



The Official Magazine of the

Fremantle Football Club

FREMANTLE
FOOTBALL CLUB

**Bigger, stronger,
faster**

page 15

Wiz Kidz

page 34

**Athens
bound**

page 5

**2004
Purple
Haze
Game**

Round 15



James Walker

FREMANTLE FOOTBALL CLUB LTD

The Official Magazine of the Fremantle Football Club

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COVER PHOTOGRAPH: James Walker at Fremantle Oval.

All action photography by Getty Images, Official AFL Photographic Agency.



I AM IN THE FORTUNATE POSITION

whereby I regularly have the opportunity of talking to corporate groups about the Fremantle Football Club as part of building the club's profile in this sector. This is both enjoyable and enlightening, as it also provides the opportunity to get feedback on the club from a broad range of people who will freely give their opinions.

What is clear is that there is an enormous amount of interest in football and the Fremantle Football Club. That would not come as a surprise to anyone, but in the context of size of the business that we manage, it always amazes me that there are so many high level people who are seeking to learn from what we do.

Under just about any measurement, an AFL club is a small to medium size business. That it attracts the amount of interest from the broadest range of people is just one of the aspects of this environment that makes it different, and perhaps the reason why a person such as Chris Connolly attracts as much interest as he does each time he speaks at a corporate function. The fact that he is highly entertaining and articulate adds to the mix, but there are many who seek to gain from the many lessons that a senior coach has learnt in the cut throat environment of AFL football.

There has been a great deal of focus on Fremantle over the past year and in particular the turnaround that has occurred both as football team and as a business. Both are clearly linked and Chris Connolly has played a key role in both. What has often been underestimated in all of this is that the product itself had, and continues to have, enormous potential and it is appropriate to give recognition to those who set the Club up in the first place. We take for granted many facets of this club which are now central to the strong position we are now establishing, but more importantly will form the core of the powerful club that we must become if we are going to be a consistent premierships contender. These include:

1. The fact we are Fremantle – based in Fremantle and an extension of the great Fremantle sporting tradition. At the same time we are not limited by our heritage. As I have often said the word Fremantle is a noun, verb and adjective.
2. We are different, a little bit edgy. We wear purple, a colour we are making our own. The anchor is a great symbol, despite misgivings about it tethering us to the bottom.
3. Our football has also somehow been different, for lots of reasons. There was Gerard Neesham's style of play, our indigenous players, the space and run at Subiaco, and with a promise from the coach to play more attacking football this year, it would seem that this will continue.

Many of the reasons why Fremantle was criticised and mocked in its early days are now the same reasons why we have a great opportunity of building a great club. Even the club song is starting to sound good. There is great expectation at Fremantle, and that is very important as we build this club. Great clubs set high standards and have high expectations. We will not however get ahead of ourselves in this regard as we are realistic in terms of our maturity, and there are factors that we cannot control. We aim to make the eight, win a final, but at the same time build one of the great clubs.

Fremantle will have its day, let there be no doubt.

Cameron Schwab
 Chief Executive Officer



The Coach answers

Last season saw the club achieve many firsts both on and off the field, capped off with the finals appearance. How rewarding was last year?

It was a very rewarding year in lots of ways especially with a lot of momentum on and off the field. The players improved as individuals and we improved as a team. The players responded to many challenges throughout the season. Our improved performance and outstanding pre-season gives us a great deal of confidence moving forward.

What was the biggest surprise for you last year?

I was pleasantly surprised with the advanced improvement of many of our players. They have trained hard on their fitness and skills and deserve to have improved so quickly. I have said before and I will have to say it again, that the attitude of the players is fantastic and they are really eager to learn and improve.

Following the successes of last year, what would you see as the realistic expectations for season 2004?

It is simple. We are aiming to make the eight and win our first finals game. Where we finish in the eight will depend on the performances of other teams.

What has been the focus over the pre-season compared to previous years and what are the areas you would see as major improvements needed?

We have focused more on the individual this pre-season with specifically tailored programmes. As a team, our ruck clearances and ball movement have been the main areas of focus. A key part of this focus on ball movement has been to establish a predictable forward structure and the precision of our skill execution. Our skill execution let us down at key times during last season and that must improve.

A lot has been said of the abundance of forward talent at the club and how it can all fit cohesively together. How do you see the forward structure working and what are you looking to get from your forwards?

We have evolved a new forward structure which creates many options for our midfield and space for each forward. The structure demands that each forward has an understanding of the plans we put in place and the communication between the forwards to ensure that we can successfully execute those plans. Our forwards

will improve as they spend more time working as a unit. Justin Longmuir, Troy Longmuir, Paul Medhurst, Clive Waterhouse, Graham Polak, Troy Simmonds and Jeff Farmer are the leaders in this area of the ground. We will be looking for all forwards to carry out what the coaching staff has asked of them. Some forwards at times may have to sacrifice their own game to fulfil the team's plans and we look at their total contribution to the forward structure not just the number of goals they kick.

Your message last year was to be more attacking and by year's end the team had delivered the most offensive year in the Club's history. What is your message for this year?

Keep attacking. Another key message will be not to give up as many easy goals as we did last year where there were too many goals given up in the defensive 50. Hopefully the opposition will need to work a bit harder for their goals this season.

Which players do you expect to see take the next step this year?

I expect every single player to take the next step.

What do you want this year to deliver?

We need to continue to establish ourselves as a genuine force on and off the field. Football people are sceptical about Fremantle and its ability to perform with the big boys.

In the off-season, the coaching structure has been bolstered further with the addition of Steve Malaxos, what is focus for the coaching staff?

We have the third youngest playing list in the AFL. We have to coach each individual specifically to his needs and fast track improvement. We also have the need for players to develop as much in one year as they would normally do in three. The environment we are setting up at the club simply has to be the best learning environment possible in the AFL. The addition of Steve allows us to be more one on one with each player and to monitor our WAFL players with more purpose. ☐



Wardrobe malfunction!



On the team's trip to London last year for the exhibition game against Collingwood, players and staff attended a formal reception at the Australian Embassy in the lead-up to the game. After the function, curiosity got the better of Byron Schammer and Aaron Sandilands as they wanted to see how they went in each other's club blazers. In the London weather Byron definitely got the better end of the deal!

For your diary

Date	Event
Tuesday 20th April	New Members night Fremantle Oval
Sunday 25 April	Len Hall Game Anzac Day ceremony
Thursday 3rd June	Banquet Auction Burswood Grand Ballroom
Sunday 20 June	Dockers Live A Sunday Session at Burswood's Ruby Room
Saturday 10 July	Purple Haze Game
Tuesday 17 August	Cappuccino Strip training lead-up to the Derby
Friday 20 August	Carlton Mid Derby Luncheon

For more information on any of the above dates for your diary call Kellie Black on 9433 7191.

The 2003 Year Book is now available for collection using the redemption slip sent to members with the Membership Fulfilment pack in February. Members can present the slip at the FFC Head Office or at Gate 24 at Subiaco Oval (rounds 1, 3, or 5) to get their copy of the 2003 Year Book.



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Athens Bound

When the Athens Olympic Games roll around later this year, keep a keen eye and a part of that famed Freo passion in reserve for 110 metre hurdler Kyle vander Kuyp and 100 metre sprinter Adam Basil. Both these athletes have been tuning up over the summer with Fremantle's Strength and Conditioning Coach Adam Larcom.

BASIL, KNOWN SIMPLY AS BAZ, has been under the guidance of Larcom for the last two years. Long distance coaching hasn't been easy with Basil based in Melbourne but with detailed training programmes set by Larcom and the dedicated approach by Baz to make it to Athens, the two have managed to go a long way to seeing Baz achieve his dream.

Larcom manages to catch up and review Baz whenever the team was playing in Melbourne and make any necessary modifications to the sprinter's training schedule. And the distance has proved to be no barrier to delivering with Baz running a personal best time of 10.29 seconds in 2003 and competing in the 4 x 100 metre relay team at the World Championships in Paris in the same year where the team finished sixth in the semi final.

Paris provided Baz with much needed experience at an international meet and a valuable stage on which to assess his progress.

Baz moved over to Perth and trained at Fremantle both on his own programme and with the team during the pre-season. Players Peter Bell and Troy Simmonds trained regularly with Baz at Perry Lakes as part of their extended running programmes.

Baz's daily training over summer under the watchful eye of Larcom was an intense conditioning phase of his preparation to get his body ready to run fast, to develop his racing speed and to keep him durable over the qualifying races and for the Olympics.

The first Telstra Grand Prix meet of the season was held at Perry Lakes in January where Baz ran 10.34 seconds over the 100 metres to finish second behind Matt Shervington by 0.01 of a second. With the Olympic qualifying time required for the 4 x 100 metre relay team set at 10.45 seconds, Baz has shown he has what it takes to perform on the Olympic stage.

His place on the Olympic team should be confirmed when the team is announced in June. With Shervington and Patrick Johnson failing to run in more recent Grand Prix meets due to continuing leg problems, the door is open for Baz to secure a place as one of the two 100 metre sprinters.

The results achieved from the training programmes set by Larcom that saw Baz continually deliver better times over 2003, prompted renowned athletics coach Roy Boyd to contact Larcom to see if he could assist with 12-time Australian 110 metre hurdle champion, Kyle vander Kuyp.

A veteran of the 1996 and 2000 Olympics, the consummate professional who made the 110 metre hurdle final at the 1996 Atlanta Olympics was still looking at improving and ultimately repeating that feat again at Athens.

The approach by Boyd was to work on Kyle's speed, particularly before the first and last hurdles, and to build his durability. Arriving in Perth, Kyle quickly settled into his training routine at Fremantle

In a short 6 week stay, Kyle achieved a personal best sprint time over 60 metres and also a personal best power clean lift. Larcom was asked by Boyd to get him quicker and stronger and while that was achieved in the gym and on the training track, it was in race conditions that it would need to be tested. At the Perry Lakes Grand Prix meet race Kyle not only won his race but was excited after the race saying that it was the best he had run and the best he had felt in a race. Since that day at Perry Lakes he has won every single race and ran a best legal time of 13.66 seconds, his best race time since 2001.

This time is an Olympic B qualifying time and only 0.11 seconds away from the Olympic A qualifying time. The programme for Kyle is developing further and Kyle's target of three



Olympic games is within reach.

Initially in awe at the level of intensity by which both athletes attacked each training session, the players were quickly at ease and welcomed the unique opportunity and experience to train with these elite athletes and to be able to exchange ideas and experiences.

But for Des Headland the opportunity to train with Kyle was an extra special experience. Des represented WA and won the national 110 metre hurdle title at under 16 level. Kyle was his role model as an athlete.

Both Baz and Kyle appreciated the facilities at the Fremantle headquarters and in particular the support given by all the staff and players during their stay over summer. They will return to Perth to continue their preparation for three months at the completion of qualifying races before they make their way to the home of the Olympics to fulfil their dreams, four years in the making.☺



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BankWest increases support

By now you've all probably noticed the new name on the team's playing jumpers. BankWest has recently increased its level of support for the Fremantle Football Club by becoming the new major sponsor for the 2004 and 2005 AFL seasons.

THIS NEW PARTNERSHIP recognises the positive outlook for both BankWest and Fremantle, and recognises the energy, drive and spirit that are alive and well in both organisations.

The Fremantle Football Club has shown how commitment, dedication and passion are the key ingredients for success. These traits are also the hallmarks of BankWest's business – without them the Bank would not have become the most successful financial institution in Western Australia.

BankWest has had a strong connection with Fremantle as a Premier Sponsor for the last four years. Both organisations are part of the rich history and cultural fabric of Western Australia and this new level of partnership provides both organisations with the strength and confidence to make their mark on the national stage. BankWest is about to enter an era of growth, particularly on the East Coast, where the Bank is seeking to establish an even greater presence and this aligns closely with the Club's plans to dominate the competition, both at Subiaco Oval and interstate. Put simply, there are great synergies between the two businesses and, together, BankWest and the Fremantle Football Club are a formidable team.



BankWest's Major Sponsorship of the Fremantle Football Club represents the biggest single commitment that the Bank has ever made to a community organisation and BankWest is confident that the investment will provide all parties, including the WA community, with many benefits and opportunities.

BankWest recognises that it has a responsibility to support the community in which it operates and is therefore committed to giving back to the people of Western Australia through sponsorship and donation initiatives. BankWest's community support programme has many facets. Over the past year, the Bank made donations to charitable organisations and provided funds and volunteer assistance for various appeals. BankWest also sponsored many worthy charitable, arts, rural, sport, industry and education-based programs and events. Apart from the Fremantle Football Club, BankWest also

supports the WAFL and Clontarf Boys Academy as the Bank believes it is important to develop local talent and show support for the local competition which is the breeding ground for football stars of the future.

