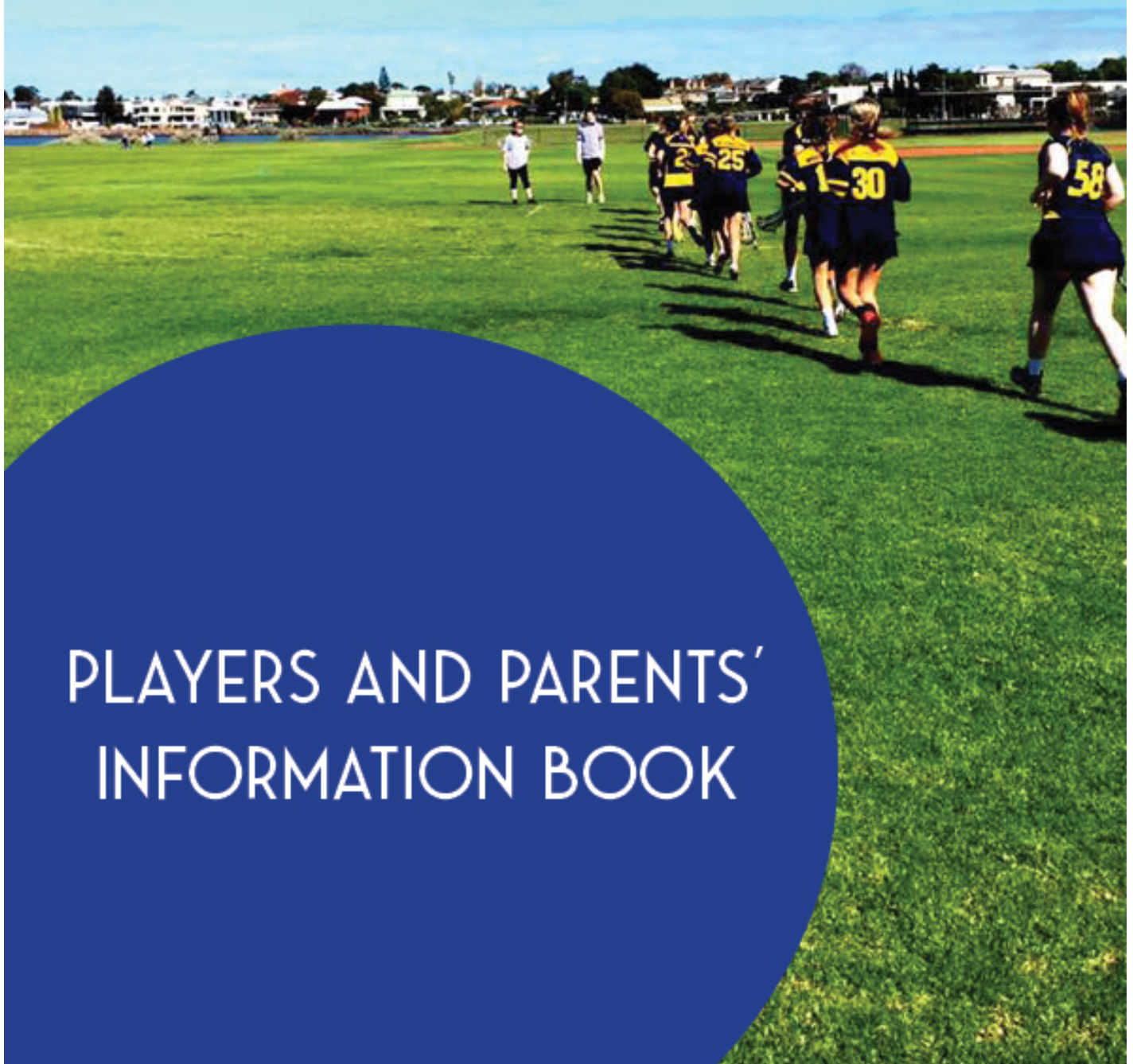




WILLIAMSTOWN
WOMEN'S LACROSSE CLUB
EST 1936



PLAYERS AND PARENTS'
INFORMATION BOOK

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OUR CLUB

The Williamstown Women's Lacrosse Club (WWLC) began in 1936. Lacrosse has always been a key part of Williamstown history. There are generations of families that have played lacrosse for WWLC which demonstrates the strength and support the Club has within Williamstown and the valuable asset we offer to the continued success of the Lacrosse Victoria Association. Our Club has developed many players into State and National Representatives. We are very proud to have contributed to their success both personally and as elite lacrosse representatives.

