

Docker



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**FOOTY
DOGS**

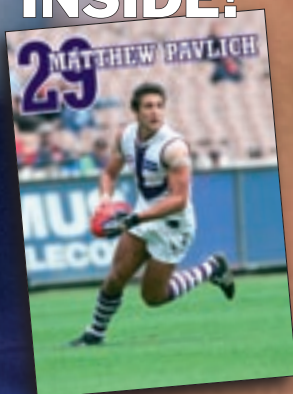
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**PETER BELL
TWO TONS**



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Footy Dogs

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Wiz Kidz

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Two Tons

Inspirational Fremantle Captain Peter Bell becomes the 22nd player in AFL history to play 100 games with two clubs

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FREMANTLE FOOTBALL CLUB LTD
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COVER PHOTOGRAPH: Peter Bell. Picture: Getty Images.

From the CEO

JUST ONE WEEK after arguably the most disappointing performance for the past few years against Hawthorn, a match in which we fully expected to win but were totally outplayed, we fronted an in-form Geelong at Skilled Stadium.

We had a terrific tough win against the Cats, their first loss at their home ground for a couple of years, and Fremantle's first win at the ground in our history.

I talk about these two games, not only because they represent a prime example of our extreme inconsistency this season, but for the response Chris Connolly received when we attended his post match media conference.

The first question that was asked of Chris was "Can your team win the Premiership this year?"

Quite clearly coaches focus on the next challenge in the context of their long term planning and Chris answered the question accordingly. But what it showed was the enormous difference in response when there is a win as compared to a loss.

The issue most likely focusing Chris' mind was the injury to Luke McPharlin in the last quarter and fronting up to the Brisbane team whose pride had been clearly wounded in recent encounters. Sadly we neither covered the loss of McPharlin, as well as a number of key players who are currently sidelined, nor matched Brisbane's intensity and we lost accordingly.

With such a broad range of potential emotional outcomes depending on the result of the game, the real challenge for the club is to remain focused on the issues it can control. Simply, as passionate as we all are about the team and the club, we cannot allow our emotions to drive our decision making.

As I have said many times, most dare to dream of winning a Premiership, but few dare to plan. We do both – and as tough and frustrating as this season has been, we are no further away from this outcome than we were at the start of the 2005 Season.

Sure, life would be a whole lot more comfortable if we had won more games – particularly at home, but we have also had some of the best wins we have experienced in our club's history (Geelong, Melbourne and Collingwood).

The year has been challenging – but not terminal by any means. We have had many of our key players spend too much time watching on, whilst a few have been forced to carry injury and illness, and others would no doubt be disappointed with their own form, in particular the gap between best and worst.

All of this is part of getting better – as painful as it is, we need to harden as a team and a club, and suffering disappointment and hardship is all part of this.

Therefore, whilst everyone around us may be losing their heads, and we provide our critics with plenty of fodder as a result of some of our performances – we get on with it. It is too important, and means too much to too many for us not to.

Fremantle will have its day – let there be no doubt!



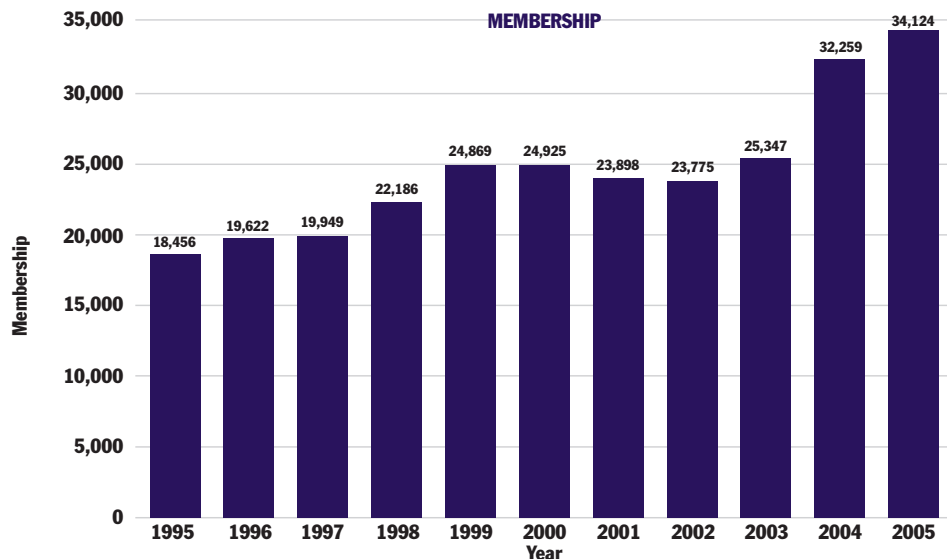
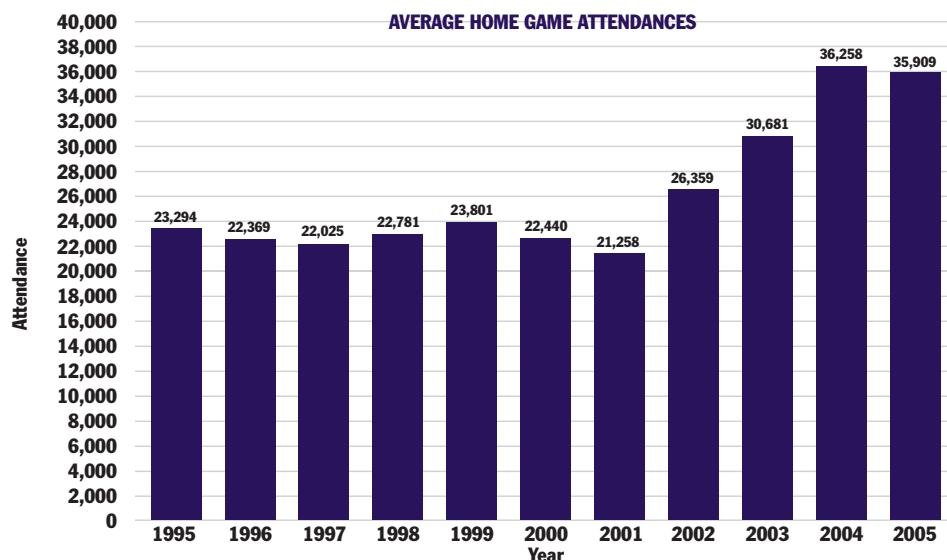
Cameron Schwab
Chief Executive Officer

Loyalty Continues to Shine

SUPPORT FOR THE CLUB continues in 2005 with membership and home game attendances at record levels. The round 3 derby against West Coast was the highest ever home derby crowd while the round 5 clash with Carlton, the round 9 game against Hawthorn and the round 11 match against Brisbane all set new home game records against those clubs. Home game attendances in 2005 average 35,909.

