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WESTERN ROAR NETBALL CLUB INC.

2019 ANNUAL REPORT

Prepared by: Jemma Giorgio (Administrator) & Tony Gooley (Board Director)
Approved by: Simone Pirie (Club President)

THE WESTERN ROAR
NETBALL CLUB INC.
2019 ANNUAL REPORT

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PRESIDENT'S MESSAGE

It is with great humility and appreciation that I present this report on behalf of the inaugural Western Roar Netball Club board. It has been a busy and also highly rewarding first year for our new club. Western Roar was born from a rich heritage and on the backs of the incredible individuals who built a thriving netball development environment for over 30 years at the Perth Lions Netball Region.

From the start we were acutely aware of the advantage we had in embracing the heritage, culture, expertise and success of our predecessor - Perth Lions. We were also excited by the prospect of creating a new type of club, that would sit in a new competition, the start of a new era. The challenge was to balance what we knew in creating a solid foundation with what we dreamed could be possible in creating a new club.

We knew we wanted to create a professional environment where excellence could flourish and so we set about attracting the best coaches and support staff who would promote and support that vision. Not only did we manage to sign an impressive coaching team lead by Head Coach Andrea McCulloch, but we also managed to retain many of the Perth Lions coaches. In doing so, we created a transition pathway that was stable and one we knew would create a club that placed culture at its apex. The coaching team were of course keen to make their mark on a new competition and their own passion flowed through to the rest of the club. They made personal sacrifices, were driven, resilient and creative and our first year results were a testament to their hard work and commitment.

Around this coaching team, we easily recruited an experienced team of support staff that kept the cogs moving in the background and highlighted who we are as a club and what is important to us. The sports analysts continued to set us apart from other teams in the capturing and coding of games even when hampered by camera access. Our Chaplain was a constant presence and source of support to club members as they navigated the triumphs and tragedies of life. Our Managers expertly organised and supported the teams and also the coaches. Our statisticians quietly went about their tasks whilst undoubtedly confirming that this was a club where "No limits" athletes could belong and be recognised. Much of the contribution of these support people was voluntary and their contribution and commitment reminds us all of the incredible value of volunteers and the need to continually embrace, promote and acknowledge them.

In keeping with our desire to create a professional sporting club and expose Western Roar athletes to principles of best practise where possible, we sought the expertise of several sports professionals. Glenn Stewart's Athletes Performance Academy, ran an interesting and challenging pre-season which included a trial knee program. Cam Watkins and Craig King's Darch Physiotherapy provided our battle weary athletes with expert assistance courtside week in week out. Jodii Maguire from Think! Performance Psychology ran session for the whole club in the pre season, guiding Western Roar in creating our all important values and sowing the seeds for the club culture.

The values Western Roar settled on to form the cornerstone of the new club are Spirit, United, Excellence. Much work went into determining these values and our inaugural athletes deliberated and debated until they formed a consensus which best described who they are as well as embodied their aspirations.

The athletes who were chosen to represent Western Roar in our inaugural year were an impressive mix of experience and youthful talent. They were committed, curious, focused and keen to put their stamp on a new club. The diligence with which they worked to develop our values and then committed to live them, lead to the creation of a strong and celebrated club culture. Very quickly, Western Roar became a united force. An inclusive atmosphere fostered confidence, individual growth and team cohesion. The Western Roar family was created and the athletes worked hard throughout the season to ensure it was a family that reflected them and their club values.

The club value of excellence was driven by all coaches and athletes from the start of the season. This was especially illustrated in the attitude and expectations of the Western Roar Men's team. 2019 saw the Men's League transition from a trial competition to a fully integrated tier of GIGWANL. The Western Roar Men's team fully embraced this opportunity and set about raising the bar and racing to meet it. They reveled in the increased pre-season load, were impressive and valued training partners and hit the season matches with fierce belief and competitiveness. More importantly however the Men's team bought a big bag of personalities to the club which contributed to a group of netballers becoming a family. The Western Roar Men's team finished the season as a tight group of innovative and determined athletes who deservedly won their way to the first Men's GIGWANL Grand Final. To fall short by 1 goal in a thriller was heartbreaking however watching the whole club support each other in the aftermath was incredibly heartening and undoubtedly cultivated the resolve to go one better next time.

The group of athletes who came together to form the inaugural League team for Western Roar were the driving force behind the club value Spirit. Not a typical sporting team value but it perfectly embodied the type of club our members wished to create. The characters of the League team with its mixture of experienced athletes, new club members and young rising stars quickly defined what Western Roar Spirit meant. Inclusive, supportive, fiercely competitive and fun, the leadership group in cahoots with the league team defined the Roar spirit in our inaugural year. It was no surprise therefore that this team quickly emerged as one of the favourites for the season. A dominant team, they pushed all the way to the top, also earning a spot in the inaugural GIGWANL Grand Final. The team just fell short at the last hurdle but fought relentlessly and walked away proud from an impressive first year.

Finally, to the youngsters of Western Roar. The 20U team started their inaugural year as favourites in their competition. The expectations and a new competition could have rattled the most seasoned players however the 20U team more than rose to the challenge. The young team united quickly as everyone contributed to the season's success. It was rewarding to witness the growth and development of these young women as athletes and people. After helping devise the club values, these women actively stood up and embraced them. They were instrument in creating the unique culture that encased the club. They too earned the right to experience playing in the inaugural GIGWANL grand final and walked away after a hard-fought match as victors.

Congratulations to all the teams for their commitment and work ethic throughout the Inaugural season. The successes on the court were matched by everyone's contribution off the court in building our club culture. You have all established the foundation of The Western Roar Netball Club and for that we thank you.

