

Red Rag

September 2021



Glebe
District
Hockey
Club Inc.

Message from the president

Dear Life Members, Members, Players and Families

So much has happened since we issued our April Red Rag, but no greater happening, than another significant Covid Lockdown. Similar to last year, restrictions enforced to keep us safe have resulted in sporting communities, once again, hitting pause on their season. As lockdown has progressed, this has resulted in our season cancellation. There will be no more hockey played for the 2021 competition.

I am generally a positive person that looks for opportunity in most circumstances, so I hope you have embraced the hiatus forced upon us, spending some extra time dedicated to **looking after yourself**. Whether that's been in the form of maintaining your fitness, reading the book that's been on the shelf for who knows how long or using that meditation app you downloaded around the same time you bought that book. Finding the thing that works for you, and making it happen where possible, has its benefits.

The weekend of July 16th would have been our Club first Mental Health Awareness round. A round dedicated to **understanding the importance of Mental Health, and how our small club community can make a difference in this important subject**. Games may have been delayed, but our commitment to sharing the message with all of you was still achieved. We hope the information during the week of July 12th via our social channels resonated with you. Taking care of your own mental health is vital, as is knowing where to turn to if it all gets a bit much.

I wish to thank all of the **130 members for completing the recent GDHC survey** and sharing your honest views. We now have a solid set of data to better understand why, where and when we should deliver change.

Change that matters to a broad range of members willing to share their views. I'm pleased that your opinions and desires for change are largely in line with what you have already shared with me, and I thank you for that. The Board will meet in the coming weeks to further understand these results and agree on short term and longer term key focus areas for action. Our Communications Director, Rosa Smith, has provided a summary of the survey data in this edition of the Red Rag that compliments my email to members on the 27th July.

Our 90th Anniversary and Arthur Stubbs Foundation Event in June was such a wonderful evening of celebration and fundraising. **If success is simply measured by attendance and fundraising targets achieved, then we have much to be proud of**. The night was a joy to present to you and it continues to be incredibly satisfying to receive such positive feedback from those who attended.

Delivering our Clubhouse back to our members and offering a place for all of us to gather again is exciting. We look forward to welcoming you back to our place, 'Under the Arches' very soon.

Our Clubhouse refurb project is well underway (albeit slowed due to restrictions). We continue to tick off important refurb activities that have included extensive plumbing and replacement of rotting walls. The significant erosion of the walls on either side of the Clubhouse was incredibly dangerous and the key reason why expensive equipment such as goalie kits were continually damaged beyond repair. The refurb will solve a number of problems from a financial perspective, and importantly, deliver a **safe environment for our members and families to enjoy**.

Message from the president

Our schedule has shifted slightly however, as we now aim for an end September completion (~8 week delay). To ensure we meet our revised timeline, we will be calling for volunteers to come and support painting and other relatively simple but time consuming tasks. **Please look out for communications and join us in this important Club project.**

A warm congratulations to our 3 Junior girls who were recently selected in the NSW U13 Squad. We are incredibly proud of our girls - **Airlie Goodridge, Emilie Srdic and Jess Weatherall**. We hope you enjoy the experience girls. Go well.

A further congratulations to all of our Juniors who were selected to represent SEHA this season at the various State Champs held around NSW. This year, 20% of our Juniors were keen to experience representative hockey to further develop their game and make new social connections along the way. Our thanks are also extended to our **GDHC Coaches Katrina "Shorty" Cochrane and Brad Goodridge for contributing additional time to our sport and supporting Junior development.**

At close of play, our Women's 3rd, 5th and 6th grades were sitting in the top 4 teams of their competitions, and our Men's 4th grade also sitting in their top 4. In addition to this, we had a further 3 senior teams just outside the top rankings, and 3 Junior teams slowly nudging forward for a top 4 position in their competition.

Beyond rankings though, success will also be celebrated for players stepping up to rep teams, for umpires who continue to develop their skills, for our community coming together for Club projects, fundraising, turf lobbying and the continued support from our sponsors.

Our presentation day and evening, a whole of Club experience has been earmarked for Saturday 23rd October at the Clubhouse. Whilst the date has so many question marks around it, it is important we come together to celebrate what has been a successful season.

Lastly, I recently received an email from one of our deeply respected Life Members, who continues to contribute to our Club with much energy and passion. I wanted to share this with you because it offers perspective and the importance of 'Club'. He wrote, **"Winning premierships are headline grabbing, but community, camaraderie, socialisation and the provision of opportunities to exercise and keep fit are more important roles for the GDHC to play"**.

I agree.

