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# GENERAL INFORMATION

## Formal Functions

### PAWA State dinner

A state function will be held at a date to be confirmed prior to Nationals commencing. All family and friends can join you as you are formally recognized as state representatives.

State uniform is to be worn at this event.

The event will include;

Welcome Address

Guest speaker

Team announcement and introduction

### Official All States Function (date and venue will be advised at a later date by the host State/Club)

State uniform must be worn by all players, coaches and managers. This function is for players, coaches and team managers only. All the WA teams, players, coaches and team managers will be introduced. Individual team managers will ensure their teams are ready.

### The Grande Parade - on horses (will be held onsite at the venue)

The OSTM in conjunction with the team managers will organise teams so they are presented in their full regalia, e.g. tails plaited, full playing uniform, spray jackets(weather dependant), flag bearers in place etc. Flag bearers are selected by the PAWA.

**The Draw** The PAA do the draw and should be available to all State at least one month prior to competition.

### Game Officials

Team managers need to be aware that they must organise for each game the following

- A time keeper
- An official scoresheet scorer (in the stands)
- Two goal umpires
- A scoreboard scorer (on the ground)

### Disputes

The Overall State Manager will keep an eye on the proceedings and be available to help your team managers, coaches and captains in case of any disputes. The Codes of Conduct can be located on the PAA website, be aware that parents and spectators can be disciplined under the constitution.

### ASHS Nominations

These are to be done online by each player directly to the ASHS head office

**Player Profile** must be sent back to your manager as soon as possible once teams are announced

**Drug Policy** be familiar with this PAA policy as it will be in action at Nationals complete your logbooks where necessary any questions ask your manager or the SEO

# WA STATE TEAM UNIFORMS

**\*When using any of our recommended suppliers please quote your family name and Polocrosse WA.**

## **Playing uniforms**

### **Playing shirts**

The state will provide 2 playing shirts that will be taken and distributed at the nationals venue. These will be available through your manager.

### **Playing whites**

White jeans or jodphurs are required, no yellow, cream, off white or any other white derivatives. Can be provided by many suppliers – Just Jeans, Target, Hampton and Harlow, Wrangler etc

### **Other uniform requirements**

Long boots – black or brown, polished, many suppliers including Harold Boots (Grant Saddlery), TK Polo Boots (found on FB

<https://www.facebook.com/profile.php?id=100008445812482&fref=ts>)

Helmet – face guard optional but recommended, Australian Standard 3838 no marker or adhesive stuck onto the helmet. \*\*junior players are now required to have either a faceguard or mouthguard when playing\*\*

### **Training shirts (provided by the player or sponsored)**

Each team is asked to submit their teams training colour as soon as is practical. Once chosen we recommend using Davric Australia, 19 Holder Way Morley WA 6090, 08 9249 9955, to choose your style and design. If possible, finding a sponsor may alleviate the cost of this shirt on your team.

### **Horse uniform requirements**

#### **Provided by the state (charges will be payable to the state if lost)**

2 x rosettes each player

1 x browband each player

1 x saddlecloth/or saddlecloth cover

\*If a saddlecloth cover is provided a black saddlecloth must be placed under the cover and tied onto the cover and breastplate

#### **Provided by the player (or sponsored)**

White tape

White bandages

White bell boots

Black under saddle blanket

State saddlecloth

White reins – joined not taped

Bridles and breastplates must be leather or pvc in black or brown – no other colours.

## **Formal Uniform**

### **State spray jacket**

Provided by the state and available for purchase through [eo@pawa.asn.au](mailto:eo@pawa.asn.au) The spray jacket is \$80 and will come with the state logo and your name included. If you wish to have your team name added to the spray that will be at a cost to yourself and can be done through any good embroidery store or M & M Johnson, Unit 7, 141 Russell Rd, Morley 9275 1566

### **PAWA tie or scarf**

Provided by the state and available through [eo@pawa.asn.au](mailto:eo@pawa.asn.au) at a cost of \$25

### **State blazer**

A blazer can be purchased through any good office wear supplier – the PAWA recommends using, Davric Australia, 19 Holder Way Morley WA 6090, 08 9249 9955

M & M Johnson, Unit 7, 141 Russell Rd, Morley 9275 1566

Alternatively you can source your own supplier.

### **Pockets (player cost)**

If this is your first Nationals, you will need to contact M & M Johnson for a blazer pocket.

