

# PLAYER & PARENT HANDBOOK



SEASON

2022



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## OUR CLUB

Phoenix LC is the oldest lacrosse club in Western Australia, established in 1896. We are proud of our longevity and are grateful for our extensive history and the forbearers who have all contributed to the rich fabric of who we are today.

Lacrosse is an exciting and skilful team sport suitable for both sexes and all ages.

A progressive, widely recognised, and popular team sport within Australia, Lacrosse maintains a prominent position as a leading nation on the world stage.

As a sport & club, our point of difference is that we offer a niche opportunity for players that have not found a comfortable place in mainstream sports. Phoenix & Lacrosse provides a worthwhile and unique alternate sport option for all ages.

Unique International educational pathways are also widely available through Lacrosse channels.

Often children have their first experience of lacrosse in the school setting where Quickstix, a modified version of lacrosse is widely available in through the Sporting Schools Australia Program.

Phoenix Lacrosse Club's vision is to provide a strong vibrant club in the South East Region of the Perth Metropolitan Area, which is welcoming to families, new members and visiting teams and offers the potential to participate in all forms of lacrosse.

## OUR COMMITTEE

PhoenixLAX is run by a voluntary committee. Current committee members for the 2022 season are:

President	Colin Moir	<a href="mailto:president@phoenixlacrosseclub.com.au">president@phoenixlacrosseclub.com.au</a>
Vice Present	Cameron Blair	<a href="mailto:cam@kingsize.com.au">cam@kingsize.com.au</a>
Club Manager	Donelle Smith	<a href="mailto:clubmanager@phoenixlacrosseclub.com.au">clubmanager@phoenixlacrosseclub.com.au</a>
Secretary	Fran Maunton	<a href="mailto:contact@phoenixlacrosseclub.com.au">contact@phoenixlacrosseclub.com.au</a>
Treasurer	Brett Sargent	<a href="mailto:finance@phoenixlacrosseclub.com.au">finance@phoenixlacrosseclub.com.au</a>
Registrar	Matischa Sewell	<a href="mailto:matiinoz@gmail.com">matiinoz@gmail.com</a>
Director Men Competition	Aaron Williams	<a href="mailto:akwilliams@westnet.com.au">akwilliams@westnet.com.au</a>
Director Women Competition	Glenda Magee	<a href="mailto:glendatmdevelopments@hotmail.com">glendatmdevelopments@hotmail.com</a>
Member Welfare Protection Officer	Tamela Grayson	<a href="mailto:tamelajoy@me.com">tamelajoy@me.com</a>

## CONTACT

0409 290 504

[contact@phoenixlacrosseclub.com.au](mailto:contact@phoenixlacrosseclub.com.au)

## TRAINING

Pre-season starts February/March, please check the website or social media for starting dates.

Training is being held at our home grounds on Goodchild Reserve

**TUESDAY & THURSDAY** U11/13/15 5:30PM – 6:30PM\*  
U17 & Seniors 6:30PM – 8:00PM\*

\*During school holidays at the coaches' discretion

## COMPETITION

Games are being played on a home and away basis and are played during the winter, starting around end of April. More information to follow and fixtures can be viewed on the LWA website: <http://lacrossewa.com.au/fixtures-results/>

Games are played on weekends at the following grounds:

Club	Ground	Address	Suburb
<b>Alkimos</b>	Leatherback Park	1 Fairy Parade	Alkimos
<b>Bayswater</b>	Halliday Park	Coode Street	Bayswater
<b>East Fremantle</b>	Preston Point	Preston Point Road	East Fremantle
<b>Phoenix*</b>	Goodchild Reserve	Ely Street	Hamilton Hill
<b>Subiaco</b>	Rosalie Park	Derby Road	Shenton Park
<b>Wanneroo</b>	Penistone Reserve	Penistone Street	Greenwood
<b>Wembley</b>	Floreat Oval	Ulster Road	Floreat

\*Home grounds

Game times:

Saturday	Men's		Sunday	Women's
	U11*	8:30AM		U14
	U13*	11:00AM		U17
	U15*	1:00PM		
	U17*	11:00AM		
	Division 1	2:45PM 3:30PM		Div 1 & 2 Varies between These times
	Division 3	1:00PM		

\* see table for Junior age groupings.

## REGISTRATION

Follow the link and register online:

[Registration Link - Sporting TG Passport](#)

Social member:

For players under 18 one parent per family needs to be registered as a social member as well.

## FEES

Under 11	\$250
Under 13	\$250
Under 14	\$250
Under 15	\$300
Under 17	\$300
Senior players	\$350
Additional team fee	\$50
Social membership (1 parent/family)	\$20

Payments can be made by direct deposit, or electronically at the clubrooms.

Reference: family name and purpose of payment

Payment plans for fees are an available option for those who need them. Please contact our treasurer to make those arrangements.

Treasurer: Brett Sargent [finance@phoenixlacrosseclub.com.au](mailto:finance@phoenixlacrosseclub.com.au)

KidSport enables eligible Western Australian children aged 5 to 18 years to participate in community sport by offering them financial assistance of up to \$150 per calendar year towards club fees.

All Western Australian children aged 5 to 18 with a valid Health Care Card or Pensioner Concession Card are eligible to apply.