Please know that your views are important to me, your experience and knowledge appreciated and your willingness to get involved and offer solutions is admired. **No single person defines our destiny. No single person has all the answers. Our strength will be in our collective desire to make a positive difference.** And for that I thank you.

Stay safe.

**Sue Heath
GDHC President**



A handwritten signature in black ink that reads "Sue".

What you told us

Club Survey

Thank you to all members who took the time to complete the 2021 Member Survey. We had 130 responses and an even distribution across women, men and junior parents. The survey focused on seven core areas: values; training; playing experience; contribution; communication; advocacy and social. I'd like to share some of the overarching commentary.

When it came to the club's values of Family, Equality, Contribution and Commitment, these resonated most strongly with our women and juniors, with our men having a disproportionate number that only felt the values only 'somewhat' resonated with them.

The majority of members felt that training was mostly or somewhat meeting their needs and the top priorities to improve training were overwhelmingly (1) the full team attending; (2) more space and time; and (3) more tailored coaching.

The clear and leading reason that all members enjoy playing for Glebe is the community and relationships that they have built within the club. The positive and friendly atmosphere and the Glebe clubhouse location (being a connection to our history) were the two main things that people love about the club and would not want to change.

The clubhouse is vital to the club. It is our place of gathering. We're excited about current refresh that the clubhouse is undergoing and see this as a great opportunity to bring more people together.

We hear your dissatisfaction that the club's competitiveness is not as strong as prior years and that attendance at training needs improvement.

Feedback from some members calls out that there needs to be more accountability of players. Pleasingly, 106 respondents of the 130 said that they attend 'every session' or 'most sessions'.

71 of the respondents said they have volunteered for the club this year in some capacity. This is a huge number of people, and we want to thank each of them for their time and willingness to support the club. Without the hard work of our volunteers the GDHC would not be the club it is today and much of what people enjoy about the club would not be possible.

We received some feedback on the website and that it should be better utilised to promote the club and provide information. We agree that it has become outdated and in need of a refresh. Excitingly, we have already commenced a redesign and restructure. This project is again being supported by volunteers in the club. It is a big project that will take time and we hope to have a new shiny website by the end of the year.

The vast majority of people across the club would recommend the club to others and many have done so already. This reflects the positive, friendly and welcoming atmosphere of the club.

We hear your calls for more social events. Sadly, COVID put a damper on many of our plans this year (and last year). We hope to be able to put more events on next year including some trivia, pub crawls, BBQs and derby days. With the clubhouse refresh underway, we hope to be able to utilise the space more next year as a place for the whole of our club to come together.

Rosa Smith
Communications Director

90th anniversary and Arthur Stubbs Foundation Fundraiser

Before we were all sent into lockdown again and distanced from our teammates and hockey, we were fortunate to have hosted the 90th anniversary celebration and Arthur Stubbs Foundation (ASF) Fundraiser.

The evening was a huge success. We raised a total of **\$31,189** for the foundation through the nights fundraising activities. The ASF aims to financially support the long-term development, goals and aspirations of young people in the GDHC, whether as players, coaches or officials and across all levels. The Foundation also supports the upkeep of our clubhouse, particularly this year through the refresh project. It's never too late to donate – anyone willing to donate can do so [here](#) and all donations are tax deductible.

The evening was opened by music from Jorge Campano and Cate Heath (thank you to both!). We were very grateful to Aunty Kathy Dodd Farrawell for the acknowledgement of country and showcasing her painting that will hang in the refreshed clubhouse.



Aunty Kath Farrawell and her painting

We heard from some fantastic speakers throughout the evening. Harry Wark gave an insight into the club's rich history and beginnings 90 years ago. Those that did not already have this insight learnt that the founder of the hockey club was Irish born Brother Michael Keegan who learnt to play hockey in northern India and played for the all-India national team before arriving in Sydney in 1926. In 1933, the club officially became the Glebe District Hockey Club and played its first season. Over the years, the club expanded, fielding its first junior team in 1948, and first women's team in 1978.



Harry Wark | Carole Wark with President Sue Heath

Carole Wark painted a picture of the history of GDHC core strengths, family and equality. She shared how the club became the cornerstone in a predominately working-class, tight-knit community and how the clubhouse was the centre of the universe, with members playing, coaching, training and socialising there 6 days a week. Carole talked about how hockey was, and still is, a social leveller and how the club still welcomes people from all walks of life today.

90th anniversary and Arthur Stubbs Foundation Fundraiser



Rachel Beckett

Rachel Beckett spoke about how the club provides more than just a team to play for. That it is a community to grow up in and belong to. She shared the unique opportunity we have here at GDHC to use the strength of our senior players and community volunteers to guide and nurture our youngest players to shape the future.



