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WESTSIDE Football

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HARD WORK . . . the strain of pre-season football shows on the faces of Eagles players Peter Matera and Drew Banfield as they study the facts and figures during last Saturday's practice match hit-out with reigning premiers Essendon. Matera showed some of his magical form in the game, while Banfield further emphasised his claims to regular Eagles status after a promising 1993 debut

— Photograph by GREG WOOD



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TALK TO THE WINNING TEAM — Dave Green (left) Dealer Principal and new car sales manager or Alf Bennett, General Sales Manager

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DL 1171

CLUB RUMOURS

Club Rumours PRESENTS

Summertime Footy



GOSSIP

That you, Doc?

THE mobile telephone is certainly becoming a handy tool in the football recruiting world... just ask Fitzroy's colourful character, Darren Wheildon.

The Doc is out of contract with the Lions and he's been a scarce commodity as numerous clubs try to track him down to discuss his future.

The 23-year-old dashing utility player is a candidate for the March pre-season draft and while he rejected a personal approach from Ron Barassi to move to Sydney, he's certainly going to consider some offers from rival Melbourne clubs.

Fitzroy will have to lift their negotiating game if they are going to re-sign the 55-game player.

Another Lion hungry for a better deal is former Subiaco and West Coast dasher Mark Zanotti, who is holding out on a new contract.

Zanotti switched from Brisbane to Fitzroy last season to be one of their most dependable players, finishing sixth in their club champion voting.

The 29-year-old was picked up in last year's March draft and rewarded the Lions well — and, for that reason, they will be keen to stitch up his contract before March.

Lions plan for century

SUBIACO are certainly planning well into the future, what with their recent long-term signing of a lucrative sponsorship deal with Matilda Bay Brewing that fits in nicely with plans to celebrate their centenary in five years time.

The Lions first hit the playing fields in 1899, but did not actually attain league status in Perth until 1901.

However, that won't stop Subiaco from celebrating a milestone of sorts in 1999, which will be the last of a six-year deal with Matilda which will be worth more than \$300,000.

The club that earned the dubious nickname of 'Canaries' when they unveiled a new maroon-coloured guernsey back in the dark days of the early 1980s, will not be changing their strip as they head towards their second century.

Western Underwriters, whose adventurous sponsorship in the late-1980s helped Subiaco become financially independent when they scooped a couple of big six-figure incentive cheques with their premiership spoils, remain as the club's major sponsor and retain logo rights on the guernsey.

But you can be sure that Matilda Bay's entrance to the Subiaco Oval arena will be part of a carefully-planned step into the national football sphere.

Downsborough stalemate

NEGOTIATIONS between Claremont and West Perth have reached a stalemate over the playing future of Burracoppin recruit Craig Downsborough.

The Tigers are standing firm on the issue while Downsborough (25), who played the first eight games of last season, trains with West Perth at Joondalup.

As an uncontracted player, he is entitled to train with another club and is keen to join the Falcons, where his younger brother Ian plays.

The elder Downsborough, who was a goal-kicking machine at full-forward with Burracoppin, joined Claremont last year after numerous talks with coach Gerard Neesham.

"He is a required player and has the choice of playing for Claremont or Burracoppin," said Tigers football manager Phil Smart.

"We will clear him back to his home town, but while in Perth he won't play for another club."

It was initially thought that a swap between Downsborough and Jamie Merillo, a 14-game

Falcon training with Claremont, could be reached, but that now seems unlikely.

The Falcons are in search of a full-forward after makeshift spearhead and the club's leading goalkicker last season in Todd Curley departed for Collingwood.

Subiaco forward John Georgiades is also training with West Perth in the hope of switching clubs.

Georgiades (28), who played 103 games with Subiaco and 15 at Footscray, is recovering from operations on his Achilles tendons.

Award to Bulldogs



A SWAN Districts stalwart recently honoured a South Fremantle football colleague with one of the game's newest trophies.

That's former Swans chief Stan Moses (left) presenting one of his famous sculptures to South Fremantle's junior development organiser, Jim Hurst in recognition of the great work done by the Bulldogs in their district.

Junior work pays off

Moses produced the bronze statue of a junior footballer for annual presentation after his own club had taken out the inaugural award last year.

The honour is based on service to football and Hurst accepted the trophy on behalf of the Bulldogs.

Telling the truth

THE coaching frankness of newly-appointed St Kilda mentor Stan Alves will be an interesting addition to the AFL arena in season '94.

The former Melbourne and North Melbourne 267-gamer has stepped out of his comfortable commentator's role with the ABC to tackle the Saints furnace and already his frank approach has won him many friends in the media world.

Questioned recently about the departure of Gilbert McAdam and what his relationship would be like with Tony Lockett, Alves was straight to the point:

"Gilbert went walkabout," he said. "His wife didn't like Melbourne, so we had to let him go; it's not fair to hold him in town if he isn't happy."

"Tony Lockett needs to work out what his relationship is with himself first; he needs to decide what he wants to do with his football career."

Gossip a hot topic

THERE should be plenty of interesting behind-the-scenes bits of gossip when radio 6PR broadcast the West Coast Eagles in action this season.

Much-travelled Hilton Park product Brad Hardie joins the 6PR panel for AFL commentaries and after his fairly turbulent relationship with Eagles coach Mick Malthouse during their Footscray days, his input should be fascinating.

Add his contributions to those of former West Coast premiership chairman of selectors Trevor Sprigg and fast-talking expert-on-all-footy-topics, Percy Johnson and there should be plenty of fireworks from Perth games.

Then, when the Eagles fly into Melbourne, one-time Swan Districts sharp-shooter Simon Beasley — who was Footscray's top goalkicker during Malthouse's reign at the Western Oval — joins the commentary team, along with Graham (Smokey) Dawson, who has become a real fan of the West Coasters... naturally enough.

Johnson and Frank Sparrow will combine to call the WAFL action, with 6PR's Saturday morning Football World team including Claremont premiership coach Gerard Neesham, WACA Ground stalwart Keith Slater — on transfer from the ABC — Hardie, Gary Carvolth and Mal Brown live and controversial from Melbourne completing the team.

No smooth sailing

ST Kilda's new president is a man who is used to the rough going — Andrew Plympton is a veteran sailor who has now turned his talents to football administration.

Plympton, a former world champion at sailing Etchells, took over the Saints hot seat last July, inheriting a tough spot from former top player Travis Payze.

The take-over has been far from smooth for Plympton, a 44-year-old businessman who inherited such controversies as the Nicky Winmar racist issue, growing financial losses and the sacking of coach Ken Sheldon.

But he is used to the rough going, having survived five Sydney to Hobart races and learning what it's like to battle the elements out on the ocean, being part of a crew all relying on each other.

He sees those attributes as being important in his role at St Kilda — helping mend the rifts and turn the club away from its reputation of being able to create controversy out of simple issues.

Aboriginal stars

RECENT focus on Aboriginal teams has revived some old memories, especially among country people where our indigenous friends have often set the trend in football circles.

New Norcia once boasted a club that fielded three all-Aboriginal teams, playing in the New Norcia Football Association initially before joining the Central Midlands League.

This was back in the 1950s and current Moora parish priest Father Basil well-remembers those teams.

"There were some very good players among them, young and old," he says.

"We had a league, seconds and thirds side made up of players from the township and surrounding areas and they were very competitive, winning four or five premierships over the years.

"East Perth showed a lot of interest in the club, with Hec Stempel particularly offering advice and coaching help to the boys."

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CLUB RUMOURS

Free side is now reality

THE recent announcement of a 10-man interim board to launch the Fremantle side into the AFL in 1995 has put football in the West into a whole new ball game.

The Port side comes into existence with the support of South Fremantle and East Fremantle and while opinions are divided as to how the other six WAFL sides should align themselves, the new club is now a reality.

With a 1995 kick-off something to really look forward to, this week's West-side Football examines some of the tough decisions to be made in the coming months in a special Talking Football feature on Page 5.



FRONT MAN... heading the board of the Fremantle team is former West Perth star Ross Kelly

Pepsi Cup set for an Eagles curtain-raiser

THE WAFC will experiment with a Pepsi Cup curtain-raiser to an Eagles AFL match this season in preparation for the onset of Perth's second AFL team.

Perth and South Fremantle will be the guinea pigs at the WACA Ground on Saturday, April 16 in the lead-up to West Coast's round four clash with Fitzroy.

The idea has been discussed long and hard in football circles, but problems with gate receipts and entrance for WAFL club members have previously put the idea on the back-burner.

But with the likely admission of a Fremantle based side into the AFL for next season, it was time for the WAFC to act.

While the Commission attempts to avoid clashes between local fixtures and live telecasts of Eagles matches, the likelihood of avoiding both Fremantle and Eagles fixtures will become increasing difficult.

Curtain-raisers could become more frequent next season if all goes well in April.

"It's one option we'll have to look at in 1995," confirmed WAFL football manager Trevor Howard.



FLEXIBLE... WAFL football manager Trevor Howard wants more flexibility in this year's Pepsi Cup fixtures

By TANIA ARMSTRONG

"We will look closely at flexible fixturing, but there has been problems with the acceptance of Friday night games in the past.

"This match will show us any problems that exist and it's best that we find them out now."

One major concern is that seating for the four Eagles games at the WACA is already sold out.

All 14,500 seats available were snapped up by Eagles members before seats went on sale to the general public.

That leaves Perth and South Fremantle followers who aren't Eagles members with standing room only unless an agreement can be reached with the WA Cricket Association.

The release of some seats in the WACA members area is only a possibility as the fixtures are heavily attended by those patrons.

FORFEITED

As the match will be a neutral WAFL fixture, gate receipts, which would normally go to the WAFL, will be forfeited.

The curtain-raiser is likely to start at 3pm with colts and reserves matches played earlier at Lathlain Park to enable support staff to attend both venues.

The experiment is the only change to Pepsi Cup fixturing.

Perth's round four clash with East Fremantle on Saturday, April 23, previously scheduled for the WACA, will now be played at Lathlain Park.

Night fixture looms for WA

ARRANGEMENTS for a June 21 clash between South Australia and WA at Adelaide's Football Park are on in earnest between the WAFL and SANFL.

This year's Haydn Bunton Trophy winner looks set to be decided mid-season under lights on the Tuesday evening.

The Croweaters won the first trophy on their home soil in 1992 before WA squared the ledger at the WACA Ground last May.

The match looks likely to be the only time the black swan is unveiled in 1994 as no State-of-Origin fixture is scheduled for WA



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Spinks the answer to Eagles prayer

ON TARGET ... big Brett Spinks is aiming for a Foster's Cup debut with the Eagles after some impressive pre-season efforts — Photo: GREG WOOD

FEBRUARY is a long way from the real action, but big things are already expected from Eagles hulk Brett Spinks.

A good showing in this Saturday's practice match in Adelaide against the Crows should earn Spinks the centre-half-forward role at Football Park on February 23 when the Eagles tackle the Crows in their opening Foster's Cup clash.

Coach Mick Malthouse has revealed that he is willing to give young players every opportunity during pre-season and the 20-year-old is at the top of his experimental list.

A surprise selection in the 1992 draft after a season with the South Fremantle reserves, Spinks has shown rapid

By **TANIA ARMSTRONG**

development to put him in the pre-season spotlight.

A good contributor in the under-23s clash with Brisbane was followed by an equally impressive showing against Essendon last Saturday.

TROUBLE-SPOT

Lining up on veteran Bombers defender Anthony Daniher, Spinks played three top quarters in the Eagles trouble-spot before he faded in the final term.

Highly mobile at 200cms and 96kgs, he finishes his strong marking off with a booming kick.

He developed into a handy player in 19 league games with the Bulldogs last season and now the Jerramungup-bred big-man has his sights set on the AFL.

"They've called centre-half-forward a problem spot so if I can keep on playing well in scratch matches and hopefully in a couple of Foster's Cup games, you never know what can happen," said Spinks.

"I've just got to take it one game at a time and there is a position available, so I've got to keep working."

Told to present himself and lead to space when the ball went into attack, Spinks kept David Hynes, Karl Langdon and Peter Sumich out of the corridor against the Bombers.

HYNES OPTION

Malthouse believes that Hynes is still the preferred option at centre-half-forward, but he is pleased with Spinks' early showing.

"We have another option at centre-half-forward and he showed enough to suggest that he could hold that position down at some stage," said Malthouse.

"He's a thumping kick and he's only a pup so he's still got a lot to learn."

"However, we've got to be guarded against getting too excited about throwing young guys in ahead of players who have proved themselves and then find that the kid loses confidence and takes a long time to get back."

ADVANTAGE

One advantage Spinks has over team-mates vying for the centre-half-forward role is the fact that he has been groomed for the position.

"That's where I've played all my junior football and where I've come up through the ranks," he said.

"I'm used to it and playing there is no hassle for me now."

Spinks is one of five Eagles completing administration apprenticeships with the club and the extra time he has devoted to football is already reaping benefits, though he says he has not reached peak fitness.

Young stars given ample chances

WEST Coast coach Mick Malthouse will continue to experiment with youth when his side takes on Adelaide at Football Park in Saturday's practice match.

For the first time this season the Eagles fly out of Perth — at 6am on Saturday — to test their progress interstate.

The practice match gets underway 11 hours later, at 5pm Perth time and will be telecast live by Channel 7.

Emerging Eagles Brett Spinks, Lee Walker, Jarrad Schofield and Drew Banfield will again be under scrutiny, along with a host of others.

The match is the last chance for players of both sides to impress before opening their Foster's Cup campaign with a Football Park re-match on Wednesday, February 23.

No practice matches are scheduled for either side for the weekend of February 19 and 20.

While the Eagles will come together for a training run that weekend, the Crows are expected to be given two days off from their heavy pre-season campaign which has them training five nights a week.

The Crows are expected to be a power in 1994 after bowing out of last year's premiership race with an insipid preliminary final second half against eventual premiers Essendon.

Adelaide beat Brisbane last weekend at Coolom and they stayed in Queensland until Wednesday for a training camp.

The Eagles put paid to Essendon at Subiaco Oval last Saturday and they will retain the nucleus of that side, though they will be without a number of senior players.

WORSFOLD HURT

Set to take a 23-man side to SA, the Eagles have also lost defender John Worsfold, who strained a thigh in the first half against the Bombers.

He is likely to be nursed back to full fitness slowly while Troy Ugle and Chris Lewis will also be missing when they represent an Aboriginal All-stars team against Collingwood in Darwin.

Solid form by Guy McKenna, Peter Matera and Dean Kemp last week could well see them rested for Saturday's outing, while the best-afield effort from durable ruck-rover Dwayne Lamb in last week's early game gives him strong claims to a senior place.

Adelaide have lost Paul Rouvray from last week's line-up with a suspected broken thumb.

— TANIA ARMSTRONG

Crows out in force for Eagles Cup clash

ADELAIDE Crows fans take their football seriously and the Eagles will find out when they open their Foster's Cup campaign in front of a packed house at Football Park.

February it may be, but Adelaide fans are already hungry for football and a crowd of 35,000 is expected for the February 23 showdown.

Out to avenge their preliminary final white wash against Essendon last season, the Eagles are first on the Crows hit-list.

Adelaide will be tough to beat at Football Park throughout the season and that goes for pre-season too.

The parochial crowd is one reason, along with the Crows steady adjustment to AFL football since joining the competition in 1991.

Capable of holding 46,000 people, the Crows home ground will be filled by 19,000 Football Park members and 22,000 season pass holders.

On Monday, 4500 general public

tickets go on sale and can be purchased by telephoning Bass outlets in SA.

The Eagles will have had three outings before their Foster's Cup hit-out in practice matches against Brisbane, Essendon and Adelaide.

They are certain to take a different line-up into the Cup clash than the one that travels to Adelaide this Saturday for a practice match.

