



# ANNUAL REPORT

# 2023



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## 2023 OFFICE HOLDERS

President Peter Greenhalgh  
Vice-President Mike Forbes  
Secretary Stacey Appleton  
Treasurer Mark Newman

## Committee Members

Melissa  
Robjohns  
Peter  
Green  
Peter Forbes  
Kristin Greenhalgh  
Jenn Buttfield  
Damien Halliwell  
Mark Wilson

## 2023 SPONSORS

**TONSLEY**  
HOTEL



**Rubens**



# PRESIDENT'S REPORT 2023

## Presidents Report

As a wide-eyed kid growing up in the realm of a lacrosse club, politics was a concept that was far beyond my understanding. The focus was solely on the exhilaration of the game, the camaraderie among teammates, and the thrill of victory or the lessons within defeat. The inner workings of the club were like an enigma, hidden behind the scenes, as adults engaged in discussions and decisions that seemed to hold little relevance to the sport itself. However, as the sands of time carried me forward into adolescence and beyond, the once-obscured political landscape began to emerge from the shadows. The club, once a bastion of pure sporting passion, revealed its intricate web of power struggles, alliances, and motivations that shaped its course, often driven by the desire for self-preservation and maintaining influence. Navigating this newfound awareness, I learned that behind every roaring cheer and every flawless goal, there were layers of agendas and negotiations that coloured the very essence of the game. It was an awakening that changed my perspective, simultaneously tarnishing the pristine image of the past while unveiling the complex tapestry that encapsulated the club's existence.

As a young club president, I strive to break the cycle of politics overshadowing the spirit of the game. Drawing from my own experiences, I'm committed to upholding the values that initially drew me to the club - the pure joy of competition, the sense of

belonging, and the shared passion for lacrosse. I've made it my mission to navigate the intricate web of club politics with transparency and integrity, ensuring that personal agendas take a back seat to the greater good of the club. While the regrettable power struggles and alliances still loom, I firmly believe that a united front focused on the sport itself can reshape the club's future. Through open communication, fair decision-making, and a genuine dedication to the players, I aspire to rekindle the essence of the club that captivated my younger self - where the love of lacrosse stands unblemished, and the pursuit of excellence transcends personal gain.

Within the realm of our committee, we recognise a unique chance to provide young players with an experience that ventures beyond the conventional, enriching both their skills and their perception of the sport's possibilities. Amidst the customary meetings and administrative tasks, lies the potential to infuse innovation into our approach. By introducing alternative training methods, such as hosting an international junior team for a day, we expose our players to different playing styles and cultural perspectives. This not only enhances their skills but also allows our juniors to build friendships with like-minded overseas players, fostering global connections through the sport. Bringing in external high-performance coaches for a session offers fresh insights and techniques, expanding their horizons. Additionally, involving senior teams to coach positional skills imparts a sense of mentorship and camaraderie, nurturing their growth on and off the

field. Our responsibility extends beyond the administrative realm; it's about nurturing a comprehensive understanding of lacrosse. Through these distinctive opportunities, we empower young talents to envision a broader landscape, revealing that the world of sports encompasses diverse avenues. In doing so, we not only amplify their skill set but also spark a passion that kindles a lasting affinity for the game and all the uncharted territories it presents.

As the president of our club, my journey to make this year a resounding success has been a path filled with personal and private challenges that I've fervently overcome. Behind the scenes, I've faced my own hurdles, yet I've remained steadfast in my commitment to the club's welfare. Despite the weight of these challenges, I've drawn strength from my passion for the sport and the camaraderie it fosters. I've embraced each obstacle as an opportunity to learn and grow, striving to lead by example and show that perseverance in the face of adversity is key. Through moments of doubt and uncertainty, I've tapped into my determination and unwavering belief in the club's potential, pushing forward to navigate intricate decisions and unforeseen circumstances. My journey isn't just about administrative responsibilities; it's about showing that personal struggles can be surmounted to serve a greater purpose. By sharing my story and channelling my own experiences, I aim to inspire a spirit of resilience and unity within the club, making this year's success a testament to the collective strength we possess.

