

THE **LACROSSE** **PLAYER**

The Birth of Lacrosse in Australia



Vol. - 1 March 1994

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Ray Duthy is TLP's First
Lacrosse Legend for the year



The Lacrosse Player would
like to thank the following
organisations for their support
of this magazine.



Editorial !



This year will see the magazine grow as we welcome South Australia, Queensland and New South Wales to the list of recipients. As a national magazine the interstate boundaries caused by the vast distances should become less of a hurdle as we share information about the game. The magazine is presented to give the reader interesting and informative articles.

To operate at a national level requires a more professional, business like approach. Our mission statement is to provide a national magazine with articles of interest for all States. The magazine will be split into half national topics and half state topics. The state topics will be allocated on a per subscription basis

1. "The Lacrosse Player" is produced by an independent honorary body (Editorial Staff) with no affiliation to any state body. 2. "The Lacrosse Player" Editorial Staff reserve the right to alter articles to fit the space of the magazine. 3. "The Lacrosse Player" Editorial Staff reserve the right not to publish articles. 4. "The Lacrosse Player" Editorial Staff will decide what articles are published and when. 5. "The Lacrosse Player" Editorial Staff are in no way responsible for the accuracy of articles presented. 6. "The Lacrosse Player" will be underwritten by Lacrosse Victoria. 7. Any surplus made by sale of "The Lacrosse Player" will be used by the Editorial Staff to improve the quality of the magazine. This is meant as a guide so that everyone understands how the magazine operates.

Letters will be most welcome but please remember to keep them short. Also club articles can be placed in the magazine. This is particularly useful when looking for coaches, managers etc. Please send all articles to The Editor, "The Lacrosse Player", 13 Willesden Road, Oakleigh, Victoria, 3166.

Opinions expressed in this magazine are made by the author and do not represent those of the Editorial Staff

We look forward to the challenges ahead and will continue to produce a magazine that is informative and interesting.

Keith Chamberlain

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LACROSSE IS TAKING A HIGHER PROFILE

It's taken a while but now finally the game of Lacrosse is about to start promoting itself more progressively.

Doug Fox, who is the Development Director for the Australian Lacrosse Council, has been working on a package of promotional material for almost 12 months, suitable for the State Associations and Clubs to promote the game.

The type of items will include Bumper Stickers, Promotional Leaflets with brief summaries of the various styles of Lacrosse available to both men and women, male and female colour posters and a number of other related items. All of the items have been professionally designed and have a very fashionable appearance. The ALC is currently arranging printing on behalf of the State

Associations, who will, in turn, distribute them throughout their local Clubs. Interested clubs should contact their respective Association quickly to ensure that they obtain supplies from the first print run if they have not already done so.

One of the features of these items is a new logo which will now become the symbol for all Lacrosse development throughout Australia for the next few years. The game is now to be promoted as the **HOTTEST SPORT ON TWO FEET !**

At a recent meeting of the ALC, it was passed that the State Associations could use the new logo on other promotional items if and when they saw fit. The ALC however, will still retain the copyright to the logo to avoid commercial exploitation of it without formal approval.

But just remember,..... we are already convinced that Lacrosse is the greatest game, so let's make sure that we take every opportunity to promote it wherever we go. That is a sure way of making it grow!

Letters

Dear Editor,

One in four people in Australia regularly volunteer in the areas of sport, recreation, community service, the arts, education, environment and heritage. It is estimated that there are 1.5 million volunteers in sport and recreation alone. Our volunteers are the backbone of sport and recreation in this country. They provide expertise, guidance and valuable time to coaching committees, fundraising, officiating, first aid, transport and team and event management. Volunteers provide the environment and the opportunity for so many others to participate in their chosen activity. The Volunteer Involvement Program (VIP) has been developed to increase the community's awareness of the valuable contribution volunteers make to sport and recreation. The Australian Sports Commission is working with the Confederation of Australian Sport, the Australian Society of Sport Administrators and the various State and Territory Departments of Sport and Recreation, to emphasise the truly national approach and commitment to the VIP.

There are five major components of the VIP: 1. Volunteer Management: the aim is to encourage sport and recreation organisations to appoint a person responsible for the co-ordination of volunteers 2. Planning: to develop an awareness within sport and recreation organisations of the real benefits of planning 3. Recognition: to provide a scheme that acknowledges the efforts of volunteers at all levels-club, state and national 4. Training: to provide courses and resources that will support, inform and help develop the skills of volunteers 5. Promotion: to raise the profile and promote the importance of volunteers to sport and recreation.

Dear Editor,

I am delighted to be receiving the magazine which I enjoy reading and compliment you and your staff on the excellence of this publication. I attended the Presentation of Trophies Annual Dinner recently and it was a very good effort. Lacrosse in NSW is reviving for both men and women and next season I hope to attend some of the games.

Roger Booth

(a survivor of pre-war Lacrosse in NSW
1929 - 1939 and 1946 - 1948.)

It's great to hear from someone in NSW so early, especially one who graced the ranks of lacrosse in NSW in those golden days before WWII. Thanks for the letter and let us know what you think of lacrosse today as opposed to your playing days. ED

As outlined, volunteers play a critical role in the delivery of sport and recreation in Australia. By providing editorial support in "The Lacrosse Player" of this role volunteers play, you will be assisting your sport to build a strong volunteer base. Sport and Recreation is all about people. Participants and competitors, be they young, mature or elite, rely on the efforts of volunteers to play the game. As part of my role with the VIP, I am keen to develop a good working relationship with you. I will keep you informed of progress with the VIP and our work with sport and recreation volunteers. You may choose to publish this information which would be of great benefit in raising public awareness of the important role which volunteers play in our community.

Thank you for your time and please don't hesitate to give me a call on 06 285 1887 if you require additional information on the VIP.

Best Regards

Scott Porteous

VIP Co-ordinator Recognition and Promotion

OBITUARY

It is with deep regret that we announce the passing of one of the game's greats, Mr William (Bill) L Gray at the age of 77 years.

Bill passed away after a long illness on Monday 27th December 1993. The funeral, held at Burwood, saw the chapel overflowing with family, friends and naturally, large numbers of the lacrosse fraternity. A number of eulogies were given, and each in its special way, described in glowing terms, the wonderful contributions that Bill made to enrich our lives. Bill was a tireless worker for the MCC club for most of his life and no amount of space would be adequate to itemise the enormous contribution that he made to the club that he loved so much. Bill was also instrumental in setting up the Chadstone Lacrosse Club in 1960 along with David Cowen and Frank Lansbury.

He was awarded Life Membership of the Victorian Lacrosse Association in 1978 for his tremendous contribution to the game. During his twilight years, Bill provided the guiding hand on work being done on The History of Lacrosse in Australia. It is hoped that this work will be completed later this year so that it can be published in the near future. On behalf of all our readers, and in particular from Bill's close friends, we extend our sincerest condolences to Bill's family, namely his wife Edith, and children Bill and Louise.

REF'S CORNER

WHEN YOUR HANDS ARE ON YOUR STICK!

Strangely enough the rules provide two interpretations for the gloved hand being on the crosse. The first is if you are checking or being checked. Rule 42 is quite clear: "...the gloved hand holding the crosse is considered as part of the crosse...."

(Try telling this to a player who has just received a friendly reminder that someone is closely defending and that checks of this nature can't hurt because they are on the gloved crosse!) Equally, Additional Ruling (AR) 65.4 is just as clear: "...the gloved hand holding the crosse is not considered to be part of the crosse for the purposes of offside...."

These considerations also apply to the (goal) crease and at centre face off. The proposition in the above instances is that a player saving himself falling offside or from entering the goal crease by falling with his hands on the crosse is offside or in the goal crease even though his hands are firmly on the crosse.

It's simple really. By keeping your hands on your crosse you can be checked, you can also be offside and in the goal crease. Of course in the case of checking, anything which is judged to be beyond a brush may become unsportsmanlike conduct or unnecessary roughness. By taking your hand off your crosse when being checked you might be able to 'engineer' a slash. Hands on or off the crosse when falling, is offside or in the crease.

THE BIRTH OF LACROSSE IN AUSTRALIA - 19TH CENTURY BEGINNINGS

Compiled by Lloyd Holmes,
with acknowledgments to Doug Fox and Terry Allington for material.
Photo reproduced by Lloyd Holmes



The 1892
Queensland
Intercolonial
Lacrosse Team

Many of the newcomers to lacrosse, even those of us who have been associated with the sport for years, do not have much of an idea of how lacrosse first came to Australia, or when and how it came to each of our States. This article takes a brief look at that history.

The sport of Lacrosse was first played in Australia in Melbourne, introduced by Mr. L. L. Mount, a Canadian immigrant who brought with him a number of lacrosse sticks. The game quickly attracted a following and eventually clubs were formed, and the Victorian Lacrosse Association was founded in 1879.

Interest spread to other States, and in July 1883, New South Wales Lacrosse was born when a group of enthusiasts met together and formed the Sydney Lacrosse Club. On the 9th of April 1886, the NSW Lacrosse Association was founded.

In 1887, the NSW Association staged a Lacrosse Tournament in Sydney to publicise the game. The Tournament attracted between six and seven thousand spectators. This prompted the Sydney Morning Herald to report "Judging from the interest aroused, it is very probable that before many years lacrosse will be the hot rival in popularity to our other principal winter game - football". Unfortunately

that prophecy did not eventuate.

Lacrosse commenced in Queensland in 1887, with the first Club 'The Savages' formed in March 1887. In 1887 New South Wales sent a team to Brisbane to play exhibition matches in September that year. NSW won the first game, however they lost to Queensland in a follow up match two days later. In 1888 the Queensland Lacrosse Union was formed. The Queensland Lacrosse Union lasted from 1888 to 1893, and then it folded after the Great Flood in 1893, and did not reform until May 21st 1903.

The front cover of this issue of The Lacrosse Player features the 1892 Queensland Intercolonial Team. Intercolonial visits were a feature of the sport in the late 1800's, with NSW, Queensland, Victoria and South Australia participating. It is interesting to note the shape of the Crosses used at that time, quite a far cry from the their modern plastic counterparts. How would our players go handling these in a State League match? The player's uniforms have also undergone substantial changes since last century and the coaches and Team Manager.

South Australians started playing Lacrosse in 1883. Mr A Wilkinson of Adelaide, after visiting friends in Melbourne, and watching

lacrosse there, started the game in Adelaide in 1883. Owing to shortage of materials, this was only short lived. In 1885, a Mr W T Patterson convened a meeting at the Prince Alfred Hotel, on the 25th June, when the Adelaide Lacrosse Club was formed. Mr Harry Conigarve was elected Secretary, and WT Patterson Captain. The first match played in SA was Adelaide vs Noralunga at Noralunga, 20 miles from Adelaide and the return match was played at the Adelaide Cricket Ground. The SA Lacrosse Association was established in 1888.

The Southern Tasmanian Lacrosse Association was formed in 1895 in Hobart. In 1897 the Northern Tasmanian Association was formed, and matches between the North and the South were arranged.

Western Australia didn't get away until 1896. Lacrosse in that State was initiated by Mr Fred Parsons in Perth at a meeting in June 1896, which resulted in the formation of the WA Lacrosse Association. The first Clubs were Perth and Fremantle. Competition matches started in 1897, and the first premier Team was Mercantile in 1898. Separate associations were formed in Coolgardie and Kalgoorlie.