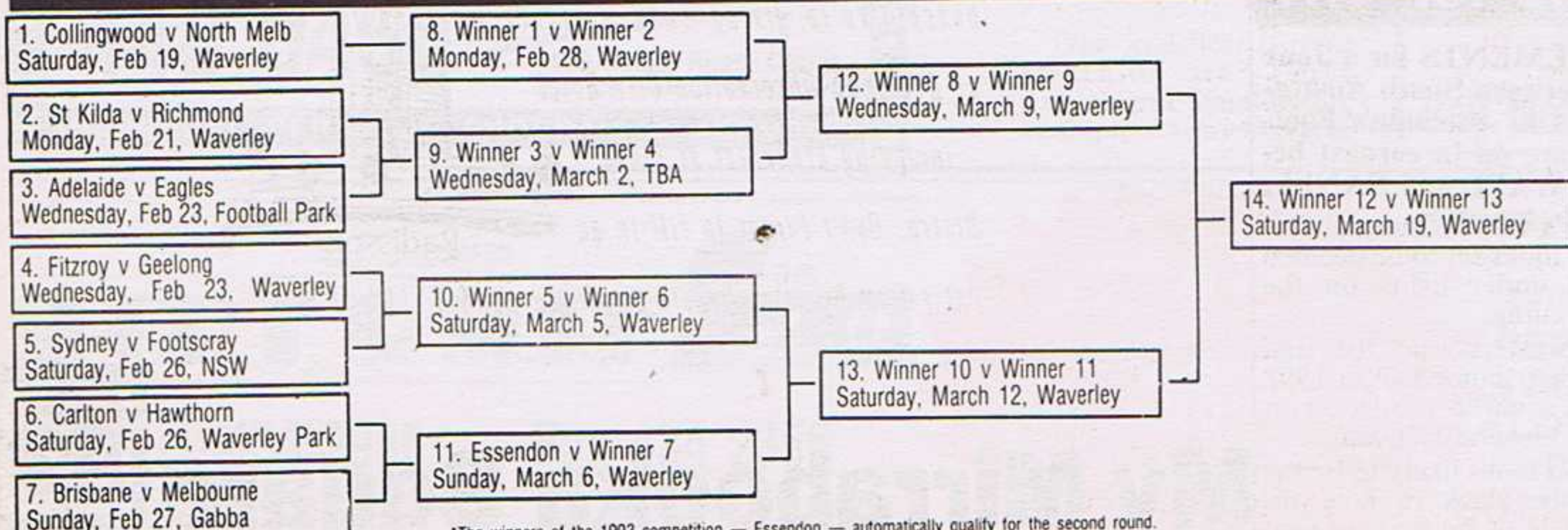
With big prize money up for grabs, some experienced Eagles will be brought back for the clash, though young players who have performed well in the three contests are sure to be retained.

Adelaide also played Brisbane before their first clash with the Eagles.

The team eliminated from the Foster's Cup at Football Park will contest further practice matches arranged by the AFL.

If the loser is the Eagles, they look certain to spend a lot of their remaining pre-season matches away from home.

YOUR 1994 FOSTER'S CUP FIXTURES GUIDE

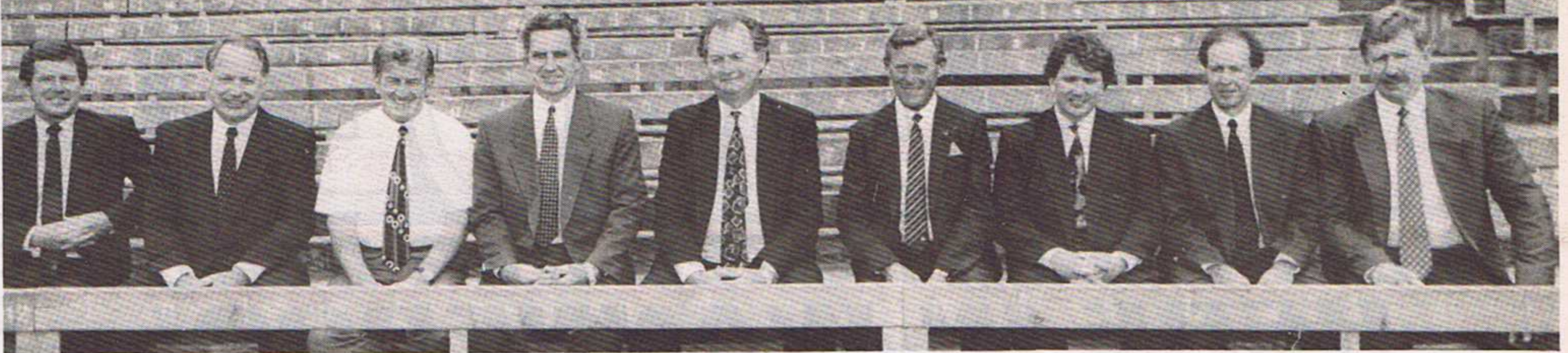


NIGHT AND DAY: HOW THEY FARED

Year	Night premier	Finished season
1977	Hawthorn	third
1978	Fitzroy	ninth
1979	Collingwood	second
1980	North Melb	fifth
1981	Essendon	fifth
1982	Sydney	seventh
1983	Carlton	fifth
1984	Essendon	first
1985	Hawthorn	second
1986	Hawthorn	first
1987	Melbourne	fourth
1988	Hawthorn	first
1989	Melbourne	fourth
1990	Essendon	second
1991	Hawthorn	first
1992	Hawthorn	fifth
1993	Essendon	first

Front row viewing

LOOKING AHEAD... Members of the new interim team board (from left) David Hatt, Peter Phillips, Ric Gloede, Jack Sumich, Ross Kelly, Len Hitchen, Grant Donaldson, Jeff Ovens and Ron Alexander



New team members face a busy time

THE agenda for the first official meeting of the interim board charged with the task of forming WA's second AFL team will be a long and fascinating one.

The 10-man board — women, it seems, have yet to earn their spurs on senior football administration teams — met officially for the first time last Friday and the 7.30am rendezvous at the Football Commission outlined the task ahead.

W AFC chairman, Dr Peter Tannock, explained the terms of reference for the board, whose volunteer hours over the next 12 months are going to seem more like a full-time work challenge.

While the agenda for their next meeting — scheduled for Monday — is still being finalised, the list of priorities looks like this:

- ★ The establishment of sub-committees to tackle the various departments, such as administration, players and financial.

- ★ Immediate input into the drawing up of player rules and regulations for the new team's activities.

- ★ A whole range of marketing issues, such as sponsorship, team name, colours and membership.

- ★ The setting of budgets, especially the early financing of full-time administrative appointments.

Chairman Ross Kelly, a casual laid-back character whose football background and management expertise gives him excellent credentials to be captain of this off-field team, wants to get his players into a working mode as soon as possible.

IMMEDIATE TASK

"The formation of the various sub-committees is an immediate task," he says. "We're not looking to make any permanent staff appointments till mid-year, but the board members have a lot of work to do before then."

"The player rules affecting the Fremantle side are vital; we need to have our input into those regulations before they are cast in stone by the AFL. Marketing issues will cover a broad range of topics and will be linked closely with our budgeting."

"We need to know how much money we have to spend before we go out recruiting staff and players."

The schedule of appointing the key administrative people will be a vital step, particularly when lessons from the early days of the West Coast Eagles are taken into account.

While there will be public pressure for a big local contingent to take up the major roles, the Fremantle side will be competing in a national competition and all jobs will be advertised across Australia.

The probable order-of-importance in the appointments could be as follows:

1. General manager — a man who must be able to take firm control right from the outset; a person who knows the politics of both the local football scene and the AFL and has a capacity to organise a host of different activities at the one time.

2. Football manager — an expert in football ability and a good judge of potential; not necessarily a local, but one who knows how to deal with players — and firmly.

3. Marketing manager — someone to raise the money quickly to enable the previous two appointees to get paid! Needs to be a person with a good knowledge of sponsorship opportunities; a personality to get into board rooms and someone with public relations flair.

4. Coach — the ultimate person to control the early destiny of the Fremantle-based side. Not necessarily a local candidate, but one who is able to mould players from a variety of clubs into a competitive unit. No room for an inexperienced person, but the tough decision is when to appoint the coach... mid-year or at the end of the season when all candidates are available.

HUNGRY JACK'S

PRESENTS



Talking footy

with ALAN EAST

The men in charge

THE 10-man interim board appointed to kick the Fremantle side into the national competition boasts an excellent blend of the necessary ingredients — football background, business acumen, Fremantle identities and marketing expertise.

The board members — and their prospective early responsibilities — are:

Ross Kelly (chairman) — a former West Perth and WA defender with a strong marketing and management background.

Jack Sumich (deputy chairman) — a State player with an outstanding South Fremantle career behind him; a businessman with valuable links to the Port.

Ron Alexander (football) — former top player, premiership coach and selector; inaugural coach of the West Coast Eagles and a senior administrator with the Ministry of Sport.

Grant Donaldson (legal) — a prominent solicitor, Rhodes Scholar and a man to handle player contracts and so forth. A colts footballer with East Fremantle.

Daryl Gore (financial/administrative) — a former East Fremantle player with a solid business background as a company secretary.

David Hatt (administrative) — an impressive background in sports organisation gives him the temporary role of executive officer, but it could well be permanent. Solid background as a consultant to the Government, especially on the formation of the independent WA Football Commission and the second team.

John Hughes (marketing/sponsorship) — one of the State's leading motor car principals; a prominent Fremantle businessman with a high profile and the right charisma for the team.

John Longley (marketing/sponsorship) — a dominant figure in Australia's America's Cup campaigns and the man whose driving ambition produced the remarkable Endeavour replica project.

Peter Phillips (marketing/sponsorship) — a well-known Fremantle-based businessman with a strong football background, particularly in the University amateur ranks where he still coaches; has a sound knowledge of the media industry.

Jeff Ovens (administrative) — as chief executive of the WA Football Commission, he will oversee the planning stages and provide valuable input from the Football Commission.

The inclusion of rival Port presidents Len Hitchen (East Fremantle) and Ric Gloede (Souths) as associate members of the board provides the communication link with the WAFL and gives both clubs a say in proceedings.

Many other challenges

THERE are an abundance of early decisions to be made as the Fremantle team prepares for its 1995 bounce-down.

Apart from the obvious staff appointments, financial planning and player recruiting, the other key issues include:-

- ★ Team name — obviously Fremantle will be in there, but what else? Hundreds of names have been suggested, ranging from Doctors to Sharks to Dolphins. It's a wide

range with Sharks a good choice.

- ★ Guernsey colours — there will be a touch of red, blue and white in there somewhere, with green a strong option; it's a colour no other AFL side has and is good on television.

- ★ Location — Fremantle Oval is the logical base, with home games at Subiaco Oval and the WACA Ground. The facilities at Fremantle Oval would need upgrading, but the potential is there for development.

- ★ Sponsorship — the initial need to raise about \$5-million to kick-start the operation should come from major sponsors and there is a queue of national companies willing to get in there early. Virtually every major sponsor of the Eagles has a rival based in WA — and the big dollars should come quickly. The smaller Fremantle business houses will also come to the party.

- ★ Facilities — with the experience of the early West Coast years,

where they floundered around without a headquarters, a priority will be setting the team up with first-class rooms, both for players and administrators. South Fremantle should be able to share facilities — particularly social — with the new side and the building of changerooms and an administrative centre could easily fit into Fremantle Oval at minimum cost. Nearby Murdoch University offers excellent gymnasium facilities if needed on a short-term basis.

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Thank you for dealing locally

39⁹⁰ WEEKLY
WA'S BIGGEST

1 1984 MITSUBISHI L300 STARWGN 6ZX 460 \$9500

Luxury 8 seater air conditioned people mover, a gutsy 5 speed with power sun roof, a super versatile vehicle with foldaway rear seating for extra luggage space. Any inspection welcome.

32⁷⁶ WEEKLY
WA'S BIGGEST

2 1986 del TOYOTA CORONA CS WAGON KMC 2729 \$7800

Very popular 2 litre medium sized wagon, zippy 5 speed floor shift, pioneer AM/FM stereo, quality CS cloth seating, rear washer wiper plus a host of other quality appointments.

28⁹⁸ WEEKLY
WA'S BIGGEST

3 1985 MITSUBISHI MAGNA SDN 7BG 476 \$6900

Gutsy yet economical 2.6 litre roomy 4 door sedan, air conditioned executive cloth interior, AM/FM digital stereo, a good car at a very affordable price.

41⁵⁸ WEEKLY
WA'S BIGGEST

4 1985 FORD ZL FAIRLANE 7MS 750 \$9900

4.1 EFI luxury t-bar auto, air cond, power steering, electric windows, premium sound stereo, central locking, whisper quiet and smooth to drive, 5 Fairlans in stock to choose from.

54¹⁸ WEEKLY
WA'S BIGGEST

5 1989 LASER HATCHBACK 7OR 577 \$12900

Absolutely spotless 1.6 litre bubbleshape 5 door with log books confirming just 61,000 kms. Unmarked air conditioned cloth interior plus all other Laser quality appointments.

58³⁸ WEEKLY
WA'S BIGGEST

6 1992 HOLDEN NOVA SEDAN 81W 273 \$13900

Big savings on this air conditioned new series Holden with power steering plus a host of other quality appointments, and this one has been converted to petrol and L.P. gas for extra economy.

57¹² WEEKLY
WA'S BIGGEST

7 90 del TOYOTA LEXCEN EXECUTIVE 89T 430 \$13600

New series V6 EFI t-bar automatic, air cond, power steering, quality executive cloth seating, AM/FM stereo, smart colour coded exterior. This car is very good value.

54¹⁸ WEEKLY
WA'S BIGGEST

8 1990 del FALCON SERIES 2 SEDAN 8CY 259 \$12900

Just one of our 20 Falcons in stock, a t-bar auto with air conditioning, power steering, AM/FM stereo, quality cloth seating plus a very smart colour coded exterior.

49⁹⁸ WEEKLY
WA'S BIGGEST

9 1990 del PULSAR GX LIFTBACK 8PG 278 \$11900

Immaculate GX 5 door with easy power steering, just 58,000 kms with log books, someone is going to buy a very good vehicle when we sell this little beauty.

64²⁶ WEEKLY
WA'S BIGGEST

10 1990 FALCON S PACK WGN 8PA 225 \$15300

One owner update series 2 factory sports wagon, 3.9 litre multipoint t-bar auto, air conditioned, power steering, sports dashboard, a stunning wagon priced to sell quickly.

83⁵⁸ WEEKLY
WA'S BIGGEST

11. Log books confirm this one owner EA Ghia was sold new in February 1991, a multipoint t-bar auto with climate control air cond, power windows, cruise control, electric mirrors, security coded stereo, driver information computer, new series upholstery, central door locking, the immaculate colour coded exterior is complimented by Ford Ghia alloy wheels. The current new replacement cost of over \$40,000 makes this prestige vehicle astute buying at \$19,900. 8OM 465.

\$19900

69⁷² WEEKLY
WA'S BIGGEST

12 1991 FALCON S PACK 7XD 914 \$16600

Special Anniversary "S Pack" multipoint t-bar automatic, air cond, power steering, full sports interior, central locking, colour coded paintwork plus Ford mag wheels.

49⁹⁸ WEEKLY
WA'S BIGGEST

13 1987 SKYLINE TI EXECUTIVE 7IC 567 \$11900

3 litre fuel injected t-bar automatic with electric overdrive, luxury air cond interior, power steering, electric window and mirrors plus a host of other appointments.

49⁹⁸ WEEKLY
WA'S BIGGEST

14 1990 MAGNA TP EXECUTIVE 8PG 276 \$11900

Compare our price for this quality air conditioned Magna Executive with power steering, electric mirrors, quality stereo, complete with a very smart exterior.

74³⁴ WEEKLY
WA'S BIGGEST

15 1992 FALCON EB SEDAN 80L 164 \$17700

One owner t-bar automatic, air conditioned, power steering, AM/FM stereo, quality cloth seating, central door locking, colour coded exterior. This car is very astute buying.

62⁵² WEEKLY
WA'S BIGGEST

16 1989 COMMODORE VN S PACK \$15600

Smooth V6 EFI factory sports pack, t-bar auto, air conditioned, power steering, sports cloth seating, sports paint outs, rear bob tail, half the cost of a new one.

62⁵⁸ WEEKLY
WA'S BIGGEST

17 89 COMMODORE VN EXEC WGN 8BK 113 \$14900

Hard to find easy to sell, describes these new series air conditioned wagons with power steering, whisper quiet and smooth to drive, choose from 3 in stock all with log books.

41⁵⁸ WEEKLY
WA'S BIGGEST

18 1992 NIVA 4X4 HARD TOP 8JC 373 \$9900

This is crazy! A 92 4x4 for under \$10,000. Complete with full log book service history, just 31,000 kms, this gutsy 5 speed has lots of extras. Credit to previous owner.

47⁰⁴ WEEKLY
WA'S BIGGEST

19 1989 TOYOTA LITE ACE VAN 8KX 527 \$11200

Absolutely spotless, low kms, air cond, hi-roof with 5 speed floor shift, side and rear loading doors, you would be crazy to buy a new one while this hardly used one is available.

28⁹⁸ WEEKLY
WA'S BIGGEST

20 1985 FORD ECONO-MAXI VAN 7DA 389 \$6900

Check out our price on this Ford 5 speed Maxivan, rear and side loading doors, side windows, rear washer wiper plus many appointments that have made this so popular.

33¹⁸ WEEKLY
WA'S BIGGEST

21 1982 NISSAN 720 KING CAB 7KW 454 \$7900

This is value, 720 King Cab optioned with rear fibre glass lock up canopy, custom safari carry rack, roof bar and mag wheels, a tough reliable ute priced to sell quickly.

53³⁴ WEEKLY
WA'S BIGGEST

22 1984 HI LUX 4X4 DUEL CAB 8PG 607 \$12700

Rare 2.4 litre diesel 5 speed duel cab, extras include rear fibreglass lock up canopy, roof bar, tow bar, mag wheels, custom pin striping, window tinting plus much more.

