

# ALTONA LACROSSE CLUB

Welcome to our Club





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## CLUB SPONSORS



**McLean Multimedia** (<https://www.mcleanmultimedia.com.au/>)

*Branding & website development in Melbourne's West.*

**Grass Graphix** (<https://www.grassgraphix.com.au/>)

*We provide sports ground line marking and apply signwriting & your club or sponsor logos*



**Melbourne Cool Room Hire** (<http://melbourne-coolroomhire.com.au/>)



*Catering for all of your mobile refrigeration needs.*

*We cater for: large events; private parties; commercial breakdowns; school fetes; promotional sampling; weddings; nursing homes; florists.*

**SHOC Sports Helmets Optical Conversions** (<https://shoc.com/>)

*Sports helmets optical conversions is a leading provider of sports optics products to athletes from around the world.*



**Edge Community Services** (<https://edgecs.com.au/>)



*EDGE is a specialist provider of services under the NDIS Programs targeted towards helping young adults develop the skills they need to travel, live and work. Our unique approach to skills development is designed to set you up for a successful life.*

***Please support our sponsors and let them know you are from the Altona Lacrosse Club.***



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## WELCOME

Dear Altona Lacrosse Club players, supporters and parents,

Welcome to all our current and new members. With the start of a new year and season, I thought it would be worthwhile to reflect on what is the long-term goal for our club.

*"To become the biggest and most successful lacrosse club in Victoria through being an inclusive, family-oriented club that people want to be a part of and providing quality coaching and training in a safe environment."*

The committee has a role in putting processes in place to enable our club to reach its potential. The main driver however must be our culture. Our culture is defined by the actions of our coaches, our players, our parents and our supporters.

What do we want our culture to be?

We want our culture to be defined by a few principles, we have put together. The first principle is how we want to conduct ourselves on the field and is defined by the acronym "STRIPES" which stands for:

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The second principle is how we want to see ourselves. The western suburbs is a blue collar area and we want to be a blue collar team. We want to put in a workman-like effort at every practice session and at every game. We want to do our job and work as hard as we can. The University of Cornell calls this "the hard hat". They have an actual construction hard hat that they give to a freshman every year who they believe embodies those values that mean so much to the team culture. The player given the hard hat brings it to every game and every training session, it is in every team picture. The hard hat reminds players to work hard and do everything they can to be great teammates.

The third principle we want to include is to look out for your teammates. If you feel a teammate is going through a rough patch and you are worried about them then show you are there for them and start that tough conversation.

Finally, the fourth principle is to have fun and remember it is only a game.

Good luck to all our teams in the 2020 season and see you all for preseason early in the new year.

Mark Lewer

President, Altona Lacrosse Club



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## What to look forward to in 2020

We have two confirmed overseas players arriving for the whole season and several options for a third player that we are still looking at. A big thank you to Jess Membrey for putting her hand up to help the Club by taking in a couple of these recruits. With the addition of these players and the improvement in our younger players in seniors, it looks like being a great year for our State League side.

Division 2 is also looking good with a young side led by a few older heads that looks capable of matching it with any side in this division. We will again field a Division 3 team for those members more interested in playing socially and just having a bit of a run around.

After coming so close in 2019, the women will be fighting hard in their quest for our first female premiership.

For the first time in several years, Altona will have enough players to put sides in every junior boy's division. However, numbers are still tight, and we can always use more players, so to the juniors, bring your friends down to try our great game.

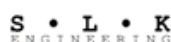
Our under 17s have had only two players go up from 2019 which has left us with 10 players, but with all our main rivals losing large numbers of players to seniors, we have an excellent chance of being in the mix come finals.

After many years, we have an Under 15 side with 13 players coming into that grade. Our numbers in Under 13 remain strong in what will be a very competitive side with at least 17 players and our Under 11s will have at least 10.

New players are always welcome at the Club and we encourage existing members to invite their friends to join us. Players of all abilities are welcome to come and try our great game. We will have some social events early in the year to give new players and parents the opportunity to put some names to faces and ask any questions they may have.

Over summer, the club has been very busy in conducting clinics both at our club and at Westgate Indoor Sports Centre, I am pleased to say, not only have we seen a great improvement in the players who took part in the clinics but we have picked up a few new players as well. However, the club is still lacking in junior girl's numbers and that will be a priority over the next few years.

In 2019, the clubroom renovations were completed, and we have agreement for our Box Lacrosse Facility to be completed by late 2020. The Club has also been active on the indoor scene with several players competing. We will also be heavily involved in hosting an international tournament involving Canada's would champion Under 21 side, in April 2020.



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As we work to be at the cutting edge for junior coaching, we have adopted the Lacrosse Athlete Development Model (LADM) created by USA Lacrosse. The LADM focuses on age-appropriate player instruction. This means we will be teaching our younger players the right lacrosse skills appropriate to their age group. Our senior coaches will be working with our junior coaches to implement training programs consistent with LADM guidelines.

