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GENERAL INFORMATION

Functions

PAWA State Function

A state function will be held at one of the 3 State Trainings. 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 tentative State training dates are; May 27/28 South Midlands and May 11/12 Foothills

Official All States Function - to be held and hosted by Chinchilla

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 marshalled, ready to walk on and off stage. There is a **Senior Function** and a **Junior Function** details on both of these are to come.

The Grande Parade on horses will be held at Chinchilla

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

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

Disputes The Overall State Manager will oversee proceedings and be available to help your team managers, coaches and captains in case of any disputes.

ASHS Nominations Can be done online by each player directly to the ASHS head office.

Player Profiles A format will be provided by Chinchilla for players and managers to complete this will come in due course

Drug Policy Be familiar with this PA policy as it will be in action at Nationals. Players need to complete logbooks where necessary.

Team Meetings Coaches and Managers set team meetings ensure your team is informed around what time and location.

Manager Meetings Manager meetings take place as a State in Chinchilla. The OSTM will advise of any changes/updates/incidents that need to be dealt with from the host State at these meetings

Training Field at Chinchilla Please ensure your team members are aware of the times of their trainings and that they are ready 10 minute's prior with horses ready to go to prevent any delays. Times are set by the host club Chinchilla



TIPS AND TRICKS

Communication

Group Chats, messages and emails are a great way to communicate with team members. if you are managing a Junior Team be sure to include a parent so they can monitor important things you request. You will be supplied with a contact list for all playing members and parents so will have access to phone numbers also.

Messenger – Group Chat via Messenger is a great way to communicate with all team members including the Coach.

WhatsApp – Another great option for a group chat to get information out to team members easily.

Email – A great way to get through to people, but always remind people to keep an eye on their emails.

State Trainings

The state will advise which weekends state trainings will be held and where. A program will be planned by the coach in conjunction with other teams and include sessions on and off horses.

Player Fee

Players will be invoiced a Chinchilla Player Fee prior to departure to Chinchilla. This fee covers items invoiced to us by Chinchilla. This includes but is not limited to; ambulance fee, formal function (senior or junior) yard fee. These figures are not yet known to us

Managers responsibilities include:

- Keeping notes of meetings
- Ensuring Players have up to date information on where they need to be at what times
- Attending Manager Meetings to discuss pertinent information around the upcoming trip
- Time Keeping as needed
- General other duties as required by team and coach – eg Organising a Lunch Meet

Team Kit

Teams are able to arrange for sponsorship to allow for the purchase of items to wear at the event. Sponsorship is to be completed as per the sponsorship process that Managers are provided with further down.

Common Kit Items:

Cotton/Woolen Rugs

Dress Shirts

Jackets/Vests

Any other Item the team feels would be suitable

Please ensure that you discuss with the team what they would like and look to arrange sponsors to contribute to these items.



GAME REQUIREMENTS

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)
- A runner for team chukka sheets sheets to score bench - chukka sheets in pack

Games

Managers are encouraged to have a stop watch to time chukkas and advise the Coach when it is 2 minutes to go – This also helps players and strappers who may have untacked horses know to get ready

Gear

- Spare Bell Boots
- Spare Reins
- Spare Breast Plate
- Spare Bandages
- White Tape
- Black Tape

Be aware of spare **rackets** for all players – You can stick some tape with the players name on it or use their racket bags with names so you know who belongs to which racket in case of a quick change

Water & Hydration – we encourage the team having a small kitty for the Manager to arrange for water and powerade to be available for players at games.

Keep **score** and use your runner to check scores at Chukka changes and advise your coach.

Ensure your players each have a **strapper** for their horses. Advise strappers where horses to be walked Players should dismount and head to the coach for advice each chukka.

Goal Wavers are one at each end of the field. Encourage your Goal Wavers to ensure they are clear with their job are they watching the D or watching the ball through the goals.

At the end of the game ensure all items are collected, rubbish picked up and nothing is left behind. Ensure the team shakes everyone's hand and does their cheers. Shake coach and manager hands.