2004 is sure to be a great year for the Fremantle Football Club and BankWest is delighted to be an integral part of the exciting times ahead. ☐

Catering cuts the Mustard

CATERING AT SUBIACO OVAL has always guaranteed that the smell of hot chips and pies fill the stadium on a cold day, that a cold beer can be held high to toast the winning team and that corporate guests can dine in the finest style.

Over the years Mustard Catering (a division of the Spotless Group of companies) has expanded its services to ensure that all fans enjoy their match day experience whether out in the stands or high in a corporate suite.

Mustard provides food, drinks and service for up to 5,000 people choosing to view the game from one of the dining rooms, boxes or suites.

Mustard Operations Manager Nicole Murtagh explained that there is a lot of hard work and commitment needed to provide the first class service Mustard is now famous for.

She said that often people don't understand the work that goes into the preparation for match days to guarantee our guests receive high quality food and service.

"It takes a full week to coordinate each match. Monday is clean up and stock take from the previous weekend, then preparation all starts

on Tuesday for the coming match," she said.

"We have to process orders, restock the outlets and bars and ensure sufficient food and beverage is ordered for the week's production."

Mustard Catering chefs manage an amazing amount of product each week.

"We use up to 150kg of beef, 200kg of chicken, 100kg of cheese, 200 loaves of bread, and 2000 bread rolls," she said.

"Our Chefs are producing nearly 60 different menus every match and it is honestly amazing how it all comes together.

"Production is in full swing the week before and the morning of the game until about two hours before a match starts, then the chefs are allocated to a function and deliver the weeks work to our guests.

"During the week up to 30 chefs create the masterpieces and up to 80 chefs and kitchen support staff finish the work on match days.

"We also keep two or three chefs on standby to deal with last minute additions and changes."

However the general public at the football should not think that all the work goes into servicing the corporate rooms with Spotless providing all the food and beverage in each of the outlets around the ground.

There is over 200 Spotless staff in food and drink outlets to satisfy the cravings of the fans and Spotless staff are well trained to prepare for the large crowds on game day.

"It can be very hectic when everyone wants food and drinks at half time, being only 20 minutes," she said.

"We can sell up to 2000 sausage rolls and pies, 2000kg of hot chips, and about 8000 litres of beer per match."



SPONSORS ON BOARD

For the first time in Fremantle's history all of the club's major sponsorship properties have been sold.

Along with the continued commitment of BankWest for the next two years as the Major Sponsor, West Australian company ALLPHONES have become a Premier Sponsor with their logo appearing on the playing shorts for the next two seasons. The sponsorship is a great way for ALLPHONES to continue their national growth their association with Fremantle is a fantastic way for them to carry their message around the country.

And in the final chapter of securing the Club's major sponsorship properties Alinta has remained as a Premier Sponsor with the Club and the game day balls used at Subiaco Oval this year during the home and away season carrying the Alinta name. The naming of the game day ball is a component of Alinta's three year Premier Sponsorship of the Club until 2006. Alinta has been a valued sponsor of Fremantle since its entry in to the AFL and more importantly as the Clubs Major Sponsor from 2000 to 2003.

Match trends show that although healthy food lines have been introduced hot chips have always proved to be the most popular item for the average patron at the footy.

"But every match is different. Different match times, weather and opposition teams drastically affect our operations on a match day," she said.

"Fremantle supporters are in general well behaved, very passionate about their game and always in good spirits." ☐

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Guess who?

Can you pick which of these innocent little faces is now playing in your favourite team?

Each of these players has supplied us with a small photo of themselves before they could even contemplate kicking a football. Some still resemble the men they have grown into but see if you can identify who is who. The answers are on page 25. Good luck!



Baby B



Paul Hasleby



Baby F



Justin Longmuir



Shaun McManus



Baby E



Byron Schammer



Baby A



Baby G



Paul Medhurst



Baby D



Troy Longmuir



Aaron Sandilands



Baby C

BIRTHDAYS 2004

Players that will celebrate their birthdays between now and July are:

APRIL:

11th Daniel Haines (23)

MAY

1st Greg Edgcumbe (20)

14th Andrew Browne (20)

24th Ryan Murphy (19)

25th Luke Webster (22)

27th Troy Longmuir (25)

JUNE

12th Paul Hasleby (23)

16th Graham Polak (20)

20th Steven Dodd (21)

21st Byron Schammer (19)

23rd Clive Waterhouse (29)

24th Jeff Farmer (27)



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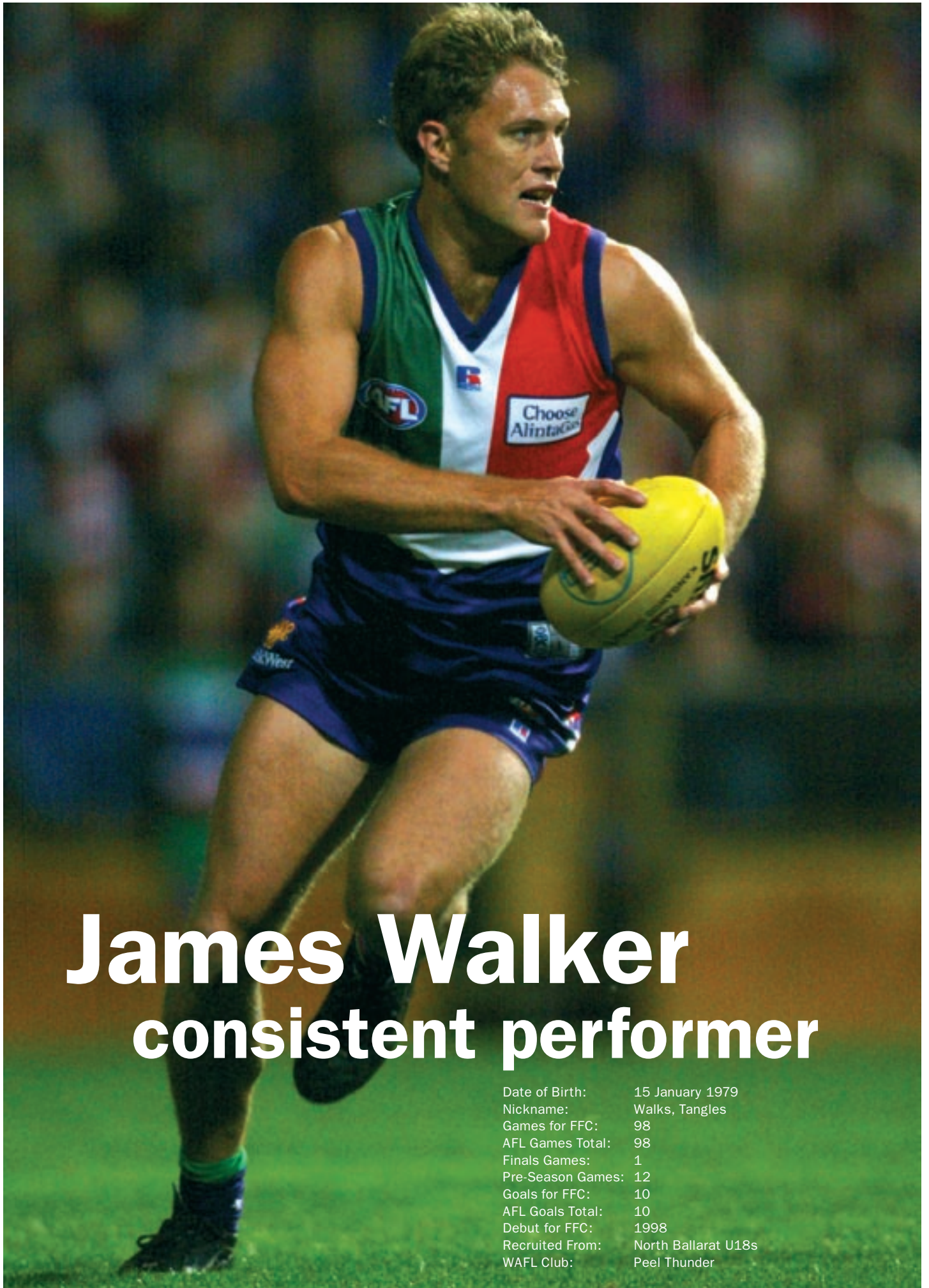
Olivia also speaks to school, sports teams, workplace or social groups as a community service at no charge on topics of back care, injury prevention and chiropractic. Call the clinic to organise a booking.

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James Walker

consistent performer

Date of Birth:	15 January 1979
Nickname:	Walks, Tangles
Games for FFC:	98
AFL Games Total:	98
Finals Games:	1
Pre-Season Games:	12
Goals for FFC:	10
AFL Goals Total:	10
Debut for FFC:	1998
Recruited From:	North Ballarat U18s
WAFL Club:	Peel Thunder

In his seventh year at Fremantle and not one to often grab the headlines or the accolades he deserves, the quiet and unassuming James Walker is set to play his 100th game for the Club and true to his way, he prefers not to make a fuss of the milestone and simply focus on preparing for the long home and away season of 2004.

WHILE HE HAS BUILT a successful career as an AFL footballer, there is much more to the unpretentious and hard working Walker than meets the eye.

He sat, barely minutes out of a grinding pre-season training session, drinking milk and quite prepared to reminisce on his life, football and life after football.

His story began when he was taken number six overall and Fremantle's first selection in the 1997 National Draft. James hails from Ballarat, northwest of Melbourne, famous for the Eureka stockade and producing Tony Lockett.

However relocating to the West and leaving behind family and friends wasn't easy, but James is clearly comfortable with life, Western Australia and Fremantle.

After being drafted in 1997 James soon realised that settling in to Perth and leaving his home town of Ballarat was not going to be an easy exercise.

"I had very mixed emotions when I was drafted, I was very happy to be given the opportunity because I really wanted to play football from a very young age but in the same breath it was a big shock," he said.

"I had probably been a little bit naïve in that I hadn't really considered the full ramifications of moving so far away... it's funny I mean when you're 18 you think you know the world but you are really so inexperienced.

"Perth's certainly home now... but I did get homesick quite badly a couple of times in the first two years particularly. I had taken on too much work load off the field and it was the first time that I lived in an out of home environment and had to establish myself and all my domestic routines. In a lot of ways that is a very steep learning curve... so second semester in my second year I took time out of university and was able to devote more time to football and to getting myself into a routine at home, and that made concentrating on footy much easier.

"As soon as I became a regular in the team there was a lot less to worry about. Part of that is because you get to travel so often and you're back in Victoria six or seven times a year to play games, so that alleviates it a bit. At first I felt like I was missing out on things back in Victoria like all my friend's birthdays and that sort of stuff but you begin to realise that they are always there and you always get to see them when you catch up. You don't tend to feel the pull home as strong and you don't feel like you need to get back there as much.

"Mum and dad did come over and it is always great to have them here, they definitely always support me and have always supported me as much as anyone can, but I never got to the emergency call stages."

James grew up with a very strong family background in football and even from a young age, he knew for him, it was the elite level of the AFL competition he wanted to achieve.

"My great grandfather Gordon Coventry played for Collingwood and his brother Syd Coventry was Captain and won the Brownlow Medal in 1927," he said.

"And my grandfather Alec Denny also played a couple of seasons at Collingwood before he had to go back and work on his family farm because they couldn't support the farm



without his input. So I have always been aware of my strong football heritage and I was very much a Collingwood supporter when I was a young fella... I followed them quite avidly."

James himself is not short of family support, regardless of them being on the other side of the country.

"They [my parents] come to games in Melbourne and mum and dad drive to Adelaide a fair bit when we play there, actually they have been to a game in Canberra too, so they are fairly well travelled," he said.

"I am definitely not lacking support on that front that's for sure... which is great. My brother and sister come to games too, my sister is 19 she is studying at the moment and my brother is 24 and he works in Melbourne."

James' initial time in Western Australia was

spent with a family friend from Victoria with whom he stayed in his first year. But after becoming more comfortable with life in Western Australia, he is now a home owner and lives alone with his dog Ali. James said he enjoys catching up with his "host" family although free time is these days 'of the essence'.

"I do still see them when I get a chance," he said.

"And they usually come to the games, but yeah it's good to catch up with them, unfortunately I don't do it all that often."

And it's no wonder he runs out of time for leisure, if the 2004 pre-season is anything to go by, James doesn't have time for much else than train, eat and sleep.

This year, as part of his specialised program developed by Fremantle's Strength and Conditioning coach Adam Larcom, James has been training with Olympic 100m hopeful Adam Basil.

"I used to do a bit of athletics as a young fella back in school I don't think all this has come of interest it has been more of a progression for my program. I have a pretty individualised program as Adam Larcom has sort of mapped out a fairly specific program for each individual so we are not just trained as one collective group and within that there are even more individual components," he said.

"So with that I got to train with Adam Basil in some of the earlier stages of pre-season so it was a good opportunity to test how quickly I could go against someone right up there in terms of Australian runners. He obviously has a lot of talent and it was good to try and measure myself against him... I would like to say that I knocked him off, but that would certainly be telling a lie... he is pretty quick.