Membership also continued to set record levels with club membership reaching 34,124 as at 15 June 2005, the official reporting date

for clubs to the AFL. This excludes 219 HMAS Recruit memberships that are not classed as club memberships by the AFL. The new record level in 2005 represents an increase of 4.1 per cent on 2004 membership. Overall since the end of 2002, club membership has risen a staggering 43.5 per cent in three seasons. The continued loyalty shown by the club's supporters and members has been fantastic and has been significant in the club achieving its stability since 2002.



2005 DEBUTANTS

MICHAEL JOHNSON

Debut: Round 4, v Richmond at the MCG

How did you feel when you were selected?

I travelled with the team to Melbourne but hadn't been named to play. On the morning of the game Matthew Carr was ruled out through illness and Chris said I was playing. There were still a few hours before the game started and I felt pretty nervous.

What was it like playing at the MCG?

I remember clearly my first goal. It was with my third kick of the game and I didn't know if I should have a shot or pass it off but I went back and can still see it going through the big sticks. Unfortunately we lost the game and I remember every word of the meeting after the game.

Did anything unusual happen for your first game?

The guys told me that I missed out on having to carry Peter Bell's bags from the airport to the bus and to his hotel room which you're supposed to do when you're on your debut.

You enjoyed a win in your second game did you get the traditional drenching?

The boys were trying to push me in there but the camera man and all the photographers were in the way so I didn't have to get drenched.

DAVID MUNDY

Debut: Round 6, v Melbourne at the MCG

Were you surprised by your selection?

It did come as a bit of a surprise but I was over the moon to get my opportunity to play AFL which I had dreamt about since I was a kid. We were in a meeting and Chris told me in front of all the boys and they were all really happy for me which was great.

How did you feel in the lead-up to the game?

I was more excited than nervous and was really looking forward to getting out there and hoping that I would get a few kicks.

Were you daunted by the MCG?

They call it the home of football so it's a good place to make your debut and it was even better because we had a good win in the end. I had played at the MCG in under 18's before an AFL Grand Final which was a great experience and a big crowd but they weren't there to support us.

Did you know the words to the song?

I had heard the song in the change rooms after wins at Subiaco so I knew the words. The boys pushed me into the middle but I managed to hide behind the photographers and avoided getting too wet.



RYAN CROWLEY

Debut: Round 10, v Geelong at Skilled Stadium

How did you feel when you were selected?

I was rapt and felt pretty nervous straight away. I rang my Mum and she almost had a heart attack I think. She couldn't believe it and didn't speak for about five minutes and finally managed to say how proud she was.

Was it like you expected?

I knew it was going to be quick and it was, that was the biggest thing I had to get used to.

Was Geelong a tough place to make your debut?

Looking at our record at the ground it seemed like a pretty daunting task but I had played there as a junior so it wasn't totally unfamiliar and the best thing was that we came away with a win.

What did it feel like in the middle of the song?

I thought I was going to get showered but I didn't because the boys hadn't grabbed their Powerade yet. I had heard the song plenty of times before and the words aren't too hard to remember so I was fine singing away in the middle.



MORE THAN A DECADE ago Essendon Coach Kevin Sheedy in conjunction with the AFL initiated an education programme to ensure young players were prepared for life after football. Today that programme has expanded across the country and now enriches the lives of many beyond the footy field.

Fremantle midfielder Troy Cook is the public face of AFL Sports Ready in WA and has actively promoted the programme for more than three years. Troy believes it is an invaluable resource for young footballers most of whom are drafted into the AFL system directly out of high school and have limited work experience.

"It keeps them busy when they're away from the club and keeps their mind active. It gives these younger guys some knowledge of what they might like to do into the future," he said.

The success of the AFL Sports Ready programme has helped it expand at a rapid rate and has moved outside the AFL realm and now incorporates traineeships for high school students. In WA alone more than 100 trainees are involved with AFL Sports Ready and it continues to grow.

"Everyone is different and it's a great opportunity for someone that may not be that interested in school but can get involved in a traineeship that will see them through high school and hopefully lead to a full time job down the track," said Troy.

Swan View high school student Kirk Dorizzi is one of the program's trainees and spends two days a week at Whiteman Park learning the ropes in what he hopes will lead him to a career in conservation and land management. Assisting that dream is a mentor system where Troy visits the teenager and chats about everything from work to footy.

BRETT PEAKE

Debut: Round 13, v Kangaroos at Subiaco

How did you feel when you were told you were going to play?

Chris pulled me aside and told me I was playing. After he was finished I ran to the car and phoned Dad, he was really happy for me and then I got home and told Mum and my sister and they were even more excited I think.

How did you feel in the lead-up to the game?

It didn't hit me straight away but as the game got closer the nerves started come. I tried to focus on doing the right things and prepare well. Travelling to Sydney with the team the week before gave me a great insight into how the guys go about getting ready to play at the top level.

"If Kirk has any problems he might feel more comfortable speaking to me about those problems than anyone else.

"I'm basically here to make sure everything is going ok and to visit him every now and then. If he wants to talk about any problems at school, work or even at home I'm happy to listen and help him out," Troy said.

"He's very encouraging and talks to me a lot," said Kirk. "It shows us they (AFL players) are normal people except can play footy better than most of us," he said with a smile.

A budding young footballer himself, Kirk acknowledges the programme has opened his eyes to a career that he hadn't even considered.

"I didn't expect to work in this area, I wanted to be a mechanic but after coming to Whiteman Park it has changed my mind," he said.

While it's obvious the kids get a buzz out of Troy's involvement in the programme it is a major time commitment for an AFL footballer but one he's more than willing to do. Troy's off field work also includes an ambassador role for the Cerebral Palsy Association which is one of Fremantle's two aligned charities in 2005.

"You just have to organise your time well," said Troy. "Football is first and foremost but it's good to be involved with things outside of footy because it takes your mind off it for a while. You can get a bit caught up in the daily football grind so to have a break from it and help others is something I really enjoy."

The tough midfielder has a heart as big off the field as he does on it and won't even let cross town rivalries get in the way.

Troy chuckled while admitting some of the trainees, like Kirk, barrack for the Eagles but said he "won't hold that against them!"

What was it like running onto Subiaco Oval?

It was a huge thrill and the noise of the crowd was amazing. I had a touch early in the first quarter which was important and it was game on from there. I can't wait to play for Fremantle again and I hope I can keep contributing to the team.

How does it feel to be Fremantle's only father-son selection?

It's a great honour to be the first person selected under the father-son rule for Fremantle. Dad has been a great support throughout my football career but has always said to be my own person and I will be out to make a name for myself. It was great to have him in the stands to see me play my first AFL game.