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 3 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, Mike Williams

Helmet – U16 must wear a face guard or mouthguard, this is compulsory

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 WA state saddlecloth/(\$150) 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

Players are encouraged to write their name and year on the back of their browband/rosette for future players to see.

Provided by the player (or sponsored)

White tape

White bandages

White bell boots

Black under saddle blanket

White reins – joined not taped

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



WA STATE TEAM UNIFORMS cont...

Formal Uniform

State spray jacket

Provided by the state and available for purchase through the SEO. The spray jacket is \$90 and will come with the state logo and your name embroidered. 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 the SEO at a cost of \$30

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.

White button up shirt to be worn under the blazer. This can be short or long sleeved and must have a colour this can be purchased at any outlet you choose

Pockets

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

Available through Davric Australia, 19 Holder Way Morley WA 6090, 08 9249 9955 66 or also can be found through Biz Collection. Totally Work Wear can get this in for your team members. A plain black belt can be used if necessary.

Ladies Skirt – Biz Collection Women's Lawson Chino Skirt – Dark Stone SKU BS022L

Mens Pant – Biz Collection Men's Lawson Chino Pants. Dark Stone SKU BS724M

Extras

Skin colour stockings necessary but not required
Black shoes (no sandals) (dress/court style)



SPONSORSHIP GUIDELINES

Guideline Aim: This document aims to assist teams through their Manager to acquire sponsorship.

Every player must go through their team manager and gain approval for any sponsors they wish to approach. The team manager will then check with the PAWA to ensure no crossover requests to businesses have come from other teams. Managers must express their intention to approach a business by using the attached form, also to ensure no crossover requests to businesses. The team manager can assign this job to a player if they wish.

Sponsorship dollars are to be utilized for your team and management. They should aid in alleviating the cost of a Nationals campaign for your team and provide you with necessary items required to perform at Nationals.

Below are guidelines on how best to search, approach, confirm and receiving and acquitting sponsorship. These are guidelines only to assist you!

Seeking Sponsorship

Approach your players to see if they may have any contacts or leads interested in sponsoring

Approach the PAWA

To ensure the sponsor is not already listed!

Approaching the sponsor

Be prepared, what do THEY get for their dollar – ask the PAWA for a draft proposal to use to approach your sponsor

Confirming Sponsorship

Get in writing what they are prepared to help with and how they would like to benefit

Receiving the funds and acquitting after the event

How will you receive your sponsorship – in the form of money, payment of a bill or cost, as merchandise.

How will you reward the sponsor after the event – a team photo etc

In order to reward the sponsor for their involvement the PAWA will include their logo on our website and FB page during the course of the event along with a personalized letter thanking them on our behalf. In order to do this we require the attached completed fully please.

Form can be found here - https://polocrossewa.schoolzineplus.com/_admin/cms/form/61

Information for Travelling Horses WA to QLD

(** Information here is current to today's date 03.01.24 and may change at any time**)

If you are leaving WA and returning within 49 days, you will need to complete form **LB6 as well as LB1**. (LB6 exempts you from the extra liver fluke drench at Pt. Augusta.) If you are staying interstate longer than 49 days, or bringing a new horse in (or for interstate players coming into WA) you will only need form **LB1**.

These forms need to be emailed to Andy at Kalgoorlie in **plenty** of time before you leave, and it's best to ring him to let him know as well. Make sure you ring again when you are leaving QLD coming home, to book a time/day for your re-entry inspection at Kalgoorlie. There are plenty of other animals going through the quarantine facility eg: cattle trucks, professional horse transporters – so if you don't book in and everyone turns up at the same time, you could be either turned away or waiting for hours.