The triumph of hosting the sport's most important and significant event this year stands as a testament to the unwavering dedication and resilience of our club. Mother nature, relentless in her challenges, threw everything at us, from unpredictable weather to unforeseen obstacles. Yet, as a united force, we rose to the occasion, displaying remarkable adaptability and fortitude. Our ability to literally navigate through the storm symbolises not only our commitment to the sport but also our determination to overcome any adversity. However, the journey to this success was not without its bittersweet moments. Amidst the chaos, the unexpected upset of the Victorian Women's team served as a reminder that sports, much like life, is unpredictable and often humbling. Despite this, we forged ahead, ensuring that the event remained a resounding success and an

unforgettable experience for all involved. Our ability to conquer nature's challenges and continue the event showcases the indomitable spirit of our club, reinforcing that triumph is not solely about avoiding setbacks, but about confronting them head-on and emerging stronger than before. And how great that our South Australian Mens and Womens teams both won the National Championship.

We extend our most heartfelt congratulations to the outstanding high-performance athletes of our lacrosse club. Your unwavering commitment to the sport and relentless dedication to pushing the boundaries of your abilities have brought immense pride and glory to our club. The countless hours of rigorous training and the sacrifices you've made have not gone unnoticed. Your passion, determination, and exceptional talent have set new standards for excellence and have made us all proud. Your achievements have not only earned you well-deserved recognition but have also inspired your fellow club members. We celebrate your accomplishments with great enthusiasm and look forward to witnessing your continued success both on and off the field. You are the true embodiment of the spirit and potential of our club, and we are honoured to have you as our high-performance athletes. Congratulations!

Heartfelt congratulations to our exceptional Div 2 Men's Lacrosse Team on clinching the premiership title! We, as a club, are immensely proud of each of you who contributed to this success. Cherish this moment, and let it fuel your passion for even greater triumphs in the future. Well done, champions!

The ongoing challenge our lacrosse club faces for the future is the recruitment of new players from local schools in our area, specifically focusing on bringing more young individuals into the sport of lacrosse. To tackle this challenge, we're actively working on new initiatives to make it more rewarding for people to offer their time to run lacrosse clinics. We understand the importance of attracting fresh talent to ensure the vitality of our lacrosse community. Our initiatives aim to create a welcoming and inclusive environment that not only introduces young athletes to the exciting world of lacrosse but also encourages their long-term involvement in our club. By offering enjoyable, accessible, and supportive programs, we hope to

inspire more individuals to pick up a lacrosse stick and become a part of our growing lacrosse family.

Sponsors are undeniably vital to the continued success of our lacrosse club. Their support not only provides essential financial resources but also fosters strong partnerships that enable us to reach new heights. It is with this understanding that we call upon all our members to actively engage in sourcing and securing sponsors. We believe that each member has the potential to play a significant role in this effort. Whether through personal connections, local business relationships, or innovative approaches, your involvement can make a profound impact. By working collectively to cultivate and maintain sponsorships, we can secure a brighter future for our lacrosse club and ensure it remains a thriving, competitive, and inclusive community for all.

I would like to extend my heartfelt gratitude to each and every member of our dedicated committee for their tireless efforts in shaping our team into a truly formidable force. Your unwavering commitment, passion, and relentless drive have been the driving forces behind our achievements. Every decision, every late-night meeting, and every strategic move has played an integral role in moulding our team's success. Your collective dedication has been the backbone of our accomplishments, and your diverse skills and perspectives have enriched our strategies. In the face of challenges, you have demonstrated unity and determination, and your individual contributions have seamlessly blended into a harmonious symphony of achievement. As we continue to strive for excellence, let us remember that our united efforts have transformed our team into a force to be reckoned with. Thank you for your invaluable contributions; together, we will continue to reach new heights.

I would like to take a moment to express my heartfelt gratitude to my pillars of strength – my wife Kristin, and my wonderful children Jess, Hannah, and Lachie. Your unwavering support, patience, and understanding have been the bedrock of my journey, enabling me to devote myself to this role with passion and dedication. Your encouragement has been a constant source of motivation, and your belief in me has fortified my resolve. Through the challenges and triumphs, you've stood by me, and for that, I am immensely

grateful. Thank you for being my rock, my sounding board, and my greatest cheerleaders. Your presence enriches every aspect of my life, and I am truly blessed to have you by my side.

