

THE MAGPIE

FREMANTLE HOCKEY CLUB NEWSLETTER

WA Diamonds AHL Champs 2010

The SmokeFree WA Diamonds are the Australian Hockey League champions once again after defeating the OAMPS Queensland Scorchers 3-1 today in the grand final in Adelaide.

The win is WA's fourth title in six years, while for Queensland it is heart-breakingly their fifth successive loss in the AHL grand final. With Queensland entering the match as slight favourites, things began according to plan when captain Madonna Blyth scored at the 14 minute mark to set up an early lead.

However showing the trademark of a good team, WA remained in the con-

test, drawing level following a penalty corner conversion by Lisa Eglington just prior to half time.

As the clock ran down in the second half the match seemed destined to go to extra time, however when WA were awarded a penalty corner much to the dismay of Queensland captain Madonna Blyth, they made the most of their opportunity and grabbed the lead for the first time in the match thanks to star defender Kobie McGurk.

With plenty of time still remaining Queensland threw everything they had at WA to get themselves back in the game. However an impressive goal against the



run of play to Ashleigh Nelson with only six minutes remaining, her ninth for the tournament, sealed the victory for WA.

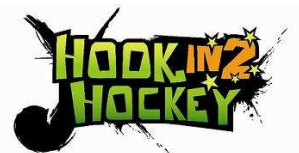
2010 Player of the series – Madonna Blyth (QLD) 2010 Player of the finals – Ashleigh Nelson (WA)
2010 Leading goal scorer – Ashleigh Nelson (WA) – 9 goals

SmokeFree WA Diamonds 3 OAMPS Queensland Scorchers 1 (1-1 half time)

*Goals – Madonna Blyth (QLD) 14m PC, Lisa Eglington (WA) 33m FG, Kobie McGurk (WA) 56m PC, Ashleigh Nelson (WA) 64m FG
Hockey Australia Media Release*

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Magpies Break Drought in Local Derby

Fremantle clinched their first win of the AHG Premier League season beating Melville 2-1 at Melville Turf on Saturday night (5/6/10).

Coming off a 6-2 loss to Old Guildford midweek, the black-and-whites were determined to fight from the start. But it was Melville who created the first opportunity at goals when a penalty corner shot was nicely blocked by Freo defender Darryl McCormick.

Freo opened the scoring in the 21st minute when an alert Tim Boteler tapped in a penalty corner rebound from close range. The hosts nearly equalised five minutes later through Andy Herbert, but Freo goalkeeper Andrew Charters saved his attempt.

Melville almost levelled again with two minutes left in the half, when a reverse stick shot from Matt Eastham sailed wide of the goals. Playing with momentum and composure, the Magpies dominated the majority of the second term, putting together several long periods of possession and playing strong in both attack and defence.

Andrew Hawson doubled the advantage for Freo in the 51st after he picked up a long pass and rifled his shot past the keeper. Melville scored a consolation field goal at the 60 minute-mark through Justin McDougall.

Although the maroons continued to play well in the second term, they were unable to convert their chances. Some excellent saves from Melville custodian Tristan Clemons kept Boteler from scoring two more times in the last three minutes of play. *Kavitha Kuttu*

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THE MAGPIE

FREMANTLE HOCKEY CLUB NEWSLETTER

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29 Aug 2010

The Rebel Sport City to Surf for Activ has been running for 35 years and is WA's largest and best loved community event.

In 2010 WA's largest event is set to become WA's largest fundraiser. Official fundraising channels are now open to all WA charities as well as the event's Partner Charity Activ.

Activ has been supporting people with disabilities in the community since 1951 and runners in the City to Surf since 1975.

The fundraising arm of the event is the Activ Charity Challenge and encourages all participants to gain sponsors for their exceptional efforts on the last Sunday in August.

If you need further incentive there are some fabulous prizes for our top individual fundraisers in the following categories:

- The individual raising the most funds for their chosen charity will win an overseas holiday package to the value of \$5000.
- The individual raising the most funds for Activ will win a Sports Hospitality package to the 2010/2011 Ashes Cricket Test Match for 5 guests.