Sam and Amelie with Bill Stubbs

Some of our most promising young players, Jessica Weatherall and Orlando Travis, joined Amelie and Sam on stage to talk about what the club and playing hockey means to them; what has inspired them; and what they hope for in the future of the club.



Sam Alexander-Prideaux and Amelie Roediger

Our two fantastic MCs, Amelie Roediger and Sam Alexander-Prideaux, had the mammoth task of keeping the evening together and on track. Their humour throughout the night kept the audience engaged and entertained and without them, who knows where the evening would have ended up.

Amelie and Sam welcomed Bill Stubbs on stage to talk to him about the Foundation. Bill is the son of Arthur Stubbs and a Life Member since 1973. Bill brought to life what the foundation is all about and how we can support our junior players, highlighting the significance of the evening.



We were so grateful to our superstar juniors Jess Kennedy, Billie Pritchard, Abbie Sen, Zane Goodridge, Cate Heath, Orlando Travis, Molly Busch, Airlie Goodridge (pic below) that were at the event all night taking bids and selling raffle tickets. Thank you!

90th anniversary and Arthur Stubbs Foundation Fundraiser

David Pritchard kindly volunteered to take photos on the night and a selection of these are included on the following pages.

The donations on the night were many and generous. All auction items received their minimum bids (and then some!) and sold on the night. The raffle tickets were flying out the doors – spurred on by some healthy competition between our junior's selling the tickets. Thank you to everyone for their generous donations and contribution to the foundation.

Finally, I want to say a massive thank you to Elena Hux and Kirsten Taylor. The evening would not have been possible without their input and support to bring it all together. Thank you to our President, Sue, for all her work behind the scenes and creative input and to Aleks Manou for video production.

There is a lot that goes on behind the scenes to make a night like the 90th anniversary happen and without their dedication and hard work of all involved, it would not have happened.

Bring on the centenary.

Rosa Smith

Communications Director



Kirsten Taylor | Rosa Smith | Elena Hux









Player milestones

150



Sian Morgan and
Michelle Hancock

100



Aishling Klimoski

100



Olivia Edwards

100



George Currie
100 Junior games

100



Edward Noble
100 Junior games

50



Kirsten Taylor

50



Susan Kernot

50



Sebastian Derrick,
Ciara Jarvis, Anna
Kepert, Lilli Seebacher

50



Lilah Randall
50 Junior games

50



Eric Rutledge
50 Junior games

Mental Health Awareness

This year, our Juniors, Women, and Men were planning to play the very first **GDHC Mental Health Awareness Round**.

Sadly, due to the lockdown in NSW, we were not able to play the round that was scheduled for 17-18 July 2021.

The mental health, and importantly mental well-being, of every club member is so important. Being part of a sports club means we are also part of a community. Here at Glebe, it is a community that genuinely aims to create a supportive and safe environment. As a club, we have an opportunity to use this part of our lives as another platform for important, real, and sometimes difficult conversations.

Mental health impacts us all. Being mentally healthy is not just about the absence of illness, but a state of emotional, psychological, and social well-being. While this year we were not able to collectively show our support for mental health awareness on the hockey field, we could still promote our three calls to action off the field through a social media awareness campaign. These actions are:

- 1. Keep connected and look out for each other.** If you notice a difference, simply ask - 'are you okay?'
- 2. Support each other.** Always be respectful and encouraging
- 3. Speak up and share the message.** Let's all play our role in breaking down barriers

A list of [Mental Health resources](#) were also collated and shared throughout the week.

We are excited to kick start the annual Mental Health Awareness round fixture from 2022 onwards.

The image contains three circular social media graphics arranged vertically. Each graphic has the Glebe District Hockey Club Inc. logo in the top right corner and the text 'THIS WEEK WE'RE PROMOTING MENTAL HEALTH' at the top. The graphics are:

- Top graphic:** A photo of a women's hockey team in maroon uniforms lined up on a field. The text at the bottom reads 'LOOK OUT FOR EACH OTHER'.
- Middle graphic:** A photo of men's hockey players on a field. The text at the bottom reads 'SUPPORT EACH OTHER'.
- Bottom graphic:** A photo of young boys in green training bibs on a field. The text at the bottom reads 'SHARE THE MESSAGE'.

Glebe juniors

At the time of writing this Red Rag Juniors Report, Sydney is entering its 8th week of lockdown, resulting in the early postponement of the 2021 season.

Juniors at Jubilee Oval

We hosted our U9s and U11 Strikers every second week on the Jubilee Oval grass this season. And we've been fortunate to have no rain deferrals!

