

THE DRIBBLE

UWA Hockey Club Newsletter MARCH 2022 Volume 11



2022 : THE SEASON BEGINS

Welcome back everyone.! The season is almost here. Woohoo!

With a successful summer hockey season and few omicron changes, we are back to Pre-Season running across all grades.

I'm sure we are all looking forward to getting rid of that Xmas pudding in our bellies and start to get serious for the season.

This season brings a few exciting information

1. Two new Premier League Coaches
2. A New Sponsor
3. A New Project Team to look at some improvements around the venue.

We have several events planned for you this year and you will read about them here before it begins along with the other media channels we have.

We look forward to seeing you all very soon when Club training commences in March.

CLUB TRAINING

Senior Men's Grades

Tuesday 6.30pm to 7.30pm

Thursday 7.30pm to 9.00pm

Men's Premier League

Tuesday 7.30pm to 9.00pm

Thursday 6.00pm to 7.30pm



Senior Womens Grades

Tuesday 6.30pm to 8.00pm

Thursday 7.30pm to 9.00pm

Womens Premier League

Tuesday 8.00pm to 9.00pm

Thursday 6.00pm to 7.30pm



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WELCOME: OUR NEW CLUB SPONSOR

ASCEND PHYSIOTHERAPY: Located across the road at HBF Stadium
 UWAHC has negotiated a new service arrangement with Ascend Physiotherapist who are located next door in HBF stadium.
 Ascend has developed a strong working relationship with UWA and several other University sporting clubs. As part of the arrangement Ascend will:

1. Provide the club members with a 20% discount on physio consultations
2. Will reduce the cost of a 60 minute remedial massage by \$ 10
3. Will reduce the cost of a 45 minute musculoskeletal screening by 20%

The club looks forward a long and beneficial relationship with Ascend Physiotherapy .
 Peter Gregory and Lachlan Arnott are our contacts and can be reached on 9387 2677, or email reception@ascendphysio.com.au, or via their website www.ascendphysio.com.au



2022 : SENIOR CLUB TRIAL DATES

Senior Men's Grades

Saturday 12th March	9.00am to 11.00am.	Turf 1
Saturday 19th March	9.00am to 11.00am:	Turf 2
Sunday 27th March.	7.00am to 12.00pm:	Turf 2

Senior Womens Grades

Saturday 12th March	9.00am to 11.00am.	Turf 2
Saturday 19th March	9.00am to 11.00am:	Turf 1
Sunday 27th March.	7.00am to 12.00pm:	Turf 1



EVENT:

BBQ & BAR OPEN SUNDAY 27th March from 11.30am post trials



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WELCOME: PAUL GAUDOIN: MENS 2022

The club has secured the services of Paul Gaudoin as our senior men's coach.
 Paul is one of Australia's best ever hockey players and an outstanding international hockey coach.
 Paul was a member of the WA state team from 1991 until 2004.
 He has a member of the Australian team from 1994 until 2004. He played 234 games for Australia and scored 30 goals.
 He won a bronze medal at both the 1996 Atlanta Olympics and the 2000 Sydney Olympics.
 Paul was selected as captain of the Australian team for the 2004 Athens Olympics.
 Two weeks after the team was announced Paul was forced to withdraw with a career ending knee injury.
 The 2004 men's team went on to win it's first and only Olympic gold medal.
 Paul was the WA state coach in 2008 and 2009.
 He was then appointed as the assistant coach of the Australian men's team.
 He was the assistant coach at the 2012 and 2016 Olympics.
 Paul also served as the Australian women's coach from 2017 to 2021.

Paul is married to Blair and has 3 teenage children.
 He has a teaching degree and currently works as a consultant to small business as a personal performance coach.
 Paul succeeds Brendon Gairns as the club's senior men's coach.
 Brendon was coach for the last 4 years.
 Brendon was coach in 2020 when we went so close to winning the grand final.
 He played 237 first grade games for the club and scored 128 goals.
 Brendon was a member of 4 premiership winning teams.



MEN PREM 1 SEASON



The Pre-season for the 2022 season is underway with strong numbers at the preseason fitness sessions. Skills sessions on turf have also started. Enthusiasm is high and the players are putting in huge amounts of effort to be prepared for the season ahead.

