Rudy". It is an American movie about a guy who wasn't very good at football, certainly no stand out. He finished high school, worked in a steel mill, and then after two years at junior college, finally got accepted at Notre Dame. He wasn't very big or strong either, but through busting a gut every time he was on the practice field, he made the squad as a scout player (runs the opposition plays at practice). He practised so hard every day for two years that they finally gave

him the respect and honour of dressing him for a game. He got in for the last 30 seconds, and managed to sack the quarterback. That was his whole career at Notre Dame, but he was and is the only player ever to be carried off the field at Notre Dame. It's pretty inspirational and gives a message of never give up, and do everything within your power to achieve your goals.



*Brad Ross*

**2. BRAD ROSS**

*Brad is in his Junior Year and is commencing his third playing season at Adelphi University, Long Island, New York.*

*Completed his first playing season as a starting attack and has since switched to his preferred position as a short-stick midfield.*

*Has a full athletic/academic scholarship.*

*Adelphi has competed in the last three NCAA Division 2 Championship finals, last winning it in 1993. Majoring in Physical Education/Human Movement and is on the team's list (maintaining an academic grade point average of 3.5).*

*Home Club - Camberwell Lacrosse Club, Victoria.*

**Q** On the US college circuit what is your pre-match routine?

**A** My pre-match routine generally involves getting up, having a light breakfast and then going to the locker room around two hours before game time. If required, I can see an athletic trainer for taping etc. Around an hour before the game the players get helmets and gloves on and go out for a short warm up involving stick skills (around 20 minutes). We then return to the locker room at which time a coach will give us a team talk on our tactics for the game. At its completion we put our full gear on and walk out in two lines as a team and complete our final warm up / stretch before the game begins.

For away games this varies primarily in the fact that we stay in a nearby hotel and we wake and eat breakfast as a team before getting the bus to the opposition ground.

**Q** How different are the training sessions compared to club training?

**A** They vary in a number of ways. These include:

Practicing 2 - 2.1/2 hours nearly every day of the week with a day off following a game. This compares to two club training sessions per week.

Practice is very intense for each session with coaches accepting nothing less than 100 per cent effort every day. This includes running to each new drill and needing to pay attention at all times.

Depending on the stage of the season it includes a lot of sprint work at the end of training. Also in the off-season we are made to lift weights and complete sprint work three times per week.

We are also able to do a lot of full field drills and scrimmages as there are 30-35 players on the team while at club training this is made difficult due to lack of numbers.

Q How difficult was it to adjust to college life in the US?  
 A I didn't find it too difficult as what's required in terms of the standard of work is much the same as in Australia and I had started University before coming to Adelphi. What did take a little getting used to was taking compulsory core classes such as Western Civilisation, Core Composition, etc that are outside my major in Physical Education/Human Movement. Also living on campus in a dormitory took adjusting to but is something I enjoy. I think that when you go away to college you have to expect to be a bit homesick and at times you really miss your family and friends.

Q Are there many differences in lifestyle / culture ?  
 A I don't really find there are many differences in lifestyle or culture. Although, the pace of New York is a bit faster than back home.

Q Favourite Food ?  
 A Lasagna

Q How would young people investigate opportunities to play lacrosse in a US College ?  
 A One method is to send a resume to the college they are interested in which lists their lacrosse and academic achievements etc. Also Americans who come out to play club lacrosse in Australia often have contacts with college teachers as do some Australian players and coaches, who may then be able to recommend the player.

The college coach, however, usually wants to see the possible recruit in action which often makes it difficult for Australians to get recruited to a college. It is also important to have a good academic record in order to gain acceptance by the US college and the NCAA. You should have completed your VCE. You will then need to sit for the SAT and gain the cut off score for the particular college.

Q Favourite Sportsman ?  
 A Michael Jordan

Q What are the major differences in the game in terms of rules, style of play etc ?  
 A *10 second clearing rule.* Offensive box whereby the ball can only be taken out again for maximum of ten seconds or a turnover results.

*Maximum of four long sticks on the field.* Play is more one on one with a lot of isolating to dodge, particularly on short sticks, with less cutting and feeding. Game is more structured with less freedom allowed by the coaches.

Q Highlight of your career ?  
 A Being a member of the Australian Under 19 touring team and World Championship team and subsequently being offered a full scholarship at Adelphi University.

Q Favourite Movie ?  
 A Braveheart

Q Favourite Band ?  
 A Live

## AUSTRALIAN LACROSSE CALENDAR 1998

February	6-8	Perth	Australian Lacrosse Council Board Meeting
May	2-9	Melbourne	Aust Senior Lacrosse Championship / Tournament
	7	Melbourne	ALC Fellows Dinner
	8-10	Melbourne	Australian Lacrosse Council Board Meeting
July	9		Deadline for Australian Lacrosse Journal
	5-11	Adelaide or Perth	Australian U17 Lacrosse Championship/ Tournament
	13-20	Baltimore, USA	International Lacrosse Federation Meetings
August	15-25	Baltimore, USA	World Lacrosse Championship
	15		Deadline for Australian Lacrosse Journal
	26	Teleconference	Australian Lacrosse Council Board Meeting
Sept/Oct	27-3	Melbourne	Australian U15 Lacrosse Tournament
October	8-11	Surfers Paradise	"Paradise Indy 2000" 11th Annual Tournament
October	21	Teleconference	Australian Lacrosse Council Annual General Meeting
November	13-15	Adelaide	Australian Lacrosse Council Board Meeting
	14		Deadline for Australian Lacrosse Journal

# The Fairest and Best in Australia

1997 winner Matthew Schomburg is congratulated by WALA President Ian Toy



the centre of the trophy and circular plates to record the winners names surround the centrepiece with provision for names until 2016.

Multiple winners of the award have been A Jennings (SA - 1962, 1963); G Tillotson (Vic - 1978, 1988); J Hill (SA - 1986, 1989); and R Turnbull (WA - 1969, 1975, 1977 and 1980).

The winner of the award for 1997 is Matthew Schomburg who becomes the first West Australian winner in ten years, the previous West Australian winner being his East Fremantle compatriot Jeff Kennedy in 1987.

The Australian Lacrosse Council each year recognises the player from a member State premier competition who is awarded the most votes by match referees in home and away matches.