Jubilee Oval on a sunny Saturday morning must be the nicest place in Sydney to play Junior hockey. There is certainly no other venue in our SEHA competition that comes close. Many of our Minkeys, U9 and U11 Strikers are enjoying their first experience of Junior hockey whilst their families get to know each other, enjoying the sunshine with a sausage or egg and bacon roll following the match, courtesy of our GDHC BBQs.

We've been fortunate to have generous teams of volunteers manage the BBQs this year and we thank all those who have pulled their sleeves up and contributed to building our Club community.

BBQ and Junior hockey at Jubilee Oval



This season, Glebe had 3 teams in our under 9s competition with St George Randwick (SGR). Our U9 player numbers are the highest across all of SEHA. Our U9s managed an exciting and fun 8 rounds before the disruption of the season, with our teams alternating between the Kyeemagh and Jubilee Oval venues.

Almost all players have turned up to play each week and their skills dramatically improved across the season, with credit to our coaches who have been patient and positive in supporting this growth; plus embraced the enthusiasm of this age group. Most of all, the under 9s have built friendships and enjoyed their hockey, a great start to build from for future seasons.



Junior's coaching Minkeys

Our Minkeys have also enjoyed their weekly sessions on Jubilee Oval and in Jubilee Park, just next to the Oval, led by Mark Paterson with support from Louise Tapsell and some of our Juniors. We loved including our Senior Juniors as support coaches for our Minkeys - it's a great opportunity for our Juniors to share their hockey skills with our youngest players, contribute to our Club and experience their first taste of coaching, under Mark's experienced guidance our Minkeys really look up to and respond well to our older Juniors.

Glebe juniors

Across the Grounds

Our more experienced Juniors play across many locations in our SEHA district. Most of our Glebe Juniors teams experienced losses in the early part of the season however most have turned this around as the season progressed with the margins noticeably reducing, smoother teamwork and important improvement in skills. Many of our teams notched up wins or draws in the latter part of the season. We are really proud of the commitment of our Juniors to improving their skills, to training and to supporting their team mates. This is what hockey is all about at its core and the results follow in time from this work.

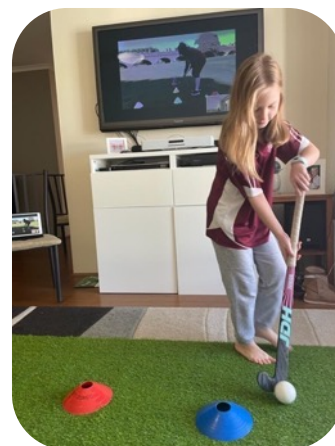
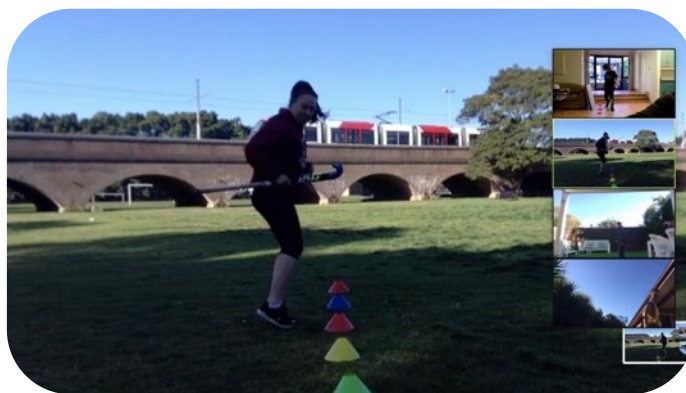
We encourage all of our Juniors, of all abilities, to keep attending our Development Academies (currently online), undertaking their own independent training and participating in the NSW Centre of Development if in the U13 to U15 which is scheduled to commence in November this year (registrations are open now via Hockey NSW).

Juniors go "Live Online"

With the lockdown preventing our return to hockey we have enjoyed experimenting with U9 training "live online", at the initiative of U9 coaches Abbie Sen and Molly Busch, two of our U17 Juniors who have enjoyed coaching one of U9s team this year whilst also building their own coaching skills.

We have also recently commenced our U9-U17 Junior Development Academy in a "live online" format led by our Development Director, Katrina "Shorty" Cochrane. Over 30 of our Juniors attended this first online session. Even in lockdown and with rules preventing us from exercising in groups larger than 2, there is still an opportunity for our Juniors to continue to build hockey skills for the future and to continue to connect with and support our teammates and our Club.

With the lockdown looking like it will be ongoing for sometime, we look forward to providing more of these opportunities for our Juniors in 2021 and encourage all our Juniors to attend.



Online training session



Glebe juniors

Umpiring

Our umpires, led by the very organised Peter Bestel, have again had a fabulous year. Developing Junior umpires is fundamental for a community sport such as ours and a number of our Juniors, from our U13 to U17 age groups, have worked on building their umpiring skills this season and making this important contribution to our Club. We were very proud to see some of our more experienced Junior umpires, Will Brine and Cate Heath, umpire at the Junior State Carnivals this year.