I would like to take this opportunity to invite passionate individuals to step forward and become an integral part of our team's journey. We will bid farewell to some of our current committee members who have contributed immensely, and we eagerly embrace the opportunity for new perspectives and fresh energy. If you possess a deep-seated passion for our sport, a fervent dedication to teamwork, and an eagerness to shape our team's future, I encourage you to heed this call and join our dynamic committee. Together, we will continue to propel our team to greater heights, united in our shared vision and unwavering commitment.

**Peter Greenhalgh**  
**President**

## Teams and Player numbers

Mens State League - 5th out of 7

Womens Div 1 - 5th out of 6

Mens Div 2 - Minor Premiers and Premiers out of 7

U18 Girls - 5th of 5

U17 Boys (BlueBears merged with Burnside) - 3rd of 4

U15 Girls - 5th of 7

U15 Boys (BlueBears merged with Burnside) - 3rd of 5

U13 Girls - 6th of 8

U13 Boys (BlueBears merged with Burnside) - 2nd of 7

U11 Girls

U11 Boys

Our club needs more players.

Ideally we would like to have 3 men's teams and 2 women's next year but this relies heavily on this year's contingent committing to playing again, plus any eligible juniors playing in senior grades.

Our women's Div 1 team relies heavily on juniors. We would love to recruit.

Our junior girls' teams rely solely on lower grade players playing up.

Our junior boys' teams are merged with Burnside.

Simply put, we need to retain ALL current members and attract new members to our club.

## Finances

Revenue from Senior Nationals was over \$40k. We did take a risk and bought a lot of assets prior to the event, with the hope that we would recoup the expenditure. We did.

- Improved POS Terminal including till, barcode reader and printer
- 2x branded gazebos which will continue to be used for many years
- 4x extra lower quality gazebos to allow 3 gazebos on each field
- 2x new small deep friers to provide gluten free food with low risk of contamination
- New pegs, stakes, and bunting for field setup
- Merchandise stock to enable merch to be purchased all season for immediate use

The following are all positive points:

- Player Fees are up significantly.
- Canteen Sales, without the Nationals turnover, is still up significantly.
- Sponsorship increased.
- Sports vouchers are up
- Only extra expenditure was the full year of ground hire and Senior nationals costs
  - Senior Nationals costs includes the assets mentioned above

Things to watch out for:

- Ground hire was a full year so extra revenue was needed.

## Relationship with The Office for Recreation Sport and Racing (ORSR)

It was expected that The City of Mitcham was going to take over the management of the site from June 30 2023. This did not eventuate, mostly due to the inability to bring the Sturt Baseball Club to the site. We will continue our arrangements as per the original lease understanding with ORSR.

It's important to understand that we are a user of the facility only on our assigned dates and times. At all other times, anyone approved by ORSR may have use of the facility. This means we must always leave the rooms, including the change rooms and "clubrooms", in a clean state. All club members should ensure this on a daily basis.

## **TREASURERS REPORT 2023**

The following is the treasurers report for the period as per follows:

- Dates 1 October 2022 – 30 September 2023
- The Clubs gross receipts are less than \$500,000 as a result the clubs financial records are not required and have not been to be audited.

### **SUMMARY**

#### **Key Points:**

- The operations of the club resulted in a surplus for the year of \$479.
- The club now has access to the facilities for the full year and will therefore be able to generate income in the summer period (off season) where in prior years we were unable to which with the stock on hand that hasn't been sold to date provides the opportunity to sell the stock that we have on hand totalling \$5,750.
- The 2023 season was the first full financial season at the recently developed facilities. For the 2022 year as the grounds were under development in the 2022-year rental was only paid for 5 Months and 19 days.
- The Club held the Senior Nationals competition in June 2023, this is a once off event for the club hence this has been separated in the accounts for ongoing comparison and clarity.

### **Senior Nationals – June 2023**

The club hosted the Senior Nationals Completion.

Financially whilst providing a benefit to the club it would be fair to say that net result was below our initial expectations which can be attributed to slightly lower turnover in the canteen and bar and higher costs that anticipated being ground hire and fees to Lacrosse Australia.