Lacrosse Team Australia Update

As the Australian Team enters the final months of preparation for Manchester, we thought it would be of interest to interview the Assistant Manager of the team, Mr. Norm Coleman.

TLP: Many people have asked how was the team selected?

Norm: The selectors were given a criteria and game plan the coach wanted to use. They selected players that fitted the criteria.

TLP: On the surface the team appears a little inexperienced, what do you think?

Norm: The team is a little inexperienced in World Series competition but the youthful enthusiasm and level of skill will overcome this. Keep in mind most of the players have represented Australia in either the Under 19s or the touring senior team that played overseas preparation games for the 1990 World Series in Perth.

TLP: Why haven't the team travelled overseas as part of the preparation.

Norm: Time and cost associated with travelling overseas is too much of an added burden on the players without a major sponsor.

TLP: It has been said the current coaching and management staff have not sought advice from their predecessors. Why not?

Norm: In fact some past players and coaches have been consulted but once again, time does not permit contact with all of them.

TLP: Why are the Australian Team playing in the National Championships?

Norm: The team needs match practice as a unit and this presents a good opportunity to play the best from each State. You might remember in the early 1970's the Victorian Team beat the Australian Team in one such game. (Turn it up Norm we're too young!!!!)

TLP: Do you think playing in the Championships will affect the content of the State teams?

Norm: There are a lot of good players who missed being selected in the Australian Team and players from the Under 19 Australian Team who are available for the State teams. I think the State teams will be as strong as ever.

Thanks for the information Norm and we wish the Australian Team every success.

Australian Team vs All Stars at M.C.C.

Sunday April 24 at 1:30pm.

Please be there to encourage our World Series Team.

Australian Supporters Tour Packages

Good News! England has advised a few changes. Namely the cost of passes has been reduced (and anticipated reduction in accommodation charges) and the World Series will now be held at one venue only. (Current package holders will receive any reductions)

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Pass Option P3: Nations Pass \$ 315

A seat to all matches where Australia competes and includes Opening Ceremony, Celebration Banquet ticket and unlimited entry to Lacrosse Village.

Accommodation packages range from \$27 to \$117 per night to suit all requirements.

All Australian Supporters Packages include special benefits depending on the package purchased, eg autographed Championship Programme, Australian design supporters hat and top, ticket to Australian Team Barbecue in Manchester.

To: Lacrosse Team Australia, P.O. Box 162, Wembley, WA, 6014

Please forward an Australian Supporters Tour Package application form to:

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COACHES CORNER

(A new, and hopefully, ongoing addition to the Lacrosse player)

EFFECTIVE GOAL SETTING

INTRODUCTION

Lacrosse, like any other sport, has the need to set a training program. The effective setting of goals is an essential element in becoming a successful player and a resource to be used by Players, Coaches and Parents. If successful and satisfied you probably have been performing effective goal setting without necessarily realising you have been doing it.

What is your training routine? Where is this training leading you? What are your expectations for the future? Is your current routine leading you in that direction? Answers to these questions can give you an indication of your level of motivation - how well you are able to direct, control and sustain your energy level. Sports psychologists have long believed that goal setting is an effective motivational tool. Goals can clarify expectations, increase intrinsic motivation and self-confidence, and improve performance and the quality of training. Thus goals have the potential to impact performance as well as give lacrosse players a sense of self-control and self-direction.

Now, at the beginning of the field lacrosse season in Australia, is the ideal time to consider the benefits of planning a program that can be executed with immediate and longer-term benefits.

ARE CERTAIN GOALS MORE EFFECTIVE THAN OTHERS?

Goal setting can be a very effective tool and is one of the most frequently implemented strategies by successful athletes generally. However for many of us, goal setting is not very effective in enhancing our sport performance and enjoyment because we do not employ effective strategies. Although goal setting is not a difficult tool to employ, several mistakes can be made that hinder its effectiveness. The most common mistakes include: (1) Setting too many goals too soon; (2) Failing to make a personal commitment to our goals; (3) Setting vague, general goals that are not measurable; (4) Setting outcome rather than performance goals; (5) Failing to modify unrealistic goals; and (6) Failing to create an environment that facilitates goal attainment.

In addition, we may develop certain attitudes toward the general concept of goal setting. We may choose to avoid it completely, or give it only a token amount of attention, because we fear that such structure will take the fun out of participation or cause us to lose our spontaneity. Having a plan for what you want, where you are going and how you are getting there keeps you from floundering in a sea of possibilities. Goal setting plans may actually free you up so that you can attain optimal enjoyment and performance.

An opposite approach may be to get so wrapped up in establishing elaborate plans or "blueprints" that we forget that goals are action plans. Such an obsession may result in a lack of flexibility in adjusting our goals. We may find that our obsession with monitoring our progress becomes overwhelming. This burden may cause us to lose interest in pursuing our goals. When in doubt remember to follow the KISS principle (Keep It Simple Stupid).

To avoid these common pitfalls the following is offered as a guide to assist you in effective goal setting.

RECOMMENDATIONS TO PLAYERS, COACHES AND PARENTS

Twelve golden rules to follow are:

1. Set performance goals as opposed to outcome goals. Performance goals result in enhanced concentration, self-confidence, satisfaction and decreased levels of anxiety. Performance goals appear to

have two strengths: controllability and flexibility. Ask yourself how much your goals are within your control versus being dependant on other factors that may affect your ability to achieve these goals. Although no goal is under 100% of your control performance goals (eg. throw 4 goals) are surely under more personal control than outcome goals (eg. win a match). Secondly, ask yourself what you will do if you don't accomplish your goal. When athletes set outcome goals they often become less flexible in their goal adjustment practices and/or reject goal setting all together if they fail to win. Performance goals, on the other hand are much more flexible allowing for you to adjust your goals upward or downward depending on your current level of performance.

For example, you play the game of your life but lose to a superior opponent. Are you successful? Are you satisfied? If your goal was to win - NO! However, your goal focussed on improvements relative to your own standards of excellence, a high-level performance is a success. Accomplishing such performance goals is highly satisfying. Conversely, you may play poorly yet manage to squeak out a victory. Even though you win you may not feel like you were successful. In fact, you probably feel lucky to get the win, but not very satisfied with how you got it. In effect you need to redefine success to mean accomplishing your own performance goals rather than surpassing the performance of your opponent(s).

2. Set specific goals that can be measured in behavioral units.

Contrary to what you may think, we do our best when our goal is to do just that. Setting a goal such as "do the best you can" is an ambiguous statement that does not clearly specify what you are to do or how you are to do it. A statement such as "to throw 66 goals or more for the 1994 season" lets you know exactly what is to be accomplished. Moreover, it allows you to measure in quantitative terms whether or not you accomplish your goal. Perhaps one of the fundamental principles of goal setting is that it works if performance feedback is provided. Writing down the steps and the ultimate outcome are essential. Then you can measure your progress. This includes recording your progress, keeping training logs and/or developing a goal "contract" with your coach. One form of effective contracting is the listing of the goals as well as how the goals will be achieved and measured. These can then be read and evaluated in a systematic manner.

3. Set realistic, yet challenging goals.

Effective goal setting involves goals that are challenging yet realistic enough to be achievable. Goals that are relatively easy to attain often reduce your motivation and lead to less than optimal performance. You must progressively step forward with your progress being more difficult/demanding as you proceed. Don't expect to progress forward everytime. Consolidation is necessary at some steps. Indeed, be patient and open the possibility of having to take a step or two backwards on the odd occasion. With commitment and motivation you will continue to progress.

4. Set structured time frames or target dates for each goal.

In addition to identifying what you want to do and how you want to do it, time frames and target dates assist you in structuring your behaviour to accomplish what you set out to do. One important thing to remember when attempting to estimate time frames is to consider "error time", that is finding out the hard way what does and doesn't work. Many athletes find it to their advantage to build this consideration into their overall time estimate.

5. Set short-term, intermediate and long-term goals.

Setting up a path or series of steps is an effective way for achieving long-term goals. For example, in order to achieve your goals for the season you could set daily (for training), weekly (for matches) and quarterly (for progress/checkpoint) practice and competition goals. Since long-term goals normally require sustained effort then short-term and intermediate goals can provide the needed feedback and motivation to persist.

6. Set goals for off-season and competitive season periods.

So often athletes in general only focus on what they want to accomplish in a specific season during competition. Off-season training represents an excellent opportunity to gain skills (like throwing from your crosse with the other hand) and other attributes (such as weightlifting for strengthening your upper body) that will allow you to perform at your optimal level during competition. Use your non-competitive time wisely. During your competitive time each training session should be an opportunity for you to develop your mental and/or physical skills to meet the demands of competition. In competition you generally only get one chance - make the most of it!

7. Set positive rather than negative goals.

Try to state your goals in positive terms. This means that you should try to identify behaviours that you want to exhibit rather than those you want to

avoid. In some aspects this is akin to seeing a half-full glass rather than a half-empty one. Rather than having a goal that focuses on the negative (eg. decreasing the number of ineffective/bad passes you make during the match) you should restate it positively (eg. increase the number of effective passes from an average of 18 to 24 during a match).

8. Accept your goals as being your own and commit to them.

Make sure your goals are "your" goals. Ensure you believe in them. Write them down. Display them where you can often read them. Commit to working towards achieving them. Don't get hung up trying to achieve something that somebody else expects of you or has achieved. Be your own person.

9. Set goals that are flexible enough to allow for revision and change.

Goals must be dynamic, and adapt to circumstances/events, as opposed to static in nature. As you achieve, set new ones to give you a higher standard to shoot for. If you are experiencing difficulty achieving a particular goal then lower it so that it remains challenging but is more in line with your current ability and/or skill level. Set aside some time on a periodic basis to evaluate your progress so that revisions can be made if necessary.

10. Adopt a strategy of overall self-acceptance.

If you have failed to meet a goal then naturally you are going to be disappointed. However, your worth as a human being is not determined by winning or losing - life goes on. Whereas doing your best is important, if you give it your best shot (win or lose) you will be successful and worthy as a person. Adopting such a strategy will allow you to deal with the disappointments in a much more positive and pro-active manner.

11. Schedule some fun into your training.

To maintain enthusiasm it is helpful (even necessary sometimes) to periodically put aside the goals and grind and spend some time enjoying lacrosse for the fun of it. Vary your training (perhaps going swimming), try something different (play a game of indoor and non-contact lacrosse), enjoy the environment (a sunny day) and keep in touch with what you really love about the sport of lacrosse. This is indirect goal setting in that it maintains your excitement and persistence with lacrosse.

12. Make sure that your individual goals are compatible with your team's goals.

A lacrosse player whose personal goal is to have a high number of goal shots may be in conflict with a team goal to increase the number of passes before a shot is taken. In such a case adjustment has to be made to co-ordinate individual and team goals. One way to prevent the problem is to set individual goals after the team goals. Then the individual player can determine what they need to do to make both themselves, their teammates and the team successful.

FURTHER SUGGESTIONS FOR COACHES

The goal setting process can be worked through in different ways. To implement effective goal setting there is a need to adopt a systematic program.

One suggestion is a three-phase program.

1. Planning phase. First conduct a needs assessment, identifying individual as well as team needs. Following this identify potential team and individual goals as well as possible strategies that can be used to help the players achieve them.

2. Meeting phase. Once the initial planning has been undertaken then hold both team meetings and individual meetings to develop mutual goals. Through a series of meetings then goals, specific strategies and goal evaluation procedures should be determined.