Cate Heath umpiring



Will Brine umpiring

Ball-Persons

Our Firsts men's competition rules require our Club to provide ball-persons for each home game to support the free flowing hockey style the competition aims for.

We were pleased to offer our Juniors the opportunity to perform the role of ball-persons in this season. Thank you to U13 players George Currie, Sebastian Derrick and Misha Cavadini-Bell for performing this role for our Club in the first part of the season and to those who volunteered prior to the season being disrupted. This is an important contribution our Juniors can make for our Seniors and it is a fun opportunity for our Juniors to see top notch hockey up close.



Ball-persons George Currie and Sebastian Derrick

Glebe juniors

SEHA Representatives

Glebe had 38 of our Juniors (some also playing for our Glebe Seniors teams) representing SEHA (Sydney East Hockey Association) this season from U11 through to U18. This is a great opportunity for our Juniors to meet players from across our Association, make friendships outside of the Club and to work on their hockey skills and abilities. During Term 2, the SEHA teams train most weekends for 90 minutes in the lead up to Junior Carnivals and ultimately the Field State Championships, which is a fun experience for all, including the families.

Current Glebe Coaches, Brad Goodridge and Katrina Cochrane, coached 3 of the SEHA teams this season. This is a huge commitment in time displaying their outstanding commitment to Junior development. Thank you also to Mim Pritchard, who has played for many years at Glebe from Juniors, and Cindy Goodridge, who regularly stands in where needed to coach our Glebe teams, for also coaching a SEHA team each.

Glebe parents Lisa Bonhote, Justine Smith and Tracey Najdzion also supported SEHA through their smooth management of 3 of the SEHA teams.

Thank you to all for their contribution to Junior Development which benefits all of our participating Glebe players. It truly is a team effort. We encourage all of our Glebe players to consider trying out for SEHA Reps in the future.



Glebe juniors

State Squads – Juniors

We are excited to have 4 of our current Juniors joining NSW State Field Hockey Teams or Squads this year.

Orlando Travis was selected in the NSW State “Blues” U18 Men’s team. The team competed in the U18 Men’s Nationals in April. Orlando has been a regular at State level since under 13s and still has another two years in the U18 age level.

Orlando was subsequently named in the **2021-22 Hockey NSW Athlete Acceleration Program (AAP) Boys Squad**. AAP is aimed at talented athletes aged 16 – 18 (offering both Boys and Girls squads) and is focussed on advancing the squad members’ skills to the elite level. Orlando is continuing to work hard to secure selection for next year.

Furthermore, in early July we were delighted to hear that 3 of our Juniors, Jessica Weatherall, Airley Goodridge and Emilie Sirdic were named in the NSW U13 Girls Field Hockey Squad. Unfortunately, State border closures and COVID lockdowns in Greater Sydney and beyond have disrupted the squads’ preparations and trials. But...this is a fantastic achievement for Jess, Airley and Emilie and we know they are working hard to take their place in the NSW teams for the future.

Well done to Orlando, Jess, Airley and Emilie – they have all worked very hard to earn their places at NSW level. Our Club is very proud of your commitment to your team and your hockey development and we look forward in supporting you on this journey.



Airley Goodridge, Emilie Sirdic and Jessica Weatherall



Orlando Travis

Tara Taylor
Junior’s Director



Glebe juniors

U18 Men's Nationals 2021

As mentioned in our Juniors report, Orlando Travis who plays for both our Juniors and Seniors, was selected in the NSW State "Blues" U18 Men's team this year. The team competed in the U18 Men's Nationals in April.

Orlando's team, NSW Under 18 Blues, competed well against older and more experienced state outfits, including bronze medallists, Victoria, who earlier had defeated the eventual national champions (NSW State Team) in the pool rounds.

The "Blues" team is considered to be a development team - not expected to be in the medals, but competing helps the younger players prepare for State selection in the years to come. Victoria also enters a development team.

Unfortunately, the Blues' strikers could not find the net throughout the competition, and they finished at the bottom of the competition table (10th place) having lost their classification match against South Australia 2-1. This was disappointing for the team as they had defeated South Australia 2-1 only 2 days beforehand so knew they had the potential for improved results.

Many of the Blues players have another year or two in the U18s. This experience in the "Blues" team has provided the opportunity for them to learn many lessons and a sense of the work to do.

At 16 years, this was Orlando's first year in the U18s and he has 2 more years of eligibility for this age level. It is a great achievement to be recognised and selected at his age, and a superb experience competing at this level. Orlando is aiming for State team selection in 2022.