A number of young players have joined the senior ranks from our junior program and are showing real promise. Luke Sudlow, Hugh Mitchell, Tom Wescott, Ollie Perrin to name a few, and hope to get Monty Atkins training soon as well.

Omissions:

1. Fraser Gerard has moved to Melbourne for the year, we hope to have him back in 2023.
2. Cain Evans is having a sabbatical year away from hockey and is playing footy this season. We truly hope to get him back to the sport he knows well. He is a very talented player.
3. Karel Cronje is focussing on MMA this year.
4. Tim Andrew has relocated to Sydney for work.

Best wishes to Mason Michalopolous, who is in the State u18 men's team. Unfortunately, he has suffered a significant injury to his shoulder. We wish him a speedy recovery.

Congratulations to Cam Geddes, Harry Golding and Christian Starkie for their involvement in the recent National Kookaburras Camp held in Perth. We hope to see them soon in the Green... and Gold soon, alongside Tom Wickham and Flynn Ogilvie, our regular Kookaburras.

On a personal note, I am looking forward to the season ahead, and am already enjoying the camaraderie and willingness of all players and supporters to welcome me to the green army.

Thanks to the Board, Tristram Woodhouse (General Manager Hockey), Simon Tiverios (Women's Head Coach), Alex "Pecker" Wood (2's Coach) and David Albrecht (Team Manager) for their assistance and support.
 We are all looking forward to a fun, enjoyable and ultimately successful year for the club.

Cheers
 Goodas

JUNIOR DIVISION- 2022

In 2022 many Juniors have already registered. An amazing result, in particular The Year 3/4 cohort going banana's.

Training starts this week for most age groups on the turf and the grass. Welcome back to everyone and we look forward to a great year for the club.

To those who are new to the club. We say a very big welcome to our club. We hope you enjoy your season and please don't hesitate to contact us should you need to know anything.

A few things before we get started.

JUNIOR TRIALS- 2022

Turf	Mar-12	Mar-13	Mar-19	Mar-20	Mar-26	Mar-27
1						
1				9.00am to 11.00am Year 9/10 Boys	9.00am to 11.00am Year 7/8 Girls	
1			11.00am to 1.00pm Year 7/8 Girls	9.00am to 11.00am Year 9/10 Boys/Girls		
1			1.00pm to 3.00pm Year 7/8 Boys	1.00pm to 3.00pm Year 9/10 Girls	1.00pm to 3.00pm Year 7/8 Boys	1.00pm to 3.00pm Year 9/10 Girls
1		3.00pm-5.00pm Year 11/12 Girls		3.00pm-5.00pm Year 11/12 Girls		3.00pm-5.00pm Year 11/12 Girls

Turf	Mar-12	Mar-13	Mar-19	Mar-20	Mar-26	Mar-27
2						
2						
2						12.00pm to 3.00pm Year 9/10 Boys
2		3.00pm-5.00pm Year 11/12 Boys				3.00pm to 5.00pm Year 11/12 Boys

SKILLS ACADEMY- COMMENCES IN MARCH 2022

Turf	Mar-1	Mar-08	Mar-15	Mar-22
1	SKILLS ACADEMY 6.15am to 7.45am	SKILLS ACADEMY 6.15am to 7.45am	SKILLS ACADEMY 6.15am to 7.45am	SKILLS ACADEMY 6.15am to 7.45am

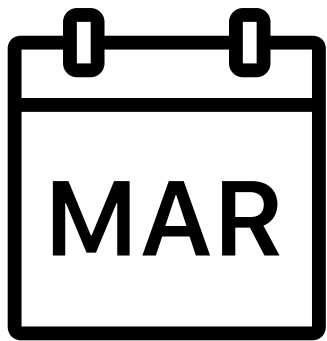
You can enrol via our UWA hockey website under our events or alternatively you can just show up and pay \$15.00 per session. Get ready for the trials and season, training alongside your fellow club members and Premier League player coaches. Now is as good as time as any to begin your preparation.



