

The East Torrens Payneham Lacrosse Club regrets to announce that Greg Hewitson has resigned as ETPLC Senior Coach for 2005.

Pre-season training will continue as planned until the committee finalises new Coaching staff for 2005.

The first session for players was held on Sunday January 16<sup>th</sup>, at Langman Reserve, Felixstow, and the second session will be held at **West Beach, behind the Caravan Park on Sunday January 23<sup>rd</sup> at 10am**. The first fitness assessment will be the commencement of a 6 week fitness program to be run by Lynton Arscott. All players are to make themselves available for each session. If you miss a session, the fitness program will continue until you complete the required 6 sessions. On completion of the 6 week fitness program all players will progress to stickwork and patterns for the next 6 weeks. If you miss a fitness session you will make it up during the stickwork sessions and not be involved in stickwork until completed.

Through the season maintenance fitness will be conducted, building up to peak for finals. If you are not at an acceptable fitness level you will not play A Grade – no exceptions. This program will be monitored by Lynton and recommendations to coaches on fitness and injury will be referred to by Lynton.

The womens program is currently being discussed and a players meeting will be held on the last weekend of January. Details will be posted to the website and sent to all email subscribers.

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### *[ POSITION VACANT ]*

#### **Club Treasurer:**

The East Torrens Payneham Lacrosse Club is in desperate need to find a Treasurer for season 2005. The club has been without a permanent treasurer for over 4 months now, and will find it very difficult to continue effectively without this position being filled as soon as possible. The Treasurer's position is a very important role within the club, and is especially needed in order to be able to apply for sporting grants from the local and state governments. We ask that all interested individuals speak to a committee member about taking up this position.

**Scott Gill**  
ETPLC Secretary

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### *[ 2005 COMMITTEE ]*

The 97<sup>th</sup> ETPLC Annual General Meeting was held mid-november at the Payneham Youth Centre. Peter Vickery was voted in as the Club's new President for 2005, Alison Sharpe was re-elected as Women's Director, Chad Linder will now be running the Clubrooms and Grounds portfolio. Allen Hansford will be running club promotions, and John Hansford put his hand up to revive the past players portfolio. Unfortunately we were unable to fill the positions of Treasurer and Social Director on the night. A full list of the new committee and contact details will be available on the club website within the next week. The AGM report and minutes will also be available to members in the near future. Thankyou to all of those who have put their hand up and offered their support for the club in 2005.

President – Peter Vickery  
Chairman – Jem McGee  
Secretary – Scott Gill  
Men's Director – Randall Pearce  
Women's Director – Alison Sharpe  
Junior Director – Lee Vickery  
Clubrooms & Grounds – Chad Lindner  
Promotions – Allen Hansford  
Past Players – John Hansford

**Scott Gill**  
ETPLC Secretary

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