When the number of home and away games played in States is unequal, the votes are brought to a common relation by multiplying the number of home and away games in each State by three (which produces the maximum possible points for each State) and dividing that figure into the total points earned by the player, multiplied by 100. The result is the percentage of total possible points for his State earned by the player. In the event of more than one player sharing the same highest percentage, then the players are named as joint winners.



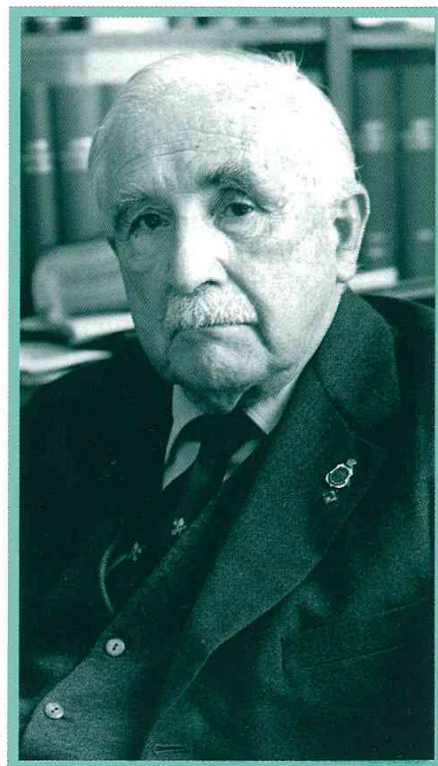
The award which recognises this achievement was the Brady Award from 1956-1959, the ALC Trophy from 1960-1962 and since 1963 has been the Isaachsen Trophy.

Mr O C Isaachsen LL.B, DSO, ED served as President of the Australian Lacrosse Council from June 29, 1962 to January 31, 1965 and

continued as Vice President for 14 years until 1979.

He was awarded the ALC Certificate of Merit in 1964 and elected as a Fellow of the Australian lacrosse Council in 1994. His induction at the Fellows Dinner in the MCG was a memorable occasion.

The Isaachsen Trophy, which was presented to the ALC by Mr Isaachsen, is a magnificent trophy, round in shape with silver fittings on the wooden base. The traditional crossed lacrosse sticks sit in



Mr O C Isaachsen LL.B, DSO, ED

# The Williamstown LACROSSE CLUB

## 100 Years of Achievement

The Williamstown Lacrosse Club was founded in 1898 at a meeting in the Williamstown Baptist Sunday School called by Arthur Whitney (son of the minister). Arthur became the first captain and Fred Scott the first secretary. Historians indicated that the club quickly became the largest sporting club in Williamstown.

In the first 40 playing seasons in which the club fielded teams, 23 premierships were won and we were runners up 27 times. Our first premiership was not achieved until 1902 in B grade. The club established a record for lacrosse when, in 1936, we fielded eight teams and had 139 registered players making us the largest amateur sporting club in the southern hemisphere. This has been exceeded on numerous occasions in subsequent years.

The club commenced playing its games at the Williamstown Cricket Ground at which stage the football club had only one team. We moved to the Gardens Reserve in 1910 whilst the bike track still circled the ground. The Gardens Reserve was later renamed the Fearon Reserve and maintains that name today.

Captain James H Fearon, commonly known as "the skipper", Sea Scout Commodore of Victoria, sea pilot, member of the Marine Board and sea lawyer supreme, kept the club running, often at his own expense, in those early years. He was Club President from 1903-43, Victorian Amateur Lacrosse Association President 1934-35. Our State league team and our ground bear his name in perpetuity.

For many years lacrosse has been a major sport of the area providing an avenue for like-minded people to gather together to achieve group and individual goals.

Apart from our success within lacrosse the club has been fortunate in producing many influential community leaders over many years. Alan Deacon, Lionel Burgoyne, Laurie Parker, Max Robertson were all fine players who served long terms as councillors and were also appointed Mayors of the City. Lindsay Caithness, a tower of strength in Williamstown Hospital activities and Arch Fowler, local solicitor and historian, were players of distinction and long service. Lionel Garnsworthy, 1988 Williamstown Citizen of the Year, as a player participated in one of the club's many interstate lacrosse trips under the direction of long time Williamstown resident, Howard Balmer and the sponsorship of Captain Fearon.

Since the second world war a number of people have made significant input to the continuation of the club. None more than Mal Taylor who was a junior player prior to World War 2 and was described as "officer in charge of everything" up until his retirement from lacrosse in the late 80's. Our current "Best Clubman" annual award is named after Mal.

1963 began the golden years of the club when we won our first A grade premiership, 22-14 against arch rivals Malvern. Then followed premierships in 1965, 1967-71, 1973, 1975-80, 1982-83, 1985-86, 1990-92. During this time two coaches, Frank Hogarth 1967-71 and Alec Inglis 1975-80 hold the impressive records of five and six consecutive premierships respectively. Malvern still

hold the record for total premierships won in A grade, but our club from these golden years holds the record for 105 consecutive wins in A grade.

The club's current home at the Fearon Reserve was previously the rooms of the Esplanade Tennis Club. The lacrosse club took over these rooms as we outgrew the old rooms adjacent to the football clubs. The occupancy of these rooms heralded an innovative era for lacrosse in Australia as in 1973 new box lacrosse courts were built enabling the club to run a regular state-wide summer competition for many years. This culminated in the staging of the first Australian Box Lacrosse Championships in 1978.

Another first for the club was in 1978 when we saw the first ever televised highlights of the match of the day by the then ATVO television channel. Williamstown won that match by 20 goals.

The amount of success experienced by the club on the field, and the quality of the coaching personnel and administration within the club, have ensured excellent representation in all Victorian State teams over the years. This has been extended to all Australian teams which have played at either the World Field Lacrosse Championships or the World Box Lacrosse Championships or national touring teams and includes players, coaches and officials.

In 1997 the club boasted three senior teams and four junior teams resulting in the following:  
State League - runners up; Division 1 - premiers; Division 2 - premiers; Under 15 - runners up; Under 13A - premiers.