This is your chance to make a real difference and get that extra motivation to follow through with your participation in the Rebel Sport City to Surf for Activ. To raise funds, visit the event website: www.perthcitytosurf.com, click on the button Build Your Own Fundraising Page and follow the prompts. You are an important part of what will be WA's largest annual fundraising event. Activ are setting the challenge so get on board today.

Activ ... enabling people with disabilities and their families to pursue a better life.



WE NEED YOUR JUNIORS NEWS

Match Reports, Photo's, Funny Stories, Acknowledgement of Support

Any and all articles gratefully received and published in your club newsletter

The Magpie



Congratulations to our Irish friends Eran & Cliff on their recent nuptials

**Congratulations
Kate Mead &
Tim Boteler
On their
selection to the
State U-21 Side**

MAGPIE MASTERCHEF



Thursday night cooking roster 2010

22 nd April	Mens Metro 3
29 th April	Premier Alliance Women
6 th May	Provisional 2 Gold Men
13 th May	Provisional 3 Gold Women
20 th May	Metro 2 Gold Men
27 th May	Provisional 1 Women
3 rd June	Mens Premier 2
10 th June	Premier Alliance Men
17 th June	Premier 2 Women
24 th June	Mens Metro 4
1 st July	Ladies Vets
8 th July	Mens Metro 2
15 th July	AHG Women
22 nd July	AHG Men
29 th July	Metro 2 Gold Women
5 th August	Mens Metro 1
12 th August	Metro 2 Black Women
19 th August	Men's Mid Week Vets
26 th August	Mens Over 50



Farewell Jase

I wouldn't like to write too much about Jason Musty as for the most part, he was a man of few words as well, but I do recall I always thought he was the maddest bugger of a forward I'd ever seen. I played against him in social games and being a backman, lined up on him, or is that GOT lined up BY him! He was a tough bastard, but also I saw once Celeste came along he did think a bit more about stuff he did both on and off the field.

He put on the greatest effort EVER in a grand final when he last year he scored the only 2 goals of the game to allow the grass 3's to win it. You could tell he was hurting, but he dug deep and stood tall.

My personal story about Jason Musty comes from my experience as the Minky/Hook into Hockey coach for a few years. When Celeste came down, Jase tended to hang around as well and would always ask at the start of the session if he could help? I'd use him for basic stuff and then at the end of training we'd always run the octopus game where it's like the hockey version of British Bulldog. Me and Jase would start as "it" and to see the smile on that guy's face as we worked our way into "catching" all of the kids was priceless. Not that I didn't enjoy it myself as well, but to see how much Jase had matured and been able to enjoy others' joy, gave me the greatest sense of satisfaction about being a part of this hockey club. He really had grown as a man in not a small part due to being involved in this club, but also due to this beautiful little girl he was gifted as well.

It makes me now sad to think how he seemed to be coming into his own and to be taken away from us is cruel. But he did make the most of his life, and that's all any of us can hope for.

Paul Connolly



INTERNATIONAL Hockey News

Three new Hockeyroos will be given an opportunity to stake their claim for World Cup & Commonwealth Games selection after being named in the 2010 Hockeyroos National Squad

In addition to being selected in the Hockeyroos national squad Kate Hubble (WA), Kate Jenner (NSW) and Jayde Taylor (WA) will receive their opportunity to impress sooner rather than later after also being selected in a 21 player Hockeyroos squad to tour Europe throughout June and July. The squad will depart for Europe this Saturday and play Germany, England, India and Ireland throughout the month long tour. The Europe tour will form a crucial platform for the Hockeyroos' bid towards the World Cup (Argentina August 29 – September 11) and the Commonwealth Games (October 3-14).

Having left several senior players such as Sarah O'Connor and Toni Cronk at home and with other senior players such as Stacia Joseph and Hope Munro unavailable due to injury, Hockeyroos coach Frank Murray said the Europe tour was the perfect tournament to give an opportunity to the younger players such as Hubble, Taylor and Jenner.

"We have left some senior players out of the squad, but it is a good opportunity for the younger players to step up," said Murray. Murray said all three new players deserved their place in the team after good performances at the Australian Hockey League which concluded on Saturday 5 June in Adelaide.

"All three players put in a good performance at the AHL and they will add a bit of freshness to the group. Kate Jenner was part of the Junior World Cup team last year and she played quite well there and has been in our sights for a while.