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DATES FOR THE DIARY



- Club Trials
- Skills Academy Session 1 - 4
- Soaks Women Training
- Club Training Commences



www.uwahockey.org.au



- Round 1 Fixtures - All Senior Grades
- Junior School Holiday Clinic
- Club: Tues/Thu Dinners commence

SENIOR WOMEN PRE-SEASON REPORT

Preseason for the women's club has consisted of HIIT workouts and running on Tuesday nights. Plus a running session followed by a swim and coffee after on Saturday mornings. There is lots of new and familiar faces that have come so far so looking forward to the season ahead and starting on turf.



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VOLUNTEERS WANTED

Our club is successful because over the many years we have a group of dedicated people volunteering their time. Their roles include committees, coaching or managing a team, junior age group coordinators to senior coaches and bbq helpers.

This year we are looking for more people who could assist around the club. We need a bigger pool of volunteers who can sacrifice some time running the BBQ on Saturday mornings for the J1/2's, running the BBQ during the Premier League matches, Coffee Barista's on weekend mornings, canteen/bar duties throughout the week and potential uniform shop hours to assist Kerry. We also have general busy bees and maintenance jobs that require some experienced members in that field to assist with repairs.

See the list of volunteers roles we require in 2022.

We would also appoint a Volunteer Manager to manage all these duties.

EXPERIENCE OPPORTUNITIES

BBQ for Saturday Morning: 7.15am to 9.15am

A good candidate for this is a Year J10/11/12 member who are wanting to fill some community service hours for school. We supply great training opportunities for life which increases your chances of further work once you complete your service. We have had two incredible volunteers over the past 2 years and looking for them to move to another area of the club.



Coffee Barista for Saturday/Sunday: 7.00am to 11.00am

We are looking for a person wanting to gain experience in becoming a Barista. Our sponsor, Bonissimo, who provide us the machine and beans provide training to all Baristas wanting to gain skills to make a great cup of coffee/tea or hot chocolate.

This is a fun job for two members wanting to get to know our members and enjoy working with a team behind the canteen.



BBQ for Premier League Games: Times / Days varied

During Premier league matches we like to sell sausage sizzles for members who are there to watch the Premier League games. The double header weekends are our target days.

We look for 2 x BBQ operators to cook and sell sausages for the two games.

Parent /child combinations or Year 10/11/12's mates are recommended for this event.



CONTACT: Please contact Trid Woodhouse via email on gm@uwahockey.org.au for more details or alternatively would like to get involved with the club in 2022. Volunteers are always welcome.



ALLRUBBER

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Uniform Shop Assistant



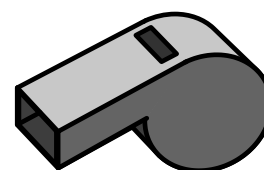
At the start of each year the uniform shop opens.

Kerry is looking for some assistance in selling uniforms while training is on.

If you can, It would be great to see some parents assisting Kerry and learning the ropes on how to sell the uniforms. It's also a fantastic way to meet new people and do your bit for the club.

Please contact Kerry on +0417 927 943 or email her on bkgallag@bigpond.net.au

She would appreciate your help!



JUNIOR UMPIRING PROGRAM

Welcome back to hockey for 2022! I hope you enjoyed your umpiring last season and are keen to continue this season.

My name is Bobbie Mignacca and I am the UWA Hockey Umpire Coordinator for 2022.

I am contacting you to ask for expressions of interest for our Trainee Umpiring Programme. All UWA Hockey Players from Year 9 and above are welcome and encouraged to join the programme. Year 10s who did not join last year are still welcome to join as first year umpires.

Our first session will likely be on Tuesday 5th or 12th March 2022 in the UWA Hockey Clubrooms.

To register your expression of interest in the programme, please contact me via email.
uwaumpiring@gmail.com

Returning Umpires:

For regular umpires, second year umpires are usually allocated to a 7/8 team (Sat morning) and are paid \$30 per game. Third & Fourth year umpires are usually allocated to a 9/10 team (Sunday morning) for \$30 per game. Older umpires are invited to umpire 11/12s on Friday nights for \$50 per game.

Umpires will be paid by EFT to your bank account. Once you are allocated to a team, I will obtain those details from you.

I look forward to getting to know you all.

Bobbie Mignacca



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