"I went down to compete once at Perry Lakes Stadium on a Saturday afternoon and I ran alright, I don't know that I set the world on fire but I ran a PB and surprised myself a bit... but there is still a fair bit of work to be done."

Fremantle Coach Chris Connolly said in the two years he has coached Fremantle, James had shown a professional attitude and been a consistent performer.

"He has taken his training to another level and pound for pound he is one of the strongest in the Fremantle playing squad," he said.

Along with training and his extra work in athletics, James has been working for a broking firm Patersons, The Australian Stockbroker, since he completed his degree at UWA in 2002.

"I do about 15 hours per week there and it has ▶



been fantastic because they have given me the opportunity to get some experience. I am more or less just trying to get a hand on the whole process of Corporate Finance and it's really very interesting – I have been given a very good opportunity," he said.

"I did a year full time at Melbourne University before I got drafted doing my Commerce degree and when I got to Fremantle I transferred to UWA and just studied part time... I took a couple of second semesters off but eventually chipped away at it... and it was good to get it done and have something that I could say I have been able to achieve.

He said future studies were not out of the question but gaining experience in the business world to prepare him for life after football was at this point a priority.

"Potentially I could do something post graduate but at the moment I am quite content plugging away at getting a look at the business world and getting some real experience to see what it's like and if I enjoy it and at the moment I am really enjoying it," he said.

"Right now I am very happy to be doing the work as opposed to the study, I think I probably hit saturation point at the end of the course, it had been six years and I needed to do something else for a while."

Season 2003 was undoubtedly the most successful year in the history of Fremantle, making the finals for the first time and history making crowds being recorded throughout the year. However, with experiencing the good times, James is one of the few that also felt the hardship of the tough times.

"2001 was an incredibly tough year and I think because we were going so poorly as a team as much as you wouldn't like it to, it does have a real bearing on your life outside of football. So I think as much as anything the impact that

had on your self esteem and your outlook on the world was quite negative," he said.

"Contrasting that with last year I started to realise exactly why I started playing football. When you're winning you can really enjoy the atmosphere, I know I have already said it but the fans, it was amazing to see them out in force in a way that we could bring so many people together.

"For me it was 2003 that made me realise a lot about how much I enjoy playing the game and why I began playing it in the first place. It was great to get back to that sort of feeling."

Perhaps it was his own 'love of the game' that enabled James to be grateful for Fremantle's passionate supporters, because in 2003 it was obvious that the players were eager to show their supporters just how much they appreciated the continued loyalty of their fans.

"Yeah it has been a great initiative of the players to go to the crowd at the end of a game as a group, because our supporters have been fairly long suffering. I mean we only have a brief history but it's not a history laced with success, so it has always been a great source of pride to see how loyal our supporters are," he said.

"We are just trying to give something back. So last season, to have a winning season and to play in the finals it was great to be able to give them something, well a bit, back and hopefully bring us into a successful era. I mean the whole idea of us going to the crowd is to show them that we are appreciative of everything they have supported us through," he said.

There was an enormous amount of excitement in Western Australia prior to the 2003 final round derby and the elimination final, but James said he isn't one to get caught up in the all the media hype.

"I do get selective about when I read the papers, I mean before a big game I don't know

if there's much to be gained from immersing yourself in that sort of stuff, I just try and move through the week without too much deviation from my normal routine," he said.

"But in terms of the finals build up, down here at training we had 8000 people and that was a pretty amazing feeling. For me, having been here through the bad times, it was a great experience to have those people come down to see what potential Fremantle has as a football club, to really be quite a big part of the AFL and I think that was sort of reflected in the crowd. So those sorts of things are more what I enjoy about the build up."

With a lifestyle full of so much action, James is happy to head home to a more peaceful environment, to spend time with his staffy 'Ali' and prepare for the next day.

"I go home and take Ali for a walk and then most of my night just revolves around the next day. I like to go to see a film, listen to music and that sort of thing and I do eat out with the boys quite often.

"I like doing stuff that's not too physical especially after a big day at training."

Hopeful of another successful year in 2004 James said he believed the team could establish themselves in the higher part of the ladder.

"I hope 2004 is in the same vein as last year, and the development chain in 2004 continues at the same pace as 2003 and I think if that does happen we can be a really good side. There is every indication from our pre-season that we have progressed well."

Just ahead of his 100th game this year, James was truly modest when reflecting on his achievement.

"I don't really want to get ahead of that, I am happy just to see how it goes, it's just one of those things," he said. ☐

James stormed home to win the 100m race at the AFL Grand Final last year.



AFL Community Camp

THIS YEAR'S AFL COMMUNITY CAMP was held in Geraldton from Wednesday 4th to Friday 6th February. Following a Civic Reception and welcome by Geraldton Mayor Vicki Petersen the team visited Primary Schools, Retirement Villages, Hospitals, remote community towns including Three Springs, Mullewa, Dongara, Northampton, and conducted an AusKick Super Clinic.

The Community Camp provided a great opportunity for children, families and members to see the team train and meet their favourite Fremantle players for that much sought after opportunity for an autograph and photo. ☺



Peter Bell at Three Springs.



Coach Chris Connolly met fanatic Fremantle fans, Ben (right) and Allen Ashman.



Graham Polak met up with Sister Anthony, a teacher from Graham's primary school.



Merchandise Manager Aaron Bester did a roaring trade at the Northbank shopping centre.



2003 children's Christmas party





sail  anchor
PUB BREWERY - FREMANTLE

We're Celebrating 20 years

We're putting our balls on-line.

Alinta has a long and proud history of supporting the Fremantle Dockers. This year, every home game ball will bear our name. And one could be yours, just by visiting our website. Keep your eyes on the ball at www.Alinta.net.au. **Alinta. Official Energy Partner.**



Bigger, Stronger, Faster

Any player will tell you that pre-season training is their least favourite part of life as an AFL footballer. Skills and strategies take a back seat to sweat and toil with gruelling sessions in the gym and on the track in the heat of a Western Australian summer, all a critical part of preparing bodies and minds for the demanding home and away season.

FOR STRENGTH and Conditioning Coach Adam Larcom, this year is the next step in continuing the development of the players from what has been achieved over each of the previous two years. This next step is very much about the individual with personalised pre-season programmes for each of the 44 players over the 17 weeks of rigorous pre-season training.

The science behind the training programmes is extensive and planning for this pre-season began in July 2003. All elements of a player's physical capabilities and performance are measured continuously during the year and the collection and analysis of this data is a critical component in the development of individual programmes.

So what has this pre-season delivered? Well for the first time, we reveal what this pre-season has delivered, the big performers and improvers across the range of measures used by Larcom.

TRAINING VOLUMES

Each player has specific training volumes set by their programme for the 17 weeks of pre-season training. Of the 44 players, 38 have achieved the maximum training volumes set. Of those that did not, 6 players have been in the rehabilitation group at various stages over the pre-season – Troy Cook (ankle surgery), Luke Webster (knee), Shaun McManus (groin surgery), Scott Thornton (viral infection), Daniel Haines (knee), Luke McPharlin (leg soreness). “These outstanding volumes achieved are far in excess than that achieved over the last two years,” said Larcom. “We have had a sizeable number of players who have had completely individual running programmes.”

“For these players their bodies are at a level ready to cope with a very intense and elite form of strength and conditioning”.

“Peter Bell, Matthew Pavlich, Troy Simmonds and Paul Hasleby in particular have trained in these more advanced programmes in addition to the set pre-season volumes”.

“They have not missed a game through injury over the last two seasons and this pre-season have been ready to move to this elite level.”

“They have extensively developed their own physical capabilities and have been outstanding over the pre-season.”

RUNNING

The running programme has been much more demanding with an emphasis on speed and strength when running fast over increased distances. More work has been put into their 90 to 100 per cent speed than the last two years.

SPEED

The big speed improvers this pre-season have been (in order) Peter Bell, Andrew Browne, Matthew Pavlich, Ben Colreavy, James Walker, Roger Hayden, Paul Medhurst, and Robert Hadrill.

LACTIC (SPEED-STRENGTH) ENDURANCE

This measures the ability to repetitively run for a number of repetitions over 80 metres and maintain speed. Even though they are tiring after many repetitions over 80 metres the individual is able to maintain the speed achieved over the first 80 metres. Troy Simmonds, Daniel Gilmore, Justin Longmuir, Des Headland and Matthew Pavlich have been the big improvers this pre-season compared to 2003.

BEST MIDFIELD RUNNERS

When speed, speed endurance and other running measures are combined to provide a rating of the best midfield runners, Matthew Pavlich tops the list followed by Paul Hasleby, Andrew Browne, Peter Bell and Matthew Carr.

400 METRE SPRINT

The outstanding personal best results over the 400 metre sprint this pre-season are Des Headland (50 seconds), Matthew Pavlich (51 seconds), Troy Simmonds (52 seconds), Paul Hasleby (53 seconds) and Aaron Sandilands (55 seconds). To put these into perspective, Cathy Freeman ran her Olympic 400 metre gold medal race in Sydney at 49.32 seconds.

WEIGHTS

The functional weights programme has focused on developing strength, particularly lower body strength. Most importantly, the emphasis has been on weight gain relative to speed, elasticity (jump) and strength. “The overall aim is about effective mass gain that results in players having a higher power/weight ratio,” explains Larcom.

“We have had some great examples of what has been achieved.”

“James Walker can power clean 125 kilograms, run a 100 metre sprint in 10.87 seconds, and his weight gain has been 4 kilograms,” said Larcom. “He has gained 10 kilos in power clean and a 0.20 second increase in speed.”

“Paul Medhurst, Matthew Carr and Aaron Sandilands have all lifted 130 kilograms and Troy Simmonds 135 kilograms.”

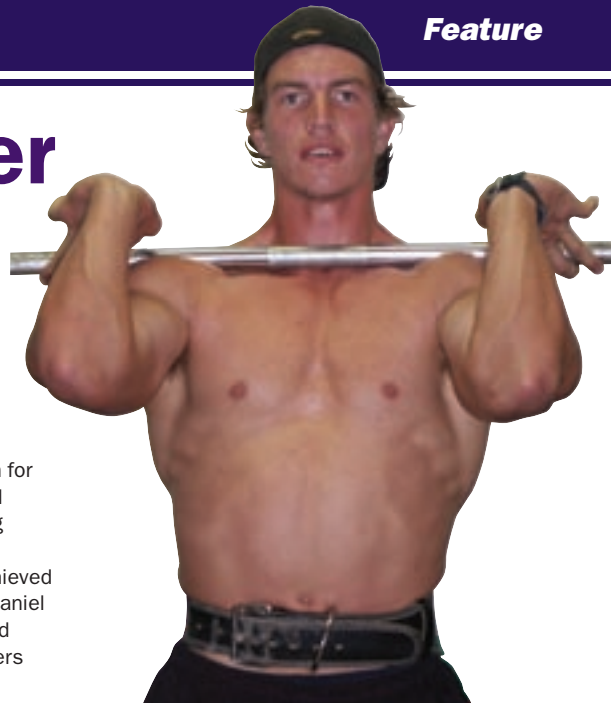
“Troy’s lift of 135 kilograms is the best ever in the Club’s history.”

“This pre-season we have had 25 players set their personal best lifts in power clean.”

The other outstanding personal best power clean lifts have been James Walker (125 Kgs), Antoni Grover (125 kgs), Shane Parker (125 kgs), Matthew Pavlich (125 kgs) and Paul Hasleby (120 kgs).

BODY WEIGHTS

Much has been said about weight gains of players but Larcom explains that it is not about gaining weight, it is about developing effective body mass. Some players may gain and some may lose weight as the table below shows player weights at the time of the final against Essendon in 2003, the first week of



pre-season training and at the end of the 17 weeks of hard individual pre-season training programmes:

Player	Final	Week 1	Week 17	Change
Peter Bell	80.3	82.7	79.3	-1.0 kg
Troy Cook	80.0	80.2	85.0	+5.0 kg
Jeff Farmer	73.0	73.0	76.2	+3.2 kg
Daniel Gilmore	86.6	89.1	91.8	+5.2 kg
Antoni Grover	90.1	91.8	95.5	+5.4 kg
Robert Hadrill	92.0	92.8	98.8	+6.8 kg
Roger Hayden	74.8	79.1	81.3	+6.5 kg
Des Headland	88.6	87.4	86.5	-2.1 kg
Justin Longmuir	94.1	95.0	100.4	+6.3 kg
Luke McPharlin	85.2	88.8	91.7	+6.5 kg
Paul Medhurst	84.4	87.0	91.7	+7.3 kg
Matthew Pavlich	100.2	100.6	98.2	-2.0 kg
Graham Polak	87.0	84.6	89.9	+2.9 kg
Aaron Sandilands	113.6	114.2	120.8	+7.2 kg
Byron Schammer	74.5	75.6	79.4	+4.9 kg
Andrew Siegert	91.3	92.5	95.2	+3.9 kg
Troy Simmonds	95.0	97.6	102.3	+7.3 kg

“The 22 players who took the field in the final last year against Essendon are 90 kilograms heavier this year,” says Larcom. “They are faster, our speed has increased at the same rate.”

