

BEHIND THE GOALPOST

SPECIAL EDITION
eNews
APRIL 2018

AUSTRALIAN SQUAD 2018



By Lauren Sillitoe

In February, the Polocrosse Association of Australia held the first Australian Squad camp for 2018 at the Australian Institute of Sport. From the 18 player squad, Queensland had 7 players along with 2 Coaches and 1 Official travel down to Canberra for a weekend of coaching and planning in preparation for the 2019 World Cup, along with a team to be selected for the upcoming tour to Zambia later this year. We started with an introduction from Mick Rynne

along with an outline of what was in store for us for the weekend. We had the opportunity to talk about past representative squads and teams, what had worked for both players and coaches previously (as well as what didn't), things we thought needed to happen for the next World Cup and for the future. It was a great opportunity to set our sport into a direction lead by our current Australian Squad. Along with a visit to the Australian War Memorial, we had the opportunity to work with our teams for Albury (where we are to play and be selected for the

Zambian tour), pick up our racquets and be lead by Farann Mathie and Jim Grills in some fitness testing. It was a good platform for everyone to see where they are at and see where they needed to improve. It was a great weekend with many positives for the future of the squads and Polocrosse. Being an opportunity for the entire squad to catch up, it was great to see some faces that quite often we only see every two years at the Nationals. The weekend has everyone fired up for the upcoming season and for our first big run at Albury.



Name: Sydnee Johnson

Age: 26

Years Playing Polocrosse: 14 years

Club: Tansey

Polocrosse highlight to date:

Getting into the Australian Open Squad.

What is your favourite saying:

"If it zips, it fits."

Where have you had the most fun at polocrosse: Going away with a great group of friends to New Zealand for the Cooper's Cup.

What is the name of your Best Polocrosse horse to date and a little information about it:

"Gilgurry Shimmer." Shimmer is out of a Gunfire mare (Riverview Shine) by Minstril II. She played at 4 consecutive Nationals and won 2 ASH awards and a best number award at those Nationals.

What other sports do you play: None at the moment

What training are you doing in preparation for your

season ahead: I have been trying to exercise daily and eat healthy as well as riding a number of horses each day.

What is your favourite food: Nachos

Name: Ryle Waugh

Age: 22

Years Playing Polocrosse: 15 years

Club: Cunningham

What is your favourite saying:

"Don't be average because it's just as close to the bottom as it is the top."

What is the name of your Best Polocrosse horse to date and a little information about it:

Woodcutter.

Where have you had the most fun at

polocrosse: Whenever I get to play with my family.

What other sports do you play: Touch football.

What training are you doing in

preparation for your season ahead:

Racquet skills everyday and riding as much as I can.

What is your favourite food: Anything bacon



AUSTRALIAN SQUAD 2018



Name: Beth Hafey

Age: 19

Years Playing Polocrosse: 10 years

Club: Tansey

Polocrosse highlight to date:

My selection in the 2019 World Cup Squad is a huge highlight for me. Also Winning U21 AUS vs South Africa.

What is the name of your Best Polocrosse horse to date and a little information about it:

I am very thankful of a number of horses I play so I wouldn't be able to pick just one. Jaylyn Downs Love, Porscha and Return are three mares I love playing. Beautiful nature, huge hearts, athletic and great to play.

Where have you had the most fun at

polocrosse: Most weekends are fun. Darwin Nationals, State Champs 2017 and Galloway Plains 150 year anniversary chukka comp stand out.

What other sports do you play: Tennis, Running

What training are you doing in preparation

for your season ahead: For the season ahead I ride each day, young and seasoned horses. Also racquet and ball work whether it's on a horse or foot. General body fitness work.

What is your favourite food: Chicken Parm



Name: Lauren Sillitoe

Age: 24

Years Playing Polocrosse: 18 years

Club: Tansey

Polocrosse highlight to date:

A dream final at the 2013 Midwest Zone Selection carnival for Darwin. I felt like I had all the time in the world and everything happened in my favour.

What is your favourite saying:

"Luck is a dividend of sweat. The more you sweat the luckier you get."

What is the name of your Best Polocrosse horse to date and a little information about it:

They have all been good for me when I played them as they suited my style at the time. I'd say the

easiest to play was Champagne, she is pretty push button and doesn't require much riding.

Where have you had the most fun at

polocrosse: Tara or the WA equivalent, Murchison. Always a fun weekend of Polocrosse, good company and a beer or two.

What other sports do you play: None, there isn't enough hours in a day at the moment!

What training are you doing in preparation for your season ahead: Gym sessions 3 times a week and riding daily. I am also trying to get a racquet in my hand as much as possible.

What is your favourite food: Nutella



Name: Lindsey Doolan

Age: 18

Years Playing Polocrosse:

10 years

Club: Chinchilla

Polocrosse highlight to date:

Making this squad is one of my biggest achievements to date.



Name: Trent Collins

Age: 30

Years Playing Polocrosse: 25 years

Club: Tansey

Polocrosse highlight to date:

2015 World Cup and 2017 test series v South Africa.

What is the name of your Best Polocrosse horse to date and a little information about it: Bud.

What training are you doing in preparation for your season ahead: - I've just been practicing and playing as much as I can to make sure my game is where it should be to gain selection into the Australian team. I've had a couple of games in South Australia and also played in the high goal in New Zealand.



Name: Tom O'Neill

Club: Tansey