More info here: [Kidsport Funding Link](#)

Apply here: <https://kidsport.dlgsc.wa.gov.au/kidsport/apply-for-kidsport-2019-1/>

Once your application has been approved, you will receive an access code for your voucher which you need to supply to us. (please email Matischa [matiinoz@gmail.com](mailto:matiinoz@gmail.com)) Otherwise we cannot deduct the \$150 from your 2022 fees.

## TEAMS

Men's	Women's
U11*	
U13*	
U15	U14*
U17	U17
State League	State League
	Division 2

### Division 3

\*Girls are allowed to play in the Men's competition in the U11 and U13 teams

\*Boys are allowed to play in the Girls competition in the U14 team up to the age of 13



## LACROSSE WA

### AGE GROUPINGS FOR JUNIOR LACROSSE GRADES

### 2022



**Junior Women's 2022**

Junior Grade	Date of Birth
Women's U14's	01/01/2012 – 31/12/2012
	01/01/2011 – 31/12/2011
	01/01/2010 – 31/12/2010
	01/01/2009 – 31/12/2009
	01/01/2008 – 31/12/2008
Women's U17's	01/01/2009 – 31/12/2009
	01/01/2008 – 31/12/2008
	01/01/2007 – 31/12/2007
	01/01/2006 – 31/12/2006
	01/01/2005 – 31/12/2005

**Junior Men's 2022**

Junior Grade	Date of Birth
Men's U11's	01/01/2015 – 31/12/2015
	01/01/2014 – 31/12/2014
	01/01/2013 – 31/12/2013
	01/01/2012 – 31/12/2012
	01/01/2011 – 31/12/2011
Men's U13's	01/01/2012 – 31/12/2012
	01/01/2011 – 31/12/2011
	01/01/2010 – 31/12/2010
	01/01/2009 – 31/12/2009
Men's U15's	01/01/2010 – 31/12/2010
	01/01/2009 – 31/12/2009
	01/01/2008 – 31/12/2008
	01/01/2007 – 31/12/2007
Men's U17's	01/01/2008 – 31/12/2008
	01/01/2007 – 31/12/2007
	01/01/2006 – 31/12/2006
	01/01/2005 – 31/12/2005

## GRADES

Juniors:

Playing up:

At times juniors are asked to play in an older age group. This is a great opportunity to broaden their lacrosse skills. They will only be asked to do so if coaches think they are ready, and you are happy for them to do so.

Junior players are only allowed to play one age group up as long as they are registered and financial for their main grade.

## UNIFORM

A playing jersey will be provided by the club the required club playing shorts/skirt can be purchased at the club. Special training uniform is not required.

## EQUIPMENT

All players will need a mouthguard (supply own). A helmet, gloves and lacrosse stick can be hired from the club or you can purchase your own.

The goalkeeper gear for junior teams is provided by the club for no fee.

Note: helmets are not required for girl's competition.

Gloves \$10 - Stick \$10 - Arm pads \$10 - Helmets \$20 - Helmet Bond \$50

## GAME DAY

- Arrive at least one hour prior to scheduled game time. Please give your Coach/Team Manager as much notice as possible if your child will be unavailable.
- Lacrosse is a winter sport, and we play in almost all conditions, so provide adequate warm clothing for players and maybe a change of clothes.
- Players must bring their own jerseys, water bottles & mouth guard to games.
- At times juniors are asked to play in an older age group. This is a great opportunity to broaden their lacrosse skills. They will only be asked to do so if coaches think they are ready, and you are happy for them to do so.
- We have a fantastic support network, with many parents/grandparents/siblings coming to games to cheer for their teams. Please feel free to come along and join in.
- In line with our club values, please be mindful that appropriate behaviour is expected. (see code of conduct [Phoenix-LAX-CODE-OF-CONDUCT.pdf](#))
- We are role models for our children and positive encouragement is welcome at all times.



## **CLUB & TEAM COMMUNICATION**

For Club news a newsletter will be emailed out (make sure you're registered with your current email address), a link can also be found on our Facebook group <https://www.facebook.com/groups/11781804206>

## **SOCIAL**

All family members are welcome, even if not a registered social member to join us at our social functions. These are some of the fun events we would love you to be involved in:

## **VOLUNTEERING**

Families are encouraged to nominate for a volunteer role within the Club. Our club is run entirely by volunteers and many hands make lighter work.

We find that volunteering is positive for our children but is also a positive experience for parents.

Your help and skills are valuable and will be appreciated.

Volunteers who do not have children participating at the club need to apply for a WWCC (forms available at the club rooms or post offices) and the club will reimburse you for the costs involved for the check). Other volunteers (team managers, coaches, etc) need a Volunteer National Police Certificate.

[National-Police-Certificates Volunteer-National-Police-Certificates](#)

## **BEHAVIOUR STANDARD**

A copy of the clubs Code of Conduct can be found at this link. Please familiarise yourself with it:

[Phoenix-LAX-CODE-OF-CONDUCT.pdf](#)

# RISE UP

Phoenix play with **SPIRIT**,

Sportsmanship, Passion, Inclusiveness, Respect, Integrity and Teamwork.

Play to raise the hearts of our people

To bring great life to our children

To entertain

To play in front of our community

To give thanks for the gifts of good life, strength and ability.

## LOCATION

Goodchild Park

Ely Street, Hamilton Hill WA 6163

