



# 2026 PARENT & PLAYER HANDBOOK

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We are a club that fields teams of conscientious skilled players; within a sports club with a prominent sense of community



## Contents

OUR CLUB .....	0
OUR COMMITTEE .....	1
CONTACT .....	2
TRAINING .....	3
COMPETITION .....	4
REGISTRATION .....	4
FEES.....	4
TEAMS .....	6
GRADES .....	<b>Error! Bookmark not defined.</b>
UNIFORM .....	7
EQUIPMENT .....	<b>Error! Bookmark not defined.</b>
GAME DAY .....	8
CLUB & TEAM COMMUNICATION.....	10
SOCIAL .....	10
VOLUNTEERING.....	112
BEHAVIOUR STANDARD.....	115
LOCATION.....	19

## 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 MANAGEMENT COMMITTEE

Phoenix Lacrosse is run by a volunteer committee. Committee members for the 2024 season are:

President	Fran Maunton	<a href="mailto:president@phoenixlacrosseclub.com.au">president@phoenixlacrosseclub.com.au</a>
Vice Present	Javier Williams	<a href="mailto:vicepresident@phoenixlacrosseclub.com.au">vicepresident@phoenixlacrosseclub.com.au</a>
Club Manager	Dilwyn Griffiths	<a href="mailto:clubmanager@phoenixlacrosseclub.com.au">clubmanager@phoenixlacrosseclub.com.au</a>
Secretary	Daniel Leicester	<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:registrar@phoenixlacrosseclub.com.au">registrar@phoenixlacrosseclub.com.au</a>
Director Men Competition		<a href="mailto:Men@phoenixlacrosseclub.com.au">Men@phoenixlacrosseclub.com.au</a>
Director Women Competition	Donelle Smith Selina Warburton	<a href="mailto:women@phoenixlacrosseclub.com.au">women@phoenixlacrosseclub.com.au</a>
Director Development	Tammy Hill	<a href="mailto:development@phoenixlacrosseclub.com.au">development@phoenixlacrosseclub.com.au</a>
Member Welfare Officer	Tamela Grayson	<a href="mailto:tamelajoy@me.com">tamelajoy@me.com</a>

## OUR PRESIDENT'S MESSAGE

When I speak about the Phoenix Lacrosse Club the word I use most frequently is awesome. We have awesome club people. We have awesome teams. We have awesome individual achievements on and off the field. And – we have an absolutely awesome future ahead of us. So, Welcome. If you are new..... If you are returning..... Welcome to you all. I invite you to RISE UP and TOGETHER, STAND AS ONE.

## OUR MISSION

People to 'play' or 'participate in' lacrosse in a good way - as in sport, as in life – one person, one team, one game at a time.

## OUR VISION

Empower people through Lacrosse, who then empower people in Lacrosse - now and for future generations.

## OUR 2026 INTENTIONS

### Membership

Grow - get more members  
Fun - make participating fun  
Expand – participation & connections

### Culture

Promote – Club values & community  
Educate - Club leaders & members  
Sustainability focus – on our community - contribution - finances

### Member Experience

Training – make it appropriate – varied - educational  
Game day – be present while playing & participating  
Events - host them – Make them fun & uniquely Phoenix

### Communication

Maintain Communication to & from members  
Promote the club in the wider community  
Gather Feedback

### Enterprise

Recruit sponsors  
Grow Quick Sticks to contribute to club income  
Encourage Member support of club services – canteen, bar, merchandise

*We are aiming to achieve progress in each of these areas and will welcome your assistance in doing that.*

## CLUB DEVELOPMENT

Club & player development centers around getting more people to play lacrosse.

We focus our resources predominantly on junior players & primary schools in the district because that has traditionally been where we experience the most success in recruitment.

We support several Interschool carnivals in the district throughout the year & promote lacrosse through the school & community in those locations.

The Quick Stix programs hosted at the club are generally a follow on from these events, although not always.

Gecko Sports South, a local sport promotion & activity company has aligned themselves with PLC – mutual support is the benefit of that.

Members are encouraged to bring along friends & family who might be interested in taking to the field, or being a member of a local (sports) community.