Thank you to Jamie Travis for his support with this article.



Orlando playing for the NSW Blues v Queensland



Glebe men

The COVID19 pandemic is now in its second and more severe wave.

What's ironic is that the first wave of the virus prevented the first half of the 2020 season from going ahead, whilst the second and more severe 'Delta' wave has led to the second half of the 2021 season being cancelled, including the finals. The localised Sydney outbreak made its way into the regions, where hockey was still being continued to be played, including west of the Blue Mountains, elsewhere in NSW and in Melbourne.

We are now required to stay at home and within 5km of our houses. We can still exercise and do 'essential' shopping. There is no hockey training and there are no games. Home schooling and working from home is the new normal. And whilst it is frustrating, we are all adjusting and we are all resilient. Australia's population is being vaccinated in droves, as it is clear that vaccination is the key to getting out of this awfully limiting combination of boredom and stress.

These last few weeks of lockdown have made me realise how much I depend on hockey and the associated social interactions for my own mental health. Everyone who plays would be familiar with the release you get from playing a great game of hockey – win, lose or draw. I get the same from Tuesday night training and from the occasional social catch up. I miss all of these terribly.

The 2021 season has just been called off and finals will not be played. For a time there was a possibility that the finals would be played later in the year, based on the results tables that were frozen at the start of the lockdown.

Glebe Men were likely to only have 1 side in the finals. 4th grade were sitting pretty in second position. This doesn't mean other grades wouldn't have made the finals by the end of the regular season. 3rd grade had been looking promising and were placed 7th. All other grades were playing great hockey, albeit placed 8th or lower.

The recent Olympics games has been a great distraction as we've all watched the Aussies fly! The standard of play and umpiring has been amazing. The 5th grade Whatsapp chat went off during games! The banter was off the charts, especially during work hours!



Kookaburras Lachlan Sharp in action at the Olympics (source: Kookaburras Instagram).



Hockeroos in action at the Olympics (source: Hockeroos Instagram).

Glebe men

When I wrote the first draft of this report, it was a Sunday afternoon and the undefeated Hockeyroos had just heartbreakingly been knocked out of the games by underdogs India. The Kookaburras were playing the Netherlands in the Quarter Final. The Kookaburras won a very tense and enjoyable game, thanks to their goalie and a couple of awesome field goals. They went on to defeat a very determined Germany 3-1 in the semis, converting 3 of 9 goal attempts, including one short corner. The hapless Germans had an incredible 12 shots on goal including 6 short corners and only converted 1. This demonstrates the incredible determination of the Kookaburras and the amazing skills of the Aussie goalkeeper, Andrew Charter.

A few days later, it was great to watch the 2 best teams in the world go hammer and tong in the men's Gold medal match – Australia versus Belgium. It was 1-1 at full time, and in the end, it was Belgium who won Gold. Their keeper was just too good in the one on one's after full time. Aside from the Olympics, another memory that keeps me going in these trying times is that we all got the chance to be together to celebrate Glebe's 90th Birthday in early June. New players and old, and multiple generations of hockey families got together for a fantastic, memorable night of celebration at the Canada Bay Club. We will remember this one for years to come.

I know we'll get back to hockey soon and I look forward to it. When we stopped this year, there was a buzz around training on Tuesday nights at Cintra. Ken Wark Junior was leading the drills and morale was high. Players were sticking around for a beer and a chat. Higher grades training was going off on Thursday nights at Bankstown, under the guidance of second grade coach Mick Bougoukas. Glebe's under U15s and U17s who play senior hockey had been invited to come along on Thursday nights and according to feedback received, were loving the extra training.



Kookaburras in action at the Olympics (source: Sydney Morning Herald website).



Hockeyroos Madison Fitzpatrick in action at the Olympics (source: Hockeroos Instagram)

The results were telling. Many of Glebe's juniors who play senior hockey were playing in 4th grade under coach Brad Goodridge. They were likely to play finals if they were to go ahead this year. Who knows, some of our juniors may one day play for the Kookas at the 2028 Olympics!

So until we get to train and play hockey again, stay strong and look after yourselves, your families, team mates, communities and friends. We can't all be in the same place at the moment, but we can get through this together.

Adrian McKeown
Men's Director



Glebe women

2021 the year that we would have.....

It was inevitable yet sad to have official news that the 2021 season has been cancelled. Last year we only played half a season but at least that included the finals.

This year's cancellation was more disappointing – half a season played and just as we were hitting our strides it came to an abrupt end. It will go down in history as the season where we all say “*that was the year we would have...*” The season we get to write about, talk about, and make up our own endings.