Our Club has playing members from 6 years of age to 50+ and has a very clear focus on junior development. All policies and activities are geared towards ensuring a safe, fun and family friendly environment

Our Club also spends a lot of time working with local schools to promote the sport and we believe by establishing valuable links between our members and the local community it encourages respect and friendships for the place we live and the sport we love. We thank you for your interest in Lacrosse and the Williamstown Women's Lacrosse Club. We look forward to watching and supporting your journey with Lacrosse.

COMMITTEE & CONTACTS

Our Club is run by a voluntary committee. Committee members for the 2019 season are:

PRESIDENT	Sarah Nobbs
VICE PRESIDENT	Lauren Smith & Sue Anderton
SECRETARY	Kate Shaw
TREASURER	Lynne Clay
JUNIOR CO-ORDINATOR	Colleen Hunter
UMPIRING CO-ORDINATOR	Lauren Hunter
RECORD SECRETARY	Jo Munro
SOCIAL EVENTS & FUNDRAISING	Laura Kelly
COACHING CO-ORDINATOR	Lynne Pike
MEMBER PROTECTION	Sue Comeadow
SOCIAL MEDIA	Lauren Smith
HBCC LIAISON	Lynne Pike
TEAM MANAGER CO-ORDINATOR	Kristen Smith
BAR & CANTEEN	Camille Dixon
MEALS & CATERING	Clare Christie
WLC LIAISON	Lynne Pike
SPONSORSHIP	Sam Harrison
MERCHANDISE	Jenni Dyson
EQUIPMENT	Rachel Jurgens
CLUB EMAIL	williamstownwomenslacrosse@gmail.com

COMPETITION

WWLC is an amateur club which plays in the Lacrosse Victoria Association (LV). Games are played on a home and away basis. Lacrosse is a winter sport and is generally played from April to September.

The 2019 season will commence on Sunday, 28 April

Matches continue each Sunday until late August when finals begin. Breaks occur throughout the season during School holidays. The **fixture** (once confirmed) can be viewed on the LV website www.lacrossevictoria.com.au.

The Club has two separate home ground locations.

Fearon Reserve - Esplanade, Williamstown. All training sessions are held here as well as some Sunday games.

Greenwich Reserve – The Strand, Newport. The majority of Sunday ‘home’ games are played here. Due to the number of teams we have, this ground allows us to host more games at the one location.

GROUND LOCATIONS

Abbreviation	Full Ground Name	Map Reference	Street Address	Suburb
Altona (PJR)	P.J. Lynch Reserve	Melways 55 D3	Mason Street	Altona North
Bendigo (BEN)	Maiden Gully Recreation Reserve		Beckhams Rd	Maiden Gully, Bendigo
Camberwell (DLRW)	Dorothy Laver Reserve West	Melways 59 K10	Moir St (Dunlop St bridge - closed temporarily)	Glen Iris
Camberwell (ERR)	Eric Raven Reserve	Melways 59 K9	Estella Street	Glen Iris
Caulfield (CP)	Caulfield Park	Melways 59 B12	Balaclava Road	Caulfield
Chadstone (TR)	Treyvaud Memorial Res	Melways 69 D3	Chadstone Road	East Malvern
Eltham (LEP)	Lower Eltham Park	Melways 21 H10	Main Road	Eltham
Footscray (AR)	Angliss Reserve	Melways 41 G9	Francis Street	Yarraville
Knox (BR)	Benedikt Reserve	Melways 72 J6	Rosehill Road	Scoresby
Malvern (MTH)	Malvern Town Hall	Melways 59 C7	High Street	Malvern
Melbourne (AG)	Albert Ground	Melways 58 A5	Queens Road	Melbourne
Melbourne University (Junior Club Melbourne High School) (RO)	Ransford Oval	Melways 29 F10	Park Street	Parkville
Melbourne University (Junior Club Melbourne High School) (WO)	Western Oval	Melways 29 F10	Park Street	Parkville
Moreland	Fleming Park	Melways 29, K8	Cross Street (b/w Albert and Victoria Sts)	East Brunswick
Newport	P.J Lynch Reserve			
Surrey Park (MAR)	Mont Albert Reserve	Melways 47 A7	Dunloe Avenue	Box Hill North
Williamstown (FR)	Fearon Reserve	Melways 56 B10	The Esplanade	Williamstown
Williamstown (GR)	Greenwich Reserve	Melways 56 B5	The Strand	Newport
Williamstown Women (FR)	Fearon Reserve	Melways 56 B10	The Esplanade	Williamstown
Williamstown Women (GR)	Greenwich Reserve	Melways 56 B5	The Strand	Newport