Andy McNeice: Ph: 0417 957 234

Email: LivestockKalgoorlie@dpird.wa.gov.au

Current forms (LB1 & LB6) can be downloaded here: <https://www.agric.wa.gov.au/livestock-biosecurity/forms-importing-livestock-and-livestock-products-western-australia>

DPIRD has all information pertaining to importing Horses into WA on their website: <https://www.agric.wa.gov.au/livestock-movement-identification/importing-equines-western-australia>

All horses entering Western Australia from the eastern seaboard are required to go through liver fluke testing 14 days prior to leaving their normal place of origin (home). Once you have the clean results you still **MUST** get your horses retreated at Port Augusta prior to entering Western Australia. (Please see attached liver fluke area map).

PORT AUGUSTA VETERINARY CLINIC

David & Fiona Anderson (these people are aware of all the horses travelling through)

40 Railway Parade

Port Augusta SA 5710

Ph: (08) 8642 4011

Telephone ahead, let them know your ETA and where you can be found so the horses can be tested and drenched.

All liver fluke drenching and faecal samples must be done by a registered veterinarian who will complete the following supporting documentation LB1. Once this is complete remember to email it to Andy McNeice at Kalgoorlie (details above)

After your horse/s liver fluke drenching and testing at Port Augusta your next paperwork check will be at Border Village, where you will be directed to the Stock Inspection Station in Kalgoorlie.

Current inspection charges can be found on the DPIRD website so you know what you will be up for upon arrival in Kalgoorlie: <https://www.agric.wa.gov.au/livestock-biosecurity/importing-livestock-western-australia-fees-and-charges>

If you turn up on a weekend or at night expect to pay penalty rates! All trucks must be completely emptied, washed out with high pressure hoses and you **MUST** leave the wash down bays clean. All horse rugs and gear to be laid out on the ground next to your trucks ready for inspection.

FEED

You can take any pelleted, micronized or extruded horse feed to & from WA in unopened bags. You cannot take raw grains or opened bags. You can get a plant health certificate from DPIRD for Australian Premium Feeds brand chaff and hay, which allows you to take it across into SA. You cannot take any other hay or chaff at time of writing.

Plant health certificates for Australian Premium Feeds hay & chaff can be organised by calling the **DPIRD office Ph: 1300 374 731** or through **Oakford Stockfeeds Ph: 9397 0199** (if purchasing from them)

Explain that you need to get feed into SA (No certificate required for NSW/QLD, but they will take hay & chaff off you at the SA border without a certificate)

Suggest taking your own feed as much as possible to avoid digestive upsets in your horses. If you cannot take much due to space, call ahead to your destination and ensure they have your brands of feed. If they don't, consider slowly switching your horses over to a brand of feed that is available interstate, several weeks/months out from your trip.

There are a number of stock feeders along your way; these are some

Broken Hill Stock Feed

Cnr Pinnacle and Cananda Roads, Broken Hill (02) 8088 5080

Lucerne hay, oaten hay, wheaten chaff, lucerne chaff, oaten chaff, premixed bagged feeds

Ranges Fodder and Saddlery

6 Victoria Parade, Port Augusta SA 5700

[\(08\) 8642 2038](tel:0886422038)

info@rangescountry.com.au

Olsens Produce - Will deliver to Morgan Park

13 Lyons Street, Warwick Qld 4370

07 4661 2455

0406 409 773

E: orders@olsensproduce.com.au

FUEL

Check fuel stops along the route depending on your vehicles range you will need to know what stations are open near each of your stops. Some stations are not 24hr.



Horse and human accommodation along the way - all horse yards have a fee and bookings are essential - make sure you phone ahead and book, and clean up all manure/rubbish before leaving! Remember to get directions when you make your overnight bookings.

Norseman Racecourse

(08) 9039 0349

Kalgoorlie Pony Club

Kathy Edwards (08) 9021 3346

Kellerberrin Pony Club

20 yards, plus undercover area to set up portable yards

Pip Bell 0429385765

Fraser Range Station (Approx. 300 meters off the Eyre Highway, on the south side of Hwy)

Ben 0408 684 993

Individual Horse yards, good showers, can do meals if you pre-book.