10 Things you didn't know?

- 1 Which player's mum taught him to kick when he was in primary school using a Ron Barassi Football book?
- 2 Which player throws right handed and bowls left hand when playing cricket?
- 3 Who at the club has had a meeting with Tom Cruise?
- 4 Which player has done a fashion shoot with Megan Gale?
- 5 Who captained WA in country basketball as a junior?
- 6 Which coach represented Victoria in volleyball?
- 7 Which player won a bronze medal in the state U11's javelin competition?
- 8 Which player took 6 for 43 off 25 overs for the Victorian U18 schoolboys cricket team?
- 9 Which player is so scared he can't watch scary movies?
- 10 Which player is related to Missy Higgins?

Answers on page 39.

PURPLE SHORTS

■ Congratulations to Peter and Lana Bell who are expecting their first child in September. But to everyone who just gasped at the couple's timing, don't despair, Peter is adamant his first baby boy or girl will have the foresight to be born on a weekday, not a weekend in September!

■ After four dedicated years, Financial Controller Phil Warren has left the club to become a Finance Consultant at Grange Consultancy. Phil was an integral part of the club's finance department and was President of the staff social club 'The Wharfies'. On his departure Phil was presented with Life Membership of the Wharfies for his magnificent efforts and everyone wishes him well in his future endeavours.

Phil's departure has opened the door for Graham Parker, who has arrived from Ernst & Young and assumed the position of Financial Controller.

■ Marketing Manager Steve Rosich is starting to wonder whether there is something in the water he provides to his staff. Two of the ladies in the office recently announced they were expecting, Membership Services Coordinator Tanya Payne and Events Coordinator Kellie Black will welcome their new additions later in the year.

■ Not to be outdone, Chief Operating Officer Gary Walton was also recently left wondering whether there was something 'wrong' with working in the Finance Department. Assistant Accountant Nicole Hobbs and Accounts Assistant Fran Sanders also left the department with Nicole joining Sponsorship and Fran taking on a new role in the Membership Department. Sue Fairclough and Rebecca Williams have now formed the new Finance Department as Accounts Officer and Assistant Accountant respectively.

■ Congratulations to Justin Longmuir and his partner Melissa who recently announced their engagement. The happy couple will marry in December this year.

■ Congratulations also to Matthew Carr and his fiancé Leith, who are expecting a younger brother or sister for Jaren, later in the year.

■ The Developing Leaders Group of players last week visited the Joondalup Police Academy where Ryan Murphy proved to be a standout on the shooting range. However, youngster David Mundy had no such luck, he reportedly struggled to hold the revolver – let alone hit the target!

■ Long time dedicated volunteers Beryl and Stuart Hogan have sadly left their roles at the club, after being around since day one. Beryl has been an enormous help upstairs in the membership department where she has organised and sent out thousands of birthday cards to our junior members and helped with membership renewals each year. Stuart was right hand man to property man Pat Watson, helping Pat with the gruelling task of preparing the team for road trips while at the same time ensuring everything runs smoothly at training and on game day at Subiaco Oval. But while they will be sadly missed working around the club, we still look forward seeing them on Tuesday nights and on game day. We thank Beryl and Stuart for their commitment and hard work over the many years.



Home Auction to Raise Money



As part of their continued commitment to the Fremantle Football Club, proud corporate sponsor Mirvac Fini has created the stunning 'Dockers Home' located in their Eden Springs Display Village, Mandurah.

AFTER MORE than 30 years of building award winning homes in the eastern states, Mirvac Fini is proud to announce the introduction of their first homes to the Western Australian market.

Located within the established estate of Meadow Springs on Portrush Parade, Eden Springs has been planned to achieve a supreme level of cohesion between the individual houses, natural surroundings, neighbouring properties and outlooks.

An architecturally designed two storey house, known as the 'Dockers Home', is finished to perfection and features quality fixtures, fittings and appliances. Mirvac Fini has used landscape architects for quality outdoor designs that can be used to



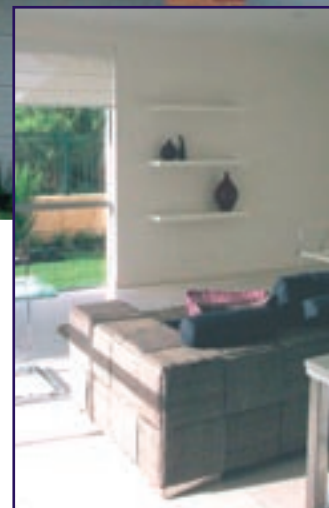
compliment views of the golf course as well as the beautiful location.

The 'Dockers Home' is open for members and supporters to visit, and an exciting calendar of events is being planned for the 'Dockers Home' before it is auctioned to raise money for the Fremantle Football Club in the spring of 2006.

Members and supporters are encouraged to visit the 'Dockers

Home' and appreciate the magnificent efforts of Mirvac Fini to create a fabulous contemporary design with maximum practicality and functionality.

The 'Dockers Home' will be open in mid-June and will be open seven days a week from 1pm-4pm. For more information, members and supporters can visit www.mirvacfini.com.au.



After recovering from three knee reconstructions at the start of his career, a determined Luke Webster has established himself as a valuable, tough utility who has been rewarded for his hard work playing eleven games this season. *Docker* caught up with Luke for a quick kick on Fremantle Oval.

DOB: 25 May 1982

Height: 185cm

Weight: 90kg

Drafted: 2002 Drafted to Fremantle's Rookie list, elevated to the Senior List 2003

Games: 17

You came from a very sports orientated family and were good at a lot of different sports, but you had to choose a particular sport at a young age, why was that?

I enjoyed playing a lot of sports whether it was cricket, baseball or footy. I think my choice was made a little bit easier because I got into a few state teams with footy which made me think I might be able to get a little bit further in my footy career than the other sports. I also made the state team for baseball, which I guess made my decision a little bit tougher. Also, my school was a cricket school so I had to play cricket as well because protocol was that if you were at the school you had to play the school sport. So unfortunately baseball went out the window in about year 10 or 11.

Baseball actually took you to the other side of the world did it not?

Yes, I went to America in 1996 for The World Children's Baseball fair. Five kids from Australia went and I represented Western Australia. It was a great experience but football was always my main love. I mean if anything ever went wrong with footy I might take up baseball again, you never know.

You have a very strong family support base and your dad and grandad were both very good footballers, does that help?

My grandad was an East Perth Premiership player in 1956 and my father played in a losing grand final for East Perth. It definitely has its advantages, I mean the game has changed a lot since they both played but it certainly helps having their knowledge and

background. Both played football for a very long time so them feeding me advice and information has been really good.