TRAINING

There are two training sessions held each week at the Williamstown Lacrosse Club Rooms, Fearon Reserve.

MONDAY 6.30 PM - 7.15 PM

This is a session where the main focus is match fitness and stick work. This is open to the whole Club. While it is not compulsory, juniors are highly encouraged to come along, however seniors are expected to attend.

WEDNESDAY

All teams train on a Wednesday evening. Practice sessions are organised by team coaches and are age group specific. Juniors who play in a senior grade are encouraged to attend senior training.

TRAINING TIMES

UNDER 11, 13 & 15'S – 5.30PM – 6.45PM

UNDER 17'S – 5.45PM – 7.00PM

SENIORS – 6.45pm

Everyone is expected to arrive 10 mins prior to training commencing so they are ready to go on time. Mouthguards, goggles (juniors) and appropriate footwear should be worn at all times.

FOOD NIGHTS

Wednesday after training the Club has delicious home cooked meals available for our members (and their family). Meals are generally \$5 each, and the bar is also open. These are always fun nights and a great way of getting to know other members, as well as encouraging team bonding.

We are always looking for volunteers to help cook or serve. If this is something you are interested in helping with, check Team App for meal themes and requirements, or contact Clare Christie on 0419 434 979.

FEES

An annual membership fee is payable for all players. This covers the cost of Lacrosse Victoria Association fees which include, team entry fees, player registration and insurance.

Fundraising is held throughout the year to contribute to our additional Club expenses, which include council fees, ground hire, playing equipment, utilities and trophies for end of year presentations.

2019 PLAYER REGISTRATION FEES

	2019 FEES	Discount applied if paid in full by Friday, 5 April
SENIOR	\$370	\$350
JUNIORS PLAYING SENIOR & JUNIOR GAMES	\$320	\$300
UNDER 17	\$270	\$250
UNDER 15	\$270	\$250
UNDER 13	\$270	\$250
UNDER 11	\$120	\$100
New Social Member	\$50	
Social Member Renewal	\$30	

All fees are due prior to taking the field for the first game. Payments made after this date will be at full fee rates. **Players will not be permitted to take the field if fees have not been paid after their third game.**

PAYMENT OF FEES

Via Direct Deposit (Preferred) OR Online via Credit Card at the end of the registration process

WILLIAMSTOWN WOMEN'S LACROSSE CLUB

BSB – 063 179

ACCOUNT NO – 0090 1901

NB: PLEASE USE PLAYER NAME AS REFERENCE

For more information or to work out a payment plan contact our Treasurer, Lynne Clay, at wwlcfinance@gmail.com.

PLAYER REGISTRATION

All players are required to register online to play Lacrosse in Victoria. Players will be unable to take the field without registering. This is a quick and easy process.

Go to our **website**, click on the **Register Now** button and register online www.williamstownwomenslacrosse.com

You will also find a registration user guide on our website to make this process easier.

UNIFORMS & EQUIPMENT

Our Club colours are Navy Blue & Gold. Junior players will be issued with a WWLC playing top at the start of the season. These uniforms remain Club property.

Club skirts are available for purchase, alternatively, (junior) players may wear their own navy blue skirt or shorts, provided they are in keeping with club standards.

Lacrosse sticks can be purchased from the Club or players can source their own. We also have a number of sticks available for loan during the season if required.

Junior players must purchase their own pair of goggles (available through the Club) and mouthguard. These items are compulsory at both training and during games.

Appropriate footwear is required during games and training. We highly recommend football boots/cleats be worn.