As we celebrated Western Roar team successes week by week, another team worked behind the scenes with the same commitment and focus. The creation of Western Roar started with the many meetings, writes and rewrites of the Western Roar Constitution and incorporation of the club. Mark Lawler, Tony Gooley, Jacqui Jashari and myself spent many hours collaborating on a document we hope will be as robust and relevant in 30 years as it is now. Thanks so much for everyone's efforts but especially for Jacqui's expertise and guidance.

Whilst our team worked to create a new club, we felt we could build a more solid foundation by acknowledging the efforts and commitment of our predecessors, the people who had built the Perth Lions Netball Region over the previous 30 years. One of the first points of business as a newly incorporated club was to adopt the Life Members of the Perth Lions Netball Region and bestow on them Life Membership of Western Roar. Our Life Members bring with them decades of experience in Netball in WA and their generosity and support is invaluable to a young club. I'd like to especially thank our Life Member Marita Somerford for your assistance and guidance as we set up Western Roar.

Many hours were also expended in creating and sourcing the Western Roar uniform. We wanted something that was unique and current, strong and vibrant. With overwhelmingly positive feedback, we hope the uniform will last for many years. Thanks to Life Member Rosemary Ovenden and Nola Appleby for your help in all uniform matters.

In February, we were joined by Jemma Giorgio as the club administrator. Not only did Jemma have athletes and teams to affiliate and help get on court but she worked while financial and administrative systems were being built around her. Add in club functions, uniforms and NetballWA requirements as well as on the job learning and it is obvious that her value cannot be overstated. Thanks so much Jemma for your problem-solving skills, organisational prowess and creativity. We would be lost without you.

When discussions turned to an inaugural Patron for Western Roar, it was an easy decision. In appointing Jacqui Jashari, we were not only acknowledging the incredible netball achievements and career of one of Australia's most experienced umpires but we were also recognising the guidance and input she had in the creation of Western Roar Netball Club. Thanks Jacqui, for being so generous with your time and your advice.

Last but not least, I'd like to express my heartfelt gratitude to the Western Roar Board. Mark Lawler has been instrumental in the development of Roar. From writing constitutions to setting up computer systems, he has taken every job and quietly executed it. His opinions and advice are considered and valuable reflecting his many years of experience in netball in WA. Thank you Mark, for your generous contribution to this club. Tony Gooley has shared his very extensive experience as a chartered accountant since joining the board. He has worked tirelessly to set up not only Western Roar finances but also our systems. We can always rely on Tony to bring an informed opinion as well as pitch in with functions. Thanks Tony for all you have done for Western Roar. Cath Toal joined us this year and there is no denying her passion for netball. She brings highly valued legal expertise to the board and adds another level to our deliberations. She steps in and volunteers extra time whenever it is required and for that, the club and I thank you.

Thank you for the opportunity to be a part of the formation of Western Roar Netball Club. It has been a very busy but incredibly rewarding year. Watching the players, coaches and support staff take ownership of Roar and create a strong culture has been really gratifying. Witnessing the club members develop and embody our values as well as demonstrate inclusivity in diversity is heartening.

In 2020, with a strong foundation created on the back of our values and culture, we look forward to expanding our club by contributing to the wider netball community. We have taken our first steps today in broadening our membership to include clubs and associations. By sharing our expertise, mentoring and inspiring, we hope to be able to give back to the grassroots from which we all grew. We look forward to another exciting year at Roar and thank you all for joining us on this journey.

Simone Pirie
PRESIDENT

The Coaching, Management & Support Staff

...our incredible team!



Head & League Coach
Andrea McCulloch



Co-Assistant League Coach
Stuart Dent



Co-Assistant League Coach
Dylan McPherson



League Manager
Suzanne Lennon



Men's Coach
Lynn Gay



Men's Assistant Coach
Craig Worthington



Men's Manager
Cathy McCafferty



20 & U Coach
Karen Turnbull



20 & U Assistant Coach
Vanessa Howes



20 & U Manager
Nola Appleby



Apprentice Coach
Liana Gathercole



Apprentice Coach
Joseph Gorinski



Club Chaplain
Sue Hooten



Head Analyst
Malcolm Wright



Assistant Analyst
Aliya Gooley



Administrator
Jemma Giorgio



League Statistician
Anne-Marie Rich



20 & U Statistician
Grace Pirie

The Board



President
Simone Pirie



Director
Mark Lawler



Director
Tony Gooley



Director
Cath Toal

HEAD COACH

End of Season Report

TRIALS

This year we held separate trials for the 20's and Open teams as we did last year which worked well, allowing myself to be involved with both trials fully. With the change in team selections with Netball WA, it was not necessary to select a preseason squad, instead, the teams were selected in December 2018 and contracts offered to the players.

The men's selections were conducted slightly differently with the first seven players being selected on paper (as per the requirements of Netball WA) and then a trial being held for the final 5 team spots.

We had excellent numbers trial for our 36 player positions available across all three teams. We had over 120 players trial which, based on feedback from other clubs, was significantly higher than other clubs had.

The selectors for the Open team were Stu Dent (independent selector), Dylan McPherson and myself. The selectors for the 20's were Roxie Edwards (independent selector), Belinda Reynolds (independent selector), Karen Turnbull and myself. For men, the selectors were Rick Berwick (original men's coach), Lynn Gay (independent selector) and myself.

The format of trials ran well, all players were seen in all of their preferred positions at each trial they attended (2 trials for Open and 20's and 1 trial for the men). It was noted that a number of 20's and Open players only attended 1 trial. Given this, in future I believe only 1 trial should be held so all players can be considered together.

With the significant numbers trialling, we did not provide feedback to players unless they were previously Lions players, however, none of those players requested any feedback.