3. Evaluation phase. Finally the coach should develop goal evaluation meetings throughout the season as well as developing systematic ways of providing feedback. At the meetings the coaches and players should discuss the progress and make any adjustments deemed necessary.

FURTHER SUGGESTIONS FOR PARENTS

These are far from systematic, but here goes anyway:

1. Provide support. Encourage your child/player as they progress towards their goals. You need to be ready to give encouragement - so you must understand the types of goals set.

2. Assist with failure. Players are periodically going to come up short or fail to achieve their goals. You can assist in dealing with that hurt and disappointment of such failure. Moreover, you can reinforce the point about self-acceptance being independent of outcomes.

3. Help achieve balance. Often players focus on their role as a player and

"foreclose" on other roles that might be complimentary or compensatory. Parents can assist in developing a broader self-perception by including goals for other roles such as student, son or daughter, club member, etc.

4. Help prioritise. Do this by degree of importance. Knowing that sport is only one role that the player assumes may give parents a unique perspective when attempting to help the player rank their goals. It can help when players are having difficulty "seeing the wood from the trees".

A SUGGESTION FOR PLAYERS

You need to experiment and see and try different goal setting programs to find one that fits your personal style. For what it is worth here is an example over five steps:

1. Task Analysis. Determine what specific actions are required in order to accomplish the task successfully. This analysis should focus on the performance rather than the outcome. Break down each task into skill, fitness and attitude requirements.

EXAMPLE: An attack player who is wanting to improve his shot at goal may break down each skill component of the shot - the throw itself, accuracy, the strength and stamina requirements and his presence of mind before/during/after the shot.

2. Measuring Performance. Determine a way to measure or quantify the performance tasks. This should extend beyond the basics (such as scoring a goal). Be innovative with your scoring such as rating particular areas of the net where a goal is scored, or the type of shot or where it is placed.

EXAMPLE: The attack player may want to have each skill component of the shot numerically rated; point ratings for the accuracy, number of goals/shots ratio, percentage improvement in his strength and stamina as recognised by fitness measures, and subjective ratings of his mood and mental readiness at various points of play.

3. Set the Goal. Establish your performance goals. In doing so remember to set realistic, challenging and specific performance goals that have target dates. Constant improvement should be sought as well as greater focus on consistency factors. Initial performance levels need to be quantified, then percentages can be calculated.

EXAMPLE: One month goals to improve shot at goal: - To improve 10% on the ratings of each skill component (specify the skills); - To be able to accurately score in a given area of the net 5% more often; - To increase arm and torso strength by 10% (specify the weight training program/exercises); - To improve mental readiness ratings by 20% and maintain greater consistency on the ratings.

4. Ranking Goals. Prioritize your goals. Those goals you perceive as more important or immediate should be given higher priority than long-term goals. Once you have made your judgements then rank them in order of importance with "1" representing the most important, and so on down the list.

EXAMPLE: The attack player may determine the areas most in need of work are his mental preparation and the number of goals/shots ratio. He would then give these areas higher priority and adjust his practice time to be matched up with his goals' ranking.

5. Co-ordination Requirements. Determine how your efforts should be combined with your teammates. The key to this step is to seek the most effective manner to combine and co-ordinate the individual efforts.

EXAMPLE: The attack player, in a meeting with the coach and other attack players determines that the team direction is supported by his goals and explains his goals so that his team mates understand what he is trying to achieve (perhaps they can even help).

SUMMARY

The effectiveness with which you set goals determines what you will accomplish. Goal setting is fundamental for maximum enjoyment and performance in lacrosse as well as the quest for a meaningful and productive life on a day-to-day basis. Many of us fail to accomplish what we are capable of simply because we don't have a plan for our actions. Goal setting is a tool that, when employed in a systematic manner, can provide you with such an action plan.

LACROSSE LEGENDS

RAY DUTHY



Lacrosse is a demanding sport. But interestingly *Friendships* is the key benefit that was registered by this Lacrosse Legend of Australia, South Australia, and Burnside Lacrosse Club renown.

Ray Duthy has credentials that well qualify him for recognition. However, when having talked through a career that spans over thirty years of continuous accomplishment and top level performance, it is clear that he feels the sport of lacrosse is probably unique in that it provides a competitive environment on the field but an environment to enjoy team mates and opponents company after the game. From so many of these encounters in club, interstate and national teams it is little wonder that friendships grew. When having toured internationally on six occasions with an Australian team and enjoyed the company of your team mates, then interstate boundaries are transgressed and life long friendships formed. Re-inforcement of that was clear in Ray reminiscing about his 40th birthday (yes, he does admit to it) about fifteen months ago when many former opponents/team mates travelled to his party and joined in celebrations with more local family and friends. Some names that were mentioned included Graeme Fox, Gary Tillotson, Steve Ellis, Gus Garnsworthy, Bill Stahmer, Ken Nichols, Geoff Robinson from Victoria and Geoff Spicer from Sydney. During Easter holidays over the last ten years or so there have been regular gatherings with old foes/colleagues with plenty of reminiscing and conviviality.

Ray also further developed his thoughts about lacrosse as a sport in general. It is a truly an international team sport which relies on overall effort and contribution from the entire team. In these aspects it differentiates lacrosse from other teams that combine individual efforts (like cricket) and is played within an international competition (unlike Australian Rules football). Ray's enjoyment from the game is gained from the combination of individual effort (both in training and competing) matched with performing as part of a team. Even when he was not performing up to the best of his own high standards and level of expectancy it was possible to enjoy (as a team member) a bad personal game with a good team performance. This matches up exactly with his stated desire of "I would like to be remembered as a creative and disciplined player who was a team contributor".

"If you can't beat them, join them" might have been an adage that his wife Kathy adopted soon after they met and realised Ray's influence and involvement with lacrosse and the lacrosse

fraternity. She took up the game in 1972 and is still playing now, as well as being a current committee member at Burnside. They have an 11 year old son Mark and a 5 year old daughter Leah. Possibly their children may play the game and Ray says that would be a great way of continuing his involvement in lacrosse. His long term goals with lacrosse are not specific but he does want to stay involved in the game and contribute where he can.

Ray's advice for juniors would be to always concentrate on their stick skills (both hands) as often as they can. As a kid Ray used to practice against a wall or at a ground nearly every day and strongly believes that the repetition alone has to improve your stick handling. He also stresses that juniors today have enormous opportunities available to them in lacrosse with more and more countries becoming involved at an international level.

Ray states that Australian lacrosse has some exciting players coming through at the moment and the work that has been done in recent years with the U/19 Australian team is quite evident. However he adds, if we are to remain competitive in the international arena we will need to significantly increase the numbers playing the game because countries like Japan and the European nations are growing in stature rapidly.

Ray is renowned for a photographic and retentive memory. Apart from standing him in good stead professionally (as an accountant in public practice) it certainly was a barrier in obtaining any "real" lacrosse stories about him (the fear of retribution and reciprocation obviously exists). "Dutchy" is a nickname earned with innocence through his name being misspelt by the hotel when staying in Perth one year with the SA team. "McDuff" is another - but this one earned with valour after an episode drinking a lot of scotch with Bill Stahmer on a flight during the 1976 overseas trip.

Ray has a definite philosophy that players should be supportive of their coaches and that team harmony is a product of this support. He considers that possibly his best attribute as a player was that he was very coachable and prepared to listen. Since starting playing in 1963 at the age of 10 with Burnside he has enjoyed lacrosse up to and including his club's "old timers team" winning the 1993 B grade premiership last year. In that period Ray has notched up the following achievements and awards:



Australian Touring Team 1976 (Co-Captain)
 Australian World Series Teams 1978 (Co-Captain),
 1982 (Co-Captain) and 1986
 Australian Team Vs Rutgers University
 1980 (Co-Captain)
 Australian Team Los Angeles Pre-Olympic Series
 1984 (Co-Captain)
 Australian All-Stars Team on 4 occasions
 SA State Juniors 1967 - 1968
 SA State Colts 1969 - 1971
 SA Seniors 1972 - 1987 (Co-Captain 1979 - 1987)
 Burnside L.C. 1963 - 1969
 University L.C. 1970 - 1978 (Co-Captain 1976 - 1978)
 Glenelg L.C. 1979
 Burnside L.C. 1980 - 1993 (Co-Captain 1980 - 1991)
 Best & Fairest 1971 Australian Colts Championships
 Best & Fairest 1976 Australian Senior Championships
 SA Savings Bank Trophy 1976 & 1981
 SA West End Trophy 1980 & 1982
 SA most valuable player award 1982 & 1983
 9 Club Best & Fairest awards
 Half Blue and Full Blue at University of Adelaide
 Premierships: 1965 Burnside L.C. U/14 team
 1975 University League team
 1979 Glenelg League Team

Ray played face-off and midfield for most of his junior years and then attack and midfield in seniors. He has worn No. 8 with distinction for his club, S.A. and Australia throughout his career. Goalscoring over 100 goals in a league season was achieved 4 times and as a junior 3 times.

When asked his best moment/event as a player he gave the following reply; "I think my best personal moment as a player would have been when I first captained Australia in 1976. From a team perspective it is hard to choose between the 1975 premiership with University of Adelaide and the 1983 Australian Championship win in Melbourne (couldn't help myself Grin)".

It must be very satisfying as an athlete and person to be able to say "I don't think I would have done anything differently except

perhaps worn a different pair of shoes in the 1982 World Series where I tore a knee ligament on the astroturf and missed the final of the series against the USA team.".

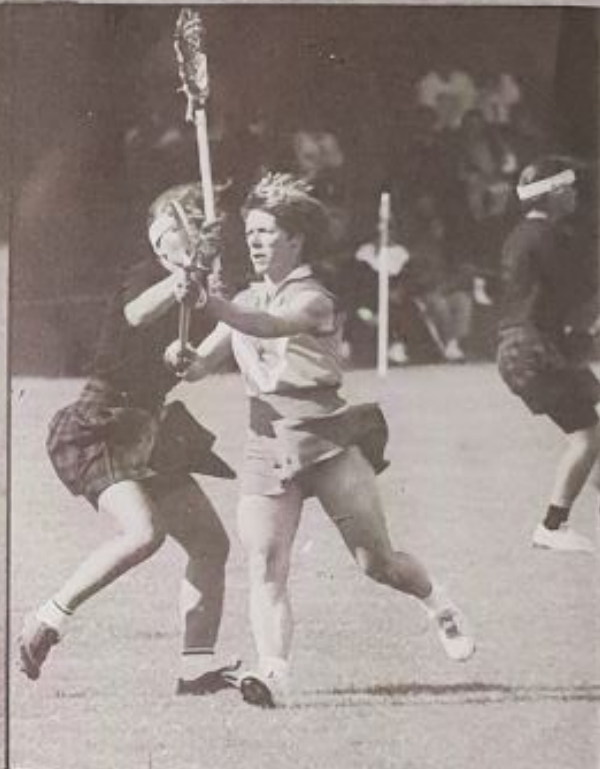
Ray is extremely competitive and has been since his junior days. Like most champions he has always believed in performing to the best of his ability and his pride ensured that he became and stayed very competitive. While modestly offering that he was lucky to be a naturally reasonable athlete with some speed, he stressed that he did put in a lot of hours to increase his fitness levels. Ray enjoyed training and developing his skills and, whereas the basics came fairly naturally, in order to reach the international sphere he certainly had to work very hard on his game.