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TO PERTH

Aussie Rules has produced many champions in more than 100 years of fierce competition across the nation and this summer series profiles some of WA's stars of the past

Football's elder statesman, John Leonard, stands tall as one of the outstanding achievers in the early days of Australian Rules

Living legend John Leonard made his mark on football fields in Perth and Melbourne. In part two TANIA ARMSTRONG examines his first coaching appointment in Melbourne and his successful return to the West

Leonard's low-key arrival

THE arrival of WA Sandover Medallist John Leonard in Victoria to coach South Melbourne was decided on the toss of a coin.

There was little fuss over the arrival of playing coaches from the West in those days and few people had ever heard of Leonard in 1930 when he took up a coaching post in country Victoria.

Premiership success with Maryborough led to his appointment at South Melbourne, but it was during the depression and was a touch-and-go decision.

Unemployed in 1930 — Leonard's last season with Subiaco — he looked East for any opportunity available.

Having met the editor of Melbourne's 'Sporting Globe' newspaper on his travels as a WA player, Leonard wrote to him inquiring about any opportunities in Victoria.

The reply suggested he apply for the captain/coach position of Maryborough, a job he then landed without even knowing where the small country town was.

"They telegraphed me and said I had been appointed coach and would be met at the Melbourne Post Office at 5pm on a certain day," recalled Leonard.

FORLORN FIGURE

With trans-Australian travel restricted to rail, Leonard duly arrived in Melbourne a few days later — and described himself as a forlorn figure.

"I had been to Melbourne a number of times to play State football and knew the place quite well," he said. "But I was so depressed as I was by myself.

"I carted my cases along and stood on the steps of the Post Office feeling very sorry for myself."

Leonard's disposition wasn't helped by the silent taxi driver who collected him and drove him to his hotel, followed by a trip to the town hall for an official reception.

The reticent cabbie turned out to be Reg Ansett, the eventual founder of Ansett Airlines, who was busy establishing a taxi empire in those days.

"The whole population was at the town hall," said Leonard.

"I guess I was kind of a freak; a bloke from Western Australia coming over to coach their team."

HORROR START

The first training session was naturally watched by a huge crowd and to Leonard's horror, he failed to make a good impression when he 'grubbed' the first kick he had.

Despite the indifferent start, the side went on to win the premiership and Leonard describes the 12 month stint as the most enjoyable of his football life.

When South Melbourne advertised for a coach at the end of that season,



PREMIERSHIP GLORY... John Leonard (circled) was part of Subiaco's 1924 premiership side before embarking on his travels to the East. Coach Tom Cain is seated on Leonard's left

Coaching was a way to beat the depression

Leonard had no desire to apply, but Victorian friend Alec Quail had other ideas. He wrote out Leonard's application and the champion rover signed it.

Leonard was interviewed the day before his departure from Melbourne and then told of his appointment only hours before he boarded the Perth-bound train. He was asked to return as soon as possible.

Having set up a Perth wholesale agency business before heading to Maryborough, Leonard thought that being in Melbourne would be good for business.

But he was still uncertain if he was making the right decision and a tug-of-war eventuated with telegraphs running hot between Perth and Melbourne.

South Melbourne naturally wanted their new coach on the park to start pre-season training, while Leonard was delaying the move as he established his business.

Then the ultimatum came from the East. It read: "Must know definitely. Urgent. Advise."

"I walked up the Perth GPO steps and pulled a two-bob piece out of my pocket when nobody was around," he recalled.

"I threw it in the air. Heads I go, tails I stay."

"It came down heads and I walked straight into the post office and wired that I would be there as soon as possible."



PROUD MOMENT... flanked by Claremont coach Gerard Neesham and captain Darrell Panizza, John Leonard proudly displays the inaugural John Leonard Cup won by the Tigers from Subiaco last season

Leonard played 12 games in his only VFL season (1932) and was considered unlucky not to take the side higher than fourth when six star players, including Austin Robertson snr and legendary goalkicker Bob Pratt, were struck down with injury before the first semi-final.

As captain/coach Leonard put the side on the road to a flag the following season, though he missed the glory after opting to return home to his business.

BACK INJURIES

Serious back injuries sustained with Maryborough and South Melbourne led to a retirement decision and later kept him out of active service during the war years.

On his return to Perth, he went against the flow and played hockey.

Having never played the game before, Leonard knew the rules were similar to soccer, a game he was familiar with after being born in England... and his natural skill shone through once again.

Starting with the novices in E-grade, Leonard progressed to A-grade before the season was out.

He was then enticed back into the football arena, as coach of West Perth — and immediately snared premierships in 1934 and '35. He took a break in 1936, resisting other coaching offers and returned to West Perth for the 1937 season, when they missed the finals.

Leonard had decided to retire from coaching, but was persuaded to give Claremont a try after the Tigers had lost two successive grand finals.

Success came his way immediately, with Claremont's only hat-trick of premierships in 1938-39-40 before they finished fourth in 1941.

WAR YEARS

During the war, Leonard served as assistant controller of aviation in Perth and Melbourne, before returning to the west as assistant director of aircraft production.

He never returned to football, but excelled in other sports and was a respected competitor on the veteran's tennis circuit.

However, his contribution to football has not been forgotten and he is a member of the prestigious WA Hall of Champions.

As a player, he was rewarded with a Sandover Medal and played in every State side selected during his career.

Coaching gave him numerous premiership triumphs, but it is the friendships made that he cherishes most.

His coaching philosophy is simple and characteristically modest.

"I never, or very, very rarely, raised my voice. If I did, the players knew there was something wrong," he said.

"Talk to them individually and talk to them collectively, but don't talk down to them."

"Some of them are better footballers than you ever were."

Essendon boss is up to his old tricks . . . again

TANIA ARMSTRONG reports on Kevin Sheedy's thoughts as he moves into his 14th season as Essendon coach

WIDELY acknowledged as the AFL's shrewdest coach, just what was Kevin Sheedy getting at when he declared the Eagles as the team to beat in 1994?

A strong advocate of Perth's second AFL side, Sheedy has long been fearful of an Eagles dynasty . . . at least until everyone started talking about an Essendon reign.

Sheedy's judgement in declaring the Eagles and the Adelaide Crows as the Bombers biggest hurdle in their quest for more back-to-back flags cannot be questioned.

That is widely accepted in football circles on the eve of the season — a fact confirmed by those wily judges, the bookmakers.

But it was also a way of moving the spotlight away from his side and onto the Eagles — just enough to add that bit of pressure to the side which the Bombers knocked out of last season's premiership race.

"The Crows and the Eagles are going to be really hard to win against," said Sheedy.

HIGH REGARD

Describing the Eagles as a "great side", the triple premiership coach showed he still holds West Coast in high regard.

He is also well aware of the challenge facing his side as they attempt to build on a remarkable premiership season.

Dressed casually in shorts, loafers and a polo shirt last Saturday, Sheedy left much of the match talking to his assistant Neale Daniher, who was part of the coaching empire that the Bombers mentor built around him last year.

Sheedy left 13 premiership players out of the side and was content to study the progress of those borderline hopefuls who failed to make a mark last season.

"We've got a group of players who need the opportunity after being tucked away last year," said Sheedy.

"Young kids moved up and have got ahead of them."

"We wanted to play them in a good hit-out and see if they are capable of playing well."

Sheedy puts West Australians Todd Ridley (25) and Peter Cransberg (26) into that category, along with North Melbourne reject Glenn Kilpatrick (21).

After unearthing some of the most exciting young footballers in the nation last season, the Essendon assembly line appears to be working on Baby Bombers Mark III.

Kilpatrick was one youngster given a key role in their last outing, along with Scott Cummings (20), Ben Doolan (21), Tony Delaney (18), Glenn Manton (20), Robert Stevenson (17), Ryan O'Connor (19) and Michael Prior (20).

bolle
Put 'em on your face

PRESENTS . . .

Face to face

Essendon have a delayed start to this year's action. As reigning Foster's Cup champions, they are the last side to play in this year's pre-season series, with their first game on March 6 and Sheedy says the extra time will be a bonus to help him further assess his new generation.

"It gives us another week or two to look at players, which is quite a bit longer than sides playing in the first week," he said.

REPLACEMENTS

Sheedy admits that in the back of his mind is the fact they will have to find replacements for veterans Mark Harvey, Mark Thompson, Tim Watson and Anthony Daniher in the near future.

"We're looking at players in our clubs that we have to replace in the next two or three years, both in our backline and forward lines," he said.

One forward impressing in his two pre-season matches since joining the club is Cummings, the former Swan Districts spearhead.

"He has to get used to playing with team-mates he's never played with and then we've got to deliver the ball better," he said.

"He's only a young fellow and the more games he plays the better he'll get."

Keen to develop him into a match-winning full-forward, Sheedy has put Cummings on a strict body-building programme.

"It takes a long time to get that power and strength like Brennan and Worsfold; those guys are very strong," he said.

"That's his aim and that's where we've got to get him."

In his 14th year at the helm after playing 251 games with Richmond, Sheedy was relaxed and happy on the eve of the season.

"We've got a group of players who need the opportunity after being tucked away last year. Young kids moved up and have got ahead of them"

He took time out on his Perth visit to do motivational speeches for the Claremont Football Club and the Tigers major sponsor of 1993, West Coast Toyota.

Sheedy isn't looking further ahead than 1994 after signing a one-year contract to take him to the end of this season.

While other people throw his name around as a possible coach of the new Fremantle side, the cagey Sheedy is having nothing of future speculation. His immediate thoughts are focused on tough practice matches against Carlton and Hawthorn in the coming fortnight.



SMUG FEELING . . . premiership coach Kevin Sheedy (above) can afford to look pretty satisfied after an Essendon grand final victory — but he's still playing it cagey as he talks about this year's campaign

EARLY DAYS . . . a young Kevin Sheedy was the master back in the mid-1980s when his premiership feats earned him the Victorian coaching honour



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LOOKING GOOD . . . after a couple of frustrating seasons, the future is looking bright for Eagles ruckman Ryan Turnbull.

Turnbull set to stake a strong claim

RYAN Turnbull can make football look extremely easy.

Big, strong and agile, Turnbull attacks the ball hard, takes strong marks and kicks over long distances with uncanny accuracy.

Therefore, why is it that the talented big man has had to wait so long between appearances with the West Coast Eagles?

That's certainly one of football's unanswered questions over the last two years and even though he claimed the No. 1 prize in the West last season — a \$20,000 Nissan Pulsar — it didn't guarantee him permanent Eagles status.

The 22-year-old left Claremont in 1981 and joined East Perth in search of more opportunities to press his claims for regular Eagles representation.

SEVERAL CHANCES

During an excellent 1991 season with the Royals — winning their fairest and best first-up — Turnbull was given several chances by the Eagles selection committee.

He played five games in that debut season, showing some potential in a variety of positions, not really able to claim a regular berth.

The next season saw Turnbull add another six games to his career tally, with one of those being against Fitzroy at the North Hobart Oval, when the Eagles lost and he spent time on the wing.

You don't have to be a Rhodes Scholar to know that Turnbull, who stands 198cms and weighs 92kgs, wasn't being groomed as a wingman.

Coach Mick Malthouse had simply run out of options that day and he felt the rangy big man was his best chance on the wing.

With just 11 games in two seasons, the way was open for Turnbull to really stamp his claims to AFL status, but

DIGBY BEACHAM looks at a footballer whose career is in the balance



despite an outstanding 1993 WAFL season, he didn't earn one senior Eagles game.

He went awfully close at times and he even travelled as the emergency twice, but with Malthouse's theory of not playing more than "12 bigs" in the side, Turnbull was on the outer.

Turnbull dominated the ruck in the Pepsi Cup, but couldn't force his way into the Eagles line-up because of Paul Harding's continued good form.

Harding played a big part in Dean Irving being de-listed last year and Turnbull will want to make sure he doesn't face the same fate from the competitive Harding, who at 29 may only have a few years left.

Those thoughts were with the amiable big man — a son of former Swan Districts premiership player John Turnbull — throughout summer and he knows that 1994 could be a make-or-break year.

Turnbull showed in last Saturday's hit-out against reigning AFL premiers Essendon, that he is ready to make his mark on the big time.

Although aided somewhat by the Bombers leaving talented trio Paul Salmon, Peter Somerville and Stephen Allessio behind, Turnbull eclipsed big men Ryan O'Connor and Damien Franken in an outstanding performance.

TOUGHER STAND

There was one significant incident that confirmed Turnbull's ability to be tougher and withstand the AFL buffeting that sorts the big men out from the rest.

He was dashing through the midfield with the ball when a determined Bomber came at him side-on to deliver a hip-and-shoulder. Unlike previous years, when Turnbull probably would have been pushed off his kick, he didn't falter or lose his balance and delivered the ball deep into attack — leaving his assailant lying on the ground in his wake.

Harding is still the Eagles premier ruckman, but more showings like last Saturday will ensure that Turnbull remains at the forefront of the Eagles match committee's minds.

East Coast Chatter



New faces

A NUMBER of new faces have joined the coaching ranks in the Victorian Football Association.

Seven of the league's 12 coaches are new and include former AFL players such as David Cloke (Port Melbourne), Michael Ford (Oakleigh) and Brad Gotch (Dandenong).

Other new coaches are Kevin Breen (Coburg), Graham Kendel (Frankston), Peter Weightman (Preston) and Mark Cross (Williamstown).

Mates now

CROSSING football borders often means healing old rifts and such is the case with two South Australians seeking to graduate to the AFL this year.

Shane Brewer and Grant Tanner lined up against each other on a wing when Woodville-West Torrens tackled Norwood in last year's SANFL grand final.

Now they are teammates at Geelong, where coach Malcolm Blight hopes both can step up to the next level.

The 21-year-old Brewer — runner-up in last year's Magarey Medal — originally came from country Victoria at Horsham, where he earned selection in Victoria's Country Teal Cup team before graduating to the SANFL.

Loyal fans

SPONSORSHIP comes in all sizes, shapes and quantities, but Essendon have pulled off one deal that will make a few other clubs a little envious.

The Bombers have locked the Ukrainian Society into a player-sponsorship deal — with Italian descendent Mark Mercuri their popular pick.

In a bid to strengthen ties between the Ukrainians in Australia — especially in Melbourne — and the nation's sporting community, Ukraine Catholic Bishop Peter Stasiuk supported the expenditure of \$1000 to become the sponsor of the dashing young Mercuri —

despite his Italian ancestry.

The Ukrainians haven't had a lot to do with football — their most famous player was probably Alex Jesaulenko, who came out of cold Canberra to become hot property with Carlton — till they sacked him as coach!

Souvenired

THERE'S no doubt that the arrival of colourful Dermott Brereton in Sydney will be a boost for the struggling Aussie Rules code in the rugby city.

Just take his recent outing in an intracub practice match at Randwick.

Not only did the critics count his touches — six kicks, one mark and one tackle — but someone souvenired his guernsey at the end of the game.

Magpie man

THERE has been an important changing-of-the-guard at Colling-

wood, with midfielder Gavin Brown taking over as captain after a seven-year reign by Tony Shaw.

The 26-year-old Brown becomes just Collingwood's third skipper in

the last decade, with Mark Williams holding the post for four years before Shaw.

Brown, the club's best and fairest in 1989 and regarded as an inspirational and dedicated player, replaces the 33-

year-old Shaw, who stepped aside to allow a younger man to lead the Magpies into action.