How important is family support?

It's really important to me, I have always been very family orientated I love my family coming to watch me play football. I really appreciate their support, I have gone through a lot of things in my footy career so far and to have them there has been fantastic. They have really helped me to get through some of the harder times, so now I would like to repay them and play some good footy for Fremantle at AFL level.

How did you cope when you were going through a run of injuries through 2002 and 2003?

Well I have done three knees the first was in 2000 at the State 18s carnival. That one was pretty tough because that carnival is a time where you really want to get picked up for the AFL so doing my knee was always going to make it tougher for me to get drafted. Then after I was selected by Fremantle I did two more knees in 2002 and 2003 and they were both as hard as the first one. By hard I mean it's tough mentally and physically because you have to keep working on your legs, getting your muscles back and you also miss a lot of fitness work because you miss an entire pre-season. Then, once you start working on fitness you also have to get your kicking back on-line because you haven't kicked a footy for six to eight months. Mentally, it's hard knowing you will be out of football for ten to twelve months which is a tough thing for anyone, I mean you don't want to be out for one week, let alone being out for a year. Mind you, I think if I have an injury I would rather know how long I am going to be out for, rather than tearing a hamstring and trying to come back in three weeks and tearing it again and not really knowing where you are going. All three times I did my knee I set my mind to know I was coming back in ten months so I had ten months to get myself exactly right.

Having been through those experiences do you find yourself being a mentor to the other players who do suffer from an injury?

I try to have a chat with the guys with injuries throughout the year because I know how tough it is coming back from injury. I don't know if I see myself as a mentor but I am happy to offer some advice if someone comes to me to talk about it. I actually know some guys who have done their knees recently and I have been in touch with them to tell them everything will be alright and to give them some confidence and guidance as to where they can go from where they are. Obviously with the



guys at the club I just have a chat to them and basically get around them because you can feel a bit left out when you are injured even if it's not for a long time. So it's good to talk to them about how they are going and to acknowledge that they are working hard to get back.

Which of your attributes do you draw on the most to succeed in the AFL?

My obvious one is my determination to succeed at everything I try. Anything I have ever done even from a young age, I have always wanted to be the best at it. I definitely have a very strong determination to succeed, that's my number one. I am also really committed towards things I want to do, I mean if I want to play footy then I am committed to doing that I will do everything I can to reach my goal. Whether that means eating right, doing extra fitness, doing extra work whatever I have to do to make that goal happen for me, I do.

What are your personal goals for season 2005?

For me it's been pretty good so far, I played the first nine games and at the start of the year I just aimed to get a game, so to play the first nine has worked out really well. For the team I think things are going along quite nicely we have obviously had a few ups and downs but I think the team is starting to play some good footy. Personally, at the start of the year I picked myself to play about 15 games but because I have played nine so far I want to try and build on that target. I just want to play some good footy and help the boys along, I want to do anything I can to help them and hopefully we can try to make the finals this year.

What has been your career highlight so far?

It would definitely be playing in the first final for Fremantle. I won a Premiership with East Perth in 2001 and that was pretty high up there, but to play in an AFL final was awesome and not many people get the chance to do that. It was just a great experience to be there.

What are your memories of your first AFL game?

My first game was against Brisbane so just to be running out there with the likes of Michael Voss, Simon Black, Jason Akermanis and Nigel Lappin was an unbelievable feeling. My first vivid memory is of playing on Simon Black. At the time I was thinking this guy is a Brownlow medallist and such an awesome player and then I had to change off him and go to Michael Voss another Brownlow medallist, so it felt like everywhere I went there were Brownlow medallists. For me it was a great experience and we won by three points, which was the best bit about it.☺



On the Road

It is fascinating to everyone at the club to hear the continual reference to the poor travel record of Fremantle away from Subiaco. It seems that every second week, travel becomes an essential part of every game analysis yet the facts do not support this attention.

A DEEPER LOOK over the last three years shows that if any attention on travel records is warranted it should in fact be directed at Melbourne-based teams. And in this analysis it is important that apples are compared with apples when talking travel.

Let's start by stating the obvious. Teams from Western Australia, South Australia, New South Wales and Queensland have to travel more than the Melbourne-based teams. Not only do these teams have to travel to Melbourne but also to each other's states, some presenting the longest road trips in the competition.

It is more than just looking at home and away records. An away game for Richmond playing Essendon at the Telstra Dome rather than at home at the MCG is not quite the same as Fremantle having to play Richmond away at

the MCG. The away record for a non-Victorian team cannot compare with the away record for Victorian team where an away game could only be a matter of 20 minutes difference from ground to ground. For a non-Victorian team it could be a minimum of two and half hours on the road. This of course does not take into account that non-Victorian teams have to live out of a suitcase for one or two nights every second week.

So let's compare the apple with the apple. Over the 2002, 2003 and 2004 seasons, non-Victorian teams have a success record 43.7 per cent of all home and away games played outside their state of residence. For Victorian teams boarding a plane the success rate is only 20.4 per cent. What does this mean? Every time a Victorian team boards a plane the chances of winning are only 1 in 5 compared with a non-Victorian team where the chances of winning are nearly 1 in 2.

Brisbane has a winning ratio of 58.6 per cent, Sydney 49 per cent and the two South Australian teams 53.3 per cent. Fremantle's winning percentage on the road is 26.7 per cent and West Coast 25.8 per cent, both better than Victorian-based teams.

In those three seasons, non-Victorian teams boarded a plane 183 times for an average number of plane trips per team of 10.2 flights per season. By comparison, Victorian teams with a total of 152 flights averaged 5.1 flights per team per season. Simply, non-Victorian teams board a plane twice as often as Victorian-based teams.

Over that period, the Kangaroos totalled 22 flights (7.3 flights per season), Western Bulldogs and St Kilda 17 (5.7), Hawthorn 16 (4), Melbourne and Geelong 15 (5), Richmond 14 (4.7), Essendon 13 (4.3), Carlton 12 (4) and Collingwood 11 (3.7). The Kangaroos board a plane twice as often as Collingwood.

The Kangaroos also have the better travel record with a winning percentage of 40.9 joined only by Hawthorn (31.1) and Collingwood (27.3 per cent) as have better travelling records than Fremantle. Melbourne shares the same winning percentage with

Fremantle of 26.7 closely followed by St Kilda (23.5) while the others fall away dramatically – Essendon 15.4, Carlton 8, Richmond 7.1, Geelong 6.7 and Western Bulldogs 5.9 per cent. These travel records include Hawthorn and St Kilda flying to Tasmania for "home" games and similarly for the Kangaroos travelling to Canberra.