PRE-PRE SEASON

At the end of 2018 before trials, we held one hour skills sessions for any players interested in trialling for Roar for the 2019 season. These were attended by a number of our current players as well as some new to Roar. We included a 1 hour court session and a 1 hour fitness session for 4 weeks.

Whilst the feedback for the season was positive, the numbers were lower than the previous pre-preseason sessions we have held. Further, given the time frames provided by Netball WA for next years contracting period, it will not be possible to provide those sessions for the 2020 season.

They could be considered to hold in January 2020 prior to preseason commencing for contracted Roar players interested in attending for an additional cost to their season fees and for a pay as you go system like we have done previously.

PRE SEASON

Preseason commenced in the first week of February 2019 with the Athlete Performance Academy (APA) overseeing the sessions.

The fitness results and improvement over the preseason was excellent with a higher average being reached across both 20's and Open teams. The Men's fitness average was lower than I would have liked, however, very few attended the fitness sessions.

The sessions held during preseason were one court session (taken by the Roar coaches – the majority were taken by myself in a squad scenario due to the number of players away and involved with state programs), one running fitness session at Perry Lakes (taken by APA) and one hybrid court session which was half fitness and half court work (taken by APA for the fitness, Roar coaches for the court work). We did not have a strength session this season.

In addition, the Open and 20's players participated in the Knee Program run by APA. This was a 10 week program with each session lasting 75 minutes. The player feedback was positive about the program and it was noted that the players improved their leg strength during the program. Even Keely Fitzpatrick, who suffered an ACL injury, felt the program had had some benefit as she felt that it had stopped her requiring a formal knee reconstruction and being able to rehabilitate her injury conservatively (although, this was still season ending). I would like to continue with the knee program in the future, however, this may be cost prohibitive depending on whether we are charged full price or can receive a discounted price again (we were their pilot program).

As preseason progressed, we reduced the fitness component and increased the court work sessions for the second phase of preseason.

Pleasingly, Netball WA expanded their preseason competition and it included the Open teams as well as the 20's. Matches were held over two Friday nights which allowed an opportunity to test different combinations. Hopefully this will be continued. Open also held 2 matches over the weekends with the men to add match play practice before the season.

The athletes again have expressed a desire to do a proper gym. I am aware Warriors and Rangers take their players to a gym which our players are also interested in. This is certainly something we should continue to explore particularly depending on sponsorship for next year. The players have also expressed interest in a Pilates/Yoga session for recovery and also boxing sessions.

We held three cycle sessions with Bike Bar which received overwhelming positive feedback from the players as they all liked doing something different to running and getting off legs. The sessions were expensive, \$30 per player, although, this was a 25% discount from the normal price. If we can get a sponsor on board for next year, it would be good to expand these sessions to perhaps once per fortnight which would mean approximately 6-8 sessions next year.

I think APA did a good job overall with our program as we again had excellent fitness levels by the end of preseason.

INJURIES

Injuries were significantly reduced in 2019 which was very pleasing. We had one ACL injury, however, she did not require surgery and has been able to rehabilitate from the injury conservatively. Unfortunately, she was unable to return to the court this year.

We also had one of our Men’s player’s suffer a broken thumb, however, with the appropriate splint he returned for the Grand Final.

Otherwise, the only other injuries were injuries outside of the club to a few Men’s players whom injured themselves at work or in outside competitions.



CAMP

Camp was a day camp held at Rottneest in May after all state athletes had returned and was an overwhelming success with all athletes confirming it was very beneficial in team and club relationship building.

The morning consisted of games and activities being held on the beach (although, some of these were modified with the cold weather to keep the players out of the water). The afternoon was an amazing race style bike ride around the Island.

PHYSIO SCREENINGS

The screens assisted in identifying possible issues we may come across during the season and to give the physio’s a base line on the players for treatment and injuries throughout the year. The screenings were still beneficial, however, not as much in the past as we were not able to use them for team selection purposes with the teams having already been picked. They should still, however, be performed and are paid by the player’s at their own cost and can be claimed through their private health insurance.

LAUNCH & WIND UP

I thought both were fantastic in all aspects. The locations were good, the food was great and I thought the shortened format was good. I enjoyed the less formal wind up which the players also did.



HOME GAME

The Home Game preparation was probably a bit rushed, however, I thought it was a good day. The players enjoyed it and all mentioned they thought the cake stall was a good idea (although, the Pride players probably under priced the cakes so an adult should oversee this next year).

It was great to have Richard Moyle (Simone Baker's partner) and their children involved in the day and Demons also involved themselves with wearing orange arm bands as well to show their support for Simone.

Whilst it is a lot of work, the players do enjoy the home game so it would be good to continue with them.



PERFORMANCE ANALYSIS

This was under utilised this year with footage only being provided by Netball WA for less than half the season which was extremely disappointing. Hopefully this will be rectified for next season. Further, Netball WA would not grant permission for the cameras to be used during trainings so we could not use it for that either.

Given the footage can be obtained from Netball WA (under normal circumstances), it is probably not necessary for the analysts to be involved in providing that. However, if we can get permission to use the cameras at trainings, it would be extremely beneficial to be able to provide real time feedback to the players so if we can have the analysts at one training a week, that would be my recommendation.

HUDL was again used but due to the lack of game footage, it was not able to be used properly.

PHYSIOTHERAPISTS

We sadly lost Simone Barker during preseason. For that reason, it was decided to use a new physio practice and Darch Physio were used this season.

They did the physio cover slightly differently with the main physiotherapist being provided for the Open team and physiotherapy students for the Men's and 20's teams. This kept costs lower.

I was certainly happy with the cover for Open as I understand Lynn was with the Men. Overall, the cover was suitable for the clubs needs, although, not to the standards of Simone who always put in a lot of extra time for us but I'm not sure we would find that anywhere.

Accordingly, I'd recommend using Darch again next season.