Shaw's welcoming words to his successor were along the lines of: "Tell me if I tread on your toes, please; I might do things through habit"

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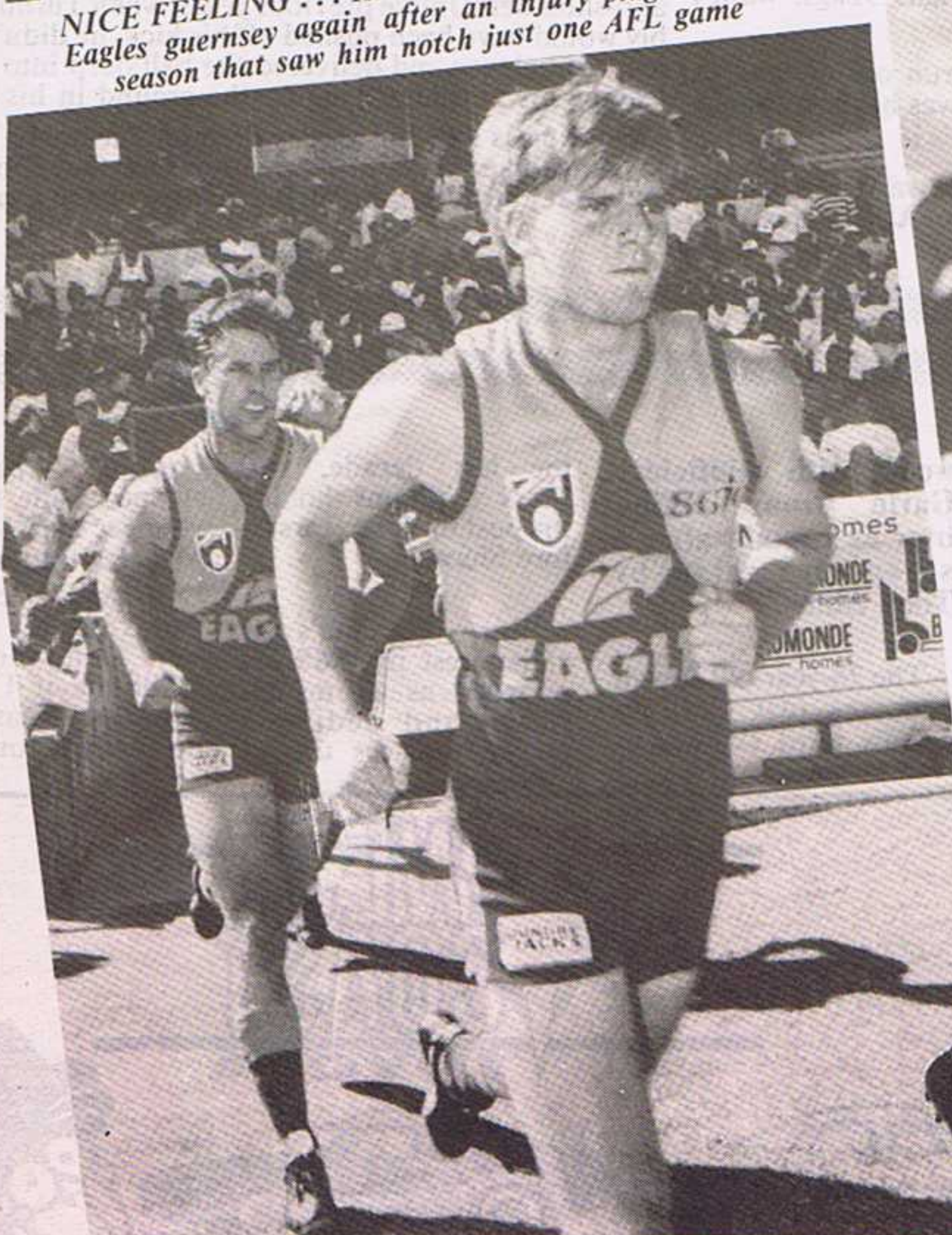


NICE FEELING ... Karl Langdon gets the feel of an Eagles guernsey again after an injury-plagued 1993 season that saw him notch just one AFL game

Westside Football photographers Greg and Nadine Wood were at Subiaco Oval last Saturday to capture the old and the new in the Eagles camp as they set out on their 1994 season.



WATCHING BRIEF ... experienced Eagles (left) and David Hynes watch the action as they



INTO ACTION ... 1993 newcomer Tony Godden leads 1992 rookie Matt Clape onto Subiaco Oval



WELL DONE ... Jarrad Schofield, a one-game-player in '93, congratulates Peter Matera on a magical bit of action



SIDELINED ... warming up around 1992 rookie Matt Connell, newcomer Steve

CLUB

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BOUNCE INTO

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to battle together

SUMMER football is a time for the young up-and-comers to strut their stuff while the experienced older guys bide their time ... or so it used to be.

But these days sees pre-season training and practice match hit-outs becoming tough full-on affairs — after all, a permanent place on football's top shelf is available for the successful ones.

Recent hit-outs by the West Coast Eagles have seen an interesting mixture of young and old lining up side by side — and in some cases, against each other — in search of regular AFL status in season '94.

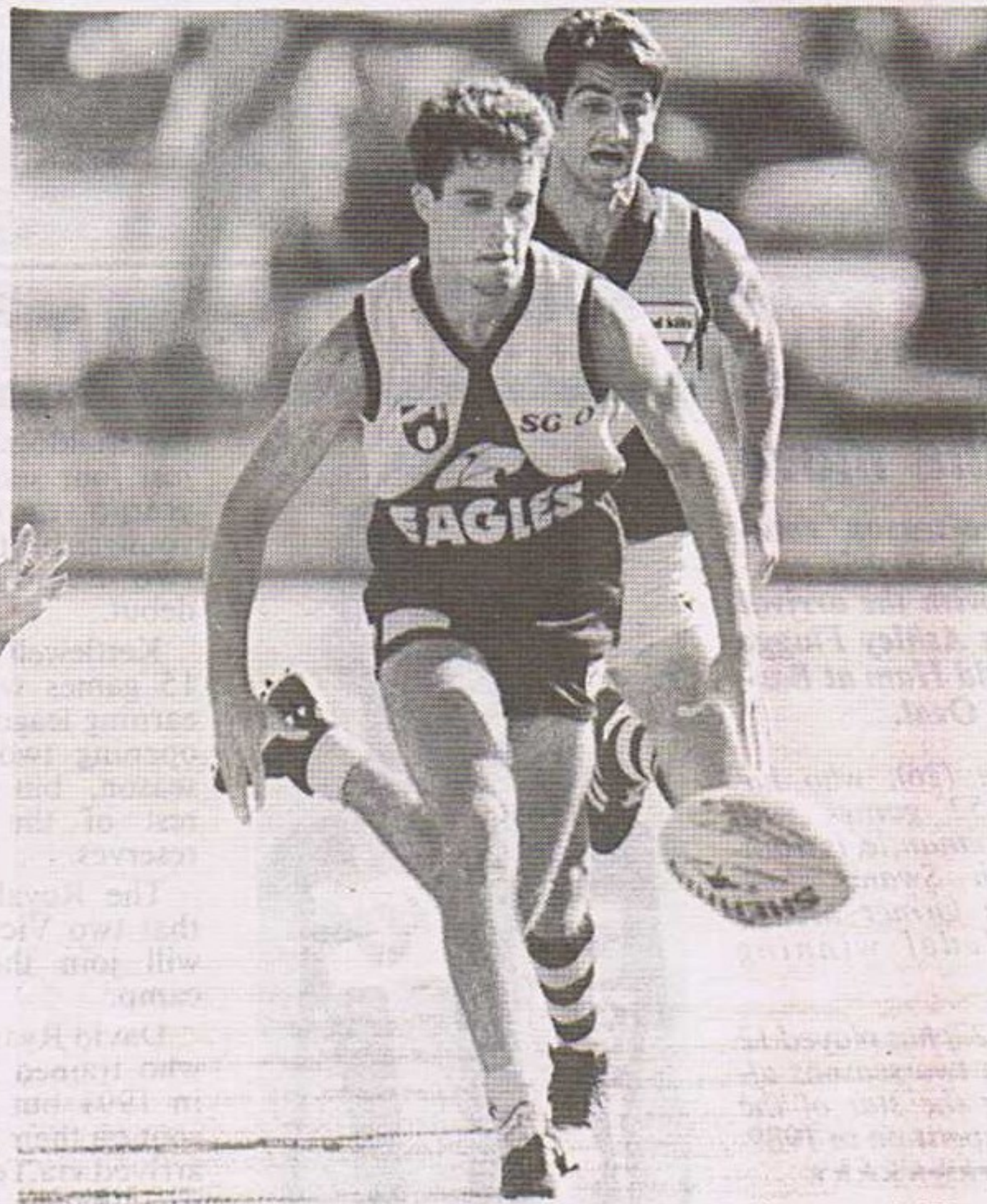


(from left) David Hart, Chris Lewis
they await their turn on the arena



and the boundary line are (from left) 1993
Steve Pendleton and veteran David Hart

REACHING OUT... new-comer Lee Walker is keen to earn his AFL spurs this season after some injury-troubled years



FRONT RUNNING... South Australian recruit Shane Bond is in the box seat against Essendon's Mark Mercuri and looks set for an early Eagles debut



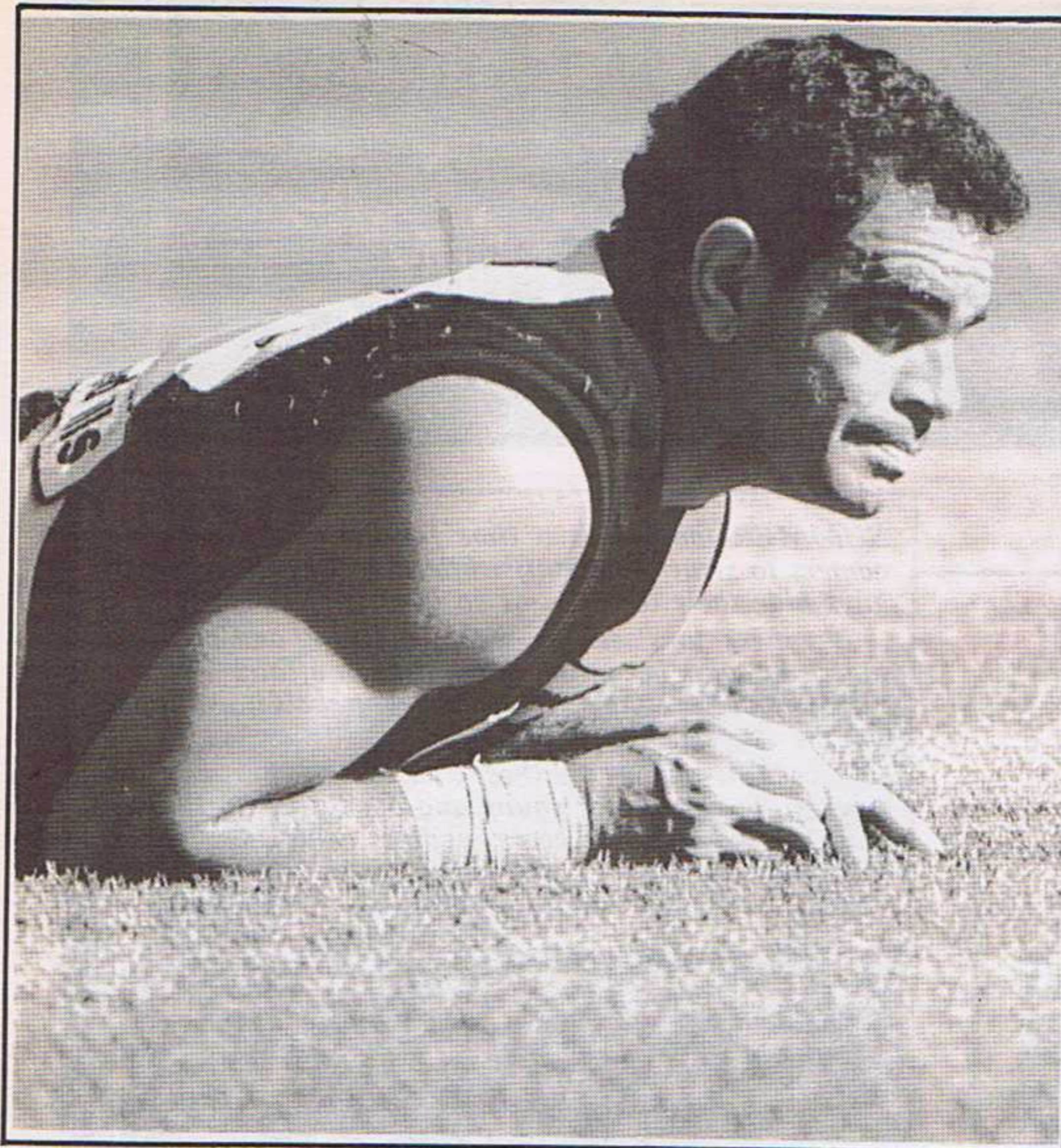
KEEN VIEWERS... Adelaide newcomer Brayden Lyle and experienced Eagle Chris Lewis keep a close eye on the action

MEETING PLACE

S & SATURDAYS -

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Disaster for star Bomber

THE lines of concern are etched on the face of finals star Michael Long as his 1994 season comes to an unfortunate end.

The Essendon star hobbled off Subiaco Oval during the first quarter of Saturday's practice clash with West Coast and despite after-match claims that his injured right knee was 'okay' Monday told a different story.

Extensive x-rays and further tests confirmed that the cruciate ligament was damaged and a subsequent knee operation means the end of this season for one of the game's superstars.

It was Long's exhilarating finals play that mesmerised thousands of fans as Essendon stormed to a premiership and his superb grand final display earned him the prestigious Norm Smith Medal.

"It's a worry when you lose a player like that, even for a few weeks," says Bombers coach Kevin Sheedy.

The injury was quite accidental as Long attempted to tackle hard-running Drew Banfield from front-on and was spun around as the tough Eagle shrugged off the talented Bomber, with the knee twisting as he went to ground.

Long's injury cost him the chance to appear in this week's historic Aboriginal match against Collingwood in Darwin — a sad situation for one of the big drawcards for the important game.

"I've had a reasonable run so far, but this probably won't hit me till during the season when I watch the guys playing," said Long at a special press conference to confirm the worst.

"But I'll be working as hard as possible and hope to get back by the finals."

Big leap in club figures

THE membership numbers at the Australian Football League clubs has passed the 200,000 mark for the first time — generating just over \$11 million in revenue for the 15 clubs.

The total club membership figure for 1993 of 207,640 was up by almost 11-percent — and a huge lift from the days before the national competition came into existence.

By comparison, the 1987 membership figure saw just 71,238 people produce revenue of \$3.25 million to the clubs.

Membership of the Victorian-based clubs increased by an average of 14.34-percent, while the interstate clubs — West Coast, Brisbane, Sydney and Adelaide — jumped an average of just over 5-percent, with the Eagles showing a massive 27.85-percent rise, second only to Fitzroy's leap of 32.28-percent.

The following table lists the membership totals club by club.

	1993	1992	VARIATION
1. Adelaide	40,100	38,673	3.69%
2. West Coast	25,779	23,900	27.85%
3. Collingwood	21,882	18,921	15.65%
4. Geelong	15,500	13,535	14.52%
5. Carlton	14,445	12,354	16.93%
6. St Kilda	12,956	11,650	11.21%
7. Essendon	11,546	10,034	15.07%
8. Footscray	11,478	9,311	23.27%
9. Hawthorn	11,388	12,388	-7.70%
10. Melbourne	10,097	8,681	16.3%
11. Richmond	9,918	8,158	21.57%
12. Fitzroy	6,851	5,177	32.3%
13. Nth Melbourne	6,853	6,083	12.63%
14. Brisbane	5,750	5,401	6.46%
15. Sydney	3,097	3,020	2.55%

Attendances for the total AFL season have grown as follows:

1986	2,899,145	1990	3,587,595
1987	2,990,212	1991	3,797,177
1988	3,092,679	1992	4,331,821
1989	3,145,126		

Kicking around the clubs

On the move

THE pre-season rotation of players is continuing with the arrival of rovers Ashley Flugge and David Ham at Bassendean Oval.

Flugge (26), who has played 52 games with South Fremantle, is training with Swans along with the former Medalists Medal winning Tiger.

Ham (22) has played 12 games in two seasons after being the star of the colts competition in 1989.

Harvest time

EXCITING South Fremantle forward Jason Spinks will resume with the Bulldogs this year after undergoing a full knee reconstruction late last season.

Spinks, who remains on Sydney's list for the second year in succession, wrenched his knee in the second last qualifying game of 1993.

Though he is not at Fremantle Oval for pre-season, he is recovering on the family farm and will return to the club after harvest.

Joyce in town

FORMER Hawthorn coach Alan Joyce comes to Perth next month for 10 days of coaching for the WA Coaches Association coach-in-residence scheme.

The arrival of the former East Fremantle and Perth coach on March 7 will no doubt fuel speculation that he is holding talks with WA's second AFL side in Fremantle.



MOVING CAMP... Subiaco youngster Scott Kettlewell is aiming to be a Royal in '94

Back to school

THE Football Development Trust has employed a new team of Eagles to promote football in our schools in another season of change for local football.

Ryan Turnbull will continue after impressing in a full-time role last season and he is now helped by Victorian Fraser Gehrig, the Eagles first draft pick last year from Murray Bushrangers and developing midfielder Matt Connell.

Club switch

EAST Perth are chasing clearances for Paul Mazurek and Scott Kettlewell from South Fremantle and Subiaco respectively.

Mazurek, who turned 24 this week, has played 25 games in four seasons with

the Bulldogs, but managed just four senior games last year; a season that saw his younger brother Tim notch two Bulldog games on debut.

Kettlewell (22) has played 15 games with the Lions, earning league status in the opening two matches last season, but spending the rest of the year in the reserves.

The Royals are hopeful that two Victorian recruits will join the Perth Oval camp.

David Ryan, a midfielder who trained with Brisbane in 1991 but didn't earn a spot on their senior list, has arrived via Terang, in country Victoria, while Corry Robertson, Geelong's fairest and best in last year's reserves side, has accompanied Royals defender Leigh Willison back to Perth.

Royal recovery

LIVEWIRE East Perth forward Heath East will miss the opening weeks of the season as he recovers from a knee reconstruction.

The 22-year-old damaged the medial ligament in his right knee at the end of last season.

His recovery has been quick, but he expects to miss three or four early-season matches.

Friendly foes

WHO says footballers can't be friends even when they take the field with different AFL clubs each weekend?

Former West Perth teammates Todd Curley and Robbie West are set to defy the odds after taking up house together with their respective girlfriends on the eve of the season.