Ray believes that he has been very fortunate to play under a number of very good coaches but without doubt John Carter has influenced him the most. He considers that John developed his understanding of the game, mental approach, and most importantly, his self-discipline. He always enjoyed his training sessions and felt that John had a talent for helping people achieve their goals. When in 1986, in an Australian team as a 34 year old, he had never been fitter and it was because he was challenged to want to work harder.

To conclude it seems best to use Ray's own words: "Lacrosse has certainly been an integral part of my life and has given me many good times and good friends both in S.A., interstate and overseas. Lacrosse has not only been part of my sporting life but also my working life as I have been in business with Peter and Warren Hobbs for over 20 years. Without a doubt the best thing lacrosse has left me with is lasting friendships and great memories".

be your best

 Australian Drug Foundation



PHOTOS FROM LAST YEARS WORLD CUP IN EDINBURGH SCOTLAND

Photos : Bob Clerk
and Mairi Semple

Opening Ceremony
Aust -v- USA
Aust-v- England
Meeting HRH
Princess Anne



REMEMBER WHEN!



Terry Allington, Historian, Australian Lacrosse Council, recalls the 1970 Interstate Championships, and the visit by the American 'Baltimore Lancers'.

The Year : 1970, The Place : Adelaide, The Event : Senior Australian Championships.

For the first time ever the visiting American Team 'The Baltimore Lancers' participated as the fourth team in the Championship. Prior to the Championships the Lancers arrived in Melbourne and played three games against Victorian sides, including a combined Melbourne/Monash University team. They found the conditions very difficult, heavy and muddy. Nevertheless they did show ability, and it was believed they would improve during their stay in Adelaide.

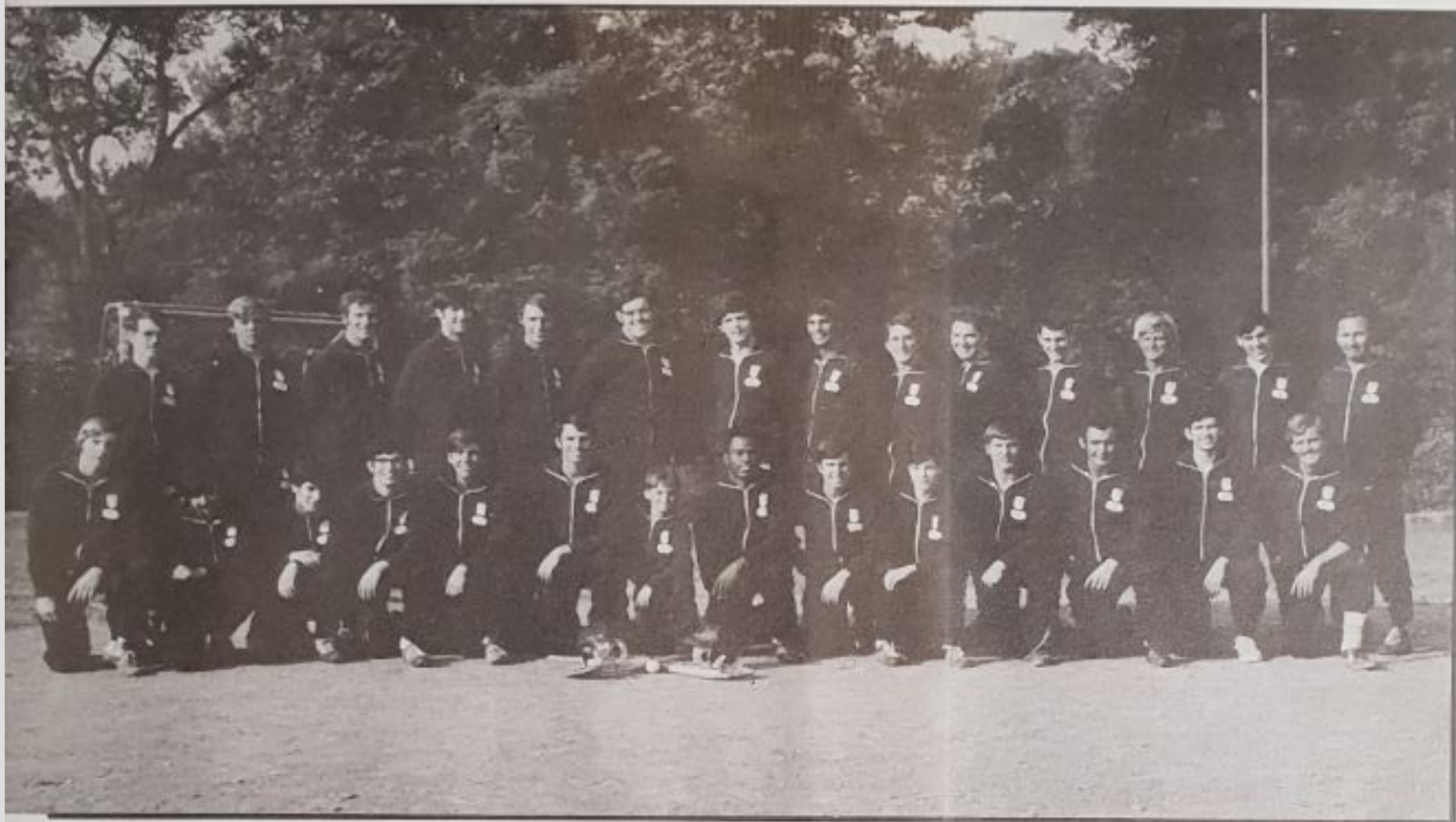
South Australia were considered favourites for the Championships, with a very experienced side. However WA were also very confident they had a team strong enough to win. Victoria, with quite a few changes, were not considered to be strong contenders. The opening day at the Wayville Showgrounds saw the Lancers easily defeated by SA, 22 goals to 8, with Barry Bengert scoring for SA with 6 goals.

After the official opening of the Championship by Mr A.C. Isaachsen, President of the SA Lacrosse Association, the real battle began. It was noted that when captains Don Miller (Victoria) and Brian Griffin (WA) tossed the coin, the scene on the benches was tense. After the initial nervous beginnings Victoria settled down and opened with a lead of 5 goals to 1 at the end of the first quarter. The second quarter saw the Victorians increase their lead to 11 goals to 4, their players seeming to have too many avenues to attack. The West Australians appeared to be always looking for Griffin for a lead, but he was held by a very disciplined Kelly who

had a change from his normal style. WA improved in the third term, however the last quarter they were held scoreless, and Victoria ended up winning the opening game of the series 22 goals to 8. Victorian Goalkickers were Rolley (5); Daly, Norman, Stahmer and Treloar (3); Miller and Matthews (2); O'Keefe (1). For WA Stubbs (3); Griffin and Turnbull (2); Muir (1).

Day 2 of the Championships saw the Lancers easily beaten by Victoria 22 goals to 8. This was followed by the WA v SA contest, WA having to drastically improve their form, or their Championship hopes would be dashed. SA blitzed WA in the first quarter 9 to 2, and increased their lead to 14 goals to 5 by half time. What was said at half time is anybody's guess, but the WA contingent became a Jekyll and Hyde combination. It is marvellous what desire will achieve. This was demonstrated by their changed competitive attitude in the third quarter, WA outscoring SA 3 goals to 1, followed by a 5 goal to 1 result in the last quarter. This turned a one sided game to a real competition, but they lost overall to SA in the game 13 to 16. Scorers for SA were Bengert, Mildren (5); Raggett (3); Peacock, Neill, VanDepeer (1), and for WA Griffin (4); Stubbs (3); Cann(2); Hill, Maynard, Scott, Bridgwood (1).

The American Lancers were more competitive against WA on Day 3, with scores 3 all at half time. The Lancers took a narrow lead in the third quarter, but went down to WA 7 goals to 4 at the final siren.



The touring American Baltimore Lancer Lacrosse, which competed in the 1970 Australian Interstate Lacrosse Championships.

Victoria went into their match on Day 3 against SA without their captain Don Miller, unavailable through injury. The first quarter was very tight, Williams for SA proving a headache for Victoria. The Vics however led 4 goals to 3 at quarter time, with both teams feeling their way. Though Williams continued to dominate the centre, SA threw away that advantage, unable to capitalise on fast breaks and enabling Victoria's defence line to settle. At half time the Vics were leading 9 goals to 6.

Following the half time break SA closed the game up, put pressure on the Victorian defence, causing them to give penalties. Still successful in the centre, SA closed the gap to 2 goals at half time. In the final quarter a real struggle emerged, Victoria clinging to a narrow lead, but SA applying real pressure and looking very dangerous. Victoria made some strategic changes through the quarter however, and a solo effort by Treloar, who was allowed to score unopposed, was the spark that changed the game. From that time Victoria didn't look back, and went on to win 18 goals to 11. Scorers were for Victoria Treloar, Matthews, Stahmer, Daly (3); Rolley, Ross, (2); O'Keefe, Norman (1), and for SA Barry Benger (3), VanDepeer, Bruce Benger (2); Raggat, Peacock, Neill, Mildren (1)

Following the Championship, as was the established custom, a representative Australian side was selected from the three States in the Interstate competition. The Australian Side were D Fox (Vic), B Griffin(WA), D Norman(Vic), J Kelly(Vic),

O'Keefe (Vic), P Dollett (SA), G Ross (Vic), Barry Benger (SA), I Williams (SA), A Rolley (Vic), P Humphreys (Vic), G Treloar (Vic), B Stahmer (Vic), J Carter (SA) and W Stubbs (WA). Coach : T Allington (Vic) Manager : C Gregory (Vic) This team played the American Lancers to close the Interstate Championships in Adelaide. It was only the second time (since 1947) that a representative Australian side from the Interstate Championships had played a formal game together.

The first half was a disappointment as a spectacle, Australia dominating all over the ground. A tight defence, fast midfield line-ups, and forwards showing their ability to control the ball, enabled Australia to lead 9 goals to 1 at half time. With the ground a mud heap after the Interstate series, the Americans came out fighting, and started to make their presence felt. Their back line tightened up, and a reorganised forward combination resulted in the Lancers outscoring Australia 6 goals to 3 in the third quarter. Trailing 7 goals to 12 at the start of the last quarter, aggressive play saw the Australian lead dwindle to only 2 goals. In the closing part of the game Australia regained their composure to win by a comfortable 17 goals to 13 margin. Scorers for Australia were : Stahmer, Griffin (5); Benger (4); Norman, Rolley, Stubbs (1), and for the USA Lancers Beard (5); Handleman (4); Oldick, Gilbery, Tarring, Bergoisky (1).

JAPANESE NATIONAL LACROSSE CHAMPIONSHIPS DECEMBER 1993 OSAKA

By John Harris

ARRIEGATO GODEI MAS MAIDO!

These were my closing words at the opening ceremony of the Japan National Championships at Oji Stadium in Osaka Japan. I had been asked on the previous day to make a speech at this ceremony.

The weather was chilly, but normal for this time of the year. I had just walked from the place where I had been staying to the stadium. As always walks along streets in Japan are endlessly interesting. Even the most mundane events are eye catching and I reflected that this was what travel was all about - doing ordinary things in a foreign country. Things simply cease to become ordinary. It was only 9.00am and the match I was to referee was to be at 2.00pm. Players for this match had already arrived and were preparing to change. I thought this was quite impressive, but later discovered that field dressing was for the opening ceremony. The matches in Osaka were: Naniwa Lacrosse Club vs Science University of Tokyo; SUT won 8-4 Next day Kwansei Gakuin vs SUT; Kwansei Gakuin won by a large margin. The equivalent women's lacrosse teams were assisted by two American referees. I was to meet up with them later in Tokyo.

