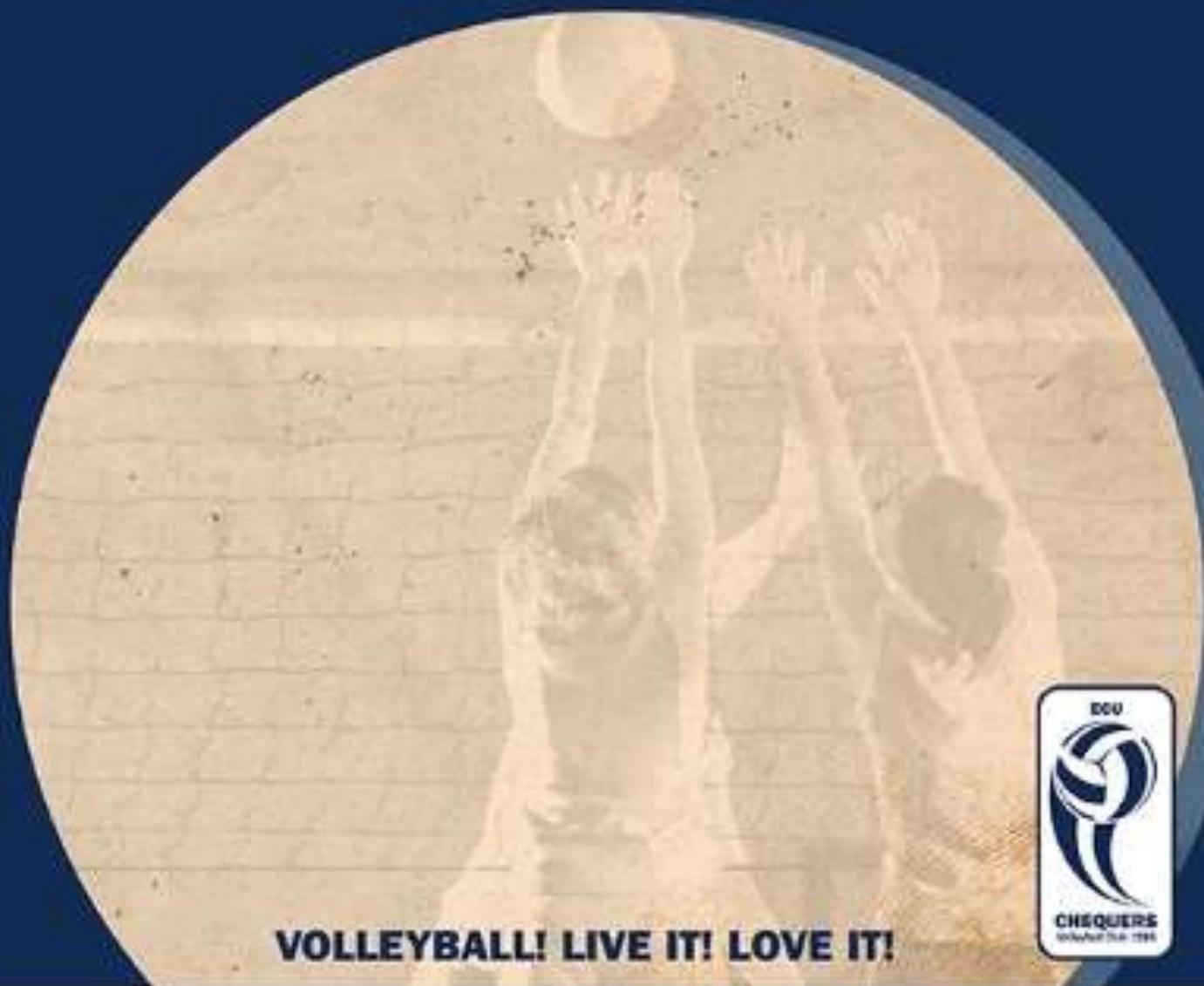


Annual Report

2015



VOLLEYBALL! LIVE IT! LOVE IT!



ECU CHEQUERS

Volleyball Club 1986

ECU Chequers Volleyball Club Values

We value honesty, integrity, tolerance, diversity and fun

We honour and respect athleticism, sportsmanship and teamwork

We recognise the importance of competition as it encourages the development of skills and character in both individuals and teams

We discourage acts that hurt the sport of volleyball and will not tolerate abusive behaviour and blatant disrespect of others

We encourage growth of confidence and self-esteem by extending participants knowledge beyond their immediate experience

We provide a stimulating environment that gives opportunities for enjoyment, challenge and achievement while ensuring physical and personal safety

Club Mission:

- **To offer a supportive environment to all players of all ages and skill**
- **To offer a pathway of opportunity to develop volleyball, coaching, refereeing and personal skills**
- **To offer a social and friendly environment**
- **To provide a high standard of equipment and facilities**

Club Motto:

“ECU Chequers Volleyball Club providing opportunities to be the best you can be.”



TABLE OF CONTENTS

PRESIDENT’S REPORT	4
MANAGEMENT COMMITTEE	6
TREASURER’S REPORT	7
FUNDRAISING AND GRANTS	9
UNIFORMS	9
ADMINISTRATIVE ITEMS	10
COACH REPORTS	11
SUPER LEAGUE MEN Gavin Lewis	11
SUPER LEAGUE WOMEN Laurel Wentworth	12
SUPER LEAGUE RESERVE MEN Winley Prosper	15
SUPER LEAGUE RESERVE WOMEN Clare Wheeler	16
DIVISION 1 MEN Vivienne Chan	16
DIVISION 1 WOMEN – RED Mikaela Armstrong	17
DIVISION 1 WOMEN – BLUE Georgia Burmester	18
DIVISION 2 WOMEN Alexis Elphick	19
DIVISION 3 WOMEN Alexander Allcock and Tara Maciupa	21
MOUNT LAWLEY UNDER 17 WOMEN Kaity Beaton	21
MOUNT LAWLEY UNDER 15 WOMEN Jess Collins	22
MOUNT LAWLEY UNDER 15 MEN Alvin Goh	23
IONA UNDER 19 WOMEN – WHITE Jardena Johnson	24
IONA UNDER 19 WOMEN – BLUE Clare Wheeler	24
IONA UNDER 15 WOMEN Tyana Johnson	25
CLUB AWARDS	27
Team Awards	27
Club Awards	27



PRESIDENT'S REPORT

First and foremost I would like to thank the committee for their contribution to the club, and for giving up some of your spare time to give back to help with running the club.