Curley is having his first shot at AFL football with Collingwood, while West will try his luck with Footscray after playing 13 games with the Eagles.

Hann retires

CLAREMONT premiership captain Mark Hann has retired on a high note after collecting his fourth senior premiership medallion last September.

Hann (30) played 11 games in an injury interrupted 1993 season which took his tally with the Tigers to 166.

A dogged wingman who joined the club from City Beach in 1983, Hann's incredible run of luck in September began four seasons later and resulted in premierships in 1987-89-91-93.

Hope gone

SWAN Districts have given up hope of recovering their stolen Life Members' Honour Board and the Businessman's Association has withdrawn their \$1000 reward offer.

The board has been stolen twice from the club foyer at Bassendean Oval, but was recovered the first time from a rubbish tip at Mandurah.

It costs about \$1000 to replace the honour board, with its long list of life members creating an important piece of club history and tradition.

Big-man departs

ANOTHER big-man, East Perth and Claremont's Rob Fitzgerald, is set to leave the Royals for the greener pastures of the country arenas or Sunday League.

Fitzgerald's WAFL career started well when he played 35 games with the Tigers in four seasons, but he added only four senior games when he transferred to Perth Oval last season.

Sturt move postponed

ROBERT Thomson's plans to join SANFL club Sturt have been thwarted with news that he has just undergone groin surgery.

Thomson was set to fly out of Perth this week after negotiating a deal with the club, but he opted to put his long-term football future first by correcting the persistent problem.

"It was a choice of whether he played the season with pain killers or had the surgery," said Perth football manager Russell Clark.

Thomson, who would only get paid for games played in South Australia, reneged on the offer and went under the knife last week.

He will know within the next month whether he can play football again this season and even if he does, it is unlikely to be with Perth.

New faces in Royals squad

EAST Perth have named a 26-man squad to tackle the West Coast Eagles B-side in an experimental practice match at Perth Oval this Friday evening.

By **TANIA ARMSTRONG**

South Fremantle's Paul Mazurek, who has been training with the Royals, was named and East Perth are confident the Bulldogs will grant him permission to play.

He is one of many new faces in the East Perth line-up, with a number of colts players and amateur recruits getting their chance under new coach Rob Solin.

Colts regulars Daniel Davidson, Brady Anderson and Laurie Gibson will be tested, along with North Beach's Roger Perrie.

The match marks Leigh Willison's first game with the club since 1991 after returning from a two season stint with Geelong.

David Ryan, from Terrang, is the only Victorian recruit named as Dean Talbot, Jeremy McVay and Dale Foster are yet to reach match fitness.

Though the Royals are yet to announce their skipper for the season, the side will be led by last season's captain

Lucio Baroni, who looks certain to be reappointed by Solin.

The twilight match kicks off at 4.30pm and East Perth have arranged plenty of attractions for what should be a good crowd.

Face-painting artists will be at the ground, a sausage sizzle will be in operation, the Pepsi Power Station will be there and spectators have the chance to win \$5000 in cash.

East Perth's squad for the game is:

Shawn Colbung, Dean Bertram, Leigh Willison, Mark Colthart, Lucio Baroni, Lloyd Haskett, Nathan Brooks, Clint Johnston, Paul Evans, Lyle Johnstone, Jeremy Barnard, Daniel Davidson, Roger Perrie, Brady Anderson, David Ryan, Graeme Garnaut, Paul Sullivan, Paul Mazurek, Mark Faithful, Corey Dillon, Peter Miller, Steve Lester, Laurie Gibson, Spiro Mallis, Trevor Screaigh, Mark McMahon.



ROYAL ROUTINE . . . East Perth coaches Rob Solin and Wayne Otway (on the right) take a break during training with the many hopefuls chasing league guernseys at Perth Oval

Vic. recruits ready to fire

WEST Coast fans should get their first chance to see recruits Jason Heatley and Fraser Gehrig in action in Eagles guernseys on Friday afternoon.

The Victorian pair are expected to be given the all-clear to play their first practice match in a twilight game against East Perth at Perth Oval.

Heatley has recovered from an October groin operation, while Gehrig injured a hand in a work accident a fortnight ago.

Gehrig, a 17-year-old key position player from Murray Bushrangers in country Victoria, was the Eagles first choice in last year's draft; one of many to come from the newly-formed Victorian 18s competition.

Heatley, recruited from Subiaco after a season in the WAFL, is likely to be given his first run at full-forward.

Craig Turley, who injured a foot at training last week, is expected to be fit to play, along with Ashley McIntosh.

Mick Malthouse and Robert Wiley will coach the team before flying out with the seniors early on Saturday morning, to play Adelaide in a practice match at Football Park.

Admission to the 4.30pm match is \$5 for adults and \$3 for students and pensioners, while kids are free.

Eagles supps set for big seasons in WAFL

SEVEN supplementary players selected by West Coast after the November draft will have their last hit-out with the Eagles on Friday afternoon after a highly successful pre-season campaign.

All are expected to line-up against East Perth when an Eagles B-side clashes with the Royals at Perth Oval.

The use of the players by the Eagles throughout pre-season will only benefit their development, according to South Fremantle coach Mark Watson.

The Bulldogs mentor has watched the progress of Tom Bottrell and Greg Wootton with interest after the pair were earmarked for possible Eagles selection in November.

They joined Subiaco trio Scott Gooch, David Snow and Nathan O'Connor and Royals pair Steve Pendleton and Aaron Gale on the Eagles supplementary list.

Swan Districts big-man Travis Edmonds has decided not to take part in the supplementary squad, opting to concentrate on his future at Swans and a possible AFL call-up with Fremantle.

Edmonds will be dropped from the Eagles supplementary list this week, but his place cannot be filled until the March draft.

Wootton, de-listed by St Kilda last

year without ever trying himself out in Victoria, played a starring role in the Eagles B-side win over Subiaco last Saturday, when he kicked four goals from a forward pocket.

"Playing against quality opposition can only help these players," said Watson.

"They also get a bit of extra exposure in practice matches."

While Wootton (22) impressed in an opportunist role, 18-year-old Gooch was equally effective in key forward roles.

A former State schoolboys captain, Gooch led the Lions reserves ruck last season, but looks certain to make his Pepsi Cup debut in 1994.

A heavy pre-season work-load has seen the supplementaries training with the Eagles along with their WAFL clubs.

They have all taken part in Eagles training sessions at least once a week, with South Fremantle's players spending two days with the AFL club.

Their improved fitness is sure to show in the coming WAFL season, if they are still in town after the March draft.

All are eligible for selection in the March draft after nominating for last year's draft and the Eagles have first shot at them in November if they are still available.

Emu Export series fixtures

ROUND 1, Saturday, February 26 — Claremont v East Perth, Claremont Oval (3pm); Perth v East Fremantle, Lathlain Park (3pm).

Monday, February 28 at WACA — South Fremantle v West Perth (6pm); Subiaco v Swan Districts (8pm).

ROUND 2, Saturday, March 5 — South Fremantle v Subiaco, Mandurah (3pm).

Monday, March 7 at WACA — Swan Districts v West Perth (4pm); East Fremantle v Claremont (6pm); Perth v East Perth (8pm).

ROUND 3, Friday, March 11 at WACA — South Fremantle v Swan Districts (6pm); East Perth v East Fremantle (8pm).

Sunday, March 13 — West Perth v Subiaco, Bruce Rock (3pm); Claremont v Perth, Albany (1pm).

ROUND 4, Sunday, March 20 — South Fremantle v East Fremantle, Narrogin (3pm); Perth v Swan Districts, Kelmscott (4pm).

Monday, March 21 at WACA — East Perth v Subiaco (4pm); West Perth v Claremont (6pm).

FINALS, Friday, March 25 at WACA (if available) — Minor final 3rd v 4th (6pm); Grand final 1st v 2nd (8pm).



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SHAPING UP ... Essendon veteran Tim Watson is back in action for another season

Watson happy

THE working relationship between two of football's 1990's dinosaurs — Essendon's Kevin Sheedy and Tim Watson — provides a fascinating behind-closed-doors situation.

The veteran Watson, 33 this year, but with 16 seasons behind him, is quite enthusiastic about strapping up for another run with the youngsters and says he'll keep kicking as long as the club wants him.

"I wouldn't go on if the club didn't want me to," says Watson, who was in town last weekend for a variety of roles — as guest speaker for a special Subiaco Football Club function in support of the injured Shane McGowan and for a brief run around the park with the Bombers as they tackled the Eagles.

"It would be awkward if you wanted to continue and the club didn't want you. But I've talked to Essendon and they're happy for me to carry on, so I'm looking forward to another season."



Presents ...



Thinking aloud



A column of news and views by ALAN EAST

Bookies look outside of Vic sides

THERE won't be much joy for Melbourne-based football fans this year if the bookmakers are any judges of the various AFL teams.

WA's Sport Bet man Keith Nixon has Essendon as favourites to win both the Foster's Cup and the AFL premiership — with three out-of-town teams, West Coast, Adelaide and Geelong, the major threats.

St Kilda and North Melbourne are fancied in the pre-season series, while Collingwood are at single-figure odds for the October judgement.

But there's not a lot of hope held for Melbourne-based sides such as Fitzroy, Richmond, Footscray, Hawthorn, Carlton, North Melbourne and Melbourne.

Nixon has the Bombers at 7/2 favourites for the Foster's Cup and 4/1 at this early stage for the AFL premiership.

The Eagles are 8/1 and 9/2 respectively — in view of their traditional strong build-up towards the end of the season — with the Crows at 6/1 for both Cups.

This is how Keith Nixon Sport Bet rates the teams at this stage of the season:

WIN Foster's Cup	WIN Premiership	Make Final
7/2 Essendon	4	1/5
8 West Coast	9/2	1/5
6 Adelaide	6	1/5
8 Geelong	6	1/3
10 Collingwood	8	4/7
8 St Kilda	10	4/7
8 North Melbourne	14	5/4
12 Carlton	14	6/4
10 Melbourne	14	6/4
14 Hawthorn	16	2
16 Footscray	33	5/2
33 Richmond	200	33
50 Fitzroy	200	25
33 Brisbane	200	33
100 Sydney	500	50

Keith Nixon Sports
Bet 018 907 247

The mail does get through

FULL marks to the postal pixies in town — especially down Fremantle way, which is a football stronghold as we are all about to find out.

This recent letter found its way to our office despite being simply addressed "Westside Football"

It was posted at Fremantle, where a worker suggested to try the Morley Post Office, where Westside once had its mailing address and from there it found its way to our Northbridge office.

The writer was mailing a subscription to the paper and has now become one of the hundreds of keen readers who have their Westside delivered personally by Australia Post.



Dinky-die fan of the game

TALK about real hard-core fans of Aussie Rules, the people who just don't let anything interrupt their devotion to the sport, here's a tale to retell at the bar.

We all know how tough it can be to get tickets to an AFL grand final and once you've got a seat, you don't let it go for love or money.

This yarn from the recently-published book, *Australian Sporting Anecdotes*, sums up the dinky-die attitude of some fans.

Two men sitting alongside each other at an MCG grand final, with a vacant seat in between, commented on how difficult it had been to get seats, queuing up for days and so forth and expressing concern that a seat was going to waste.

The older man admitted that it was his seat, bought for his wife, who had unfortunately died before the big game.

"Too bad. Couldn't you have brought a friend?" the young fan asked in astonishment.

"Just wasn't possible, mate. They've all gone to her funeral."

Eagles in the firing line

HARD-hitting Melbourne columnist and former Brownlow Medal man Neil Roberts has really got stuck into the West Coast Eagles in a recent newspaper column.

Writing in the Sunday Herald-Sun, Roberts — a 170-gamer with St Kilda — suggested that the Eagles were starting to feel the pinch in the West, especially when it comes to public support.

He suggested that "people have dropped off them like flies, they've been regarded as pompous in victory, ingracious in defeat; they've done too much whingeing, accentuating the negative."

Nice stuff to warm the media relations between the Eagles and the Vics, eh!

Roberts suggests that if West Coast ignore their tarnished image, they may plummet from 'glorious high-flying Eagles to grounded ugly ducklings.'



PRESENTS

What's happening in sport

Athletics

February 13: Perry Lakes Stadium — Grand prix meeting

Baseball

February 11-12-13: Pepsi ABL play-off series: 7pm — Perth Heat v Brisbane Bandits, Parry Field; Adelaide Giants v Sydney Blues, Parramatta.

February 18-19-20: Winners play off

Cricket

Sheffield Shield: February 24-27: WA v Tasmania, WACA Ground.
Mercantile Mutual Cup: February 11: Victoria v WA, Melbourne.

Golf

February 12-13: Hartfield Summer Cup, Hartfield.

Horse racing

Ascot: February 12 — \$25,000 Ngawyni Handicap.
February 19 — \$30,000 Flower Handicap.

Lawn bowls

February 21-24: AGC Australian sides championship, Yokine.
February 11-18: Scarborough Emu Export pairs.

February 15-16: City Beach open mixed night carnival.

Speedway

Claremont: February 11 — McDonald's WA Super Sedan championship.
February 18 — Australian Sidecar Championship.

Surf life saving

February 12: State champion lifesaver, Fremantle.
February 13: Senior carnival, Fremantle.
February 19: Country championships and Masters titles, Cottesloe.
February 20: Kellogg's Nutri-Grain challenge final — Bondi, NSW.

Trotting

Gloucester Park: February 11: \$100,000 Westral Classic Final.
February 18: Lord Mayor's Cup.

Tennis

February 22: Ladies Gala Day, Nollamara.

Yachting

February 12: State SS22 championship heats, Claremont.
February 13: City of Stirling Regatta, Maylands.
February 20: State Flying Ant heats, East Fremantle.

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A light-hearted look at footy

Names make up some amusing teams

POETRY in motion . . . that's the theme of our award-winning poem featuring the names of players placed in the positions of a football field.

After the article in our previous edition about Melbourne journalist Geoff Poulter's ability to put players into unusual team line-ups, we attracted a number of poets keen to pick up a carton of Matilda Bay beer as the best local entry.

Ben Saraceni, of Balcatta, came up with this team of current and former players who present an interesting theme, line by line.

BACKS: *Pretty, Green, Valli*
HALF-BACKS: *Fathers, Gray, Beard*
CENTRES: *Sweet, Lamb, Currie*
HALF-FORWARDS: *Cook, Tucker, Mumme*
FORWARDS: *Farmer, Orr, Baker*
INTERCHANGE: *Kickett and Wynne*

Pemberton reader Greg Mawson came up with a similarly-impressive line-up — and he used only the names of players who were mentioned in our previous edition. Not a bad effort.

His team was:
BACKS: *Plain, Green, Jeans*
HALF-BACKS: *White, Snow, Peake*
CENTRES: *Loewe, Cable, Sparks*
HALF-FORWARDS: *Young, Wiley, Cousins*

What's on at your club

CLAREMONT

Training starts next week at Claremont Oval, Tuesdays, Wednesdays, Thursdays, 6pm.

EAST PERTH

Friday, February 11 — East Perth v Eagles practice match, 4.30pm.
 Training at Perth Oval, Mondays, Wednesdays, Fridays, 5.30pm. Bar open Wednesdays.

East Fremantle

Training Mondays, Tuesdays, Wednesdays and Fridays, East Fremantle Oval, 5.30pm.

PERTH

Training Mondays, Wednesdays, Fridays, Lathlain Park, 5.15pm.

South Fremantle

High Roller bingo, third Tuesday of each month, tickets \$18. Normal bingo every Tuesday, \$10.
 Training Mondays, Wednesdays and Fridays, Murdoch University, 5.30pm.

SUBIACO

Training Mondays, Tuesdays, Wednesdays, Thursdays, Subiaco Oval, 5pm. Bar open for Thursday meals.

Swan Districts

Lockeroom restaurant open Saturdays, 6.30-8.30pm.
 Training Mondays, Wednesdays and Fridays, Bassendean Oval, 5.30pm.

WEST PERTH

Saturday, March 19, Troupadores at Vasto Club, Wanneroo. Tickets \$20, light supper.
 Training Mondays, Wednesdays, Fridays, Joondalup, 5.30pm.

West Coast Eagles

Practice match: Saturday, February 12, Football Park, Adelaide v Adelaide Crows. Supporter's Club bar open every afternoon. Watch training in comfort on Mondays, Wednesdays and Fridays.



MIXED UP . . . an interesting blend of old, not-so-old and recent provides a good centreline of Jack Sweet, Dwayne Lamb and Wayne Currie

FORWARDS: *Moss, Coates, Metropolis*
RUCK: *Farmer, Watters, Lamb*
INTERCHANGE: *Bourn, Whinnen*

Another entry that deserves a mention came from the Hitchens family, of Northam, who got together to produce the following effort.

Their forward line of John West Salmon was one of the most original trios from the many entries.