Allocating the costs associated with the event it shows that hosting the nationals generated a profit for the club of \$7,916.

In allocating the costs for Bar & Canteen supplies, as a significant level of stock was purchased that was not sold during the nationals but retained and sold during the season. Accordingly, I have allocated the costs for the bar and canteen based on the selling margin for the year.

In addition, the club was able to upgrade much needed equipment for example new Gazebo's, Square Terminal and other items that are a significant improvement it the clubs' assets and will be used by the club into the future.

### **Club Operations – Excluding Senior Nationals**

#### **Income**

##### **Canteen & Bar Sales**

The Canteen & Bar for the year generated an income of \$59,673, allowing for costs of \$31,140 this resulted in a contribution of \$28,533 for the year.

As compared the last year where virtually all stock was sold, there is significant value of stock approximately \$5,750 which has been accounted for in the books at the end of the year which is non perishable will be used in future events or next season to generate income including:

- Junior presentation day
- Sixes tournament
- Functions (ie Engagement party held in late September)

As we have access to the club rooms for the full 12 months the club is looking at all opportunities to utilise the rooms over the summer season to generate additional revenue.

### **Player Fees**

The club had 83 registered players for the 2023 year. The Player fees for the year was \$25,339 being fees from members of \$21,939 and sports vouchers of \$3,400.

For context for each player, we are charged by Lacrosse SA \$215.00 irrespective of age.

### **Expenses**

The total expenses of the club (excluding canteen and bar) for the 12 months was \$63,495 as compared to \$55,232 for the prior year, commentary on the main expenses is as follows:

#### **Ground Rental**

Ground rental has been set by the Office for Recreation at \$24,750 per annum including lighting. This is charged to us on a monthly basis commencing 12 May 2022.

The additional \$968.00 over this amount represents additional lighting use outside of contracted times.

### **Team Nomination Fees**

Team nomination fees are based on the number of registered players we have at \$215.00 per person irrespective of age.

### **Umpire Fees**

Based on the number of teams registered.

### **Bank Account**

During the year the club opened up a new bank account with Bendigo Bank, the clubs existing people's choice bank account did not allow for 2 person electronic approval which meant that payment to suppliers etc required writing of cheques which was time consuming.

Bendigo Bank was chosen as they offer associations no fee accounts and allow 2 person authorisation of bill payments

People's Choice has not been closed:

### **Bank account Balances**

Bendigo Bank	\$ 6,282.57
Peoples Choice	\$ 4,508.32
Peoples Choice – Grant account	\$ 2,798.24

#### **Term Deposits**

As at 30 September 2023 the club has 3 term deposits with a total value of \$31,722.90 an increase from the prior year of \$31,420.93 as follows:

☒ Term Deposit 102215985	\$ 11,019.06
☒ Term Deposit 102215988	\$ 11,082.49
☒ Term Deposit 155587122	\$ 9,621.35

All term deposits automatically rollover into a new term deposit at maturity.

Mark Newman  
Treasurer



## Profit and Loss

Sturt Lacrosse Club Incorporated

For the year ended 30 September 2023

<b>Account</b>	<b>2023</b>	<b>Nationals</b>	<b>Club</b>
<b>Trading Income</b>			
\$100 Sports Vouchers	3,400		3,400
Canteen Sales	89,906	30,233	59,673
Events Income	5,570	5,570	0
Interest Income	347		347
Merchandise sales	6,158	3,850	2,308
Player Fees	21,939		21,939
Presentation & Dinners	4,730		4,730
Room/Field Hire	790		790
Sponsorship	2,000		2,000
Sponsorship - Senior Nationals	4,875	4,875	0
Uniform Sales	707		707
<b>Total Trading Income</b>	<b>140,422</b>	<b>44,528</b>	<b>95,894</b>
<b>Cost of Sales</b>			
Bar & Canteen Supplies	46,916	15,776	31,140
Merchandise costs	11,696	3,000	8,696
<b>Total Cost of Sales</b>	<b>58,612</b>	<b>18,776</b>	<b>39,836</b>
<b>Gross Profit</b>	<b>81,811</b>	<b>25,752</b>	<b>56,058</b>
<b>Operating Expenses</b>			
Advertising	417		417
Bank Fees	85		85
Bank Fees - Stripe	1,630	500	1,130
Club Setup Costs	3,981	3,074	908
Events & Functions	825		825
Ground hire	25,718		25,718
Ground Maintenance	1,041		1,041
Licence & Permits	132		132
Playing Equipment	1,824		1,824
Presentation & year end events	6,484		6,484
Senior Nationals Costs	14,263	14,263	0
Team nomination fees	19,526		19,526
Umpire fees	5,405		5,405
<b>Total Operating Expenses</b>	<b>81,332</b>	<b>17,837</b>	<b>63,495</b>
<b>Net Profit</b>	<b>479</b>	<b>7,916</b>	<b>(7,437)</b>