2015 was a tough year for me as president, there was a lot of work put on to club committees from VWA, along with a lot of changes and decisions that were potentially detrimental to not only our club but the sport that we had to try to prevent, or lessen where possible. Unfortunately, on a lot of occasions I was the only president voicing my concerns making it even harder on me to get changes made. Due to the complete overhaul of the By Laws instigated by VWA there were a number of issues with WAVL this season that I hope we can get rectified for next year.

2015 saw us make a couple of exiting changes; we introduced a new logo and branding to the club. In deciding on the new design we wanted something modern, but ageless. I am very pleased with the final design and I hope you are all happy, and proud of the new look. To go along with the new logo we also changed our uniform design for our shirts and shorts. The feedback we received from outside the club on how they look was all positive.

Thanks to Deb Elphick, in her capacity of uniforms officer, and Subsportz for their hard work in ensuring that all of our players had their new uniforms prior to the first game of WAVL. It may not seem like a big deal, but to be the only club (with new uniforms) where all of our players were in the same uniforms from game one not only shows how professional we are, but is also a testament to how well we work in the background to ensure everything runs smoothly.

A huge thank you must go to Gavin Lewis for running our coach course at Guildford Grammar school for the second year in a row. Running our own coach course allows us to keep the costs to a minimum (to the point where the club can cover the cost for all of our coaches), and allows us to hold it on a date suitable for our coaches. Thanks to the generosity of Guildford Grammar for providing the venue and lunch free of charge.

After the success of our first home game in 2013, and the disappointment in not being able to run one in 2014, the committee planned and ran another very successful home game in 2015. Thank you to Northern Stars and their supporters for coming down, the games were exciting to watch and the atmosphere was fantastic.

Deb Elphick reprised her role of social coordinator this year, and again did a fantastic job. Not only was our annual pub crawl a great success, Deb and Lynsey organised and coordinated a quiz night for the second year in a row. It was a great night to be a part of, and I look forward to us running it again in 2016. Thank you so much for your constant enthusiasm Deb, and for all of your hard work this year.



Thank you to Lynsey Bennett, whose official role was Vice President, but ended up being a bit of a “Jack of All Trades”. Your contribution to the club and constant suggestions for improvement were greatly appreciated, even if we weren’t always in agreement. Thank you for all the support you have given to me this season, and for being willing to let me drag you along to a number of meetings and conferences over the year. It will be a genuine loss to the club that you won’t be on the committee again next year.

Travis Luff did a terrific job as the club secretary for the second year in a row. He not only got all club communications out whenever required, he also was incredibly efficient at monitoring any and all incoming correspondence. Thank you Travis, for being willing to give so much back when you already give so much to this sport in other areas.

Clare Wheeler not only was an important part of the committee but also committed to coaching two teams. Thank you Clare, for all that you continue to do to help the committee. It’s great to see someone so young happily giving so much back to the club, your continued enthusiasm is genuinely appreciated.

My biggest and most sincere thank you this year is for Gavin Lewis. On top of all the work that goes into running trials and selecting teams you also did such a fantastic job with our schools teams. As a testament to your hard work ECU can proudly boast having a strong relationship with our associated schools, the Junior League players and their parents. The future of our club lies with our junior players and it is so fantastic that you are willing to put the work into developing these players and our relationship with them. I cannot thank you enough for all that you did for the club this year, and for all the support you gave to me. Somehow you are always willing to give more even without being asked. Thank you also for being a constructive and honest soundboard for all of my ideas, suggestions and complaints, and for always being willing to back me up.

This year we took our first steps to building a strong affiliation with Ossie Indoor Beach Volleyball, and are very excited to continue to work on this relationship.

To all our coaches from this year, thank you. On behalf of the committee for helping to make ECU one of the strongest clubs in the league and conducting yourselves so professionally throughout the season, and on behalf of the players for giving so much of your time and energy to develop their skills and support their teams.



MANAGEMENT COMMITTEE

Committee

President	Kalina Bartlett
Vice President	Lynsey Bennett
Schools Coordinator.....	Gavin Lewis
Treasurer.....	Kalina Bartlett
Secretary.....	Travis Luff
Coach Coordinator.....	Gavin Lewis
Uniforms Officer	Deb Elphick
Social Coordinator	Deb Elphick
General Member.....	Clare Wheeler

Life Members

Ann Wells
Jan Perry
Linda Clayton
Michelle Reid

Club Coaches 2015

Super League Men	Gavin Lewis
Super League Women	Laurel Wentworth
Super League Reserve Men.....	Winley Prosper
Super League Reserve Women.....	Clare Wheeler
Division 1 Men	Vivienne Chan
Division 1 Women (Blue).....	Georgia Burmester
Division 1 Women (Red).....	Mikaela Armstrong
Division 2 Women	Alexis Elphick
Division 3 Women	Tara Macuipa / Alex Allcock
Iona Under 15 Women	Tyana Johnson
Iona Under 19 Women Blue	Clare Wheeler
Iona Under 19 Women 2.....	Jardena Johnson
Mt Lawley Under 15 Women	Jessica Collins
Mt Lawley Under 17 Women	Kaity Beaton
Mt Lawley U 17 Men.....	Alvin Goh



