



# **2009 Annual Report**

**Presented  
at the  
17th Annual General  
Meeting  
of  
Lacrosse SA  
Monday November 9th  
2009  
at  
Glenside  
Lacrosse Club**

**Clubs and Affiliated Bodies — 2009**



**Adelaide University Lacrosse Club**

**Brighton Lacrosse Club**



**Burnside Lacrosse Club**

**East Torrens Payneham Lacrosse Club**



**Glenelg Lacrosse Club**

**North Adelaide Lacrosse Club**



**Sturt Lacrosse Club**

**West Torrens Lacrosse Club**



**Wilderness Lacrosse Club**

**Woodville Lacrosse Club**



**Crows Past Players Lacrosse Club**



**SA Women's Lacrosse Umpire's Association**

**Australian Lacrosse Referees Association (SA)**



## 2009 Annual Report

### Lacrosse SA Office Bearers and Personnel - 2009

<b>Patrons</b>	<b>Board of Directors</b>	<b>Club Secretaries</b>
Cedric Isaachsen †	<b>President</b>	<b>Adelaide University</b>
Peter Hobbs	Greg Hamilton	Dylan Burford
<b>Deputy Patrons</b>	<b>Deputy President</b>	<b>Brighton</b>
Clive Carr †	Raylene Sutton	Carly Hack
Kathy Benger	<b>Director, Administration</b>	<b>Burnside</b>
<b>Life Members</b>	Andrew Harris	Josh Peak
Ray Cathie †	<b>Director, Finance</b>	<b>East Torrens Payneham</b>
Ken Forrest	Alan Carr	Rachel Hill
Malcolm Hamilton	<b>Director, Men's Competition</b>	<b>Glenelg</b>
Peter Drew	Jem McGee	Sue Robinson
Cedric Isaachsen †	<b>Director, Women's Competition</b>	<b>North Adelaide</b>
Graham Lines	Judy Evans	Michael Gaspari
Clive Carr †	<b>Director, Junior Competition</b>	<b>Sturt</b>
Jim Goodale	Nathan Aston (resigned)	Cassie Tuck
Fred Melbourne †	<b>Director, Promotions</b>	<b>West Torrens</b>
Ivor Wiles †	Lyndal Dinning (resigned)	Raelene Scanlon
Phillip Gottschalk †	<b>Director, Development</b>	<b>Wilderness</b>
Theodore (Alby) Fewster †	David Swaine	Annette Brown
Don Hobbs †	<b>Director, Officiating</b>	<b>Woodville</b>
Albert Taylor †	Robin Stevens	Luke Oswald
Don Gomer	<b>Director, Coaching</b>	<b>A.L.R.A. (SA)</b>
Barbara Mattson †	Jurgen Klus	Michael Bendall
Helen Keane	<b>Executive Officer</b>	<b>S.A.W.L.U.A</b>
Kathy Benger	Helen Lewis	Martin Kiploks
Paul Crimes	<b>Development Officer</b>	<b>Crows Lacrosse Club</b>
Camille Hobbs †	Position Vacant	Ken Forrest
Kathleen Hewitson †	<b>Administration Officer</b>	
Leonard Hewitson †	Tiffany Smith	
Joy Gomer †	<b>Registrar - Men's Competition</b>	
Jean Bain	Bob Hewitson	
M Brown	<b>Registrar - Women's Competition</b>	
P Kotz	Margaret Pallant	
Robert Hewitson	<b>Commissioners</b>	
Bruce Rosewarne	Kylie Taylor (resigned)	
Peter Noble	Ross Pollard	
Peter Hobbs	Henry Rusak	
Alan Carr	<b>Honorary Solicitor</b>	
Margaret Pallant	Graham Hobbs	
Dierdre Owen	<b>Auditor</b>	
Graham Hobbs	John Swann	
	<b>Historian</b>	
	Jim Goodale	

## 2009 Annual Report

### Executive Officer's Report

2009 has been another busy year, dominated by the Senior Men's and Under 19 Men's National Championships and the Under 17 Boy's National Tournament held in Adelaide in July. However, along with our core competition – Senior and Junior Men's and Women's field lacrosse, which will be reported on by the Directors, there have been plenty of other activities: (There is a comprehensive list of the players and other personnel who participated, coached, officiated or managed in various representative teams—from International to Zone Tournament teams further on in this report. Many are also mentioned in the various Directors' reports, so I won't repeat them here.)

**iLax** - Juniors and seniors at Westminster, managed by Trish Adams, juniors at Windsor Gardens managed by Bob Hewitson.

**Indoor** - A new venue this year – The Parks Community Centre. Managed by Chris deMello and won by Sturt.

**Men's pre-season Super League** - Coordinator Anthony Munro took this competition to a new level this year, with four sponsored teams – Laxscene Lizards (the eventual winners), Team Velocity, Team Hansen Yunken and Team FTM competing in four round competition.

**Australian Club Championship** – the second year of this competition, generously supported by Graham Hobbs and the Eureka Group saw it expand to include Western Australia, and run over two days of the June long weekend. Congratulations to Williamstown Men and Brighton Woman – 2009 Australian Club Champions.

**ALA Senior Men's Championship, Under 19 Men's Championship and Under U17 Boys National Tournament** - Played at Finsbury Reserve (West Torrens Lacrosse/Woodville Hockey Club). The first time these events had been combined and big undertaking, made more difficult by the swine flu. A capable committee, led by Lynton Arscott and joined during the event by a team of club volunteers worked hard to manage the huge variety of tasks required to make this event the success it was.

A changing of the guard at Board level has seen some new ideas and a more strategic approach to decision making introduced. Led by President Greg Hamilton and Director of Administration Andrew Harris, some of these processes will take a while to bed down, but the Board has a very clear vision for the future of lacrosse in the State – revolving around growth and identity - and is vigorously pursuing that vision. The beginnings of a new strategic plan were rolled out earlier in the year, and is currently being finalised.

However, a small group of volunteers, no matter how committed, can only do so much, and the support and encouragement of the committees and lacrosse community at large is vital. While the decision making process needs to be open and transparent, sometimes "how can we support that decision" is a better response than "why are they doing that?"

Early in the season Bob Carter accepted a position on the ALA Board and stood down from the LSA Board. Jem McGee filled this casual vacancy and is continuing for another term. We have been without a Promotions/Marketing Director for two years now, and the resignation of Junior Competition Director Nathan Aston was a huge loss. Director of Officiating Robin Stevens and Director of Coaching Jurgen Klus have completed their terms and are not re-standing, and as this report is prepared we have no nominations for any of these positions – Junior, Promotions, Officiating and Coaching.

There are many within the lacrosse community who take on short term coordination roles and their work is extremely valuable and valued, but if the Board's vision for lacrosse is to be achieved, a full complement of Board members with appropriate skills is vital.

Thank-you to all our sponsors, in particular to Graham Hobbs and the Eureka Group and Velocity Lacrosse (Trish Adams and Mark Mangan). In this current economic climate and without a Promotions Director, sponsors are very hard to find and service, but they are vital to our operation and growth. All of our sponsors are featured on the cover of this report and you can access their websites from our web site. Please give them your support.

As always I am indebted to the many people who continue to support and assist me in my role; President Greg Hamilton, and all of the Board Members, Immediate Past President Bob Hewitson, Club Secretaries, Women's Registrar Margaret Pallant, and our Administration Officer and my right hand, Tiffany Smith.

Enjoy the coming Festive Season, and remember, next season is just around the corner!

**Helen Lewis, Executive Officer**

## 2009 Annual Report

### President's Report

Welcome to the 2009 Lacrosse SA Annual General Meeting.

Over the 2009 year many have approached me and asked, "How are you enjoying the President's chair - Are you glad you took on the President's position?" The answer is yes I have enjoyed this year, yes I have been challenged, yes it has been fantastic, yes it can be tiring, and yes the Board has barely scratched the surface of what it hopes to achieve.