\$15/horse, \$10pp Camping

Mundrabilla Stockyards

Bree and Colin Campbell 0407912484

Good cattle yards and individual Horse Yards only 2 km's off the highway

Eucla Motel/Roadhouse

08 9039 3468

Only has 1 big panel yard (pretty basic, but ok for 2 or 3 horses in together if they get on – really only good for a lunchbreak stop)

Border Village BP

(08) 9039 3474

Yards, camping areas, coin operated showers, accommodation, roadhouse and pub.

Ceduna Racecourse

Kate 0484 353 398

Really good yards - \$15/horse, Showers available in female jockey room

Kimba Pony Club

Gabbi 0428974747

Really good yards, can walk to pub

Port Augusta Pony Club

Karina 0413405373

Good yards, can get food delivered!

Port Augusta Horse Agistment

Have one unit, double and single bed, shower and facilities etc gdmclachan@bigpond.com

Gail & Clarie McLachlan (08) 8643 6156 / 0419 849 442

Iron Knob (40kms east of Port Augusta)

Julie Nutt, Nuttbush Retreat - Pandurra Station (08) 8643 8941

Cattle and sheep yards, caravan parking, power, plenty of water. Subject to availability as this is a working station. Bookings essential.

Hay Show Grounds

Kevin Perks (02) 6993 1087

Renmark Pony Club

John 0408809244

Yards are a bit small

Broken Hill Racecourse

Caretaker (Helen) 0437 250 286

Good size stables but concrete floors & not much bedding provided - \$12/horse. Good Showers in caravan area.

Broken Hill Pony Club

Dennis Rogers (08) 8088 1576/ 0427874230

Cobar Racecourse

Jarred 0427072525

Rodeo yards in middle of racecourse – Lots of weeds though!

Cobar Pony Club

Cobar Shire (02) 6836 5888

Coonabarabran Showgrounds

Harold 0457 429 248

Good rodeo yards & nice stables, showers, walking distance to town, good Chinese restaurant

Yards \$12/horse, Stables \$15/horse

Goondiwindi

Trevor 0476001386

PLEASE NOTE ALL YARDS/STABLES AND OVERNIGHT CAMPING AREAS MUST BE CLEANED AND LEFT FREE OF MANURE AND HOUSEHOLD SCRAPS - NO MATTER WHAT TIME YOU LEAVE. THIS HAS BEEN REQUESTED FROM ALL OF THE ABOVE PEOPLE.

THESE PEOPLE HAVE LONG MEMORIES!



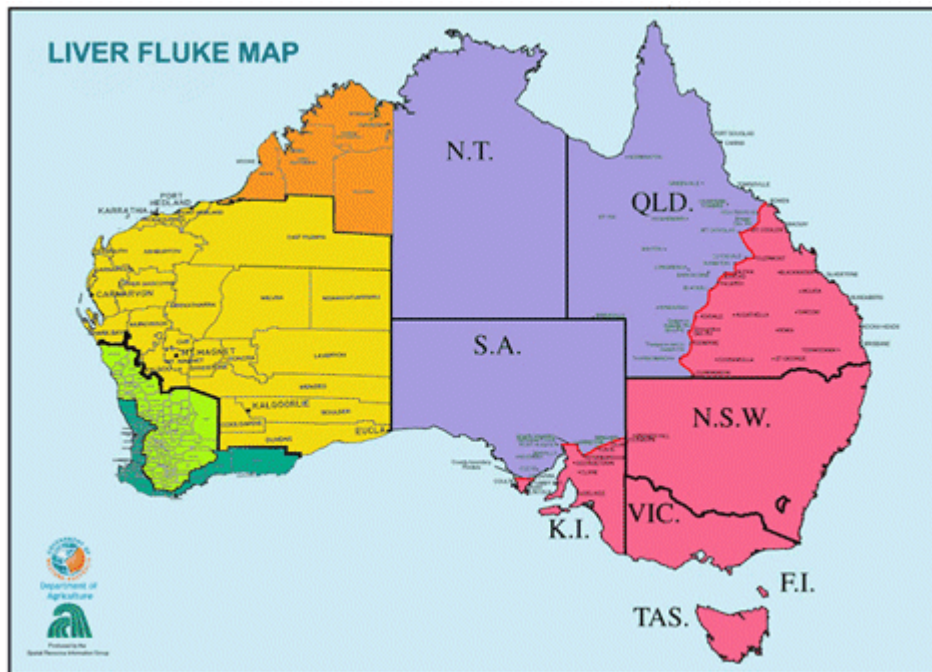
Polo
crosse
Association
of Western Australia