Complete the attached form and they will have the appropriate wording for your blazer.

Once your pocket is made, they will contact you for payment and post the pocket back to you.

Your pocket can then be stitched onto the left side of your blazer.

M & M Johnson, Unit 7, 141 Russell Rd, Morley 9275 1566

### **State pant/skirt**

Taupe trousers

Taupe skirt

### **Extras**

Skin colour stockings

Black shoes (no sandals) (dress/court style)



## **PREAMBLE**

At this level you should all have a solid understanding of the physical demands placed upon your horse by polocrosse and how to properly prepare a horse. However it is easy to overlook important details that can prevent a horse being at peak physical condition at Nationals. The following information is intended to highlight some of the frequently overlooked factors as well as address issues that have been highlighted as a problem at previous Nationals. It is important to remember that all horses and circumstances differ and therefore this information should be used as a guide only. All players should liaise with their team coach in regards to the preparation of horses.

## **HORSE EXERCISE**

### *1. When should the horse begin exercise?*

It normally takes a horse 2-3 carnivals to reach peak fitness. It is important your horse is fit enough to play some chukkas at the State Trainings so the horse can develop some game fitness. It is also important to consider the week before travel as a “let-down” week. Therefore horses must be at peak fitness a week before departure.

**It is recommended that horses complete a minimum of 13 weeks work prior to departure and a minimum of 8 weeks work before the first state training.**

### *2. Have you considered the physical demands of Nationals?*

In a normal season a horse is expected to play 3-4 games in 2 days, but at nationals they will play up to 5 games in 5 days. You should consider this when you are preparing your horse.

Australian Team Member Jane Cooper recommends having your horse extra fit for Nationals:

***“If you need to play 1 game a day for 5 days, have your horse fit enough to play 2 games a day for 5 days.”***

### *3. Have you thought about any issues with your horse’s past competitions?*

Every horse and rider has things they can improve. Consider when your horse got tired at the last carnival, or when they start to resist stopping. Does your horse take a long time to



recover between chukkas? By thinking about areas you can improve you can change how you prepare your horse and avoid these problems.

*4. Have you considered your team?*

It is your team coach's job to make sure your team works as a well-oiled machine. This means it is important for you to talk with coach about how you will prepare your horse. Before you talk to your coach consider the positives and weakness of your horse and how you will be preparing your horse for Nationals.

**Every player should talk to their coach about how they will prepare their horse.**

*5. How will you look after your horse at Nationals?*

It is important to remember that the Nationals are very tiring for your horse. Whilst it is a lot of fun to hang out with your friends it is important you remember your horse must come first. Your horse will benefit from a lot of walks, making sure they always have water (keep a close eye on how much they drink) and a clean yard.

Australian Team Member Jane Cooper says it is very important you always clean your horse's feet out and check your horse's legs and attitude every day. It is your horse and you should be able to see any changes.

After your game, take your horse for a long walk or if you have a spare horse take them for a light trot.

**Your horse is your responsibility.**



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## **HORSE NUTRITION**

The most important thing when travelling with horses is to keep their diet as normal as possible. Unless there is a serious issue with your horse's diet or the feed will be unavailable in Albury (and you cannot take it with you) no change to the diet should be made.

**All feed should be pre-ordered or taken with you to avoid running out or feed being unavailable.**

### *Feeding at Nationals*

Some of the key considerations when feeding horses at Nationals include:

- Split grain into multiple feeds (3 or more) evenly spaced across the day
- Avoid feeding hay within 8 hours of playing
- Give a small amount of chaff within 30 minutes of exercise to avoid ulcers developing
- To replenish energy reserves post-game feed a grain based feed within an hour of the game ending. Grains which are cooked (extruded, micronized, steam flaked or boiled) have maximum small intestinal digestibility and therefore best glucose absorption



## **PREAMBLE**

At this level you should all have a solid understanding of the physical demands placed upon your horse by polocrosse and how to properly prepare a horse. However it is easy to overlook important details that can prevent a horse being at peak physical condition at Nationals. The following information is intended to highlight some of the frequently overlooked factors as well as address issues that have been highlighted as a problem at previous Nationals. It is important to remember that all horses and circumstances differ and therefore this information should be used as a guide only. All players should liaise with their team coach in regards to the preparation of horses.

## **HORSE EXERCISE**

The Nationals fall out of season for WA. This can make it challenging to get horses to peak fitness, given the limited playing time available. This section is intended to raise several considerations that will ensure every horse is prepared to the highest standard.

