

Pine Rivers Inline Hockey



In-house Report

Well hello sports fans, it only seems a short while since the last newsletter and here we are just one (1) week away from the semi and finals. Semi finals starting 16/06/03 and the finals 23/06/03.

For the semi finals, Rank 1 plays Rank 3, and Rank 2 plays Rank 4. The winner of each game goes to the Finals. We wish all the teams best of luck and enjoy your self.

At final round robin, round 11, the positions are:

Rank	Juniors	Intermediates	Seniors
1	Titans	Warriors	Warriors
2	Hawks	Hawks	Vikings
3	Warriors	Titans	Titans
4	Vikings	Vikings	Hawks

Two important news items to pass onto you.

- 1) A member of your club Stewart Crombie (under 14 Dragons) has been selected to represent Australia playing in the World Cup in Canada. The club would like to help send Stewart to Canada by having a fund raising afternoon on the 9th of June from 3pm to 8pm. More details are available at the rink ,see Sue, Dave, Michael or Vivian. As club members your help is most important -hope to see you there.
- 2) Next season we hope to introduce a new and exciting format to the in-house competition. The idea is to try and get the players used to playing games which are similar to the games format and playing conditions played by the Rep teams. Parent involvement is still vital with this new format. More details are available at the rink ,see Sue, Dave or Michael.

Again can't stress enough go out there and enjoy, BUT don't forget your mouthguard

In-house Co-Coordinator Sue Anderson, Dave Roberts, Michael Flower.

NEWSLETTER

DRAGONS

This
Page
Sponsored
By

VICKI HARPER L J Hooker Albany Creek
CONTACT - Vicki Harper
Ph (07) 3264 9000
Mobile 2417 771397





From the Under 14's/16's Coach

ALL PARENTS AND PLAYERS—UNDER 14's/16's

Thank you to all players who played for the first half of this year's season. Thanks to all the parents who made it possible. I would like to welcome on behalf of the club and myself, our newest member, Dion Shaw (Under 14's).

Both teams have enjoyed success early on but I'm sure that there are some games that just slipped away from us. Hopefully with a lot of hard work and discipline, we can reach the semi-finals and continue on to the grand finals this year. We have the players and the strength to achieve this goal, we just need to knuckle down and focus on the task at hand.

As coach, I require all players to attend training sessions as part of playing competitive games and enhancing their individual and team skills.

Due to commitment issues in the Under 14s and Under 16s, Thursday night training sessions have been cut down from a 2 hour split session to a 1 hour combined session. As a result of this, I have decided to apply an appropriate action which the club and its players can benefit best from.

As of Monday 2nd of June 2003, players in the Under 14's and 16's who have not been present at three or more Thursday night training sessions and have not given myself or Peter Andersen any prior notice will be placed on the Reserve list in their respective age group and will be replaced by a suitable player from a lower age division.

The teams have been organised as below:

Under 14's:	The U16 team is: (Lines for Under 16's will be worked out soon.)
Line 1 Stewart Crombie (A) Andrew Thelander (A) Sean Brunsman Dion Shaw	Alex Beeston (C) Glenn Webster (A) Stewart Crombie Andrew Thelander Preston Andersen Sean Brunsman Tim Beeston (G)
Line 2 Preston Andersen (C) Tim Beeston Brent Cobb Guy Everdell	Daniel Morris (Reserve) Robert Morris (Reserve) Stacey Sarah (Reserve)
James Thelander (G)	
Ben Thompson (Reserve) Chris Meikle (Reserve)	

Thank you for your cooperation.

Luke Hillegers,
Coach – Under 14's/16's





Under 10's Dragons



Season 2003 has become a great learning opportunity for most of the players in this team. A large majority of the team are new to this level of competitive hockey. Over the weeks, our team has grown to 13 enthusiastic members and a regular following of parents and other supporters.

Our first game against Browns Plains at Slacks Creek proved to be a lot harder than the team expected. The following week we played our first home match and the team showed improvement and their hard work at training was starting to show.

Unfortunately, being so new to this level of competitive hockey, they did not win a match until round 6 and then another win the next week. Everyone is showing improvement and involvement in the games. Hopefully, the team will continue to develop the skills and plays which will see them win a few more games before the end of the season.