# WILLIAMSTOWN LACROSSE CLUB

FOUNDED 1898

## CENTENARY SEASON

1898 - 1998



*"Some of the ex-players at our first Reunion Day - April 5, 1997."*

These statistics continue to reflect the strength of the club as we still field seven teams with 125 registered players and continue to experience success on the field. Many ex Williamstown players have aligned themselves with other Victorian clubs over the years thus continuing to spread the influence of the Williamstown Lacrosse Club. These include Altona, Footscray, Glenroy, Newport, Surrey Park, Chadstone, Essendon, Melbourne University, Monash University, Latrobe University, Caulfield, Eltham, Camberwell and Malvern

Lacrosse Clubs. Many club members have been appointed to administrative roles within the Victorian Lacrosse Association from the early days until now reflecting the involvement of our club in the continued development of lacrosse.

It is quite special when you consider that the Williamstown Lacrosse Club has maintained such a high level of success in all facets of the game over 100 years.

The celebration of 100 years has been fantastic with many activities

such as Masters games, President's lunches and the Grand Ball with 400 people including many interstate members enjoying a great time.

Special centenary merchandise including t-shirts, caps, glasses and Port has been in great demand and 148 members were recognised as "Centurions" by donating \$100 to the club in its centenary year.

The centenary year has been very successful and there is no reason why 1998 won't be the same.

### Australian Lacrosse Journal

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*"Three generations of the Speakman family. (L to R) Huw, Robert, Neville, Ross and Ken Speakman.*

# A Family AFFAIR

*In 1929 when junior lacrosse commenced in Victoria, three brothers - Jack Speakman aged 15, Tom 13 and Ken 11 commenced with Williamstown Lacrosse Club and to this year, 68 years on, the name Speakman is still much in evidence in this famous club which is celebrating its Centenary Year.*

Meet the Speakman family - Williamstown Lacrosse Club identities.

Jack Speakman player 1929-1948. Jack is a Williamstown Club Life Member, has an impeccable record as underage coach for 10 years winning four premierships, and for nurturing many of Williamstown's finest players of the golden years - the 60s and 70s.

Jack has two sons who played - Gary

1955-1961 and Neil 1965-1978. His daughter, Lyn played with Williamstown women from 1960-1967.

Tom Speakman player 1929-1937 - a forward and A section goalkeeper. His son, Richard, played from 1959-1965 including Williamstown's first A grade premiership in 1963.

Ken Speakman player 1929-1954. Ken is a Life Member at Williamstown, was awarded an ALC Certificate of Merit, coached both juniors and seniors for eight years and is a current Vice President at Williamstown.

Ken's son Robert played 1954-1979. Robert has been President of Williamstown since 1991, was Secretary for seven years, is a Life Member of Williamstown, a Life Member of the Victorian Lacrosse Association and was a member of the Association's

committee of management from 1991-1996.

Son, Neville, played from 1965-1978 and is an accredited junior referee and a current committee member of the club. Neville's son, Ross, commenced playing in 1991 aged 10 and daughter Emily, played from 1992-1993. Daughter Nola played for Williamstown women from 1960-1970.

Robert's wife, Jenny, played for Williamstown women for 10 years from 1964, his daughter, Natalie, started playing in 1983 and his younger daughter, Joanne, started in 1986. Both are still playing. Nola's son Huw commenced aged 9 in 1995 and daughter Martha, aged 9, in 1997.

This totals 17 family members and a total of 240 years of playing and service to lacrosse at Williamstown.



# The Aussie Sharks

*The World Lacrosse Championships is the premier event on the international lacrosse calendar and representing Australia in that competition is the premier event in any lacrosse career.*

*Australia is currently placed second in the lacrosse World rankings, having won the silver medal at the 1992 and 1996 World Under 19 Championships and also at the 1994 World Championships.*

*The Australian team with the ambition to take the next step and win the gold has been working hard in preparation for their competition in Baltimore from July 15-25, 1998.*

## Sponsors

The costs involved in preparing and competing in a World Championship being held in USA is very high so sponsorship is critical - and the team is well worth supporting for sponsors. Lacrosse equipment supplier STX is the major sponsor and has earned naming rights for the team which is to be known as the STX Sharks - Australian Lacrosse Team. USA lacrosse retailer Lax World is also a major sponsor and, with STX, have the exclusive rights use of the team logo shown on the cover of this journal. No-one else can use the team logo for any purpose without the written consent of the Team Executive Director, Allan Frederick. Australian team merchandise is being sold by Lax World from now until the end of 1998 with a royalty going to the team.

Through the provision of grants for training camps and for competing in the World Championships the Australian Institute of Sport is an important supporter/sponsor of the team and the official team bank, ANZ is also supporter/sponsor, providing benefits to the team.

Sponsorship is a two way contract and Australian lacrosseurs will be supporting the team when they purchase the sponsors goods and services.

## Preparation

The preparation for this team has been going on for several years with a squad selected and several training camps conducted with the squad being modified after Australian Championships and these camps.

The following account of the final selection camp provides some idea of the commitment of these squad members:

## In Camp

A training camp and final selection for the Australian Lacrosse team competing in the 1998 World Championships in Baltimore, USA was conducted at the South Australian Police Academy at Largs Bay, located on the coast approximately 30 minutes from Adelaide.

The camp was a five day intensive program, prepared by the coaching staff for all squad members trying out for the team. In addition to the Australian coaching and squad members, players presently based in the USA flew out to be part of the camp.

In addition, Kevin Sheehan from New York also flew out to assist the coaching staff and players during the five day camp. Prior to the camp, Kevin had also travelled to each one of the States and worked at training sessions with squad members in their home State.

Throughout the five days, squad members were very impressed with the location and the facilities provided at the Police Academy. The only problem was the filtration system on the pool was not working, therefore the squad members couldn't use the pool, however the beach was nearby and was used on one of the mornings by the players.

## Day 1 - Wed. October 15, 97

All players arrived at the Academy between 10am and noon and immediately settled into their dormitories and acquainting themselves once again with each other. Lunch was provided at 12.30 and was shared with the players from South Australia in the canteen.

A meeting was held at 1.30pm with the coaching staff of John Denic (Head Coach), Ken Nichols (Assistant Coach) and Kevin Sheehan who outlined the objectives and their expectations of the players during the five day camp.

A full program had been prepared by the coaching staff prior to the camp which was to be distributed on a daily basis to the players. The camp was designed to fully test the players physical strength and playing ability and at the same time reinforcing their commitment to the Australian team in their pursuit of the World Championship.

After preliminaries were completed it was out on the track for the boys in the afternoon for stretching exercises initiated by Greg Hutchinson (physiotherapist).