Both she and Jayde Taylor were part of the Australia A team which played some matches against New Zealand and Korea earlier this year, with both players putting in solid performances," said Murray.

Murray said that all players who were not selected in the squad are still in contention for the World Cup and Commonwealth Games, and that this European tour would be used purely as a preparation for these major events.

"Obviously winning will be important however this tour will be more about getting our structures and combinations right," said Murray.

Murray also said that the Europe tour will also be a good opportunity for the team to practice their structures given that financially not the entire team is centralised in Perth.

"Players such as Anna Flanagan, Amy Korner and Georgia Nanscawen are not based in Perth which can make it difficult as a coach, so this will be a good opportunity to get everyone together and perfect the game plan," said Murray.

Development squad members Jade Close (NSW) and Kary Chau (VIC) are on standby for selection depending on whether or not several players with injury issues will be cleared by the medical staff prior to leaving this Saturday.

2010 National Squad

Nicole Arrol (ACT), Teneal Attard (QLD), Jane Bennett (QLD), Madonna Blyth (QLD), Fiona Boyce (WA), Alison Bruce (NSW), Toni Cronk (NSW), Casey Eastham (NSW), Anna Flanagan (ACT), Kate Hollywood (NSW), Kate Hubble (WA), Emily Hurtz (NSW), Kate Jenner (NSW), Fiona Johnson (NSW), Stacia Joseph (VIC), Amy Korner (QLD), Heather Langham (NT), Shelly Liddel (WA), Rachael Lynch (VIC), Kobie McGurk (WA), Hope Munro (WA), Georgia Nanscawen (VIC), Ashleigh Nelson (WA), Sarah O'Connor (VIC), Megan Rivers (NSW), Jayde Taylor (WA), Kim Walker (WA)

European Tour Squad

Nicole Arrol (ACT), Teneal Attard (QLD), Madonna Blyth (QLD), Fiona Boyce (WA), Alison Bruce (NSW), Casey Eastham (NSW), Anna Flanagan (ACT), Kate Hollywood (NSW), Kate Hubble (WA), Emily Hurtz (NSW), Kate Jenner (NSW), Fiona Johnson (NSW), Amy Korner (QLD), Shelly Liddel (WA), Rachael Lynch (VIC), Kobie McGurk (WA), Georgia Nanscawen (VIC), Ashleigh Nelson (WA), Megan Rivers (NSW), Jayde Taylor (WA), Kim Walker (WA)

2010 Development Squad

Catriona Bailey-Price (ACT), Kary Chau (VIC), Jade Close (NSW), Jill Dwyer (QLD), Holly Evans (SA), Bianca Greenshields (SA), Nina Khoury (TAS), Sally O'Toole (QLD), Danielle Schubach (VIC), Jodie Schulz (QLD), Elise Stacy (SA), Jade Warrender (NSW), Hollie Webster (NSW), Ashleigh Wells (VIC)

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World Hockey Rankings

WOMEN @15/12/09

- 1 NETHERLANDS
- 2 ARGENTINA
- 3 CHINA
- 4 GERMANY
- 5 AUSTRALIA
- 6 SPAIN
- 7 ENGLAND
- 8 JAPAN
- 9 NEW ZEALAND
- 10 UNITED STATES
- 11 KOREA
- 12 SOUTH AFRICA
- 13 INDIA
- 14 AZERBAIJAN
- 15 IRELAND
- 16 CHILE
- 17 ITALY
- 18 BELGIUM
- 19 CANADA
- 20 RUSSIA

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World Hockey Rankings

MEN @15/03/10

- 1 AUSTRALIA
- 2 GERMANY
- 3 NETHERLANDS
- 4 SPAIN
- 5 KOREA
- 6 ENGLAND
- 7 NEW ZEALAND
- 8 PAKISTAN
- 9 INDIA
- 10 ARGENTINA
- 11 CANADA
- 12 SOUTH AFRICA
- 13 BELGIUM
- 14 MALAYSIA
- 15 CHINA
- 16 JAPAN
- 17 FRANCE
- 18 IRELAND
- 19 POLAND
- 20 AUSTRIA



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Nicola Joy

AGE 27

FIRST CLUB Ottery Crickets (UK)

CURRENT TEAM Women's AHG League

FREMANTLE APPEARANCES 8

FIELD POSITION Midfield/Forward

STICK USED Grays 400 Jumbow

How many years have you been playing hockey? 16

Which current hockey players do you admire and why? Mel Clewlow—She's an amazing distributor and she plays with real composure.