## CONTACT

0409 290 504

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

## TRAINING

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

Training is being held at our home grounds on Goodchild Reserve

### TUESDAY & THURSDAY

U11/13/15/17                      5:30PM – 6:30PM\*

### THURSDAY only

Seniors                              6:30PM – 8:00PM\*

\*During school holidays training is at the coaches' discretion



**CLUB TRAINING**

Juniors 5:30 to 6:30pm  
Seniors 6:30 to 8:00pm  
@ Goodchild Reserve

**PHOENIX LACROSSE**

Junior & Senior Training Starts Thursday 5<sup>th</sup> March

## 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 (correct at time of printing – please check fixture document or LWA website for confirmation)

Saturday	Men's	Sunday	Women's
	U11* 8:30AM		U14 9.00am
	U13* 10:30AM		U17 10.30am
	U15* 1:00PM		
	U17* 10:45AM		
	Division 1 2:45PM		Div 1 & 2 Noon-1.30-3pm
	Division 3 1:00PM		

\* see table for Junior age groupings.

## REGISTRATION

Follow the link and register online:

<https://membership.mygameday.app/regofrm.cgi?aID=6145...>

## FEES

Under 11	\$275
Under 13	\$300
Under 14	\$300
Under 15	\$350
Under 17	\$350
Senior players	\$435
Additional team fee	\$50
Social membership (1 parent/family)	\$20

**NOTE: Junior Members (Players under 18) one parent per family must also register as a Social Member.**

Payments for fees can be made by direct deposit to Phoenix Lacrosse Club

BSB **066202** Account **1051 1500**

**Reference:** family name and purpose of payment OR electronically at the clubrooms.

Payment plans for fees are an available option for those who need them.

Contact our Treasurer to make those arrangements early in the season.

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 \$500 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. (email [registrar@phoenixlacrosseclub.com.au](mailto:registrar@phoenixlacrosseclub.com.au)) Otherwise we cannot deduct the subsidy from your 2025 fees.

## TEAMS

### Men's

U11\*

U13\*

U15

U17

Division 3

Division 2

~~State League~~ (for 2026)

### Women's

U14\*

U17

Division 2

State League

\*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

## 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.

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

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

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

# 11's

## Values for 11's Participation

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**F**un      We play to have fun

**A**ttitude      We always try our best

**I**nclusive      We play with everyone

**R**espect      We respect all teams, officials & ourselves

You can find a copy of the LWA 11's Manual in the file section of our Facebook group

<https://www.facebook.com/groups/11781804206/permalink/10161346704239207>

## 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.



### LACROSSE WA AGE GROUPINGS FOR JUNIOR LACROSSE GRADES 2024



**Junior Women's 2024**

Junior Grade	Date of Birth
Women's U14's	01/01/2014 – 31/12/2014
	01/01/2013 – 31/12/2013
	01/01/2012 – 31/12/2012
	01/01/2011 – 31/12/2011
	01/01/2010 – 31/12/2010
Women's U17's	01/01/2011 – 31/12/2011
	01/01/2010 – 31/12/2010
	01/01/2009 – 31/12/2009
	01/01/2008 – 31/12/2008
	01/01/2007 – 31/12/2007

**Junior Men's 2024**

Junior Grade	Date of Birth
Men's U11's	01/01/2017 – 31/12/2017
	01/01/2016 – 31/12/2016
	01/01/2015 – 31/12/2015
	01/01/2014 – 31/12/2014
	01/01/2013 – 31/12/2013
Men's U13's	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 U15'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 U17'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



Meet other parents



Get your questions answered



Discuss important information

Connect with other Parents and learn how to support your child's growth & development.

## EMPOWERING YOUTH – PARENT MEETING

Presentation by Donelle Smith to Parents & players at our club detailing the latest research and what the club views as the best way to keep players engaged and loving their lacrosse experience. (Will take approximately 1 hour).

Parents, coaches, players and all members are encouraged to attend.

Date: Thursday 21<sup>st</sup> May 2026

## COACHING & OFFICIATING

### All athletes need a Coach.

Our Teams are no different – they each need a Coach willing to to help them grow & improve. If you are interested in being that person, please be in touch with the Director of Women or Director of Men, who will help you through the required processes.



### Every game needs Officials.



Each Team nominated for LWA competition should have their own Official to accompany that nomination.

If learning to Officiate lacrosse at any level interests you, please contact the Dir Women or Men, who can help you understand what is required.

In the meantime, here is where you can get started with **learning & accreditation** for those roles.