TRAINING

Training dates and times remained the same throughout the season including finals. All three teams trained together on a Wednesday night. On Monday night, Open and 20's trained at the same time with Men slightly offset to allow Dylan to both coach and train. Pride also trained alongside the teams on a Monday night.

The feedback from the athletes was that they liked having the uniform sessions that didn't change throughout the season. They liked keeping the trainings off the weekend and most prefer training in the evenings, although, Open would like a morning session.

We didn't have specialist coaching sessions this year and that is certainly something we need to look at adding back in to the program in 2020 but in my role as just the Head Coach, I'll be able to provide additional assistance to the teams too.

Training venue at GNC is always beneficial given we play most of our games there which assists the shooters in learning lighting, etc to assist them being more comfortable during the games. I'd recommend we continue to train there at least once a week but would be happy to move one of our trainings to another venue if it is cheaper.

CULTURE SESSIONS

Jodii McGuire did a session on expectations with our 20's parents in preseason which was well received and should certainly be repeated again. If this is agreed to, I'll need to organise it quickly with our trials already booked for next month.

Jodii conducted a number of culture sessions which lead to the club values of Excellence, Spirit and Unity being selected. The player feedback for the sessions was excellent and all enjoyed doing the sessions as a club.

With the values now set for the club, it would be good to use Jodii again to do a refresher on the behaviour associated with the values, particularly useful for new players joining the club. Then, she could do some sessions with individual teams to address their specific needs which differs between all three teams.



THE SEASON

All three teams finished top two in 2019 with the 20's finishing minor premiers!!! An improvement again on 2018. All three teams made the grand final with the 20's winning and finishing premiers for a third season in a row.

The Open team were weakened before the commencement of the season with Alice Coakley withdrawing due to work and Keely Fitzpatrick suffering the ACL injury. This resulted in a very young defensive end. Despite this, we lost only two games during the season and probably overachieved during the season. Team unity was excellent throughout the entire year. It would certainly be beneficial to recruit a tall, experienced defender for 2020.



The Men's division was certainly unbalanced with Warriors and ourselves much stronger than the other two teams. This resulted in the men winning every game against Comets and Demons. They had one win, one draw and two losses to Warriors during the rounds and lost to them in the grand final by only one goal.



The Men got off to a slow start with the coaching staff changing before the season commenced. Lynn Gay stepped in and did an excellent job of focussing on the basic skills with our players.

The team lacked shooters, particularly with Stu Dent away from the grand final. Next year we will need to recruit two more shooters which will then allow the other players to play in their proper positions and allow the team to play at its strongest.



The 20's were a young team with all players eligible to play in 20's again in 2020. The team retained a number of players from last year and only lost one game during the season. They were better than the remainder of the competition which, unfortunately, meant they weren't significantly challenged throughout the year and didn't develop as much as they have in previous years. We will need to ensure next year we continue to challenge them with perhaps more match play against our Open team.

END OF SEASON INTERVIEWS

These were again compulsory for all players. Each player was given feedback by their team coach and myself. Mal Wright sat in on the Open interviews as a second person with Dylan called into work at late notice. The interviews were held in 15 minute blocks for the players. I think they were beneficial to all players and also the club to obtain the players' thoughts too.

During the interviews the athletes were also asked for feedback in relation to any aspect of the preseason/season/club/coaching, etc. This player feedback has been incorporated within this report.

PRIDE

The Pride players participated in the same preseason as the WANL players. Following preseason, they trained on a Monday night with 20's and continued to train up until finals. We had one player receive some more regular time throughout the season and play with the team during finals.

I think having them come into the 20's trainings was worthwhile and should be continued on as they can see and perform the same program as the 20's and are then able to be integrated into the team quickly if they are elevated through injury. It also worked much better having them train with our 20's as they were given the same skills and knowledge as our 20's players and were able to integrate well into the team when required.

Next year, I am hopeful we can also have a Pride Boys team. I will consider when and who will train them after we see who registers and is selected as, if they are younger they will not be able to train with the Men. But it is important to ensure that we have a development program for our men and an exciting opportunity that so far no other club has offered.

COACHING AND SUPPORT STAFF

The head coaches of each team were again aligned this year in a common purpose with the club and we had regular informal meetings each week after trainings to discuss players/games/requirements/etc. The feel was again excellent this year and was noticed by the athletes. I also believe the improved ladder results speak for themselves.

Vanessa and Dylan were excellent assistant coaches. Both were happy to take on active roles throughout the season and added to their respective teams success. They both have more to learn but were happy to learn throughout the season and they should also be retained for next year. Craig was lacking a little in confidence but improved throughout the season. I think we can continue to develop his skills next year as his confidence grows.

Joe and Liana were appointed as apprentice coaches. They both had good attitudes in the role and were happy to take on whatever tasks they were given.

Coaching accreditations were an issue at the commencement of the season with Karen and Vanessa failing to obtain their required accreditations before the start of the season which resulted in myself and Malcolm needing to sit on their benches for the first couple of games. Dylan also did not have the required accreditation, however, we were only informed two days prior to the first game which caused issues as there were no intermediate courses held during the season.

COACHING AND SUPPORT STAFF CONTINUED...

He is booked to completed the course next month when it is held. It should be noted that Dylan is insistent he already had the accreditation and it was just not recorded correctly by Darling Range whom he completed it though. Plus Netball WA were informed of his believed accreditation in November 2018 and did not notify the club until May 2019 which caused the issue.

FUNDRAISING

The movie night was well received by the players and would be good to repeat again in the future.

The players also all enjoy the coaching clinic with a number of them mentioning that they felt they gave back to younger players. We will add more of these sessions to the calendar for next season and have already been contacted by St Hilda's to undertake clinics for next year.

