

Special points of interest:

- SUHA Applications open
- We get a special insight into club stalwart Helen Ward in our Player Profile section
- Get down to Hockey 9s! Read more below.

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Presentation Night!

The 2015 Senior Presentation night was a huge success and a great night was had by all.

This year the event was held at the Woodlands Golf Club, it was a great venue and certainly helped contribute to the night.

Highlights of the night included the photo booth, the dance floor and the general atmosphere.

Men's Premiere League captain Mark Scully said " it was the best Presentation Night I have been to for a long time, the speeches were good and didn't drag on which allowed more time for socializing with people you wouldn't usually

spend time with around the club. Awards were given out to every team and there were also a few special awards handed out. Mark Gardiner has become our latest Life



*Before the drinking started...
Deb Ghuliani, Liam (Whopper)
Schinina, Steven (Buddha) Duffield, Helen Ward.*

Member for his services to playing and coaching. Mark has coached an astonishing 23 teams in his time at the club. The celebration of the wom-

en's promotion to Premier League was a key part of the evening and Olivia Finlayson was awarded the best and fairest in the Women's Vic League 1 team.

Joint runners-up were 13year-old Amy Lawton and Emma Cole. Amy continues to play in the club juniors while playing seniors, and Emma is another graduate of the junior program.

Photos from the evening can be found on our Facebook sight and a list of winners can be found on the website.

Well done to everyone who was involved in organising the night.

Hockey 9'S

Friday October, 20 saw the return of the popular Hockey 9's competition.

With the BBQ roaring and a wide range of members from across all sections of the club participating the competition is a way to improve your fitness while having a great time.

Week 1 saw close to 30 people participate and that number is growing every week. There are players from the Women's Premiere League team, Men's Premiere League team, juniors and from most of the Pennant and Metro teams. If you haven't al-

ready signed up its not too late contact Mike Campbell at michael.campbell@pharm.monash.edu.au

Or come down to the ground on a Friday night and you will be assigned a team.

2016 Junior Coaches

We are proud to announce we have filled the majority of our Junior coaching positions for next year. There are some exciting appointments that will ensure the continued success of our top junior teams as well as help develop the Pennant and South East Teams.

Some of the key appointments are:

U10 Girls: Lisa Carruthers (Olympic Gold Medalist)

U12 Mixed Shield: Josh Ephraums (JSC and Hockey Victoria Academy Coach)

U14 Mixed Shield: Stuart Carruthers (Former Premiere League Coach in WA and NSW and former Kookaburra)

U16 Mixed Shield: Jesse Workman (PL Head Coach, Former High Performance coach at Hockey Victoria and Hockey New Zealand)

Michael Pearce (JSC and former State Coach, Victorian Indoor open Men's athlete) will be a floating coach and will assist Shield teams as well as Pennant and South East teams.



Stuart and Lisa Carruthers

“ I thought it was really good, he makes you think about a few things differently”

Jim Irvine and Katie Allen at Farm Road

Former Australian vice captain and assistant coach Jim Irvine and Olympic Gold Medalist and current VIS Head Coach Katie Allen have both spent time at Farm Road over the past month working with some of our elite athletes.

Irvine spent time with a group of guys on how to

take advantage of 2 vs 2 situations. And make them into 2 vs 1. All the boys enjoyed it and got a lot out of it as did the group of coaches and parents that attended to observe the session. Participant Brad Marais loved the session, “ I thought it was really good, he makes you think about a few things

differently”.

Katie Allen spent time with a group of talented girls on Tackling and Defending. Allen was a revered defender herself and had some great tips for the girls involved.

Its great to see legends of the game willing to come down to Farm Road!

Indoor Hockey

Indoor Hockey is well underway, we have teams in many of the junior grades and most of the teams are performing very well.

The Premiere League men competed in the Men’s Super League Championship and performed credibly, finishing 3rd out of the 10 teams that entered. They qualified for the finals 2nd from their pool with the highlight of pool play being a 6-5 win against Powerhouse St Kilda.

They played an unbeaten Altona in the semi final who had a couple of European imports in their side. In what was the best quality and most exciting match of the whole tournament the team acquitted themselves well and managed to earn a penalty corner on the final buzzer which would have seen them advance to the final if they scored. The corner was saved and the match went to a shootout which Altona won.

Nathan Ephraums was the leading scorer in the PL Super League.



Southern United Hockey Academy



Waseem Ahmed will help coach SUHA in 2016

Hockey New Zealand and more recently being the Head Coach for the Hockey Victoria Academy and the Victorian Futures Squads. Group Coaches for the program include Josh and Nathan

The 2016 SUHA program aims to develop an all around athlete and all participants receive an official training top.

For more information please follow this link

<http://suhc.com.au/clinics/suha>

The Southern United Hockey Academy (SUHA) is due to push off in February 2015 under the Guidance of PL Head Coach. Workman has experience in running academies having run academies for

Ephraums both of who have played high level State Hockey., Josh is also a Hockey Victoria Academy Coach. Pakistani Legend and FIH Master Coach Waseem Ahmed will be involved as well bringing his wealth of experience to the program.

Profile: Helen Ward

Team: Women's Masters B Grade, Women's Metro A, Mixed Masters

Position: Half

2016 playing ambition: At least one game in Pennant preferably against the bottom team in that grade – just so I can say I have played Pennant.

How long have you been involved in Hockey: Warren Davey rang me up one night in 2008 asking if Liam could play club hockey as they were short of players in U11's. We agreed he would play but I couldn't take him to Greensborough so I let a pony tailed man that I have never met pick Liam up in his big van and take him to Greensborough to play. Liam scored a goal and we have been involved at the club ever since. I played my first ever game in 2010 in Mixed Masters – I now play up to 3 games a week during the season.

What's your favourite part about Hockey: The laughter - both from myself and at me (when I started I was running the wrong way down the pitch in the middle of a game.... With the ball... don't do that so much now) the friendships and it keeps me fit. The not so favourite part is playing at 9.00pm during the week in the freezing cold and pouring rain!!

Pre Match Meal: I suppose I should say pasta but it's anything I get time to eat. Post match meal is one of Tina's Bacon & Egg rolls from the Canteen when I'm there

Favourite player: Jimmy Webster

Have you got any advice for other hockey players: Train Hard, smart and make sure you enjoy yourself.

Involvement at the Club: Men's section committee, Vice-President, Team Manager

'When I started I was running the wrong way down the pitch in the middle of a game'



Helen with 5 time international player of the year Jamie Dwyer.



Organization

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Catch us on Facebook, twitter and Instagram as well.

Nestled in Melbourne's Bayside suburbs, Southern United Hockey Club is the largest in the city's south east, fielding more than 40 teams in juniors, men's, women's and veterans competitions. With home grounds located in the City of Bayside and City of Kingston municipalities, Southern attracts an array of players of all abilities from across Melbourne, as well as interstate and overseas. Founded following the merger of the Moorabbin Districts and Sandringham hockey clubs in 2006, Southern has established a set of core values that have helped shape a unique identity and culture. We are passionate about hockey, our members and being the best club we can be – on and off the field.



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