So, what might have happened? Sixth Grade would have won its premiership, that's for sure. Top of the table, under the superb leadership of coach Julie Phillips, there was no stopping this team. It's such a shame they didn't get their day on the podium. And in many ways Sixth Grade's success would have made the season complete for us all because it's a team that embodies everything that is wonderful about Glebe women. To start with it has both our youngest and oldest players across all six teams.

Our mighty 12 year olds, Daisy Noble and Jess Wetherall, brought speed, raw talent and enthusiasm; while our most senior player, Kerry Hunt, brought wisdom and experience. The girls were nurtured, our senior women were respected, and everyone in between played their part with wholehearted devotion.

It is so bloody disappointing that we didn't all get to turn up and watch this wonderful team smash a grand final victory.

There are a few other outcomes that were safe predictions. Third Grade (second on its ladder) would have given the premiership a good, hard crack for the second year running; while Fifth Grade was improving each week and were a sure shoe in for a final's berth.

Meanwhile our Fourth Grade women were on the rise; Second Grade were showing their trademark strength and resilience, while our First Grade women were playing their hearts out. Sadly, we will never know how the season would have ended and we missed out on so much together.



Katrina Cochrane (Development Director) and Kat Hughes (Club Secretary) were selected in the NSW Women's Masters teams this season. Congratulations to these two champion women and players.

Glebe women

What we do know is that the combined efforts of all those people who give so much of their time to supporting our teams would have made the energy that brought our season to a successful end. With sincere thanks to our diligent coaches, tireless managers, organised captains, and committed umpires. Add to that our wonderful women's committee, particularly Megan Jenkins, Alisha Herbert, Olivia Edwards, and Lucy Brennan, who worked so hard in so many ways behind the scenes.

While so many families in NSW are struggling with so many more serious challenges at the moment than not being able to play sport with their mates it doesn't mean we cannot share in a bit of collective disappointment for the season we did not get to finish.



*No losses this weekend in May.
Five wins and one draw!*



First grade women enjoying a weekend off by supporting our men's teams at Cintra,

We had such an impressive lineup in 2021 – six super teams that were working hard at training and playing for each other. We had high morale and strong friendships. We had enthusiasm and those willing to step up and give back. We had loyalty, diversity and community. Thank you, Glebe women, for all that you are and all that you do.

It's been lovely to hear about the many and creative ways teammates are staying connected. Better still to hear the news of the new babies expected in coming months. They will be in loving arms on the sideline next season and how we will rejoice in seeing them. The Glebe family is growing in lockdown, and it will come bursting out of it stronger together for each other and the sport that unites us. Stay safe Glebe women and look after each other.

Kate Alexander
Women's Director



Turf update

The Crescent Field

The City of Sydney Council's consultation assessments for The Crescent are nearing completion. The Council Administration is aiming to have a scoping report which will include a budget and construction program to the Council by next quarter for approval. This could be delayed a few weeks as Council goes into caretaker mode for the Council elections.

I would like to thank members and their families and friends who provided feedback to Council through their online survey and those who attended in person to the Council's onsite pop – up shop. It was fantastic to see such a large number of Club Members and friends giving positive feedback to the Council representatives throughout the afternoon.

Rozelle Park Land

This site promised the Club a lot but in the washup I would be very surprised if the Club is allocated any space in this area. However, we are still in there trying and who knows, it still could happen.

The IWC Council has requested that the site have a full redesign from the design the NSW Government has provided. The Council has recognised that this is a once in a lifetime opportunity for residents to get something that will serve the community into the future. It has been shown that the NSW Government design for the site is full of flaws. As an example, the proposed oval and athletic track would not be big enough to have a 100 metres track, obviously falling very short of making the site a lasting legacy for the community.

We are waiting to see how this political drama plays out.

New Site St Peters

Representatives from the IWC Council and Jamie Parker have asked if the Club would consider a site at the Westconnex interchange at St Peters. At present the IWC and the City of Sydney Councils are in dispute with the Westconnex contractor about the state of the site and pollution issues. These issues need to be worked out before the site becomes available. The Club has expressed its interest to Council in the site, however, we cannot move forward until the Council takes control of the area.

Les Wark GDHC Turf Coordinator



Lockdown fitness

from our sponsor – Inner West Sports

8 Exercises to Keep Fit During Lockdown

We all know the benefits of exercise during lockdown however getting into a routine and knowing what to do can be difficult.

Perhaps try this circuit at home? It takes **24 minutes**, consists of 3 rounds of 8 exercises, targets the major muscle groups and depending on the rest period, will deliver a cardio workout at the same time!



How to perform the circuit?