I would suggest also holding a Bunnings BBQ as well in 2020.

MISCELLANEOUS

Equipment for 2020 would include getting the D-Men, more dots and more bash pads. Otherwise, I can't think of any additional equipment needed at this time.

In 2020, I would definitely like to include a day or night where the players give back to the community, such as going to Ronald McDonald house to cook a meal for sick children and the family. Other ideas would certainly be welcome, something to be more involved in the community. This could depend on what sponsors we get for next year and any interests they have.

The Values for the club continue to build and the cultural change at Roar this year was a significant leap forward and continues to grow and build momentum. I believe we should continue with these going forward in 2020 and ensuring that coaching staff and players fit with these values.

Player feedback was also received regarding fees. Rightly or wrongly, we are perceived to be significantly more expensive than other clubs which is an issue which needs to be addressed. Drew Clarke mentioned he felt he could obtain sponsors through Burswood Casino so may be worth speaking with.

2020

Open and Men's trials will be held on 3 November with 20's held on 24 November (after WACE and leavers). We are in the process of issuing contracts for current players which we can do until 2 November. After that date, we are permitted to offer contracts to players outside of the club.

It will be important to lock in our training nights before trials so that we can provide that information to prospective players to ensure they are prepared to commit to the training before they are selected (an issue with some of the Men's players this year). It certainly helps that fees have already been set.

Andrea McCulloch

HEAD COACH

11/10/2019

MEN'S COACH:

End of Season Report

I can only comment on the Men's team from April onwards, as this is when I became involved with the team and The Western Roar Netball Club.

I was initially asked to be involved as an Assistant Coach and then due to commitment issues with the Men's Head Coach I was approached to take on this position, which I accepted.



At the time the team consisted of ten players from the original twelve, that had been selected from the beginning of pre season and two Train On's. Two of these players had withdrawn due to work commitments and felt they couldn't commit fully to the program. Unfortunately both of these players were shooters, and on top of that I was informed that one of the ten remaining players would not be available for the Grand Final (if we made it that far), due to holidays that had already been booked and arranged. He too was a shooter, who was our only remaining full time shooter in the team.

I have to admit I started to wonder what I'd got myself into.

Luckily the team consisted of some very versatile players that could play a number of positions, and we were able to work with these players filling in the shooting role, however I approached one of the initial players that had withdrawn due to work commitments and convinced him to come back to train with the team and see how it went for a month and make a decision after that. We made an arrangement that he could train at least one night a week with the team. He was prepared to commit to this agreement and signed the players contract and our Men's team became eleven with two train on's, and so our season began.

We had the Roar Camp scheduled for the first Sunday of May, which was held at Rottneest Island. This was a great day, very well organised and was a great opportunity for all players and coaching personnel to bond and get to know one another better. I believe this really brought the whole group together as a club and created the culture that is required to solidify a formidable club.

Our training as a full squad began Monday 29th of April, after majority of the playing group returned from being involved with the Men's and Mixed State teams. This gave us five weeks to start training fully and prepare for our first fixtured game against Warriors for Friday 31st of May.

This first game set the scene for the rest of the season that was to follow, a hard fought game of an extremely high standard even at this time of the year between the two teams that ultimately proved too strong for the remaining two teams, that being Demons and Comets, for the rest of the season.

Throughout the 2019 season, our Western Roar Men's team players played within the spirit of the game for the whole time they were on the court, during warm up and after the game. They were respectful to their opposition and the umpires. However the game is very different to the women's game and how they play.

All four games against Warriors were a great contest throughout the fixtured rounds and results were very even. However we dominated against the other two teams, allowing us to try different combinations and also allowed the bench players and our two train ons to have court time and much needed match play. This also came about due to players being away and injuries that occurred throughout the season.

We unfortunately were plagued with a number of injuries throughout the season, which hampered our lead up to the finals series, however we were lucky enough to have these players back for the Grand Final game. Not with standing it wasn't the perfect scenario heading into a finals campaign.

This being the inaugural year for the club and the Men's competition, there were always bound to be teething problems. One being the way the teams were initially chosen which ultimately created some problems with an over abundance of players in the mid court in particular with this team. Potentially six of the playing group and the two train on's were all vying for the same position





Luckily as I stated earlier some of these players were very versatile and were able to step up and play different roles for the benefit of the team, and this also allowed some of the not so skilled players to step up and develop their game.

For future reference I believe this needs to be considered when selecting players for the squad. Hopefully with a different system now put in place and the fact you can now offer contracts to players, then have trials, this hopefully will be avoidable.

The majority of this group of guys have worked very hard this year, considering this is their first full season being involved with a WANL program and understanding the commitment level required to sustain this level of fitness and skill set.

Not only did they have to commit to the 2 trainings and 1 night of match play per week, the majority of the playing group when possible also were involved in a number of coaching clinics that were scheduled throughout the season, and we hosted a group

of boys from Kalamunda who play on Saturday in an all boys division, to come and train and learn some skills with the team on Monday 12th of August for a two hour session. This was very successful, which in turn created a number of the boys and their parents coming to support the guys at some of the games throughout the season.



Overall aside from painstakingly going down by 1 goal in the Final, I believe this group of players given the circumstances that we overcame, played their hearts out and truly were winners to everyone that was at the game that night.

I've thoroughly enjoyed working with these young men for the 2019 season, and I Thank You for giving me the opportunity to do so.

Lynn Gay
MEN'S COACH

14/10/2019



20 & UNDER COACH

End of Season Report

The start of the 2019 season saw many changes – the most important one being we are now to be known as Western Roar Netball Club. And the competition we were playing in this year would be 20&U (replacing the previous 18&U age restriction that had been for a long time). And not to mention we would all be getting a new uniform.