TREASURER'S REPORT

**ECU CHEQUERS VOLLEYBALL CLUB (INC)
STATEMENT OF COMPREHENSIVE INCOME
For the year ended June 2015**

Income		Notes
Memberships	\$11,474.25	
Uniforms	\$5,320.00	
Merchandise	\$80.00	
Fundraising / Grants	\$4,069.69	
Functions / Social Events	\$1,665.00	
VWA Game Fees	\$24,650.00	
Miscellaneous Income	\$1,051.44	a)
Total Income	\$48,310.38	
Expenses		
Court Hire	\$7,143.29	
Uniforms	\$6,937.00	
Coach / Committee Payments	\$3,575.00	
IT / Software	\$644.50	
Merchandise	\$1,626.48	b)
Fundraising	\$1,341.65	
Functions / Social Events	\$1,565.59	
Admin / Advertising	\$1,050.42	
VWA Fees	\$7,021.50	
VWA Game Fees	\$5,170.00	
VWA Membership Fees	\$3,245.00	
Bank fees	\$135.42	
Miscellaneous Expenses	\$87.00	
Total Expenses	\$39,542.85	
PROFIT/LOSS	\$10,863.91	

a) UWA Volleyball Club Court Hire Payment

b) Polo Shirts Supplied to Super League Players, Coaches, and Committee



ECU CHEQUERS VOLLEYBALL CLUB (INC)
STATEMENT OF FINANCIAL POSITION
As at 30 June 2015

	2014/15		2013/14
Assets			
Cash at bank	\$ 15,088.93	\$	11,767.58
Cash on hand	\$ 2,645.00	\$	1,007.28
Credit Card Account	\$ 333.24	\$	75.56
Receivables	\$ 15,400.75	\$	3,050.00
Doubtful Debts	\$	\$	8,862.25
Equipment	\$ 4,000.00	\$	5,064.58
VWA Bond	\$	\$	-
Total Assets	\$ 37,467.92	\$	29,827.25
Liabilities			
Unpresented Cheques	\$ -	\$	-
Total Liabilities	\$ -	\$	-
<hr/>			
Net Assets (as at 30 June 2015)	\$ 37,467.92	\$	29,827.25



FUNDRAISING AND GRANTS

For the 2015 season the majority of funds raised were predominantly secured through grants and special club events, namely:

1. Quiz Night
2. Home game
3. Selling (Cadbury) fundraising chocolates
4. Bankwest Community Grant
5. Department of Sport and Recreation/Volleyball WA Game and Club Development Grant

It should be noted that whilst a profit was made, a significant amount of manual work was required to undertake these tasks - this work was not factored in to the total/true cost of running these fundraising activities.

The success of these events in some instances relied upon life or committee members personally donating money. Their contribution is greatly appreciated.

Due to a lack of members willing to assist with fundraising activities the bulk of the workload was done by the committee members. As such it is recommended that the club review its fundraising policies and look for more innovative, less manual/committee-taxing activities to fundraise. Alternatively, as noted in the 2014 Annual Report, increasing of member fees would negate the need to fundraise until significant asset or service purchases are required.

UNIFORMS

This year ECU had new uniforms designed to go along with our new logo and branding. The uniforms included new shirts as well as new designed shorts for men and women. This was a big task, to get the whole club in full uniform prior to the first round of WAVL. Thanks to the hard work of the uniforms officer (Deb Elphick), and despite having to make a few changes to the uniforms, all players were in the new uniforms for their first game.

We used Subsportz as our uniform and merchandise supplier again this year, and we would like to thank them for their flexibility and willingness to work so closely with the ECU Committee to make sure the club looks professional.



ADMINISTRATIVE ITEMS

Club Presentation Night

The ECU annual awards night was held on Friday 3rd September 2014, and was a very relaxed atmosphere at the Irish Club of WA. There was a great attendance by our members and the majority of the award recipients were in attendance to receive their awards.

Every year the committee aims at improving the awards night, so suggestions, comments and feedback are most welcome.

Social / Drop In Volleyball

Social volleyball prior to try outs this year was not as successful as previous years, with attendance being down in numbers.

The committee will discuss the future of social hits at the planning meeting, so keep your eye out for any pre season events next year.

Training Venues

2015 again saw us training at ECU Sports and Recreation Centre in Mt Lawley. Trainings were held over 2 nights, on Tuesdays and Wednesdays. The Junior League teams trained at Iona College (Iona teams) on Wednesday mornings (before school) and at Mt Lawley SHS (Mt Lawley SHS teams) on Wednesday afternoons (after school).

Patron

Nil in 2015

Sponsors

Nil in 2015

Affiliations

Edith Cowan University

Volleyball WA

Volleyball Australia

Mt Lawley Senior High School

Iona Presentation College

Ossie Indoor Beach Volleyball



COACH REPORTS

ECU Chequers Volleyball Club would like to give a huge thank you to all our coaches from the 2015 Western Australian Volleyball League (WAVL). Coaches volunteer a lot of their time into trainings and games, on top of their own personal trainings and games. Thank you to the coaches who provided their interest, time and effort this year. Coaches have also provided their own team reports which are found below.

SUPER LEAGUE MEN | Gavin Lewis

The team in 2015 was very young and fairly inexperienced. 2015 saw three athletes named in the Super League team who had not previously played Super League. Considering the relative inexperience of the team, we performed well throughout the season. Hopefully, the new athletes were able to learn a lot from the season. As well as we played, we lost games we should not have lost. And the ability to win these close games and to learn how to be confident comes with more experience. The team is getting better and better technically speaking, it is now the time to “learn how to win” and to try and maintain (and possibly bolster) our player roster.

With all the new players to Super League in the team, it was critical that the more experienced players stood up and took control. I do not believe we did this consistently enough throughout the season. I think some of us had an inconsistent season and it would have been good if the more “senior” players were able to produce a more consistent performance. Saying this, I do not believe the experienced players had a bad season at all, I just think that with all the new players in the team, inconsistencies were not able to be minimised or compensated for.

Another issue with the team was the lack of consistency with the team roster. With a couple of injuries to Winley and Cameron at the start of the season and then Oswald and Alvin being away in the middle of the season, the team lacked a bit of cohesion.

The team finished the season very strongly. This end to the season highlighted the potential for this team and showed the athletes how the whole season should have been played. The team finished 6th (out of 7 teams).

I would like to congratulate the team’s MVP, Stefan Collins, who had a very good year and Winley Prosper (awarded the Coach’s Award) for another strong season. Both Stefan and Winley are becoming dominant players but both would agree that they need to be a little more consistent to really trouble oppositions and to become great players. I would also like to acknowledge the new players who came into the team; Dylan Wood, Alvin Goh and Cameron Furness. Alvin and Dylan are new to the club with both players playing in lower divisions for other clubs, which highlights the ECU Chequer’s Development Policy of promoting new talent to Super League and working with this new talent. Cameron is a great example of how ECU have developed our own talent. Cameron



commenced playing with ECU through his school team – Mt Lawley SHS and worked his way through the ranks, culminating in his selection into the SL team. All three of our “new” players had a good first season.