**Coaching** via Lacrosse Aust - <https://www.lacrosse.com.au/coach-education-courses>

**Officiating** via Lacrosse Aust - <https://www.lacrosse.com.au/officiating-education> b

**Note** that for either roles, it is not essential for you to have been a lacrosse player.

## ON 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.
- *Parents are required to assist with Bench support by timing or scoring, usually on a roster basis.*
- 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 their teams on. Please feel free to come along & join in.
- In line with our club values, please be mindful that appropriate behaviour is expected of everyone. (see code of conduct [Phoenix-LAX-CODE-OF-CONDUCT.pdf](#))
- We are role models for our kids & positive encouragement is desired at all times.

## WE LOVE WATCHING YOU PLAY

### ON HOME GROUND GAME DAYS

Running the games at our home ground is quite an undertaking and requires plenty of extra tasks all day long to ensure we meet LWA and our members requirements & expectations.

- All hands on deck is always helpful on these days.
- All registered members and parents are requested to offer a couple of hours of your time during these events – to assist with one or more of the following tasks:
- Set grounds & fields up before games
- Prepare Change rooms for teams
- Help canteen get set up & prepared for the day.
- Keep the BBQ cooking.

- Help serve in the canteen.
- Assist serving in the bar (you will need to have an RSA Certificate).
- Pack down the grounds & fields.
- Clean up the fields, canteen & club & change rooms.

And at the end of the day it will be fabulous if you can stay & kick on at the club rooms for a while – take the opportunity to meet with other players, parents & members in the club that you don't see during the normal course of training & games.

Casual gatherings happen often.

More organised **CLUB CATCH UP & KICK ON'S** occur a few times during the year – look out for promotion of these on socials & notice boards.

## CLUB COMMUNICATION

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

This **Facebook page is THE place to go** regularly for updated information, latest news and notices that Members **need to see** will be posted in this group.

Heja Team App is in operation from 2026 for many teams. Coaches & Team Managers will provide notices in this forum as needed.

Teams may have their own chat groups as well, but note that Official Communication will be found in socials & Heja.

## CLUB MERCHANDISE (sample)



## **HONOUR ROUND – Celebrating Our Legacy**

An initiative introduced in 2025, the first round of Home Games are designated HONOUR ROUND, which is all about taking a special moment to acknowledge the rich history of our club & the people, places & values that have shaped our success.

In 2026, our 130th year, we proudly celebrate the club's longevity & history.

**130 years**

**One team**

**One person**

**One game at a time!**

**Phoenix has Empowered people through Lacrosse, who then empower people in Lacrosse, now and for future generations.**

**Since 1896**

**That's 5 generations!**

**This is our 130<sup>th</sup> season!**

**Save the date**

**Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> May 2026**



## **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:

Season Launch	usually a week before the season commences
Players Teas	Every Thursday night after training
Club Catch Up & Kick On	mid season – June/July after Home games
End of Season Junior Windup	Immediately after the end of season
End of Season Senior Windup	mid to late September
Annual General Meeting	November – meeting followed by gathering
Summer Social Lacrosse	Pre Christmas in Oct/Nov Post Christmas in February
Fund Raising & Functions	they don't happen often – look out for notices about them and please do what you can to support them.

## **VOLUNTEERING**

Families & Players are all 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, will need to apply for a Working With Children Check (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. Apply for that via this link.

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

## **SPONSORSHIP**

Our Secretary, Daniel Leicester is responsible for Sponsorship. He is on a mission to find companies keen to support our sport & club.

Members are encouraged to be on the lookout for companies or people who might be interested in supporting Phoenix through this opportunity. Please speak with Dan, of the President (Fran) if you have a lead.

Current Packages are established at:

***PHOENIX LEGENDS***      ***\$3,000.00***

***PHOENIX SPIRIT***      ***\$1,500.00***

***PHOENIX FLAME***      ***\$ 750.00***

***PHOENIX NEST***      ***\$ 300.00***

**Sincere thanks to our 2025 Sponsors for their support**



**W.A. LIMESTONE**

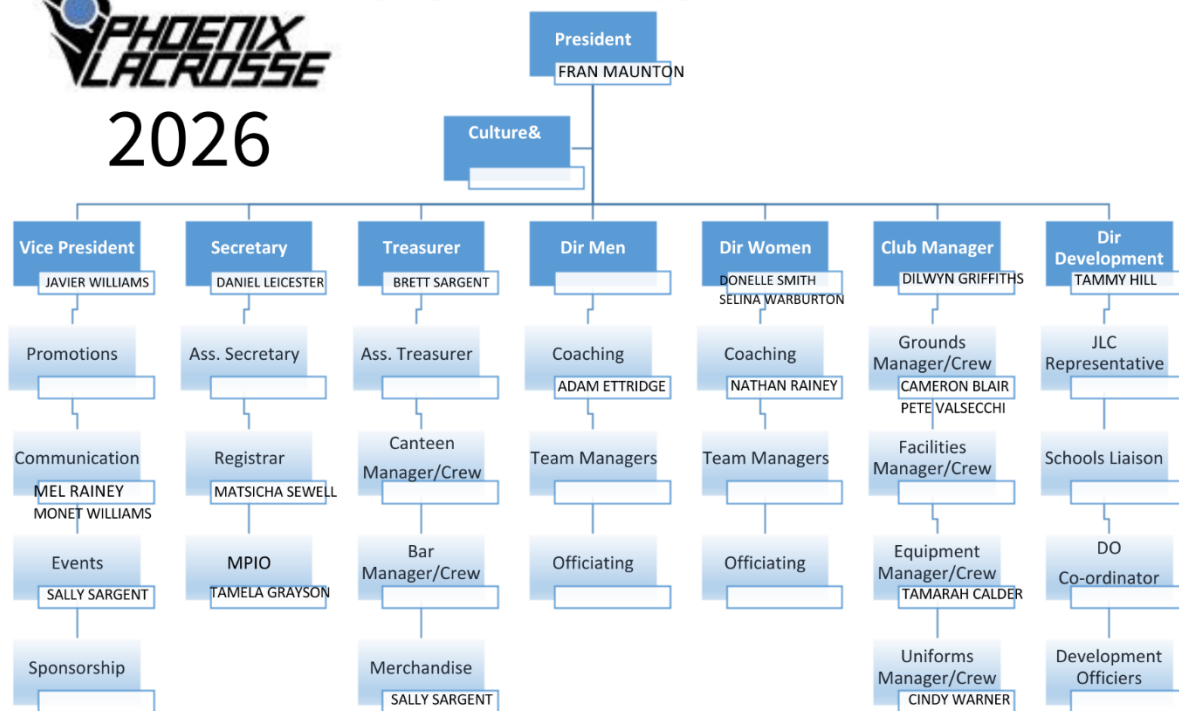


# CLUB MANAGEMENT ROLES



2026

## CLUB MANAGEMENT



We have gaps to fill.

If you have an interest in supporting the club at this level, please be in touch with one of the Management Committee people.

We can provide all the info you will need to make a decision.

Note that Roles listed underneath the Management Committee are not required to attend regular meetings – they primarily liaise with the person holding the portfolio, and typically have a smaller workload.

## HELP

Here is a bunch of other ways you can help any time or all the time for some of the time:

**Canteen shifts** – serving or preparing or cleaning up

**Tuesday & Thursday Night** rally rounds – check the White Board To Do List

You may as well make use of the time that you are here & pitch in. It is so helpful for smooth running of.....everything!

**Team Managers** – help the coach & team get themselves onto the field

**Team Coaches** – training & support is available

**Team Officiators** – training & support is available

(you may as well make use of the time while you are here & pitch in. It really is so helpful for the smooth running

**Team Scorers & Timers** – training & support is available

Every team needs these every week – so be prepared. And, if you like doing it, just speak up 😊

**Training Nights** set up goals– pack down goals– Lock up

**Home Games** set up – pack down – Clean up - Lock up

**Players Teas** – help with cooking - serving – cleaning up

**Events** – preparation – catering – decoration – set up – clean up

**And more.....** If you have special skills to share, we are interested in talking to you.

If you have any skills & some time to spare, we are interested in talking to you.

Connect with any one of the Management Committee people to start that conversation.

This really is a case of -

**Many hands make light work**

**It takes a village**

And as so truly spoke by GHANDI

**The best way to find yourself is to lose yourself in the service of others!**

## BEHAVIOUR STANDARD

The mission of this club is to honour the opportunity to participate in Lacrosse with grace, humility, competitiveness & heart.