I have committed myself to this position because Lacrosse SA needs change. No, this is not easy and it does demand much of my spare time, however the outcomes are satisfying. "Any change, even a change for the better, is always accompanied by drawbacks and discomforts." The year came on in a rush, ending just as quickly and did we (the Board) achieve all that we set out to do. Unfortunately no we did not, and in the process we uncovered more work than we had hoped for, yet we remain encouraged and optimistic.

So what is the state of Lax in SA? The tables included in this document present a small increase in numbers, but costs are higher and administration demands are today greater than they have ever been and so the work done by our volunteer base is recognised and applauded, but is this enough?

Enough, if we are prepared to remain where we are.

Promoting our game is not an easy task and without sufficient funding to engage traditional marketing and advertising techniques the task remains with our volunteer base. We need to spread our wings to present our game to a wider audience. High School League, Super League Competition, iLax and Indoor Lacrosse all add to the presentation and the support of the Winter Field season.

I asked each of you in 2008, "Who is responsible for change?"

As change is needed - Needed to grow our sport and many want to know why we must grow? Growth is required to maintain our club system that is so unique in the world of lacrosse.

To provide the base for our future.

Again, who is responsible for change?

Why are we here, involved in Lacrosse?

What do we want from our sporting involvement?

For me it is the friendship, the community, the idea that through my association with you all, that this spectacular game of lacrosse can continue.

Our game has been played in South Australia since 1885. Whilst the equipment and style may have changed many times, the outcomes remain. Involvement, Friendship and a sense of community achievement.

2009 has provided the Board with a base onto which it will build, we will continue to serve the game and provide new incentives for you all to work with. Incentives which we believe will assist to grow our game and enhance our community system.

I sincerely thank my fellow Board members, the Clubs, their Presidents and Chairs, the committees, the players, young and old and the many volunteers who all strive to win the prize .... friendship, camaraderie, and community .... Our lacrosse community.

Live it, Love it, Watch it, Play it - Lacrosse

**Greg Hamilton, President**



## 2009 Annual Report

### Deputy President's Report

Oh what a year! My introduction to the LSA Board has been quite eventful to say the least. When you are on one other side of the door you would never know what goes on on the other side.

Aside from that, it was my job this year to oversee the running of the Indoor (box) and i-lax competitions. Congratulations to Chris DeMello on the Indoor (box) season which ran from November, 2008 to February, 2009 at the Parks Recreation Centre. More teams participated this season therefore we saw an increase in playing numbers. The Australia Day weekend tournament which Chris also coordinated saw 2 teams from S.A and 1 team from Vic compete at the Blackwood Community Centre.

Jayne Bartholomew is the new coordinator for the I-lax season, being played once again at Westminster. There are over 20 teams in the competition, 6 being junior teams the rest senior teams. The games are played on Tuesday and Thursday nights.

May I take this opportunity to wish all the clubs the best for the 2010 season.

Cheers

**Raylene Sutton, Deputy President**

### Administration Report

It is with pleasure that I present my 2009 Annual Director's Report to you all tonight.

Being my first full year in this role, I set myself a couple of priorities at the beginning of the year to fulfil throughout the year and unfortunately like a lot of "New Year" resolutions, my intentions commenced well but I would have to say that my report card for the year would have to read "not completed".

The first priority was to review the existing Strategic Plan and to write/ amend it, to reflect our goals and ambitions 2009 – 2012. Whilst as a Board, the process of review of the then existing Strategic Plan was completed and a very worthwhile initial framework was developed and introduced to the clubs, further development of this plan has not continued to date in regards to specific actions around all objectives in order to achieve this plan.

The second priority was to review the by-laws in order to ensure that they reflected the game and rules today, but more importantly that they were easily understood and readable to the lacrosse community at large. Throughout the year what I discovered was that this document bears little interest to the community unless there is a need to amend, challenge or manipulate it, then the interest intensifies. When this situation occurs a lot of time is spent interpreting them, often with a large degree of argy-bargy between the association and the interested party(s). As result of these situations, it became obvious that they are not clear, simple or concise and therefore the process to review and amend them has commenced. But once again this has not happened in my timeline.

So what happened?

I discovered throughout the year that the Board is constantly dragged towards the operational side of lacrosse - discussing and making decisions around the day to day functions, and whilst an essential part of lacrosse, it left little time and energy to look at these two more strategic elements of the sport moving forward. But I will persist in my pursuit of these priorities, as I believe they are essential in order for the sport to grow and succeed.

On a positive note, we did managed to review certain organisational processes throughout the year which hopefully has seen clubs and the "office " working more effectively together and that the "Executive" has met more formally this year in order to make decisions in between Board meetings, therefore streamlining the decision making process at all levels.

I would like to thank all members of the Board, as like me we are all volunteers and do this job for the love of the sport, to Helen, who is the face of the sport to both the internal and external customer, and all the things that this brings, and finally to Greg, whose vision for lacrosse I support, and for the amount of time and effort he devotes to the sport. Finally, I thank those present tonight for their dedication and support of lacrosse in SA.

**Andrew Harris, Director of Administration**



## 2009 Annual Report

### LACROSSE S.A. INC. Income & Expenditure Statement For the Year ended 30 September 2009

	Sep 2009		Same Period Last Year	
	\$	\$	\$	\$
<b>INCOME</b>				
Fines		2,132.00		655.00
Gate Takings		7,739.10		6,420.25
Recreation & Sport Grants		52,500.00		38,000.00
Interest Received		2,569.28		2,571.04
Affiliation Fees		690.00		690.00
Team Nominations & Levies		96,316.00		90,614.00
Indoor Lacrosse Income		1,929.00		2,030.50
Sponsorship & Advertising		13,092.71		6,300.00
Transfer Application Fees		760.00		490.00
Box Lacrosse		920.00		-
Superleague Men		786.47		-
Profit from Merchandise Sales		233.10		221.10
State Team Player Levies		3,722.00		3,270.00
Championships Income		2,904.00		-
		<u>183,389.66</u>		<u>151,261.89</u>
<b>EXPENDITURE</b>				
A.L.A. Expenses		25,481.71		20,720.20
Awards Night		274.80		237.10
Bank Charges (incl Merchant Fees)		275.13		318.80
Recreation & Sport Grant Expenses (including Development)		42,117.49		20,689.77
Depreciation		3,388.00		2,359.00
Ground Hire & Venues		2,800.00		3,345.20
High School Competition		5,480.00		-
Insurance		4,822.45		4,864.67
State Team Expenses		(573.14)		(968.29)
Magazine & Website Expenses		2,320.00		3,384.00
Office Rent		6,103.61		5,259.76
Officials' Salaries & Superannuation		37,445.47		36,417.55
Pennants, Trophies & Awards		4,514.12		5,519.98
Printing, Stationery, Postage & Phone		9,348.23		8,944.33
Publicity & Advertising		193.60		2,742.99
Referee/Umpire Expenses		40,820.00		36,873.68
Overseas Visiting Team Expenses		(4,554.92)		(3,038.30)
Sundry Expenses		921.42		2,382.29
		<u>181,177.97</u>		<u>150,052.73</u>
<b>SURPLUS FOR YEAR</b>		<u><u>2,211.69</u></u>		<u><u>1,209.16</u></u>

*These financial statements have not been subject to audit or review.*

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### LACROSSE S.A. INC. Balance Sheet As at 30th September 2009