ECU Chequers will work a lot with these junior players (and all our junior players) to make them the best possible volleyball athletes they can be. It is critical that the club retains these young players and that the young players can see the value in all the work the coaches have put into their development. We hope they all develop a sense of club loyalty and blossom into stars of the future for the club.

ECU Chequers and the SL Men’s program spend a lot of time on developing our own junior athletes. We take lower division players and promote them to SL in our own Club or we source junior players from other clubs who are not yet at a Super League level and we give them the opportunity to play Super League in our club. It then takes a couple of seasons for these players to truly develop into quality SL players. Unlike a lot of other SL Clubs, ECU can be very proud of this development process. At the end of the last season, I reported that ECU should proactively seek re-stocking our player ranks with junior players who have not been given the opportunity to play SL for their existing clubs. We achieved this goal in 2015.

Moving forward, the team must keep working on the base skill level development. The younger players must develop a passion to succeed and improve. And the older players must take on some of this responsibility to lead by example.

I would like to thank all the players for their commitment, respect and dedication to the team and to ECU Chequers. I would like to thank the Super League Reserve players who helped us out throughout the year by training and playing with us, especially Aaron Jackson. I would also like to thank Kalina and the ECU committee for all their hard work and efforts in administering the club and making coaching and playing a pleasure.

Team

Gavin Lewis (Captain and Coach)
Travis Luff
Winley Prosper
Stefan Collins
Oswald Tan
Alvin Goh
Dylan Wood
Cameron Furness

Super League Reserve players who trained and played with the SL team (more than once).

Aaron Jackson
Mitchell Bristow-Stagg
Chris Kuchel

SUPER LEAGUE WOMEN | Laurel Wentworth

I would like to thank the club for inviting me to coach this season, and for entrusting my with the Superleague women’s team as well as allowing me to assist with the Reserves and Division 1



teams at times. I have enjoyed watching these athletes improve, and felt that the majority of athletes appreciated my guidance and instruction. I hope that they were able to benefit from my involvement.

I believe the club has many athletes who show potential and given the opportunity they will strengthen the club into the future.

TEAM REPORT

The SL Team started with nine athletes including the addition of Jen Harris who returned from travelling overseas. The start of the season was slow due to some athletes not being available and SL reserve athletes were asked to fill in. As the season progressed the roles of each athlete was determined and reserve / development athletes were utilised to assist the SL team and provide valuable experience for themselves. Almost all athletes worked well as a team during training and competition.

Unfortunately an athlete decided to withdraw midway through the season for personal reasons, and this position was filled by a development player from SL Reserves.

The SL team as a whole improved throughout the season and this is reflected in their results. The team consistently beat lower placed teams and performed well against the higher ranked teams beating them all on at least one occasion. The athletes showed good commitment to trainings on a regular basis. The team finished 3rd on the ladder, losing a five set match to the 4th placed team in the first round of finals. I believe with consistent training opportunities and continued improvement this team will be more successful in future seasons.

ATHLETES

Shelby Maher MVP

Shelby was a stand-out player for the team this season, contributing in all areas of the game. She performed well as a setter and major attacker, consistently showed commitment to the play and was one of the top point scorers for the team. Shelby led by example and demonstrated leadership qualities on and off the court. Shelby is eager to improve and with disciplined practice she could be one of the strongest players in the league.

Karlie Forman COACH'S AWARD

Karlie led the team exceptionally well all season. She showed support and encouragement to her teammates and was a wonderful role model for the less experienced athletes in the club. Karlie was always professional, worked hard and communicated well within the team and between the team and the coach / club staff. Karlie continues to work on her skills as a setter and attacker.

Clare WHEELER: Libero (setter when needed). Clare gave a lot of energy to the team and did a good job of serve receive and defence at this level. She is a good leader and active team player. Clare would benefit from improving her focus and disciplined court positions, and learn to direct and assist teammates (in serve receive) if she is to be successful at a higher level of competition.

Jardena JOHNSON: Middle Blocker. Jardena showed improvement as the season progressed in both front and back court and became quite an effective middle player. She would be a stronger player if she continued to work hard and work to keep her focus on the play.



Jen HARRIS: Passer / Hitter - Opposite. Jen was a great asset to the team as both a role model and team leader. She was limited due to her shoulder condition this season but still made a big contribution to the team in all areas.

Dakoda HALLAM: Passer / Hitter – Opposite. Dakota had a solid season and is a valuable team player. She can improve in defence and confidence to be a more assertive player on the court.

Mikaela ARMSTRONG: Mikaela limited herself to the role of passer/hitter. Unfortunately this resulted in limited court time. Mikaela was committed to training and the team but she should continue to work on team focus, consistency and skill execution.

Georgia BURMESTER: Middle Blocker. Georgia was the most improved player in all areas. She worked hard and was keen to learn and improve her skills. She will be solid middle blocker with practice.

Olivia STEWART: Development Player - Defence Specialist / Libero. Olivia requested to train with the SL team throughout the season. She was a good fit as a DS / L as needed. Olivia worked hard in training and showed improvement in skill and court awareness. She was a good team member with a lot of positive energy, and was a positive, supportive bench player. Olivia needs increased self-confidence, which will come with time and practice.

Tara MACIUPA: Development Player – Passer / Hitter. Tara is athletic and keen to improve. She had limited court time with SL (filled in when player shortage) and did reasonably well. Tara lacks self-confidence on the court at this level which affects her performance. Tara needs to work on focusing on the process rather than outcome, and to follow instruction.

Dimity DENNIS: SL Reserve Player – Middle Blocker. Dimity played one game for SL and performed quite well. She showed aggression and competitiveness at times; however she needs more self-confidence on the court at this level. Dimity has the potential to improve with training and commitment, and would benefit from more game experience.

Christina DA RUI: Passer / Hitter - Middle (withdrew). Christina was a solid player who showed strong potential. She appeared to struggle and was distracted prior to her withdrawal from the team. She would benefit from skill training to be a valuable player at this level.

