

THE RED RAG NEWSLETTER

Glebe District Hockey Club Inc

JUNE 1996



President's Message

Congratulations to Terry Kelly and the Junior Committee for their vision and foresight and commitment to the Junior Carnival taking place.

To those people who supported the Club's function "Trivia Night" on Saturday the 11 May THANK YOU.

One wonders what the Club has to provide to rally people to support these functions.

These functions are organised to have a social night with your team mates and friends and to help raise funds to benefit all members of the Club.

I am sure Pat McCann and his table had a great night, finishing second only by one point to Bev Nilan's table, who organised a very talented group. As well as everyone else, I sure had a good evening.

Many thanks to Ann Rochester, Adrian & Chris Howe and all the other helpers for the excellent night.

The Club's next big function is Ken Wark's Benefit night on the 22 June this should be a compulsory night for ALL members so we can show our support to Ken in his chase for a Gold Medal.

Geoff Paterson, President

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Dear Member

The season is approximately a third of the way through and I will give you a little run down on what the Club has in the way of Teams. I think some of you might be surprised on how big the Club is.

The Club recruits, organises and fields 24 teams. This is broken up as 7 men's, 5 women, 12 junior sides and as a side line we promote Minkey hockey with about 40 youngsters. As you can see it is a lot of effort goes into the promoting and administering the game of Hockey in our area and this brings me to my next point.

The Club expect a lot more of its members that just jumping out your car, playing your game, then going. We have a great tradition of support other members and friendship that last a life time. Some of these traditions are that our juniors do not pay any fees to play the game and its members putting their shoulder to the wheel and helping when the cry goes out.

That cry is going out now — We need you to support the Club functions. It costs the Club over \$7,000 to run the Juniors and the Club gives that willing — BUT that means that the money must come from somewhere. Where you might ask, it comes from US. The way the Club extracts this money in the least painful way is through money raising functions e.g. Trivia nights, chocolate drives. The Trivia night was not well attended by ALL (men, women & social) Club members (those who turned up thank you). Lets get in there and support when required you might be surprised and enjoy yourself at the same time.

A famous person once said: "Its not what the Club can do for you, but what you can do for your Club". Please let us keep that in our minds.

Les Wark, Secretary

Congratulations!

We had at our inaugural Junior Carnival. A great atmosphere, wonderful weather and a tremendous effort by our teams. The best teams won on the day and they happened to be Glebe's. All players contributed to the success of the day.

Special thanks to Anne Wark in the canteen, Greg Lawler on the organisational structure and Ron Cheong for his administration skills. To all volunteers — parents, Seniors, Under 17s and all — thank you. Artie Moir did a fantastic job of MC and Games Marshal. Adam Campano, with Under 17's, and his troop of umpires kept the play on track and the grounds tidy. There weretoo many Seniors there on the day to be able to give particular thanks but to say it was a delight seeing you all there.

It was a pleasure to see Councillor Máre Sheehan, the Mayor of Leichhardt and we thank her for making the Under 15 presentation.

Leichhardt's groundstaff worked hard to make Jubilee and Federal a marvellous place to be.

Among the highlights of the day were the Minkey games. Hockey's future rests in fostering the non-competitive and fun aspects of this introduction to our sport.

To everying involved, you all demonstrated the Club's unity when it mattered.

Terry Kelly, Junior Convenor



Bishops

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Club Calendar

MAJOR DATES TO PUT IN YOUR DIARY
(NOTE SOME DATES HAVE CHANGED)

Major dates to put in your diary

- 22 June Kenneth Wark
Testimonial Dinner
- 27 July Italian Restaurant
Extravaganza
- 10 August Junior BBQ Day
- 19 October Presentation Night,
Harold Park
- 27 October Junior Presentation Day

Notification of Clubhouse BBQ's dates
will be done closer to the time

Dates could change due to draw
changes and other circumstances

KEN WARK jnr TESTIMONIAL DINNER

To celebrate and honour the world
class sporting achievements of
our own Ken Wark jnr,
a Testimonial Dinner will be held at
the Balmain Leagues Club
on Saturday evening
22 June 1996.

The night will be hosted by one of
Australia's leading Olympic and
sporting commentators,
Norman "Nuggett" May
with special guest speakers.