BACKS: *Noble, Royal, Knights*
HALF-BACKS: *Grant, Free, Bond*
CENTRES: *Brown, Ayres, Rock*
HALF-FORWARDS: *Steele, Major, Kennedy*
FORWARDS: *John, West, Salmon*
RUCK: *Smart, German, Christian*
INTERCHANGE: *Kickett, Long*

A number of other entrants had some clever individual lines such as: Heal, Faithful, Hart and Hatch,

Young, Chick from Mary Pike, of Wilson; Mann, Eaton, Lamb and Peel, Moore, Pears, from Warren Nel, of Merriwa and Love, Snow, White, from David McDonald, of Connolly.

A couple of late entries were also worth a mention.

Michael Ware, a Bombers fan from Gosnells, suggested a mixed retail ruck line-up of Butcher, Sells, Lamb and a half-back weather question of Ware, Willet, Snow.

Ian Mills, of Beechboro, opted for WA players only in his team, with a couple of good lines including Quick, Sumich, Kickett in attack and a fairly significant name in John, Fitzgerald, Kennedy as the ruck.

After much deliberation, we decided that the carton of Matilda Bay would be well-accepted by Ben Saraceni and we'll be in touch to tell him how to collect his prize.

Kicking around the country

Milestone men ready to go

A **HOST** of Geraldton players are shaping up for yet another season of Great Northern action after finishing full of running — and notching milestones — at the end of last year.

Towns trio Peter Stone (150 games) and Marcus Harrold and Paul Drennan, both 100 games, finished last season with a premiership as well.

Veteran Geraldton defender Neville Ridge notched his 200th league game with Railways, at the age of 29 and his tally included 118 games in a row.

Andrew Criddle celebrated his 100th game with Rovers, as did Ashley Taylor, while Towns full-back Russell Gregory also made the century.

Local stalwart in coach role

MANJIMUP businessman and football stalwart David Booth has taken over the coaching reins with the Tigers Football Club.

The Lower South West coach returns to the club where he enjoyed a premiership in 1978 — the last time the Tigers had tasted grand final glory.

A regular member of combined teams for country carnivals during his career, Booth played more than 200 games for the Tigers, winning the Lower South West's association fairest and best medal in 1980.

Tough times down south

FOOTBALL clubs in the Lower South West could face levies this year to help overcome a deficit in their bank balance.

The struggling league is about \$4000 in debt and moves are under way to erase the overdraft, with special fundraising projects, increased affiliation fees and levies on clubs or players under consideration.

The League's finances suffered a setback last year with their costly participation in the Wesfarmers Carnival in the city and new measures to offset that cost are being considered.

The league is also under threat from the adjoining South West NFL, one of the most powerful country associations. Strong player recruiting by South West clubs is apparently enticing players to switch leagues, which would severely affect the quality of football in the Lower South West.

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The Royals Health and Fitness Club is located at Perth Oval and used extensively by East Perth footballers among others. The modern gymnasium is open to all-comers 14 hours a day, from 6am to 8pm.

There are a number of other elite sports catered for by the operators, physical fitness experts Ziggy Karow and Steve Smith — who have developed a friendly rivalry with their own football loyalties.

Karow is the physical fitness instructor for the Royals, while Smith plays a similar role at Subiaco — with the two clubs coached by twin brothers Rob and Tony Solin.

Fitness friends are footy rivals

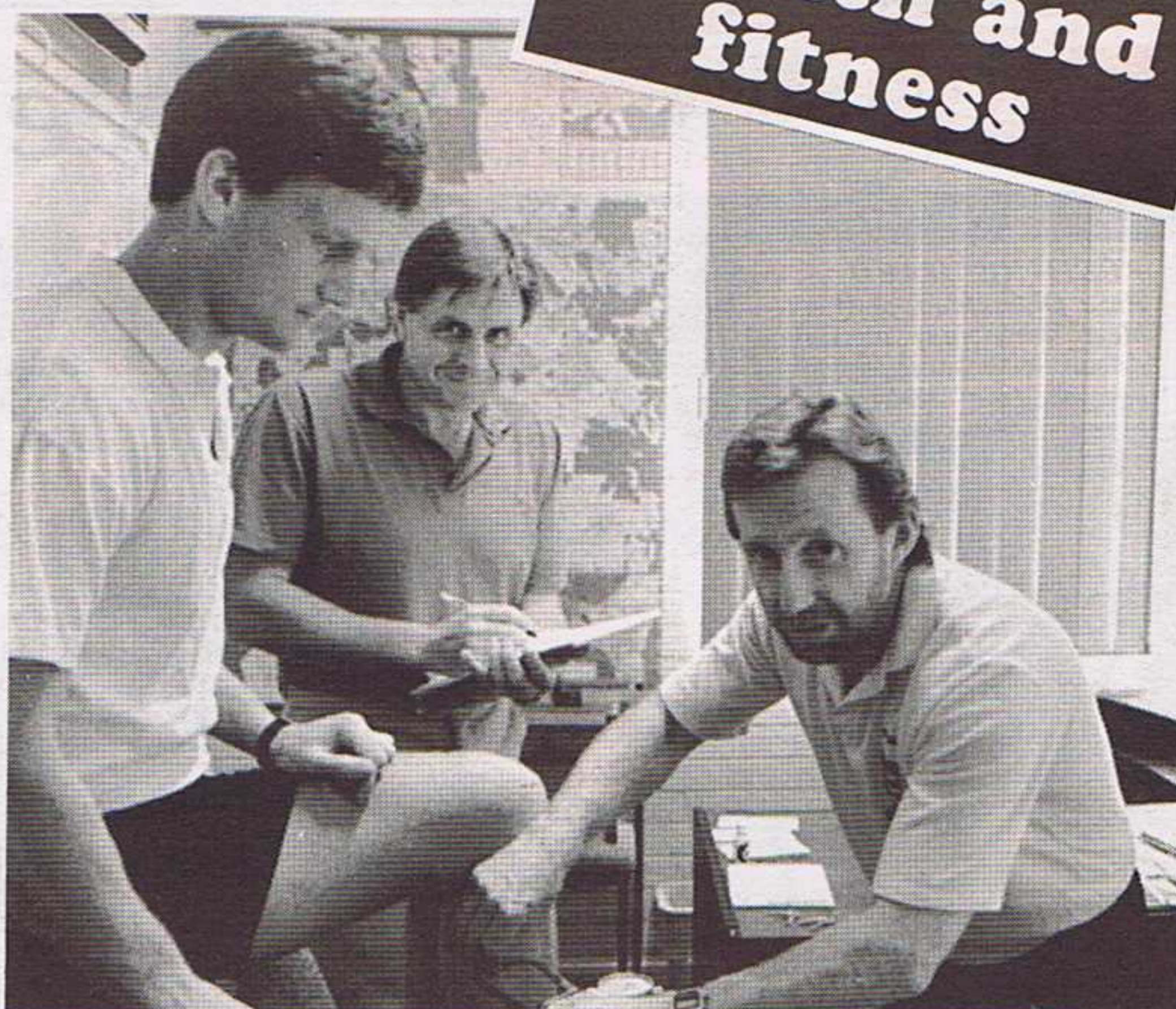
science expert Gino Saccacio to hold regular boxing classes for the public — and it's proved to be a popular service.

There are six weekly sessions — Tuesdays and Thursdays at 7.15am and noon, with additional times at 9.30am on Wednesdays and 6pm on Tuesdays.

"It's proving to be very popular," says Karow.

"It helps the self-esteem of people taking part; boosting their own confidence as well as helping improve their fitness."

The Aspire Fitness team are available to help a whole range of people, from individuals seeking simply to get fitter and healthier, to football clubs such as East Perth and corporate



TESTING TIME... Eagles star Guy McKenna does a lot of work at Perth Oval's Aspire Fitness Centre, under the watchful eye of Ziggy Karow (centre) and Steve Smith.

groups like McInerney Ford and Courier Australia, who use the facilities to help freshen up their staff members.

Being based at Perth Oval provides the Royals with excellent on-the-spot service, with Karow able to keep daily control over the fitness of players and, more importantly, supervise the rehabilitation of injured footballers.

"We do all their pre-season work and can concentrate on weights programmes and running schedules by being on the spot every day," says Karow.

But Aspire Fitness isn't restricted to football — or boxing — with other

sports stars like cricketers Tom Moody, Justin Langer and Geoff Marsh working there quite often.

In addition, elite athletes such as swimmer Tamara Bruce and tennis player Elisa Burton are among the regulars who seek advice from the experts.

"We are health and fitness consultants to a wide range of people," says Karow.

"By being located at Perth Oval, we have access to plenty of outside areas for things like fun games such as soccer and gaelic football for corporate groups."

COMPETITIVE

"There is a lot of friendly competition between us," says Karow, who admits to being at a disadvantage because Smith has a foot in both camps with Aspire Fitness actually based at Perth Oval.

"But we use that to our advantage at times when we try to set him up with some false information," he laughed.

Aspire Fitness has recently opened its doors to the public for what was once considered to be a training aid for the footballers alone — the genteel art of boxing.

Smith and Karow have enlisted the aid of a third staff member in sports

Corporate plans help your firm

STAFF who play together, stay together — that's a familiar line used by the Lords indoor sports and health centre, in Subiaco.

And in the case of the Lords corporate programmes for health, fun and fitness, there's plenty to appeal to business houses.

The Lords team sports programme is an excellent way to build a strong team spirit in your office and enhance your firm's corporate commitment.

There is an exciting range of indoor team sports to tackle and your firm can field sides in netball, soccer, volleyball, basketball, hockey or even beach volleyball, with a special sandpit on the vast complex making for reality.

Team sport seasons run for 16 weeks and you can test your firm's best sporting exponents against other firms from a variety of fields.

The corporate fitness programmes offered by Lords will also help your business produce better figures — with a much healthier atmosphere existing among your staff.

There is ample evidence world-wide that stress, poor health and low esteem all contribute to employee performances below the acceptable level.

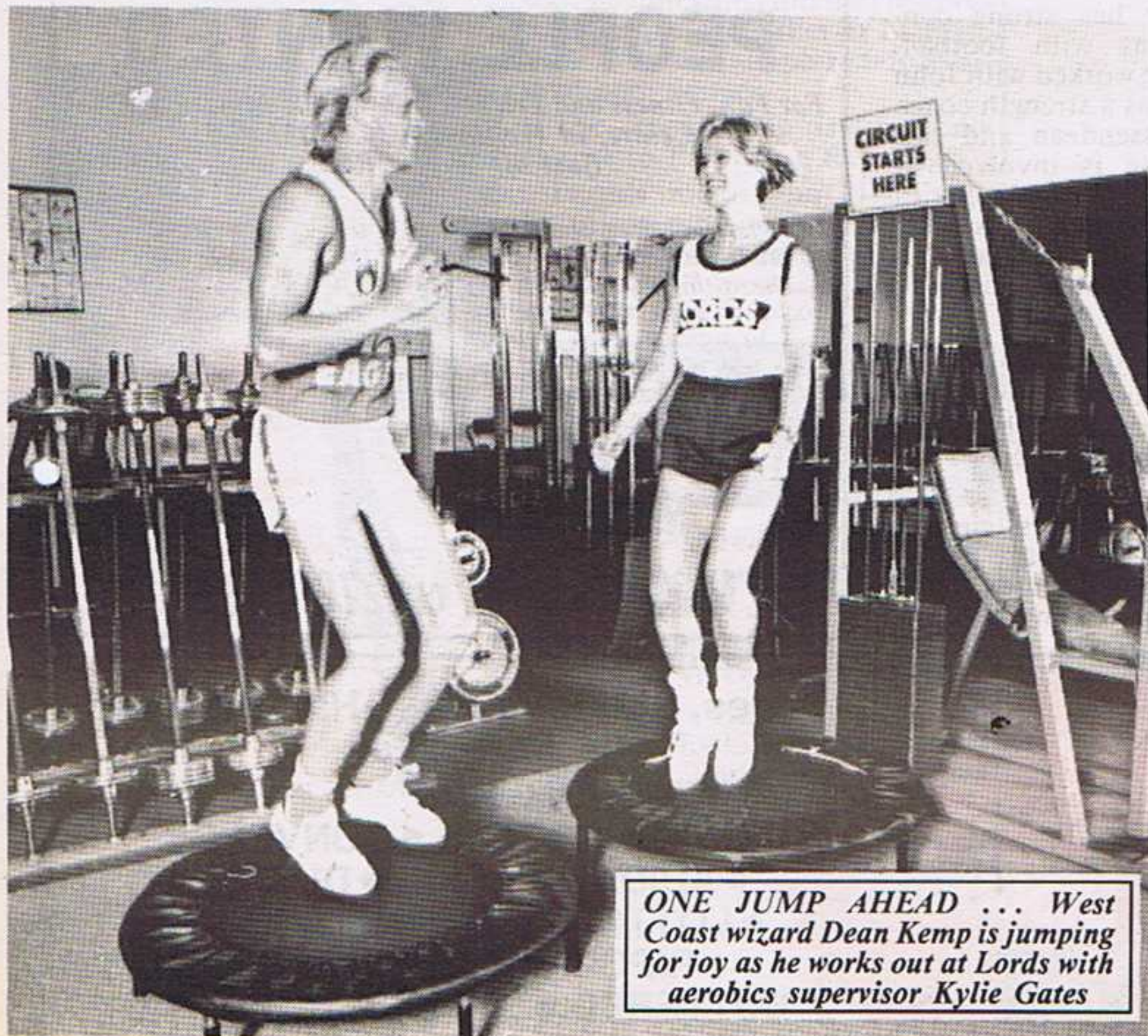
Many Perth firms take advantage of the Lords corporate development

programmes designed to increase fitness, improve motivation and enhance mental alertness.

When your organisation joins Lords as a corporate member, your employees can save up to 40-percent on the normal membership fees.

You can even deduct employee membership fees from their pay packets to make it easier for all concerned.

The corporate programme is divided into four basic sections — personal fitness appraisal; supervised exercise sessions; team units and health and fitness presentations.



ONE JUMP AHEAD ... West Coast wizard Dean Kemp is jumping for joy as he works out at Lords with aerobics supervisor Kylie Gates



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3 MONTHS	\$90
6 MONTHS	\$170
12 MONTHS	\$300
CASUAL WORKOUT	\$5

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Health and fitness

Exercise makes you feel good

New venue is the chance to get ahead

PUSHING HARD...
Enza Di Stefano, of Wembley, works out at Edge Ahead with some encouragement from Andrew Ivey



PERRY LAKES has long reigned as the home of athletics — and the headquarters for other sporting administrations — and now it's set to become a major rendezvous for sports participants of many ilks.

The establishment of the Edge Ahead strength and fitness gymnasium in the ground floor area of the Perry Lakes administration building will provide a modern venue with up-to-date facilities for the serious sports contestants.

The ambitious project has been set up by Andrew Ivey, a well-known strength coach in WA with connections to the football, athletics, life saving and basketball arenas.

The spacious ground floor area at Perry Lakes has seldom looked as impressive as it does with the Edge Ahead improvements — except maybe back in 1962 when it was used as a hospitality area for Queen Elizabeth during the Commonwealth Games.

WORK-HOUSE

However, Ivey isn't setting out to establish a ritzy-looking health studio; he's aiming more for a down-to-earth work-house for sports people who are out to improve on their personal best efforts — regardless of the sport they contest.

"We are there to help the less-than-elite athletes who want to improve on their present capabilities, be it triathlon, running, football, surfing or whatever," says Ivey.

SPECIALISE

"We specialise in strength and conditioning and aim to simply help sports people get better at what they do."

Ivey has strong connections with football, having worked with John Todd as a strength coach at Bassendean and this year he is involved at Lathlain Park, along with Nathan Sadler as they join new Perth coach David Glascott.

In addition, one of his colleagues in Trevor Farr works out with the South Fremantle players.

Ivey coaches current triathlon star Peter Trench and State cycling champion Tony Davis is

a member of the Edge Ahead cycling team that also includes sprint star Graham Sharman and pursuit rider Cindy Morgan.

He has also worked with the North Cottesloe surf life saving boat and beach crews, helping them with strength conditioning and running programmes.

Ivey, the State director for the Australian Strength and Conditioning Association, helps coordinate accreditation courses at Edge Ahead for aspiring strength coaches, has imported a lot of American equipment for the gymnasium, including a special floor that will be laid this week.



COLOURFUL START...
fitness fan Andrew Ivey has his own version of graffiti on the wall of his gymnasium

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Bounce into a better body

Health and fitness

THE connection between the West Coast Eagles and the Lords indoor sports and health centre goes right back to the inaugural year of WA's elite AFL team.

In the early days of the West Coast-



OUT OF PLACE... it could well be Scarborough, but this expanse of white sand is actually the beach volleyball court at Lords, in Subiaco

ers, when the club had no home base and a distinct lack of facilities, it was the Lords centre that came to the rescue.

With a host of indoor facilities including a 25-metre pool, gymnasium, basketball, tennis and squash courts and a host of other services, Lords offered the inaugural Eagles a home base to work on their fitness.

These days the Eagles have their own gymnasium facilities at Subiaco Oval, but the players still use Lords, who have a sponsorship arrangement with the club that sees plenty of cross-promotions.