### Play with SPIRIT

<b>S</b> portsmanship	we value conduct & attitude over outcome
<b>P</b> assion	we are involved for the love of the game
<b>I</b> nclusiveness	is the heart of our game, our team & our club
<b>R</b> espect	we respect our opponents, team mates, officials, coaches, fans & ourselves – we are all part of the game
<b>I</b> ntegrity	we serve the game in the best interest of Lacrosse
<b>T</b> eamwork	We value team over individual. The strength of our teams is each member, the strength of each member is the team

A copy of the clubs **CODE of CONDUCT** for Players, Coaches, Supporters & Officials can be found at this link. Please familiarise yourself with it:

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

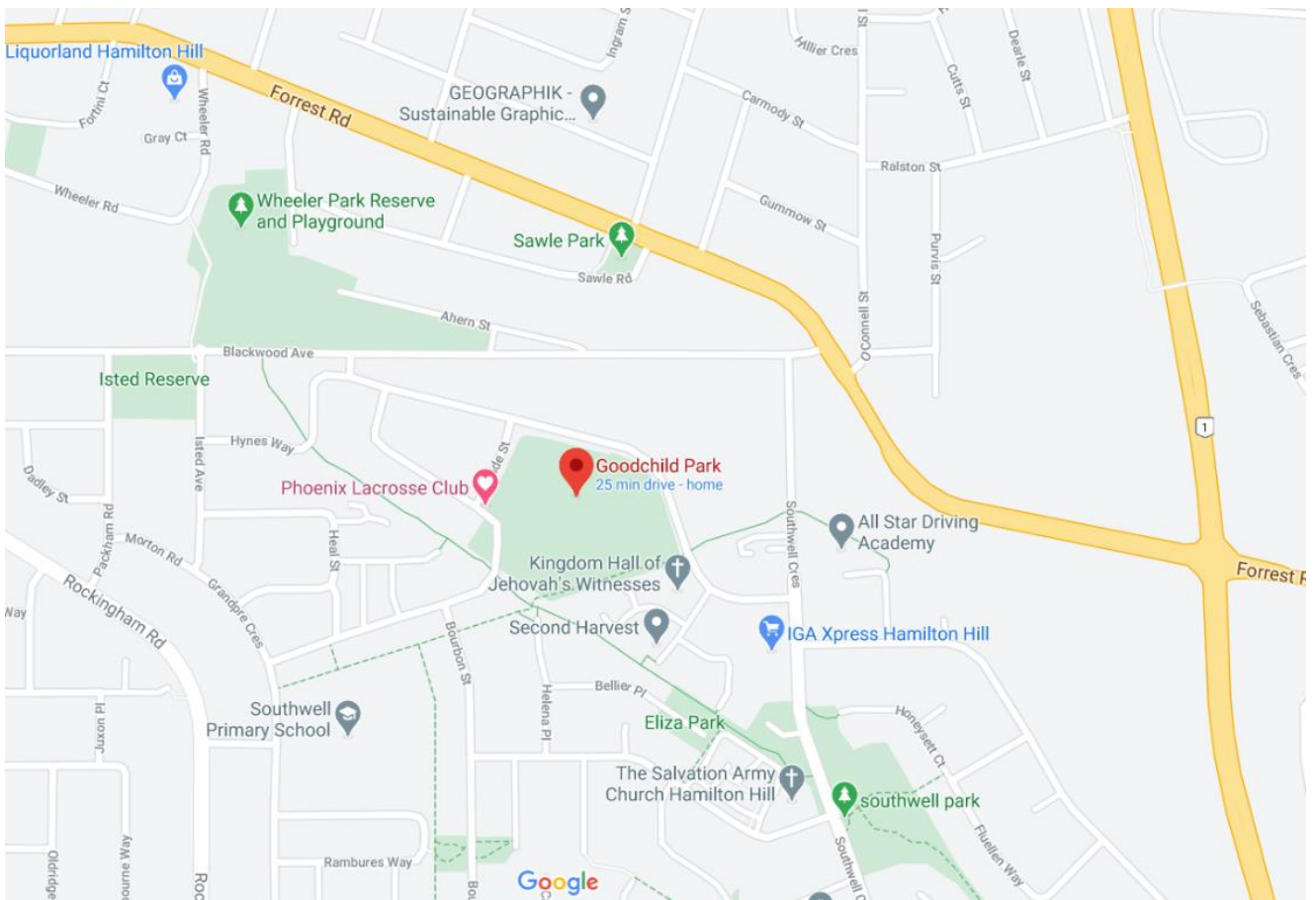
# LOCATION

Goodchild Park - Ely Street, Hamilton Hill WA 6163

[www.phoenixlacrosseclub.com.au](http://www.phoenixlacrosseclub.com.au)

<https://www.facebook.com/profile.php?id=100063627187571>

<https://www.instagram.com/phoenixlacrosseclub/>





# TOGETHER WE STAND AS ONE

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Phoenix play with S P I R I T,  
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.