

# Snorter's Report



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**Swinburne University Hockey Newsletter**  
**Issue 2 – January 2007**

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## Welcome

Welcome to the second Issue of SNORTER'S REPORT, the Swinburne University Hockey Newsletter, for 2006/7. It is hoped that SNORTER'S REPORT will keep you up to date with everything that is going on at the club, highlights of the weeks games, fixtures as well as all of the gossip that is fit (or unfit) to print.

SNORTER'S REPORT will be as good as you want it to be - feel free to comment on what you want to see in it as well as contribute to it by providing match reports, pictures or even some good old fashioned gossip. Contributions can be sent to [gossip@swinburnehockey.org](mailto:gossip@swinburnehockey.org) or scribbled down on a scrap of paper handed over at matches.

## President's Report

Welcome back to the second half of the Summer season! I bet you're all itching to play again.

Lots of stuff happening over the next few months. It's a busy time for everyone! We have the Casey 7-a-side tournament and the Easter Albury tournament coming up. The winter season is just around the corner starting in only 11 weeks. It's now time to get out, enjoy the sunshine and start getting fit if you haven't already.

We have confirmed that we have the following teams for the Winter 2007 season

- Metro 2 East
- Metro 2 North
- Metro 3 South
- Womens State League 4
- District 4

On-field training will be commencing at the start of March.

As you can see lots happening and lots for you to get involved in.

I'm really looking forward to an exciting year this year and meeting up with some old and hopefully new faces this year.

Cheers!  
Donna

## Summer Hockey

Welcome to the second half of the season!

Keep up the great work guys and don't forget to keep your team manger up to date with your availability.

If you don't already know, the team managers are:

Mon Mixed – Donna Oram (0418 593 038)  
Tues Mens – Gareth Edwards (0400 208 818)  
Wed Womens – Bridget Naughton (0400 574 640)

## Results

### Round 6 – 4/5/6 December 2006

Mon Mixed – 2 – 1 win vs MUHC Blues  
Tues Mens – 2 – 3 loss vs Old Melburnians Blue  
Wed Womens – 0 – 1 loss vs Camberwell

### Round 7 – 11/12/13 December 2006

Mon Mixed – 0 – 2 loss vs RMIT  
Tues Mens – 2 – 3 loss vs Old Melburnians Gold  
Wed Womens – 1 – 0 win vs Kew

## Fixture

### Round 8 – 29/30/31 January 2007

Mon Mixed – 8pm vs La Trobe Vets  
Tues Mens – 9:30 vs Old East Malvern  
Wed Womens – Bye

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## Round 9 – 5/6/7 February 2007

Mon Mixed – 8pm vs La Trobe Uni  
Tues Mens – 8:30pm vs Ajax Maccabi  
Wed Womens – 8pm vs Carey's Angels

## Round 10 – 12/13/14 February 2007

Mon Mixed – 9pm vs MUHC Black  
Tues Mens – 7:30pm vs Old Xavierians Blacks  
Wed Womens – 8pm vs Nuggets

## Dates to put in your diary!

February 17 – Casey 7-a-side tournament  
Early March – Field training starts  
April 6 – 9 – Albury tournament  
April 21/22 – Winter Season Starts

## Casey 7-a-side tournament

It's that time again. Time to gear up and trek out to Berwick for the Casey 7-a-side competition. This was a great day last year and it would be great to get as many people out there again this year! It's a good opportunity to brush off the cobwebs and play some fast hockey.

**Date:** Saturday February 17  
**Time:** 9am – 6:30pm  
**Cost:** \$25  
**Format:** 20 Minute half field games, round robin competition, normal hockey rules (apart from short corners)

Speak to Donna (0418 593 038) to register your interest. Both girls and guys welcome!

## Albury 2007

Nothing to do over the Easter weekend? Looking for people to hang out with? Come to Albury for a weekend of fun, frivolity and debauchery! Don't want to drive? No worries! There will be a bus going from sports on the Friday.

Speak to Donna  
(0418 593 038)  
**NOW** to register  
your interest!