	2009	2008
	\$	\$
<b>RESERVES</b>		
Retained Surplus Brought Forward	114,268.08	113,058.92
Surplus for Current Year	2,211.69	1,209.16
<b>TOTAL MEMBERS' FUNDS</b>	<u>116,479.77</u>	<u>114,268.08</u>
Represented By:		
<b>CURRENT ASSETS</b>		
Cash at Bank SA	109,880.75	64,564.87
Bank SA Term Deposit - Regency Tavern Sponsorship (6 mths)	-	5,000.00
Bank SA Building Fund Term Deposit (6 Months)	37,715.36	36,000.00
Adelaide Bank Flexiterm (5 Months)	13,625.30	13,127.21
Stock - Goods for Resale	7,601.00	5,925.00
Sundry Debtors - Other	11,560.13	49,901.50
Adelaide University L.C.	242.00	120.00
Brighton L.C.	1,021.00	1,292.00
Burnside L.C.	753.00	828.00
East Torrens-Payneham L.C.	1,251.00	4,701.00
Glenelg L.C.	6,549.00	432.00
North Adelaide L.C.	-	288.00
Sturt L.C.	3,749.00	669.00
West Torrens L.C.	606.00	1,225.00
Woodville L.C.	-	788.00
Wilderness L.C.	237.00	180.00
	<u>194,790.54</u>	<u>185,041.58</u>
<b>NON CURRENT ASSETS</b>		
General Equipment (at Depreciated Value)	<u>12,200.25</u>	<u>6,419.78</u>
	<u>12,200.25</u>	<u>6,419.78</u>
<b>TOTAL ASSETS</b>	<u>206,990.79</u>	<u>191,461.36</u>
<b>CURRENT LIABILITIES</b>		
Sundry Creditors	62,011.02	34,193.28
Receipts in Advance	28,500.00	38,000.00
Loan - Regency Tavern	-	5,000.00
	<u>90,511.02</u>	<u>77,193.28</u>
<b>TOTAL LIABILITIES</b>	<u>90,511.02</u>	<u>77,193.28</u>
<b>NET ASSETS</b>	<u>116,479.77</u>	<u>114,268.08</u>

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**Alan Carr, Director of Finance**



## 2009 Annual Report

### Women's Competition

Firstly, I would like to say thankyou to those involved in women's lacrosse for the faith that they have put in me to direct the Women's Competition Committee for the year 2009 and into 2010. It was with great fear and trepidation that I took on this role and over the last 12 months it has proven to be worthy of that fear as well as leaving me at times with a great sense of satisfaction in some of the decisions and achievements that have been made. I would also like to thank the Glenelg, Women's Competition Representatives and the Lacrosse SA Board for their ongoing support and assistance in some of the decision making that has occurred. Lastly I would like to thank my children for having the faith in me to maintain the household and continue to feed and run them to various trainings as well as allow me the endless hours that seem to be necessary to keep the WCC functioning, and finally I would like to thank my husband Scott for his unhindered support, love and devotion and for being the sounding board when I need to have someone outside the game to run things past.

When I took on this role I had very little idea of the role and its expectations. Having recently resigned from my teaching position I thought that it would give me something to fill in some of the time that I would now be idle. How wrong was I, there is now little time to do anything else, continually checking emails for new requests and answering old requests became an everyday occurrence, often taking up the whole day just to keep ahead of things. It was a steep learning curve for me as I had not been on the Board for Lacrosse SA before, although I had for many years been on a club committee. In taking on this role I thought that I would be given a whole lot of information from the previous Director to help me adjust into the new role and so that I would be informed about what had been done previously, unfortunately all that I got was a list of WCC reps and secretaries from each club. I extend my apologies to anyone who is still getting the minutes from me if you are no longer the rep or the secretary of your club. I really have taken on this role very blind!!

The past year has been a difficult year in accommodating all grades of Women's lacrosse and this has mainly been due to fitting in the rounds, especially for the league around the World Cup. This meant that there were some decisions that were made which may have appeared at very short notice to clubs involved but were made with the best intentions for all clubs. Another difficulty that the WCC were faced with was the loss of one of the grounds at SACA due to a revegetation program. This meant that some games were scheduled on ground 5 which was shorter and narrower than the standard field. To offset this we tried to accommodate as many Gala days that we could which then left complications in getting umpires to cover all games at SACA and at the home grounds for those days. My apologies to all clubs if this affected you but in my defence I was trying to do the best that I could with the resources that were available.

The League continued to play out at West Torrens (Finsbury) and while the games were generally of a high standard the spectator numbers were down (I could often count the number on both hands and rarely had to use my toes), and the facilities were even less inviting that in 2008. Toasted sandwiches were your choice for tea if you happened to be out there all night. Fortunately the weather was a bit kinder this year as there was not many nights where it was bitterly cold and raining, so the lack of an under cover grand stand was not as apparent. Although please, don't let that stop the proceeding of one eventually being constructed as I am sure the scorers and umpires would like protection from the elements when it does turn nasty.

Some achievements that should be noted for the season 2009 are

- Senior Women who while being ahead for most of the game against Victoria lost by one goal in the final minute of the game to take out second place.
- Australian club Championships which was won quite convincingly by Brighton.
- Our Senior Women's World Cup Team who had a strong SA contingent losing by a goal to USA in the final after staging an awesome comeback.
- Team Koala with it's four SA representatives who came 4th in the Prague Cup.
- Premiership teams League: Brighton; Reserves: Glenelg 2 and B grade: Burnside. It was good to see that not one club dominated the women's competition.

Things that could be improved:

- It would be nice to have a 6th team in the league competition
- For senior women to only play in one game per week/round
- For the competition to be based around SA players and not the overseas players.
- For the grand finals of all grades to be played on the same day

## 2009 Annual Report

- Training and retention of umpires across all grades

As I look back there have been many times that I have wanted to quit the role, but there have also been times that I have felt a sense of satisfaction in the achievements of the WCC. As we move forward into 2010 I look forward to new challenges and decision making that will allow the game of lacrosse for the women to expand and that SA can continue to lead the way in Women's lacrosse in Australia.

**Judy Evans, Women's Competition Director**

### Men's Competition

Having taken on the role late in the season, it took a little while to get going but when the finals hit it was full steam ahead.

I would like to thank the representatives from all of the clubs that have been attending the Men's Match Committee meetings, they have helped make it an easy transition in to this role, and I would also like to thank all of the current members of the Board of Lacrosse SA and Helen Lewis for this also.

I would like to congratulate Brighton and Glenelg for their Grand Final wins this season, I would also like to congratulate all of the State and Australian team representatives, Night of Champions award winners and recipients of Club awards.

I would like to thank Woodville, Glenelg, East Torrens Payneham and West Torrens Lacrosse Clubs for the excellent jobs of hosting the finals series games.

**Jem McGee, Men's Competition Director**

### Junior Competition

.As has been mentioned, Junior Competition Director Nathan Aston resigned towards the end of the season, and his efficiency and commitment is missed.

The most significant aspect of this year's Junior Field Competition was the introduction of an Under 8 competition. This was done primarily to offer a more appropriate competition for this age level (previously children as young as 5 has been playing in the Under 11s), and to start our recruiting early! The Under 8s was a mixed gender comp., with no ladders and no individual scores kept. Congratulations and well done to Brighton (two teams), Burnside, Glenelg, ETP, North Adelaide and West Torrens who entered teams in this comp. It was quite a sight to see these youngsters learning the skills of the game with the enthusiastic support of their coaches, helpers and families.

The Junior Team Nomination Compliancy rule continued to cause debate, and early in the year it was decided to leave the required teams as for the previous years (U11 and U13 girls and boys), with the option of Under 8s or Under 11s. Only one club was non compliant this season, as opposed to three, when it was first introduced. While Clubs do still struggle with the concept, there is no doubt it has had an impact on junior recruitment. Never-the-less it is under review at present, tho difficult to bring together without a Junior Comp. Director.

The number of players, especially girls, playing multiple games in one round continues to cause concern. While they may be eager to play as much as they can now, we want them, and their families involved and participating in lacrosse in the long term, and burn out can become a factor. It also inflates the state of clubs and their teams – having three teams made up largely of the same group of girls is not the same as having three teams.

Questions continue to be asked about the best day and time to play, the best location and best age groups for our junior competitions. There is no easy answer but we do need to question these things and be open to suggestions.

Thank you to the Junior Competition Committee, to the Junior Coaches and Managers, the Clubs in general for all their hard work and to the parents and other family members who have supported their youngster's participation in our game.

Thank you also to all those who coached, managed and generally assisted with our junior State and Zone teams. It is a big job, and your work is highly valued by the Association.

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### Development

Lacrosse SA trialed a different model to cover the Development Role through 2009 with a view to gauging if the school clinic model was still relevant and productive.

LSA contracted Noel Speck to work with Clubs and Primary Schools in the North and North Eastern metropolitan region. The brief was to implement clustered primary schools 4 – 6 week competitions within the defined SAPSASSA zones, in conjunction with clubs, and to develop a lacrosse infrastructure in those schools and zones. A model would be developed from the processes which could then be rolled out to other areas.