WHERE TO BUY LACROSSE EQUIPMENT

Most equipment can be purchased through the Club at a very reasonable price however if you wish to source your own the following online stores are your best options. Although equipment is much cheaper in America, keep in mind that shipping is quite expensive. Contact the Club if there is something you are interested in and we may be able to help make up an order to share shipping costs.

<http://www.lacrossemonkey.com/>

<http://www.ebay.com.au/>

www.eastbay.com

Please note that not all styles of women's lacrosse sticks are legal to play with in competition. For approved crosses & pockets go to

<http://lacrossevictoria.com.au/media/183370/fil-approved-womens-crosses.pdf>

TEAMS

WWLC currently fields teams in U11, U13, U15, U17, C Grade, B Grade and Premier League.

Age grouping is determined by the player's age at **1st January** of the year currently playing.

Teams are made up of 10 (min) to 16 (max) players. Teams are selected by a coaching committee and the following factors are taken into account: age, experience, skill level, team numbers, balance, and most importantly (at junior level), friendship groups. Attendance at training is also taken into account when selecting senior teams.

Teams generally stay the same throughout the season, however there may be occasions that players are moved between teams (i.e. if one team doesn't have enough players on a particular week).

There are also opportunities for players, depending on numbers, to play in a higher age group or in a senior team (if considered capable) as well as their own age group. This is at the coach's discretion.

If you are unavailable to play you must let your coach know prior to game day, preferably on the Wednesday night training session.

Team lists are sent on Team App. Any games changes or last minute updates are sent out using Team App, <https://williamstownwomenslacrosse.teamapp.com/>

GAME DAY (Subject to change)

Game times are generally as follows:

UNDER 11 & 13'S – 9.30 AM
UNDER 15 & 17's – 11.00 AM
B & C GRADE – 1.15 PM
PREMIER LEAGUE – 3.00PM

Game duration is approximately **1 hour** (with short breaks for quarter and half times).

We ask that all players arrive at the ground (ready to warm up) **30 minutes** prior to the start of each game.

If you are unable to make your game for any reason, please contact your coach, their number is on top of the team list.

Game day information, including ground location, fixture and teams is emailed every Thursday. This information is also available on Team App.

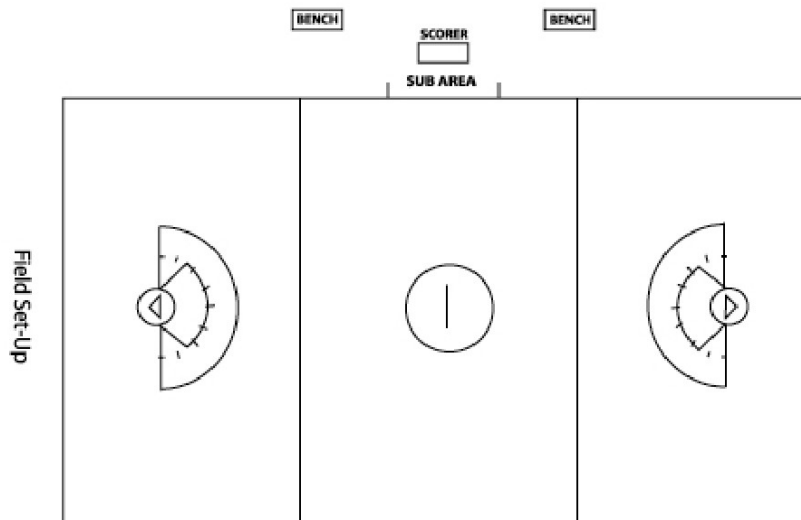
The Club provides a Team Manager (scorer) and Umpire for every game each week. If you are interested in taking on either of these roles please let us know. The Club will provide training and support in these areas.

WHAT TO BRING ON GAME DAY

- PLAYING TOP & SKIRT
- LACROSSE STICK
- GOGGLES
- MOUTH GUARD
- FOOTY BOOTS/CLEATS
- WATER BOTTLE

* **NO JEWELLERY** – please make sure you take off all earrings, bracelets, necklaces etc. before the game.

RULES & BASIC GAME INFORMATION



The women's Lacrosse field is set up in thirds. There are 10 players on the field at a time – 1 x Centre, 4 x Midfield, 2 x Attack, 2 x Defence and a Goalkeeper.