“Durability, speed and weight gain are what we have focused on.”

“A perfect example is Paul Medhurst who has put on 7.3 kilograms, built up his strength lifting a personal best power clean lift of 130 kilograms and been one of the best speed improvers over 40 metres this summer,” Larcom said. “And he has the best standing vertical jump of any player at 79 centimetres, and even that has gone up by 3 centimetres.”

“It certainly gives you something to think about, especially opposition coaches.”

Larcom’s programmes integrate weights and running more intimately than has traditionally been the case in AFL. The players’ bodies have to be ready for the AFL season, more durable and be able to cope with the increased pace and physical demands of the game.

“The challenge is for players to transfer their physical development into football games,” said Senior Coach Chris Connolly. “The players achieving this will go to the next level as footballers.”



THE #1 WAY TO GET TO THE FOOTY

There is not enough parking at Subiaco Oval so why not take a Bus or Train instead.

**OVERALL RECORD**

Home and Away Season		Finals	
Played:	198	Played:	1
Wins:	71	Wins:	0
Losses:	127	Losses:	1
Draws:	0	Draws:	0
Winning %:	35.9%	Winning %:	0.0%

SEASON BY SEASON

1995 – 8 wins, 14 losses, 92.85%, 13th position
 1996 – 7 wins, 15 losses, 92.3%, 13th position
 1997 – 10 wins, 12 losses, 91.9%, 12th position
 1998 – 7 wins, 15 losses, 76.4%, 15th position
 1999 – 5 wins, 17 losses, 82.4%, 15th position
 2000 – 8 wins, 14 losses, 72.0%, 12th position
 2001 – 2 wins, 20 losses, 72.0%, 16th position
 2002 – 9 wins, 13 losses, 88.3%, 13th position
 2003 – 14 wins, 8 losses, 103.13 %, 5th position

MOST WINS IN A SEASON

14 wins, 2003

CONSECUTIVE WINS

5, from Round 6 2003 to Round 10 2003

BEST QUARTERS

First:

9.2 (56) Round 15 v Sydney at Subiaco Oval, 2000

Second:

8.3 (51) Round 16 v Adelaide at Subiaco Oval, 2003

Third:

9.1 (55) Round 22 v Fitzroy at Subiaco Oval, 1996

Fourth:

9.4 (58) Round 6 v Sydney at the WACA, 7 May, 1995

OFFENSIVE AND DEFENSIVE YEARS

Best Defensive Years		Best Offensive Years	
Year	Points Conceded	Year	Points Scored
1997	1902	2003	2143
1996	1983	1995	2051
2003	2078	1999	1981
2002	2151	2002	1900
1995	2209	2000	1886
1998	2277	1996	1830
1999	2403	2001	1794
2001	2491	1997	1748
2000	2618	1998	1739

WESTERN DERBIES

Overall

Played: 18 Wins: 5 Losses: 13 Draws: 0 Winning %: 27.8%

Since 2002

Played: 4 Wins: 2 Losses: 2 Draws: 0 Winning %: 50.0%

Biggest Winning Margin

47 points – Fremantle 17.17 (119) def West Coast 11.6 (72), Round 16, 18 July 1999

Biggest Losing Margin

117 points – West Coast 28.10 (178) def Fremantle 9.7 (61), Round 6, 15 April 2000

DID YOU KNOW?

Adelaide – Never beaten Adelaide at AAMI Stadium (Football Park)

Carlton – Never beaten Carlton at Optus Oval

Geelong – Never beaten Geelong at Skilled Stadium (Kardinia Park)

Hawthorn – Never played Hawthorn at the MCG, never beaten Hawthorn in Tasmania

Richmond – Never beaten Richmond at the MCG

St Kilda – Never played St Kilda at the MCG or at Telstra Dome

2004 AFL Season

ROUND	CLUB	DATE	TIME	VENUE
1	Carlton	Sat 27 March	1.10pm	Subiaco
2	Sydney	Sun 4 April	1.10pm	SCG
3	Adelaide	Sun 11 April	2.10pm	Subiaco
4	Collingwood	Sun 18 April	2.10pm	Telstra Dome
5	Geelong	Sun 25 April	2.10pm	Subiaco Oval
6	West Coast (a)	Sat 1 May	5.40pm	Subiaco Oval
7	St Kilda	Sat 8 May	2.10pm	Subiaco Oval
8	Hawthorn	Sun 16 May	1.10pm	York Park
9	Brisbane	Sat 22 May	2.10pm	Subiaco
10	Essendon	Fri 28 May	7.40pm	Telstra Dome
11	Melbourne	Sun 6 June	2.10pm	Subiaco
12	Richmond	Sun 13 June	2.10pm	MCG
13	Port Adelaide	Sat 19 June	5.40pm	Subiaco
14	Western Bulldogs	Sun 4 July	2.10pm	Telstra Dome
15	Kangaroos	Sat 10 July	5.40pm	Subiaco
16	Adelaide	Sat 17 July	7.10pm	AAMI
17	Sydney	Sat 24 July	2.10pm	Subiaco Oval
18	Carlton	Sat 31 July	2.10pm	Optus Oval
19	Collingwood	Fri 6 August	6.40pm	Subiaco Oval
20	Geelong	Sat 14 Aug	2.10pm	Skilled Stadium
21	West Coast (h)	Sun 22 Aug	2.10pm	Subiaco Oval
22	St Kilda	Sat 28 Aug	7.10pm	Telstra Dome

(a) designates away game (h) designates home game

All home games are local time; subtract 2 hours for eastern states and 90 minutes for Adelaide

HOME AND AWAY

Venue	P	W	L	D	Ave Win Margin	Ave Losing Margin
Football Park	12	1	11	0	38.0	45.6
Gabba	5	0	5	0	0	60.2
Optus Oval	10	1	9	0	4.0	35.3
Subiaco Oval	90	46	44	0	31.3	39.9
MCG	18	3	15	0	28.3	44.1
Telstra Dome	14	4	10	0	30.5	29.9
Kardinia Park	7	0	7	0	0	35.3
York Park	2	0	2	0	0	20.0
Manuka Oval	1	0	1	0	0	1.0
SCG	6	2	4	0	23.0	33.8

LAST 2 YEARS AT SUBIACO OVAL

Venue	P	W	L	D	Winning %	Ave Win Margin	Ave Losing Margin
Subiaco Oval (excludes finals)	24	20	4	0	83.3%	28.0	44.5



Club Captains

2004	Peter Bell
2003	Peter Bell
2002	Peter Bell
2001	Shaun McManus/ Adrian Fletcher
2000	Shaun McManus/ Adrian Fletcher
1999	Chris Bond
1998	Peter Mann
1997	Peter Mann
1996	Ben Allan

Coaches

2004	Chris Connolly
2003	Chris Connolly
2002	Chris Connolly
2001	Damian Drum/Ben Allan
2000	Damian Drum
1999	Damian Drum
1998	Gerard Neesham
1997	Gerard Neesham
1996	Gerard Neesham
1995	Gerard Neesham

Club Champions

2003	Peter Bell
2002	Matthew Pavlich
2001	Peter Bell
2000	Troy Cook
1999	Adrian Fletcher
1998	Jason Norish
1997	Dale Kickett
1996	Stephen O'Reilly
1995	Peter Mann

Leading Goalkicker

2003	Paul Medhurst (50)
2002	Trent Croad (42)
2001	Justin Longmuir/ Matthew Pavlich (28)
2000	Clive Waterhouse (53)
1999	Tony Modra (71)
1998	Clive Waterhouse (30)
1997	Kingsley Hunter (32)
1996	Kingsley Hunter (33)
1995	Peter Mann (33)

Best Clubman

2003	Troy Longmuir
2002	Shaun McManus
2001	Leigh Brown
2000	John Rankin
1999	Ashley Prescott
1998	Chris Bond and Jason Norrish



CHRIS CONNOLLY
Senior Coach
Date of Birth: 25/03/63
FFC Coach since 2002
AFL Games Total: 84
..... Melbourne FC '82-'89
4th Club Champion
..... '83, '85, '86
Pre-Season Games: 6
AFL Goals Total: 38



PETER BELL
Captain
Date of Birth: 01/03/76
Height: 174cm
Weight: 81.9kg
Games for FFC: 66
AFL Games Total: 189
Games for other clubs: 123
Finals Games: 16
Pre-Season Games: 25
Goals for FFC: 47
AFL Goals Total: 167
Debut for FFC: 1995



SHANE PARKER
Vice-Captain
Date of Birth: 18/02/73
Height: 188.5cm
Weight: 95kg
Games for FFC: 162
AFL Games Total: 162
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 11
Goals for FFC: 9
AFL Goals Total: 9
Debut for FFC: 1995



MATTHEW PAVLICH
Vice-Captain
Date of Birth: 31/12/81
Height: 192.5cm
Weight: 98.1kg
Games for FFC: 84
AFL Games Total: 84
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 9
Goals for FFC: 89
AFL Goals Total: 89
Debut for FFC: 2000



LUKE WEBSTER
Date of Birth: 25/05/82
Height: 185.5cm
Weight: 94.3kg
Games for FFC: 4
AFL Games Total: 4
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 2
Goals for FFC: 1
AFL Goals Total: 1
Debut for FFC: 2003



BYRON SCHAMMER
Date of Birth: 21/06/85
Height: 175cm
Weight: 78.1kg
Games for FFC: 17
AFL Games Total: 17
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 0
Goals for FFC: 2
AFL Goals Total: 2
Debut for FFC: 2003



RYLEY DUNN
Date of Birth: 7/10/1985
Height: 183cm
Weight: 89kg
Recruited From: Murray Bushrangers
WAFL Club: East Fremantle



DION WOODS
Date of Birth: 25/01/82
Height: 191cm
Weight: 89.1kg
Games for FFC: 39
AFL Games Total: 39
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 4
Goals for FFC: 4
AFL Goals Total: 4
Debut for FFC: 2001



BRETT
Date of Birth:
Height:
Weight:
Recruited From:
WAFL Club: ..E



DYLAN SMITH
Date of Birth: 18/7/1982
Height: 176cm
Weight: 77.1kg
Recruited From: North Melbourne
WAFL Club: Peel Thunder
Rookie List



ANTONI GROVER
Date of Birth: 11/03/80
Height: 188.5cm
Weight: 93.4kg
Games for FFC: 57
AFL Games Total: 57
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 6
Goals for FFC: 6
AFL Goals Total: 6
Debut for FFC: 1999



RYAN CROWLEY
Date of Birth: 05/03/84
Height: 189cm
Weight: 87.3kg
Recruited From: Calder Cannons
WAFL Club: Subiaco



DAVID MUNDY
Date of Birth: 20/7/1985
Height: 190cm
Weight: 85.3kg
Recruited From: Murray Bushrangers
WAFL Club: Subiaco



GREG ED
Date of Birth:
Height:
Weight:
Recruited From:
WAFL Club: ..E



SCOTT THORNTON
Date of Birth: 11/09/82
Height: 192cm
Weight: 83kg
Games for FFC: 6
AFL Games Total: 6
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 0
Goals for FFC: 0
AFL Goals Total: 0
Debut for FFC: 2002



ADAM CAMPBELL
Date of Birth: 20/1/1985
Height: 191.5cm
Weight: 79.3kg
Recruited From: Ballarat Rebels
WAFL Club: West Perth



STEVEN DODD
Date of Birth: 20/06/83
Height: 190cm
Weight: 82.5kg
Recruited From: East Fremantle
WAFL Club: East Fremantle
Rookie List



CLIVE WATERHOUSE
Date of Birth: 23/06/74
Height: 184cm
Weight: 92.4kg
Games for FFC: 99
AFL Games Total: 99
Games for other clubs: 0
Finals Games: 0
Pre-Season Games: 10
Goals for FFC: 171
AFL Goals Total: 171
Debut for FFC: 1996



DANIEL GILMORE
Date of Birth: 02/03/83
Height: 189.5cm
Weight: 91.7kg
Recruited From: South Fremantle
WAFL Club: South Fremantle



ANDREW SIEGERT
Date of Birth: 18/01/82
Height: 187.5cm
Weight: 93.9kg
Games for FFC: 25
AFL Games Total: 25
Games for other clubs: 0
Finals Games: 0
Pre-Season Games: 3
Goals for FFC: 1
AFL Goals Total: 1
Debut for FFC: 2002



ANDREW BROWNE
Date of Birth: 14/05/84
Height: 176cm
Weight: 78.3kg
Games for FFC: 4
AFL Games Total: 4
Games for other clubs: 0
Finals Games: 0
Pre-Season Games: 1
Goals for FFC: 1
AFL Goals Total: 1
Debut for FFC: 2002