RECOMMENDATIONS

Athlete Potential and Retention:

There is a lot of potential in the club and a lot of junior talent. If this can be nurtured and developed I think the club has a good future. In order for a team to improve from season to season it is important to retain a core group of athletes, and to provide the athletes with structured, consistent training opportunities.

Team Selection

I believe an ideal system would be for athletes to be selected on a performance basis during the season. That is SL and SL reserve athletes can move between these two grades based on their performance at training and games. This would improve commitment to training and lead to a more competitive training environment. It would also provide the opportunity to transition development / junior athletes into SL competition. (I acknowledge the restrictions set up in the by-laws, and the extra athlete management that would be required. Just an idea I have.)



A big Thank You to the club and committee members for their support of my role and the SL Team in 2015.

SUPER LEAGUE RESERVE MEN | Winley Prosper

Considering the injuries and player movements for 2015 for the Super League Reserve Men, finishing 3rd last for this season is actually a good result and also telling that the players in the superleague reserves are really working way hard to have a spot in the top league. Considering the various injuries we've incurred at the start of the season and then again halfway through the season the result achieved was commendable. The injuries were mainly to my middle players which meant that I had to modify the team rotations for most games. I was surprised how the players reacted and adapted themselves to changes especially when we had a number of fill in players from division 1 men and superleague men. I will like to say a big thanks to the two coaches Gavin Lewis and Vivienne Chan for their choice of players to help out our team, predominantly Callum Proud and Dylan Wood. And an equal thank you to Callum and Dylan for being so willing to assist.

As mentioned in last year's summary, players such as Andy Chan, Vincent Fong U, Justice Zisanhi and Craig Pickles from last year's team were very solid and more fluid in their play and communication on court as they know each other a bit more now. In addition we welcomed players such as James Spight (left halfway through the season to travel), Christopher Kuchel (came back after two years due to private matters), Aaron Jackson (from Division 2 men - who stepped up) and Mitchel Bristow Stagg (who played both superleague and reserves as well) played their roles and blended into the new team easily.

The MVP votes and designation was a bit hard to decide by the coach so it was done by the team. The MVP this season for the Super League Reserve Men is Justice Zisanhi and the coach's award goes to Christopher Kuchel. These gentlemen have always given 100%, carried the team in a disciplinary manner and always pushed teammates on court to call for every ball. I can only say that it was an honor to coach these boys.

As some positive feedback, I believe the players in this team must work on improving their communication, positive attitude on court and work on minimizing their errors. It was these three areas that cost us in tight matches.

In concluding, I would like to thank each and everyone that have formed part of the superleague reserves team in games and training session, also I hope to see you all next year or better playing by my side in superleague men with brothers. Keep up the hard work fellows.

Team

Mitchel Bristow-Stagg

Aaron Jackson

James Spight

Andy Chan (c)

Justice Zisanhi

Craig Pickles

Vincent U



Chris Kuchel

SUPER LEAGUE RESERVE WOMEN | Clare Wheeler

The reserve ladies had a great season this year. Although it was a new team and many were playing together for the first time they did well to develop both their individual skill but also develop as a team and understand how to play with each other.

There were absences due to other commitments and they did well to adapt to the situation at hand. Many of the players stepped up to the plate and played in positions they weren't comfortable playing in for the benefit of the team. They grew as a unit and when they played their own game and weren't influenced by the opposition everything fell into place. I had such a great time coaching this wonderful team it was both fun and rewarding but also a great learning experience.

Congratulations on such a fun season ladies!

Team

Dimity Dennis
Tyana Johnson
Vivienne Chan
Olivia Stewart
Tara Maciupa
Katherine Zdunic
Nishata Subramaniam
Jess Smith
Georgia Jones

DIVISION 1 MEN | Vivienne Chan

This year marked another year of a shifting roster and the challenges associated. From start to finish, it was an ongoing battle to maintain an effective roster of players in and amongst mid-season leave, work schedules, and injury.

Middle hitter Anton Di Nardo returned as captain this year, which was perhaps a more demanding role than ever given the changing faces every week. Plus, given that Anton was the only middle that the team had from start to finish, there is a lot to be said for his commitment to the game and the team.

Two other familiar faces from last year's season were Nick Antonas and Callum Proud. Nick again showed his development as a defender while Callum continued to demonstrate why he is our all-rounder, having played effectively as setter, middle, and outside hitter throughout the course of the season.



Newcomer Ben Hokin dominated early on as an outside hitter and later in the season as setter. His mental agility and physical ability as a setter created strong attack opportunities around the court. Ambidextrous opposite hitter Michal Lesniak, an ECU Chequers veteran returning after a hiatus to competitive volleyball, was our most reliable server this season, with the fewest serving errors tallied among the team. We lost James Tufano to an ACL injury early in the season and we do hope he returns to the sport following his recovery.

Our late-season Hail Mary came in the form of the natural athlete Ryan Proud, who joined the team with energy and enthusiasm as middle and outside hitter. He became an effective player in a very brief period of time; one wonders what he might achieve in a full season next year.

I think it would be deeply remiss of me to not single out and acknowledge the efforts of Craig Elphick this year. Again reprising his role as setter for the team, Craig gave us everything to prevent a standing knee injury from impacting on his or the team's performance. We understand that this may be his final year of hardcourt volleyball, and we wish him the best in his continued indoor beach career.

The team showed great promise throughout the season, refusing to let their coach leave early and taking multiple matches to 5 sets. Given injuries and roster changes as well as the late addition of a new player (which still put the roster at only 5 names), I have nothing but respect for this team for their performance and resilience. This was a year that demanded flexibility and patience, and I absolutely believe that with a more stable roster, this team can easily develop into a winning side next year.

Special thanks to Andy, Aaron, Mitchell, and in particular Dominic for filling in when we were short on players; also to Gavin for helping us source them! Many thanks also to Kalina and Lynsey for coaching the team when I wasn't available. The team and I greatly appreciate all of the support provided this year.

Team

Anton Di Nardo (C)

Nick Antonas

Craig Elphick

Ben Hokin

Michal Lesniak

Callum Proud

Ryan Proud

James Tufano

DIVISION 1 WOMEN – RED | Mikaela Armstrong

Coming into ECU as a first time coach was a little daunting and when I was assigned to the Division 1 Ladies team and realised how much experience the team had in years of playing time I was a little worried about what I could offer. The start of the season was a little rocky, but we laid the ground rules for the team as a team and have become great friends who work well together ever since.



