



### Dates for your diary

**30 May-1 Jun** Bunbury Carnival

**6-8 Jul** Smarter than Smoking

Under 13 State Champs.

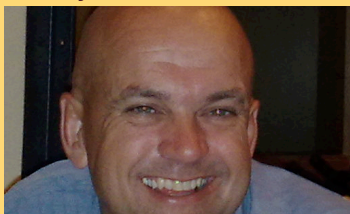
**13-15 Jul** Smarter than Smoking

Under 15 State Champs.

**2 Aug** Smarter than Smoking

Rookey Carnival.

### Know your committee



#### Garry Fitzpatrick, President.

Garry leads a team of dedicated committee members and has single-handedly brought J3-4 hockey to the Lions. Garry plays for the mens' vets team. He also has 2 sons playing for Lions.

### Know your rules

If the end of the half/game is called after a short corner penalty is awarded, the penalty must be played out until either a goal is scored, the ball goes out of field or the ball crosses the 23 yard line.

### Planning our future

Help us to decide the future direction of our club. If you would like to take part in the Strategic Planning Meeting, please contact [garry@optiwear.com.au](mailto:garry@optiwear.com.au)

### Drop us a line

We welcome articles for our website and newsletter. Please forward them to [manno@bigpond.net.au](mailto:manno@bigpond.net.au)



Welcome to the 2009 season of hockey and to a new era in the Riverside Lions Junior Hockey Club, with some exciting plans and initiatives that we hope will make our club even better.

### New Committee

For those that aren't aware, our Junior Club founder and long-standing President Bevan Lawrence is reducing his hockey workload and so we have created a fresh Junior Committee to take the club forward. Bevan remains involved with the club, focused on the coaching and talent development aspects of the club.

His successor, Garry Fitzpatrick, has fully embraced Bevan's philosophy to build a strong junior hockey club and provide the young people in the Nedlands community opportunity to enjoy a sport at all levels. We are constantly looking at ways to improve our club administratively, socially and most importantly, to ensure all players reach their hockey potential. We are also working to integrate the Junior and Senior clubs more closely to provide a hockey career path for our players through the years.

### Healthy Membership

This year over 300 junior players are registered in 27 teams (not including the junior girls playing in the women's competitions). We'll keep you posted on progress through the season in our Team Focus section overleaf.

### Manager Information

If you haven't already, Junior Managers should check out the [Team Manager documents](#) available on our website. These include some hints and tips and some forms to help you record and manage your season.

### Lions J3-4 Competition

For the first time, Lions have also introduced a [J3/4 program](#), (previously known as Under 9s) to help Minkey players with the transition to hockey. We have 10 teams and are confident that this will ensure a great pool of talent to take us through the years.



*First day of J3-4 competition*

This competition is an important step in securing the future of the club and introducing our youngest 'cubs' to our 'den'. The competition is played on Saturday mornings and consists of 2 x 20 minute games, with a break between to allow for coaching and feedback using modified rules on half-sized fields. This unique advanced skills training program has been developed in consultation between Garry Fitzpatrick and [Tristram Woodhouse](#).



*Cooking up a storm at Melvista*

With sausage sizzles after Friday night training and delicious Bacon & Egg rolls on Saturday mornings, the 3-4 competition is shaping up to be a fantastic family oriented comp with a lot of emphasis on fun. Running this competition takes a lot of effort, so we need parent volunteers to step up and help out in any way you can. A reminder that teams must arrive at Melvista at least 20 minutes before the start of their first game.

### Download your fixtures

All fixtures (except 3-4 comp) should now be available. You can download fixtures for your team by going to the [Sporting Pulse website](#), then:

- find your grade
- click on 'Fixture'
- click on your team name
- click on 'Season Fixture'.

You can also receive a weekly email reminder of your game by clicking 'Email Match Reminder' from the fixtures screen. Good luck for the season.

### Holiday Clinic



*Holiday Clinic fun*

The Lion's April Holiday Clinic attracted 70 kids and provided excellent skills training and lots of fun. It also provided valuable experience for our older juniors currently or considering coaching our young hockey players. Look out for news of the next holiday clinic in the July School holidays.

### Bunbury Carnival

We will be taking a number of junior teams to the Bunbury Hockey Carnival (30 May-1 Jun). At this stage there will be a girls' J7-8 and J9-10 (with YMCC) and a boys' J7-8 and J9-10 team. More information will be sent to players in these age groups shortly.

### Top Coaches Appointed

We'd like to thank all of the parents, players and friends who have stepped up to help in various ways, from being umpires, coaches and managers to just getting your children to training and the games.

We've also been fortunate to secure the services of 3 top player/coaches from the UK who are coaching and providing specialist coaching to various teams throughout the season.

### Bevan's Bash

Over 150 Riverside Lions Hockey Club members and friends paid tribute to Bevan Lawrence for his contribution to the community at a function held at Shenton Turf earlier this year.



*Bevan's Bevy*

The centre piece of the evening was the staging of an 'Invitational' Hockey match, comprising of two teams of past and present players of the club whom Bevan had either coached or mentored.

Check out some more [photos](#) on our website.

### New Free Hit Rules

In its 2009 rules, the International Hockey Federation has introduced a Mandatory Experimental Rule for taking a free hit, centre pass and putting the ball back into play after it has been outside the field.

The objective of the new rules for 2009 are "to speed up the game & reduce the possibility of danger at 'dead ball' situations in the 23m area of the field".

Essentially, a "self-pass" from a free hit has been introduced. It enables the player taking the free hit to play the ball again after taking the free hit which will encourage free-flowing hockey.

Please make yourself familiar with the interpretations of the [new rule](#).

There is also a [YouTube explanation](#) which you may find helpful.

### Check out our website

Don't forget to check out our new [website](#). It has lots of useful information and links.

## TEAM FOCUS

### Tough Start for ladies

Our top team, in the Willow Bridge ladies comp, has had a challenging start to their season, playing the two best teams in the competition. Despite losses, they have had corners and goal chances in each game, showing potential for the season.

The team consists of only 5 adults, with the balance of the team being students aged 13 - 17 years old. It is truly a very young team which will improve as the year progresses.

The team is coached by Matt Eastham from Wollongong NSW, older brother of Hockeyroo Casey Eastham. He is presently being assisted by Ben Senior, a top player from the UK who is here for the season.

### Not just for kids!

Did you know that a number of hockey parents have now got in on the act? It began with a bunch of mums on the sidelines watching their children enjoying their hockey. It has progressed to one Women's and two Men's Vets teams in the competition this year, having a laugh, keeping fit, showing their kids that it is great to have a go, and holding their own in the comp.



*(We're all a bit camera shy)*

With a fun men vs women's game to warm up pre-season, the teams have had some great results so far this season.