In the meantime if you have any queries please email Susie Struhs at [secretary@altonalacrosse.com.au](mailto:secretary@altonalacrosse.com.au).

## CLUB HISTORY

The Altona Lacrosse Club was founded in 1964. The first clubrooms were located behind Altona Gate Shopping Centre at A.W. Bond Reserve. In its early years, the club was shunted from ground to ground. However, through the tireless work of Councillor Alan Shaw, the Club became the initial tenant at its current location at Paisley Park in 1984. Perhaps remembering those early years without a real home, successive committees have worked hard retain control of our clubrooms and grounds all year round. Altona's foresight and determination to have a permanent home has led to Paisley Park now being the only ground available for lacrosse 12 months of the year.

Our grounds are vital for the lacrosse community. We have Australian and Victorian sides regularly requesting to use our facilities. The Club has four lacrosse specific playing fields, two of which can be used for night games. We also have a commitment from the Hobsons Bay City Council to re-establish our box lacrosse court behind our clubrooms in 2020. In the meantime, Altona administers the Victoria Lacrosse Indoor Competition at the Westgate Indoor Sports Centre, where we are the owners of the box lacrosse structure there.

Altona Lacrosse Club was one of the first Clubs to undertake the *Good Sports* Program and we now have Level 3 accreditation. This accreditation recognises that the Club promotes a responsible attitude towards alcohol and that it provides a safe environment for players, members, families and supporters. The *Good Sports* program is an initiative of the Australian Drug Foundation.

After winning the Division 1 premiership in 2016, the club moved up to State League. We have continued to invest in our youth and as a result we are the youngest and most exciting side in the State League competition with several Australian and Victoria representatives under the age of 21.

We have a female side in B Grade as well as mixed Under 11 and Under 13 sides. We see female recruitment as a priority and new female players are most welcome and will be well supported.



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## CLUB PHILOSOPHY

- To enable as many people as possible to experience the great game of lacrosse.
- To support our players in becoming the types of individuals we can be proud of on and off the field.
- Develop a reputation at our club as a family club where everyone is welcome.
- To treat all players, supporters and officials, both our and our opponents, with the greatest respect.
- To provide our players with the opportunity to reach the highest level within our sport and to assist them in any way we can to make their sporting dreams a reality.
- Provide our players with the most up-to-date coaching available.

## TEAM PHILOSOPHY

- Support each other on the field ALL the time.
- Follow team rules and game plans.
- Listen to your coach.
- Always try your best and never give up.
- Our core values, STRIPES
  - Sportsmanship;
  - Teamwork;
  - Responsibility;
  - Integrity;
  - Persistence;
  - Encouragement;
  - Skill.

*We are not a team because we play together. We are a team because we respect and care for each other.*



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## CLUB CONTACTS

Name	Role	Mobile	Email
Mark Lewer	President	0455 455 990	lewer@bigpond.net.au
Susie Struhs	Secretary	0409 048 813	secretary@altonalacrosse.com.au
Maria Liptak	Treasurer	0411 360 725	marialiptak7@gmail.com
Gareth McLean	Vice President	0419565566	garethmclean5@gmail.com
Gareth McLean	Junior Coordinator	0419565566	garethmclean5@gmail.com
Mark Lewer	Coaching Liaison	0455 455 990	lewer@bigpond.net.au
James Bleed	Communication	0413554776	jimbleed@hotmail.com
James Bleed	Grants / Sponsorship	0413554776	jimbleed@hotmail.com
Susie Struhs	Social Events	0409 048 813	secretary@altonalacrosse.com.au
Susie Struhs	Parent Liaison	0409 048 813	secretary@altonalacrosse.com.au

## VIKINGS LACROSSE TV

Yes we have a youtube channel with over 80 Altona Games. New games are added nearly every week during the season. Simply go to youtube, search for Vikings Lacrosse TV and subscribe.

## TEAM APP

The club uses team app as a messenger system for members. To access team app, place this link into your browser <https://www.teamapp.com/>, download the app, sign up to team app. Log into the App and search for "Altona Lacrosse", choose the access groups applicable to you. If you do not have a smartphone, go to [altonalacrosse.teamapp.com](http://altonalacrosse.teamapp.com) to sign up and view this App online.



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# TRAINING TIMES

TEAM	DAYS	TIME
Senior Men	Tuesday and Thursday	6:30pm – 8:00 pm
Senior Women	Tuesday and Thursday	6:30pm – 8:00 pm
Junior Boys and Girls	Tuesday and Thursday	5:30pm – 6:30 pm

## EQUIPMENT REQUIRED

The club has developed a list of recommended equipment that will be published shortly.