What is your favourite hockey memory? Winning BUSA (British University Sports Association) gold for Loughborough Uni on my birthday.

Who has had the biggest influence on your hockey? My PE teacher at secondary school—Mrs Kirkness

What are your thoughts on the season so far? We are getting better with each game we play - I have high hopes for the second half of the season.

What do you love about Fremantle Hockey Club? My Team Mates!

Player Profile



BANDITO'S, GRINGO'S & SENORITA'S : SAT 10TH JULY

Player Profile



How many years have you been playing hockey? 16

Which current hockey players do you admire and why? Liam De Young, he is just so quick.

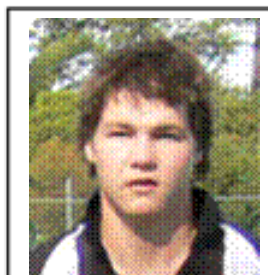
What is your favourite hockey memory? Match V Raiders last year we won and made the finals (the crowd was just amazing!)

Who has had the biggest influence on your hockey? My Dad

What are your thoughts on the season so far? Need to work harder to change our luck make things happen

What do you love about Fremantle Hockey Club? The way that we are club everyone can talk to everyone and the supporters that come and watch (best going around)

Tim has recently been selected for the WA state U-21 side



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Timothy Boteler

AGE 20

FIRST CLUB Manjimup Tigers

CURRENT TEAM Men's AHG League

FREMANTLE APPEARANCES 28

FIELD POSITION Forward

STICK USED Diablo



fremantle 

Emily Hurtz

AGE 20

FIRST CLUB Macquarie HC (NSW)

CURRENT TEAM Women's AHG League

FREMANTLE APPEARANCES 10

FIELD POSITION Midfield/Striker

STICK USED Gryphon Taboo

How many years have you been playing hockey? 9

Which current hockey players do you admire and why? Nic Arrold because she deals with pressure so well and is so reliable at the back.

Who has had the biggest influence on your hockey? Numerous people

What are your thoughts on the season so far? We are going to win ... without a doubt!

What do you love about Fremantle Hockey Club? Everybody at Freo loves Freo!

Player Profile



Emily represents her home state of NSW in the AHL and has worn the green and gold on 25 occasions, netting 7 goals. Emily has made an instant impact since joining the Hockeyroos in 2009. Despite her young age, she showed many good signs during the Hockeyroos 2009 Champions Trophy campaign. She was one of the key players for the Jillaroos during the 2009 Junior World Cup and will continue to develop as a striker.

Quiz Night (& Wine Tasting) : Sat 7th August

Player Profile



How many years have you been playing hockey? 20ish

Which current hockey players do you admire and why? Kwan Browne- mad

skills

What is your favourite hockey memory? Greater Northern League (TAS) premiership 2004 - won after over-time in 1-on-1 shootouts from 25 yard line.

Who has had the biggest influence on your hockey? My Dad

What are your thoughts on the season so far? Struggling . . Hopefully better results to come

What do you love about Fremantle Hockey Club? Always plenty of laughs



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Ian McHugh

AGE 25

FIRST CLUB Canterbury HC (TAS)

CURRENT TEAM Men's AHG League

FREMANTLE APPEARANCES 30

FIELD POSITION Rover

STICK USED TK

Ten super foods for athletes Dr Peter Raeburn



I've always been a healthy eater. Mum used to emphasise **mixing up the vegetable colours on the plate**. She always had plenty of fruit around. In boxes usually because she had five of us rugrats, all of us very active playing Rugby, Swimming, Surfing, reeking havoc on the pushbikes in the street or playing tackle footy in the back yard against the local neighbourhood kids.

As I've gotten older and become a sport and exercise scientist, I've realised "Noela the Bowler" was right. The science of nutrition has identified a number of **food types that can reduce the risk of chronic disease**, make the immune system stronger, slow down the ageing process, and **enhance our overall health**. While most of us know what these foods are, recent has shown that only about a third of us eat them! So here they are! Buy them and eat them!