# Profit and Loss

## Sturt Lacrosse Club Incorporated For the year ended 30 September 2023

	2023	2022
<b>Trading Income</b>		
\$100 Sports Vouchers	3,400	2,800
Canteen Sales	89,906	31,475
Events Income	5,570	-
Interest Income	347	93
Merchandise sales	6,158	11,408
Player Fees	21,939	14,310
Presentation & Dinners	4,730	4,275
Room/Field Hire	790	-
Sponsorship	2,000	2,000
Sponsorship - Senior Nationals	4,875	-
Uniform Sales	707	4,754
<b>Total Trading Income</b>	<b>140,422</b>	<b>71,115</b>
<b>Cost of Sales</b>		
Bar & Canteen Supplies	46,916	12,382
Merchandise costs	11,696	2,715
Player uniforms	-	1,548
<b>Total Cost of Sales</b>	<b>58,612</b>	<b>16,645</b>
<b>Gross Profit</b>	<b>81,811</b>	<b>54,470</b>
<b>Operating Expenses</b>		
Advertising	417	120
Bank Fees	85	226
Bank Fees - Stripe	1,630	2,089
Club Setup Costs	3,981	1,991
Coaching Fees	-	1,000
Events & Functions	825	825
Ground hire	25,718	12,539
Ground Maintenance	1,041	-
Licence & Permits	132	383
Light, Power, Heating	-	520
Playing Equipment	1,824	2,013
Presentation & year end events	6,484	5,793
Printing & Stationery	-	88
Repairs and Maintenance	-	1,528
Senior Nationals Costs	14,263	-
Team nomination fees	19,526	22,211
Telephone & Internet	-	139
Umpire fees	5,405	4,068
<b>Total Operating Expenses</b>	<b>81,332</b>	<b>55,532</b>

Profit and Loss

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	2023	2022
<b>Net Profit</b>	479	(1,062)

# Balance Sheet

## Sturt Lacrosse Club Incorporated As at 30 September 2023

30 SEP 2023 30 SEP 2022

### Assets

#### Bank

Bendigo Bank Account	6,283	-
Grant Account	2,798	2,798
People's Choice Credit Union	4,508	23,642
<b>Total Bank</b>	<b>13,589</b>	<b>26,440</b>

#### Current Assets

Accounts Receivable	5,015	570
Bar & Canteen Stock	5,750	-
Merchandise	5,445	-
Sports Vouchers	3,000	-
Term Deposit 122	9,621	9,482
Term Deposit 985	11,019	10,992
Term Deposit 988	11,082	10,947
<b>Total Current Assets</b>	<b>50,933</b>	<b>31,991</b>

#### Total Assets

**64,522 58,431**

### Liabilities

#### Current Liabilities

Accounts Payable	11,017	5,753
Prior Year Adjustment	-	(349)
<b>Total Current Liabilities</b>	<b>11,017</b>	<b>5,404</b>

#### Total Liabilities

**11,017 5,404**

### Net Assets

**53,505 53,027**

### Equity

Current Year Earnings	479	(1,062)
Retained Earnings	53,027	54,089
<b>Total Equity</b>	<b>53,505</b>	<b>53,027</b>

## SENIOR WOMEN

### DIVISION ONE – WOMEN

Cassie O'Connor | Coach

The 2023 season for the senior women was a great development year. The squad at the start of the year was a fantastic mix of experienced seniors, juniors and seniors returning to the sport and club.