Two referees who have been appointed to represent Australia at the World Championships, Peter Knight and Terry Culley, were allocated the role of water boys for the five days, in addition to their refereeing duties. The Managers, Allan Frederick, Gary Mortimer and Craig Wilson did nothing, because everything had been so well organised there was nothing left to do except sit back, relax and watch the players and coaches work hard! (Editor's note: Guess who wrote this!!).

After the line drills there were workouts for the goalies, the offensive and defensive players worked on transition, offensive and defensive work and one on one. These activities continued until approximately 5.00pm, then preparation for dinner with a meeting at 6.30pm that evening.



Australian Institute of Sport



*Coach, John Denic, makes a point*

At the meeting the coaching staff went through the activities of the afternoon and emphasised the need to attack our weaknesses and build upon the good work that had already been undertaken by the players. After the team meeting it was down to the gym for part of the squad to commence their fitness test with the other half on the basketball courts to walk through offensive and defensive plays.

After the first group had completed their bench presses, they swapped with the other group. There were some very impressive weights pushed by some of the players on the bench press, with the winner of the highest weights pushed being Spiro Melisovas. Some very average weights were pressed by the coaching staff, so pathetic that they are not even worth mentioning.

After these activities were completed it was back to the dorms for a bit of TV and an early night ready for the following day's activities.

## **Day 2 - Thursday, October 16**

The day started with breakfast at 7.30am after which the goalies and face-off specialists received one on one coaching.

Whilst this was going on, Ted Polglaze from the Western Australian Institute of Sport was setting up the equipment to undertake the fitness tests during the morning. The fitness tests took the form of 5 and 10 metre sprints, with agility tests over 5 metres and a shuttle run, which required players to run back and forward over 20 metres in the specified time. In the shuttle run, progressively the times became shorter meaning the players would have to work harder to reach the line and if they did not make the line in time, they had to withdraw from the shuttle run.

After lunch it was back down to the basketball courts where four teams were selected for a small competition over the rest of the camp. The teams were called White Pointers, Hammerheads, Blue Heelers and The Singing Elvis'. Each team member paid \$10 with set activities prepared by the coaching staff and the teams over the balance of the camp. After each activity coaching staff would allocate points to the varying teams and under some circumstances there were also points deducted for non performance by the teams, as considered appropriate by the coaching staff. At the end of the camp prizes were given out for the first, second and third teams.

Fine Masters were also nominated, being Greg Moore from Victoria and Robert Lawson from South Australia. Fine Masters can fine any team member for anything, mostly for doing things wrong but if, in their opinion, they are not collecting enough money they will also fine you for doing anything good.

After this there was more drill work on the field for the afternoon, finishing up with the teams playing a game of softball/teeball, using their lacrosse sticks for fielding.

Then it was off to dinner with another team meeting afterwards, with the coaching staff reviewing the day's activities. Each meeting unfortunately got longer because some of the coaching staff had more to talk about and no one more so than our Assistant Coach, Ken Nichols, who would almost finish everything he wanted to say and then say and I quote "and one more thing..." which eventuated into another 15 minute discussion.

After the team meeting, John Denic, Terry Culley and Peter Knight went with Gary Mortimer to play in his indoor lacrosse team. Needless to say the performance of the visiting members could only be described as pathetic with the opposition, who looked like they had probably played three or four games in their whole lives, beating Gary Mortimer's team convincingly.

After this it was back down to the basketball courts where the coaches ran the players through varying rides, clears and substitution. Then it was back to the dorms for a video of the NCAA Finals between Syracuse and Loyola which ended up being played 50 times over the five days by the lacrosse-starved players.

## **Day 3 - Friday, October 17**

Started off at 6.30am with a mystery run through what the Police Academy refer to as the snake pit, which is a track alongside the Academy through beach sand with numerous steep hills. Players got into their teams and had to run through the snake pit as a group of five or six, with



*Australian Team Training Camp - Adelaide, October 1997*

every team member having to participate in at least two runs. The best time for this activity was John Brewer with 1.56 minutes which is considered very competitive with other major sports using the snake pit such as football, cricket, Police Academy achieving similar times.

After breakfast it was down to the track for more onfield drills set up by the coaches.

12 noon was lunch after which there was more of the same as in the morning on the field. Activities finished at about 3.30pm in preparation for a night game on astro-turf. After dinner the buses arrived to pick up the players to take them to the soccer ground for the night game under lights.

The coaches had selected two teams, green and gold, with the coaches being Roger Attenborough and Glen Revell. Quarter by quarter scores were Green - 5, 8, 12, 13; Gold - 1, 4, 7, 12.

It was a great night for lacrosse with quite a large number of family and friends coming down to watch the teams compete.

After the game it was back to the dormitories on the buses, for an early night.

### Day 4 - Saturday, October 18

Breakfast was at 8.00am with a meeting to review the game the night before by the coaching staff, however prior to this the boys were sent down to the beach to do some therapeutic work in the water for an hour.

After this players got into their teams for an indoor lacrosse competition at the basketball courts. As with most lacrosse, the games became fairly spirited and aggressive with a significant amount of warranted abuse from the players given to the referees Peter Knight and Terry Culley on some questionable decisions.

Lunch was a BBQ and then down to the ground for more drills and finishing in a game that afternoon.

Sue Gandy, Manager for Victoria, had arrived Friday night and did a fantastic job of mothering all of the boys on Saturday, certainly making the performance of other team managers (Gary Mortimer and Craig Wilson) on previous days look pretty pathetic. It must be those maternal instincts.

After the games there was dinner and another team meeting.



*Aussie Sharks coaches – John Denic and Ken Nichols*

### Day 5 - Sunday, October 19

The day started fairly early at 7.30am with another mystery run through the snake pit and a further game during that afternoon. Then there was a light run and back to the dorms to pack, with a final meeting at midday to reflect on the five days' activities.

All in all it was a very intense five days and all of the players should feel very proud of the way in which they approached the camp and their 100% commitment throughout the full five days.