1. Green leafy vegetables. These guys are rich in antioxidants that assist in cell development and slow the damage and aging of cells. Salad greens, parsley, baby spinach, bok choy and silverbeet are examples. We should have one serve of these a day.

2. Citrus fruits. These contain many different phytochemicals which are plant chemicals that may have protective or disease preventive properties. Citrus fruits contain strong antioxidant properties also and are thus great for the immune system so important for athletes of any age who train regularly. We should have at least one serve per day. I have 3-4 oranges a day and rarely, if ever get sick! Maybe it was all that rumbling in the back yard as a kid or maybe it's those navels I eat! Oranges, mandarins, tangerines, grapefruit, lemons and limes are the ones. The oil in the rinds is also beneficial so try sticking the squeezed rind into some cold water with or without the juice.



3. Berries. Blueberries, strawberries, mulberries (climbed a few of these in my day!), blackberries, cranberries, raspberries and loganberries have been shown to harden up the immune system and maybe improve memory – I think! We should have one serve of these a week.

4. Nuts. Eating unsalted nuts regularly has been shown to lower heart disease risk between 30-50%. While all nuts are a good source of vitamin E which is an antioxidant and good for the skin, brazil nuts are rich in selenium that is important for the immune system while walnuts are a great source of omega-3 fatty acids important for heart health. We should have a handful of these three to five times a week.

5. Cruciferous Vegetables. These are the 'bunch' type veggies like cauliflower, cabbage, brussel sprouts and broccoli. These guys contain a phytochemical called sulforaphane that protects our body's cells against pollutants and free radicals caused by hard exercise that may attack healthy cells. We should have these three to four times a week.

6. Legumes. These include alfalfa, peas, baked beans, kidney beans, three bean mix, chick peas, lentils, lupins, mesquite, carob, soy, and peanuts. They are very rich in protein, fibre, potassium, iron and zinc and have low glycemic index. Given the research on young and older athletes highlights the importance of protein, iron and zinc in their diet, legumes are a must! The research would suggest these be served two or more times a week.



7. Whole grains. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. They include brown rice, rolled oats, barley, millet, corn, rye, wholemeal pasta, and breads with lots of grains. They have numerous health benefits including reducing the risk of stroke, heart disease and type II diabetes. The research suggest two serves a day.

8. Yoghurt. Yoghurt has been shown to maintain healthy bacteria in the gut, thus helping digestion and maintaining and building a strong immune system. One serve a day is recommended.

9. Fresh herbs and spices. Fresh herbs have more health benefits than the dried varieties you see on the supermarket shelves. They are rich sources of antioxidants with each having their own health benefits. For example, garlic has been shown to inhibit the growth of many bacteria, viruses, moulds and yeast (including candida). These include garlic, ginger, oregano, mint, basil, thyme, rosemary and sage (that sounds familiar!), onions, coriander, and caraway seeds. These are easily added to foods and should be added to the diet regularly.



10. Fish. Fish are well known for their heart health benefits. Fish high in omega-3 fatty acids include salmon, tuna, trout, herring, sardines and mackerel. Omega-3 fatty acids have been shown to decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure (slightly). Fish should be included in the diet twice a week at meals or four lighter meals a week if on sandwiches.

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Hook in2 Hockey

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1. Which female tennis player defeated Sam Stosur in the 2010 French Open final?
2. From which state does breakthrough US PGA tournament winner Jason Day hail?
3. The Socceroos face which African nation in their World Cup 2010 pool matches?
4. Who captained the Kookaburra's to the silver medal at the 1992 Barcelona Olympics?
5. What are the nicknames of Australia's national men's and women's basketball teams?
6. How many times has Bart Cummings trained a Melbourne cup winner?
7. In which NSW town was Sir Donald Bradman born?
8. In which sport do Australian states compete for the 'Claxton Shield' ?
9. What is the 1st name of Mr Brownlow, he of AFL fairest & best fame?
10. The A-League are introducing a new Sydney soccer club in 2011/12, what will they be called?