### *1. When should the horse begin exercise?*

A horse typically requires 2-3 carnivals to reach peak match fitness. Ensuring each horse is at an appropriate fitness level to participate in chukkas at the State Trainings will help horses ascertain match fitness. Be cautious of pushing unfit or underprepared horses too hard, particularly at State Trainings. This can lead to injury and further delay the horses' preparation. It is also important to consider the week before travel as a "let-down" week. Therefore horses must be at peak fitness a week before departure.

**It is recommended that horses complete a minimum of 13 weeks work prior to departure and a minimum of 8 weeks work before the first state training.**

### *2. Have you considered the physical demands of Nationals?*

Players often fall into the trap of exercising horses in the same way they would in a normal season. However in a normal season a horse is expected to play 3-4 games in 2 days, not 5 games in 5 days. It is vital that each horse is prepared for these consecutive days of high intensity polocrosse. Furthermore, every player should prepare their horse for the physical demands of the Nationals final which is longer.





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**It is recommended that every horse be prepared for 5 consecutive days of play as well as the longer final.**

*3. Have you critiqued your own past performance?*

Every elite athlete strives to produce personal bests. However polocrosse players frequently fail to acknowledge their horse as an elite athlete capable of producing personal bests. By critiquing you and your horse's past performance at club and state level, room for improvement can be created within the training program. Common issues include resistance to stopping in the final chukka, longer recovery time between your second and third chukkas and falling in on turns when tired. An issue that has been raised in the past about WA horses in general is a lack of outright speed, when compared to Eastern State horses. Whatever the issue may be, many of these can be easily overcome with small changes to the training program such as increased interval training or increased stamina training.

**It is recommended that every player reflects on past performance before bringing their horse into work. Identify at least one area for improvement and make the necessary changes.**

*4. Have you considered your team?*

State players prepare their horse independently of one another. However to ensure the team horses are a cohesive group, considering the style of game your team will play and what position you will be playing may be beneficial. Some styles of play require increased muscle strength whilst others have a higher anaerobic demand. The position you play also varies the physical demand placed on the horse. For example a number 2 horse's heart rate remains more consistently elevated over the course of a chukka, where a number 1 and 3 horses' heart rate has more peaks and troughs. A number 1 horse will also cover significantly more ground than a number 2 or 3 horse during a chukka. Whilst most players will play multiple positions over the course of the National Titles making the practicality of preparing horses for a specific position limited, some horses may benefit from position specific training. Horses likely to play extended time as a number 2 are most likely to benefit.

**It is recommended that every player liaise with their team coach to ensure the team horses are prepared to a consistent standard.**



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**5. *Have you considered your horse's recovery at Nationals?***

Arguably the most important factor at Nationals will be the ability to keep the horse at peak performance for the entire week. This will come down to the ability of the horse to recover from each game. To a certain degree, the literature is conflicting on the method best method of recovery. However it has been shown that the best way to reduce blood lactate concentration is to trot the horse for 30 minutes post-exercise. Standing still has been shown to delay the horse's recovery.

**It is recommended that each horse be lightly trotted out post-game.**

# Polocrosse Association of Western Australia Inc

## Contact and Emergency Medical Details

Full Name	
Address	
Emergency Contact Name	
Emergency Contact Number	
Alternative Contact Name	
Alternative Contact Number	
Private Health Insurance	Yes <input type="checkbox"/> No <input type="checkbox"/> Tick appropriate box
Provider and Membership Number	
Medicare Number	
Family Doctor's Name & Number	
St John Ambulance Membership	
Are you taking any medication	Yes <input type="checkbox"/> No <input type="checkbox"/> Tick appropriate box
List all current oral medication	
What is the usual medication and dosage for aches and pains	
Do you have any allergies	Yes <input type="checkbox"/> No <input type="checkbox"/> Tick appropriate box
Please list any known allergies	
Are you allergic to bee stings	Yes <input type="checkbox"/> No <input type="checkbox"/> Tick appropriate box
Do you carry an adrenaline pen	Yes <input type="checkbox"/> No <input type="checkbox"/> Tick appropriate box
If you answered "yes" where do you keep the pen and are you capable of administering yourself	

# POLOCROSSE UNIFORM ORDER FORM

Polocrosse has engaged M&M Johnston to provide and embroider the clubs uniform.