### The Team

It is a common error to consider only the players when we refer to a "team". There are many different roles involved in a lacrosse team and all the people who accept responsibility for each position are equally members of the team. Here are the members of the 1998 Australian Lacrosse Team:

Executive Director	Allan Frederick
Head Coach	John Denic
Assistant Coach	Ken Nichols
General Manager	Gary Mortimer
Managers	Craig Wilson
	Sue Gandy
Physiotherapist	Lisa Hutchinson
Referees	Terry Culley
	Peter Knight
	Mike Slattery
	Denis Mulrone

Players: J Brewer, J Buchanan, P Cook, T Garnsworthy, D Gibson, K Gillespie, S Griffin, J Inge, P Inge, M Keen, G Larwood, R Lawson, M Mangan, G Moore, D Nicholas, G Purdie, N Roost,

M Schomburg, M Shiedow, B Skepper, T Sparks, D Spreadborough, R Stark, M Wann, C Warren, M Windsor. Alternates: T Cahill, M Cleveland, C Flaherty, S Garnsworthy, D Henry, B Howe, S Melisovas, A Stubbs.

### Supporters

Yes, supporters are also an important part of the team and you can only be a team supporter with the team supporter uniform and sitting in the Australian Team supporters block through purchasing your Supporters Package from Janet at Kirwan Travel. They have re-located to new premises at 200 Nicholson Road, Subiaco and their new phone number is (09) 9382 4747 and fax (08) 9388 1131.

Tickets in the supporters block can only be held for a limited time so don't put it off - you could miss out.

Supporters Packages are designed for maximum flexibility - you can fly when you like, with whichever airline you like and you have a wide range of accommodation from which to choose. You get to attend the exclusive function for Australian supporters with the Australian team and you will be "where the action is"

Kirwan Travel are providing a commission on travel and accommodation to the team so you are supporting the team while getting a great deal yourself for this adventure. Go for it now!

PS: Masters and Grand Masters don't forget to register your intent with Allan Frederick and Eric Grainger respectively - details in Australian Lacrosse Journal Issue 2. And book your Supporters Packages.

# Referee Checklist



*Referee Peter Turner in action*

*This article is reproduced with kind permission from "Referee", PO Box 161, Franksville, WI 53126 USA. It offers a practical checklist for referees at any level of any sport.*

Below are some points to keep in mind when officiating sports at any level. All officials should have a good working knowledge of the rules and mechanics. In addition to this you will find your games more enjoyable by remembering these points:

## **Be Competitive**

The players give maximum effort, so should you. Tell yourself: "I'm not going to let this game get away from me. I am better than that." You are hired to make the calls that control the game - MAKE THEM!

## **Have Your Head on Right**

Don't think your striped shirt grants you immunity from having to take a little criticism. It's part of officiating. Plan on it. Successful officials know how much to take. Ask one when you get the chance.

## **Don't Be a Tough Guy**

If a coach is on your back but not enough to warrant a penalty, then stay away from him (or her). This is

especially true during time-outs. Standing near an unhappy coach, just to "show him", will only lead to further tensions. Some officials develop irritating characteristics. Don't be one of them.

## **Get Into the Flow of the Game**

Each game is different. Good officials can feel this difference. Concentrate on the reactions of the players. Take note if the tempo of the game changes. A ragged game calls for a different style of officiating from a smooth one.

## **Don't Bark**

If you don't like to be shouted at, don't shout at someone else. Be firm with a normal relaxed voice. This technique will do wonders in helping you reduce the pressure. Shouting indicates a loss of control - not only of one's self, but also of the game.

## **Show Confidence**

Cockiness has absolutely no place in officiating. You want to exude confidence. Your presence should command respect from the participants. As in any walk of life, appearance, manner and voice determine how you are accepted. Try to present the proper image.

## **Forget the Fans**

As a group, fans usually exhibit three characteristics: Ignorance of the rules, highly emotional partisanship and delight in antagonising the officials. Accepting this fact will help you ignore the fans, unless they interrupt the game or stand in the way of you doing your job.

## **Answer Reasonable Questions**

Treat coaches and players in a courteous way. If they ask you a question reasonably, answer them in a polite way. If they get your ear by saying, "Hey ref, I want to ask you something," and then start telling you off, interrupt and remind them of the reason for the discussion. Be firm, but relaxed.

## **Choose Your Words Wisely**

Don't obviously threaten a coach or player; this will only put them on the defensive. More importantly, you will have placed yourself on the spot. If you feel a situation is serious enough to warrant a threat, then it is serious enough to penalise, without invoking a threat. Obviously some things you say will be a form of threat, but using the proper words can make it subtle.

## **Stay Cool**

Your purpose is to establish a calm environment for the game. Nervous or edgy officials are easily spotted by fans, coaches and players alike. Avidly chewing gum, pacing around, or displaying a wide range of emotions prior to or during a game will serve to make you seem vulnerable to the pressure.



*Be firm, but relaxed*

# Spirit of Lacrosse

Lacrosse is Canada's national summer sport. The Canadian Lacrosse Association (CLA) governs and develops lacrosse in that country. The CLA Annual Report for 1995 included this philosophical statement intended to underpin their lacrosse programs. It has a message for us all.

## The Fundamental Question

When all the complex questions had been reduced to their basics, we found that the fundamental question remains: "Why do we want children to play sports, and more specifically, to play lacrosse?"

What is the intrinsic value of sport that makes it a desirable commodity in our culture? Is there merit apart from the opportunity to succeed in professional sport, which is a longshot for most people who are involved in sport, or the Olympic platform, which is even further beyond the reach of most athletes or children and their parents? What motivation is there for every parent to encourage the participation of their child in sport?

## The Essence of Humanity

Among the aboriginal peoples of North America there is a philosophy on human nature which holds that humanity is defined by three facets, mind, body and spirit. Success in the life experience is achieved through the proper conditioning of physical, mental and spiritual aspects of the individual. The mind must be developed to be active and flexible. The body must be developed to be strong and agile. The spirit must be developed through a strong moral code that guides our actions throughout our lives. It is our responsibility to ensure that our children develop as humans by giving them the opportunity and the

*"humanity is defined by three facets, mind, body and spirit"*

encouragement to develop each of these facets in themselves. As humans ourselves, we must continue to visit and develop these aspects throughout our lives.

From this philosophy we can extract the intrinsic value of sport to our culture. Surely it is desirable that we strive to help our children grow to be healthy, alert and strong persons. We try to achieve this in many ways; health plans for our families; education for all our children; and our religions and our laws that strive to create moral codes by which we live and interact with each other. Sport has the distinctive character of being able to address all three of these facets - mind, body and spirit, through one activity.

## The Body

By the very nature of most sports, children who participate are physically active. They build physical fitness and develop their co-ordination, balance and judgement about their bodies. Through their involvement in these physical activities they develop body awareness and learn to push and extend their capabilities to new heights.

