

NEWSLETTER



WELCOME TO THE 2023 SEASON

The 2023 Season begins this weekend!

Pre-season was a huge success with the Premier League and Senior grades participating in fitness, beach hockey and turf training since early February.

Behind the scenes, the Board and the Senior Committee have been very busy preparing for the season. We warmly welcome all of our new volunteers to their positions and thank our returning members.

Any questions about the season and teams, please kindly contact our amazing captains

Emilie or Max:

womens@uwahockey.org.au

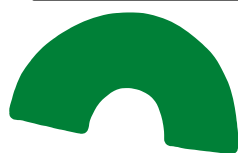
mens@uwahockey.org.au



UPGRADES

Over the off-season the turf and clubrooms were very busy with Summer Hockey and cosmetic renovations, preparing for the best season yet -2023!

Over the break, the backboards of the goals repaired ready for another successful season for UWA! The carpark lines were also repainted.



UWA Uniform Shop April Opening Hours

Saturday April 1st	10:00 AM - 1:00 PM
Tuesday April 4th	5:00 PM - 8:00 PM
Wednesday April 5th	5:00 PM - 7:00 PM
Wednesday April 26th	5:00 PM - 7:00 PM
Thursday April 27th	4:30 PM - 8:00 PM
Saturday April 29th	8:00 AM - 11:00 AM

Look out for **Kerry or Chris** or
see a member of staff behind the bar!

Note: these times are only a guide!

ROCKY RIDGE



Good beer that is also good for the planet? How can you say no? Well thankfully you don't have to! Rocky Ridge's range is well stocked behind the Blue Bar and as sponsors of the club, we love to support businesses and people that support us.

Winners of Telstra's 2022 Best of Business Awards for Western Australian Promoting Sustainability and Australia's first Certified Sustainable Brewery, Rocky Ridge is not messing with the planet in their quest to make world class, award winning beer. Rocky Ridge were also awarded Champion Large Brewery at the Perth Royal Food Awards, along with Champion Beer in 2022.

Hamish Coates, founder of Rocky Ridge, not only makes some good beer but is also known to be a tremendous force in goals. Playing for UWAHC, joining the South Australian AHL and playing as WA's reserve for the Thundersticks.

Club members are well looked after at the Rocky Ridge Taphouse in Busselton and I'm sure many players in uniform will be spotted enjoying a post Warwick and Joondalup game beverage when their new location opens in Duncraig!

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100TH ANNIVERSARY

We are so excited to celebrate our 100th anniversary next year!

To prepare for a year of adequate celebration, we are forming a sub-committee to assist in all things organising.

Please reach out to gm@uwahockey.org.au if interested in joining this committee.

ASCEND PHYSIO

Ascend Physiotherapy is again supporting UWAHC with physiotherapy and allied health services.



Pete and Josh are the two physios covering the premier divisions, but the **services are available to all UWAHC members at a 20% discount off physio and massage.** Ascend also offers dietetics, exercise physiology and sports psychology so can help our athletes achieve their peak. Ascend also run group gym S&C sessions for our members on Monday and Thursday evenings – all located inside HBF Stadium.

More information from their website www.ascendphysio.com.au or call **9387 2699** to chat with their reception."

UPCOMING EVENTS

Thursday Night Dinners:

Love to hang back after training for a drink but wish you had some food? Well look no further than the 2023 season!

During the regular season, the club will be sourcing catering for dinner on Thursday nights after training. Look out on the club's socials (facebook and instagram) for more information on how to secure your dinner!



16th April Premier League Double Header:

Get down to the Clubrooms on Sunday the 16th of April to support all our Premier League teams in their home debut!

The club will be pumping from 1 pm with food available, the bar open and end-to-end action all day long.

1:00 Mens 2s v Vic Park
2:30 Mens 1s v Vic Park
4:00 Womens 1s v Vic Park
5:30 Womens 2s v Vic Park
7:00 Womens 3s v Vic Park



VS



Freshers "Under Construction":

More information to come...keep the 13th of May free though!

“The University of Western Australia Hockey Club recognises the Whadjuk Noongar People as the Traditional Custodians of the land on which our Club and Clubrooms are situated and today, we pay our respect to Elders both past and present and extend that respect to all First Nations people who join us today. We acknowledge our privilege to train, play and build lifelong connections on this Boodjar and are committed to working alongside community to create a club that is inclusive to all and celebrates the contributions that First Nations people have made to Field Hockey in Western Australia.”



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