## Your DETAILS

<b>First Name:</b>	<b>Last Name:</b>
<b>Email:</b>	<b>Contact No.:</b>

## ORDER

Pease tick and fill in amounts

PLEASE SELECT		PRICE <small>(gst inc)</small>	SIZE or quantity	(price)
	Embroidered line (only)	\$9.00 per line		
	Attach pocket to jacket (new or existing)	\$20.50		
	Polocrosse emblem (on existing pocket supplied)	\$19.00		
	Polocrosse emblem + new pocket	\$30.00		
	Polocrosse emblem + new pocket + 1 line emb	\$39.00		
TOTAL				

## DELIVERY

	PICK UP		
POST ADDRESS:	Pocket	\$5.00	

Include postage

## PAYMENT







PAYMENT OPTIONS	ACCOUNT	REFERENCE
DIRECT DEPOSIT	BSB: 306 042 ACCT: 5082699	YOUR SURNAME
CHEQUE	PAYABLE TO	M&M JOHNSTON
Credit Card	Please call with details 08 9275 1566	YOUR SURNAME

Email copy of direct deposit receipt to [orders@mmjohnston.com](mailto:orders@mmjohnston.com)

☐ Any questions, please do give Robyn or Kim Johnston a call.

## QUOTATION – SJ201115-2

Company:	Polocrosse Association of WA Inc	From:	Stephanie Johnson
To:	Kim Maguire		
Email:	<a href="mailto:eo@pawa.asn.au">eo@pawa.asn.au</a>	Address:	PO BOX 1704
Phone:	08 9755 9806 0409 770 667		Margaret River, WA 6285
Date:	20 <sup>th</sup> November, 2015	Pages:	1 of 1

Description	Quantity	Price Each	Product Visual
<b>Your Current Style</b>			
<b>BIZ Corporates ~ Ladies Longline Jacket – Comfort Wool Stretch Suiting</b> <b>Code: 64012</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://bizcorporates.com/products/64012">http://bizcorporates.com/products/64012</a>	1 10	\$174.15 \$159.10	
<b>BIZ Corporates ~ Men's 2 Button Jacket – Comfort Wool Stretch Suiting</b> <b>Code: 84011</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://bizcorporates.com/products/84011">http://bizcorporates.com/products/84011</a>	1 10	\$189.15 \$173.60	
<i>Availability: Approximately 2-3 weeks from confirmed order</i>			
<b>Alternate Fabric from BIZ Corporates</b>			
<b>BIZ Corporates ~ Ladies Longline Jacket – Cool Stretch Plain Suiting</b> <b>Code: 60112</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://bizcorporates.com/products/60112">http://bizcorporates.com/products/60112</a>	1 10	\$147.00 \$132.90	
<b>BIZ Corporates ~ Men's 2 Button Jacket – Cool Stretch Plain Suiting</b> <b>Code: 80111</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://bizcorporates.com/products/80111">http://bizcorporates.com/products/80111</a>	1 10	\$151.50 \$137.20	
<i>Availability: Approximately 2-3 weeks from confirmed order</i>			
<b>Alternate Supplier – Benchmark (Winning Spirit)</b>			
<b>Benchmark ~ Women's Poly/Viscose Stretch 2 Button Mid Length Jacket</b> <b>Code: M9206</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.18258/f">http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.18258/f</a>	1 10	\$101.70 \$84.30	
<b>Benchmark ~ Men's Poly/Viscose Stretch 2 Button Jacket</b> <b>Code: M9130</b> Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: <a href="http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.20787/f">http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.20787/f</a>	1 10	\$112.90 \$97.70	
<i>Availability: Approximately 2-3 weeks from confirmed order</i>			
Digitizing costs are a once off initial set up cost to the above with your first order. These will not be charged again unless there are amendments made to the design or size.			
Cancellation of confirmed orders: Should you confirm an order and then cancel, you will be invoiced for artwork/setup charges we have incurred to date. Depending on how far the order has been processed you may also incur charges for any materials/labour used to that point in time and/or any restocking fees of products ordered particularly for your order.			
Delivery: \$5.00 per carton + GST in the Perth Metropolitan area.			

Please add 10% G.S.T. to all prices quoted above.

\*Artwork – price allows for up to 2 amendments only, thereafter any further amendments will incur additional charges.

Pricing is firm for 14 days.

Use this template to send to Davric for training shirts - place any text colours or logos on your design