We commenced trials in January with a big number of athletes applying to be selected in our team. At the conclusion of this process and different to other years the 12 selected players were offered a contract which all of them accepted. At the same time a few athletes were offered a position in the Pride Squad (with the view to add to this group through further selection at the newly created Metro League competition).

The players selected in the inaugural 20&U Western Roar team were: **Sophia Lamers, Ciara Hillery, Kathryn Byrne, Emma Putt, Cleo Kenny, Charlotte Moreschini, Montana Turnbull, Trinity Rond, Emily Hathaway, O'Shian Vale** (elevated to League Team just before season started due to late withdrawal), **Emilie Watson** and **Chloe Harrison**.

Players selected in Pride from initial trials were: **Amber Passera, Sarena Krilitech** and **Lauren Vladich**. And added to this group at the conclusion of Metro League (end of our preseason) were: **Mim Strom, Tia Kenny, Grace Sinclair** and **Danika Turnbull**.

From the above group we had the below athletes selected in WA 17&U State Team: **Emma Putt, Cleo Kenny, Montana Turnbull, Trinity Rond and Grace Sinclair**. And selected as train-ons for the WA 19&U State Team were **Sophia Lamers** and **O'Shiarn Vale**.

So pre-season commenced in mid-February for all non-state team athletes and this involved 3 sessions per week involving a combination of court, strength, conditioning and a few bike sessions. All state team players re-commenced training in our environment after returning from Nationals in mid-April and the complete group continued with this regime until the season finally commenced in June.

We couldn't wait for the first game as it had been a seriously long lead in time to get there.

The team created some history for me in our first

game by losing to Warriors by 2 as I had never coached to a loss in the first game of any season. This was not a normal start for me/us but turned out to be the best start for all the right reasons and taught us all the lessons we needed to learn in the first week of the competition rather than through it!!

Court sessions continued with Pride athletes joining us at the Monday night session and the Wednesday session was the team only. Our group motto for all training sessions this year was "Give the best you each time you are in this environment and demand nothing less from yourself or each other".

DEVELOPMENT always has been and was again this year my main focus for this entire group as I live by the mantra "If you take care of the process the outcome will look after itself" and it has never let me down yet.

We re-introduced and continued to build on all the skills required so they could be executed with higher accuracy and with better intensity and speed under pressure. We also re-introduced and continued to build on the entire group's knowledge of our team's game structures and practised these constantly. Because of the experience in the most of this group we were able to go beyond the learning that we can normally fit into a season of training sessions and were able to expose the group to:

- additional attacking structures for the what if?
- greater depth of 1v1 defensive techniques
- greater depth of unit defense
- greater understanding of attacking play for the Shooters in a closed circle, the C/C across the attacking transverse line into the feed and the Circle Defenders strategies in a closed circle situation.

We went on to win the remainder of the games in the first round so were well placed at this point in the season and continued in the same vein through the second round to finish the round games as **Minor Premiers**.

All players to date had experienced a good amount of court time and had been able to put into game mode all that they were learning. We entered the 2nd Semi Final confident and took on Warriors (the only team that had beaten us so far this year back in round 1). We beat them comfortably and progressed through to the Grand Final.

The following 2 weeks we continued to train as per normal incorporating match play into training sessions to keep us sharp.

Grand Final night finally arrived and we took on Warriors again who had won their way through the Elimination Final.

This young group of girls were very nervous leading up to the start of the game and even to partially the way through the second quarter. We were well placed and in front on the score board at half time and we reset for our last half of netball for season 2019.

The team first mentality, hard work, structures, belief, team mantra, group culture and the willingness to keep playing til that final siren got us a WIN by 6 goals. And to top that off, the MVP for the game went to Sophia Lamers.



This group of amazing friends and team-mates had just created their own little bit of history and won the inaugural

GOLD INDUSTRY GROUP WANL 20&U PREMIERSHIP FOR SEASON 2019!

Another very successful, enjoyable and awesome year that I got to do what we do and to celebrate this season and mighty win with two very dear Netball friends in Vanessa Howes (Assistant Coach) and Nola Appleby (Team Manager). Apprentice coaches Liana Gathercole and Joe Gorinski cannot go un-mentioned either as this win belongs to every member of **OUR TEAM.**

I never get tired of doing this in fact it is the exact opposite as it is the dream coaching role – each year is different and unique and no one Grand Final win is any more special or important than any other year.

The Grand Final medal links a group of very special athletes and coaches/manager together forever.

Many thanks to the Board and Club for giving me this opportunity.

Karen Turnbull
20 & U COACH
18/11/2019



2019 TEAM LISTS

LEAGUE

Tess CRANSBERG
Larrissa HARRISON
Isabella MCCLERNON
Lindal ROHDE
Annabel SAGGERS
Maddison SCHULTZ
Zoe SPENCER
Abbey THOMAS
O'Shiarn VALE
Eliza VLASICH
Molly WARNE
Hailey WYATT

TRAIN ON

Hannah CADLOLO

20 & UNDER

Kathryn BYRNE
Chloe HARRISON
Emily HATHAWAY
Ciara HILLERY
Cleo KENNY
Sophia LAMERS
Charlotte MORESCHINI
Emma PUTT
Trinity ROND
Montana TURNBULL
Emilie WATSON

PRIDE SQUAD

Tia KENNY
Sarena KRILETICH
Lillian NINYETT
Amber PASSERA
Grace SINCLAIR
Mim STROM
Lauren VLADICH

MEN'S

Stewart BURTON
Drew CLARKE
Mitchell COOK
Daniel COOLS
Stuart DENT
Isaac HARDERS
Dylan MCPHERSON
Antoni MURRAY
Mitch PURSER
Connor RAWLINGS
Daniel ROSS