The focus for the year was building the team and belief within the team that they belonged in the Div 1 competition.

We didn't have a great start to the season with two of our players being ruled out due to injury (for what ended up being the entire season) before the season even started. I took till round four to get win on the ladder, the first win for the team since moving up into the div 1 competition 3 years ago.

We finished the season with 5 wins which was great re-enforcement for the team to believe in themselves. The competition this year was well matched with the usual 2 strong teams but the next 3 teams

including Sturt pretty much on the same points all year, it made for a year of competitive games with many being decided by 1 goal.

We unfortunately ended up missing out on finals

on count back (a one goal loss was the difference between the two teams), a disappointing end of the season but looking back the team should be anything but disappointed in the season.

The awards this year could have gone to a number of players as is the case with a good squad.

The final award winners were:

Best & Fairest – Amy Millbank

Most Valuable Player – Amber Dodd – Mobius

Most Improved – Mackenzie Appleton

Coaches Award – Emma Craig

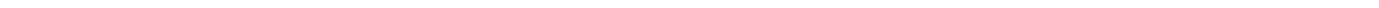
The improvement individually and as a team was amazing to watch, this group will be one to watch over the next few years, as the team develop their skills and improve their belief in themselves, they'll be competing in finals in no time.

I would like the committee to give me the opportunity the step up to senior coaching. I would also like to thank all the members of the squad (playing and non-playing) for their efforts, hard work and fantastic attitude.

SENIOR MEN

MEN'S STATE LEAGUE

Paul Kernaghan Cam Adams Robert Lawson | Coach



## DIVISION TWO – MEN

Peter Forbes | Coach

### **2023 Grand Final winners**

2023 saw the team finishing 1<sup>st</sup> at the end of the minor round with 11 wins for the season.

Congratulations to the Team award winners:

- Best & fairest – Nige Wapper
- MVP – Weiqiang Liang & Jayke Baxter
- Best Team Man Matt Falloon
- Most Improved - Cameron Robb

Looking forward to seeing Sturt Lacrosse teams to improve yet again in the forth coming seasons.

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## JUNIOR COMPETITION REPORT

Stacey Appleton | Junior Competition Coordinator

### JUNIOR GIRLS

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2023 was a tough year for our girls with more than our fair share of broken bones. But as normal our young devils show a level of maturity and resilience far beyond their years and we managed to still have some great wins and lots of personal and team growth and development.

Coaches:

Under 18 Girls – Coach Stacey Appleton

Under 15 Girls - Coach Peter

Greenhalgh Under 13 Girls - Coach

Ashton Brown / Amelie Cook and Olivia

Wilson

Under 11 Girls - Coach Mackenzie

Appleton Ella Robjohns

2024 will see the girls' teams entering teams in all grades but numbers will be tight for u13 & U15. If all players from 2023 re register for 2024 we will start the year before recruitment with

- U11 2 players
- U13 5 Players
- U15 8 Players
- U18 11 Players

### 2023 U11 Girls Report

Coaches Mackenzie Appleton Ella Robjohns

Ella and I had the wonderful experience of coaching this amazing group of girls.

I just want to start of my thanking the parents and guardians for bringing the girls to every game and the consistency at training. We were so thankful to have an amazing group of parents accompany the girls, it just made the whole year so much easier for us. I also want to thank Cindy for doing the scoresheet for me every week, and to the parents who helped out when Cindy wasn't available.

We had a total of 7 girls play this season, 3 of them who played there first game this year and the other four who have played various seasons. We had many accomplishments this year, and many girls step up with their leadership.

### 2023 U13 girls Report

Coaches Oliva Wilson Amelie Cook

It was a tough season for the U13s this year as we were short on players due to injuries, however we are incredibly grateful for the U11s for stepping up and helping us play. They showed immense bravery and confidence in themselves and each other to do this each and every week. It has been an absolute honour to watch the players not only improve their individual skills but also grow as a team. I cannot wait to see the amazing things these girls will accomplish in the rest of their lacrosse careers.