I noted the increasing interest in sport science by the Japan Lacrosse fraternity. Data is being collected at present and I believe that there will be a serious application of sport science to the preparation of players in the future. The Mizuno Corporation seems to be taking an interest in this aspect of lacrosse development.

ON TO TOKYO

By bullet train of course! Experimental trains are now under test which will allow the current speed to be raised from 200km/hr to 260 km/hr- extraordinary! Tokyo games were played at Edogawa and the Tokyo Olympic Stadium. The games were: Kobe University vs SUT (Kobe won) and Kwansei Gakuin vs Keio University; Keio University were easy winners and premiers.

In 1992, Keio lost the Grand Final to Waseda University by one goal. This year Waseda didn't make the finals. Reason - most players had graduated and had joined the workforce. The lacrosse half life of Japanese players is usually no more than six years. I did note however, that Japan Lacrosse is developing longer term lacrosse enthusiasts.

As in previous years, I made a point of inviting Japanese players to Australia. At present, two are due to arrive in the near future. The big draw card was the undertaking given to them that they would be able to play for a club team while in Victoria. I have also suggested that a lacrosse camp be held in Victoria and have asked ALC for permission to arrange one in 1995. Please contact me if you are interested in having some super keen, super fit Japanese lacrosse players participating in the early part of the season.



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News From South Australia

1994
THE YEAR
OF THE
COACH

Development Officer's Doodlings

The new year of 1994 promises to be one of growth and further development in the sport of Lacrosse in South Australia. Having now spent 6 months in the position of Development Officer some priorities are becoming apparent and I will be working toward them in 1994. These will include the following issues -

Sports Camps - the talent camps are sponsored by the South Australian Sports Institute and are a valuable adjunct to the other State team programmes we have in existence. Designed to identify the talented Year 7 students playing our game, the week long camp is obviously lacrosse intense but has other elements such as sports nutrition, sports psychology and sports medicine to lend further credibility to the camp and give the student participants a varied and well rounded education. As well as the early morning jogs along the beach and stretching sessions we also find time for some fun and games including quiz nights, games nights and regular recreation breaks. Any club can nominate their talented Year 7 players to be involved and because of SASI's invaluable assistance, the cost can be kept down to a reasonable level. This year we hope to hold the sports camps in June so the participants can go away and reap the rewards of an intensive week of lacrosse. Enquires can be directed to myself on 362 8205 for those clubs wanting to nominate early.

Clinics - the need for credible, professional approaches to schools is paramount in SA to compete against the more established major sporting groups. The production of guidelines for approaching schools, optimum times, who to address the enquires to and production of resource materials so we do not lose the message once we walk out of the school, are the issues I have been dealing with and will continue to work with the clubs on. Clinics provide the ideal opportunity to act as a springboard for approaching schools to enter our Zone Competition run in March/April with the finals being held on April 10th. at the Woodlands Indoor Sports Centre.

Dissemination of Information - with the plethora of various organisations and sporting groups/commissions/Govt. instrumentalities etc. it is important for the clubs not to be deluged with information/schemes/programmes. As the Development Officer I attempt to sort through the maze and present opportunities to the clubs through the Junior Management Committee which meets monthly. I attend Development Officer meetings conducted regularly by the South Australian Sports Institute, liaise closely with the State ACHPER branch for professional development opportunities and generally make sure my ear is close to the ground in all Junior (and Senior) sporting developments. Creating awareness through sporting expos, holiday clinics and demonstrations are all part of my brief. Lacrosse SA recently had a stand and ran demonstration games at the Sports, Health and Leisure Expo at the Wayville Showgrounds as part of this awareness campaign.

Coaching accreditation - with 1994 being The Year of the Coach, the Association is committed to providing opportunities to accredit coaches and raise the standard of coaching in the State. Orientation to Coaching courses are available to any club who has

at least 10 individuals wanting to do the course which is designed to prepare interested teachers/parents in some of the basic coaching principles that they will need for Lacrosse (or any sport for that matter). Level 1 is more sport specific and the next course will be held late March/early April at a convenient time for participants (more likely a Friday night all day Saturday timeline). This will be of 14 hours duration with 10 of them sport specific and will prepare the participant for coaching in a club situation. Topics will include teaching skills, problems in coaching, physical conditioning, basic skills and tactics, equipment and rules. To register for this course contact me on 362 8205.

Newsletter production is the final and newest area of the role I play for Lacrosse SA and includes our own newsletter and as from 1994 the joint venture with the National publication you are now reading. Members of the Lacrosse SA Association are welcomed and encouraged to contribute to either publication and may direct articles to me at the address below.

Nigel Jamieson
Development Officer
GPO Box 874
Adelaide SA 5001
(08)362 8205 or 018 842 127.

From the President....

The current edition of this magazine marks an exciting era in Lacrosse SA. At a recent Lacrosse SA Board meeting we decided we will have regular space in this professional and credible production devoted to Lacrosse SA.

We face challenges in the 1994 season. Challenges such as the dual National Championships, securing sponsorship, gaining more media attention and competing for the increasingly scarce leisure time (and dollar) so many of us find difficult to justify. Over the summer months we have not been idle in trying to secure sponsorship, gain more media attention and raise the general awareness of our sport.

This magazine and our contributions to it are a result of one of our aims to be more professional in our approach to our sport and meet the challenges we face in 1994.

We will be able to have articles, profiles, results, general newsworthy items, photos and hopefully contributions from you the reader. It is a magazine for, and about, you so please feel free to contribute so we can deliver the best for you.

Welcome and good luck in your endeavours in 1994.

Dennis Mulrone
President
Lacrosse SA

Indoor Lacrosse

This year has seen Lacrosse South Australia embark on an association with Woodlands Indoor Sports Centre by marketing and implementing indoor Lacrosse games in this State.

In the past SALA used to run a 60 team competition at various facilities around Adelaide and recent years had seen a decline in numbers and a lack of personnel to run the competition. One person had been given the job of running this competition on a volunteer basis with out of pocket expenses just being covered.

Lacrosse SA knew the sport was very popular with 50% of the people playing indoor not playing field lacrosse and it set about placing a notice in the tender section of the daily paper seeking interested organisations to come forward. A number of groups tendered and after long negotiations with all parties and submissions before the Board, it was announced that Woodlands would market and run the competition.

As Lacrosse SA already had an extensive data base and an existing competition Woodlands would pay a royalty for every game played. There was also the benefit of cross promotion and networking between the two organisations, economy of scale issues with joint promotions at expos and leisure days and tapping into other sports already using their facility. Players now had a choice of when they wanted to play and which day they played.

A Come and Try day was organised in October 1993 to gauge the acceptance of the centre and work out some modifications to court markings and receive feed back. People involved would have been happy with 50 people attending the day and were privately hoping for 100 to turn up on the day which had a 10:00a.m. start. When the General manager of the facility (which has 8 fully enclosed courts, cafeteria and licensed bar overlooking the courts and gymnasium) arrived to open up on the Sunday of this trial day imagine his surprise when participants were already lining up at the door to get in! Over 200 people attended with 26 games played on the day. In the following days arrangements were agreed between the two parties and paperwork had been signed. The deal was done.

In the first season 35 senior teams averaging 10 players each took part along with 15 teams. Junior teams had been unable to participate on this scale before and were now able to play after school between 4:00-6:00p.m.

While there has been adjustment needed on both sides, one can only agree this venture has been good for both parties with lacrosse generally being the big winner.

Brett Cope
Development Director
Lacrosse SA



Stand at Sports, Health & Leisure Expo in February

Clinic at Aussie Sport Expo at Adelaide Oval



Personality Profile Dennis Mulroney

Name: Dennis Mulroney

Original Club: North Adelaide & Burnside

Years in Lacrosse Admin: 18 years **Playing:** 22 years

Current role/portfolio: President Lacrosse SA, ALC Director, Referee

Career Highlights: 200th game, League game against ETP played a blinder for my first win against the 'old' enemy, Undefeated minor premiers 81.

Playing games in true 'Miller' mud, Colts 1973.

Most embarrassing/humorous moment: Scoring an own goal passing back to the goal keeper who called for it, he never forgave or forgot.

The biggest 'plus' for Lacrosse: Speed and skill, an ultimate challenge.

Best player played with: Rod Flett.

Goals and ambitions for Lacrosse SA '94.: To expand our participation numbers. To foster more responsible forward thinking in all levels of Lacrosse Admin (year round).

New South Wales & Queensland

Whats going on !

Queensland Lacrosse Association Inc. Australian Kookaburra Tour USA 1995 - Applications For Expressions of interest

Yes, the KOOKABURRAS are flying off again to the USA as part of the development of lacrosse in the Sunshine State. This is an opportunity for you to follow in the footsteps of lacrosse playing champions like DARREN GIBSON ('94 Australian Team Co-Captain) and ROD ANSELL ('90 Australian Team Co-Captain) who were standouts on the first KOOKABURRA Tour back in 1982. Compete against quality Club lacrosse teams from the West Coast to Texas, New Orleans, Florida and the East Coast. The tour culminates at the NCAA Playoffs in Maryland. The duration of the tour is proposed from mid-May to mid-June 1995. Preliminary costs are not yet finalised but those interested should provide for \$2,500.00 travel and accommodation (home stay will be a major saving) plus spending money. Positions are available for experienced quality players to join the team and be part of our drive to improve Queensland Lacrosse. Positions will also be available for aspiring coaches and road managers to be part of the team. Expressions of interest should be addressed to: Australian Kookaburras '95 P.O. Box 1090 Caboolture Qld. 4510 and should include a resume of your lacrosse experience and personal particulars. For further information you can ring: Ray Trevaskis - (07) 498 5133 (W)

New South Wales Lacrosse Inc.

The Momentum is Building: Lacrosse in Sydney continues to grow as the men's competition adds a new Club, Concord, sponsored by Lamington Land, along with Macquarie and Sydney University teams. The women's competition will also add a Club team, Woolahra, along with Macquarie and Sydney University teams. While the senior competition is doubling in size, there are very ambitious plans for the juniors. While still in the planning stages, NSW is looking to conduct inter-school Modcrosse competitions during the week for eight high schools in second term and nine high schools in fourth term, along with running a resident weekend lacrosse camp at the NSW Academy of Sport in June.

The Easter Tournament will be a major event this year, with social functions and a fantastic playing venue located right in the action of Sydney. The NSW Playoffs and Grand Finals will be held in the stadium at Macquarie University. In 1993 the season began and teams didn't have training fields and were sharing playing and goalie equipment.

The Easter Tournament was when most of the players saw their first game, let alone wore equipment. The Playoffs and Grand Finals were changed five days prior to be a one day, winners play, two games event. This year, teams will have six weeks training prior to their preseason games, prior to the Easter Tournament, prior to their season. Each team has night game quality training facilities and is starting the season with enough players to field a team. While 1993 saw six senior teams, 1994 will have twelve. 1994 is looking like a great year as the momentum continues.

New South Wales proudly hosts the 2nd Annual Sydney Easter Classic Lacrosse Tournament, 1,2,3,4 April 1994 at Trumper Oval, Woolahra

A beautiful first-class sporting oval, walking distance to the Bayside Hotel, Rushcutters Bay and Kings Cross.