### Senior Men, Under 17 Boys and Under 15 Boys

Helmet, gloves, arm pads, mouthguard, lacrosse stick. Shoulder and rib pads are optional but recommended.

### Senior Women and Girls

Mouthguards and goggles and approved female lacrosse stick. Gloves are optional but recommended.

### Under 13 Mixed

Helmet, gloves, mouthguard, lacrosse stick. Arm pads are recommended, shoulder and rib pads are optional.

### Under 11 Mixed

Mouthguards, lacrosse stick, gloves are optional but recommended.

If you need equipment or club clothing it is recommended you go through the club as we can often get a cheaper rate. We can also lend you some equipment if required (for hygiene reasons, this does not include mouthguards).



## WANT TO BE A VOLUNTEER?

The club is always looking for more volunteers whether it be on the committee, coaching, canteen, marking grounds, clinics etc. If you can help in any way, then please talk to a member of the committee. For clinics and refereeing there is also some payment.



***"Volunteers don't get paid, not because they're worthless, but because they're priceless."***  
– Sherry Anderson



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## CLUB REFEREES



Lacrosse Victoria pays accredited club referees \$20.00 per match for men’s games. This is paid in full at the end of the season. The Club also pays \$10 to referees each match (males and females) which can be used to offset fees. You can make up to \$30 per match from refereeing mens’ games and \$10 per match for refereeing women’s games. Not bad money and you will be helping out your Club at the same time.

## MERCHANDISE

Stubby Holders

Beanies

T-Shirts

Hoodies

Jackets

Scarves

Puffy Vests

Socks

Shorts



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## CODE OF BEHAVIOUR - PLAYERS

- ❖ Play within the rules and in the spirit of the game.
- ❖ Do not argue with officials. If you feel it is warranted, talk to your coach who can approach the official during a break or after the competition.
- ❖ Control your temper. Fighting and verbal abuse, including foul language directed at officials, spectators or other players is not acceptable.
- ❖ Be a good sport. Acknowledge all good plays whether by your team or the opposition.
- ❖ Treat all participants as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- ❖ Participate for your own enjoyment and benefit.
- ❖ Respect the rights, dignity and worth of all participants regardless of their ability or cultural background.
- ❖ **Remember you represent your sport, your Club and your teammates every time you take the field. Do not embarrass any of us.**
- ❖ Treat opponents with respect, like you they have a love for the game and without them there would be no game.
- ❖ Be on time for training and for games. If you will not be playing, make sure you inform the coach as soon as possible or at the latest by ringing the Club during the last training session of the week.
- ❖ Support your club by participating in fund raising activities.
- ❖ At away games, support the other club by making purchases through their canteen.
- ❖ Never criticise your club to outsiders or in public, disagreements are to remain "in-house".
- ❖ Look after your Club's amenities and take pride in the Club's appearance. Also show respect for other Clubs' facilities.



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## CODE OF BEHAVIOUR - PARENTS

- ❖ Remember that children participate in sport for their enjoyment, not yours.
- ❖ Encourage children to participate. Do not force them.
- ❖ Focus on the child's efforts and performance rather than winning or losing.
- ❖ Encourage children always to play by the rules and not to resort to hostility or abuse.
- ❖ Never ridicule or yell at a child for making a mistake.
- ❖ Remember children learn best by example. Acknowledge good performances and skilful plays by all participants.
- ❖ Support all efforts to remove verbal and physical abuse from the game.
- ❖ Respect officials' decisions and teach the children to do likewise.
- ❖ Do not use foul language, sledge or harass players, coaches or officials.
- ❖ Show appreciation for volunteer coaches, officials and administrators. Without them your child could not participate.
- ❖ Respect the rights, dignity and worth of every young person regardless of their gender, ability or cultural background.



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## CODE OF BEHAVIOUR - COACHES

- ❖ Remember that players participate for pleasure and winning is only part of the fun.
- ❖ Never ridicule or yell at a player for making a mistake.
- ❖ Be reasonable in your demands on players' time, energy and enthusiasm.
- ❖ Operate within the rules and spirit of the game and teach your players to do the same.
- ❖ **Ensure that the time players spend with you is a positive experience.**
- ❖ Avoid overplaying the talented players, the other players also love the game and deserve equal time.
- ❖ Display control, respect and professionalism to all involved with the sport. Encourage players to do the same.
- ❖ Show concern and caution toward sick and injured players.
- ❖ Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of young people.
- ❖ Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- ❖ Respect the rights, dignity and worth of every person regardless of their gender, ability or cultural background.



## CODE OF BEHAVIOUR - ADMINISTRATORS

- ❖ Involve players in planning, leadership, evaluation and decision-making related to the game.
- ❖ Give all players equal opportunity to participate.
- ❖ Create pathways for club people to participate in lacrosse, not just as a player but as a coach, referee, administrator etc.
- ❖ Ensure the rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of the players.
- ❖ Provide quality supervision and instruction for players.
- ❖ Remember that while your role is important; ultimately the players are the most important to the Club's survival.
- ❖ Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
- ❖ Ensure everyone involved with the junior sides emphasises fair play and not winning at all costs.



