

Speed **A**gility **F**lawless **E**xecution



WOODVILLE LACROSSE CLUB Inc

Established 1899

Welcome to the 2012 Season

Our Goal Is To Improve

We will be looking forward, there is no time to dwell on the past and the what ifs, we will only focus on what we can do to improve. It will require hard work and it will require commitment to yourself, your team mates and your club.

There are many at the club who give their time without hesitation just to ensure you are able to play and they are the backbone of the club that you will represent in 2012. Their reward is your improvement as is yours for the effort you put in. We will improve because we will not only match their efforts we will surpass them.

Season 2012 is going to be tough make no mistakes about that, it is going to require a physical commitment and a commitment of your time. The more time and the more physical commitment you make the more you will improve and the more we improve as a playing group.

To facilitate our goal in season 2012 we will establish a coaching panel that will include (but not limited to) the men's league coach, the two assistant league coaches, the division 1 and division 2 coaches and the men's on field representative. This group will also work with the junior men's on field representative and coaches to develop a structured program focusing on our goal to improve. In addition we will also have a Health and Fitness Coordinator to develop the player wellbeing program.

Season 2012 we see the reintroduction of the buddy system where senior players will be assigned a junior player and assist with his development. This is designed to speed up their development and assist with the transition from juniors to seniors.

There is no preconceived senior list and as stated in the opening sentence we will not be looking at the past and what you have achieved, you will be judged on your efforts and your desire to improve.

2012 Coaching Panel

Rob Potter	League Coach
Jason Vorrasi	Assistant League Coach
Aaron Sargent	Assistant League Coach
TBA	Division 1 Coach
TBA	Division 2 Coach
TBA	Men's On Field (Subject to election at AGM)
TBA	Junior Men's On Field (Subject to election at AGM)
Jason Potter	H & F Coordinator

Contrary to popular thought, players cannot play themselves into shape.

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Pre-season training

Pre-season training will commence with a team meeting on Thursday 20th October at 6.15pm (Lewanick St, park opposite Stefan house), all players are required to attend and the dress code is shorts, singlet/t-shirt, and runners. Water bottle and towel are recommended.

There will be two parts to this meeting

Part One: Our expectations on you to achieve our goal

Part Two: Health and Fitness assessment (there will be no running)

Ongoing training sessions – Sticks are required for each session

Sunday 6th November – Largs Bay Jetty – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 13th November – Torrens Weir, War Memorial Drive, Adelaide – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 20th November – Park 20 South Parklands South Tce, Adelaide – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 27th November – Adelaide University Ground Park 10, War Memorial Drive, North Adelaide – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 4th December – Semaphore Jetty – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 11th December – Adelaide University Ground Park 10, War Memorial Drive, North Adelaide – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Sunday 18th December – West Lakes Shopping Center – Park opposite Lakes Resort – **9.00am (be there at 8.45am)** - shorts, singlet/t-shirt, runners, water bottle and towel. **Finish 10.30am**

Wives, girlfriends, mums, dads, brother, sisters and friends You are invited to attend each Sunday training session either working with the men's squad or if you are looking for something a little less strenuous there will be a walking group meeting at each location.

Contact details:

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Looking forward to 2012 – Our Goal Is To Improve

Rob Potter
League Coach – Warriors Lacrosse

Top-tier athletes/players from a young age choose to practice when the other kids just want to relax and have fun. These top-tier players go to the field alone to hone a skill or do the extra fitness training. The reason? There's always room for improvement.