MICHAEL JOHNSON
Date of Birth:
Height: 193.5cm
Weight: 98.8kg
Recruited From: Perth Football Club
WAFL Club: Perth Football Club



BEN CUNNINGHAM
Date of Birth: 22/11/81
Height: 178.5cm
Weight: 98.8kg
Games for FFC: 27
AFL Games Total: 27
Games for other clubs: 0
Finals Games: 0
Pre-Season Games: 2
Goals for FFC: 17
AFL Goals Total: 17
Debut for FFC: 2000



DANIEL HAINES
Date of Birth: 11/04/81
Height: 181.5cm
Weight: 81.3kg
Games for FFC: 16
AFL Games Total: 16
Games for other clubs: 0
Finals Games: 0
Pre-Season Games: 3
Goals for FFC: 4
AFL Goals Total: 4
Debut for FFC: 2002

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TROY SIMMONDS
Deputy Vice-Captain
Date of Birth: 13/07/78
Height: 197cm
Weight: 102.4kg
Games for FFC: 42
AFL Games Total: 82
Games for other clubs: 40
Finals Games: 4
Pre-Season Games: 10
Goals for FFC: 24
AFL Goals Total: 31
Debut for FFC: 2002



PAUL HASLEBY
Deputy Vice-Captain
Date of Birth: 12/06/81
Height: 181.5cm
Weight: 83.3kg
Games for FFC: 86
AFL Games Total: 86
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 8
Goals for FFC: 64
AFL Goals Total: 64
Debut for FFC: 2000



MATTHEW CARR
Deputy Vice-Captain
Date of Birth: 29/12/78
Height: 190cm
Weight: 92.4kg
Games for FFC: 64
AFL Games Total: 92
Games for other clubs: 28
Finals Games: 1
Pre-Season Games: 14
Goals for FFC: 39
AFL Goals Total: 41
Debut for FFC: 2001



PEAKE
Date of Birth: 5/7/1983
Height: 184.5cm
Weight: 76.5kg
Games for FFC: 146
AFL Games Total: 146
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 6
Goals for FFC: 69
AFL Goals Total: 69
Debut for FFC: 1995



SHAUN MCMANUS
Date of Birth: 09/02/76
Height: 179.5cm
Weight: 82.3kg
Games for FFC: 146
AFL Games Total: 146
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 6
Goals for FFC: 69
AFL Goals Total: 69
Debut for FFC: 1995



TROY COOK
Date of Birth: 12/08/76
Height: 178.5cm
Weight: 83.2kg
Games for FFC: 88
AFL Games Total: 131
Games for other clubs: 43
Finals Games: 2
Pre-Season Games: 13
Goals for FFC: 48
AFL Goals Total: 59
Debut for FFC: 2000



DES HEADLAND
Date of Birth: 21/01/81
Height: 186cm
Weight: 86.2kg
Games for FFC: 22
AFL Games Total: 70
Games for other clubs: 48
Finals Games: 6
Pre-Season Games: 12
Goals for FFC: 18
AFL Goals Total: 70
Debut for FFC: 2003



GRAHAM POLAK
Date of Birth: 16/06/84
Height: 193cm
Weight: 90kg
Games for FFC: 28
AFL Games Total: 28
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 4
Goals for FFC: 0
AFL Goals Total: 0
Debut for FFC: 2002



LUKE MCPHARLIN
Date of Birth: 01/05/84
Height: 185.5cm
Weight: 83kg
Games for FFC: 23
AFL Games Total: 35
Games for other clubs: 12
Finals Games: 1
Pre-Season Games: 3
Goals for FFC: 7
AFL Goals Total: 10
Debut for FFC: 2002



JAMES WALKER
Date of Birth: 15/01/79
Height: 179.5cm
Weight: 81kg
Games for FFC: 98
AFL Games Total: 98
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 12
Goals for FFC: 10
AFL Goals Total: 10
Debut for FFC: 1998



JUSTIN LONGMUIR
Date of Birth: 21/01/81
Height: 197.5cm
Weight: 100.4kg
Games for FFC: 79
AFL Games Total: 79
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 8
Goals for FFC: 106
AFL Goals Total: 106
Debut for FFC: 1999



TROY LONGMUIR
Date of Birth: 27/05/79
Height: 183cm
Weight: 83.5kg
Games for FFC: 46
AFL Games Total: 63
Games for other clubs: 17
Finals Games: 1
Pre-Season Games: 5
Goals for FFC: 26
AFL Goals Total: 29
Debut for FFC: 2000



RYAN MURPHY
Date of Birth: 24/5/1985
Height: 192cm
Weight: 86.3kg
Recruited From: Gippsland Power
WAFU Club: South Fremantle



BRETT DOSWELL
Date of Birth: 14/01/84
Height: 185cm
Weight: 79.6kg
Recruited From: NSW/ACT Rams
WAFU Club: South Fremantle



AARON SANDILANDS
Date of Birth: 06/12/82
Height: 211.5cm
Weight: 120.6kg
Games for FFC: 19
AFL Games Total: 19
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 1
Goals for FFC: 5
AFL Goals Total: 5
Debut for FFC: 2003



JEFF FARMER
Date of Birth: 24/06/77
Height: 175.5cm
Weight: 75.1kg
Games for FFC: 40
AFL Games Total: 158
Games for other clubs: 118
Finals Games: 7
Pre-Season Games: 16
Goals for FFC: 56
AFL Goals Total: 315
Debut for FFC: 2002



PAUL MEDHURST
Date of Birth: 11/12/81
Height: 179.5cm
Weight: 90.6kg
Games for FFC: 43
AFL Games Total: 43
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 4
Goals for FFC: 86
AFL Goals Total: 86
Debut for FFC: 2002



BEN COLREAVY
Date of Birth: 29/01/82
Height: 180.5cm
Weight: 83.1kg
Recruited From: Claremont
WAFU Club: Claremont
Rookie List



PAUL DUFFIELD
Date of Birth: 5/2/1985
Height: 187cm
Weight: 82.1kg
Recruited From: South Fremantle
WAFU Club: South Fremantle
Rookie List



ROBERT HADRILL
Date of Birth: 23/01/81
Height: 187.5cm
Weight: 98.6kg
Games for FFC: 31
AFL Games Total: 31
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 1
Goals for FFC: 0
AFL Goals Total: 0
Debut for FFC: 2001



ROGER HAYDEN
Date of Birth: 09/12/80
Height: 180cm
Weight: 80.1kg
Games for FFC: 26
AFL Games Total: 26
Games for other clubs: 0
Finals Games: 1
Pre-Season Games: 3
Goals for FFC: 1
AFL Goals Total: 1
Debut for FFC: 2002



MICHAEL WARREN
Date of Birth: 20/3/1982
Height: 195cm
Weight: 88.3kg
Recruited From: Claremont
WAFU Club: Claremont
Rookie List

All Australian

- 2003 Peter Bell
- 2003 Matthew Pavlich
- 2003 Paul Hasleby
- 2002 Matthew Pavlich

AFL Rising Star

- 2000 Paul Hasleby

Club Records

At end of Season 2003
Games: Shane Parker (162)

Consecutive Games:

Troy Cook (88)

Total Goals:

Clive Waterhouse (171)

Goals in a Game:

Tony Modra (10)

Most Games as Captain:

Peter Bell (45)

Rising Star Nominations 2003

- Byron Schammer – Round 13
- Aaron Sandilands – Round 14
- Graham Polak – Round 9

State of Origin 2003

- Peter Bell (captain)
- Robert Hadrill
- Graham Polak
- Matthew Carr
- Shaun McManus
- Paul Hasleby

Leading Stats 2003

- Total Disposals – Peter Bell 596
- General Kicks – Peter Bell 354
- Handballs – Peter Bell 242
- Marks – Paul Hasleby 122
- Tackles – Troy Cook 99
- Hard Ball Gets – Paul Hasleby 64
- Loose Ball Gets – Peter Bell 158
- Handballs Received – Peter Bell 205
- Rebounds From 50 – Robert Hadrill 123
- Inside 50 – Matthew Pavlich 111
- Hitouts – Aaron Sandilands 353
- Long Kicks – Matthew Pavlich 180
- Short Kicks – Peter Bell 232
- Contested Marks – Graham Polak 47
- Frees For – Peter Bell 27

All Games 2003

- Peter Bell
- Robert Hadrill
- Paul Hasleby
- Shaun McManus
- Paul Medhurst
- Matthew Pavlich
- James Walker

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Scores

HIGHEST SCORES

For

Fremantle 25.17 (167)	def	Kangaroos 19.8 (122), Round 4, 20 April 2003 at Subiaco Oval
Fremantle 25.13 (163)	def	Sydney 16.9 (105), Round 6, 7 May 1995 at the WACA
Fremantle 24.13 (157)	def	Essendon 9.6 (60), Round 12, 16 June 1997 at Subiaco Oval
Fremantle 24.13 (157)	def	Fitzroy 10.11 (71), Round 22, 1 September 1996 at Subiaco Oval

Against

Brisbane 28.13 (181)	def	Fremantle 9.13 (67), Round 20, 15 August 1999 at the Gabba
West Coast 28.10 (178)	def	Fremantle 9.7 (61), Round 6, 15 April 2000 at Subiaco Oval
W. Bulldogs 27.12 (174)	def	Fremantle 12.9 (81), Round 11, 20 May 2000 at Subiaco Oval
Brisbane 25.21 (171)	def	Fremantle 19.8 (122), Round 5, 29 April 2001 at the Gabba

LOWEST SCORES

For

Adelaide 20.11 (132)	def	Fremantle 5.6 (36), Round 7, 12 May 1996 at Football Park
Geelong 14.13 (97)	def	Fremantle 6.7 (43), Round 6, 4 May 1997 at Kardinia Park
West Coast 9.13 (67)	def	Fremantle 6.9 (45), Round 1, 31 March 1996 at Subiaco Oval
Richmond 12.12 (84)	def	Fremantle 6.10 (46), Round 10, 3 June 2001 at Subiaco Oval

Against

Fremantle 6.12 (48)	def	Sydney 3.15 (33), Round 14, 5 July 1997 at the WACA
Fremantle 14.12 (96)	def	Hawthorn 4.11 (35), Round 18, 3 August 2002 at Subiaco Oval
Fremantle 12.13 (85)	def	Richmond 5.12 (42), Round 19, 9 August 1997 at the WACA
Fremantle 15.12 (102)	def	Carlton 6.13 (49), Round 3, 14 April 1996 at Subiaco Oval

GREATEST WINNING MARGIN

97 points – v Essendon (Rnd 12, 1997) Fremantle 24.13 (157) def Essendon 9.6 (60) at Subiaco Oval
 86 points – v Fitzroy (Rnd 22, 1996) Fremantle 24.13 (157) def Fitzroy 10.11 (71) at Subiaco Oval
 83 points – v Bulldogs (Rnd 7, 2003) Fremantle 23.17 (155) def Bulldogs 10.12 (72) at Telstra Dome
 71 points – v Brisbane (Rnd 11, 1998) Fremantle 17.19 (121) def Brisbane 7.8 (50) at Subiaco Oval

GREATEST LOSING MARGIN

117 points – West Coast (Rnd 6, 2000) West Coast 28.10 (178) def Fremantle 9.7 (61) at Subiaco
 114 points – Brisbane (Rnd 20, 1999) Brisbane 28.13 (181) def Fremantle 9.13 (67) at the Gabba
 100 points – Collingwood (Rnd 15, 1997) Collingwood 25.10 (160) def Fremantle 9.6 (60) at VPark
 107 points – Brisbane (Rnd 22, 2000) Brisbane 23.18 (156) def Fremantle 7.7 (49) at the Gabba

HIGHEST SCORES

Home

Fremantle 25.17 (167)	def	Kangaroos 19.8 (122), Round 4, 20 April 2003 at Subiaco Oval
Fremantle 25.13 (163)	def	Sydney 16.9 (105), Round 6, 7 May 1995 at the WACA
Fremantle 24.13 (157)	def	Essendon 9.6 (60), Round 12, 16 June 1997 at Subiaco Oval
Fremantle 24.13 (157)	def	Fitzroy 10.11 (71), Round 22, 1 September 1996 at Subiaco Oval

Away

Fremantle 23.17 (155)	def	Western Bulldogs 10.12 (72), Round 7, 11 May 2003 at Telstra Dome
Fremantle 22.12 (144)	def	Melbourne 13.12 (90), Round 10, 4 June 1999 at the MCG
Fremantle 20.24 (144)	def	Sydney 19.13 (127), Round 21, 27 August 1995 at the SCG
Fremantle 20.11 (131)	def	St Kilda 9.6 (60), Round 10, 3 June 1995 at Waverley Park

LOWEST SCORES

Home

West Coast 9.13 (67)	def	Fremantle 6.9 (45), Round 1, 31 March 1996 at Subiaco Oval
Richmond 12.12 (84)	def	Fremantle 6.10 (46), Round 10, 3 June 2001 at Subiaco Oval
West Coast 12.10 (82)	def	Fremantle 7.6 (48), Round 16, 21 July 1996 at Subiaco Oval
Carlton 15.16 (106)	def	Fremantle 7.7 (49), Round 13 2 July 1995 at Subiaco Oval