Special events such as basketball round-robins and tennis days often occupy the Eagles in their rare leisure moments — when they still manage to combine business with pleasure.

There is always plenty of activity at the one-time railway loading yards — though you would never recognise the buildings these days, after extensive renovations to turn the buildings into Perth's most advanced fitness and leisure centre.

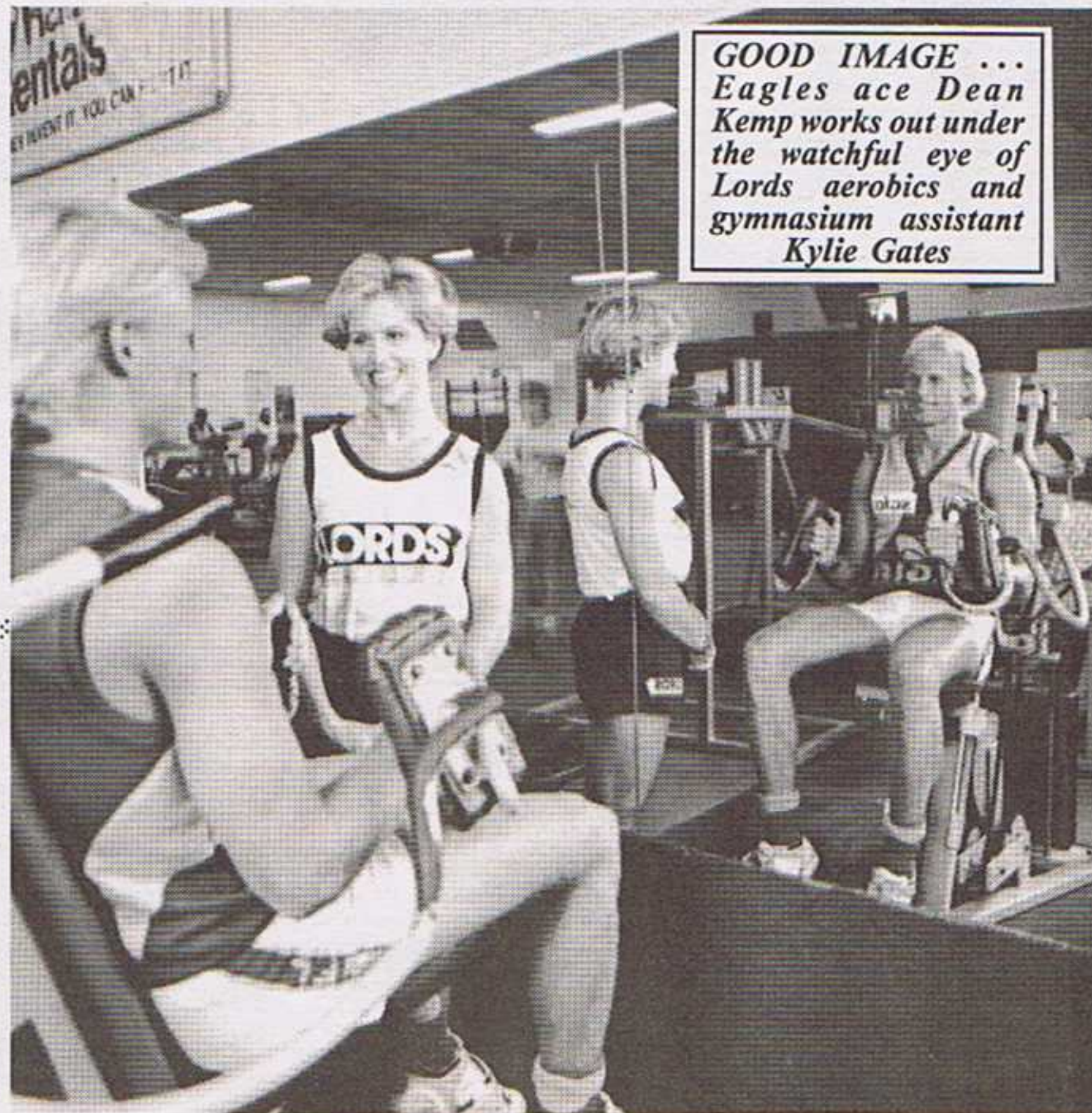
"We have a gymnasium that is all computerised, with the latest state-of-the-art equipment," says manager Ian Nicholas.

"And with 66 aerobic classes a week, four squash courts, the tennis, basketball, netball and volleyball activities and other events going on at the same time, it's a pretty busy place."

Apart from the Eagles, Perth's other two high-profile sporting teams — Perth Heat and the Wildcats basketball side — also use the venue for training.

James Bridle, who works closely with the Wildcats on their fitness, oversees the operations at the Lords gymnasium and there are numerous other employees with the expertise in a variety of areas.

Lords plays its role for the Eagles



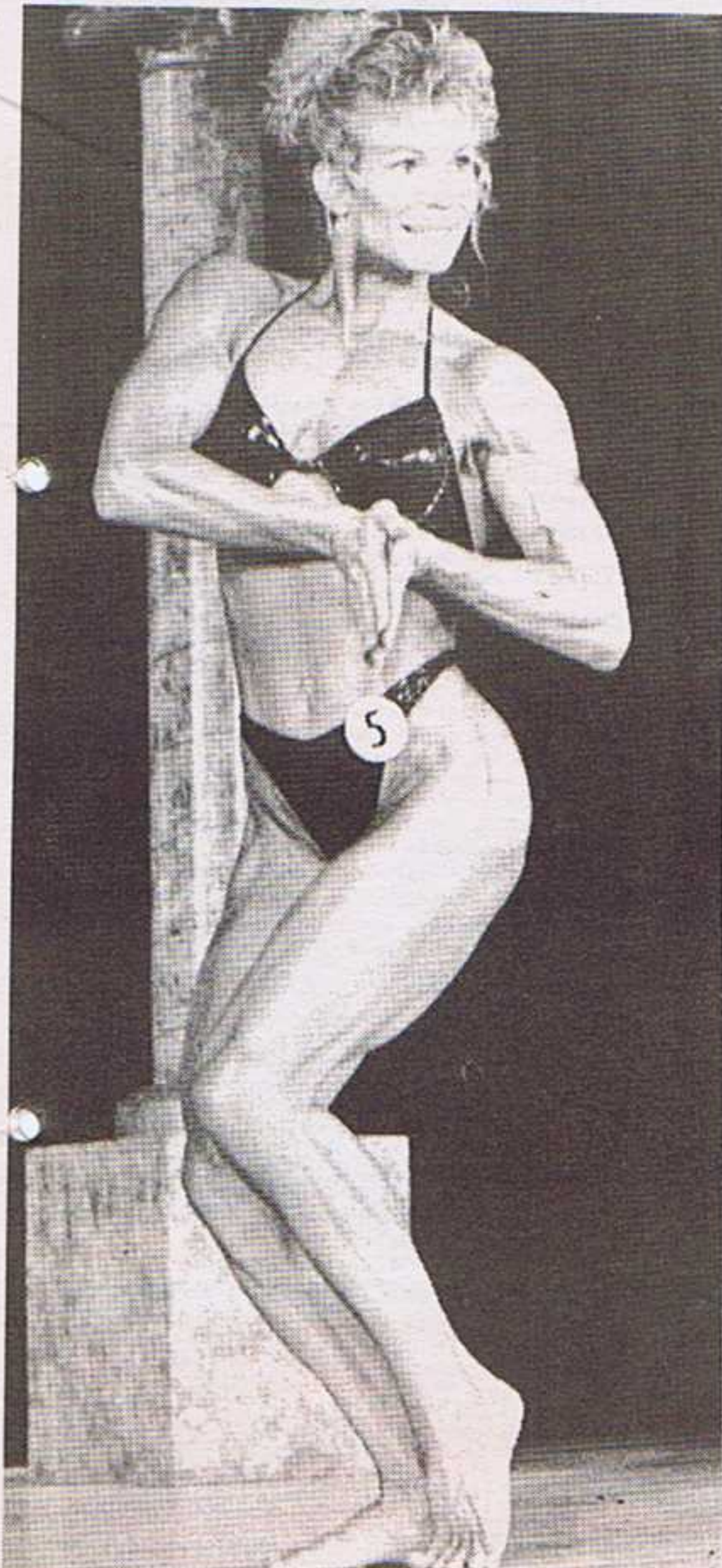
GOOD IMAGE... Eagles ace Dean Kemp works out under the watchful eye of Lords aerobics and gymnasium assistant Kylie Gates

Expert advice from the best at Carine

BODY-building is just one of the many services offered to the health-conscious clients at the Carine Health Academy.

And there is plenty of expert advice on hand for those people wishing to tone up a few muscles and trim off some excess fat.

Kerry Gilligan is WA's star performer in the masters division of the Australian body building championships, claiming the current national title and she's only too happy to help customers at the Carine studio.



SHAPELY ADVICE... Kerry Gilligan has some good performances behind her in the national body building arena and she's on hand to help people at the Carine Health Academy

She says that body building, especially for females, isn't all about bulging muscles; it's simply an excellent way to keep the body in better shape.

"Body building enhances the feminine shape," says Kerry, who has a figure to confirm that statement.

"You don't have to finish up with big muscles; you can simply tone up your muscles, define the feminine shape and simply look much better all round."

Kerry and Carine's manager Gary Ritson are among the experts at the health studio who are always on hand to provide help and advice to customers.

PERSONAL ADVICE

The academy is proud of its personal service and offers guidance for individual customers, be they beginners in the art of getting into good shape or experienced sports people seeking to improve their own performance.

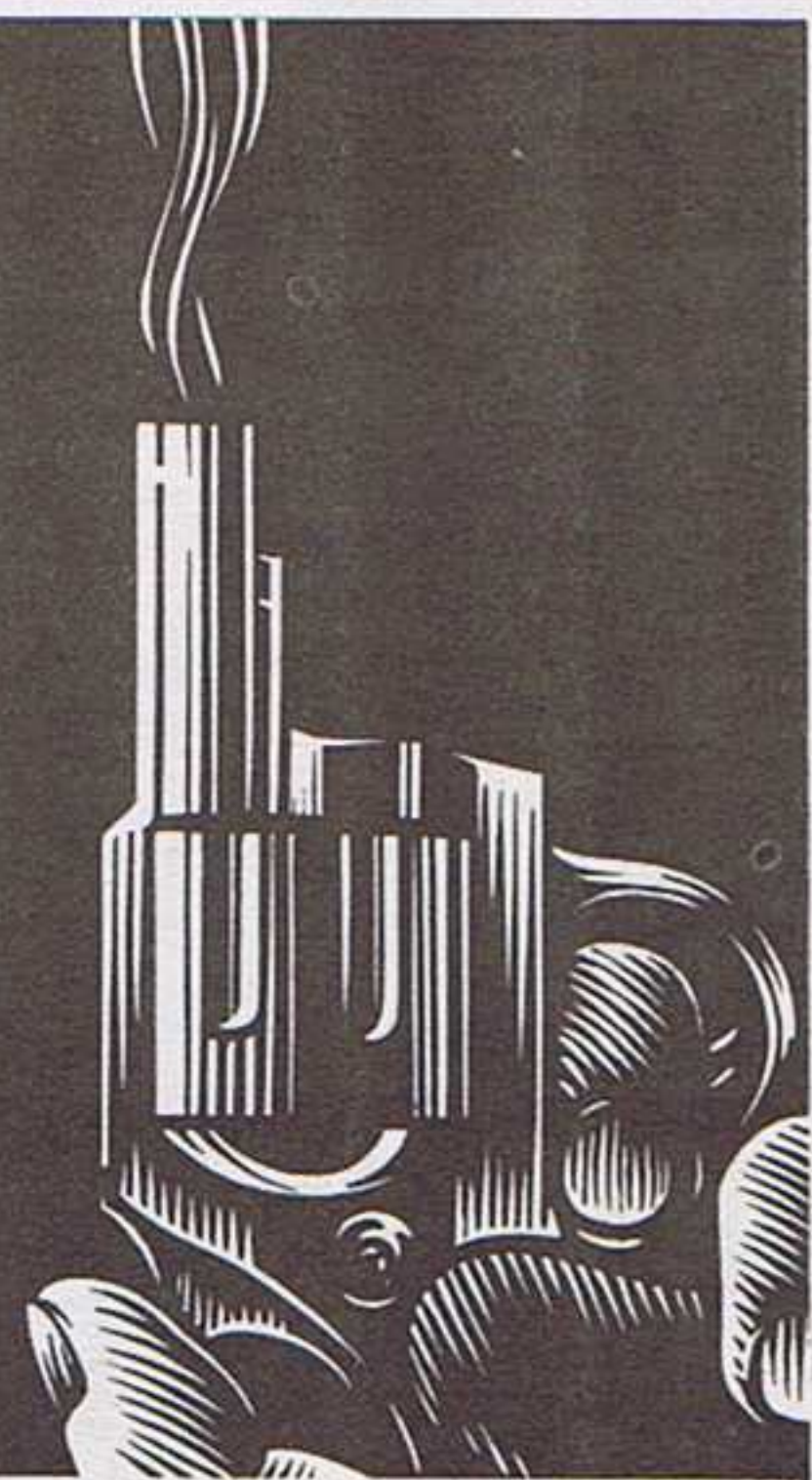
"We like to cater for the individual needs of all our customers," says Gary.

"We design special programmes for all types of sports people, with appraisals and supervision for those just starting out, to advanced assistance for the more experienced performer."

The Carine Health Academy has a fully-equipped gymnasium, plus a 25-metre indoor pool and also has daily aerobic classes.

As Kerry says: "A lot of our clients are simply keen to trim off some excess weight and we're there to help them do it properly."

KILL YOUR COMPETITION



After the gun fires and the race is run, there will be just one winner. And what makes winners? We call it the 'Edge.'

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How To Answer

MARK YOUR ANSWERS CLEARLY BY FILLING IN THE CORRESPONDING BOX

<input type="checkbox"/> +	YES or MOSTLY YES	<input type="checkbox"/> ?	MAYBE, neither definitely YES or NO	<input type="checkbox"/> -	NO or MOSTLY NO
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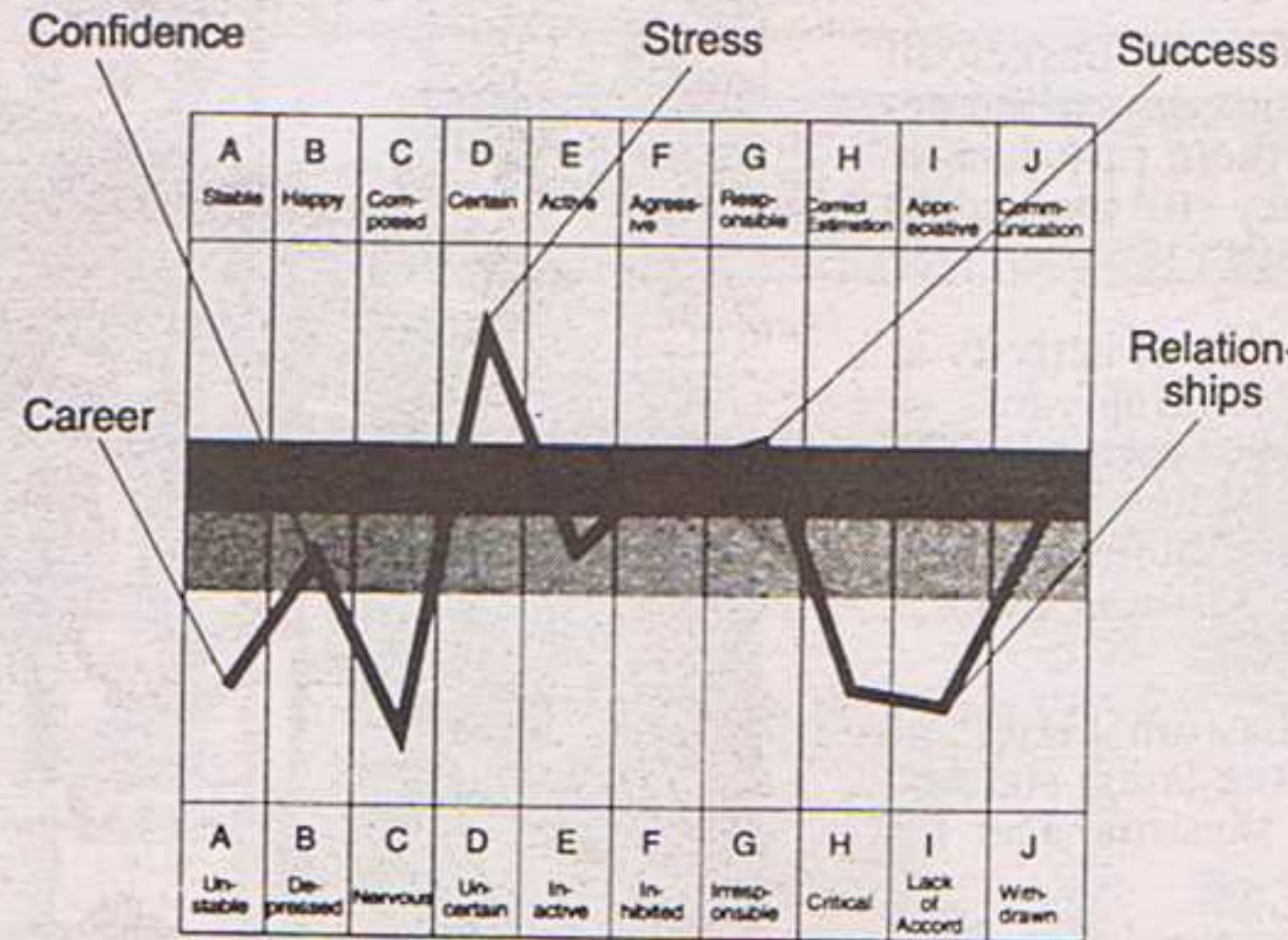
1. Do you make thoughtless remarks or accusations.