Answers: 1. Francesca Schiavone; 2. Queensland; 3. Ghana; 4. Warren; 5. Birmingham; 6. Opals; 7. Cootamundra; 8. Baseball; 9. Charles; 10. Sydney Rovers

Ladder Update



Men's AHG League

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	WASPS	10	7	1	2	39	18	21	0	0	22
2	Westside Wolves	10	7	0	3	40	21	19	0	0	21
3	Hale	10	6	2	2	36	19	17	0	0	20
4	OGMHC	10	6	2	2	27	16	11	0	0	20
5	University of WA	10	5	2	3	34	24	10	0	0	17
6	Melville	10	5	1	4	19	23	-4	0	0	16
7	Victoria Park	10	4	3	3	25	25	0	0	0	15
8	Old Aquinians	10	5	0	5	19	29	-10	0	0	15
9	YMCC	10	3	2	5	17	26	-9	0	0	11
10	CT Pirates	10	3	0	7	17	32	-15	0	0	9
11	Suburban	10	2	0	8	13	34	-21	0	0	6
12	Fremantle	10	0	1	9	18	37	-19	0	0	1

Women's AHG League

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	NC Raiders	6	4	1	1	16	11	5	0	0	13
2	University of WA	5	4	0	1	18	5	13	0	0	12
3	Fremantle	6	3	3	0	15	12	3	0	0	12
4	Westside Wolves	6	3	1	2	14	14	0	0	0	10
5	YMCC	5	2	0	3	7	10	-3	0	0	6
6	CT Pirates	5	1	1	3	11	13	-2	0	0	4
7	WASPS	5	1	1	3	10	12	-2	0	0	4
8	Victoria Park	5	1	1	3	11	15	-4	0	0	4
9	Old Aquinians	5	0	2	3	6	16	-10	0	0	2

Men's Premier 2

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	WASPS 2	9	8	1	0	28	8	20	0	0	25
2	University of WA 2	9	8	1	0	33	15	18	0	0	25
3	Hale 2	10	7	0	3	31	14	17	0	0	21
4	Westside Wolves 2	9	5	2	2	23	12	11	0	0	17
5	Old Aquinians 2	10	5	1	4	21	19	2	0	0	16
6	Melville 2	9	4	0	5	31	20	11	0	0	12
7	CT Pirates 2	10	4	0	6	19	35	-16	0	0	12
8	Victoria Park 2	10	3	1	6	24	29	-5	0	0	10
9	YMCC 2	10	3	0	7	18	25	-7	0	0	9
10	Fremantle 2	9	3	0	6	16	23	-7	0	0	9
11	Suburban 2	10	2	0	8	15	27	-12	0	0	6
12	NC Raiders 2	9	2	0	7	9	41	-32	0	0	6

Women's Premier 2

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	Old Aquinians 2	5	4	1	0	16	5	11	0	0	13
2	CT Pirates 2	5	3	1	1	14	9	5	0	0	10
3	University of WA 2	5	3	0	2	13	9	4	0	0	9
4	Westside Wolves 2	6	2	3	1	13	10	3	0	0	9
5	Fremantle 2	6	2	2	2	11	16	-5	0	0	8
6	NC Raiders 2	6	2	1	3	6	13	-7	0	0	7
7	YMCC 2	5	1	2	2	10	12	-2	0	0	5
8	WASPS 2	5	1	0	4	6	12	-6	0	0	3
9	Melville 2	5	0	2	3	7	12	-5	0	0	2

Men's Premier Alliance

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	WASPS 3	7	6	1	0	26	6	20	0	0	19
2	Melville 3	7	5	1	1	28	10	18	0	0	16
3	YMCC 3	7	4	2	1	19	13	6	0	0	14
4	University of WA 3	7	4	1	2	16	12	4	0	0	13
5	Suburban 3	7	3	2	2	11	19	-8	0	0	11
6	Old Aquinians 3	7	2	2	3	15	15	0	0	0	8
7	Victoria Park 3	7	2	2	3	16	19	-3	0	0	8
8	Hale 3	7	2	2	3	15	19	-4	0	0	8
9	Fremantle 3	7	2	1	4	13	18	-5	0	0	7
10	Westside Wolves 3	7	2	1	4	12	20	-8	0	0	7
11	OGMHC 3	7	1	1	5	9	27	-18	0	0	4
12	CT Pirates 3	7	0	2	5	9	21	-12	0	0	2