Away

Adelaide 20.11 (132)	def	Fremantle 5.6 (36), Round 7, 12 May 1996 at Football Park
Geelong 14.13 (97)	def	Fremantle 6.7 (43), Round 6, 4 May 1997 at Kardinia Park
Richmond 14.10 (94)	def	Fremantle 6.10 (46), Round 3, 13 April 2003 at the MCG
N. Melbourne 22.19 (151)	def	Fremantle 7.5 (47), Round 20, 14 August 1998 at the MCG

Crowds

HIGHEST AWAY ATTENDANCES BY OPPOSITION

Adelaide – 45,436 at AAMI Stadium, Rnd 1, 2003
 Brisbane – 25,070 at the Gabba, Rnd 22, 2000
 Carlton – 19,100 at Optus Oval, Rnd 4, 1999
 Collingwood – 40,964 at the MCG, Rnd 15, 2003
 Essendon – 42,256 at Telstra Dome, Rnd 21, 2003
 Geelong – 22,116 at Skilled Stadium, Rnd 12, 1995
 Hawthorn – 39,735 at Waverley Park, Rnd 22, 1998
 Kangaroos – 20,585 at the MCG, Rnd 11, 1997
 Melbourne – 20,365 at the MCG, Rnd 16, 1998
 Port Adelaide – 30,745 at AAMI Stadium, Rnd 11, 2003
 Richmond – 26,219 at the MCG, Rnd 1, 1995
 St Kilda – 26,201 at Waverley Park, Rnd 20, 1997
 Sydney – 30,228 at the SCG, Rnd 17, 2003
 West Coast – 43,027 at Subiaco Oval, Rnd 22, 2003
 W. Bulldogs – 16,800 at the Western Oval, Rnd 5, 2003

HIGHEST HOME ATTENDANCES BY OPPOSITION

Adelaide – 31,225 at Subiaco Oval, Rnd 16, 2003
 Brisbane – 28,450 at Subiaco Oval, Rnd 14, 2003
 Carlton – 33,250 at Subiaco Oval, Rnd 10, 2003
 Collingwood – 33,088 at Subiaco Oval, Rnd 12, 2002
 Essendon – 28,492 at Subiaco Oval, Rnd 6, 2003
 Geelong – 30,127 at Subiaco Oval, Rnd 12, 2003
 Hawthorn – 24,332 at Subiaco Oval, Rnd 18, 2002
 Kangaroos – 27,997 at WACA, Rnd 11, 1995
 Melbourne – 25,027 at Subiaco Oval, Rnd 8, 2002
 Port Adelaide – 24,193 at Subiaco Oval, Rnd 14, 2002
 Richmond – 31,725 at Subiaco Oval, Rnd 18, 2003
 St Kilda – 26,723 at Subiaco Oval, Rnd 8, 2003
 Sydney – 25,022 at the WACA, Rnd 21, 1999
 West Coast – 43,027 at Subiaco Oval, Rnd 22, 2003
 W. Bulldogs – 35,518 at Subiaco Oval, Rnd 20, 2003

Goals

6 OR MORE IN A GAME

10 – **Tony Modra** (Rnd 10, 1999 v Melbourne at the MCG)
 8 – John Hutton (Rnd 6, 1995 v Sydney at the SCG)
 7 – Paul Medhurst (Rnd 10, 2003 v Carlton at Subiaco Oval), Trent Croad (Rnd 8, 2002 v Melbourne at Subiaco Oval), Tony Modra (Rnd 4, 2000 v Richmond at Colonial Stadium), Clive Waterhouse (Rnd 21 v West Coast at Subiaco Oval), Kingsley Hunter (Rnd 15, 1997 v Collingwood at Victoria Park),
 6 – Justin Longmuir (Rnd 9, 2003 v Melbourne at the MCG), Clive Waterhouse (Rnd 9, 2000 v Carlton at Subiaco Oval), Tony Modra (Rnd 18, 2000 v Essendon at Colonial Stadium), Tony Modra (Rnd 7, 1999 v Geelong at Subiaco Oval), Tony Modra (Rnd 2, 1999 v Port Adelaide at Football Park), Tony Modra (Rnd 6, 1999 v Sydney at the SCG), Tony Modra (Rnd 8, 1999 v Collingwood at the MCG), Tony Modra (Rnd 16, 1999 v West Coast at Subiaco Oval)
 Tony Modra kicked six goals or more at six grounds – MCG, Telstra Dome (Colonial Stadium), SCG, AAMI Stadium (Football Park), Victoria Park and Subiaco Oval.

MOST GOALS IN A SEASON

71 – **Tony Modra** (1999)
 53 – Clive Waterhouse (2000)
 50 – Tony Modra (2000)
 50 – Paul Medhurst (2003)

GOALS RECORDS

171 – **Clive Waterhouse** (1996 –)
 148 – Tony Modra (1999 – 2001)
 106 – Justin Longmuir (1999 –)
 98 – Matthew Pavlich (2000 –)
 88 – Peter Mann (1995 – 1999)
 86 – Paul Medhurst (2002 –)
 86 – Kingsley Hunter (1995 – 1998)
 80 – Daniel Bandy (1995 – 2001)
 78 – Andrew Wills (1995 – 1999)
 69 – Craig Callaghan (1995 – 2000)
 69 – Shaun McManus (1995 –)

MOST GOALS IN A GAME

10.2 **Tony Modra**, v Melbourne, at the MCG, Round 10, 1999
 8.5 John Hutton v Sydney at the WACA, Round 6, 1995
 7.7 Tony Modra v Richmond at Colonial Stadium, Round 4, 2000
 7.2 Clive Waterhouse v West Coast at Subiaco Oval, Round 21, 2000
 7.2 Trent Croad v Melbourne at Subiaco Oval, Round 8, 2002
 7.1 Kingsley Hunter v Collingwood at Victoria Park, Round 15, 1997

MOST GOALKICKERS IN A GAME

13 – Fitzroy Round 22 1996 at Subiaco Oval (Hunter 4, Waterhouse 4, Mann 3, Chisholm 2, Callaghan 2, Wills 1, Burton 1, Clement 1, White 1, Gale 1, Jones 1, Mitchell 1)

MOST GOALS ON DEBUT

3 – **Leigh Wardell-Johnson**, Round 2 1995 v Essendon at the WACA

Captains

MOST MATCHES AS CAPTAIN

Peter Bell 45 games (2002 –)
 Shaun McManus 44 games (2000 – 2001)
 Adrian Fletcher 44 games (2000 – 2001)
 Peter Mann 40 games (1997 – 1998)

Coaches

	Games	Wins	Losses	Draws	Win %
Gerard Neesham (95–98)	88	32	56	0	36%
Damien Drum (99–01)	53	13	40	0	25%
Chris Connolly (02–)	45	23	22	0	51%
Ben Allan (01)	13	2	11	0	15%



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Fremantle Launches New Community Programme

In February this year Fremantle Vice President Mr Len Hitchen and Captain Peter Bell launched the Club's Community Development Programme (CDP), representing Fremantle's blueprint to expand and integrate the Club into the Western Australian community.

THE CLUB'S STRATEGIC Plan for the 2003 to 2005 period elevated Fremantle's community involvement as a key priority. A new Supporter Development division was established at the end of the 2003 season and Jon Haines, formerly Development Manager with the WA Football Development Trust, was appointed as the division's manager.

The first integrated programme of its kind in the AFL, the Club has committed over \$200,000 in 2004 to the delivery of the over 50 key initiatives embracing all areas of the wider community from primary and secondary students, junior football clubs, charities, and special community groups.

The programme has been enthusiastically received by the Western Australian Football Commission, WA Football Development Trust, WAFL clubs, schools, junior football clubs and other related community groups, has also been endorsed by the Western Australian Government.

Mr Hitchen said the new plan was an important step forward for the Club and its association with the Western Australian community.

"This is yet another significant new initiative for Fremantle in 2004 that will provide an opportunity for people of all ages and walks of life to become involved in a programme that is certain to benefit both the Fremantle Football Club and the wider community," he said.

"It is unique in that we will not just focus on children in schools, but those at football clubs, in indigenous groups, charities, and regional communities."

"Fremantle recognises the enormous influence its players have in the community so it makes sense that we use this to try to benefit the community in general."

In 2004, over 105,000 children aged between 6 and 17 years of age will be embraced by the programme of which nearly 80 per cent of participants will be aged between 6 and

12 years. The education component alone will reach over 500 primary schools state wide, both public and private.

Fremantle's Captain Peter Bell will be the programme's Ambassador emphasising the commitment and enthusiasm of the player group to their role in the community and the objectives of the programme.

"All the players have wholeheartedly thrown their support behind this great new initiative and the benefits the programme will provide to the broader WA community," Peter Bell said.

"They are all looking forward to their increased involvement throughout the year as we develop what is shaping as one of the most effective and meaningful programmes in the AFL."

The education component of the programme was the first initiative launched in February by the Hon Alan Carpenter, MLA Minister for Education and Training.

Children from metropolitan primary schools will have the opportunity each week at the popular People's Night team training sessions to participate in a specialised clinic with football development staff and watch team training.

In addition, the education component will include a motor skills programme that will reach over 500 pre-primary and primary schools, both public and private, state wide. Fremantle players Aaron Sandilands, Daniel Haines, Ben Cunningham, Brett Peake and Ben Colreavy will personally visit 150 schools to work with teachers and parents to deliver this important childhood building block.

Fun elements will also include a team banner competition to be run throughout all schools.

Further components of Fremantle's Community Development Programme will be launched throughout the season and all details will be posted on the Club's web site.☐



Jon Haines, Supporter Development Manager

Boost For Junior Football

IN ONE OF THE MOST exciting advances in youth football for many years, the Fremantle Football Club is putting its weight behind all metropolitan 17's competitions operating in the new metropolitan WAFL districts in 2004. The commitment will also extend to the Bunbury & Districts Junior Football Association 16's and the Peel 16's competitions. This concept is planned to be extended to all country regions in 2005. As a result of the club's commitment, all of the competitions involved will be known as the "Fremantle Football Club Youth League".



The league is the flagship initiative of Fremantle's Community Development Programme, and has been overwhelmingly endorsed by the Western Australian Football Commission, WAFL clubs and district development councils. The Club will provide resources, support and promotion to the Youth League while local volunteers will continue to manage and administer their local competitions.

Programme ambassador Peter Bell is excited at the potential of the new league.

"The Youth League is a fantastic initiative which all 17 year old boys should strive to be a part of," Peter Bell said. "As well as being well resourced and promoted there are great opportunities to play under lights at Fremantle Oval following our team training on Tuesday nights and to play curtain raiser games at Fremantle home games at Subiaco Oval."

"Keeping fit, being with your mates, having fun and being a positive member of the community are what this league is all about."

"The fact that our club has got behind this initiative in a big way and are having an impact at community level is fantastic," Bell said. "I only wish it was around when I was 17!"

Registrations for the leagues were launched on Sunday 7 March and are ongoing at all local metropolitan junior football clubs throughout the season. For further details on the competition and to find out how to register, contact Ken Torrance at the Western Australian Football Commission on 9381 5599.☐

FREMANTLE FOOTBALL CLUB COMMUNITY DEVELOPMENT PROGRAMME



AFL SPORTSREADY GRADUATES

Fremantle Players Roger Hayden and Michael Johnson were just two of over 55 metropolitan and country AFL SportsReady graduates who recently completed traineeships in the AFL programme.

TV personality Ernie Dingo was the guest speaker at the graduation ceremony on 21 February at which both Roger and Michael graduated completing a Certificate 2 in Sport and Recreation. Roger will continue on to complete Certificate 3.

Fremantle's Troy Cook, a Field Officer with AFL SportsReady, was on hand present the graduates with their certificates.

Pictured above (from left) are Peter Warwick from the Chamber of Commerce and Industry, Troy Cook, Michael Johnson, Roger Hayden and Ernie Dingo.



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The team behind the banner behind the team

Maria Giglia has been a key member of the banner team since 1998 and now coordinates the 30 members of the team who meet every Monday night at 5pm at John Curtin to prepare for the coming game.

ALL MEMBERS of the banner team donate their time to cut, stick, paste, create, trace and finally on match day, erect the banner.

"Most of us are over 50 so we can't do it all in one night because it could take five or six hours. So one Monday we meet and make the bases and then the Monday before the game all we have to do is the writing," she said.

"We have the creative people, the smart people, the people who are happy doing everything and we all come up with the slogans.

"There's heaps of stuff to do, right down to sweeping the floor after we have been cutting.

"We are like a close knit family now, and my son calls us the knitter's club because we are an older group."

Maria said she often calls on some young, strong men to help with what is obviously the most physical part of the process, erecting the banner on game day.