Physical development does not always have to be measured against an absolute standard but may be measured against personal standards. In this way success, achievement and development are attainable for all.

## The Mind

As the participants develop and progress through the learning stages of sport their abilities to understand, evaluate and make judgements on skills, techniques and strategies also develop. We help the athletes to develop their cognitive abilities from stages of

rote understanding (execution by the numbers) through comprehension, instinctive execution and into innovation. Sport helps to develop judgement and analytical skills in its participants.

## The Spirit

Sport is inherently well suited to teaching children values, morals and rules of behaviour. We must not make the mistake of believing that these items are inherent to sport. Sport is a tremendous tool by which we can transmit on many levels the guidance to develop a strong moral code. This teaching must occur on a conscious level and not be assumed to be a fundamental part of participation. We must clearly define the moral parameters that we wish to establish as an organisation, communicating and reinforcing these through word and action. Through sport we can transmit the values of fair and honest competition and respect for rules and authority. We can also help participants develop a guideline for social interaction that will carry into all other aspects of their lives.

## The Value of Sport

Throughout history the presence and prevalence of sport as part of civilisation is striking. The consistency of sport as an inherent part of culture lends credence to the belief that there are fundamental principles at play here. Quite apart from the overwhelming dominance of professional sport, sport as entertainment, highly specialised sport or international platform of elite performance, sport is a pervasive part of every life. It is a tool by which we can help to develop a society of healthy, active citizens and transmit to our children and youth fundamental principles, social skills and moral values.

*"success, achievement and development are attainable for all"*

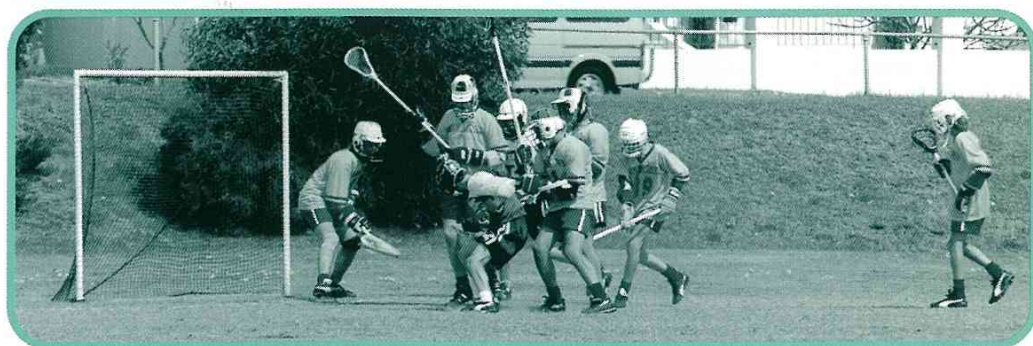
*"sport is a pervasive part of every life"*

# Lacrosse **TERMS** (A learned language)

Provided by Mark Probandt, US Marine, Hawaii

Just like learning and practising your skills and conditioning, a player also needs to learn the lingo and commands used during the game. These phrases are usually barked out by the coach or goalie (the one who oversees the defensive half of the field). Also, these terms are used in normal conversation between players.

<b>Ball down</b>	Loose ball on the ground
<b>Call out numbers</b>	Pairing up with an opponent in a man to man defence.
<b>I got number <i>so and so</i></b>	Informing your team-mates who you're defending.
<b>Break, break</b>	Fast break, defence set up in fast break formation.
<b>Help</b> (got your help)	Pass the ball to me, I'm open.
<b>Crease</b>	Area in front of goal.
<b>Creaseman</b>	Offensive mid attackman
<b>X</b>	Area directly behind goal.
<b>Point</b>	Centre midfielder's area
<b>Check sticks</b>	Command from goalie as ball is passed into crease area.
<b>Cover your man</b>	Defend your opponent closely.
<b>Wheels</b>	Ability to run fast.
<b>Keep it coming</b>	Don't pass to me I'm covered, run upfield.
<b>Pipe</b>	Goalie informing defence man that shooter has crossed plane from behind goal and now can <u>possibly</u> score.
<b>Vibes</b>	Music on loudspeaker played during warm-up
<b>He's got no wheels left</b>	Player is out of breath.
<b>Bounce that ball</b>	Instructions yelled to shooter to bounce the ball off the ground for his next shot (a bounce shot is harder).
<b>Nobody on you</b>	Teammate informing offensive player he has time to control a loose ball.
<b>The Zebras</b> (slang)	Referees.
<b>Indian Check</b>	Defender using a one-handed check going over opponent's helmet to reach his stick on far side.
<b>Wrap around check</b>	Another one-handed slash check reaching over the opponent's far side.
<b>Way to move the ball!</b>	Praise from coach on good offensive play.
<b>Change on the fly</b>	Substitute players while play is going on.
<b>Short or Short stick</b>	Substitute desired is midfielder with short stick (suited for when team's on offence.)
<b>Pole or Get a pole in there!</b>	Substitute desired is defenseman (suited for when team's on defence).
<b>Grass carpet</b>	The field.
<b>Middie back...</b>	Instructions to avoid offside penalty.
<b>Drive for the goal</b>	Shooter running closer before shooting.
<b>Fresh legs</b>	Substitute player full of energy.
<b>Redirect</b>	Instructions used when clearing the ball to start over and use other side of field.
<b>Garbage</b>	Loose ball in front of goal after goalie's <u>initial</u> save.



<b>Ride</b>	Defensive coverage of offensive team during their clear.
<b>Get open</b>	Instruction to teammate to break away from his defensive coverage.
<b>Feed</b>	A pass to teammate so he can shoot.
<b>Club</b> (warclub)	Old fashion heavy wooden defensive stick.
<b>Hat</b>	Helmet ("get your hat on")
<b>Gear</b>	Protective equipment.
<b>Pop</b>	Good clean check.

# COACHING ~ Skills Acquisition

*Lacrosse has a high level of skill required - and many skills to be acquired. This article provides information for coaches about the acquisition of skills.*

## Practice Conditions

### Summary of Research Evidence

1. A skill may be practised continuously (massed conditions) or with rest pauses or interpolated skill learnings (distributed practice). For most skills, distributed practice exerts a more

positive influence on performance than massed practice.