We have been on top of the ladder the whole season only dropping a couple of games and made it to the grand final after winning our prelim final reasonably easily in 3 sets.

It has been a pleasure working with all these ladies and getting such a fabulous result in my first year of coaching. Thankyou ladies, I have really enjoyed our court time and off court social dinners immensely.

Go Team Dominatrix :)

Deb Elphick is captain of our team and is very consistent, she is a great leader on court and can serve anywhere on command. Deb is a very experienced player and a great asset to the team.

Tina Blobin has improved so much in her setting and has learnt all the setting positions through this year, she has a great hard serve and just needs to work on a little more consistency with her ball toss.

Julia Hilke has an amazing hard serve and can change it up to suit the play. Julia has improved so much during this season as an outside hitter and has proven to be valuable in the middle as well.

Andrea Hodgson only played the first few games as a middle player, unfortunately got injured and left the team. Andrea just needs to concentrate a little more during play.

Angel Kennedy throws everything she has got into every game, she needs to stop being so hard on herself as she has been a great contributor. Angel's serve is very reliable and her outside hitting has improved during the season.

Susan Lam started the season as an all round positional player and she took up the position as libero as there was no-one else, she has done an amazing job. Susan keeps a positive attitude on court at all times and is a great motivator for the rest of the team.

Theresa George has improved so much during this season with her setting, her serves are really reliable and she is a great member of the team. If Theresa works a little more on reading the ball during play she can only improve further.

Chi Chi Svova is a great middle hitter and very good at serving the ball to the right place. She reads the ball extremely well at the net and her height has been a great attribute for the team. Chi Chi injured her ankle during the season and we are very lucky to have her back for the finals.

Ann Wells is an extremely smart and valuable player on the net and has the most reliable serve. Ann just needs to work on getting to the ball earlier, however it has been fantastic having Ann's wealth of playing experience in the team.

DIVISION 1 WOMEN – BLUE | Georgia Burmester

This year I was so fortunate to have such an amazing close bunch of girls for my first year of coaching. Our team was full of personality and every player added something new to the dynamics of the team.



The first half of the season, the girls got off to a great start with a majority of wins under their belt. With 9 players, at times it was hard to give even court time, but the girls dealt with this in a very commendable manner and I thank you for your understanding. I saw great potential in a lot of the girls from the very start and was eager to build on this throughout the season. Although our training sessions were always somewhat unconventional and didn't always go to plan, the girls rocked up every week ready to go. Despite never being able to get half of the girls to shut their mouths at training and off the court, somehow on the court they forgot how to use them. The girls really struggled with their communication and this made it difficult to win games that we should have been winning.

As the second half of the season rolled in, we were faced with a couple of difficulties with girls going off overseas for beach, year 12 exams and other commitments. In a matter of weeks we lost two of our big outside hitters to injuries, Georgia and Taylah which were both big loses to the team. This forced the team to step up and take on roles they were unfamiliar with and were very successful at doing so. Unfortunately, we just missed out on finals finishing 5th on the ladder. If anything, at the end of the season I think all the girls would agree that there was never a dull moment on our side of the court!

This is a very young group of girls with a lot of talent and potential and with some determination and hard work they will go onto be the future of this club in the years to come. I look forward to seeing how they develop as players and as young adults. Thank you all for your dedication and commitment during the season. I hope you all enjoyed the season as much as I did. I feel extremely lucky to have coached an amazing group of girls who I now call my friends.

I would also like to thank Laurel Wentworth for the time she spent helping myself and the team at a couple of our earlier training sessions. Also, to Olivia Stewart for her support and commitment throughout the entire season, I really appreciate it and I'm sure the girls did too!

Team

Dillon Harvey
Taylah Stewart
Elyse Hislop
Tarni Corkran
Georgia Jones
Piper Tierney
Mary Harris
Bailey Taylor
Finn Grieco-Hazewinkel

DIVISION 2 WOMEN | Alexis Elphick

At the beginning of the season, the first thing I asked the girls was, "do we want to play for fun" or do we want to win". The girls wanted to learn and they wanted to succeed not only as individuals but as a team. We had a very up and down season , with some games coming out with a



vengeance but in others we looked like we had just had a 3 day drinking bender.

Ashlyn Burton, you came into the game from not playing since high school. I really pushed you and stuck you in the deep end to be our 5:1 setter. I couldn't be more proud of what you achieved this year. You did everything that I asked you to do and you were an amazing influence on the team.

Kaylee Burgess, you were my all rounder of the team, whenever I needed you to pass, hit or serve, you went out there and did exactly what I asked. Your willingness to learn and be a better volleyballer really helped our team this year.

Jess Collins was another diverse player in the team. You always put in 100% in at training and your enthusiasm gave that spark our team needed.

Kes Hunter, one of my big middles. Your willingness to learn and to be a bigger blocker really showed and came out this year. Every game we went into you gave yourself a goal and that was to block, to be on time and touch whatever you could. The smile on your face whenever you Roofed someone will stay with me forever.

Anastasia Maier, another big middle. Ana, you pushed yourself so hard, your dominance on court really made out team this year. Every point, every rally you did whatever you could to win a point at the net. You should be proud of yourself this year girl. Not to mention your blonde comments and jokes which really lightened up the mood when it needed to.

Emma Reid, you were my outside hitter. You are a big part of our team, especially your height at the net. You are a big hitter, you just need to learn to trust yourself and have faith in yourself. Congratulations on what you have achieved this season.

Kate Jameaux, Kate came into the season recovering from Knee Surgery. Kate, your passion for the game always made me smile. You always put your body on the line to win a point. You always put more than 100% into everything you did, and for that I'm so proud of you.

Brittany Griffiths, last but not least my captain. Britt you did everything a coach would want from a player. Your willingness to succeed as a team and individual is something you need to hold onto and use in everything you do. You kept the team on track whenever we fell off, oh and not to mention your determination in blue lip at training. Thank you for leading the team to success and leading them into finals.

I also would like to Congratulate **Mathilda Singara & Georgia King** for coming into our team for a short while and learning new skills. Both of your willingness to learn and determination will get you far. You are both amazing.