The Competition Men: NSW will combine its seven men's teams into four tournament teams. Queensland Lacrosse Assoc. will be sending its best team. We are looking for three more men's teams of approximately Division 1 standard. A combination of Divisions among one team is welcome. Preference will be given to returning teams. NSW Lacrosse can provide some fill-in players. The main goal is play fun lacrosse. **The Competition - Women:** NSW will be entering three women's teams. Queensland Lacrosse Assoc. are sending their State team. 30% of the players from NSW and Queensland are new to lacrosse. We need two teams to set the standard. Come join the fun. Both Competitions will have Championships on Sunday and NSW All Stars -v- Visiting All Stars on Monday, along with a junior clinic. **The Social:** Friday night dinner and drinks. Being Good Friday, drinking laws say you have to eat to drink, we have you covered. Included in the registration is a barbecue during and after the All Star Game and awards presentation. Food and drink will be sold at the oval. Accommodation details were being finalised at time of printing. For team registration and enquiries call 02 437 5809.

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***NOTE: TO ASSIST IN SCHEDULING ALL TEAMS ***
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FOR MORE INFORMATION PLEASE PHONE:

RAY TREVASKIS OR KAREN OR NICI ON: (074)985133

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TEAM MANAGER/ORGANISER.....

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

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

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

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

LACROSSE GOES INDOOR

What are over 250 lacrosse enthusiasts doing on Monday nights? The answer is they're being put through the "Mill", the hottest new thing to hit lacrosse in Melbourne. The Melbourne Indoor Lacrosse League (MILL) started on the 17th January in the magnificent new Ashburton Pool and Recreation Centre in Warner Avenue, Ashburton. Boasting multi-million dollar facilities which include an indoor sports stadium, four pools, gymnasium, aerobics room, sauna, spa, creche, function room and kiosk, the Centre has proved an outstanding success for lacrosse. The Centre is run for the City of Camberwell by the YMCA and the Camberwell Club is helping co-ordinate the lacrosse competition.

Within a few minutes of the first competition game starting on the opening night, Sue Gandy playing for "Finally Tuned" found the net on a feed by Leanne Trainor. The electronic scoreboard lit up for the first time, and after that the goals came thick and fast. Players quickly got the feel of the indoor space, the ball rebounding off walls, and the freedom of the non-contact rules. Spectators clung to their spots in the gallery as the dazzling speed, agility, and teamwork of lacrosse came under close public attention.

Sixteen teams each with 8 to 12 players turned out on opening night, and two weeks later a further 6 teams joined the fray. And they came in all shapes, sizes, age groups and levels of lacrosse experience, including a good number of players new to the sport. Camberwell, Caulfield, Chadstone, Surrey Park, Malvern, Newport, Altona, Williamstown, Melbourne University and Footscray Clubs are all represented, and the Victorian Lacrosse referees have a team, appropriately named the "Whistleblowers".

The Refs are sporting a star-studded line-up of past players which include Graeme Reddaway, John Nolan, Neville Balfour, Lloyd Holmes, Wayne Corby, John Harris, Jim Jarvis and Fergus Stewart. We won't go into the average age of the whistleblowers here! VLA President Ian Whitbourn has also turned out for the Whistleblowers - maybe he is aiming to pull on the striped shirt in 1994.

Best presentation so far goes to the snappy yellow suited Z Team led by former Camberwell defenceman and Victorian Junior representative, Travers Stow. Travers' sports physiotherapy business caused him to give up lacrosse 14 years ago. Now he's back with a keen MILL team which includes his wife Sabrina, his sister, brother-in-law and various neighbours and friends. All but three are new to lacrosse.

The idea is to focus on fun, fitness and some social activity.

Among the other teams POGSTA'S REDBACKS are led by VLA State Director Jorge Menidis, and the DIRTY DOZEN hail from the well known Lower, Kukucha and Lincoln lacrosse families. The ROOKIES are all totally new to the sport - a bunch of friends who saw the first night games and decided they had to be in it.

The MILL competition will run on Monday evenings throughout the year in successive 8 week seasons, with the second season to start on the 14th March. Team entries for any of the seasons are invited from interested groups, but you need to move as space for new teams is limited.

MILL Co-ordinator Ross Melville is

"delighted with the response to the competition". Ross told 'The Lacrosse Player' the idea is to focus on fun, fitness and some social activity. Informal teams with catchy names and uniforms are the order of the day rather than serious club teams. Plenty of opportunity exists for new players, girlfriends, boyfriends and past players. Some of the current teams are all female, some all male, but most are mixed. A real bonus for those playing is the opportunity to swim free, and use other facilities at the Centre, both before and after their matches. It's a great way to have a fun night's workout with friends.

The game format is modelled on the successful competition run for many years in South Australia. Conventional sticks and a soft ball are used, with teams of five on the court and unlimited substitution throughout the two twenty minute halves. Teams are graded for competition according to their composition and experience. Entry for the 8 week season is \$195 per team, or \$25 for individuals who wish to be assigned to a team.

If you would like to join in, enter your own team, play a trial match, or get more information, then go along on Monday nights between 6pm and 10.30pm for a look. Alternatively contact MILL Co-ordinator Ross Melville (After hours Phone 885 0304), and he would be happy to discuss the competition with you.



PHOTOS BY LLOYD HOLMES

1. MILL Co-ordinator Ross Melville "Delighted with the response."



SPORT AND RECREATION VICTORIA



2. Action on the field in the clash between the NICHOLDIANS and the ROOKEIS on 7th February.



3. Are we seeing right? Yes - It's Fergus and Andy Stewart playing for the WHISTLEBLOWERS' in a game against the DIRTY DOZEN.

V L A BOX LACROSSE LEAGUE

READ CUP 1993

The 1993 Read Cup was an exciting contest between the Warriors and the Renegades. Last year's winner went into the final game favorites, having defeated the Renegades throughout the regular season, each time they met.

The Warriors were the first to score with 9 min 57 sec. left in the first period. The Renegades scored the next three goals in a one and a half minutes scoring spree to lead the first period, 3 goals to 1.

The second period saw the Renegades continue to outscore the Warriors whose offence lacked the ability to obtain high percentage shots against the goalkeeper. The score at the end of the second period was 8 goals to 2.

The third period saw the Warriors lift their game and throw 6 goals to the Renegades 1 to get within 1 goal with 61 sec left in play, only to see the Renegades throw a goal in the last second of play.

The final score was Renegades 10 - Warriors 8.

Referees for the Read Cup final were Paul O'Driscoll and Peter Mathwin.

Most Valuable Player - Luca Tonelli, Renegades Goalkeeper.

TAYLOR CUP 1993

The Senior B final was played between the Steelers and the Mavericks. With both teams consisting of younger players the game was fast and energetic making the goalkeepers and the defence work overtime. The score at the end of the first period was 4 all.

The second period saw a determined Mavericks side come

out and throw 5 goals in a 4 minute span ending the second term scoring 9 goals to the Steelers 4.

Penalties did not help the Steelers, having 9 for the game with 5 penalties being in the last period. The last period was a closer contest between the two teams with the Mavericks scoring 3 goals to the Steelers 2.

The final score was Mavericks 16 - Steelers 10.

Most Valuable Player - Robbie Stark - Mavericks.

VICTORIAN BOX LACROSSE LEAGUE MOST VALUABLE PLAYERS

Cam McLaughlin - Warriors

Alan Lewer - Vikings.

TOP SCORERS

Greg Moore - Warriors.

David Spreadborough - Warriors.

GOALKEEPERS AWARD Luca Tonelli - Renegades.

M.V.P. MAVERICKS ROBBIE STARK

M.V.P. STEELERS TIM FRY

M.V.P. WARRIORS CAM McLAUGHLIN

M.V.P. RENEGADES PAUL MOLLISON

M.V.P. VIKINGS ALAN LEWER

M.V.P. RENEGADES B. PETER BELOVIA

VICTORIAN LACROSSE HEADQUARTERS RECEIVES A FACELIFT

Photos and Article by Lloyd Holmes)



2. Jorge discusses an article in The Lacrosse Player with Keith Chamberlain, Lacrosse Player's Editor.

Lacrosse Headquarters in Victoria at 13 Willesden Road Carnegie has undergone a radical facelift. Most would agree that Lacrosse needs to lift it's profile, and one of the ways to help this is to develop a professional appearance at the interfaces with members of the public. This should not just be limited to those outside the lacrosse fraternity.....all 'Lacrosseurs', when they visit the Headquarters, would like to have a pleasant, but business-like approach to the way we run the sport. Jorge Menidis, the new State Director for Lacrosse Victoria, is delighted with the recent renovations. In an interview with The Lacrosse Player recently he said "This is an important development for Lacrosse Victoria, and indicates the way we are heading for the future.

As well as giving Lacrosse in Victoria a higher profile, it also gives those who work here much more effective and pleasant facilities, helping them in the very challenging times ahead". Lacrosse Headquarters is the centre from which development of lacrosse throughout Victoria is being pursued. As well the State Director Jorge Menidis, others who work from here are Sue Cody and Tim Murphy (Sports Development Officers), and Sue Sofarnos who is the Special Sports Development Officer for the Under 13 Girls competition. As well as housing the staff of Lacrosse



1. Jorge Menidis, the new Lacrosse Victoria State Director - "The renovated Headquarters provide a much improved base for staff, and will enable a better service to be provided

3. Members of The Lacrosse Player staff meeting at The renovated Headquarters. From left are Ian Whitbourne, Keith Chamberlain, Jan Jackson, Lloyd Holmes, Barrie Moore and Jonathon Hayton



Victoria, Lacrosse Headquarters is the meeting place for various Lacrosse Boards and Committees, it is the Registered Office of Lacrosse Victoria, and is the Headquarters for The Lacrosse Player Magazine. It also houses the Lacrosse Shop, the retail outlet selling lacrosse equipment and accessories.

Lacrosse Shop Hours: Monday 4:30 pm to 7 pm, Wednesday 4:30 pm to 7 pm, Friday 4:30 pm to 7 pm, Monday to Friday 9 am to 4:30 - strictly by appointment only.

Lacrosse Shop Contacts: Phone 569 9655 Fax 563 3504

Jorge (and the Victorian Lacrosse fraternity) would like to thank the following members of the Chadstone Lacrosse Club for their assistance with the renovations: Peter Marks, Peter Menidis, Ian Whitbourn, Dick Morgan, Vaughan Comeley, John Groome, Bev and the M- Star. So when you are in the area next time, take a few minutes and call in and see Jorge and the others at the Headquarters. They would be happy to show you around.

THE 19TH ANNUAL VLA GOLF CLASSIC

Terry Allington reports on the
VLA Golf Event of the Year

Thursday 18/11/93 Rosedale Golf Club
Scene for the VLA Golf Classic

Thursday 18th November 1993 presented fine conditions at the Rosedale Golf Club for the 19th year of the VLA Golf Classic. Sixty golfers (including some golfing hopefuls) participated this year. The enthusiasm and expectation of meeting old team mates and opponents hasn't waned since that first golf day in 1975 at the Cranbourne Golf Club located on the South Gippsland Highway. The day was a major success on many accounts, and as can be seen by the competition results following, there was some class amongst the competitors.