TRAIN ON

Tobiasz MILLAR
Jonah NESS

LEADERSHIP GROUP

Tess CRANSBERG - **Club Captain & League Captain**
Isabella MCCLERNON - **League Co-Vice Captain**
Maddison SCHULTZ - **League Co-Vice Captain**
Sophia LAMERS - **20 & Under Captain**
Kathryn BYRNE - **20 & Under Co-Vice Captain**
Montana TURNBULL - **20 & Under Co-Vice Captain**
Dylan MCPHERSON - **Men's Captain**
Daniel COOLS - **Men's Co-Vice Captain**
Stuart DENT - **Men's Co-Vice Captain**

2019 TEAM PHOTOS



2019 GIGWANL PREMIERSHIP LADDERS

WA Netball League - WA Netball League - 20U

RANK	TEAM	P	W	L	D	F	A	Pts	%
1	 Western Roar	12	11	1	0	691	448	22	154.24
2	West Coast Warriors	12	9	3	0	578	467	18	123.77
3	East Freo Sharks	12	8	4	0	587	588	16	99.83
4	ECU Souwest Jets	12	7	5	0	514	541	14	95.01
5	Southside Demons	12	3	9	0	519	622	6	83.44
6	Rangers	12	2	10	0	495	604	4	81.95
7	 Curtin Hamersley Comets	12	2	10	0	472	586	4	80.55

WA Netball League - WA Netball League - Men

WA Netball League - Mens

RANK	TEAM	P	W	L	D	F	A	Pts	%
1	West Coast Warriors	12	10	1	1	718	431	21	166.59
2	 Western Roar	12	9	2	1	641	458	19	139.96
3	Southside Demons	12	4	8	0	489	614	8	79.64
4	 Curtin Hamersley Comets	12	0	12	0	363	708	0	51.27

WA Netball League - WA Netball League - Open

RANK	TEAM	P	W	L	D	F	A	Pts	%
1	West Coast Warriors	12	11	1	0	805	568	22	141.73
2	 Western Roar	12	9	3	0	732	642	18	114.02
3	East Freo Sharks	12	7	4	1	696	612	15	113.73
4	Rangers	12	5	6	1	572	573	11	99.83
5	Southside Demons	12	5	7	0	618	714	10	86.55
6	ECU Souwest Jets	12	4	8	0	568	653	8	86.98
7	 Curtin Hamersley Comets	12	0	12	0	519	748	0	69.39

2019 CLUB AWARD WINNERS

Flo Starcevich Medal...

Sophia Lamers (20 & Under)
Stuart Dent (Men's)
Maddison Schultz (League)

Coach's Award...

Montana Turnbull (20 & Under) *kindly sponsored by June Webb*
Daniel Cools (Men's) *kindly sponsored by Shirley Doornbusch*
O'Shiarn Vale (League) *kindly sponsored by The Gates Family*
Amber Passera (Pride) *kindly sponsored by Shirley Doornbusch*

Player's Player Award

Cleo Kenny (20 & Under)
Dylan McPherson (Men's)
Lyndal Rohde (League)

Volunteer of the Year

kindly sponsored by Marita Somerford
Dylan McPherson

Coach of the Year

kindly sponsored by Julie Eiffler
Karen Turnbull

Club Person of the Year

kindly sponsored by Rosemairy Ovenden
Andrea McCulloch

Simone Barker 'Spirit of Netball'

kindly sponsored by The Moyle Family
Connor Rawlings

HIGH PERFORMANCE ACHIEVEMENTS

17 & Under

WA State Team

Cleo Kenny
Emma Putt
Trinity Rond
Montana Turnbull (C)

19 & Under

WA State Coach

Stuart Dent

WA Institute of Sport Scholarship

Trinity Rond

Marie Little Shield

WA State Team

Grace Pirie
Anne-Marie Rich

Men's Open

State Team

Stewart Burton
Daniel Cools
Stuart Dent
Dylan McPherson
Mitch Purser

2019/20 19 & U

Fever in Time Squad

Sophia Lamers
O'Shiarn Vale
Montana Turnbull

17 & Under

Australian Training Camp

Trinity Rond

19 & Under WA State Team

Performance Analyst

Malcolm Wright

Suncorp Netball League

West Coast Fever

Manager

Suzanne Lennon

Men's U23 State Team

Jonah Ness
Connor Rawlings

Australian Men's Team

Dylan McPherson

2019/20 17 & U

Fever in Time Squad

Cleo Kenny
Charlotte Moreschini
Amber Passera
Emma Putt
Trinity Rond
Grace Sinclair

Indoor Netball

World Cup

Team Australia

Mitch Purser

19 & Under

WA State Team

Molly Warne
Sophia Lamers (Training Partner)
O'Shiarn Vale (Training Partner)

Australian Netball League

Western Sting

Manager

Suzanne Lennon

Mixed State Team

Tobiasz Millar
Daniel Ross

West Coast Thunder

Men's 23 & U Team

Assistant Coach

Joseph Gorinski

WAFLW

Rookie Of the Year

Lyndal Rohde

WANL Milestones

50 games - Maddison Schultz
100 games - Larrissa Harrison
175 games - Tess Cransberg

GIGWANL

Grand Final MVPs

Mitchell Cook - Men's
Sophia Lamers - 20 & Under

LIFE MEMBERS

Shirley Doornbusch

Julie Eiffler

Narelle Foster

Kerry Gates

Glenys Gill (dec)