Every week I said to the girls, you have to put your feelings of one another aside and play to win. Our Last game against Mandurah before finals was probably the worst game we had played all season. We walked off court thinking "there's no way we are going to make finals after that effort". We made top 5, based on percentage. We had to play and win 3 games to make it to the grand final. We won all 3, 2 of those were on the same day. We then took out the Grand Final in 4 sets, against UWA (who we hadn't beaten all season). I couldn't be more proud of the girls, each and every one of them. Thank you for working so hard and achieving what we set out to do from the beginning.



DIVISION 3 WOMEN | Alexander Allcock and Tara Maciupa

The girls started their season well with wins in the first three games. However the road ahead was much more challenging than expect with issues arising from having different coaches (myself coaching on Tuesday's and Tara coaching on Sunday's.)

The season was definitely an interesting one. We had a few upsets here and there but ultimately the girls stayed strong and persevered. Improvements were seen in all players and it was great to see their progress through the season. I was fortunate enough to get some time off at the end of the season to see them play on a Sunday. The standard of game play along with the dedication and commitment to each point was remarkable.

The team finished the season on a strong point. In the final round the girls were tied fourth and knew they had to do something drastic to make the finals. A three set win saw the girls get their opportunity in the finals, which they utilised having a first round win. Unfortunately they were knocked out in the second round of finals giving them a final position of third.

The improvement in the girl's skills was fantastic, it was a challenging season but nonetheless it was a great experience seeing them improve and grow as players.

Team:

Ayeesha McEwan (Captain)

Brittney Andrews

Anna Depiazzi

Sarah Flynn

Jorgia Goiden

Georgia King

Mathilda Sinagra

MOUNT LAWLEY UNDER 17 WOMEN | Kaity Beaton

This year, the Mount Lawley under 17 girls team overcame some challenges at the start of the season to end the season with each and every player improving immensely. Every player has a great amount of natural talent which made it a lot easier for me as a coach to help the girls. Learning and improving in massive leaps and bounds each time they played, I think they had a few teams worried. As a team the girls gelled together very well which made playing as a team very easy. The girls were never worried about how they did individually, but how they did as a team.

Having a shaky start to the season, the girls picked up towards the middle of the season where they were unbeatable for a few weeks as each player had a very determined and encouraging mind set. The girls carried this mind set throughout the season, even encouraging one another when the game wasn't going their way. There were many positives coming from this season!

Starting with Kat and Penelope whose back court work was always there when the team needed it the most. Kat's amazing outside arm swing came to show in the final few weeks of season taking



some pressure of many of our other hitters, and Penelope's fabulous free balls to position 1 and ability to lift the team up when they were down came in handy quiet a bit. Emily's serving and hitting came along immensely, with her learning how to over arm serve for the first time which was great. Also if Emily wasn't setting, she found a way to make her hitting shine at least once a game with a big kill. With these three girls natural height and ability to read the ball on and of the net meant Georgia, Fran and Ava's blocking and hitting stood out the most. With the first kill coming from Ava, first ace of the season coming from Georgia and first tool coming from Fran. Erynn, Amy and Belle could play absolutely anywhere and each and every time we played they showed a new improvement in one way or another. All three girls setting, passing and serve receive had come a massive way by the end of the season.

A great way to sum up our season is one full of improvement, confidence building and fun. Thank you all for the amazing work and dedication you put in during the season, I hope you all enjoyed it and hope you all continue to play volleyball as you all have amazing potential! I feel extremely rewarded to have coached all of you girls, you are amazing as volleyballers and friends 😊

Team

Georgia Sealey
Frances McIntosh
Belle Davies
Amy Carruthers
Erynn Simcock
Penelope Cornes
Emily Pietrocola
Ava Nikpour
Katarina Boskovic

MOUNT LAWLEY UNDER 15 WOMEN | Jess Collins

At the beginning of the season it was a slow start, as the girls had never played in a team before. However as the season progressed the girls became more comfortable with each other and started to play some really good volleyball. They learnt new and different skills at training and put them into practice during our Friday night games.

Half way through the season when the girls came back from school holidays they won their first game, starting the second half of the season off on a good note.

Unfortunately we didn't make finals, only having won a handful of games, but the girls played really well this season considering for a lot of them it was their first time playing. Even though they didn't win a lot of games the scores were pretty close on a lot of the games, showing how far they have come.

I'm really proud of the girl's efforts this season and hope they continue playing next season as they have developed their skills considerably.

MVP: Zoe Sandell



COACHES AWARD: Selina Kurosawa

Team:

Kiara Lim
Isabelle King
Belle Kot Chiu
Nikolina Naumovski
Tara Phillips
Zoe Sandell
Melissa Trinh
Selina Kurosawa
Violet Wilkin

MOUNT LAWLEY UNDER 15 MEN | Alvin Goh

This season was a first for all the players in the team, with a mix of year 7s and 8s trying out volleyball for the first time. The players displayed a lot of potential at the start of the season, but we lacked experience. The team had a great mix of different players with different talents and skills, hence increased their flexibility to play in various positions. There were a lot of ups and downs during the season, as we were not consistently training each week, which was difficult for the team to work together.

The boys showed a lot of maturity and growth during each game, however their lack of concentration and effort during training resulted in our improvement being hampered. I emphasised a lot on the team's weaknesses, hoping that it will one day become one of our strengths. We gradually gained a better understanding of each volleyball skill, and were able to display our improvements during game time. But the lack of repeated practice was our shortfall, and we would always lose out in each set by a point or two.

However, the boys stepped up and showed some consistency and perseverance during each game and were able to win some of the games. During the course of the season, there were some tension and frustration that came from the team, as we were still learning on how to overcome losing. It was painful and difficult for me as a first year coach to see them handle this concept. But it was at one point of the season, against the Mandurah Baptist College, in which the boys turned things around and proved to me that they have the means to win any games in the season.

The team is still very young with a lot of potential to get better. Overall, the boys should be proud of their effort on court and how vastly they have improved over the season. It was my pleasure as a first year coach to be able to coach a bright and talented team, which enhanced my coaching experience greatly.