The rules of women's lacrosse differ slightly for each age group. At a junior level the rules are a modified version of the game.

To view the official rules of each age group go to the LV website and look under downloads, <http://lacrossevictoria.com.au/>.

We host many home games throughout the season. On these days we are required to both **set up** and **pack up** the grounds. As you can imagine, this involves a fair bit of work. We are always looking for helpers on these days, the more volunteers the easier it is for everyone involved.

There is a roster set up on a Wednesday night on Team App. If you are able to help please put your name down, it is greatly appreciated. Jobs may include carrying out goals, setting up grounds, cooking on the BBQ or working in the canteen.

CLUB MERCHANDISE

The Club has a wide range of merchandise available for purchase. This includes hoodies, uniforms, lacrosse sticks, balls, goggles, stubbie holders etc.

Goods are available for collection on a Wednesday at training. To see what's available and to purchase items, go to our **store on Team App**
<https://williamstownwomenslacrosse.teamapp.com/>

SOCIAL & FUNDRAISING

Many social events are held throughout the season. These include special award nights, after game get-togethers back at the Clubrooms on a Sunday, as well as fundraising events. These are always fun nights and everyone is welcome!

To keep up to date on what's going on, visit our website:
<http://www.williamstownwomenslacrosse.com/>

or Facebook page: www.facebook.com/WilliamstownwomenslacrosseClub/

or Instagram: <https://www.instagram.com/wtownwlax/>

or Twitter: [@WtownWLAX](https://twitter.com/WtownWLAX)

or Team App: <https://williamstownwomenslacrosse.teamapp.com/>

COMMUNICATION

There are many ways in which our Club communicates with its members. Our main form of communication is Team App.

There is a weekly newsletter that comes out early in the week regarding Wednesday night training, food nights, game results and any other relevant information. Another message is sent out prior to Sunday's game with the weekly team lists, ground locations and any other game day information.

If you are not receiving any emails, please inform us so we can make sure we have all your correct details.

You can also like us on Facebook www.facebook.com/WilliamstownwomenslacrosseClub/
follow us on Instagram (@wtownwlax) or Twitter (@WtownWLAX),
visit our website <http://www.williamstownwomenslacrosse.com/>,
get the Team App <https://williamstownwomenslacrosse.teamapp.com/>
or contact us at williamstownwomenslacrosse@gmail.com

Lots of other relevant information can be found on the Lacrosse Victoria Website
<http://lacrossevictoria.com.au/>

PARENT INVOLVEMENT & ASSISTANCE

Our Club is very much a family-oriented operation and we welcome and encourage the participation of parents. There are many ways in which you can assist around the Club, please do not hesitate to let us know if there is anything you would be interested in helping with. This may be the role of team manager, umpiring, scoring, helping in the canteen on game days or food nights, fundraising or joining a committee.

GRIEVANCES

Our Club is committed to providing fair and equal opportunities to all its members. To effectively deal with concerns or grievances that occur at all club levels, we ask that any issues be directed to the appropriate people. Your first point of contact can be your coach (this is best done after a training session or game).

You can also speak to our **Member Protection & Grievance Officer**, Sue Comeadow. Alternatively you can contact the Club at williamstownwomenslacrosse@gmail.com

PLAYER & PARENT CODE OF CONDUCT

Information on the code of conduct for Players, Parents, Officials and Supporters can be viewed on the LV website under 'Downloads' <http://lacrossevictoria.com.au/>

Link to child safe standards: <http://www.cyp.vic.gov.au/child-safe-standards/index.htm>

SPONSORSHIP

WWLC is proudly supported by many generous sponsors from our local community. We seek assistance from these local organisations and members to help finance our Club's ever-increasing overheads. We have a number of long term sponsors and we are extremely grateful for their ongoing support, but are always looking for more people to be involved. If this is something you are interested in, or you would like more information about sponsorship, feel free to contact the Club at williamstownwomenslacrosse@gmail.com or visit our website www.williamstownwomenslacrosse.com



**WILLIAMSTOWN WOMEN'S
LACROSSE CLUB
EST 1936**

80 **YEARS OF SUCCESS**
— **SINCE 1936**