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- ❖ Promote code of behaviour details to spectators, officials, parents, coaches and players and encourage them to follow it.
- ❖ Remember, you set an example. Your behaviour and comments should be positive and supportive.
- ❖ Make it clear to players and coaches that failure to maintain the code of conduct will result in disciplinary action.
- ❖ **Remember you work for the betterment of the Club; it is never the other way around.**
- ❖ Respect the rights, dignity and worth of every young person regardless of their gender, ability or cultural background.

## SPECTATORS CODE OF BEHAVIOUR

- ❖ **Applaud good performances and efforts from all individuals and teams.**
- ❖ Respect the decisions of officials and teach children to do the same.
- ❖ Never ridicule a player for making a mistake. Positive comments are motivational.
- ❖ Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- ❖ Show respect for your team's opponents. Without them there would not be a game.
- ❖ Encourage players to follow the rules and the officials' decisions.
- ❖ Never leave litter at the field.
- ❖ Do not use foul language, sledge or harass players, coaches or officials.
- ❖ Respect the rights, dignity and worth of every player regardless of their gender, ability or cultural background.

*Failure to adhere to the codes of behaviour may result in suspension from Club activities for a period specified by the Committee.*



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# ALTONA LACROSSE CLUB HEALTH POLICIES AND GUIDELINES

## Hydration

Fluid replacement guidelines will be actively promoted at the Altona Lacrosse Club.

Clean drinking water to be available at training and at games.

Each player will have their own water bottle with their name or jersey number clearly marked on it.

## Emergency Plan

An emergency procedure will be developed, documented and communicated to all of our members.

A telephone is accessible for emergencies. It is located inside the clubroom's next to the bar.

Emergency telephone numbers are posted on the inside of the changeroom doors and above the telephone.

Emergency vehicles will be provided with clear access to our venue at all times. In the case of an emergency two club members will be required to direct the emergency vehicle from Mason Street and at the fork in the road that leads to the golf club or the lacrosse club.

Easy access for stretchers to be provided within playing areas.

All players, coaches, first aiders and officials will be kept up-to-date on emergency procedures.

Any cases involving a stretcher must be coordinated by a certified first aider or medical practitioner.

## Pregnancy in Sport

Altona Lacrosse Club encourages medical clearance prior to participation whilst pregnant.

## Alcohol Usage

Our Club strongly discourages the consumption of alcohol before, during and immediately after participation.

In the interests of the health, comfort and safety of all our patrons the Altona Lacrosse Club actively encourages a responsible service and consumption of alcohol environment.



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## Drugs in Sport

Drug use in sport is a much wider issue than the use of legal or illegal substances. It also includes the safe use of medicines and social drugs (alcohol and tobacco).

The Club supports moderate alcohol consumption and a smoke free environment.

Our Club does not condone illicit drug use under any circumstances. Club members found to be taking or supplying illicit drugs will be severely disciplined.

## Asthma Management

Players need to inform their coaches if they are asthmatic.

The Club encourages and expects players with asthma to have an asthma management plan in place prior to playing.

## WE ARE A GOOD SPORTS CLUB

The Club actively participates in the Australian Drug Foundation's Good Sports program where we have Level 3 accreditation.

## HOW TO REGISTER ONLINE AND PAY FEES

### REGISTRATION AND MEMBERSHIP FEES

#### Player Registrations

The Australian Lacrosse Association advises that all players, officials, coaches, managers and volunteers are required to be registered on Sporting Pulse. Any members that are not registered on Sporting Pulse will not be covered by the National Insurance Policy for personal accident, public liability and professional indemnity insurance.

#### Altona Lacrosse Registrations

The 2020 registration process will be the same as it was in 2019 – online. The information requested on the form will depend on the type of member you are registering as (player, coach, match official and volunteer).

#### Step 1:

Go to Altona Registration 2020 and follow the prompts. If you have previously registered click on the email my user name and password button and you must enter the email address you used on previous registration forms. If you don't know the email address please contact Susie Struhs on 0409 048 813.



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Step 2:

Send your email and contact number to Susie Struhs at [secretary@altonalacrosse.com.au](mailto:secretary@altonalacrosse.com.au)

Step 3:

Pay fees to:

Bendigo Bank

Account Name: ALTONA LACROSSE CLUB INC

BSB: 633-000

Account No.: 150961571

*Fees : TBA*

*All payment details to be emailed to [secretary@altonalacrosse.com.au](mailto:secretary@altonalacrosse.com.au)*

*Should you have any difficulties please contact Susie Struhs on 0409 048 813.*



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