Women's Premier Alliance

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	University of WA 3	6	4	2	0	16	2	14	0	0	14
2	YMCC 3	6	4	2	0	11	6	5	0	0	14
3	Westside Wolves 3	7	4	1	2	17	12	4	0	0	13
4	NC Raiders 3	7	3	2	2	7	10	-3	0	0	11
5	CT Pirates 3	6	2	3	1	14	11	3	0	0	9
6	Old Aquinians 3	6	1	2	3	8	9	-1	0	0	5
7	Victoria Park 3	6	1	2	3	4	6	-2	0	0	5
8	WASPS 3	6	0	3	3	7	12	-5	0	0	3
9	Fremantle 3	6	0	1	5	6	21	-15	0	0	1

Men's Provisional 2 Gold

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	Old Aquinians 5	6	6	0	0	25	6	19	0	0	18
2	Peel Rebels 2	6	4	1	1	20	5	15	0	0	13
3	WASPS 4	6	3	2	1	12	9	3	0	0	11
4	Joonstakup Lakers 3	7	3	1	3	24	19	5	0	0	10
5	Westside Wolves 5	6	2	3	1	13	9	4	0	0	9
6	University of WA 6	6	3	0	3	16	19	-3	0	0	9
7	Rockingham 4	6	2	0	4	7	20	-13	0	0	6
8	Hale 5	7	1	0	6	10	28	-18	0	0	3
9	Fremantle 4	6	0	1	5	4	16	-12	0	0	1

Women's Provisional 1

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	University of WA 5	7	5	1	1	19	6	13	0	0	16
2	Old Aquinians 4	6	5	0	1	20	6	14	0	0	15
3	Hale 2	6	4	0	2	10	6	4	0	0	12
4	Riverside Lions 2	6	4	0	2	8	7	1	0	0	12
5	Melville 3	6	3	2	1	8	7	1	0	0	11
6	Whitford 2	6	1	3	2	8	13	-5	0	0	6
7	Canning	6	1	1	4	7	7	0	0	0	4
8	Fremantle 4	7	0	2	5	3	15	-12	0	0	2
9	CT Pirates 4	6	0	1	5	5	17	-12	0	0	1

Women's Provisional 3 Gold

POS	TEAM	P	W	D	L	For	Ag	GD	PP	PP	Pts
1	Victoria Park 4	6	6	0	0	18	1	17	0	0	18
2	Old Aquinians 6	6	4	1	1	22	3	19	0	0	13
3	Fremantle 5	6	3	3	0	14	7	7	0	0	12
4	OGMHC 3	7	3	2	2	9	8	1	0	0	11
5	CT Pirates 5	7	2	2	3	16	15	1	0	0	8
6	University of WA 9	6	2	1	3	9	15	-6	0	0	7
7	Rockingham 4	6	2	0	4	4	14	-10	0	0	6
8	WASPS 5	6	1	1	4	8	18	-10	0	0	4
9	Melville 5	6	0	0	6	0	19	-19	0	0	0

Club Training
Every Thursday / 6.15pm-7.30pm
Stevens Reserve



Ladder Update



Men's Metro 1

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Helville 1	6	5	0	1	26	9	17	0	15
2	WASPS 6	6	3	0	3	23	8	15	0	15
3	Victoria Park 4	7	3	0	4	25	17	8	0	15
4	Westside Wolves 7	7	4	0	3	28	18	10	0	12
5	University of WA 5	6	3	1	2	21	13	8	0	10
6	Fremantle 1	6	3	0	3	15	24	-9	0	9
7	OGNHC 4	6	1	0	5	8	27	-19	0	3
8	YMCC 6	6	1	0	5	7	28	-21	0	3
9	Nodemians 4	6	0	1	5	11	20	-9	0	1

Men's Metro 2 Gold

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Victoria Park 5	6	6	0	0	44	3	41	0	18
2	CT Pirates 5	6	5	0	1	24	11	13	0	15
3	OGNHC 5	6	4	0	2	17	7	10	0	12
4	Helville 8	7	3	2	2	14	10	4	0	11
5	Westside Wolves 9	6	3	1	2	18	20	-2	0	10
6	Fremantle 6	6	1	1	4	8	17	-9	0	4
7	WASPS 7	6	1	1	4	9	22	-13	0	4
8	John XIII 3	7	1	1	5	7	28	-21	0	4
9	NC Raiders 5	6	1	0	5	7	20	-13	0	3