A modest admission price will
provide a sumptuous meal, dancing
and entertainment and drinks. In
addition some fantastic prizes will
be auctioned, raffled and given
away. All to help Ken with some
"spending money" when away.

Contact

Colin Rochester

to book **NOW**

(h) 680 3647
(w) 282 0941

Men's News

FEES ARE NOW DUE

Fees Men	Senior Playing	\$270
	Student Playing	\$162.50 say \$163
	Social	\$25
	Donations	All donation will be gratefully accepted

PLEASE NOTE

The **FULL** payment of fees must be by **30 June 1996**

Fees will be collected by.

Geoff Paterson	Glen Dunn
Bob Taylor	Kevin Chivers
Amrat Parbhu	Les Wark

Strength and Conditioning Report

I am pleased to submit this report after the success the club has achieved this year in winning the first grade final (men's) and first grade semi finalist (women's). Although first grade is the pinnacle of success with most clubs, one must not lose sight of the success of our other grades and the juniors.

I was pleased with the majority of the seasons training and initial turn up on Wednesday evenings, but there is room to improve. Unfortunately training tends to require a lot of hard yards and at times seems to be monotonous but that is the nature of the beast.

Those people that trained regularly gained a number of benefits, increased fitness, less time off the field due to injury, the opportunity to play or stay in a higher grade and quality of life in general.

Although fitness is only one part of the clubs programme, without a high degree of overall club fitness, achieving a result every week would be especially difficult. Winning games is great, to demoralise the opposition by dictating the tempo of the game because of superior fitness is what we are aiming to achieve.

Complete **DOMINANCE** of the game. We want the opposition to feel that presence before stepping onto the field.

Our programme has and is being immolated by other clubs which is a complement, but now, we will have to work harder. Time and effort preparing a programme can only be successful with your **determination, effort and dedication**. Only then is when you can say I am truly dedicated to myself, the team and the club.

To achieve the desired results you will be required to improve the following:

Aerobic Development:	LSD & Long Intervals. Central & peripheral adaption.
Anaerobic Development:	Phosphate (Alactic) & Lactic Energy Systems.
Neuromuscular Development:	Strength, Speed, Power, Agility and Co-ordination and reduce the onset of neuromuscular fatigue.

BUT WAIT, THERE'S MORE! Just ask your coach.

Where will it end? Who knows! Is sport an exact science? Some say yes, some say no! All I know is what knowledge science has given us, what we do with that information will depend on YOU!

I would like to take this opportunity to thank those that supported me and believed in this type of programme. Les Wark, Pat Nilan, Craig Stubbs, Colin Rochester, Margaret Howe, Anne Rochester, the committee and the players.

I am looking forward to the 1996 season which will include with your support some indoor activities.

Leo Sherwood, Club Trainer/Conditioner

Match Results and Reports

Let's get some reports in from the other grades! If we don't get them in, we can't print them in the *Red Rag*

PREMIER DIVISION

GLEBE VS RYDE (April 20)

1ST GRADE: LOST 1-3

First grade played one of their worst games today in a long while. Ryde, however, played with plenty of enthusiasm and determination, vital ingredients for victory which Glebe lacked on the day. Even having Aza and Razor available, released temporarily from their representative duties with the NSW Warriors, did little to alter the predictable progress of the game in Ryde's favour. Although Glebe were 2-0 down at half-time, they lifted themselves momentarily for Chucky to score early in the second half. However, this resurgence was only temporary, and Ryde soon took control of the match once more. Even another man-of-the-match performance from goalkeeper, Christian Campano, which included saving a penalty stroke at a critical point of the match, could not prevent Glebe from slipping to their first loss of the season.

2ND GRADE: WON 6-5

Glebe had a superb start, when Porky scored a ripper of a goal from an almost zero angle. Blocker scored twice, from a penalty corner and a penalty stroke. Ryde scored twice to stay in touch, but Trent Benfield put Glebe further ahead scoring from a slip to the left on a short corner. Ryde retaliated again early in the second half and seemed to be gaining momentum, until Soz scored a brilliant deflection goal, which Geoff Busch soon followed up with what turned out to be the winning goal. Steve Sherwood and Blocker were awarded joint man-of-the-match.