Department of
Sport and Recreation



Liver Fluke map of Australia



- Liver fluke Restricted area
- Liver fluke Non Restricted area
- Kimberley
- Liver fluke Test Exempt Area
- Pastoral Area
- Liver fluke Test Area

Polorosse
Association
of Western Australia



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.



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.



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.



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 UNIFORM ORDER FORM 2024

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

Your DETAILS

First Name:	Last Name:
Email:	Contact No.:

Wording to be embroidered (please print)

LINE 1	
LINE 2	
LINE 3	

ORDER

Please tick and fill in amounts

PLEASE SELECT		PRICE (GST inc)	SIZE or number	TOTAL
	Embroidered line	\$10.00 per line		
	Polocrosse logo embroidered directly onto blazer	\$21.00		
	Polocrosse logo embroidered onto pocket of an existing blazer (price includes removing pocket, embroidering emblem and reattaching to a blazer)	\$42.00		
	Polocrosse logo (embroidered onto a pocket shape we supply)	\$31.00		
	Attaching pocket (reattaching pocket after embroidery)	\$21.00		
	New jacket (Ladies)	\$195.00		
	New jacket (Men's)	\$216.00		

DELIVERY

POSTAL ADDRESS:	blazer	\$15.00	
	Pocket	\$5.00	

PAYMENT

PAYMENT OPTIONS	ACCOUNT	REFERENCE
DIRECT DEPOSIT	BSB: 066-132 ACCT: 11313826	YOUR SURNAME
CHEQUE	PAYABLE TO	M&M JOHNSTON
Credit Card	Please call with details 0472 673 183	YOUR SURNAME

Email copy of direct deposit receipt to orders@mmjohnston.com

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

m&m Johnston embroidery specialists

7/141 Russell Street Morley WA 6062

office hours Tuesday-Friday 9-4pm

Upstairs (cnr Catherine St)



Blazer Jacket selected by BIZ Corporates.

64012

SIZES

LONGERLINE JACKET

4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26

- Stretch fusing and linings have been introduced for added comfort
- Internal pocketing for added personalized options
- Embroidery access through LHS inside seam concealed zip

189 GSM

Click on colour swatches to view different garment colours



Comfort Wool Stretch
Charcoal



Comfort Wool Stretch
Navy



Comfort Wool Stretch
Black

Associated Products

Technical Specs

0472 673 183



84011

2 BUTTON SINGLE BREASTED JACKET

- Stretch fusing and linings have been introduced for added comfort
- Embroidery access through LHS inside seam concealed zip
- Internal pocketing for added personalized options

189 GSM

SIZES

92R, 97R, 102R, 107R, 112R, 117R, 122R, 127R, 132R, 137R, 142R

Click on colour swatches to view different garment colours



Comfort Wool Stretch
Charcoal



Comfort Wool Stretch
Navy



Comfort Wool Stretch
Black

Associated Products

Technical Specs

LADIES JACKETS, SKIRTS AND PANTS

Size	4	6	8	10	12	14	16
Bust (cm)	76.5	79	84	89	94	99	104
Waist (cm)	58.5	61	66	71	76	81	86
Lower (cm)	Add approximately 10-13cm to waist measurement as this will vary.						
Hip (cm)	86.5	89	94	99	104	109	114
Plus Sizing	18	20	22	24	26	28	
Bust (cm)	111	116	121	126	131	136	
Waist (cm)	93	98	103	108	113	118	
Lower (cm)	Add approximately 10-13cm to waist measurement as this will vary.						
Hip (cm)	121	126	131	136	141	146	



A. BUST: Keep the tape up under arms and around shoulder blades while measuring around the fullest part of the bust. Hold one finger between body and tape.