Claire Holdsworth

Kay Massey

Rosemairy Ovenden

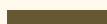
Simone Pirie

Marita Somerford

Carol Watson

Charlie Watson

June Webb



WESTERN ROAR NETBALL CLUB INC
2019 FINANCIAL REPORT

Profit and loss

Western Roar Netball Club
PO Box 748, WEMBLEY WA 6913, Australia

Accrual mode
01 Jan 2019 - 31 Dec 2019
ABN: 88326948393
Generated 26 Feb 2020

		Total
Income		
Events		
4-2000	Players Clinics	1,674.54
4-2100	Home Match Day	2,197.27
Total Events		3,871.81
Fundraising		
4-3470	Fundraising	1,513.21
Total Fundraising		1,513.21
WANL Player Fees		
4-1600	NWA MyNetball Affiliation	2,119.92
4-2200	Windup	2,590.67
4-2300	NWA Dinner	3,563.58
4-3000	WANL Player Fundraising Levy	1,239.92
4-3330	Pride Player Fee	1,186.36
4-3440	WANL Player Fee	13,318.18
4-3450	WANL Team Affiliation NWA	4,139.85
4-3460	WANL Launch	1,554.60
Total WANL Player Fees		29,713.08
WANL Pre Season Player Fees		
4-3320	Pride Pre-Season Fee	272.71
4-3430	WANL Pre-Season Fee	3,590.86
4-3480	WANL Camp	2,636.39
Total WANL Pre Season Player Fees		6,499.96
4-1100	Netball WA Funding Account	19,090.91
4-1300	Transfer from Perth Lions Netball Region	4.50
4-1400	Miscellaneous Income	0.66
4-1500	WANL Merchandise	589.24
4-3420	WANL Trial Fee	1,589.55
4-3490	WANL Season Pass	3,081.78
4-5000	Donations	730.00
4-6000	Interest Received	101.79
4-7000	WANL Uniforms	6,722.55
4-7005	Coach/Support Staff Uniforms	750.18
4-7010	WANL Board Uniforms	235.00
Total Income		74,494.22
Less Cost of Sales		
Events		
5-3005	Windup	3,225.31
5-3010	WANL Home Match Day	1,722.01
5-3015	NWA Jill McIntosh Dinner	6,140.91
5-3020	Trophies & Awards	1,431.92
5-3025	Events Miscellaneous	37.73
5-3030	Fundraising	863.64
Total Events		13,421.52
Media & PR		

5-4005	Photography	460.42
5-4015	Merchandise	2,617.50
Total Media & PR		3,077.92
Uniforms		
5-2000	WANL/Pride Uniforms	10,248.00
5-2005	Coach/Umpire/Support Uniforms	2,045.00
Total Uniforms		12,293.00
WANL		
5-1000	WANL Pre-Season Training	1,583.63
5-1005	WANL Camp	4,434.05
5-1010	WANL Pre-Season Court Hire	6,554.57
5-1015	WANL Team Affiliation NWA	2,545.45
5-1050	WANL Apprentice Coach	500.00
5-1055	WANL Team Coaches	20,875.00
5-1060	WANL Manager	1,375.00
5-1065	WANL Physiotherapist	2,013.57
5-1070	WANL Selector	350.00
5-1075	WANL Statistician	1,250.00
5-1080	WANL Statistician Software	404.55
5-1090	WANL Posters	675.00
5-1100	WANL Pre Pre-Season Court Hire	532.73
5-1105	WANL Launch	826.97
5-1110	WANL Miscellaneous	540.53
5-1115	WANL Coach Accreditation Courses	200.90
5-1120	WANL Season Pass	1,668.18
5-1125	WANL Playing Season Court Hire	7,763.48
5-1540	Fitness & Knee Program	3,700.00
5-1550	WANL Equipment	287.24
5-1555	NWA MyNetball Member Affiliation Fee	1,109.09
5-1560	NWA Regional Fees	278.18
Total WANL		59,468.12
Total Cost of Sales		88,260.56
Gross Profit		-13,766.34
Less Expense		
6-1005	MYOB	873.39
6-1010	Computer Software	490.59
6-1015	Bank charges	608.80
6-1020	Events & Functions	350.26
6-1025	First Aid	40.54
6-1030	Office Rent	1,565.43
6-1035	Miscellaneous Expenses	5,297.00
6-1040	Office Supplies	474.98
6-1050	Gift	715.37
6-1055	Insurance	389.63
6-1060	Telephone & Internet	1,059.11
6-1080	Merchant charges	740.40
6-1090	Administration	228.12
6-5400	Superannuation expense	1,995.00
6-6200	Wages & salaries	21,000.00
Total Expense		35,828.62

	Total
Operating Profit	-49,594.96
Plus Other Income	
Total Other Income	0.00
Less Other Expense	
Total Other Expense	0.00
Net Profit	-49,594.96

Balance Sheet

Western Roar Netball Club
PO Box 748, WEMBLEY WA 6913, Australia

Accrual mode
31 Dec 2019
ABN: 88326948393
Generated 26 Feb 2020

		Total
Asset		
Banking		
1-1000	Cheque account	2,048.29
1-1400	Savings account	20,149.31
Total Banking		22,197.60
Current Assets		
1-1800	Accounts receivable	515.78
Total Current Assets		515.78
Fixed Assets		
Total Fixed Assets		0.00
Total Asset		22,713.38
Liability		
Credit Card		
2-1400	Visa	577.86
Total Credit Card		577.86
Current Liabilities		
2-1800	Accounts payable	322.00
2-2200	GST collected	7,406.51
2-2400	GST paid	-7,228.44
2-2600	PAYG withholdings payable	3,380.00
2-3200	Superannuation payable	1,995.00
Total Current Liabilities		5,875.07
Long Term Liabilities		
Total Long Term Liabilities		0.00
Total Liability		6,452.93
Net Assets		16,260.45
Equity		
Current Earnings		
3-1800	Current year earnings	-49,594.96
Total Current Earnings		-49,594.96
Retained Earnings		
Total Retained Earnings		0.00
3-1000	Establishment Capital	65,855.41
Total Equity		16,260.45