3RD GRADE: LOST 2-3

Glebe got off to an early lead, when Daniel Little scored after some impressive lead up work in the halves. However, Glebe squandered several chances after this initial goal and seemed to lose the plot, as Ryde scored three successive goals to lead 3-1 with minutes to go. Les scored a late goal from a penalty corner, and Glebe looked to snatch a late draw with mass pressure on the Ryde goals, but just fell short, suffering their second disappointing loss in four games.

GLEBE VS NORTHERN DISTRICTS (April 27)

1ST GRADE: WON 5-1

Glebe were back to some form, recording a convincing win over Northern Districts. Although Glebe should have scored considerably more goals than they did, the forwards played well, creating constant havoc when in the goal circle. Shane and Aaron Nilan combined brilliantly to inspire the rest of the team to produce a much improved performance on the previous match against Ryde. Jimmy Wright had a brilliant goal disallowed by the umpire, most probably because the ball went in and out of the goal that quickly, the umpire couldn't see it thinking it had hit the crossbar. Skipper, Steve Cain, made up for some missed opportunities in other matches by converting his penalty stroke attempt. Simeon Booth was impressive at centre-half, in the absence of Parker.

2ND GRADE: WON 5-1

Second grade continued their great early season form by dominating Northern Districts all over the field to gain their fifth straight victory. The result was all but sewed up by half-time, with Daniel Little scoring a hat-trick of goals on debut in the space of fifteen minutes, to take Glebe to an imposing half-time lead of four goals to nil. The backs, Brad Goodridge and Captain, Peter Busch, played very strongly to repel some pressure by the Districts strikers in the second half. However, Glebe maintained enough possession to give the attack several goal opportunities, in particular Daniel, Aaron Oman and Geoff Busch who looked very dangerous whenever they got the ball.

3RD GRADE: WON 6-1

Glebe third grade had a relatively easy game against a weak Northern Districts side. Daniel Little scored twice, to take his tally for the day to five goals. Young guns, Sam Everist and Anthony Wark both scored great goals and played well in general. Shane Casey and Trent Benfield had great games also, supplying constant good ball to the forwards.

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TURF UPDATE

Not much has changed from the last update, except that a critical construction time line has been given to Council for their cash flow purposes. Craig Stubb's group has been talking to two turf manufactures Balsam and Pollytan who did the Queensland Hockey Centre and a final recommendation and decision will be made to the Committee by the end of June. Bill Stubbs has been having preliminary discussion with the Banks about our financing.

It is expected that a meeting with Harold Park would of taken place to approve the plans and discussions on the future of the Club House.

A number of people have applied to the position vacant advertisement and they have been noted. The ads will run again and as they say, those that have already applied need not reapply.

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THE RED RAG

GLEBE VS UNSW May 11

1ST GRADE: WON 10-1

Glebe bumbled their way through this game against UNSW, until they came to life about mid-way through the second half. Strikers, Aaron Nilan and James Wright had fantastic games, showing great stick skills and general creativity in attack. Steve Cain again successfully converted a stroke (this must be some sort of record), and backs, Pat McCann and Brad Goodridge played soundly, as did goalkeeper Dean Benfield in his first match back from injury. The result from Glebe's point of view was somewhat marred by the sending off of Craig Greaves in his first match back from suspension, for smashing the ball out of the park (for six) after the umpire had stopped play.

2ND GRADE: WON 11-2

Centre-half, Craig Stubbs, otherwise known as Blocker, had a field day against a weak UNSW side, scoring five goals from an assortment of penalty corners and strokes. Craig Greaves made a successful comeback, scoring two goals and looking deadly whenever he had the ball. Daniel Little also scored twice, and was rewarded with his great all-round performance with a spot on the bench in first grade. Brett Stubbs (alias Brick), scored a great goal smashing a firmly hit cross first time into the bottom right corner of the goal. Even goalkeeper George Manou looked to get amongst the goals, with a couple of interesting ventures out of his circle.

3RD GRADE: WON 6-1

Third grade were weakened with the unavailability of Sam, Anthony, Geoff, and Cutter, but several regular fourth graders reluctantly made the step down, and filled in admirably guaranteeing a comprehensive victory for Glebe. Danny O'Brien was uncontested in the midfield, allowing Les to put up his feet on the sideline for much of the game. Congratulations to Saul Rivers, who scored a goal in his first third grade game.