A lot of work was put into this with many schools contacted, clinics delivered and positive support from the clubs. The trial however did not produce the outcomes we were looking for. It was determined this model was not sustainable from the schools perspective with the key barrier being schools lack of resources/ interest in supporting such a model.

LSA have taken the decision to revert to the Development Officer role as we have previously used and are currently investigating a range of Position Descriptions that we believe would deliver the outcomes LSA is looking for.

### Active After School Communities

Lacrosse SA investigated the Active After School Communities run through the Office of Recreation and Sport. Regional coordinators are allocated zones of responsibility to work in partnerships with schools and local community based sports clubs. LSA established working priorities with the AASC networks which have developed into close relationships with a number of clubs delivering term by term 7 week programs across metropolitan Adelaide. LSA also supported an AASC Gala Day at the Marion Leisure Centre.

LSA received a small grant from the Office of Recreation and Sport for equipment to support our involvement with the AASC.

### High School Competition

This was run at Adelaide University ground through term 1 2009. This was a highly successful and competitive competition developed and supported by Luke Oswald, Bob Hewitson and Andrew Harris among many others. This competition targeted colleges and independent schools with all clubs actively involved supporting the competition through coaching and equipment support. Clubs support for this competition, particularly in providing coaches and other personnel very strong and is greatly appreciated by LSA and I'm sure the players and schools involved. Thanks must also go to the officials for supporting this new competition. Supportive, informative and positive coaching and officiating to so many new people to lacrosse was one key to the success of this venture. The competition is underway again through term 4 with all schools returning to play.

This was a great initiative and thanks to Luke, Bob, Andrew and the team for coordinating this competition.

### Lightning Carnivals

A South West Carnival was held in April and North East Carnival in June for primary schools local to clubs within the broad region. These were conducted by Trish Adams and Noel Speck, again as 2 individual projects. Both Carnivals had very strong team/participant numbers with good support from the clubs. These are important opportunities for lacrosse and clubs to identify and develop new players.

The i-Lax competition continues at Westminster School outside the winter field competition. This event is well supported with good player numbers. A similar competition but aimed at new comers operates from Windsor Gardens.

### David Swaine, Director of Development

### Coaching Report

#### U/17 Development Squad.

Disappointingly again this year there was no interest at all in running a development squad for the U17 boys in any form. This is the second year that an Office of Recreation & Sport funded three year program was not delivered. It sends a clear message to everyone that the lacrosse community believes that no performance development opportunities are required for our U17 boys.

The girls' development squad this year suffered from not having the full support of the lacrosse community. This was exceedingly disappointing.

Hopefully in the 2009-10 period both of these issues will be addressed.

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### State and Zone Teams.

With changes in processes, coaches are now applying and being appointed earlier than before, allowing them as much lead time to prepare their team as they deem necessary. Not only are applications coming in earlier, but we now are in the strong position that we are experiencing multiple applicants for some teams. This is a very healthy state for our sport.

This year more than before, we experienced coaches assessing their squads with the use of fitness as well as skills assessments. The growth in the realisation and understanding of the importance of overall athlete assessment is a positive step. A series of test protocols have been developed to assist the coaches and ensure consistency, as well as exposing our players to testing concepts which will put them in a better position when trialling for National team selection. When I started on the board three years ago, I was questioned at U17 trials why the players were being assessed for their running speed – how times have changed!

### Processes.

Over my time, I have introduced numerous new processes, from a formal coach application structure, an athlete de-selection policy, athlete testing protocols, a revised coach/manager manual and the Coach of the Year award amongst others. A review of State/Zone team selection procedures has found it wanting, with changes coming into effect from 2010. Hopefully these changes will continue to be implemented, modified and added to, as a part of the continuing development of our coaching fraternity and professionalism in lacrosse.

### Forging the Future.

To improve coaching within lacrosse, there must be measures of accountability put into place. Clubs must start to ask coaches about their expectations for the season, and then review them afterwards. Just as coaches expect performance from their players, players should expect performance from their coaches. Only through performance pressure can we get the best from all.

The worst thing the sport can do is move back to a participation framework at the expense of a performance based framework. I firmly believe that people participate in sports that are performance based. As a State body, we should be doing everything to enhance the performance experience of our coaches and players, and not take the 'soft' options in that development.

I would hope that all clubs place an expectation (demand) onto their coaching staff to undertake the coach accreditation studies to as high a level as is on offer. I would also hope that coaches wishing to develop to a higher level undertake post-graduate studies in sport coaching or sport science, and not just rely on the "I played the game, so I can coach effectively" concept. Better coaches lead to better athletes. Coaches who are taking chances, taking risks and seizing opportunities will lead their athletes and lacrosse to new places – these are leading coaches, as opposed to "social" or "copy" coaches. They are leaders because they introduce, innovate and inspire. They forge the future of lacrosse by thinking, planning and acting differently. They look at what is happening now, only to improve on it. They create new paths rather than follow existing ones and demand the highest support from the whole community. I urge those coaches who are prepared to take the challenge, to:

1. Make a serious commitment to continuous education
2. Look outside lacrosse for answers
3. Be prepared to lose some friends and be prepared to deal with criticism
4. Dare to be different
5. Take risks

In closing I'd like to thank Helen and Tiff for their administrative work that so ably supported my role on your board. And lastly to my fellow board members, for continuing to support change and innovation in coaching.

This was my final year on the board. The role of a board member has two components. Firstly, to contribute to the continued development of Lacrosse in South Australia with no club loyalties and secondly to leave the portfolio in a better state than they found it in by actively contributing to its growth through improved processes and structures. I hope to have contributed in both areas, by looking into the future and seeing not lacrosse as it is, but how it should be.

I have enjoyed my time on the board, and hope that the many coaches I came into contact with also found my involvement a positive one.

**Jurgen Klus, Director, Coaching**

## 2009 Annual Report

### Officiating

This season saw the continuation of the green shirt program, which is still proving to be a success. Keep it up.

At the moment there is discussion on a revised (new) report document which I hope will be ready for season 2010. Still awaiting feedback from S.A.W.L.U.A.

This has been a year of ups and downs for S.A.W.L.U.A. They need to get their organisation going and their constitution up and running as requested.

A.L.R.A.S.A. continues to ensure the safety and enjoyment of the game.

To all clubs, thank you for fulfilling their obligations in 2009 in supplying their officials.

I would like to congratulate Martin Kiploks and Michael Goudie on their representation of Australia at Prague and Korea, and to all umpires and referees who represented their state in all grades.

Thanks to all parties for their participation, which helped me keep the board up to date on matters of relevance in 2009. As I am standing down from the board, I would like to thank everyone for their help over the past two years.

**Robin Stevens, Director, Officiating**

<b>International Representatives/Officials - 2009</b>			
<b>Women's Senior World Cup - Prague, Czech Republic</b>			
Jen Adams*	Brighton	Melissa Williams	Brighton
Cassandra Cursaro	Brighton	Karen Morton	Glenelg
Sonia LaMonica	Brighton	Courtney Inge	Wilderness
Tess McLeod	Brighton	Peter Inge	Assistant Coach
Hannah Nielsen*	Brighton	*Selected in the FIL World Cup Team 2009	
<b>2009 Team Koala - Prague, Czech Republic</b>			
Leah Duthy	Burnside	Tiffany Smith	Wilderness
Kahli Evans	Wilderness	Claire Wright	Wilderness
<b>2009 Aussie Roos Under 21 Development Team - Suwon, Korea</b>			
Jarrad Hinds	Glenelg	Matthew Falloon	Sturt
Dylan Nangle	Glenelg	Jesse Whinnen	Woodville