"I can't even touch the banner on match day



because I just don't have the strength any more," she said.

"So often the people who can't make it to Monday nights will help with putting it up on game day.

"Everyone is involved and dedicated... they are the best group of people you could wish for." ☺

GUESS WHO? Answers from page 9.

- Baby A is Aaron Sandilands
- Baby B is Byron Schammer
- Baby C is Shaun McManus
- Baby D is Paul Medhurst
- Baby E is Justin Longmuir
- Baby F is Troy Longmuir
- Baby G is Paul Hasleby

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Player	David Mundy #16	Ryley Dunn #5	Brett Peake #7	Ryan Murphy #28	Michael Warren #44	Dylan Smith #13	Adam Campbell #24	Paul Duffield #41	Michael Johnson #37
Height	190cm	183cm	185.4cm	192cm	195cm	176cm	191.5cm	187cm	193.5cm
Weight	85.3kg	88kg	76.5kg	86.3kg	88.3kg	77.1kg	79.3kg	82.1kg	98.8kg
What VFL/AFL clubs did you support when you were growing up?	Geelong	Essendon	Geelong	Richmond	Fremantle, Hawthorn, Eagles	Essendon	Melbourne	Fremantle, Eagles	Fremantle
Who had the greatest influence on you when you were growing up?	Farrie	Family	Parents	My family	Parents and Family	Family	My uncles	My Dad	My Dad
Who were your favourite players when you were growing up?	Gary Ablett	Gavin Wanganeen	Greg Williams	Tony Lockett	Michael Jordan	Michael Long, Gavin Wanganeen and Tim Watson	Chris Grant	Peter Matera	Wayne Carey
How do you rate yourself as a cook?	Not Bad	Below Average	Up and Coming Aristos Junior	I struggle	Not Bad	Not Bad	Poor	Not Bad Not Good	5/10
Favourite music?	Anything really	Ben Harper and Jack Johnson	Rap/Hip Hop	Anything	Anything	Augie March (Melbourne band)	I like most things	Foo Fighters, Rock	Rand B
Favourite movie?	Remember the Titans or Snatch	Van Wilder Party Liaison	Point Break/Rambo	Remember the Titans	The Beach	Le Memphis by Jean Luc Goddard	Man From Snowy River	Lord of the Rings - All of them	Friday
Toughest part of being a teenager?	Gaining independence	Its pretty easy really	Get away with lots	School	Deciding what to do when I finished school	Acne	School	School	Not being a kid
Best subject at school?	Biology	PE	Sport/Science	PE	Phys Ed Studies	English	PE	English	Sport/Woodwork
Worst subject at school?	Maths	Maths	Maths	Maths	Maths	Chemistry	Science	Maths	Maths
What are your personal ambitions for your football career?	Play senior games	To be the best I can be.	To go as far as possible	To get the most out of my career that I can	Be the best that I can be	Return to AFL seniors	To be the best I can be (I would like to win a flag)	To be a consistent AFL player	Just to play 50 or more games for Fremantle



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Welcome all members to what promises to be an exciting season. With 2004 finally upon us, the off-season has been an extremely busy time for our membership department with over 5500 new members being signed up to join the Purple Army.

IF THERE ARE ANY MEMBERS who know of someone who should be encouraged to become a member call the Club's membership department on (08) 9433 7111.

All of our members have received their 2004 membership cards, so we encourage you to please read the following membership information to make match day a thoroughly enjoyable experience for all those involved. If you have not received your membership card please contact the Club on the above number.

TICKET PURCHASES

If you wish to purchase tickets for friends to a single game, they are available from ticketmaster7 outlets, by calling 1300 136 915 and 1300 136 122 or at www.ticketmaster7.com. Tickets are not available for purchase through the Club. Tickets go on sale two weeks prior to each home game and are only available through Ticketmaster7 outlets.

CARLTON MID WESTERN DERBIES (ROUND 6 & 21)

During each AFL Home and Away season, Fremantle will play The West Coast Eagles on two occasions at Subiaco Oval. One game will be a home game for Fremantle (round 21) while the other will be a home game for West Coast (round 6). Fremantle members retain their reserved seating and all their membership rights at the Fremantle home game so therefore do not need to purchase tickets to this match. However, for the away game (round 6), the same rule applies for

West Coast Eagles members, they retain their reserved seating. Fremantle members do gain priority access to purchase seating released for sale (tickets are placed on sale to Fremantle members first and then to the general public). Notification of sale dates will be posted on our web site and in the Club's electronic newsletter.

2004 AFL FINALS SERIES

Members who hold a Full Club Membership will get priority access to purchase a ticket for all 2004 AFL Finals Series in which Fremantle participate. Should Fremantle participate in an AFL Grand Final it can not be guaranteed that all members will receive a ticket due to the limited number of tickets that have historically been allocated to the participating Clubs. The Club will ensure the maximum number of ticket opportunities for members in this case.

MATCH DAY ENQUIRIES

The "Fremantle FC Membership Services Centre" can be found at Gate 24 at Subiaco Oval. This service point provides assistance to members with general enquiries and problems that arise before the game including lost or forgotten membership cards.

MATCH DAY PARKING AND TRANSPORT

Parking around Subiaco Oval is limited due to residential parking schemes. If you wish to drive, parking is available at Mueller Park, Perth Modern School or the Colonnade Car Park. Often a better alternative is to take advantage of Transperth's special offer to members of Fremantle. Comprehensive public

transport details are published in the West Australian prior to each home game.

LOST MEMBERSHIP CARDS

Lost membership cards can be replaced upon completion of a Statutory Declaration. This document can be obtained by calling the Club on (08) 9433 7111. A \$10 fee is charged for a replacement card however if the statutory declaration form is returned with a police report (in the case of theft) the replacement fee will be waived and the barcode on your lost card cancelled.

Membership Contact Information

Membership Services: (08) 9433 7111
 Membership Services Fax: (08) 9433 7002
 General Enquiries: (08) 9433 7000
 Membership Mailing Address:
 Fremantle FC Membership
 PO Box 381
 FREMANTLE WA 6959
 Email: membership@fremantlefc.com.au
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SHOW YOUR PASSION

No matter how old you are or where in the world you are, send in photos of yourself or your friends in Freo gear and we will show everyone how dedicated you are, where ever you are. Your photos will be posted in one of our photo galleries – Where in the World, Kids and Fans – on our web site.

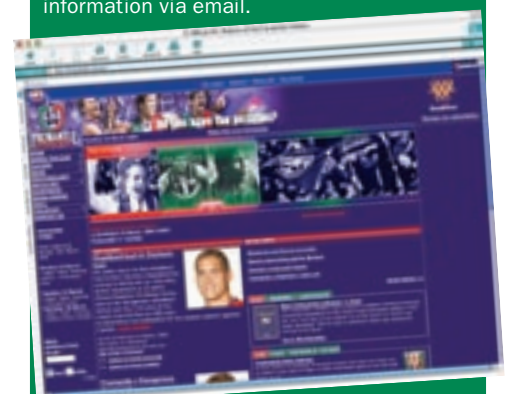
Send your photos to photos@fremantlefc.com.au

Keep an eye on the web site for our new Face in the Crowd photo competition coming soon.

VISIT US AT WWW.FREMANTLEFC.COM.AU

Keep up to date with what's happening around the Club via our web site at www.fremantlefc.com.au

Find out all the latest information on training times, games, features and competitions and get up close and personal with our players in the new "Up Close" section. Register for our free weekly newsletter where you will receive all the information via email.



2004 Milestones

The Club has played 198 home and away games

The Club has played 199 AFL games (including finals)

The Club has played 90 games at Subiaco Oval

GAMES

Clive Waterhouse
1 game for 100 FFC/AFL games

James Walker
2 games for 100 FFC/AFL games

Peter Bell
11 Games for 200 AFL games
(66 FFC and 123 Kangaroos for 189 games)

Matthew Carr
8 games for 100 AFL games
(64 FFC and 28 St Kilda for 92 games)

Troy Cook
12 games for 100 FFC games
19 games for 150 AFL games
(88 FFC and 43 Sydney for 131 games)

Jeff Farmer – 10 games for 50 FFC games

Robert Hadrill – 19 games for 50 FFC/AFL games

Paul Hasleby – 14 games for 100 FFC/AFL games

Justin Longmuir
21 games for 100 FFC/AFL games

Troy Longmuir
4 games for 50 FFC games

Luke McPharlin
15 games for 50 AFL games
(23 FFC and 12 Hawthorn for 35 games)

Shaun McManus
4 games for 150 FFC/AFL games

Paul Medhurst
7 games for 50 FFC/AFL games

Matthew Pavlich
16 games for 100 FFC/AFL games

Graham Polak
22 games for 50 FFC/AFL games

Troy Simmonds
8 games for 50 FFC games
18 games for 100 AFL games
(42 FFC and 40 Melbourne for 82 games)

GOALS

Matthew Carr
9 goals for 50 AFL goals

Paul Medhurst
14 goals for 100 FFC/AFL goals

Matthew Pavlich
11 goals for 100 FFC/AFL goals

Clive Waterhouse
29 goals for 200 FFC/AFL goals

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Gymnast Lends a Hand

In yet another innovative step in Fremantle's coaching programme, Olympic gymnast Allana Slater has joined forces with the Fremantle coaching staff for the 2004 season. The 155cm gymnast has volunteered her services after a chance meeting with Senior Coach Chris Connolly at the end of 2003.

ALLANA'S DISCUSSION with the coach particularly focused on the development of consistent routines in gymnastics and led to an invitation being extended to visit Fremantle and talk to the players on the importance of consistent routines and also the mental approach to recovery from errors in skill execution.

"Exposing our players and coaches to elite athletes across a wide range of sports can only be of benefit in their development," Connolly said.

"It is not only the fact that there are certain aspects of each sport that our players and coaches can learn from but also the individual mental and physical skills of athletes in those sports that can be of tremendous value to our players."

"We have had many of Australia's leading athletes and coaches meet with our players and coaches."

"From Luc Longley and his experiences in the NBA to Eddie Jones as coach of the Wallabies,

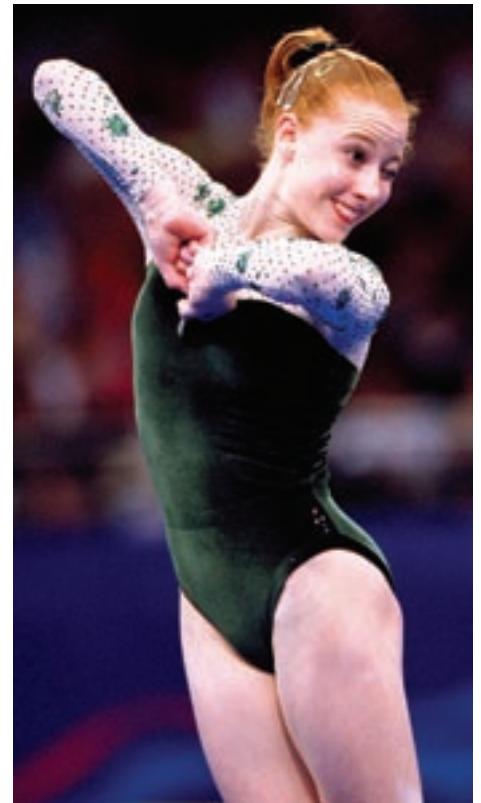
we are able to broaden our learning and experiences from the very best and that can only be of benefit."

"With Allana we believe that the importance of the consistent performance of routines in skill execution that she must have in gymnastics on the national and international level is a mental strength that will be of benefit to our players, particularly for example in taking set shots on goal."

"Allana will assist our skills coach Kevin Ball with the advanced kicking programme he established last year and are developing further this year," said Connolly.

Beginning her gymnastics career at just 16 months of age, 19 year old Allana is the longest serving WAIS gymnastics member commencing with WAIS at aged 6, and competing internationally since aged 10.

Allana boasts an impressive list of achievements in her long career including



being captain of the first ever Australian gymnastics team to win a medal at a World Championships in 2003. A national squad member since 1997, Allana has represented Australia at 2000 Olympics and the 1998 and 2002 Commonwealth Games, the year in which she was also Australian gymnast of the year and WA Sports Star of the Year.

In reporting the announcement of Allana's involvement with the Club Melbourne's *Herald Sun* said "Fremantle have turned to a female gymnast to help them with perhaps the only facet of football that has never improved since the game's creation: kicking for goal." And *The Age* stated that "Fremantle has continued to push the boundaries of conventional AFL thinking... want Slater to pass on her experience of executing routines at the highest level of gymnastics".

And for Allana, "To be a part of such a great organisation as Fremantle is a great honour." ☐



Show the Passion and Win

Simply by having your 2004 Membership sticker displayed on your car's windscreen you have the chance to win double movie passes each week of the season thanks to our new sponsor The Movie Masters.