The OCA personality test is ACCURATE because it is based only on your answers. Complete the test by following the directions below and a trained evaluator will give you a full analysis of your personality profile.

DO THE OCA[®] OXFORD CAPACITY ANALYSIS[®] Personality Test

START HERE

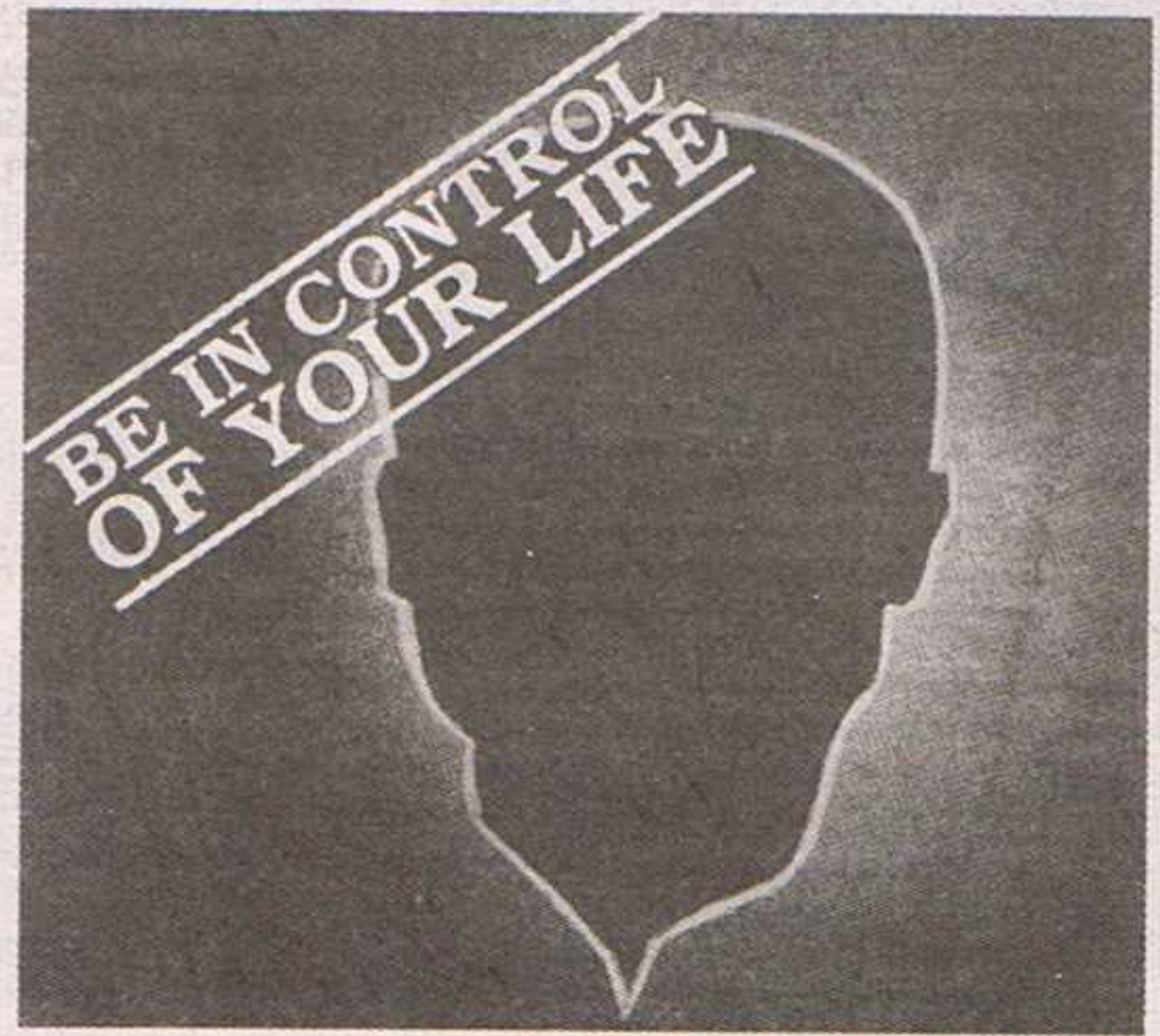
1. Do you make thoughtless remarks or accusations which you later regret?
2. When others are getting rattled, do you remain fairly composed?
3. Do you browse through railway timetables, directories, or dictionaries just for pleasure?
4. When asked to make a decision, would you be swayed by your like or dislike of the personality involved?
5. Do you intend two or less children in your family even though your health and income will permit more?
6. Do you get occasional twitches of your muscles, when there is no logical reason for it?
7. Would you prefer to be in a position where you did not have the responsibilities of making decisions?
8. Are your actions considered unpredictable by other people?
9. Do you consider more money should be spent on social security?
10. Do other people interest you very much?
11. Is your voice monotonous, rather than varied in pitch?
12. Do you normally let the other person start the conversation?
13. Are you readily interested in other people's conversations?
14. Would the idea of inflicting pain on game, small animals or fish prevent you from hunting or fishing?
15. Are you often impulsive in your behaviour.
16. Do you speak slowly?
17. Are you usually concerned about the need to protect your health?
18. Does an unexpected action cause your muscles to twitch?
19. Are you normally considerate in your demands on your employees, relatives or pupils.
20. Do you consider that you could give a valid "snap judgment"?
21. Do your past failures still worry you?
22. Do you find yourself being extra-active for periods lasting several days?
23. Do you resent the efforts of others to tell you what to do?
24. Is it normally hard for you to "own up and take the blame"?
25. Do you have a small circle of close friends, rather than a large number of friends, speaking acquaintances?
26. Is your life a constant struggle for survival?
27. Do you often sing or whistle just for the fun of it?
28. Are you considered warm-hearted by your friends?
29. Would you rather give orders than take them?
30. Do you enjoy telling people the latest scandal about your associates?
31. Could you agree to "strict discipline"?
32. Would the idea of making a complete new start cause you much concern?
33. Do you make efforts to get others to laugh and smile?
34. Do you find it easy to express your emotions?
35. Do you refrain from complaining when the other person is late?
36. Are you sometimes considered by others a "spoilsport"?
37. Do you consider there are other people who are definitely unfriendly toward you and work against you?
38. Would you admit you were wrong just to "keep the peace"?
39. Do you have only a few people of whom you are really fond?
40. Are you rarely happy, unless you have a special reason?
41. Do you "circulate around" at a social gathering?
42. Do you take reasonable precautions to prevent accidents?
43. Does the idea of talking in front of people make you nervous?
44. If you saw an article in a shop obviously mistakenly marked lower than its correct price, would you try to get it at that price?
45. Do you often feel that people are looking at you or talking about you behind your back?
46. Are you "always getting into trouble"?
47. Have you any particular hate or fear?
48. Do you prefer to be an onlooker rather than participate in any active sport?
49. Do you find it easy to be impartial?
50. Have you a definitely set standard of courteous behaviour in front of other members of your family?
51. Can you "start the ball rolling" at a social gathering?
52. Would you "buy on credit" with the hope that you can keep up the payment?
53. Do you get an after-reaction when something unexpected such as an accident or other disturbing incident takes place?
54. Do you consider the good of all concerned rather than your own personal advantages?
55. When hearing a lecturer, do you sometimes experience the idea that the speaker is referring entirely to you?
56. Does "external noise" rarely interfere with your concentration?
57. Are you usually "up-to-date" on everyday affairs?
58. Can you confidently plan and work towards carrying out an event in six months time?
59. Do you consider the modern "prisons without bars" system doomed to failure?
60. Do you tend to be careless?
61. Do you ever get a "dreamlike" feeling towards life when it all seems unreal?
62. Do you speedily recover from the effects of bad news?
63. When you criticize — do you at the same time try to encourage?



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64. Are you normally considered "cold"?
65. Are your opinions insufficiently unimportant to tell other people?
66. Are you so self-assured that it sometimes annoys others?
67. Do you keep "close contact" on articles of yours which you have loaned to friends?
68. Do you enjoy activities of your own choosing?
69. Does emotional music have quite an effect on you?
70. Do you completely condemn a person because he is a rival or opponent in some aspect of your relations with him?
71. Do you often "sit and think" about death, sickness, pain and sorrow?
72. Are you perturbed at the idea of loss of dignity?
73. Are you always collecting things which "might be useful"?
74. Would you criticize faults and point out the bad points on someone else's character or handiwork?
75. Are you openly appreciative of beautiful things?
76. Do you sometimes give away articles which strictly speaking do not belong to you?
77. Do you greet people effusively?
78. Do you often ponder on previous misfortunes?
79. Are you sometimes considered forceful in your actions or opinions?
80. Do you accept criticisms easily and without resentment?
81. Are you usually undisturbed by "noises off" when you are trying to rest?
82. Are you likely to be jealous?
83. Do you tend to put off doing things and then discover it is too late?
84. Do you prefer to abide by the wishes of others rather than seek to have your own way?
85. Do you find it easy to get yourself started on a project?
86. Do you bite your fingernails or chew the end of your pencil?
87. Do you "turn up the volume" of your emotions just to create an effect?
88. If we were invading another country, would you feel sympathetic towards conscientious objectors in this country?
89. Are there some things about yourself on which you are touchy?
90. Do you have few interests and activities that are your own choice?
91. Do you ever get a single thought which hangs around for days?
92. Are you a slow eater?
93. Can you be a stabilising influence when others get panicky?
94. Would you stop and find out whether a person needed help even though they had not directly asked you for it?
95. Are you prejudiced in favour of your own school, college, club or team, etc?
96. Do you pay your debts and keep your promises when it is possible?
97. Do you sleep well?
98. Would you use corporal punishment on a child aged ten if it refused to obey you?
99. Do you prefer to take a passive role in any club or organisation to which you belong?
100. Are you logical and scientific in your thinking?
101. Does the youth of today have more opportunity than that of a generation ago?
102. Do you throw things away only to discover that you need them later?
103. Would you give up easily on a given course if it were causing you a considerable amount of inconvenience?
104. Do you "wax enthusiastic" about only a few subjects?
105. Do you rarely suspect the actions of others?
106. Do you sometimes wonder if anyone really cares about you?
107. Do you turn down responsibility because you doubt your fitness to cope?
108. Do you sometimes feel compelled to repeat some interesting item or fib?
109. Do you tend to exaggerate a justifiable grievance?

110. Is your facial expression varied rather than set?
111. Do you usually need to justify or back up an opinion once stated?
112. Do you openly and sincerely admire beauty in other people?
113. Would it take a definite effort on your part to consider the subject of suicide?
114. Would you consider yourself energetic in your attitude towards life?
115. Would a disagreement affect your general relationship with another person?
116. Does a minor failure on your part rarely trouble you?
117. Do you sometimes feel that you talk too much?
118. Do you smile much?
119. Are you easily pleased?
120. When met with direct opposition would you still seek to have your own way rather than give in?
121. Provided the distance were not too great, would you still prefer to ride than walk?
122. Do you ever get disturbed by the noise of the wind or a "house settling down"?
123. Is your opinion influenced by looking at things from the standpoint of your experiences, occupation or training?
124. Do you often make tactless blunders?
125. Are you suspicious of people who ask to borrow money from you?
126. Are your decisions swayed by personal interests?
127. Can you get enthusiastic over "some simple little thing"?
128. Do you frequently take action even though you know your own good judgment would indicate otherwise?
129. Are you in favour of colour bar and class distinction?
130. Are you aware of any habitual physical mannerisms such as pulling your hair, ears, nose or such like?
131. Can you quickly adapt and make use of new conditions and situations even though they may be difficult?
132. Do some noises "set your teeth on edge"?
133. Can you see the other fellow's viewpoint when you wish to?
134. Do you go to bed when you want to, rather than by the clock?
135. Do the "petty foibles" of others make you impatient?
136. Do children irritate you?
137. Are you less talkative than your associates?
138. Do you usually carry out assignments promptly and systematically?
139. Would you assist a fellow traveller rather than leave it to the officials?
140. When voting, do you vote the same party ticket straight rather than studying the candidates and issues?
141. Do you frequently dwell on your past illnesses or painful experiences?
142. Do you get very ill at ease in disordered surroundings?
143. Do you usually criticise a film or show that you see or a book that you read?
144. When recounting some amusing incident can you easily imitate the mannerisms or the dialect in the original incident?
145. In subjects about which you are not expert, are your own ideas of sufficient importance as to tell others?
146. Do you have a tendency to tidy up a disorder of somebody else's household?
147. Can you accept defeat easily without the necessity of "swallowing your disappointment"?
148. Do you often feel depressed?
149. Are you ever ill at ease in the company of children?
150. Do you get frustrated at not being able to do something rather than finding a substitute activity or system?
151. Are you sometimes completely unable to enter the spirit of things?
152. Do you rarely express your grievances?
153. Do you work in "spurts," being relatively inactive and then furiously active for a day or two?



Your personality holds the key to your success; happiness and your future. Know the factors that affect your LIFE.

154. Does the number or uncompleted jobs you have on hand bother you?
155. Do people enjoy being in your company?
156. Could you allow someone to finish those "final two words" in a crossword puzzle without interfering?
157. Do you consider the best points of most people and only rarely speak slightly of them?
158. Do you laugh or smile quite readily?
159. Are you definite and emphatic in voice and manner?
160. Are you effusive only to close friends if at all?
161. Are your interests and fields of knowledge so important as to give little time for anything else?
162. Would you like to start a new activity in the area in which you live?
163. Would you make the necessary actions to kill an animal in order to put it out of pain?
164. Is it easy for you to relax?
165. Do you have little regret on past misfortunes and failures?
166. Does the idea of fear or apprehension give you a physical reaction?
167. Can you trust the decision of your judgment in an emotional situation in which you are involved?
168. Could someone else consider that you were really active?
169. Do you find it hard to get started on a task that needs to be done?
170. Are you opposed to the "probation system" for criminals?
171. Do you spend much time on needless worries?
172. In a disagreement do you find it hard to understand how the other person fails to see your side, and thus agree with you?
173. Do you cope with everyday problems of living quite well?
174. Are you usually truthful to others?
175. Would you rather "wait for something to happen" as opposed to you causing it?
176. Do you spend too freely in relation to your income?
177. Can you take a "calculated risk" without too much worry?
178. If you were in a slight car accident, would you really take trouble to see that any damage you did was made good?
179. Do others push you around?
180. Do you make allowances for your friends where with others you might judge more severely?
181. Do you often ponder over your own inferiority?
182. Do people criticize you to others?
183. Are you embarrassed by a hearty greeting such as a kiss, hug, or pat on the back, if done in public?
184. Do you frequently not do something you want to do because of other people's desires?
185. Are you sometimes convinced of the correctness of your opinions about a subject even though you are not an expert?
186. Do you often find yourself "going off in all directions at once"?
187. Do your acquaintances seem to think more of your abilities than you do?
188. Is the idea of death or even reminders of death abhorrent to you?
189. Having settled an argument out do you continue to feel disgruntled for a while?
190. Are you friendly in voice, attitude, and expression?
191. Does life seem rather vague and unreal to you?
192. Do you often feel upset about the fate of war victims and political refugees?
193. Do "mere acquaintances" appeal to you for aid or advice in their personal difficulties?
194. If you lose an article, do you get the idea that "someone must have stolen or mislaid it"?
195. If you thought that someone was suspicious of you and your actions, would you tackle them on the subject rather than leaving them to work it out?
196. Do you sometimes feel that your age is against you (too young or too old)?
197. Do you have spells of being sad for no apparent reason?
198. Do you do much grumbling about conditions you have to face in life?
199. Do you tend to hide your feelings?
200. Do you consider you have many warm friends?

■ Answer each question as to how you feel RIGHT NOW
 ■ Answer ALL the questions. But don't stay too long on any one question.
 ■ If you make a mistake, fill in and then CIRCLE the correct box.
 ■ Fill out your name and other details and START. When you have completed the test please post it to OCA DEPARTMENT, HUBBARD[®] DIANETICS[®] FOUNDATION, 39-41 King Street, Perth, 6000. You will be contacted when your results have been prepared.

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