In 2004, Fremantle won 5 games away from WA. The 2005 Premiers Port Adelaide also won 5 away from Adelaide as did their grand final opponents Brisbane. Sydney won 6 away from the Harbour City.

And what of Fremantle's record in Melbourne? Of the six games played in Melbourne in 2003, the results were evenly split with three wins and three losses (4 games at the MCG for 2 wins and 2 losses; 2 games at Telstra Dome for 1 win and 1 loss) while in 2004 five games were played in Melbourne for three wins and two losses (one game at the MCG for one win; four games at Telstra Dome for 2 wins and 2 losses). In the last two seasons, of 11 games played in Melbourne, Fremantle has won 6 – better than 50 per cent.

So what of the reverse – Victorian-based teams playing Fremantle at Subiaco Oval since 2002. There have been 16 games played that have resulted in four wins for Victorian-based teams representing a winning percentage of just 25 per cent.

At the mid-season break in 2005, Fremantle's record on the road stands at two wins from 6 games – 30 per cent. There are four more interstate games remaining in the season for Fremantle – Adelaide (AAMI), Carlton (MCG), Collingwood (MCG) and Port Adelaide (AAMI).

In season 2005, Fremantle and West Coast will play four games each at the MCG and one game each at Telstra Dome. Brisbane will play only once at the MCG. On the other hand, Collingwood will play 18 games in Victoria, Richmond 19, Essendon and St Kilda 17, Carlton 16, Melbourne and Western Bulldogs 15, and Hawthorn and the Kangaroos 13. Interestingly, St Kilda and Essendon both play Geelong twice during the season and both games are at Telstra Dome.

As far as travel is concerned, comparing the apple with the apple, Fremantle's travel record deserves no more attention than any other team. ☐

Advertising Editorial

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"We won't be beaten on price.
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Rick Hart

RICK HART

For some, superstition tells that the number 13 is unlucky, for others it is quite simply the next number after 12, a baker's dozen. For inspirational Fremantle Captain Peter Bell the number 13 now has a very special meaning.

In round 13, ironically against his old side the Kangaroos, Peter became only the 22nd player in the history of the game to play 100 AFL games for two clubs. The last player to achieve this unique milestone was Gavin Wanganeen in 2002. The full list represents a who's who of the AFL – see table on page 13.

Now 29 and a veteran of 11 AFL seasons, Peter's story has been told many times and his deeds on the field continue to reinforce what a champion player he has become since he began his career at Fremantle as the first player signed by the club when it entered the AFL in 1995. Peter played in the first Fremantle game in the AFL against Richmond at the MCG and holds the distinction of having scored two goals with his first two kicks in the AFL.

After a first season tally of only two games, Peter's stay at Fremantle was short-lived, moving on at the end of 1995 to North Melbourne (the Kangaroos) where he went on to play 123 games, including the 1996 and 1999 premiership sides. In an impressive career at the Kangaroos, Peter was an AFL Rising Star nominee in 1996, runner-up in the Kangaroos Best and Fairest in 1997, a member of the Kangaroos pre-season premiership side in 1998 and was the winner of the Graham Moss as best-on-ground in the State of Origin match against South Australia the same year, the team was captained by current Fremantle Assistant Coach Chris Waterman.

In his second premiership year at the Kangaroos in 1999, Peter won his first All Australian selection and played in the International Rules Series that year. In 2000 he was honoured as the Kangaroos Best and Fairest winner.

After five years with the Kangaroos, Peter returned home to where it all began at Fremantle Oval to resume his two-game career with Fremantle. The return season of 2001 would turn out to be the low point in the club's history, senior coach Damian Drum exiting mid-season and inaugural captain Ben Allan taking over for the remaining 13 games of the season that delivered the first of club's two wins for the season in round 18.

Despite the team's poor performances during that dismal year, Peter demonstrated he had returned as one of the premier players in

TWO TONS

Peter Bell leads training at Troy Park, Attadale in 1995



Picture: Getty Images

the competition, capping off a strong personal performance that year with the 2001 Doig Medal as Fremantle's Best and Fairest. He has since gone on to win the 2003 and 2004 Doig Medals, punctuated only with his second placing in the 2002 medal count. Peter earned his second All Australian selection in 2003 and is Fremantle's all time highest Brownlow medal vote gatherer with 54 votes.

Though short in stature, the inspirational captain is big in heart, courageous, hard-working and competitive. He is respected and admired by his team mates and loved by the fans, the man born in South Korea and raised in Kojonup has shown what can be achieved with a genuine love of the game, commitment and a burning desire to succeed.

The first player of the club became captain in 2002 and has gone on to lead the team for 79 games, including the club's historic first finals appearance. Passionate about the game, football remains just one part of a complex life for the captain who is a qualified lawyer, race horse owner, president of the AFL Players Association since 2003, husband and father-to-be.

Much has been written about Peter Bell the player, his on-field exploits and achievements.

When Peter arrived at the Kangaroos in 1996, he joined a team that had contested the 1995 preliminary final after finishing sixth at the end of the home and away season.

He also joined a team led by the player many say is the best ever, Wayne Carey. The King captained the Kangaroos for nine years, leading them into three grand finals with premiership victories in 1996 and 1999. A seven time All Australian, three times as captain, four time Kangaroos best and fairest winner, and five times leading goalkicker for the 'Shinboners', Wayne Carey and Peter Bell developed a strong friendship that continues to today.

But it didn't necessarily start that way as Carey recalls the new recruit was a "pretty quiet, shy sort of guy, who didn't have much to say," when he arrived at Arden Street.

"But it didn't take too long for him to come out of his shell and then we all realised what a personality Belly was," Carey said.

"He might have been shy at first but when he came out of his shell, mate he really came out.

"Then it became easy and you didn't have to encourage him much to get up and tell a few gags or to take someone off which he is very good at.

"He used to take-off Denis (Pagan) a bit, come out with all his sayings and mannerisms.

"He is a very intelligent guy, so everything that goes in stays in so he remembered all his sayings and just about everything that he ever said.

"From memory he even used to do a good John Howard take-off at times.

"Often when we had trips away and the coaches weren't on the bus, I'd grab the bus driver to see

if it was OK to get a few of the guys up to the microphone to tell a few yarns and whenever Belly got up he had the whole bus in hysterics, he was very good like that.

"I always found him to be a very funny guy, especially at social events".

But Carey recalls there was also the other side to him.

"He was quite young at the time when he got to North and he played in a couple of games at the MCG that he wasn't happy with his own performance," he said.

"We always tried to get the guys together straight after the game to have a couple of beers to make sure that everyone was together and I remember saying to the boys where's Belly?"

"They'd say that he has walked home.

"I couldn't believe it, what do you mean he's walked home? I'd ask.