Each week a lucky car displaying the "I HAVE THE PASSION" will be spotted around Perth's streets and the winning licence plate will be displayed on the home page of the Club's web site (www.fremantlefc.com.au). The winner simply has to call Kristy on 9433 7000 to claim their prize of a double movie pass to

any of The Movie Masters cinemas – Ace Cinemas at Midland, Subiaco, Kalgoorlie and The Grand Cinemas at Warwick, Currambine and Bunbury.



Tae's story

For Santo and Joyce Merenda, their decision to abandon the IVF programme and choose to adopt a child over three years ago has established a very personal connection with Fremantle and its captain Peter Bell.

ATTENDING NUMEROUS seminars run by the Department of Children's Services in East Perth, it was the inter-country presentation that was the most significant for Santo and Joyce. When they arrived for the seminar in Swanbourne, the only parking bay available was in front of an Australian poster sign with a very large photo of, guess who, Peter Bell.

"I remember saying to Joyce at the time, do you think God wants us to go to Korea," Santo said. "At the time we only knew Peter as a footballer, not personally".

After the day long seminar, there was no other thought than to adopt a child from Korea.

Santo's involvement with the South Fremantle Football Club, led him to ask manager Brian Ciccotosto if he knew Peter Bell, as Peter had been a South Fremantle player before starting his AFL career.

"Brian arranged for me to speak to Peter so that we could understand as many issues about adopting Korean children as possible", Santo recalls. "Brian made the contact for me, and Peter agreed to speak to us."

"He came to our house and after a long discussion recommended that we also speak to his parents.

In another significant coincidence, after meeting Peter's parents, Santo and Joyce realised that they went to the same church, and both families have become very good friends since.

In July 2003 the Merendas received the news that they had been waiting for. They had been allocated a son in Korea. No time was wasted in making their way to East



Perth to look at the photo of young Tae and sign the paperwork, then move on to the Department of Immigration to attend to Tae's immigration visa.

The coincidences continued. As they waited in line at Immigration, who should happen to be in the queue as well but their local priest. The Merendas shared their great news and the following Sunday the priest told the congregation of the impending arrival of Tae into the Merenda's lives.

The following week Peter's mother offered any assistance she could to Santo and Joyce, even offering to go to Korea with them as she had lived in the country and spoke the language as well as having something in common, as Peter was an adopted Korean.

No second thoughts were needed. The Merendas gratefully accepted the offer and they left to meet their new son on 11 October 2003. The completed Merenda family arrived back in Perth on 18 October 2003.

"Our brief time in Korea was made so much easier having Mrs Bell to show us the ropes and to interpret for us," Santo said. "We are extremely grateful for all her help."

"Naturally we would be ecstatic if our son was to follow in Peter's footsteps and progress to the A.F.L."

"We are delighted to have our new son who gives us endless pleasure and will always be proud, doting parents whatever path Tae chooses to pursue."

"Mrs Bell has become one of Tae's godparents, along with another seven family members and friends, including my brother, Joe."

"Tae has also signed up with the South Fremantle Bulldog Pups, as well as becoming a Fremantle junior member." 🐶

Proud parents Santo and Joyce with baby Tae.



To The Point

While on the trip to London for the exhibition match against Collingwood last year, Cameron Schwab, Chris Connolly and Adam Larcom enjoyed a day trip to Paris that included a "romantic" cruise along the River Seine, enough to prompt the CEO to propose to partner Cecily via SMS. "The only problem with SMS is that the answer is not immediate," quipped Schwab. And while he was waiting for the reply he made it clear to the coach and fitness guru that "if I get a knock back this didn't happen." Thankfully the response was yes.

Peter Bell married long time girlfriend Lana Couanis on December 28, 2003

Matthew Carr and partner Leith celebrated the birth of their baby boy Jaren on January 27, 2004. Jaren weighed in at nine pounds two, the exact same weight as Matthew when he was born.

Membership Services Coordinator Tanya Bushby married her childhood sweetheart Calvin Payne on February 29, 2004.

Skills Coach Kevin Ball and his wife Anne had twin boys Jack and Benjamin on February 12, 2004.

Did you know that Assistant Coach Stephen "Stav" Malaxos played in the very first little league game in WA?

Former West Coast Eagles Business Operations Manager Steve Rosich joined the Club as Marketing Manager in January.

Daniel Haines and partner Chantel became proud parents of baby daughter Ellah in October.

Business Development Manager David Pitts married girlfriend Vanessa Loncar at Cottesloe Civic Centre on Saturday 24th January 2004.

Marion Shervington left the Club to enjoy retired life on Friday 13th February 2004 following ten years of service as Business Development Manager. Marion was fawelled in style.

Recruiting Officer Brent Dawkins married Chantelle Martinovich on 1 November 2003. Matthew Pavlich was best man but nearly didn't make it back from Melbourne. Celebrating with his Australian team mates after the series win against Ireland, Pav decided he had time for a quick nap before leaving for the airport. Needless to say he nearly missed the plane, boarding just in time.

Clive and Meredith Waterhouse welcomed baby daughter Casey in October last year.

Ever wondered what the staff at Fremantle get up to during a hectic season to unwind – well here you go! CEO Cameron Schwab, Assistant Coach Chris Waterman and runner Gary "Springer" Ingraham provide the answer. What more can we say.



Family Fun Day

SUNDAY 14 MARCH
FREMANTLE OVAL



Above: Special Guest, Legend John Todd
Left: Shane Parker is a study in concentration making bubbles
Below: Paul Medhurst painting the face of a young fan





WELCOME BACK all our renewing junior members and a big welcome to all our new recruits who have signed up for the 2004 season, it's great to have you all aboard. The team has gained a lot of experience from last year and we are determined to improve and make this year the most exciting year to date. The pre-season has been HOT! The weather has made it tough particularly during our pre-season matches which definitely tested all of our fitness. Our membership team has given me a little sneak peak of what events are in store for you all in 2004, it's going to be a busy year so keep your diaries free. Keep an eye on the Club's web site for all the details of upcoming events and all the latest news. This year is going to be a great year for the club, all my team mates and I are really pumped about the coming season and we hope to see all of our most fanatical supporters (you guys!) at Subiaco for our first game.

Jeff Farmer

DOCKER TRIVIA

Find out the answers to the following questions to make the total of the answers equal 280.

- 1 How many seasons have the Dockers been in the AFL competition? _____
- 2 What is the age of the youngest Dockers player? _____
- 3 How many posts are there on an AFL oval? _____
- 4 What is the age of the oldest Dockers player? _____
- 5 How tall is Aaron Sandilands? _____
- 6 How many field umpires are there in an AFL match? _____

TOTAL = 280

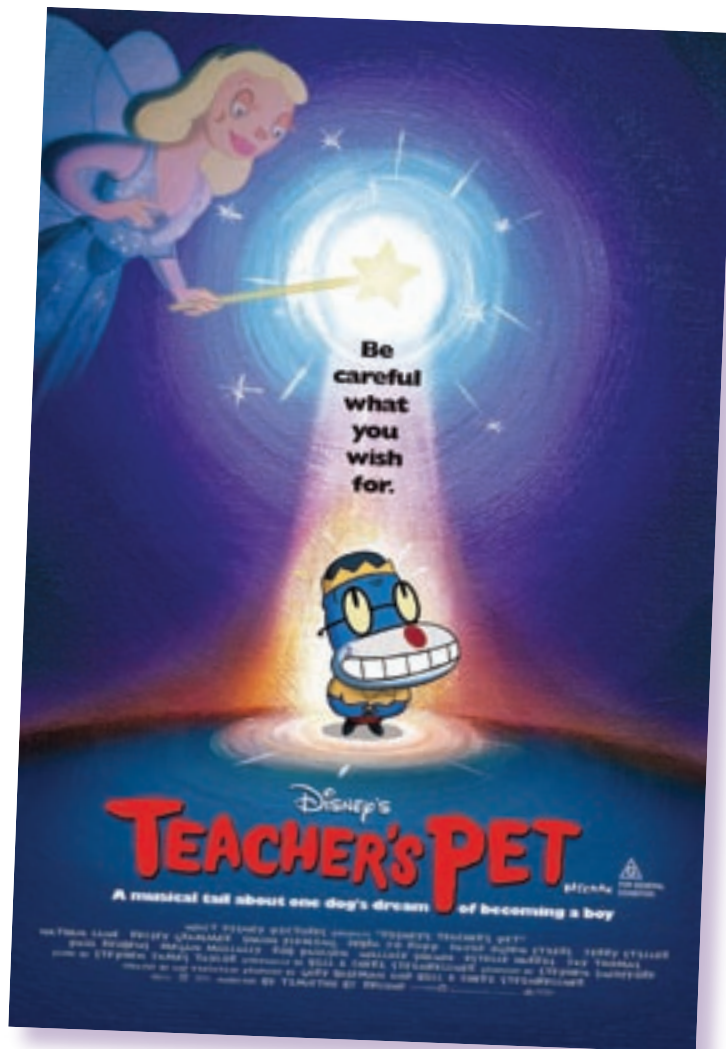
Email your answers to competitions@fremantlefc.com.au to go into the draw for your chance to win one of five family passes to the new Disney movie "Teachers Pet".

Teacher's Pet

"Disney's Teacher's Pet" is the hysterical tale of "Spot," a talking canine whose ultimate wish is to become "a real boy." When the opportunity presents itself – through the DNA manipulations of wacko scientist Dr. Ivan Krank – Spot quickly follows his "family" (his best friend and master, Leonard, and their mother/fourth grade teacher, Mrs. Helperman) to Florida in order to make the evolution to human form. However, Dr. Krank's experiments have had far from perfect results (witness mosquito girl and alligator boy) and, although Spot's transformation to human is complete, not all the calculations are exactly correct. It'll take his best buddy Leonard and his quirky pet pals (a cat named Mr. Jolly, and a boisterous bird named Pretty Boy) to help him out of his "tight Spot" and try to right this genetic wrong. "Disney's Teacher's Pet" is rated G and opens in cinemas on May 6th.

JUNIOR MEMBER PACKS:

A quick reminder to all the junior members for 2004, by now you should have received a letter outlining when your membership packs can be collected. If you did not collect your membership pack at the Family Fun Day, don't sweat it because you can still pick them up from the Fremantle FC HQ or from Gate 24 at our first two home games (27th March, 11th April). If you have any troubles please give Daniel Green a call at the club on 94337111.



WORD SLEUTH

See if you can find these words in the puzzle below:

DOCKER, SANDILANDS, WESTERN DERBY, CONNOLLY, MALAXOS, FREMANTLE OVAL, GROVER, COOK, DOSWELL, HAINES, PURPLE ARMY

D	C	W	E	S	T	E	R	N	D	E	R	B	Y
C	O	N	N	O	L	L	Y	G	B	V	R	T	X
I	O	C	T	I	B	B	A	R	B	R	E	P	N
L	K	G	K	F	D	V	D	O	S	W	E	L	L
K	I	M	A	E	J	J	J	V	H	L	W	O	K
Q	Q	S	P	U	R	P	L	E	A	R	M	Y	S
I	U	G	Q	M	G	S	G	R	I	O	N	P	O
X	L	K	A	R	E	Q	L	K	N	K	L	N	X
W	T	G	I	R	G	I	B	U	E	L	R	O	A
S	D	N	A	L	I	D	N	A	S	I	H	K	L
Z	I	W	S	O	R	I	O	R	K	O	Z	T	A
F	R	E	M	A	N	T	L	E	O	V	A	L	M

Bell's Body Building Shake

Ingredients:

- 1 Banana
- 1 teaspoons of Honey
- 1 cup of Skim Milk
- 4 ice cubes

Directions: Mix all ingredients together in a blender and serve.





DOCKERS JUMPER JUMBLE

If you can figure out which item from group one is missing from group two, you could win a signed Fremantle Football Club jumper!

GROUP ONE



Fill in your answer below then write your details in the space provided and mail this page off to:

JUMPER JUMBLE PUZZLE,
PO Box 3500, Osborne Park Mailing Centre,
WA 6916 (Entries close 30th April 2004).

GROUP TWO



Name: _____

Address: _____

P/C: _____



Telephone: _____

Age: _____

Membership No.: _____

Which item is missing from group two?

wizard
home loans
CUP



Friday 20 February 2004
at Marrara Oval, Darwin
crowd 13,196

Fremantle	1	13	12	(99)
Essendon	2	13	11	(107)

Win a get away.



You could win one nights stay for two in the award winning Novotel Vines Resort in the Swan Valley. Simply get the best health insurance quote for your needs and budget from the Fremantle Branch of HIF and enter the draw. The winner will be notified on the first of each month. Visit our friendly Fremantle staff at Woolstore Shopping Complex on Cantonment Street for your chance to win, or call 1300 13 40 60.

PROUD LOCAL SUPPORTERS OF THE FREMANTLE DOCKERS.

Conditions Apply

HIF.COM.AU

PROTECTING YOUR GREATEST ASSET - YOUR HEALTH