Team

TAKONIATIS Baillee
DENNIS Grayson
STAINES Cooper
MAGUIRE-DIAMOND Louis



FINLAY Jed
MCEWAN Ronan
SOUFI NEJAD Pouya
ANDERSON-PRENTICE Ashton

IONA UNDER 19 WOMEN – WHITE | Jardena Johnson

As my first year of coaching, I could say it was a both fun and challenging one. The girls, with only a basic knowledge of the game, had to work really hard to better themselves all round. In which they did. In our short and very sweet season, we had our fair share of ups and downs, wins and losses. However, with forming a cohesive and bonded group, myself and the girls were able to work together to improve their weaknesses and their strengths. All though we didn't make finals, the girls did their very best which is all I could ask for, and had fun, which I think is the main priority in the sport in which we are passionate about.

My patience was tested at times. I guess all 16 year olds can somewhat get a bit distracted at times, but I can not thank them enough for the laughs and the experience. I hope to be able to coach them again. Such young talent with high hopes.

Thank you for all your dedication and hard work, it doesn't go unnoticed.

Team

Ella Crowe
Lauren Campbell
Olivia Beaton
Tess McKenna
Julia Wilding
Emma King
Mikayla Burke

IONA UNDER 19 WOMEN – BLUE | Clare Wheeler

This team of giants had such a good season this year! Many had played together before and many hadn't and they did well to come together and play as a team. They always made sure to have fun while being a competitive team at the same time.

Although we didn't get the win on the night (lost the semi final) the way they played throughout the whole season was an achievement in its self. Every single player improved their individual skills (especially serving), even getting some blocks, and always made sure to play their own game. Even though the whole team is taller than me they always had time to listen to what I had to say and tried there hardest no matter how crazy the task was.

Thanks again girls for an amazing season and I hope to see you all playing at WAVL next year!

Team



Aimee Hall
Abbey Waddell
Ella Bell
Isabella Monk
Madison Crellin
Matilda Lynch
Tess Kennedy
Grace Schaafsma
Bronte Kasper
Eloise Azzopardi

IONA UNDER 15 WOMEN | Tyana Johnson

Madison Bailey - Maddy was unfortunately injured for the start of the season. But when she made a full recovery she was a valuable player to have in front court. Her ability to come in to the team late and show she never missed a game was amazing.

Olivia Martin - Olivia was a powerful player throughout the first half of the season but unfortunately was hit with sickness late in the season and she was unable to play. She was a valuable server and won a lot of points.

Niamh Osbourne - Niamh was the quiet achiever in the team, was a delight to coach as she took on feedback which made a huge difference in her game. She became more confident as the season progressed.

Chelsea Mince - Chelsea started off very shy and lacked confidence. As the season progressed Chelsea started to show huge improvements in her ability to read the play and attack the ball. Chelsea had very clean hands and the girls loved hitting off her sets.

Emma Hughes - Emma was one of the younger girls in the team but that definitely didn't hold her back. She was the strongest setter in the team and definitely made an impact whilst in front court. Emma's willingness to improve was an inspiration to coach and she definitely has a bright future in volleyball.

Abby Solomon - Abby started off very shy and lacked confidence, but after the first couple of weeks she started to really come out of her shell and showed a lot of potential. Her passes in back court were very good and she made it look very easy.

Sophie Crellin - Sophie came into the season without having played volleyball before. She was a delight to coach from the start. She took on feedback very well and after the first game I could tell she had a lot of potential and will grow as a player as the season went on. She has a very good pass in serve receive and can get up and hit a hard ball.

Phebe Harvey - Phebe is a very talented player having experience from previous years. Her ability to encourage the others and her talk on court was very valuable to the team. She had a killer serve and was able to hit a hard ball of any set.



Sophie Churack - Sophie as well started the season with experience and it was a delight to coach her ability, she took on feedback and applied it straight away, it was inspiring. She brought positive assets to the team and has a bright future in volleyball.

The girls started off the season well but there was definitely a lot of areas for improvement. The girls were very smart and knew where to place the ball, but lacked confidence in serving and hitting. As the season progressed the girls showed a huge improvement in their defence and serve receive. Their ability to read the play and get a nice pass up to the setter made it easy to win points of a good attack. As the season came to an end the girls really showed how well they could play as a team and keep their heads up after losing a couple of points. Each girl showed a huge improvement in skills and especially in their mental game. They made a good run home putting us in to 4th position for the finals. We ended up playing 1st in the first semi-final, unfortunately losing in a timed game, overall finishing equal 3rd.

The girls had an amazing season and I think they exceeded their expectations of how far they got.

Best and Fairest - Phebe Harvey

Coach's Award - Sophie Crellin



CLUB AWARDS

Team Awards

Super League Men	MVP.....Stefan Collins Coach's Award.....Winley Prosper
Super League Women	MVP.....Shelby Maher Coach's Award.....Karlie Forman
Super League Reserve Men	MVP.....Justice Zisanhi Coach's Award.....Chris Kuchel
Super League Reserve Women	MVP.....Tara Macuipa Coach's Award.....Nishata Subramaniam
Division 1 Men	MVP.....Ben Hokin Coach's Award.....Callum Proud
Division 1 Women (Red)	MVP.....Deb Elphick Coach's Award.....Tina Blobin
Division 1 Women (Blue)	MVP.....Elysse Hislop Coach's Award.....Georgia Jones
Division 2 Women	MVP.....Anastasia Maier Coach's Award.....Brittany Griffiths
Division 3 Women	MVP.....Mathilda Sinagra Coach's Award.....Ayesha McEwan
Iona U/19 Blue Women	MVP.....Amy Hall Coach's Award.....Maddy Crellin
Iona U/19 White Women	MVP.....Ella Crowe Coach's Award.....Emma King
Iona U/15 Women	MVP.....Phebe Harvey Coach's Award.....Sophie Crellin
Mt Lawley SHS U/17 Women	MVP.....Ava Nikpour Coach's Award.....Georgia Sealey
Mt Lawley SHS U/15 Women	MVP.....Zoe Sandell Coach's Award.....Selina Kurosawa
Mt Lawley SHS U/15 Men	MVP.....Jed Finlay Coach's Award.....Cooper Staines

Club Awards

Junior of the Year **Tara Macuipa** | Coach of the Year **Alexis Elphick** | President's Award **Gavin Lewis**

