

# Perth Polocrosse Club Newsletter

## State Equestrian Centre

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[www.perthpolocrosse.com](http://www.perthpolocrosse.com)

Newsletter 96

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Our new web page is up and running thanks to Sonia who has put hours of her time into it. Mary helped and hindered by sending her information and ideas and we did a fair bit of bonding working on it together, I even enjoyed her cooking! Great job Sonia we cannot thank you enough.

### Early Carnivals



The club has attended all the early carnivals and have enjoyed playing under no pressure, they have been very social for the club. A great introduction to our sport for our new players. Welcome to Courtney, Charlotte , Zeezam, Charlie, Alice, Sally, and Casey. At Capel Courtney gave a very effective yoga demonstration on Saturday afternoon to Penny, Hayley and Adrian. She's now thinking of booking into the physio to straighten her neck out and the dentist to realign her teeth! Hayley nearly left early on Sunday to come home but unfortunately misplaced her car keys, had a flat battery and could not find her purse to pay for fuel. ....Hope Monday was better Hayley.



## **Coaching**

Our practices and coaching sessions have been very well attended since the end of January, thank you to everyone that has helped me out due to a small hiccup with one shoulder. Certainly easier being on a horse, but has been a great opportunity for our new coaches to help out and get their confidence up with coaching. Teamwork makes dream work. To our new members I suggest you set short term goals, and work towards your long term goal. Get plenty of sleep, healthy balanced diet, exercise, and surround yourself with people you have fun with!

As part of the club coaching this year, the coach decided we would give the game called horseball a go, hoping to encourage some of our members to get out of their saddle more to pick the ball up. Also was hoping to make them more flexible and build up strength and balance. With the help of a horseball player called Diane we gave it a go in the indoor arena at Brookleigh on Saturday. They were hardly in their saddles and managed to pick up a ball as big as a soccer ball off the ground. It was a great morning and all the members wish to do it again.



## **Change in Weather**

Members who have older horses will notice they have dropped weight very quickly due to the cold and wet weather. Make sure you increase their hay and chaff to hold their condition and if you have some green pick on sandy paddocks to keep the sand moving through their gut. They may also need to be rugged especially at night.



### **New Member**



Jade Pamela Smith has been born on the 5th of May. Tracey and Marks first baby and you don't think I am excited, a new baby on Timaru road! Tiny baby at 5 pound 14 ounces, 50cm long. All doing well.

### **Albury**

We had three of our juniors travel to Albury to play against juniors from all over Australia and New Zealand last month, as usual NSW mounted them on some very handy ponies. Patrick, Victoria and Taj were the lucky three from our club to make the trip.

### **State trainings**

Our WA state players have their first official training with horses on the 24th and 25th of May at our grounds. Their state dinner will be held on Saturday night at the Midland Sports Complex where they will be presented with their shirts, get to know their team mates some more, have a great meal, listen to a very innovative speaker and wear their state uniform so all their family and friends can see them in their formal wear. We have Tia Hall, Sharna Hall, James Lester, Patrick Muir, Taj Smith, Jake Wilding, Victoria Woodall, and Eliane Trahorsch representing WA. Rachel Day managing the junior girls, Trish Hall managing the women, Beau Bettens coaching the under 21 women and Matt Welsh coaching the men.

Their next training will be at Foothills on the 7th and 8th of June then most of the horses and some players will be starting their trip to Darwin a couple of weeks after that.

Gerald O'Brian will have schools at our grounds on the 26th/27th then again on the 28th /29th then the 31st/1st at South Midlands. Gerald has made many trips to WA and our polocrosse players always come away with more to learn and practice on their horsemanship skills.

### **Jo and Barney Langford**

Well here is an end of an era Jo and Barney are off to Queensland....Phil and I made a trip out to their farm east of Wickpin last month to say goodbye and pick up the state cow (another story) so she can live the rest of her life on Timaru Road.

Barney lit up a pile of 100 year old strainer posts in the paddock on Saturday morning then we all drove out there just before the sun went down to celebrate with their friends from their community. It was just beautiful, great food, drink, weather and friends, what else would you want?

I gave a little speech along with a gift from the Perth Polocrosse Club. The gifts you gave them was:

- An audio CD for the trip
- A book called Bill the Bastard (the greatest war horse)
- A very flash Kate Hill hand bag not for Barney
- A polocrosse ball with the clubs name on it
- Some chia seed for the trip
- A loaf of my home made special bread.

We came home with Daisy and her calf.....Barry Butley (then the president of the PAWA) asked me to find a suitable gift for Jo in 2004 because of her exemplary work she had done for all the WA members as her role as the then secretary of the PAWA. I found her a little Dexter/Jersey cow which we bought from Norm Paxman. Dear old Daisy has been the most wonderful pet for them, having 10 calves all up and is too old to make the trip to Warwick so here she is back where she started from living in heaven.....at Phil's and my farm. Have named the calf Joanne but it will have to pull its head in if it wants to stay called Joanne and not get a name change to Fillet.

### **Jo Langford**

Many of our members do not know what Jo did for our state and club polocrosse. Jo was our State Secretary from February 2000 to October 2012. In this time Jo set the highest standard of administration for any state in Australia. She has been a Perth member from 1992 to 1997 then again from 2002 to date. In this time she was very instrumental in the organizing of the 2008 Nationals hosted by our club at both club and state level. I cannot name everything she did but she wrote the Perth Nationals sponsorship package and much of the tender to get the nationals. Huge input with the grant for the yards, the sponsorship with Events Corp, and Griffin Energy. The list is endless and in amongst all her time and work she had me as a side kick. An amazing patient teacher is all I can say. Thank you Thankyou Jo you will be missed heaps. This club does appreciate what you have done for us and thankyou Brian for letting us have her.

## Fields

Fields will be cored and sanded again this June to the tune of about \$25K. There has been much needed rain on our fields in the past two days up to 60mm.



At the latest carnival in Capel, these rippers were overheard.

1. I think I've wet your box Penny – Hayley
2. I know what it's like to have my mouth too full – Penny
3. Hayley to Amy talking about showering with a friend – Are you kneeling at this stage.
4. Penny to Shaynan – That was a good twenty dollars to see you mount your horse from behind.
5. Penny to her opposition player – Calm your tits because they're flopping all over the place
6. Blow him a bit – Penny