B. WAIST: Hold one finger between body and tape while measuring around waist.

C. HIPS: Measure around fullest part of hips (about 20-24cm down from waist) while standing naturally.

MENS

MENS JACKETS

Size	92R	97R	102R	107R	112R	117R	122R	127R	132R
Chest(cm)	92	97	102	107	112	117	122	127	132
Waist (cm)	77	82	87	92	97	102	107	112	117

TROUSERS - REGULAR FIT

Size	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R
Waist(cm)	77	82	87	92	97	102	107	112	117	122
In Leg(cm)	81	81	82	82	83	83	84	84	84	84

TROUSERS - STOUT FIT

Size	107S	112S	117S	122S	127S
Waist(cm)	107	112	117	122	127
In Leg(cm)	81	81	82	82	83



A. NECK: Measure loosely around neck at collar level, making allowance for comfort.

B. CHEST: Keep the tape up under arms and around shoulder blades while measuring around the fullest part of chest.

C. ARM: Lay a shirt out flat and measure from centre back neck seam to top of shoulder seam, and then to end of cuff down length of sleeve.

D. WAIST: Hold one finger between body and tape while measuring around waist. Measure over shirt at position pants would normally be worn.

E. INNER LEG: Measure inside leg (from crotch to hem) of a well-fitting pair of pants.



Polocrosse Association of WA

DATE: _____ **FIELD:** _____
TEAM: _____

Chukka 1

Players		Horse	
1		1	
2		2	
3		3	

Interchange

--	--	--	--

Chukka 2

Players		Horse	
1		1	
2		2	
3		3	

Interchange

--	--	--	--

Coach: _____

Manager: _____

POLO FITTED

STANDARD
RAGLAN

ASPPOLFTD001
ASPPOLFTDRGL001



SIZE	4	6	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
TO FIT APPROX CHEST (MEASURED AT PERSONS CHEST)	58	60	66	70	78	85	92	94	100	106	112	118	120	125	127	130	133
ACTUAL SHIRT WIDTH	35	36	37	40	42	44	46	48	51	54	57	61	62	65	67	68	71
ACTUAL SHIRT LENGTH	45	48	51	56	58	61	63	64	66	69	73	76	79	81	82	83	85
ACTUAL POLO SHORT SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	28	30	32	33	34	36	38	41	43	46	48	53	53	53	53	53	55
ACTUAL POLO LONG SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	50	52	56	62	70	76	79	81	84	87	89	90	91	93	93	NOT AVAILABLE	
ACTUAL POLO CAPPED SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	21	22	24	25	26	28	29	30	30	32	34	37	37	37	37		
ACTUAL POLO 3/4 SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	34	37	42	49	55	62	64	64	67	68	69	71	72	72	72		

POLO STANDARD

**STANDARD
RAGLAN**

**ASPPOLSTD001
ASPPOLSTD001**



**STANDARD
SHORT SLEEVE**



**STANDARD
LONG SLEEVE**



**CAPPED
SLEEVE**



SLEEVELESS



**3/4
SLEEVE**



**RAGLAN
SHORT SLEEVE**







**RAGLAN
LONG SLEEVE**

SIZE	4	6	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL	9XL	10XL	12XL	13XL
TO FIT APPROX CHEST (MEASURED AT PERSONS CHEST)	58	60	66	70	78	85	90	95	100	105	110	115	120	125	130	133	136	139	142	145	147
ACTUAL SHIRT WIDTH	33	37	41	43	47	50	54	56	59	62	64	67	69	72	76	79	82	86	91	96	98
ACTUAL SHIRT LENGTH	42	48	52	60	64	68	74	76	77	78	80	81	82	82	86	87	88	91	92	93	97
ACTUAL POLO SHORT SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	28	33	36	37	41	43	46	47	49	50	52	54	55	57	59	60	60	64	63	66	66
ACTUAL POLO LONG SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	NOT AVAILABLE	49	56	63	71	77	84	85	89	90	91	94	95	96	97	98	99	106	NOT AVAILABLE		
ACTUAL POLO CAPPED SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	22	25	26	27	31	31	32	33	35	36	38	39	40								
ACTUAL POLO 3/4 SLEEVE LENGTH (FROM CENTRE BACK TO BOTTOM OF SLEEVE)	NOT AVAILABLE	38	45	52	60	66	66	70	75	76	77	79	X	X	85	86	87				