Competition results were

Best Gross Score : Neville Bell 88,
on countback from Jeff Clough, Rick Eldridge 89

Stableford Competition

R Eldridge 36 points;
Runner up Rob Jackson
on countback from Jeff McLeod

Calloway

John Nolan 73, on countback from Ian Whitburn

Best 9 In Ian Cuttriss 40

Best 9 out Jeff Clough 43

Secret Holes Graeme Fox 39; Roy Spiers 40

Nearest the pin on 3rd hole Rick Eldridge

Nearest the pin on 12th hole Bruce Wilkinson

Longest Drive on the 5th hole Brad Bell

Longest Drive on the 18th hole Steve Cook

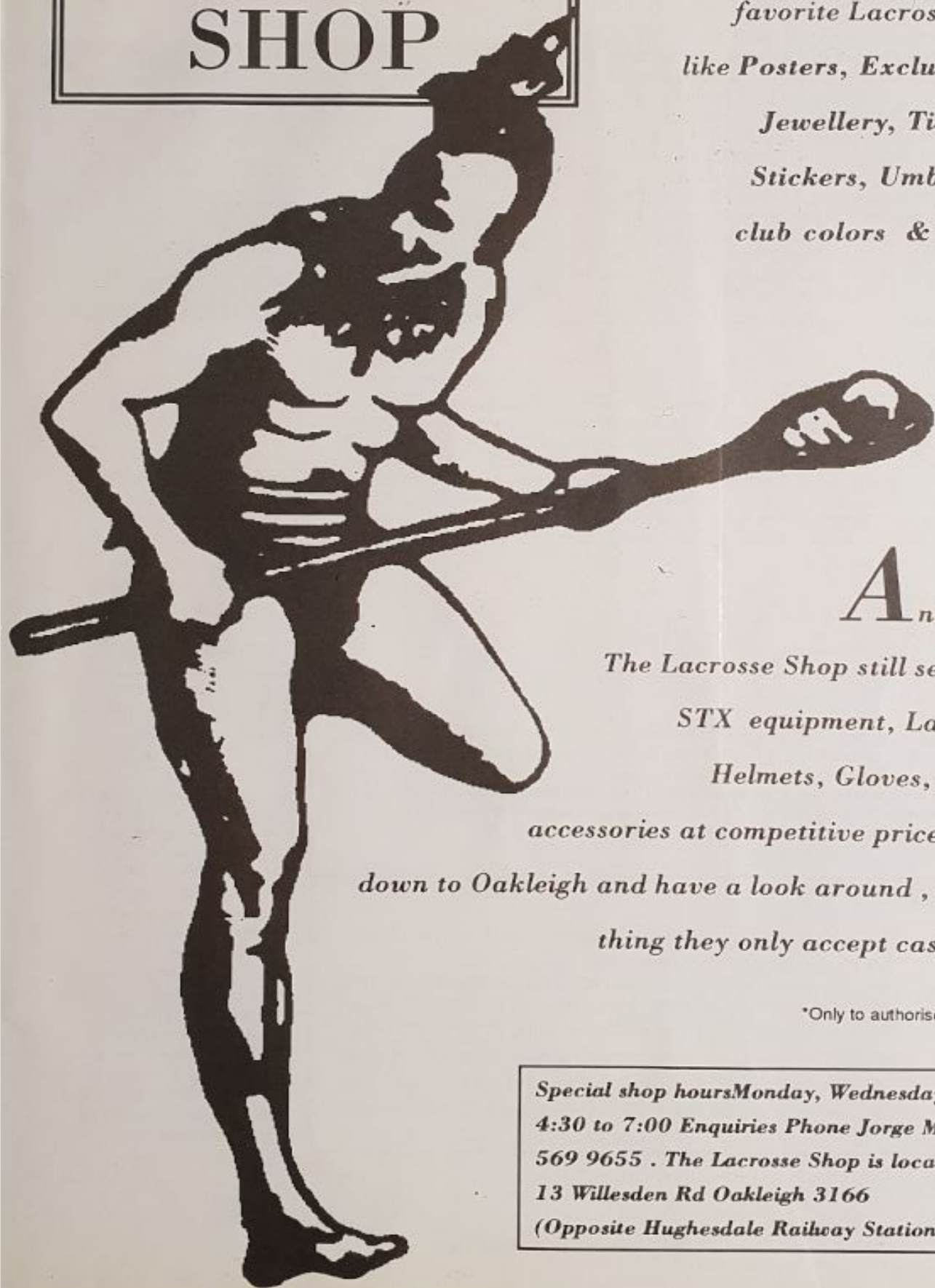
18 Holes Putting Doug Fox -2; Graeme Fox -2

Highest Gross Score Dick Wright

We welcomed Maurie Goorey and Jeff Clough (ex Coburg High) to our Golf Day. Jeff was a member of the successful Victorian Junior Interstate Team of 1960 & 61. Philip Oearsin (ex Williamstown), who also played in successful junior state teams, participated on the day. Graeme Ross and Steve Tester made their debut appearances, hopefully

the start of many. Ian Forbes (ex MHSOB) heard about our golf day, made himself known, and subsequently came along. Welcome aboard Ian! And was also good to see Barrie Moore back in the swing. Considering the talent of some of our golfers, scores generally were higher than usual. The general consensus was the course was excellent, but the greens were very tricky. The 13th hole (par 5) appeared to be the most troublesome, with the 9th hole (par 3) not far behind. Robin Lourensz (Footscray) only scored 12 points going out, but came home with 21 points. Rob Speakman (Williamstown) (10's) on the 13th and 18th holes, let Allen Rolley in on gross scores. Alex Ingles triple bogies on 7 and 18 ruined a good card. Bill Stahmer improved his score on last year, the 11th hole being his only disaster hole. Noel Melville (MHSOB), usually steady as a rock, only had 9 points on the 1st nine and was ready to quit. Graeme Reddaway playing with Noel wasn't much better - he only scored 10 points. The Mollison Brothers (Greg and Paul) had a good tussle with youth winning at the finish. The following Clubs were represented : Malvern, Eltham, Coburg, MCC, Camberwell, Williamstown, Surrey Park, MHSOB, Chadstone, Caulfield, Footscray, Melbourne University, and the Referees. Many thanks to Ross Freeman, Rob Jackson, Noel Melville and Graeme Reddaway for their assistance and time in recording scorecards. Sincere thanks also to the following sponsors : David Hanna (Aylesbury Golf) 83 Chadstone Rd East Malvern, Larry Whiting (Auscrosse) Ron Cameron (ex MCC Spaldings), and Bill Taylor (Commonwealth Bank). Thanks also go to the following Rosedale staff for their assistance in making our day a successful and enjoyable one : Tony and the office staff, Phillip our chef, Dean in the pro shop, to Colin our curator, and finally to our starter Tom Barrick. A tentative booking for 1994 has been made for Thurs 17th November, 1994. [Editorial Note : Thanks also are extended to Terry Allington who puts a lot of effort into the VLA Golf Day, including the encouragement of many of our lacrosse community to get together for a social occasion away from the lacrosse]

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569 9655 . The Lacrosse Shop is located at
13 Willesden Rd Oakleigh 3166
(Opposite Hughesdale Railway Station)*

Victorian Womens News

INTERNATIONAL REMEMBRANCE

Margaret Boyd passed away suddenly and peacefully on November 21st 1993. Maggie was well known in the Lacrosse fraternity. She was a teacher and Coach of Lacrosse and ran Lacrosse/Hockey Coaching Camps in the USA for many years. She visited Australia in 1969 on a Coaching Tour of Victoria, South Australia and Western Australia. She was a driving force behind a visit by "The British Pioneers" (coaches and players from the Home Countries) and a US Team which played the first International Women's matches in Australia following her Coaching Tour. Maggie was the instigator in the formation of our International Federation of Women's Lacrosse Associations and became their first President. She was awarded an M.B.E. for her work in Lacrosse in 1989 which was presented at the 20th Anniversary Celebrations of IFWLA during the 1993 World Cup.

U13 COMPETITION

The VWLA is proud to announce the introduction of an U13 Girls Competition for the 1994 season. A grant provided by Sport and Recreation Victoria enabled the VWLA to employ a part time U13 Development Officer and it was with great pleasure that Sue Sofarnos commenced her duties in December, 1993. Already a fixture has been drawn up and plans are well underway for the U13 season to begin on Saturday 23rd April. Games will be played on Saturdays between 12-1pm. The Competition will be divided into two divisions (Eastern and Western) and teams will play their matches within these zones. All games will be umpired by accredited umpires. The season will consist of 9 rounds with a final Gymkhana Day being held on Sunday June 26th which will enable all participating teams to meet and enjoy a final fun day with a BBQ and other activities being provided.

Season dates are as follows:

23rd April	Week 1	28th May	Week 6
30th April	Week 2	4th June	Week 7
7th May	Week 3	11th June	Week 8
14th May	Week 4	18th June	Week 9 Final Round
21st May	Week 5	26th June	Gymkhana Day Sunday

Interested players can contact their Club's Junior Co-Ordinator or Sue Sofarnos. Coaches will also be required for teams in this competition. If you are interested in developing lacrosse at a Junior level (these are the future players of our game), please speak to either of the above mentioned contacts. Clubs that do not presently have a female team in the VWLA competition are welcome to enter an U13 Girls team. It is planned that a Coach/ Caretaker from the VWLA Association will be available to assist any "new" team in the realm of Women's Lacrosse.

VWLA EXECUTIVE OFFICERS 1994

President:	Mrs June Clerk, 2 Garden Street, Williamstown 3016 Ph: 397 5230
Vice Presidents:	Ms Sue Gandy, 8 Masfield Avenue Sandringham 3191 Ms Kris Palmer, 51 Ferguson Street, Williamstown, 3016 Ph: 397 1630 Mrs Janet Jackson, 16 Donald Street, Ashburton 3147 Ph: 885 1442
Secretary:	Ms Shelley Maher, 4 Afton Court, Glen Waverley 3150 Ph: 561 1007
Treasurer:	Mrs Gail Sedgeway, 13 Maclean Street, Williamstown 3016 Ph: 3961957
Record Secretary:	Mrs Yvonne Rolley, 2 Lyons Street, Williamstown 3016 Ph: 397 7979
U13 Development Officer	Mrs Sue Sofarnos, 38 A, Hannan Street, Williamstown, 3016 Ph: 397 8397

1994 VWLA SEASON

The VWLA will commence its 1994 Season on Sunday 20th March at Altona. At the time of print, a completed draw had yet to be finalised, however, all Clubs will be in possession of the Fixture in the first week in March.

WANTED

The AWLC is calling for applications for the positions of:

COACH/ES, MANAGER/ESS, PHYSIOTHERAPIST
to the Australian U19 Team to attend the First Junior World Cup in Philadelphia, USA in July 1995. Job descriptions can be obtained from either Sue Gandy or your Club Delegate.
Applications close on the 1st APRIL 1994.

1995 JUNIOR WORLD CUP

The Junior World Cup will be held in Philadelphia, USA in July 1995. The age will be Under 19 on the 1st of January of that year (1995). Any player interested in the Junior World Cup should contact Sue Gandy or their Club Delegate for further information.

JAPAN TOUR

A group of female Japanese players will be touring Australia throughout March. This group will be visiting Melbourne from 13th-17th. Fourteen players with accompanying support staff will be keen to partake in game practice and in particular, coaching sessions and clinics. If you would like to assist the VWLA in organising any coaching clinic/session or have a opportunity to provide game practice to these girls, please contact Shelley Maher as soon as possible.