## 2009 Annual Report

### State Representatives - 2009

Senior Men Nov. 2008 - Perth		Senior Men July 2009 - Adelaide	
Anson Carter	Brighton	Anson Carter	Brighton
Thomas Freeman	Brighton	Tom Freeman	Brighton
Shane Gilbert	Brighton	Shane Gilbert	Brighton
Ross Hamilton	Brighton	Ross Hamilton	Brighton
Jason Mackinnon	Brighton	Jason Mackinnon	Brighton
Will Pickett	Brighton	Leigh Perham	Brighton
Toby Raymond	Brighton	Will Pickett	Brighton
Nick Muxlow	Burnside	Brendan Twiggs	Brighton
Paul Marshall	Burnside	Jack Woodford	Brighton
Matthew Brown	East Torrens Payneham	Ben Muxlow	Burnside
Nick Brown	East Torrens Payneham	Nick Muxlow	Burnside
Glenn Steele	East Torrens Payneham	Nick Brown	East Torrens Payneham
Tom Vickery	East Torrens Payneham	Scott Petersen	East Torrens Payneham
Nathan Bolton	Glenelg	Glenn Steele	East Torrens Payneham
Stephen Mortimer	Glenelg	Tom Vickery	East Torrens Payneham
Nigel Morton	Glenelg	Nathan Bolton	Glenelg
Blake Alford	North Adelaide	Stephen Mortimer	Glenelg
Clinton Barker	North Adelaide	Nigel Morton	Glenelg
Ryan Gaspari	North Adelaide	Clinton Barker	North Adelaide
Brad Sheldon	North Adelaide	Ryan Gaspari	North Adelaide
Brendan Twiggs	North Adelaide	Brad Sheldon	North Adelaide
Chris Twiggs	North Adelaide	Chris de Mello	Sturt
Chris De Mello	Sturt	Stefan Guerin	Woodville
Mark Mangan	<b>Coach</b>	Mark Mangan	<b>Coach</b>
Greg Hamilton	<b>Manager</b>	Greg Hamilton	<b>Manager</b>
Dave Mack	<b>Trainer</b>	Dave Mack	<b>Trainer</b>
Under 19 Men - Melbourne		Senior Women - Melbourne	
Lachlan Pridham	Brighton	Cassandra Cursaro	Brighton
Kristopher Nicola	Burnside	Kirsty Faulder	Brighton
Kieran Sandow	Burnside	Bec Hakendorf	Brighton
Cameron Semmler	Burnside	Tess McLeod	Brighton
Matthew Smith	East Torrens Payneham	Melissa Williams	Brighton
Jarrad Hinds	Glenelg	Leah Duthy	Burnside
Luke Keesing	Glenelg	Sarah Marshall	Burnside
Brock McIntosh	Glenelg	Kelly McMahan	Burnside
Ben Robinson	Glenelg	Sharni Wilson-Smith	Burnside
Harrison Swaine	North Adelaide	Leanne Craddock	Glenelg
Nathan Geue	Sturt	Kirrily Hurst	Glenelg
Chris Steffe	Sturt	Bonnie Wells	Glenelg
Damien Hogan	West Torrens	Mary Ackers	North Adelaide
Luke Little	West Torrens	Lisa Hall	Wilderness
Henry Pearce	West Torrens	Courtney Inge	Wilderness
Ryan Simpson	West Torrens	Monika Klus	Wilderness
Aaron Johns	Woodville	Trish Adams	<b>Coach</b>
Tom Philp	Woodville	Mary Pickett	<b>Manager</b>
Matthew Tansell	Woodville		
Scott Morris	<b>Coach</b>	<b>Under 21 Girls</b>	
Scott Marsland	<b>Asst Coach</b>	No Championships played	
Dwayne Simpson	<b>Manager</b>		

## 2009 Annual Report

### State Representatives - 2009

<b>Under 17 Girls (State Team) - Perth</b>		<b>Under 17 Boys Eastern Reds (Zone Team) - Adelaide</b>	
Isabelle Pickett	Brighton	Matthew Bartlett	Glenelg
Brianna Speight	Brighton	Daniel Evans	Glenelg
Mikayla Varga	Brighton	Richard Grant	Glenelg
Kirrilee Hay	Burnside	Joshua Harris	Glenelg
Rebecca Larecki	Burnside	Callum Mortimer	Glenelg
Sarah Lowe	Burnside	Daniel Nangle	Glenelg
Lucy Molyneux	Burnside	Kieran Searle	Glenelg
Megan Smith	Burnside	Cameron Witt	Glenelg
Jaimi Dinning	Glenelg	Jordan Cox	North Adelaide
Laura Evans	Glenelg	Brendon Hancock	North Adelaide
Alexandra Helms	Glenelg	Luke McCard	North Adelaide
Kate Opolski	Glenelg	James Harley	West Torrens
Briony Chamberlayne	Wilderness	Brayden Simpson	West Torrens
Belinda Fisher	Woodville	Peter Tait	West Torrens
Lauren Guerin	Woodville	Josh Harvey	Woodville
Bianca Parker	Woodville	Lyndon Southwell	Woodville
Stacey Appleton	<b>Coach</b>	Keith Little	<b>Coach</b>
Carolyn Larecki	<b>Manager</b>	Tina Thompson	<b>Manager</b>
<b>Under 17 Boys Western Reds (Zone Team) - Adelaide</b>		<b>Under 15 Red Lightning (Zone Team) - Melbourne</b>	
Matthew Fuss	Brighton	Jaimi Dinning	Glenelg
Peter Keane	Brighton	Nicole Lodge-Preece	Glenelg
Benjamin Lee	Brighton	Sonia Robertson	North Adelaide
Sam Mackinnon	Brighton	Courtney Harrison	Wilderness
Kurt Maurer	Brighton	Sophie Johnson	Wilderness
Brendan McDonnell	Brighton	Charlotte Proudman	Wilderness
Cameron O'Brien	Brighton	Rebecca Putna	Wilderness
Douglas Shinnick	Brighton	Samantha Voss	Wilderness
Dean Terry	Brighton	Eleanor Bishop	Woodville
James Goodridge	Burnside	Ruby Brock-Maddiford	Woodville
Justin Hemphill	Burnside	Gemma Cochrane	Woodville
Tristian Hood	Burnside	Morgan Inglis	Woodville
James McClure	Burnside	Emily Johns	Woodville
Taylor Falloon	Sturt	Eva Manning	Woodville
Aidan Ferris	Sturt	Hannah Mathwin	Woodville
Ryan McAuley	Sturt	Olivia Parker	Woodville
John Fuss	<b>Coach</b>	Peter Mathwin	<b>Co-Coach</b>
Karen Falloon	<b>Manager</b>	Charles Manning	<b>Co-Coach</b>
Bill Pettit	<b>Asst. Manager</b>	Gwyn Elson	<b>Co-Coach</b>
		Janice Manning	<b>Manager</b>