Goal of the Month

Glenn Dunne (4th grade)

The first goal in the fourth grade clash between traditional rivals, Glebe and Ryde, was an absolute ripsnorter, occurring as a result of a chain of brilliant passes, and executed in lethal fashion by club clown, Glenn Dunne. The movement began with fullback Gary Wark hitting a deadly accurate pass from his own circle upfield to striker Ken Bennett, sitting on the half-way line. Kenny passed to Peter Chivers on the left wing who gave a square push pass to oncoming Centre-half, Shane Casey. Shane dribbled right, then dragged inside before delivering a perfect backstick pass to Glenn Dunne who was on his right side and in the clear. Dunne finished the movement beautifully in his own unique style, cracking the ball through the goalkeepers slightly parted legs for a great Glebe goal!

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Glebe players at all levels have been chosen as representatives this year...

Juniors

Sydney Representative Sides Under 11

Nicholas O'Connor
Mark Paterson
Gary Backhus
Matti Wark
Michael Wark

Under 13

Liam Casey
Ben Everist
Tristram Hardman
Timothy Harvey
Thomas Walenka,p

Under 15

Patrick Casey
Allan Morris
Ross Tapsell
Patrick Wark
Peter Wark

Under 17

Waye Benfield
Sam Everist
Kristian Haigh
Geoffrey Hammett
Aaron Oman
Anthony Wark

Men's

Under 21 NSW State Team

Alan Alderson
Dean Benfield
James Wright

Women's

Sydney Representative Side Under 16

Meagan Rivers
Tiffany Brown

Under 18

Tiffany Brown
Colleen Howe
Meagan Rivers
Mary Wark

Senior Women's Sydney Competition

Colleen Howe
Helen Howe
Stacey Turner

National Men's Hockey League

Allan Alderson, Aaron Nilan
Ken Wark (Captain)

Australian Men's National Hockey Team

Ken Wark

Women's News

A reminder about the Women's sub committee:

Convenor	Carole Wark
Secretary	Ann Rochester
Treasurer	Christine McNicol
Club Captain	Margaret Howe
Registration Officer	Ann Rochester
Junior Convenor	Helen Howe
Equipment Officer	Elainne Trodden
Social Convenor	Jeneene Barrett
Publicity Officer	Robyn Ainsworth
Umpiring Convenor	Penny Alford

More news in next month's *Red Rag*

Under 17's

U/17: GLEBE 2 VS PENRITH
Lost 0-4 (April 27)

Glebe withstood constant early pressure, but Penrith eventually scored two runaway goals to lead 2-0 at half-time. Glebe lifted considerably in the second stanza, but relaxed momentarily for Penrith to score another runaway goal. Soon after, Glebe won a stroke, which Lindsay missed, and Lee almost immediately an equally good goal scoring opportunity from the field. If Glebe had taken their chances, they would've been losing only 2-3 with about five minutes to go and all the pressure on the Penrith. As it turned out, Penrith scored again late in the game to appear to win comfortably.

It was very much a game of missed opportunities, as the fellas realised themselves after the game, although most gave 100% effort. Goalkeeper Damon Jones and Centre-half Joel Rivers once again had outstanding games.

U/ 17: GLEBE 2 VS MANLY
Lost 0-1 (May 4)

This turned out to be an amazing game, not in the least because of the 15 mm of water that covered the main Homebush turf. It rained non-stop throughout the whole game, and as a result the ball never travelled more than ten metres at a time, even from the most full-blooded hits. Despite the conditions, Glebe produced their best team effort of the season. Glebe more than matched the talented Manly side, and it was a stroke of luck (or bad luck for Glebe) that enabled Manly to score the only goal of the match. Our keeper Damon came rushing out to clear a loose hit into the circle and hesitated for a moment at the same time which the ball slowed significantly in a puddle. A chasing Manly forward jinked the ball over Damon's desperate dive and flicked high into the back of the net.

However, Glebe didn't drop their heads and in fact increased the tempo of the game and put great pressure on the Manly goals. First, Scott missed an open chance at goals, then Lee had a brilliant backstick shot saved by the keeper, and finally, Joel missed a penalty stroke with four minutes to go that would've earned the team a draw. Oh so close, but a great effort nonetheless.

Best players were Joel, Tushar, Scott, Damon and Lindsay.

And don't forget

Come to training!

Under the Arches

A History of the Glebe District Hockey Club

By Max Solling & Harry Wark

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