Now I would like to introduce the Under 10 Dragons 2003. Our team is as follows:

- Number 29 Mark Scanlan (played In-house last year, 1st year Dragons)
- Number 93 Tyler Drinnen (played In-house last year, 1st year Dragons)
- Number 07 Mitchell Van Homrigh (played In-house last year, 1st year Dragons)
- Number 23 Dale Thompson – Captain (2nd year Dragons)
- Number 57 Ben Thorpe (played In-house last year, 1st year Dragons)
- Number 15 Danielle Roberts (played In-house last year, 1st year Dragons)
- Number 50 Rhys Healey (played In-house last year, 1st year Dragons)
- Number 99 Derrick Brett (played In-house last year, 1st year Dragons)
- Number 65 Ben Senhenn (played In-house last year, 1st year Dragons)
- Number 78 Jon Moser (1st year Dragons)
- Number 96 Katherine Thelander (played In-house last year, 1st year Dragons)
- Number 44 Hayden Dodd (played competitively in Victoria, 1st year Dragons)
- Number 75 Aaron Driscoll (1st year Dragons)



Under 12's Dragons



The boys have now played 8 games with a win ratio of 5 wins to 3 losses. The first three games we had were easy games and then to everyone's amazement Brent Cobb broke both arms. With the Nationals only weeks away, it was not the ideal preparation for Brent. The rest of the boys were stunned, and for the next couple of weeks they lost their way.

However, at the last few games the boys have regained their determination and shown their full potential, against two different teams playing with totally different styles. State Titles is coming up, followed by the second round of play. If the boys get back on the rink with the same determined attitude as the last 2 games the top teams will really be looking over their shoulders.

Congratulations must go to our 3 Queensland Rep players – Brent Cobb, Guy Everdell, and James Thelander who represented our club with style.

Please support our generous Sponsors:

**D J ROBERTS PTY
LTD (Builder)
0418783320**





Stickhandling Tips



Stickhandling Drills

You can practise these drills without skates and in your driveway. Parents, you can help your kids practise these drills correctly and remind them about the 6 key elements below:

Remember—When practicing any of the following drills, you have to do more than just practice -- you have to practice them *right*. Memorise the following list of key elements and be conscious of them when practicing:

- **SOFT HANDS** - if you grip your stick tightly or too stiff, the puck will bounce off the blade of your stick, rather than cupping it to maintain control
- **STICK ON THE GROUND** - how are you going to control the puck if your stick is in the air (unless it's bouncing, of course)
- **WATCH THE PUCK** - when you receive a pass, watch it until you have control, then make sure you keep your head up and are aware of your position
- Your bottom hand is for shooting/passing, your top hand is for maneuvering the puck
- **BEND YOUR KNEES**
- **KEEP YOUR HEAD UP**

Toe-Drag (Standing still)

Push the puck in front of you as far as possible so that the puck is resting on the toe of the blade of your stick. Both arms should be totally extended with both hands high on the stick's shaft. Your torso should be leaning forward and your legs should be bent. Now drag the puck back toward your body until the puck comes to your front foot (left foot for left shots, right foot for right shots). Your bottom hand should adjust from high on the stick shaft during the reach, to as much as half way down the stick when the puck approaches your body. Try doing this with a quick lateral stickhandle at the end of each "pull back".

Lateral Reach (Standing still)

Standing stationary, reach the puck as far as you can, from left to right with a quick stickhandle in the middle. Now do the same thing, but this time do it as quick as you can, without the stickhandle in the middle. "Snap" the puck across your body, moving the puck point A to point B as fast as you can. Don't let the puck slip under your stick blade. Now do this so that you have two hands on your stick when you reach to the forehand and one hand on your stick when you reach to the backhand.

Figure Eight (Standing still)

Place two objects on the ground with about 2 feet of space between them. You can use your gloves, small pylons, other pucks, or anything that is small and won't intrude with the drill. Move the puck in a figure eight around the two objects - try to keep the "eight" as small as possible. Don't forget to switch directions!

Box Drill (Standing still)

Place tape on the ground in a small square for quickness, or use a large square to practice extended movements, and move the puck/ball along the tape. Go in both the clockwise and counter-clockwise directions.

Practise these drills and remember the 6 key points above (especially STICK ON THE GROUND and SOFT HANDS) and you will be surprised how much better you will be able to handle the puck!