## 2009 Annual Report

### Zone Teams - 2009

<b>Under 15 Red Storm (Zone Team) - Melbourne</b>		<b>Under 15 Eastern Reds (Zone Team) - Melbourne</b>	
Charlotte Dawe	Brighton	Todd Bartlett	Glenelg
Grace Greenham	Brighton	Daniel Evans	Glenelg
Jacqui Manning	Brighton	Adam Munn	Glenelg
Georgina Pollard	Brighton	Dylan Searle	Glenelg
Rebecca Pridham	Brighton	Simon Whitehead	Glenelg
Mikayla Varga	Brighton	Jordan Cox	North Adelaide
Megan Hay	Burnside	Joshua Gray	North Adelaide
Hannah Larder	Burnside	Timothy Gray	North Adelaide
Rebecca Larecki	Burnside	Jac Harley	West Torrens
Skye McKenzie	Burnside	Ty King	West Torrens
Kayla Rocco	Burnside	Jacob Retallick	West Torrens
Samantha Marks-Mildren	East Torrens Payneham	Brayden Simpson	West Torrens
Shanice Aufderheide	Sturt	Michael Yallop	West Torrens
Imogen Brown	Sturt	Clayton Morgante-Fox	Woodville
Renee Forbes	Sturt	Rene Wallis	Woodville
Bianca McKay	Sturt	Tenzin Wallis	Woodville
Stacey Appleton	<b>Coach</b>	Mike Nisbet	<b>Coach</b>
Kirsty Raymond	<b>Manager</b>	Garry King	<b>Manager</b>
<b>Under 15 Western (Zone Team) - Melbourne</b>		<b>Under 15 Presidents Westcoast Lightning (Combined Alternate Zone Team) - Melbourne</b>	
Matthew Frayne	Brighton	Tyson Negerman	Woodville
Nathan O'Brien	Brighton		
Doug Shinnick	Brighton		
Alain Wollaston	Brighton	<b>Under 15 Boy's Tournament</b>	
Julian Audras	Burnside	PJ McConachy	Mark Polden (Assessor)
Matthew Caporaso	Burnside	Scott Retallick	
Liam Hood	Burnside		
Damon Wohling	Burnside	<b>Indoor Tournament Games - Adelaide/Melbourne</b>	
James Albanesi	East Torrens Payneham	Michael Bendall	Harrie Thyssen
Patrick French	Glenelg	David Eyre	John Toogood
Stephen Lambert	Glenelg	Doug McNicol	
Tom Renfrey	Glenelg		
Joshua Dunn	West Torrens	<b>Schools Competition</b>	
Damian Plagakis	Sturt	Michael Bendall	Robert Mollison
Daniel Cassidy	Woodville	Ian Dowsett	Don Paull
Joshua Wood	Woodville		
Greg Hamilton	<b>Coach</b>	<b>ASPAC South Korea</b>	
Ross Hamilton	<b>Asst. Coach</b>	Michael Goudie	
Chris Frayne	<b>Manager</b>		
		<b>Umpires for National Championships &amp; Tournaments</b>	
		<b>Aust. Senior Women's Championship</b>	
		Martin Kiploks	
<b>Referees for National Championships &amp; Tournaments</b>			
<b>Aust. Senior Men's/ U19 Boys Championships</b>			
David Campbell	Mark Polden		
Michael Goudie	Dennis Mulroney (Assessor)		
<b>Aust. U17 Boys Tournament</b>		<b>Under 15 Girl's Tournament</b>	
Michael Bendall	Harrie Thyssen	Kari Borges	Dalton Osborne
Jonathon Kiploks	John Toogood	James Brown	Tammy Varga
PJ McConachy	David Eyre (Referee in Chief)		
Scott Retallick	Robert Mollison (Assessor)		
Greg Tomlinson	Robin Stevens (Assessor)	<b>Senior Women's World Cup</b>	
		Martin Kiploks	



## 2009 Annual Report

<b>Women's Statistics 2009</b>			
<b>Senior Teams</b>	<b>2008</b>	<b>2009</b>	
League	5	5	Brighton, Burnside, Glenelg, Wilderness, Woodville
League Reserves	5	6	Brighton, ETP, Glenelg (2), Sturt, Woodville
'B' Grade	6	9	Adelaide Uni, Brighton (2), Burnside, Glenelg, North Adelaide, Sturt, East Torrens Payneham/Wilderness, West Torrens
<b>Total</b>	<b>16</b>	<b>20</b>	
<b>Junior Teams</b>	<b>2008</b>	<b>2009</b>	
Under 18	6	6	Brighton, Burnside, Glenelg, North Adelaide, Wilderness, Woodville
Under 15	7	7	Brighton, Burnside, Glenelg, North Adelaide, Sturt Wilderness, Woodville
Under 13	10	10	Brighton (2), Burnside, East Torrens Payneham, Glenelg, North Adelaide, Sturt, Wilderness (2), Woodville
Under 11	10	9	Brighton (2), Burnside, East Torrens Payneham, Glenelg, North Adelaide, Sturt, Wilderness, Woodville
<b>Total</b>	<b>33</b>	<b>32</b>	

<b>Player Registrations</b>				
	<b>Seniors 2008</b>	<b>Seniors 2009</b>	<b>Juniors 2008</b>	<b>Juniors 2009</b>
Adelaide University	22	13	0	0
Brighton	34	43	56	57
Burnside	12	16	27	31
East Torrens Payneham	13	19	15	14
Glenelg	45	53	36	47
North Adelaide	11	5	33	45
Sturt	14	20	28	24
Uni of SA	0	0	0	0
West Torrens	11	13	7	4
Wilderness	30	25	53	54
Woodville	18	19	42	45
<b>Total</b>	<b>210</b>	<b>226</b>	<b>297</b>	<b>321</b>

## 2009 Annual Report

<b>Men's Statistics 2009</b>			
<b>Senior Teams</b>	<b>2008</b>	<b>2009</b>	
League	8	8	Brighton, Burnside, East Torrens Payneham, Glenelg, North Adelaide, Sturt, West Torrens, Woodville
League Reserves	9	10	Adelaide Uni, Brighton, Burnside, East Torrens Payneham, Glenelg (2), North Adelaide, Sturt, West Torrens, Woodville
'B' Grade	4	4	Brighton, Burnside/Sturt/Uni, Glenelg, Woodville
<b>Total</b>	<b>21</b>	<b>22</b>	
<b>Junior Teams</b>			
<b>Junior Teams</b>	<b>2008</b>	<b>2009</b>	
Under 18	6	5	Brighton, Glenelg, North Adelaide, Sturt, Woodville/Burnside
Under 15	5	6	Brighton, Burnside, East Torrens Payneham/Sturt, Glenelg, West Torrens, Woodville,
Under 13	8	8	Brighton, Burnside, East Torrens Payneham, Glenelg, North Adelaide, Sturt, West Torrens, Woodville
Under 11	8	9	Brighton (3), Burnside, East Torrens Payneham, Glenelg, North Adelaide, Sturt, Woodville
Under 8 (Mixed)	-	7	Brighton (2), Burnside, East Torrens Payneham, Glenelg, North Adelaide, West Torrens,
<b>Total</b>	<b>27</b>	<b>35</b>	

<b>Player Registrations</b>				
	<b>Seniors 2008</b>	<b>Seniors 2009</b>	<b>Juniors 2008</b>	<b>Juniors 2009</b>
Adelaide University	19	21	0	0
Brighton	45	44	64	62
Burnside	32	37	29	27
East Torrens Payneham	34	40	17	28
Glenelg	40	55	43	47
North Adelaide	33	33	52	45
Sturt	37	40	34	25
West Torrens	33	37	26	23
Woodville	47	52	48	51
<b>Total</b>	<b>320</b>	<b>359</b>	<b>313</b>	<b>308</b>

## 2009 Annual Report

Women's/ Girl's Premiership Tables at end of Minor Round								
	Games	Wins	Losses	Draws	Byes	Forfeits		Points
						Win	Loss	
<b>Velocity League</b>								
Brighton Bombers	15	12	0	0	3	1	0	60
Glenelg Seahawks	15	7	5	0	3	0	0	40
Burnside Bears	15	5	6	1	3	0	0	34
Wilderness Lions	15	4	7	1	3	0	0	30
Woodville Warriors	15	0	10	2	3	0	1	16
<b>League Reserves</b>								
Glenelg Seahawks 2	13	12	1	0	0	1	0	48
Brighton Bombers	13	9	3	1	0	0	0	38
Sturt Devils	13	8	4	1	0	1	0	34
Glenelg Seahawks 1	13	6	7	0	0	0	0	24
East Torrens Payneham Redwings	13	3	10	0	0	0	0	12
Woodville Warriors	13	0	13	0	0	0	2	0
<b>B Grade</b>								
Adelaide Uni Penguins	13	11	1	0	1	0	3	48
Burnside Bears	13	11	1	0	1	1	1	48
Brighton Bombers	13	8	4	0	1	0	0	36
Torrens/Wilderness	13	5	7	0	1	0	1	24
Glenelg Seahawks	13	5	7	0	2	0	0	24
West Torrens Eagles*	13	6	6	0	1	1	0	23
North Adelaide Roosters	13	3	9	0	1	1	2	16
Brighton Bombers 2	9	3	5	0	1	0	1	16
Sturt Devils	13	0	12	0	1	0	1	4
<b>Under 18</b>								
Brighton Bombers	13	12	1	0	0	0	0	24
Burnside Bears	13	10	3	0	0	0	0	20
Glenelg Seahawks	13	8	4	1	0	0	0	17
Woodville Warriors	13	6	6	1	0	0	0	13
Wilderness Lions	13	1	11	1	0	0	0	3
North Adelaide Roosters	13	0	12	1	0	0	0	1
<b>Under 15</b>								
Woodville Warriors	13	10	1	0	2	0	0	24
Brighton Bombers	13	8	3	0	2	0	0	20
Burnside Bears	13	8	3	1	1	0	0	19
Wilderness Lions	13	4	6	1	2	0	0	13
Glenelg Seahawks	13	3	7	1	2	0	0	11
Sturt Devils	13	2	8	1	2	0	0	9
North Adelaide Roosters	13	1	8	2	2	0	0	8
<b>Under 13</b>								
Wilderness Lions Blue	13	11	2	0	0	0	0	22
Brighton Bombers	13	11	2	0	0	1	0	22
Woodville Warriors	13	10	2	1	0	0	0	21
North Adelaide Roosters	13	7	4	2	0	0	0	16
Sturt Devils	13	7	6	0	0	0	1	14
Glenelg Seahawks	13	6	7	0	0	0	0	12
Burnside Bears	13	5	7	1	0	0	0	11
Wilderness Lions White	13	4	9	0	0	0	0	8
East Torrens Payneham Redwings	13	1	12	0	0	0	0	2
Brighton Black	13	1	12	0	0	0	0	2