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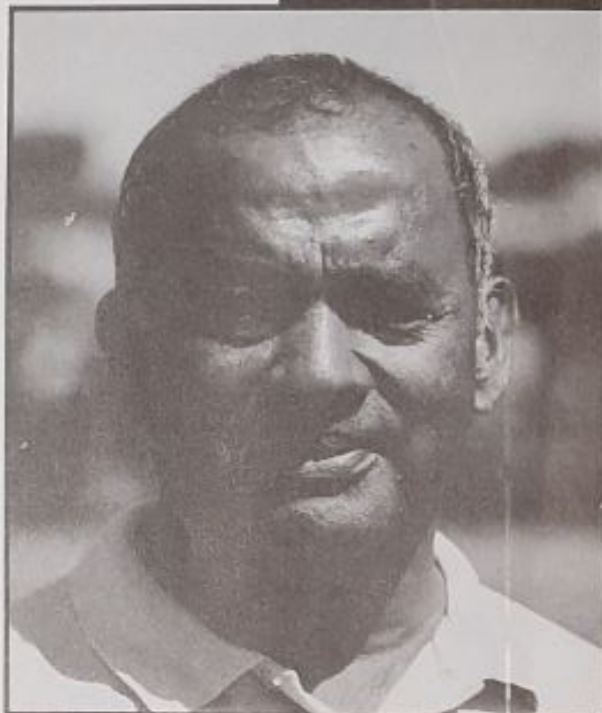
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CAULFIELD LACROSSE JUNIOR NEWS

Graham Small - Junior Co-ordinator Caulfield Lacrosse Club

INAUGURAL KEITH CLAUS SHIELD

Junior lacrosse in the Caulfield area received a boost last year through an event hosted by Caulfield Lacrosse Club. Four local Primary Schools (Glenhuntly, Carnegie, Caulfield North and St Aloysius) participated in a competition for the Keith Claus (Caulfield Area) Interschool Shield on Saturday, 14th August 1993.

In the two weeks leading up to the event coaching clinics were held to build some basic skills. These were held in conjunction with physical education classes during school hours, as well as after school, with each team receiving coaching assistance by an American from Caulfield Lacrosse Club. There was great enthusiasm for the event, 72 students participating on the day, along with around 60 parents coming along to watch the action. The games were played alongside the VLA's Under 13 game of the day at Caulfield so that the students and parents could see how more advanced lacrosse was played. All players showed great zeal for the sport, and demonstrated good skills, particularly given their short exposure to the game. It was great to see the parental involvement, and also the sportsmanship shown by the young players. The Team Coaches were Paul Schofield (Glenhuntly), Adam Levy (Carnegie 1), P.E. Teacher Eva Michell (Carnegie 2), David Goco (Caulfield North) and Charlie Herrick (St Aloysius). Their efforts in coaching contributed greatly to the success of the day.

At the end of the day it was Carnegie Primary's No. 2 team coached by their school's physical education teacher, Eva Michell, which emerged the winners of the Keith Claus Shield. They also received a plaque for their school. It is planned for at least one team to be selected from the participants to play in the Lacrosse Victoria interschool competition to be held on Saturday 26th March 1994 at Paisley Park (Altona), co-inciding with the opening round of the Senior State League Men's Season which will be played on the afternoon of that day.



Keith Claus Keith Claus, who played lacrosse for many years between the 1920's and 1950's, was made a Life Member of Caulfield Lacrosse Club in 1959. Keith was in the side which won the 1928 A Grade Grand Final. In 1992 he became the Patron of the Club, but sadly passed away in August 1992.

The 1993 Keith Claus Caulfield Interschool Shield Winners Carnegie Primary School, with Eva Michell (Coach) and Paul Schofield. With the Shield and Plaque are Chris Larkins (front row) and Janelle Wright (back row)

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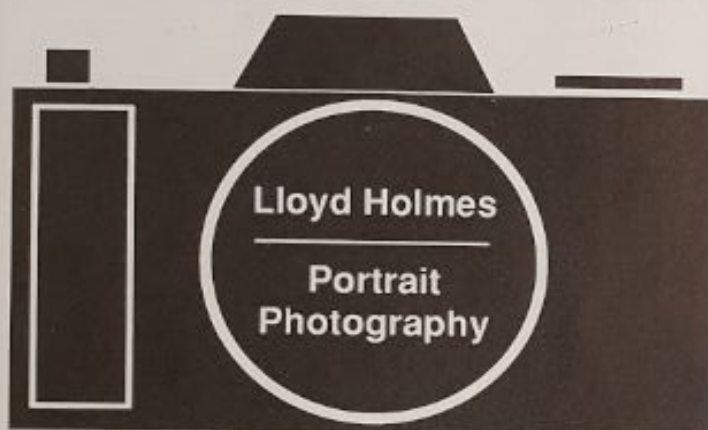
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CAULFIELD:	Mrs Anne Stahmer, 47 Oak Avenue, Mentone 3194
CHADSTONE:	Ms Julia McIntyre, 1193 Toorak Rd, Hartwell 3124 Ph: 571 3363 Fax: 805 4598
ELTHAM:	Mrs Margaret Cqbern, 9 Boulton Court, Greensborough 3088 Ph: 434 6575
FOOTSCRAY:	Ms Debbie Hoekstra, 86 Roberts Street, West Footscray 3012 Ph: 314 8224
MALVERN:	Mrs Faye Skepper, 6 Muir Street, Mt Waverley 3149 Ph: 802 6397
MCC	Mrs Maria Rekaris, 21 Hillside Parade, Strathmore 3041 Ph: 397 5335
MELBOURNE UNI:	Mr Sean Williams, C/- Sports Union, University of Melbourne Parkville 3052 Ph: 347 6237
NEWPORT:	Ms Anne Kingston, 19 Elizabeth Street, Newport 3015
SURREY PARK:	Ms Michelle Lincoln, 3 Whitehall Place, Lalor 3075 Ph: 465 4448
WILLIAMSTOWN:	Ms Shelley Maher, 4 Afton Ct, Glen Waverley 3150 Ph: 561 1007



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ALTONA	John Kosowski	24 Hotham Street	Williamstown VIC 3016	397 8309
CAULFIELD	Gaelene Willis	1 - 3 Yendon Road	Glenhuntly VIC 3162	571 3581
CHADSTONE	Julia McIntyre	43 Kambrook Road	Nth Caulfield VIC 3161	571 3363
ELTHAM	Margaret Cobern	9 Boulton Court	Greensborough VIC 3088	434 6575
FOOTSCRAY	Debbie Hoekstra	86 Roberts St	West Footscray VIC 3012	314 8224
MALVERN	Regina Daly	16/5 Grandview Rd	East Hawthorn VIC 3123	429 5133
MELBOURNE UNI	Sean Williams	C/- Sports Union	Melb Uni Parkville VIC 3052	380 6274
M.C.C.	Maria Rekaris	21 Hillside Pde	Strathmore VIC 3041	379 5335
NEWPORT	Kristine Palmer	51 Ferguson St	Williamstown VIC 3016	397 1630
SURREY PARK	Arnold Porter	21 Oxford Street	Nunawading VIC 3131	874 3738
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Twinefinder - (Mesh)	50.00
Twinefinder - (Trad)	57.00
Wave - (Modcrosse)	35.00
Shutout - (Mesh)	84.50
Shutout - (Trad)	91.50

WOMENS

Brine Cup - (Trad)	\$63.00
Netfinder - (Trad)	63.00
S/Light 2 - (Trad)	63.00
Magic - MX (Trad)	71.00

HANDLES

32" Alum. Attack	\$19.50
32" Aircraft Alloy	NEW 39.50
32" Graphite - Attack	32.00
32" Hickory - Attack	NEW 32.00
40" Alum. - Goalie	23.00
58" Alum. - Defence	32.00
58" Aircraft Alloy	NEW 59.50
58" Hickory - Defence	NEW 39.50

STRINGING KITS

MPK - Mesh Kit	\$17.00
TPK - Trad. Kit	18.50
MPKG - Goalie Mesh	26.50

LACROSSE BALLS

LBW - White Practice	\$4.00
LBO - Orange Practice	4.00
LBV - Yellow Practice	4.00
KUSEL - ALC Match	5.00
WB - Modcrosse Ball	2.95

LACROSSE SHOES

Iroquois - Low Cut	\$85.00
Mohawk - Mid Cut	90.00
Navaho - High Cut	95.00

LACROSSE HELMETS

SPORT HELMETS

SHU - Snr. Ultralight	\$120.00
SHUY - Yth. Ultralight	120.00
Standard Chin Strap	12.00
Deluxe Chin Strap	17.00
Helmet Decals	each 0.50

COOPER

HM600S Jnr Helmet	\$95.00
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SCOTT ASPEN

SAHM100 Jnr. Helmet	\$90.00
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GOALIE PADS

BP3 - Junior Body Pad	\$43.00
BP4 - Youth Body Pad	45.00
BP7 - Senior Body Pad	47.50
GBP - Deluxe Body Pad	75.00
TPP - Goalie Throat Protector	9.50
BP12 - Womens Body Pad	214.50

LACROSSE VIDEOS

BVT1 1 Lacrosse Game	\$20.00
BVT2 2 Lacrosse Games	30.00

LACROSSE GLOVES

L10 Boys Gloves	\$41.00
L25 - Youths Gloves	52.50
L35 - Mens Standard Gloves	71.50
L33 - Mens Gloves	NEW 71.50
L30 - Mens Flexlite Gloves	73.50
UF750 Mens Ultraflex Gloves	67.50
UF650 Boys Ultraflex Gloves	53.50
WA35 - Wrist Attachment	12.00
WLG - Womens Gloves	32.50
WSG2 - Womens Gloves Deluxe	42.00

ARM PADS

LAP4 - Clip-on Arm Pads	\$70.00
LAPL - Long Foam Arm Pads	22.50
LAPS - Short Foam Arm Pads	19.50
LAPM - Jnr. Foam Arm Pads	21.00
SAG2 - Snr. Super Arm Pads	43.50
SAG2J - Jnr. Super Arm Pads	40.00

SHOULDER PADS

SP9 - Vinyl Dipped Shldr Pads	\$45.00
SP9C - Cloth Covered Shldr Pads	39.50
FP1 - Flex Pivot Shoulder Pads	60.00
FP2 - Flex Pivot Shldr Pads Deluxe	72.50
FP1J - Jnr. Flex Pivot Shldr Pads	57.50
SP4J - Jnr. Shoulder Pads	44.00
SP4R - Reg. Shoulder Pads	45.00
SP4L - Lge Shoulder Pads	46.50
SP35J - Jnr. Shoulder Pads	44.50
SP35R - Reg. Shoulder Pads	46.00
SP35L - Lge Shoulder Pads	47.00

RIB PADS

RPL - Senior Rib Pads	\$34.50
RPS - Junior Rib Pads	30.00

All prices plus freight & handling charges if applicable, for shipment anywhere in Australia. Freight charges average \$8.00 for all Interstate orders and \$5.00 for deliveries in Melbourne. Small orders can be posted. Phone or Mail Order Available
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MI. Light, stiff, and forceful. Its patented belly sidewalls are aerodynamically engineered to give you the deepest legal pocket in the best possible location.

It allows for incredibly quick shooting and passing. Fire one today!

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