### 2023 U15 Girls Report

Coaches Peter Greenhalgh Amy Millbank

Players

Ava Gibson

Davina Rowlands

Enya Lowe

Ella Halliwell

Evie Brady

Hannah Greenhalgh

Immy Wilson

Izzy Roberts

Juliette Taylor

Lily Nettlefold

Mia Priddle

Sara Day

A total of 12 players if all are fit made for a challenging season when injury and illness hit.

We had a great compliment of experience and beginners. My ethos of inclusion and promoting the ball saw our team develop all players over the course of the season.

We played 14 games and won 4, tying with Glenelg who finished 3rd, twice. Every time we played an opponent a second time, we improved on our previous result so all in all we had an amazing season with great improvement.

6 of the girls above played in an Under 15 rep team.

Immy Wilson (Comets 1st) - 5 goals, 1 assist, Champion!

Hannah Greenhalgh (Storm 2nd) - 9 goals, 1 assist, MVP winner



Davina Rowlands (Storm 2nd) - 4 goals, 1 assist, MVP winner  
Lily Nettlefold (Hurricanes 9th) - Co-Captain, 3 goals, MVP winner  
Ella Halliwell (Hurricanes 9th) - 3 goals, MVP winner  
Enya Lowe (Hurricanes 9th) - 3 goals

Congrats to all of the girls.

2023 U18 Girls report  
Coach Stacey Appleton

The Under 18 girls had a challenging year this year. Coming into a competition in which most teams had 4-5 WSL players we had a very young team with limited senior experience the girls showed tremendous tenacity and had great overall development and improvement.

It was impressive to witness the team's development throughout the season, as their skills improved, and their teamwork became outstanding. Moving forward, the team's strength lies in their ability to work together, and as they gain more experience, they will continue to grow as a team.

Throughout most of the year, the team relied on Under 15 players playing up to field the team. While this provided valuable development opportunities, next year having a solid group of u18 and only a few U15 will benefit the team.

Thank you to everyone who scored this year and a special thanks to Olivia and Amelie who hung out on the bench with me.

Stacey Appleton

## JUNIOR BOYS

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We had a wonderful year this once again combing with Burnside to create the Bluebear's in U13-U17, all teams making finals and U13 Making the Grand Final.

Coaches:

U17 Boys - Coach Jack Zuvich & Mike Forbes

U15 Boys - Coach Paul Kernaghan

U13 Boys - Coach Jayke Baxter Dennis Hansford

U11 Boys - Coach Dan Thomas Damien Halliwell

If all players from 2023 re register for 2024 (including BlueBears) we will have:

- U11 8 players
- U13 6 Players
- U15 9 Players
- U17 13 Players

### 2023 U13 Boys Report

Coaches Jayke Baxter Dennis Hansford

This year the boys played some amazing lacrosse and improved by leaps and bounds. Starting with a team half full of u11 players and 1st and second year players, to making a grand final show how hard the boys worked to improve their skills and teamwork.

### 2023 U15 Boys Report

Coaches Paul Kernaghan Damien Halliwell Chris Evans Sean Duffy  
John Fuss (First half of season)

Combined team with Burnside finished 4<sup>rd</sup> on the ladder.

10 of the boys above played in an Under 15 rep team.

Phantoms

Sonny Kernaghan

Elliot Day

Josh Brogmus

Ethan Buttfield

Blake Bilsborrow BlueBears

Stingrays

Kaleb Tuxford

Quillien Bleakley BlueBears  
Maksim Straga BlueBears  
Gus Czechowicz BlueBears  
Oliver Straga ( Alt)

2023 U17 Boys Report  
Coaches Jack Zuvich Mike Forbes

Combined team with Burnside finished 3<sup>rd</sup> on the ladder.

U18 State Team  
Orlando Kernaghan  
Ethan Lauck  
Mick Baulderstone  
James How

## JUNIOR UMPIRES

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A big thank you goes out to all our junior officials, although it goes without saying without these fantastic people our juniors' games couldn't exist.

Our thanks go out to:

- Zac Tremlett
- Sean Duffy
- Tamryn Aufderheide
- Ashton Brown
- Mackenzie Appleton

## JUNIOR RECRUITMENT SCHOOL COACHING

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Due to the load of Senior national we did not do any school coaching in 2023. We have participated in the Blackwood Primary Community Day and Colonel Light Gardens Primary sports day.