Men's Metro 3 Gold

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Southern River 4	6	4	1	1	13	8	5	0	13
2	WASPS 8	6	4	0	2	15	7	8	0	12
3	Kwinana Tigers	6	3	3	0	8	3	5	0	12
4	Fremantle 7	6	3	2	1	8	5	3	0	11
5	CT Pirates 7	6	3	1	2	6	3	3	0	10
6	Helville 8	7	3	0	4	8	12	-4	0	9
7	Willetton Reds	6	2	2	2	14	8	6	0	8
8	Kalamunda 3	6	1	1	4	5	11	-6	0	4
9	Victoria Park 6	7	0	0	7	2	25	-23	0	0

Men's Metro 4

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Whitford 5	7	6	1	0	28	8	20	0	19
2	Fremantle 8	7	6	1	0	21	7	14	0	19
3	Suburban 6	7	3	0	4	18	18	0	0	9
4	Blades 4	7	2	2	3	7	12	-5	0	8
5	Jondalup Lakers 7	7	2	1	4	15	12	3	0	7
6	WASPS 10	7	2	1	4	11	9	2	0	7
7	Southern River 5	7	1	3	3	10	13	-3	0	6
8	Dale 2	7	1	1	5	4	35	-31	0	4

Men's Vets 50's Div1

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Helville 3	6	6	0	0	31	8	23	0	18
2	Victoria Park 3	6	4	1	1	18	9	9	0	13
3	Hale 4	7	3	2	2	12	16	-4	0	12
4	Hartquinn 2	6	3	1	2	17	12	5	0	10
5	Fremantle	6	2	3	1	9	6	3	0	9
6	JC Raiders 2	6	2	1	3	12	13	-1	0	7
7	Kalamunda 2	7	2	1	4	11	14	-3	0	7
8	CT Pirates 2	6	1	1	4	4	16	-12	0	4
9	WASPS 2	6	0	0	6	5	28	-20	0	0

Men's Midweek Vets 40's

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Fremantle	7	5	0	2	26	10	16	0	15
2	Victoria Park	7	4	1	2	32	26	6	0	13
3	YMCC	7	4	0	3	24	19	5	0	12
4	Nodemians	7	3	2	2	29	18	11	0	11
5	Helville	7	3	0	4	18	16	2	0	9
6	CT Pirates	7	3	0	4	16	19	-3	0	9
7	Newman Knights	7	2	1	4	15	15	0	0	7
8	Rockingham	7	2	0	5	15	35	-20	0	6
9	WASPS	7	0	0	7	13	30	-17	0	0

Women's Metro 2 Gold

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Fremantle Black	6	5	0	1	21	9	12	0	15
2	Willetton Reds	6	4	1	1	16	1	15	0	13
3	Fremantle White	6	4	0	2	11	11	0	0	12
4	Southern River 3	7	3	1	3	14	21	-7	0	10
5	Nodemians 4	6	3	0	3	13	10	3	0	9
6	Dallas	7	3	0	4	13	11	2	0	9
7	Kwinana Tigers	6	1	2	3	7	9	-2	0	5
8	Victoria Park 6	6	1	1	4	7	18	-11	0	4
9	Canning 3	6	1	1	4	6	18	-12	0	4

Women's Vets Div2

POS	TEAM	P	W	D	L	For	Ag	GD	PP	Pts
1	Hale 2	7	5	1	0	34	3	31	0	16
2	Fremantle	7	4	1	2	15	5	10	0	13
3	NC Raiders	7	4	0	3	19	12	7	0	12
4	Nodemians	7	3	2	2	15	11	4	0	11
5	Uni Associates 2	7	3	1	3	13	10	3	0	10
6	Newman Knights	7	2	2	3	9	12	-3	0	8
7	Helville 2	7	2	0	4	5	16	-11	0	6
8	Whitford	7	0	3	4	3	14	-11	0	3
9	Jondalup Lakers	7	0	0	7	2	32	-30	0	0

Free Fees!

Ask not what the Freo Magpies can do for you, But what you can do for the Freo Magpies!

Due to greater Junior numbers!

1 more Junior coach required. Please speak to Birdy ASAP.

Sponsors Needed!

Every little helps!

Please contact Terrance Pestana
tpestana@optusnet.com.au



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