***“Practice alone is not sufficient for improvement”***

This is evident, for although immediate skill acquisition is favoured under distributed practice, tests of

retention demonstrate little difference in performance between initially massed and distributed practice groups.

2. Practice alone is not sufficient for improvement. Without knowledge of results, interest and attention, meaningfulness of the task to the learner, understanding of goals, intent to learn, readiness to learn, and some degree of relationship of practice conditions to real conditions, practice for all practical purposes is wasted.
3. Over learning, or practising past a criterion, results in better retention of that which has been learned.
4. Better learned skills are less prone to be disrupted by manipulated environmental conditions. Experiences in varying instructional or stressful conditions will contribute to high levels of skill.
5. Reinforcement increases the probability that the desired act will occur. Random reinforcement is a more effective continual form of motivation than constant reinforcement.
6. Very high motivation impedes progress in complex tasks. Highest performance is attained by individuals with intermediate motivation or drive, and as tasks increase in complexity, individuals with moderate motivation do better. Evidently, there is an optimal motivational level for each task.

7. Reasonably hard, specific, but attainable goals produce better performance than easy goals or a general goal to do one's best.
8. Behaviour is influenced by previous experiences. Greater resemblance between task elements, between their respective stimuli and responses, results in a greater amount of positive transfer. Transfer is influenced by such factors as amount of practice on the prior task, motivation to transfer skill, method of training, and intent of transfer.

### Technique of Coaching

1. We tend to coach the wrong way around, ie give most of our attention to the top performer and little to the beginner where coaching and technical help are needed.
2. Each individual coach will develop a coaching style. The coach should always keep in mind that the objective is a change in the performance of the athlete.
3. Generally, these points are important:
  - (i) Demonstration. In the cognitive or early stage the athlete must get a good mental image of the task. Coach can demonstrate, use a better performer in the group, an "expert" or pictures, film loops, video etc. Beginner should see a number of "whole" performances.
  - (ii) Explanations. A brief and simple explanation in conjunction with the demonstration. Don't talk too much, use the demonstration as much as possible to illustrate points.
  - (iii) Attempt. Athlete should attempt skill or a modified form of skill. Coach must decide whether to

***“the objective is a change in the performance of the athlete”***

break skill into simpler parts and gradually draw them

together. Depends on

complexity of task and

ballistic element.

At this stage coach rewards approximation and gives relevant feedback (video desirable), corrects major faults.

- (iv) Practice. Gradual refinement of skill. Reward schedule applied. Increase practice length. Record of

performance kept to show pattern.

### Other Learning Considerations

1. Mental practice useful once "motor image" formed. Rehearsal prior to attempt.
2. Massed versus distributed practice sessions. Research shows the following:
 

Beginner	→	Advanced
Distributed	→	Massed
3. Speed versus Accuracy. Should you concentrate on one or the other? There is a trade-off situation depending on the nature of the skill.
4. Pressure practice. Specificity of training suggests that practice should be under game conditions as much as possible.

### Group Management

1. In many cases coach is sole organiser, this represents mismanagement, players and officials can have training responsibilities, eg attendance record.
2. All training must be planned to some degree and be progressive and rational.
3. The coach must often lay out practice before the session commences.
4. Good markers (eg road cones, flats etc) are more efficient.
5. Safety protocol must be observed.
6. Attempt to get maximum participation without overload, eg maximum ball handling.
7. New skills should be introduced early, conditioning work later.
8. Players should be "in the picture" at all times.
9. Coach should address individuals as well as the group each session. Try to correct one fault per week per member.
10. By trying new techniques, the coach can introduce innovative changes.

***“practice should be under game conditions”***

# PACE SPACE

"Once upon a time, the game of baggataway had no boundaries...participants roamed over hills and rivers during this ritual warfare of skill and speed." One may refer back to the above quote when asked the question of what is the intrinsic nature of lacrosse that distinguishes itself from other competitive sports. After all, a game loved by millions of amateur athletes, must be able to gain its own recognition and media exposure which it desperately lacks in the modern sporting world. To put it simply, it needs an identity injection; a logo consisting of a cross of sticks just will not do anymore. Our competitors, ranging from footy to basketball, have had the marketing savvy to capture the wide audience's imagination and hence great followings.

One may observe and learn from the great success of basketball as it has been extremely well-marketed in Australia as well as abroad. Firstly, it identified its target audience to be predominantly youth. Then, it isolated and polished up its main appeal: the stylised imageries of dark-skinned gargantuans leaping and hanging in the air-- this has massive appeal as it is different from cricket or tennis. (many will support the theory that kids tend to follow things which their parents cannot relate to.) Thus followed by stylised merchandise. Has it not been a relatively recent phenomenon where Aussie kids wearing T-shirts 3 sizes too big as well as those baggy shorts which come down to their ankles? To the youth, sport is more than sport; it is style, the look, image and culture.

One nation which came to realise this early on is the US of A. No one needs to tell their market research people of big conglomerates such as Nike that the youth market is "big business" as it is a huge contributor in disposable income. This is probably why in America, sport is entertainment first and athleticism second. Australia, with the help of cable TV, is slowly but surely heading in such direction. Many "die-hard" purists will have ill-feelings for it as it incites TV coverage battles (ie. ARL vs. Super league) but the rise in its popularity is imminent. The availability of wider coverage of a variety of sports will be higher and lacrosse can seize this golden opportunity or miss the boat.

Once we take on the attitude that it really is a business in a tough and competitive industry, then we may start to look at our product and services. One can just observe the "big boys": NBA "I love This game"; NFL "Feel the Power"; ARL "It's My Game". The slogans all reflect the sports' intrinsic characteristics as well as the logos. Take grid-iron football for example, it is basically a game of collision amongst the strategies & the Glitz-- its main appeal is the bodies colliding and brute force. It sells it; it sells it well. ARL draws on the feeling of ownership to the dispirited fans as it yells "It's My Game" while Super League plays on the flashy entertainment element. These are what we should be aiming to compete against.

"A game of ultimate speed...where a ball can pass through 7 and be 100 yards away in just 7 seconds."