We have a plan in place for 2024 and have engaged the Volunteer help of Marilyn Fuss to run the recruitment program for Sturt.

## 2023 RECRUITMENT NUMBERS:

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Total Juniors recruited in 2023= 9 players

5 Female players 3 x U11, 1 x U13 1 x U15

4 Male players 2 x U11, 1x U15 1 x U17

## RECOMMENDATIONS FOR SEASON 2024:

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- 1 . Increase number of volunteer coaches for the school recruitment Program both Male and Female
- 2 . Girls' and boys' programs to be a Coordinated approach between all team levels. Damien and Stacey will work on the Sturt Training Manual over summer.
- 4 . Junior Umpires and Referee's to be supported and trained Try to work with SALO to ensure young officials keep coming back
- 5 . Mentoring of young coaches by senior coaches
- 6 . Upskilling coaches to be looked and a program created inline with Lacrosse Australia coaching framework . <https://www.lacrosse.com.au/new-page-1>

## LIFE MEMBERS

There are no changes to the listings of life members for 2022 .

For a full list of current life members, life membership criteria and how to nominate for life membership, please visit: <https://sturtlacrosse.org.au/membership/life-members/>

## PLAYERS, FIXTURES & RE- SULTS

### **Women's State League (Woodville)**

[https://websites.mygameday.app/team\\_info.cgi?c=0-2638-139202-623939-27055589&a=SFIX](https://websites.mygameday.app/team_info.cgi?c=0-2638-139202-623939-27055589&a=SFIX)

### **Men's State League**

[https://websites.mygameday.app/team\\_info.cgi?id=27048354&client=0-2638-139219-623940-27056648&compID=622332&a=STATS](https://websites.mygameday.app/team_info.cgi?id=27048354&client=0-2638-139219-623940-27056648&compID=622332&a=STATS)

### **Women's Division 1**

[https://websites.mygameday.app/team\\_info.cgi?id=27055594&client=0-2638-139219-623940-27056648&compID=623941&a=STATS](https://websites.mygameday.app/team_info.cgi?id=27055594&client=0-2638-139219-623940-27056648&compID=623941&a=STATS)

### **Men's Division 2**

[https://websites.mygameday.app/team\\_info.cgi?id=27056648&client=0-2638-139219-623940-27056648&compID=623940&a=STATS](https://websites.mygameday.app/team_info.cgi?id=27056648&client=0-2638-139219-623940-27056648&compID=623940&a=STATS)

### **All teams**

[https://websites.mygameday.app/club\\_info.cgi?c=0-2638-139219-623940-27056648&clubID=139219](https://websites.mygameday.app/club_info.cgi?c=0-2638-139219-623940-27056648&clubID=139219)

## TROPHY WINNERS 2023

### MEN'S STATE LEAGUE

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PJ Cook Best & Fairest	Aaron Hill
Wiles Trophy MVP	Jacob Newman
Best Team Man	Sam Kilford
Rising Star	Lucus Hansford

### MEN'S DIVISION 2

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Best & Fairest	Nigel Wapper
Most Valuable Player	Weiqiang Liang
	Jake Baxter
Best Team Man	Matt Falloon
Most Improved	Cameron Robb

### CLUB AWARDS

Jack & Sharon Lynch Award	Camron Rob
Joy Gomer Award	Tamryn Aufderheide
Junior Club Person Girls	Mackenzie Appleton
Junior Club Person Boys	Orlando Kernaghan

President's Award	Jack Zuvich
Spirit of Lacrosse	Amalie Cook

Don Gomer Award for junior girls	Mackenzie Appleton
Rising Star Award Boys	James Lawrence

### WOMEN'S STATE LEAGUE

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Plymptonion Don Gomer Award B&F Makayla Ritchie
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### WOMEN'S DIVISION 1

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Best & Fairest	Amy Millbank
Most Valuable Player	Amber Dodd-Mobius
Most Improved	Mackenzie Appleton
Coaches' Trophy	Emma Craig