\* Penalty points applied

## 2009 Annual Report

Men's / Boy's Premiership Tables at end of Minor Round								
	Games	Wins	Losses	Draws	Byes	Forfeits		Points
						Win	Loss	
<b>Velocity League</b>								
Brighton Bombers	14	13	1	0	0	0	0	52
Glenelg Seahawks	14	11	3	0	0	0	0	44
Woodville Warriors	14	9	5	0	0	0	0	36
Burnside Bears	14	8	6	0	0	0	0	32
East Torrens Payneham Redwings	14	7	7	0	0	0	0	28
North Adelaide Roosters	14	3	11	0	0	0	0	12
Sturt Devils	14	3	11	0	0	0	0	12
West Torrens Eagles	14	2	12	0	0	0	0	8
<b>League Reserve</b>								
Glenelg Seahawks	15	15	0	0	0	0	0	60
Glenelg Blackhawks	15	12	3	0	0	0	0	48
Brighton Bombers	15	11	4	0	0	1	0	44
Sturt Devils	15	9	6	0	0	0	0	36
Woodville Warriors	15	8	7	0	0	0	0	32
Burnside Bears	15	6	8	1	0	0	0	26
West Torrens Eagles	15	6	8	1	0	0	1	22
North Adelaide Roosters	15	5	10	0	0	0	0	20
Adelaide Uni Penguins	15	2	13	0	0	0	0	8
East Torrens Payneham	15	0	15	0	0	0	0	0
<b>B Grade</b>								
Brighton Bombers	11	7	2	2	0	2	0	32
Woodville Warriors	11	6	2	3	0	0	0	30
Glenelg Seahawks	11	4	5	2	0	0	0	20
Burnside/Sturt/Uni United	11	1	9	1	0	0	2	6
<b>Under 18</b>								
Glenelg Seahawks	13	11	0	0	2	0	0	26
Sturt Devils	13	6	4	0	3	0	0	18
Brighton Bombers	13	6	5	0	2	0	0	16
Woodville/Burnside	13	3	7	0	3	0	0	12
North Adelaide Roosters	13	0	10	0	3	0	0	12
<b>Under 15</b>								
Glenelg Seahawks	13	10	1	1	1	0	1	23
West Torrens Eagles	13	9	2	1	1	0	0	21
Woodville Warriors	13	7	6	0	0	2	0	14
Brighton Bombers	13	5	7	0	1	1	0	12
Red Wing Devils	10	4	6	0	0	0	0	8
Burnside Bears	13	0	13	0	0	0	2	0
<b>Under 13</b>								
Brighton Bombers	13	12	1	0	0	0	0	24
Woodville Warriors	13	11	1	1	0	0	0	23
Burnside Bears	13	8	4	1	0	0	0	17
West Torrens Eagles	13	7	1	0	0	0	0	15
East Torrens Payneham Redwings	13	6	6	1	0	0	0	13
Sturt Devils	13	4	9	0	0	0	0	8
Glenelg Seahawks	13	1	12	0	0	0	0	2
North Adelaide Roosters	13	1	12	0	0	0	0	2

\* Penalty points applied

## 2009 Annual Report

### Under 11 Premiership Tables at end of Minor Round

	Games	Wins	Losses	Draws	Byes	Forfeits		Points
						Wins	Loss	
<b>Under 11 Girls</b>								
Brighton Wildcats	13	7	2	2	2	1	0	20
Sturt Devils	13	9	3	0	1	0	0	20
Woodville Warriors	13	7	4	0	2	1	0	18
Wilderness Lions	13	5	4	2	2	0	1	16
Brighton Seawolves	13	6	5	1	1	0	0	15
Glenelg Seahawks	13	5	5	2	1	0	0	14
North Adelaide Roosters	13	5	5	2	1	0	0	14
East Torrens Payneham Redwings	13	3	8	1	1	1	0	9
Burnside Bears	13	1	11	0	1	0	1	4
<b>Under 11 Boys</b>								
Brighton Tomcats	12	11	0	0	1	0	0	24
North Adelaide Roosters	13	9	3	0	1	0	0	20
Burnside Bears	12	8	3	0	1	0	0	18
East Torrens Payneham Redwings	13	6	6	0	1	0	0	14
Sturt Devils	13	5	6	0	2	0	0	14
Brighton Falcons	12	4	6	0	2	0	0	12
Brighton Bombers	13	4	7	1	1	0	0	11
Glenelg Seahawks	13	2	9	1	1	0	0	7
Woodville Warriors	13	0	9	2	2	0	0	6

### Major Round Results

Women's Competition		Men's Competition	
<b>Grand Final</b>		<b>Grand Final</b>	
League	Brighton 14 d Burnside 10	League	Brighton 21 d Woodville 10
Reserves	Glenelg (2) 10 d Brighton 4	Reserves	GLC Seahawks 11 d GLC Blackhawks 8
B Grade	Burnside 16 d Brighton 10	B Grade	Brighton 9 d Woodville 7
Under 18	Brighton 9 d Glenelg 7	Under 18	Glenelg 20 d Woodville/Burnside 2
Under 15	Woodville 8 d Brighton 5	Under 15	West Torrens 7 d Glenelg 6
Under 13	Woodville 12 d Brighton 7	Under 13	Woodville 17 d Burnside 16
<b>Preliminary Final</b>		<b>Preliminary Final</b>	
League	Burnside 12 d Glenelg 9	League	Woodville 11 d East Torrens Payneham 10
Reserves	Brighton 10 d Glenelg (1) 5	Reserves	Glenelg Seahawks 10 d Brighton 3
B Grade	Brighton 7 d Adelaide Uni 6	B' Grade	Woodville 10 d Glenelg 3
Under 18	Glenelg 11 d Burnside 8	Under 18	Woodville/Burnside 12 d Sturt 9
Under 15	Woodville 16 d Wilderness 2	Under 15	Glenelg 12 d Woodville 6
Under 13	Burnside 10 d Brighton 7	Under 13	Burnside 10 d Brighton 7
<b>Semi Finals</b>		<b>Semi Finals</b>	
League	Brighton 17 d Glenelg 11	League	Brighton 20 d Woodville 8
	Burnside 16 d Wilderness 6		East Torrens Payneham 11 d Glenelg 9
Reserves	Glenelg (2) 12 d Brighton 8	Reserves	GLC Blackhawks 11 d GLC Seahawks 10
	Glenelg (1) 13 d Sturt 9		Brighton 20 d Woodville 7
B Grade	Burnside 14 d Adelaide Uni 13	Under 18	Woodville/Burnside 10 d Brighton 9
	Brighton 11 d Torrens/Wilderness 4		Glenelg 19 d Sturt 4
Under 18	Brighton 15 d Burnside 5	Under 15	Woodville 8 d Brighton 7
	Glenelg 8 d Woodville 6		West Torrens 12 d Glenelg 6
Under 15	Brighton 11 d Woodville 8	Under 13	Burnside 23 d West Torrens 18
	Wilderness 17 d Burnside 3		Woodville 10 d Brighton 6
Under 13	Woodville 10 d Brighton 6	<b>Qualifying Final</b>	
	Burnside 23 d West Torrens 18	League	Woodville 14 d Glenelg 13
		Reserves	Glenelg Blackhawks 9 d Brighton 7
		<b>Elimination Final</b>	
		League	East Torrens Payenham 12 d Burnside 6
		Reserves	Woodville 15 d Sturt 14