"I'm not sure how far but it was probably 15 or



20 kilometres or something like that, he was that disappointed.

"He did that a couple of times, walked home from the football ground".

Carey says that this best illustrates another side to Peter Bell, one that took his football very seriously and was very competitive, always wanting to play well.

"He was pretty intense as far as that was concerned," said Carey.

"But on the lighter side he was sensational to have around the club.

"After getting to know Belly really well, I soon realised what sort of guy Belly was and realised that he would make a sensational captain.

"He probably felt a bit uncomfortable, I think it was in 96, it was his first year and he stepped straight into a grand final and I know he thought he hadn't done his apprenticeship to deserve something like that.

"That was the sort of guy he was".

"Then to play again in 99 was, I think, probably more special to Belly, not that I have ever asked him, but knowing the guy he is, I think he just felt that you had to pay your dues and do a bit of work before you get something like that.

"And I remember when he left North, I spoke to him a few times before he left and I was always of the opinion that it was up to him, he had given so much to the club.

"He's been sensational as a player and he has probably exceeded a lot of people's expectations but not those who have been close to him".

As Carey explains Peter needed no encouragement to get his hands on the microphone whenever the chance presented itself, not only to tell a few gags or take people off but also to belt out a few tunes.

So The King was put on the spot to assess the Fremantle skipper's singing talents.

"How do I rate him as a singer?" he said.

"I'm not sure I'd rate him," says Carey. "Belly and Shannon Grant both rated themselves as singers but as an entertainer, he is very good".

Denis Pagan, coach of those great Kangaroos sides of the 90s, said he believed there will always be a special bond between a coach and a premiership player and Peter was part of a special era at the Kangaroos, playing in two premierships.

"He is a wonderful role model for younger players on and off the field and he has very strong leadership qualities that have really shone through since he joined Fremantle after being with the Kangaroos".

That look in Peter Bell's eyes is a reflection of his character, a fiercely determined man.

It is that determination that parents Jo and Kevin saw in Peter at a very young age, and as Jo recalls it was the characteristic which was prominent in Peter's childhood. ➡



Two Tons



➡ “It first became evident in his pursuit of food!” Jo said.

“His brothers objected to the first name Kevin and I had chosen for him and wanted for us to go for something tough, like Peter, a name which means rock.”

“His will is as tough as his body as I was soon to find out,” says Jo.

“Like the time he was two and we were down to his last pair of clean overalls, a style of outfit he did not like!

“I decided to try some strong discipline and shut him in his room until he was happy to wear them.

“Pete’s move? He got out the window, jumped on his tricycle, rode straight into a big puddle, threw himself off the bike, and came to the back door crying that his overalls were all wet!

“And having watched this performance through the window, I found it hard to keep a stern face... Game to Peter!

“Then there was the time when he was about nine and he really *really* wanted that ‘County’ cricket bat for Christmas.

“With about two days to go, his Christmas present radar was not telling him that Santa Claus had acted on that request, so he started campaigning to go Christmas shopping in Albany, as he had some things he wanted to get for his brothers.

“Soon the trusty Combi was loaded up with the Bell mob for the 160 km trip to the big smoke.

“Pete did not walk around Albany but proceeded to bowl imaginary bouncers and belt imaginary sixes down the main street, creating a severe pedestrian hazard in the pre-Christmas crowd.

“He steered us straight to the sports store, pointed out the bat which he was sure Santa was going to bring him, then respectfully took his leave, to visit the music store next door with brother Paul.

“His enterprise was rewarded by the gratifying sighting of an elongated sports store parcel amongst the baggage on the way home.

“He had a taste for nothing but the best, which was a little inconvenient, growing up in a large family with not much money!

“As a teenager, he was determined to have a pair of ‘Nike Air Jordans’, and we could only give him a pair of ordinary sports shoes.

“So he got himself a job washing dishes at the ‘Fleece’, the roadhouse in Kojonup, until he had earned enough to buy his ‘Nikes’.

“Awful work, but they did allow him to eat the

leftover desserts, so it had its redeeming features!

“His determination to play colts footy at the age of 13, nearly cost him his career, when a big guy fell on him and fractured his tibia.

“Being Sunday in the country, there was only one doctor available, so they had me hold him down while they set the bone without an anaesthetic.

“As a vet, I knew this was not likely to be successful, so we took him to Perth where the orthopaedic surgeon put screws in the bone and a cast on his leg.

“Keeping this hyperactive young man still, let alone no footy for a whole year, was a major challenge for everyone!

“So he enlisted the services of his other favourite thing... the skate-board, which probably prolonged his healing time, but saved his sanity... and ours!

“Although he was excused from sport at school, he created a legend at Koji District High by winning the high jump with a cast on his leg and coming runner-up in the cross country on crutches!” she said.

While in year 12, Peter lived with his brothers in Mt. Pleasant and played for three footy teams – Aquinas, State Schoolboys and South Fremantle Colts. The school and his parents were concerned that he would burn out with all the footy, but little did his family realise that he was getting up at 5am and riding his bike in the dark and rain down to Fremantle for training, three mornings a week!

“His brothers showed us a sign he had stuck on his bedroom wall where his eyes would fall on it when the alarm went off”, Jo recalled. “The sign simply said ‘REMEMBER WHY! FREMANTLE 95’.

Driven by that very sign, his burning desire to be included in the first Fremantle AFL side was satisfied when Peter was taken as a pre-draft selection from South Fremantle to be the first player signed by the fledgling club.

Also joining Peter in that first year were Shane Parker and Shaun McManus, and while Peter moved on at the end of 1995, Shane and Shaun remained and the three reunited again in 2001.

It has been a reunion that has shown how Peter has developed not only as a player but as an individual.

“I greatly admire what Peter has been able to achieve as an AFL footballer, the way he goes about the profession and the person he has become,” said Parker.

“In a Kangaroos era which boasted the likes of Wayne Carey, Glen Archer, Anthony Stephens, Adam Simpson and more, he was able to win a Best and Fairest which attests to his footballing ability and his ability to carry out his role in the team.

“To be a part of that era’s leadership group is a strong endorsement of the person he is.

“Add to that two premierships, more best and

fairests and All Australian selections and it’s a highly sought after resume.

“The good news for Fremantle has been that he has been able to bring all that and improve on it”.

“He is a better player and as a leader he has gone to higher levels, but definitely not perfection,” Parker laughed. “I say that just in case Peter gets an ego from me saying it.”

“I’ll be giving Belly a list of all the things he does wrong to ensure that doesn’t occur.

“I personally believe the captaincy role at Fremantle is probably one of the most demanding, if not the most demanding roles in the AFL because of the perceptions of the club and the way we are treated.