In terms of spectator appeal and athleticism, lacrosse as we all know, has an abundance of both. The task at hand, is how do we expose it to the right crowd? Designing attractive and strong logos is only secondary to the "big picture". It is time for us, as lacrosse lovers, to take a step back and take a long-hard-look at our sport and develop a cohesive marketing strategy. Thus take advantage of the change in television and sport with the advent of the internet. Bring our amateur sport out of media obscurity and shine.





sticks

are we to be looked past like a  
sign-post or not?

we need your innovation: [keval@rocketmail.com](mailto:keval@rocketmail.com)

article/design kevin lee

# The **1997** Australian **Under 15** Tournament

The Southern Districts Lacrosse Club, O'Sullivan's Beach, on the south coast of Adelaide was host for the 1997 Under 15 Tournament which saw eight teams competing for the Australian title.

Tournament Co-ordinator, Bruce Rosewarne, and his committee were kept busy with organisation of venues, referees, catering, grounds, billeting of 93 boys and the multitude of issues which must be managed when organising any lacrosse competition.

Teams were drawn into two pools of four teams with the teams in each pool playing against each of the teams in their pool on Sunday, Monday and Wednesday.

On Thursday the teams from each pool played against a team from the other pool (1 vs 2, 3 vs 4) to decide the finals games.

The finals were played on Saturday, October 4 and started with the Panthers defeating Northern Thunder by 9 goals to 6 to decide 7th and 8th position. Tournament winners for the previous five years, Eastside Kings, then defeated the Eastern Eagles 11-6 to clinch 5th position followed by the Western Redskins winning a tight game with Southern Braves 9-7 to claim the 'bronze medallion' 3rd spot.

The grand final saw the undefeated Western Metro team overcome a valiant Southern Crosse team with a decisive 10-5 result to win the Tournament. The quality of the presentation of the Western Metro team - including coaches and bench personnel - was of a high standard which gave other teams a message that they were being professional about this tournament. Other teams (at all levels) will no doubt learn from this for future tournaments.

*Under 15's action  
Panthers versus Eastside Kings*



## Tournament Results

### Day 1 – Sunday September 28

Southern Braves – 7 (MVP Jesse Stack)	defeated	Western Redskins – 4 (MVP Ryan Hayward)
Western Metro – 10 (MVP Josh Ardossi)	defeated	Southern Crosse – 6 (MVP Andre Meer)
Eastside Kings – 14 (MVP David Millar)	defeated	Panthers – 2 (MVP Kyle Best)
Eastern Eagles – 7 (MVP Justin Casagrande)	defeated	Northern Thunder – 3 (MVP Nick Aplin)

### Day 2 – Sunday September 29

Southern Braves – 8 (MVP Beau Duncan)	defeated	Eastside Kings – 7 (MVP Adam Henry)
Western Metro – 15 (MVP Ryan Garnsworthy)	defeated	Northern Thunder – 1 (MVP Harry Nutter)
Western Redskins – 15 (MVP Chris Averay)	defeated	Panthers – 3 (MVP Ian Boxall)
Southern Crosse – 10 (MVP Simon Chandler)	defeated	Eastern Eagles – 9 (MVP David Johnston)

### Day 3 – Wednesday October 1

Southern Braves – 14 (MVP Michael Van Leuwin)	defeated	Panthers – 2 (MVP Simon Kindred)
Western Metro – 11 (MVP Blake Taylor)	defeated	Eastern Eagles – 10 (MVP Matthew Bullus)
Western Redskins – 9 (MVP Trent Machner)	defeated	Eastside Kings – 7 (MVP Scott Menze)
Southern Crosse – 11 (MVP Matthew Kerr)	defeated	Northern Thunder – 7 (MVP Steven Webb)

## Competition Positions at end of games on day 3

### Pool A

1. Southern Braves (WA)
2. Western Redskins (SA)
3. Eastside Kings (Vic)
4. Panthers (Combined)

### Pool B

1. Western Metro (Vic)
2. Southern Crosse (Vic)
3. Eastern Eagles (SA)
4. Northern Thunder (WA)

*Continued on to Back Cover*

# SPOT LACROSSE!

*A different version of our game?  
No.*

Profile is increasingly important for lacrosse as it affects sponsorship, development and many other aspects of the game.

Despite the proliferation of softcrosse in schools and the spread of lacrosse nationally there are still many people who look blank when you mention "lacrosse". They have not seen it on television or seen stories and photographs on a regular basis in newspapers - so the game has a relatively low profile.

The importance of gaining media coverage for lacrosse is related to increasing that profile - of increasing the level of awareness of people so they can become emotionally involved in the game.

The game does gain some exposure through the use of lacrosse promotional clothing (usually USA college shirts) or a passing shot of a lacrosse stick in movies or television series or being included in (usually fiction) books which are not lacrosse books.

SPOT LACROSSE is a small segment which gives you the opportunity to nominate where you have been able to "SPOT LACROSSE" in a book, movie or television program. Simply send your name and identify the title of the book, movie or TV show and perhaps what specific lacrosse item you saw, eg Dances with Wolves - Native Americans playing the game. Write or fax us at the addresses in the front of the journal.

You can also include in SPOT LACROSSE the names of people who are well known (famous!) who do or did play lacrosse, eg sons of USA Vice President, Dan Quayle.



*Tournament Winners  
Western Metro*

## Tournament Results

# the **1997** Australian **Under 15** Champion Team

### Day 4 – Thursday October 2

Eastside Kings – 21 (MVP Adam Treloar)	defeated	Northern Thunder – 4 (MVP Mat Dermody)
Western Metro – 9 (MVP Michael Seviar)	defeated	Western Redskins – 6 (MVP Cameron Adams)
Eastern Eagles – 14 (MVP Steven Hogan)	defeated	Panthers – 3 (MVP Rhys Thompson)
Southern Crosse – 8 (MVP Jeff Joy)	defeated	Southern Braves – 7 (MVP Tim Kennedy)

### Day 5 – Saturday October 4 – Finals

Game 1 : 7th vs 8th Panthers – 9 (MVP Ben Todor)	defeated	Northern Thunder – 6 (MVP Eoghan McKenna)
Game 2 : 5th vs 6th Eastside Kings – 11 (MVP Daniel Woodward)	defeated	Eastern Eagles – 6 (MVP Justin Casagrande)
Game 3 : 3rd vs 4th Western Redskins – 9 (MVP Josh D'Addino)	defeated	Southern Braves – 7 (MVP Sean Clarke)
Game 4 : 1st vs 2nd Western Metro – 10 (MVP Lee Jones)	defeated	Southern Crosse – 5 (MVP Stephen Johnson)