QUOTATION – SJ201115-2

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

Description	Quantity	Price Each	Product Visual
Your Current Style			
BIZ Corporates ~ Ladies Longline Jacket – Comfort Wool Stretch Suiting Code: 64012 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://bizcorporates.com/products/64012	1 10	\$174.15 \$159.10	
BIZ Corporates ~ Men's 2 Button Jacket – Comfort Wool Stretch Suiting Code: 84011 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://bizcorporates.com/products/84011	1 10	\$189.15 \$173.60	
<i>Availability: Approximately 2-3 weeks from confirmed order</i>			
Alternate Fabric from BIZ Corporates			
BIZ Corporates ~ Ladies Longline Jacket – Cool Stretch Plain Suiting Code: 60112 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://bizcorporates.com/products/60112	1 10	\$147.00 \$132.90	
BIZ Corporates ~ Men's 2 Button Jacket – Cool Stretch Plain Suiting Code: 80111 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://bizcorporates.com/products/80111	1 10	\$151.50 \$137.20	
<i>Availability: Approximately 2-3 weeks from confirmed order</i>			
Alternate Supplier – Benchmark (Winning Spirit)			
Benchmark ~ Women's Poly/Viscose Stretch 2 Button Mid Length Jacket Code: M9206 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.18258/f	1 10	\$101.70 \$84.30	
Benchmark ~ Men's Poly/Viscose Stretch 2 Button Jacket Code: M9130 Colour: Black Decoration: Embroidered to LHC using existing Club Logo Product Link: http://shopping.netsuite.com/s.nl/c.689393/n.2/it.A/id.20787/f	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.

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The Polocrosse Association of Australia Inc.

Horse Drug Testing Policy

Effective April 2014,

Updated March 2016.

The Polocrosse Association of Australia (the Association) may test any competing horse to determine whether any Non-Steroidal Anti-inflammatory (NSAID) or short acting corticosteroid has been administered to the horse within the recommended withholding period for competition, and may take possession of material for the aforementioned purposes and detain such horse for the period as is deemed necessary for the collection of samples. This includes, but is not limited to, substances that are administered orally, nasogastrically, intravenously, intramuscularly, intra-articularly or topically.

It is the responsibility of the owner / person responsible for the horse to seek advice from their treating veterinarian in relation to withholding periods for competition of the above mentioned medications.

A guideline for detection times can be found on at: www.fei.org click on Veterinary, then click on List of Detection Times

- The Association will require the owner or person responsible for any horse that, up to 14 days prior to the commencement and for the duration of the competition, has been administered a prohibited substance to complete a Log Book for the Declaration of Equine Medications / Treatments (attachment A). This Log Book, is to be completed in all sections & signed by the owner /person responsible for the horse (who must be over 18 years of age).
- This document will be required to be produced if an issue arises with the horse or when the horse is submitted for collection of samples for drug testing purposes.
- If a horse is required to be treated with a prohibited substance at the tournament, the tournament veterinarian must view the horse prior to the administration of the substance. The tournament veterinarian must then declare that the horse in question is fit or unfit to continue in the competition/tournament.

- National Championship Swab Process

1. The Association may select one or more games per day of the tournament for the test to be taken from. This process will be the random selection of:
 - (a) competition,
 - (b) match in that competition,
 - (c) one team from the aforementioned match.

All finals may be subject to a swab test from both teams competing.