“There isn’t a more qualified person than Peter Bell to carry out this role and I wish him the very best for many more successful games in the future.”

For Shaun McManus, the connection goes much further back than that first year.

“I remember trying out for the State School boys’ competition when we were 15 and the trials were being held at East Fremantle Oval,” Shaun recalled.

“Everyone was in their groups, I was with the East Fremantle guys, South Fremantle had their own group and Belly was pretty much sitting by himself as he had come from Aquinas.

“I remember looking at him because he was like the odd person out because he wasn’t part of a group and he had this hairstyle that made him look like a miniature Don King, the boxing promoter.

“It was a massive high hair do and we were all wondering who this bloke was!

“I didn’t play in the game that day and was sitting with a few of the guys watching this funny little cat on the field and he went out and absolutely tore the game apart.

“I’ve never seen someone dominate a game so much in my life.

“That day sticks out in my mind for his brilliant performance in the game and the classic hair do.

“We ended up playing in the State school boys and other representative teams from then on.

“I think Peter didn’t really get much of a go at Fremantle in the first year and was being played as stationary forward pocket type of player which didn’t allow him to show his skills of being able to run up and down the ground.

“So he went to the Kangaroos and became a star... which I always knew would happen because he was so good in the games that I had seen him play in since we were just 15.

“When he came back to Fremantle he played an absolutely stellar game against Hawthorn in 2001 when we were really struggling as a team.

“He had over 30 possessions, kicked a few goals and was the driving force behind our first victory for the season.



2004 Doig Medallist



"He was everything I remembered before he left and came back to the club and showed why he's a champion.

"He's a really funny bloke and always cracking jokes and I reckon if he wasn't playing footy professionally he'd be an actor or a comedian.

"He has this character he calls Nev who is like a footy groupie who is always hanging around and knows all the players names and knows what they get up to on the weekend, how they play and asking them personal questions.

"As a leader of the club he is a serious guy with a lot of knowledge and can always help you out and then on the flip side he has this comical side and is a great person to be around socially.

"He can flick the switch from the ultimate professional he displays at training and on match day, then can act like the class clown and be a fun bloke to be around as well.

"He can distinguish between the two very easily which a lot of people can't do and are either one or the other while he is the all round package," Shaun said.

Fellow inaugural Fremantle player Jason Norrish also joined up again with Peter in 2001 and recalls how he "witnessed an amazing transformation from a bloke who was quiet and unassuming in his first year at Fremantle in 1995, to a Captain of the Club, multiple Doig Medal winner and All Australian."

"You have to respect a player who has forged a successful career after being told at the end of his first year at Fremantle that he was to be delisted and 'the best you are going to be is a solid WAFL player'.

"Belly has become one of the most admired players in the AFL who leads from the front both on and off the field.

"The position of President of the AFLPA is testament to the high regard in which he is held in the football community Australia wide.

"He is a selfless person who will always put others in front of himself, someone who through sheer determination has succeeded and someone for whom you could never begrudge their success.

"Outside of the football arena Belly has also been the recipient of a Law Degree and is the most nervous racehorse owner I've ever seen.

A fellow 100 game Fremantle player, Norrish congratulated Belly on his 100 games and welcomed him into the ever expanding 100 club.

The final word on Fremantle's inspirational captain was left to current coach Chris Connolly.

"Peter Bell is an outstanding leader," Connolly says. "I think it's about leading from the front on the ground and the consistency of his performances has been outstanding."

"Probably the thing that will be etched in everyone's memory is the severe pain he played through during the second half of last year.

"The people at the club who knew the severity of the injury were gob-smacked at his ability to cope with the enormous pain and still contribute to the team".

Connolly has seen Peter's leadership reach another level in 2005.

"We have set up a strong leadership group who have a say in how the team is functioning and there are a lot of things that they deal with and Peter has been the real key in that process," he said.

"We need a Captain who sets an example in the way he prepares himself to play and then plays when it counts most and they're perhaps his most endearing qualities.

"To think that he was a player who was delisted and all the hurdles he has had to overcome to be the player he is has been an unbelievable effort.

"He puts his body on the line every week, works hard at his game all the time and just wants to win.

"He has a great feel for the game, doesn't underestimate his responsibilities and really cares about the Fremantle Football Club and I think gets upset when it gets painted in a poor light.

"He can be very serious but you often see his very good sense of humour, the players tell me he can be the life of the party, and that's what makes Peter a good leader.

"I think you need balance in life and particularly in the pressure environment of the AFL, and Peter has achieved that balance.

"He is an outstanding Australian, an outstanding Western Australian, an outstanding footballer and hopefully he can be one of the leaders of a successful era at Fremantle," said Connolly.📺

100 AFL games for two clubs

Bernie Quinlan	366 games	(177 Western Bulldogs, 189 Fitzroy)
John Blakey	354 games	(135 Fitzroy, 219 Kangaroos)
David Cloke	333 games	(219 Richmond, 114 Collingwood)
Gary Dempsey	329 games	(207 Western Bulldogs, 122 Kangaroos)
Barry Round	328 games	(135 Western Bulldogs, 193 Sydney)
Paul Salmon	318 games	(218 Essendon, 100 Hawthorn)
Roger Merrett	313 games	(149 Essendon, 164 Brisbane)
Alastair Lynch	306 games	(120 Fitzroy, 186 Brisbane)
Russell Greene	304 games	(120 St Kilda, 184 Hawthorn)
Gavin Wanganeen	285 games	(127 Essendon, 158 Port Adelaide)
Greg Williams	250 games	(34 Geelong, 107 Sydney, 109 Carlton)
Robert Scott	245 games	(132 Geelong, 113 Kangaroos)
Paul Hudson	245 games	(134 Hawthorn, 107 Western Bulldogs, 4 Richmond)
Stephen Paxman	240 games	(102 Fitzroy, 138 Port Adelaide)
Dean Rice	234 games	(116 St Kilda, 118 Carlton)
Anthony Daniher	233 games	(115 Sydney, 118 Essendon)
Darren Jarman	230 games	(109 Hawthorn, 121 Adelaide)
Ian Hampshire	224 games	(113 Geelong, 111 Western Bulldogs)
Tony McGuinness	222 games	(109 Western Bulldogs, 113 Adelaide)
Tim Pekin	219 games	(107 Fitzroy, 112 St Kilda)
Earl Spalding	211 games	(109 Melbourne, 102 Carlton)

10 THINGS YOU DIDN'T KNOW ABOUT PETER BELL

Asked to provide an insight into their former team mate at the Kangaroos, Adam Simpson, Glenn Archer and Shannon Grant decided that while there was so much to say about their good friend, it is probably better to give Fremantle fans an insight to the man that is Peter Bell by outlining the ten things that are not widely known him:

- 10 He has to shave at least three times a day.
- 9 He is Mexican not South Korean.
- 8 He regularly goes to the solarium.
- 7 He can fit a standard-size tennis ball in his mouth.
- 6 He has cankles (refer to the movie Shallow Hal).
- 5 He can clear a room quicker than a fire alarm when he sings karaoke.
- 4 He has been seen at the races in a white suit, white bowler hat, white driving gloves and a cane.
- 3 He once threw out a brand new pair of Fila sports shoes because he stepped in dog poo before he got out his front gate.
- 2 He got his Law Degree from Footscray TAFE.
- 1 He spent the night of the 1996 Grand Final with his girlfriend, now wife, instead of celebrating with the boys.