## 2009 Annual Report

### 2009 Velocity Women's League Grand Final

**Lacrosse SOUTH AUSTRALIA** Report from BURNSIDE Club Date 22/8/09 Round GRAND FINAL Grade A League Mens / Womens

1st Named Team BRIGHTON 2nd Named Team BURNSIDE

LSA No.	No.	Initials	Surname (In Alphabetical Order)	Penal	Assist	Goals				Total	LSA No.	No.	Initials	Surname (In Alphabetical Order)	Penal	Assist	Goals				Total
						1	2	3	4								1	2	3	4	
6	T	ADAMS									20	M	Ackers								
12	C	CLASARO									8	L	Duffy								
14	K	Fauldner									24	S	Lowell								
3	C	Hack									12	S	Marshall								
23	R	Wakendraf									14	K	Marmaton								
10	M	Lee									4	S	Molyneux								
5	M	B McLeod									5	N	PATTICHS								
16	T	McLeod									1	K	SUTTON								
1	S	Okun									32	S	Wilson-Smith								
5	M	L Pickett									7	A	ZANDER								
17	B	Vaughn									13	J	MULLER								
11	T	Vaughn									6	A	ERSEO								
4	M	Williams																			
13	B	Wright																			
						<b>Totals</b> 25 4 3 14											<b>Totals</b> 32 1 4 10				

Time Out: 14      Time Out: 12

Won by Brighton      Umpires/Referees      Score 14 to 10

Signified Correct...      Signature [Signature]      Name Kate Klose      Club SANLUCA

1st Named Team      Signature [Signature]      Name Wendy Klose      Club SANLUCA

2nd Named Team aspenfall      Signature [Signature]      Name Daton      Club SANLUCA

Write Copy to REGISTRAR Blue Copy to CLUB Yellow Copy to UMPIRES/REFERES

### 2009 Velocity Men's League Grand Final

**Lacrosse SOUTH AUSTRALIA** Report from Brighton Club Date 19.9.09 Round GF Grade A Mens / Womens

1st Named Team Brighton 2nd Named Team Woodville

LSA No.	No.	Initials	Surname (In Alphabetical Order)	Penal	Assist	Goals				Total	LSA No.	No.	Initials	Surname (In Alphabetical Order)	Penal	Assist	Goals				Total
						1	2	3	4								1	2	3	4	
22	A	CARTER									33	M	AGOSTINELLI								
15	D	D'AGNES									20	J	EDWARDS								
16	B	EDWARDS									32	A	FELEPPA								
5	G	FINNERTY									24	A	GLASS								
9	T	FREEMAN									7	S	GUGRIN								
10	S	GILBERT									6	J	INGE								
6	R	HAMILTON									22	P	INGE								
21	JAR	MACKINNON									21	L	OSWALD								
18	JAR	MACKINNON									16	J	PANGRAZIO								
23	M	MANGAN									3	M	SANTI								
19	L	PERHAM									5	G	SCHICKER								
20	W	PICKETT									1	J	SMITH								
4	T	RAYMOND									2	J	WHINNEN								
2	B	TWIGGS									45	P	ZAMMIT								
17	J	WOODFORD									20	A	CARDWELL								
						<b>Totals</b> 7 3 6 5 21											<b>Totals</b> 13 1 1 5 10				

Time Out: 11      Time Out: 11

Won by Brighton      Umpires/Referees      Score 21 to 10

Signified Correct...      Signature [Signature]      Name M. Polden      Club [Club]

1st Named Team      Signature [Signature]      Name M. Polden      Club [Club]

2nd Named Team Richardson      Signature [Signature]      Name M. Polden      Club [Club]

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## 2009 Annual Report

2009 Awards					
Best and Fairest					
Women		Men			
<b>League</b>	Cassandra Cursaro	Brighton		Chris Dindler	Burnside
				Leigh Perham	Brighton
				Stuart Robb	Glenelg
<b>Reserves</b>	Sarah Falcione	Glenelg		Andrew Semmler	Glenelg
<b>B Grade</b>	Jackie Barreau	Glenelg		Jason Vorrasi	Woodville
<b>Under 18</b>	Cassandra Cursaro	Brighton		Luke Keesing	Glenelg
Most Valuable Player					
<b>League</b>	Melissa Williams	Brighton		Brad Sheldon	North Adelaide
<b>Reserves</b>	Kelly Bailey	Brighton		Brayden Simpson	West Torrens
<b>B Grade</b>	Judy Evans	Glenelg		Jason Vorrasi	Woodville
<b>Under 18</b>	Sarah Lowe	Burnside		Luke Keesing	Glenelg
	Megan Smith	Burnside			
Top Goal Throwers					
<b>League</b>	Cassandra Cursaro	Brighton	48	Mark Mangan	Brighton 55
<b>Reserves</b>	Sarah Falcione	Glenelg	45	Andrew Semmler	Glenelg 66
<b>B Grade</b>	Judy Evans	Glenelg	64	Jason Vorrasi	Woodville 33
<b>Under 18</b>	Sarah Lowe	Burnside	46	Ben Robinson	Glenelg 56
League Rising Stars					
	Joy Gomer Rising Star Briony Chamberlayne	Wilderness		Don Gorman Rising Star Callum Mortimer	Glenelg
President's Medals — Most Valuable Player in League Grand Finals					
	Melissa Williams	Brighton		Brendan Twiggs	Brighton
Women's All Stars			Men's All Stars		
	Trish Adams	Brighton		Tom Vickery (Goalie)	ETP
	Cassandra Cursaro	Brighton		Nick Brown (Defence)	ETP
	Kirsty Faulder	Brighton		Jason Mackinnon (Defence)	Brighton
	Tess McLeod	Brighton		Brad Sheldon (Defence)	North Adelaide
	Melissa Williams	Brighton		Anson Carter (Midfield)	Brighton
	Leah Duthy	Burnside		Stephen Mortimer (Midfield)	Glenelg
	Sharni Wilson-Smith	Burnside		Shane Gilbert (Centre)	Brighton
	Mary Ackers	Burnside		Mark Mangan (Attack)	Brighton
	Bonnie Wells	Glenelg		Leigh Perham (Attack)	Brighton
	Courtney Inge	Wilderness		Stuart Robb (Attack)	Glenelg
	<b>Coach</b> Mary Pickett	Brighton		<b>Coach</b> Peter Brown	Brighton
	<b>Golden Whistle - Referee of the Year</b>				Mark Polden
	<b>Camille Hobbs Memorial Trophy - Umpire of the Year</b>				Martin Kiploks
	<b>Hobbs Award - Most Improved Referee</b>				Michael Hogan
	<b>Most Improved Umpire - Juniors</b>				Briony Chamberlayne
	<b>Rookie Umpire of the Year</b>				Kelly McMahon
	<b>Debbie Swinton Memorial Shield</b>				Brighton
	<b>Wakefield Sports Clinic Trophy - Sports Trainer of the Year</b>				Dave Mack

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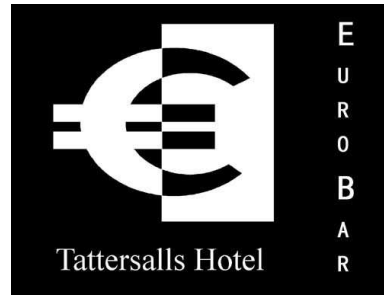
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- Improved blood pressure, cholesterol levels and fitness.
- Decreased chance of heart problems, diabetes and some cancers.

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