2. The “Swabbing Officer” will notify both team managers at the time the managers submit their team sheet at the beginning of the game that this particular game will be subject to a swab test. The team managers must inform all players participating that their horses are not to leave the field until a horse has been drawn at the end of the game. That selected team’s manager (refer point 1 above), will then draw one (1) of their team members from the hat, at the completion of the match, and this will then become the horse that is subject to the swab test.
3. At the completion of that horse’s participation of the game, the swabbing officer will maintain visual contact with that horse until it is handed to the tournament veterinarian for the swab test. The horse must not be allowed to eat or be administered any medication, until after sampling is complete. The horse is allowed to drink from a bucket, provided it has been filled with tap water in front of the swabbing officer. The owner/person responsible for that horse will be allowed to cool the horse down, remove all tack, bandages etc. & hose down the horse. When the horse owner/person responsible for the horse has completed this, the horse will be presented as soon as possible to the tournament chief umpire & tournament veterinarian for the swab test.
4. If any horse is vetted out during a game the Association may require that horse to submit to a blood or urine test for drug testing purposes.
5. A parent or guardian must be present in the event of the horse selected for drug testing being ridden by a player under the age of 18 years.
6. The test will be conducted in accordance with the guidelines and documentation in the sealed testing kit used by the tournament veterinarian.
7. Blood or urine samples may be collected.

- If any horse sustains an injury that requires that horse to be euthanized, that horse may be subject to drug testing via the taking of a blood sample, at a time appropriate to the horses welfare.
- If a horse is found to have had a prohibited substance administered to it through the return of a positive swab, the owner /rider of that horse will receive a letter stating that their horse has tested positive to a prohibited substance.
- The horse owner / rider will be given 7 days from notification to show cause why they should not be charged with an act of misconduct.
- In the event of a positive swab being returned the horse owner/rider may be charged under a set penalty (horse abuse/act of misconduct) as stated in the Associations rules of the game.
- In the event of the horse being ridden by a player under the age of 18 years returning a positive swab the person responsible for the horse may also face disciplinary action.
- The return of a positive swab may result in team or individual disqualification or suspension of the individual as deemed appropriate by the Association Disciplinary Committee.
- The Association will advise all test results within 28 days of the completion of the tournament the tests were taken from.
- The horse owner/rider will have the right to lodge an appeal with the Association within 7 (seven) working days of final notification of any penalty to be enforced. The appeal will need to be lodged in writing to the Association's National Executive Officer (NEO).

Attachment A: Logbook for the declaration of Equine Medication/treatments



The Polocrosse Association of Australia Inc.

LOGBOOK

FOR THE DECLARATION OF EQUINE MEDICATION / TREATMENTS

Horse Name:				State/ Team:	
Colour:		Age of Horse:		Gender:	
Microchip:				Brands:	
Owners Name:				Players Name:	

Medication and Treatment Record:

This information is compulsory for horses which have been administered **detectable medication** (Non-Steroidal Anti-inflammatory [NSAID] or short acting corticosteroid) as per PAA drug policy, 14 days prior to and throughout the Australian National Polocrosse Championships.

This document will be required to be produced if an issue arises with the horse or when the horse is submitted for collection of samples for drug testing purposes.

Record Each Date medication administered	Name of medication administered & active ingredient.	Dose given	Route of administration (I/M ,I/V , I/A , Oral)	Reason for use of medication(ie: injury ,colic etc)	Person responsible for administration of medication	Treating Vet (where applicable)

This is to certify that this is an accurate record of any detectable medications administered to the above described horse within the 14 days prior to and throughout the Australian National Polocrosse Championships.

I acknowledge that the completion of this Log Book does not exonerate me in the event of the return of a positive swab for the above described horse.

I further acknowledge that failure to accurately record any detectable medications administered to the above described horse may be deemed an act of misconduct, resulting in action being taken by the PAA disciplinary committee.

This section to be completed by the owner or person responsible for the above described horse - (must be over 18 years of age)

Printed Name:		Signature:	
Date:			