- Decide whether **beginner, intermediate or advanced** level is appropriate for you. Essentially you'll be working every minute, on the minute, for 24 minutes.
- Perform as many repetitions as possible of exercise 1 in the work phase time for the level you selected. Then rest for the time allocated to your level.
- Repeat for exercise 2 followed by exercise 3, all the way up to exercise 8.
- Once you've performed exercise 8, start again from exercise 1 and repeat this for 3 rounds.

Exercises

Beginner – Work phase 20 secs, rest phase 40 secs

Intermediate – Work phase 30 secs, rest phase 30 secs

Advanced – Work phase 40 secs, rest phase 20 secs

If you're unsure on how to perform the exercises, there are plenty of videos on the internet to help guide you on the correct technique

1. **Push up** – on knees or on feet
2. **Russian twist** – feet on the ground or feet in the air
3. **Backwards lunge**
4. **Burpees or jump squats or high knees** – choose what is suitable for your body
5. **Left side plank**
6. **Right side plank**
7. **Glute bridge** – feet on chair for a challenge
8. **Single leg arabesque** (split the total time up between the left and right leg) – add a light weight for a challenge

Best of luck!

Inner West Sports continues to operate during the pandemic through face-to-face appointments, with enhanced infection control measures. We also provide a telehealth option. Inner West Sports is a registered Covid Safe practice that prioritises patient care and safety in this difficult period.

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Birthdays

We have many birthdays in the month's of July, August and September. Be sure to wish your fellow team mates and club members the happiest of birthdays.

July	August	September	October	November
<ul style="list-style-type: none"> • Tim Sutton • Jamie Travis • Kate Alexander • Veronica Collins • Anthony Wark • Olivia Edwards • Bettina Grieve • Innes Linton • William Brine • Eleanor Gibson • Abbie Sen • Lucas McKee • Siala Cochrane • Ella Tamir • Poppy Holmes • Alby Shepherd • Nell Tordoff • Lachlan Taylor • Abigail Glass 	<ul style="list-style-type: none"> • John Cullen • George Manou • Adrian McKeown • Renugah Jagadisan • Carla O'Donnell • Aaron Gough • Lucy Brennan • Elena Hux • Cameron Wells • Eliz Brennan • Bridget Kelly • Sarah Brine • Cameron Jones • Layla Francis • Hannah Crowe-Palmer • Isla Edwards • Arabella Taylor • Jessica Weatherall • Joshua Livery • Hiran Yazdanian • Scarlet Quilty-Chivers • Jessica Brown • Alannah Ng • Rani Batchelor • Grace Mackey • Lillian Mackey • Lily Robinson 	<ul style="list-style-type: none"> • Sam Chrysos • Travis Dehnert • Lynsey Askew • Laura Schmahmann, • Andrew Rice • Amelia White • Lauren MacRae • Sam Alexander-Prideaux • Emmerson Weiley • Timothy Pritchard • Ayisha Travis • Stella Despinidic • Ruby Hawkes • Isaac Jeremy • Emily Kerekovic • Ciara Jarvis • Hanna Tyler-Stewart • Frances Errington • Frederique Roelofs • Freya Ingwersen • Molly Prisk • Emily Shipp • Cooper Heaney • Joshua McQueen 	<ul style="list-style-type: none"> • Helen Gibson • Andrew Goodrick Shani Middleton • Paul Jowett • Andrew Cheong • Gabrielle Wilkinson • Victoria McKenzie • Stephanie Boyce • Michael Monforte • Aleks Manou • Jacob Warnock • Jackson Tudor • Clare Callinan • Isabella Giraldo • Jaime Mercieca • Alessio Cavadini-Bell • Zane Goodridge • Jake Evans • Cate Heath • Emerson Bonhote • Daisy Noble • Noah Adrian-Green, Caspar Vernon • Camille Worsley • Lilian Turner • Johanna Hadassin • Matilda Joy-Blacklock 	<ul style="list-style-type: none"> • Rachael Beckett • Christopher Farrugia • Louise Tapsell • Katherine Hughes • Bianca Osmond, • Edward Noller, • Alanna Howe, • Gabriel Derrick, • Oliver Tordoff, • Marley Seebacher, • Olive Hanton, • Lilah Randall, • Blake Bestel, • Adelaide Done • Eleanor Wade

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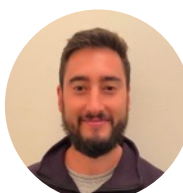
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***Previous editions of the Red Rag are available
on our website.***

We endeavour to ensure that information in this newsletter is accurate. If you notice any errors or omissions we will do our utmost to correct it. And if we have missed anything that you think should be included, please get in touch so we can consider for future editions.

**Family
Equality
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Contribution**

A champion club, a club of champions