**Dates:** April 6 – 9  
2007

**Time:** Bus leaves  
midday on Friday  
and returns 5pm  
Monday



## Player Profile

**Name:** Phil LeHunt

**Alias:** Poleaxe, Polack, Pot-Hole, Mr Plow, "Daddy"

**Age:** 36, but at my last Birthday I kept on telling people I was 37 (Forgetting how old you are? How Embarrassing...)

**Star Sign:** Being born on New Year's Eve, I am sure it is the "Mark of Kane"

**How long have you been in the club:** This year, 2007 is my 19th year with Swinburne – we have players that weren't even born when I started playing for Swinburne. (Boy I feel \*OLD\*).

**How did you find out about the club:** During my first week in my first year at Swinburne I went looking for the Hockey Club – and found them at Sports! (Remarkable achievement during O-Week, especially since I couldn't find half my classes)

**Worst injury:** Worst Injury? That's a tough one, there have been so many. Busted Teeth, broken noses, gaping wounds needing stitches...but they are all ones that I have inflicted on other players. I played half of last season with cracked ribs – does that count?

**Position (on the field):** I have played the all! Despite being promised a run in the forward line, I spend most my games playing as the "Flying-Full-Back". (I keep forgetting that turf burns take weeks to heal)

**Quote:** Don't believe in God, but if there is one, I am sure he believes in me

**Favourite Colour:** That's easy – RED & WHITE!  
Ok...It is really Redheads...

**Favourite Food:** Beer counts as a food group. Also rather partial to Pizza or Lasagne while enjoying beer.

**Favourite TV-show:** I would say "Simpsons", but I think that I watch that more as a compulsive addiction. I enjoy challenging intellectual programs like "Drawn Together", but \*Sssh\* don't tell anyone, I am also a SciFi Geek... Also love anything on SBS after 10pm - honestly for the documentaries.

**Pets:** No Pets. Pet loves? The support of my Wife Catherine & Daughter Chelsea. Pet Hates? Week-old hockey socks, turf burns & empty eskies. Also Umpires that say "Come here Number 5"



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**Favourite Music:** Is it right to call 1980's music "Retro" if you bought the album when it was first released? Just caught the Kate Cebrano concert at the Zoo – that was pretty cool.

**Least favourite thing:** 6pm Sunday games out at Greensborough, although when we stick it up them with only 7 players it is pretty cool

## Changes of address

If you have changed address over the past year can you please let either Terry (Vice-President) or Donna (President) know your new details so that we can keep in contact with you.

## 2006 Year Book

Yes, it does exist! It officially hit the shelves at the AGM and everyone that attended (hint! hint!) got theirs hot off the press.

Thank you to everyone that contributed to this years book. Without your stories it would have been a rather dull and dry publication.

Look for the box of remaining books at the next few games. Otherwise you'll just have to wait until pre-season field training starts again.

And on that note...

## 2007 Year Book

Yes, I'm going to see if I can make it 2 years in a row to get a year book out. So, if asked, or if you decide that you want to of your own accord can you please get any funny stories or anything to me to put in the year book. I'll even try and get it out by Presentation Night this time around. Oh, and giving me stuff on the day of presentation night means that it's probably either not going to be in it or the printing will be delayed. Sorry, but my magical wand privileges have been revoked.

So, you all have until Round 16 to get your submissions to me. So, best suggestion, get it to me ASAP after an event occurs. You can never submit it too early. It can be too late though.

Also, if you're hesitant to send something through because your spelling or grammar is bad then don't stress. I can make anything pretty I just need content! It doesn't need to be an essay, 1 – 2 paragraphs is plenty! I'd just love to capture as many stories as I can from the year.

## Some notes on getting fit

With the start of the season fast approaching it's time to start thinking about increasing your exercise level so that you can start off the season fit a raring to go! So, put your running shoes on and start thinking about your fitness program. Here's some things to think about when designing your fitness program.

## Choosing the Right Exercise For You

Once you've decided to make physical activity a part of your everyday life, the next most important decision is the activity you choose. The best physical activity for you is one that you enjoy. You are more likely to abandon a healthy lifestyle change if your chosen activity doesn't suit your preferences or lifestyle.

## What's your style?

Do you like things organised or prefer a more casual approach?

Do you like to do things on your own or as a group?

Some issues you may want to consider include:

- Exercising alone - this is a good option if a busy schedule prevents you from planning a regular time to be active everyday. However, unless you are self-motivated, you may find yourself putting off physical activity or not doing it.
- Training buddy - you may be more likely to stick to a physical training routine if you commit to doing it with someone else.