CENTURIONS

Fremantle has steadily built much needed experience in its line-up and this season has a record number of players with more than 100 games under their belt. Des Headland is the latest addition to the Centurions Club.

DES HEADLAND

Debut: Rd 13, 1999 – Brisbane v Sydney at the SCG

Memory of first game: I remember the atmosphere and the buzz of the crowd & kicking a goal with my first kick but the celebration was probably even more memorable and for all the wrong reasons. My team mate Jarrad Molloy ran over to congratulate me but he was going too fast and just crashed into me and winded me for a few minutes.

First opponent: Brad Seymour from Sydney

Highlight from first 100 games: 2002 Premiership with Brisbane

DES HEADLAND'S journey to 100 AFL games officially began in round 13, 1999 but he looks further back to the wide open expanses of the small West Australian country town of Merriden. He was just five when he picked up the Sherrin and since that day it's has been, in his own words, "footy, footy, footy."

You can hardly blame him for falling in love with the game, his Dad, uncles and brothers all played in the country leagues and were more than handy with the ball.

"I can remember as a kid that every weekend Dad used to play on the Saturday and I would play on Sunday. Throughout the winter both days on the weekend were full of football and I loved it," Des said with a smile while recounting his childhood.

He would spend seven happy years in Merriden before heading to the city to play juniors for Karrinyup. So eye catching were his football feats even back then that one current member of Fremantle's administration staff can still recall Des single-handedly carving up her brothers team with energy to burn.

A move back to the country during the summer didn't dampen his enthusiasm and by the following winter he was in Perth again playing for Scarborough then Lockridge High School while also starring for WA's State under 16's and 18's teams.

As the 1998 AFL National Draft approached all eyes were on this WA prodigy and Brisbane snapped him up with the first selection.

"I was really excited that I was drafted and reached one of my goals towards playing AFL footy. Being taken number one was a real honour but then you have the other emotions of leaving your family and going to the other side of the country.

"It was the furthest away you could get but I had good time at Brisbane and enjoyed myself," said Des.

He joined a team that may have finished last that year but was on the cusp of building a modern day dynasty. Learning the ropes from the likes of Nigel Lappin, Michael Voss and Jason Akermanis is something he'll always be grateful for.

"It was fantastic to learn from them and see how hard they worked to become great players. They were a great bunch of blokes and it was a privilege just to get to know them and also play alongside them."

Injury prevented his debut with the Lions until the second half of the 1999 season and limited his time on the field to just 12 games in two years. A solid 2001 season saw Des play 20 regular season games but didn't feature in the Lions finals campaign and missed their first Premiership. It was a bitter

pill to swallow but admits it gave him the resolve to work even harder.

"When I missed out in 2001 it motivated me to train harder and I think it was the hardest I have ever trained in my life. I didn't come home to Perth at all for more than a year. I stayed in Brisbane for Christmas and trained over the break with Craig Starcevich, Michael Voss and Jason Akermanis.

"It was an intense training regime and I remember on Christmas Eve we were running and did ten 200 meter sprints in 37 degree heat. We ran out of water and we were all dying of thirst but that's just one example of how hard those guys worked and to be with them really helped me realise the effort required to play top level football," he said.

"The 2002 Premiership with the Lions was the greatest football experience I have had in my 100 games because it's what every footballer wants to achieve. It was a privilege to play in a grand final because the year before I had missed out and was really disappointed but a year later I realised that dream."

It wasn't just on the field that things were changing rapidly for Des, when as a 20 year old he welcomed the birth of his first child with partner Chantelle.

"We had Madison in my last year with Brisbane and it was a terrific experience. We lived very close to the Gabba so I used to go to training and then come home and be a Dad and give Chantelle a break."

"I had to mature quickly and when all the other boys were going out and I'd come home to be with Chantelle and the baby. I think having kids at a young age has helped me to settle down and made me more focused on doing the right things on and off the football field," he said.

Returning to Perth to play for Fremantle was the next chapter in his busy life and the lessons learnt at the Lions weren't forgotten.

"Since I joined Fremantle there have been set backs in my pre-season preparation which is disappointing but when you're right you have to train as hard as you can.

"It was a different style of footy and hard at the beginning to try and change my game. I think it can take a couple of years to get a really good handle on a new approach to your game and I thought at the start of this year I was starting to find the groove and really hit the ground running."

"Unfortunately injuries have reared their head again but it's looking good for the second half of the season. I can't wait to get back on the field and make the rest of this year a good one for me and more importantly the team."

When he arrived at Fremantle for the 2003 season there were just six players at the club



Picture: Getty Images

with more than 100 games experience. In the two seasons since that number has more than doubled.

While he admits there have been growing pains at the club, it's something Des believes has made Fremantle a closer unit.

"When I arrived here there were so many young players including me. Over the past few years it has been great to grow with the boys and we have a really stable and committed group now while also being able to add experience in the form of Josh Carr, Jarrad Schofield and Heath Black which is terrific.

At 24 he's still a young man but speaks with clarity and conviction, "the season so far hasn't been up to the standards we have set ourselves but when we click, which I don't think is far off, you'll have to watch out because this team can do big things."

And expect Des to be around for that, the dangerous forward has set his sights on playing for at least another eight years at the top level and is determined to add a Premiership with Fremantle to his collection sooner rather than later.

Meanwhile his other passion in life, his family, couldn't be better. Two years ago Mason was welcomed to the clan and with Des charging towards 100 club games for Fremantle, a future father/son draft selection is in the offing.

And while there are sure to be good and bad days at the office to come, this devoted Dad has the perfect remedy.

"You get home and the kids put a smile on your face and when they say 'I love you Daddy' and give you a kiss and cuddle nothing else matters." ☺

Mason and Madison Headland



Experience is crucial to success in the AFL. At the height of Brisbane's Premiership run the Lions boasted an average of 131 games with 18 of their squad having played more than 100 games and six with more than 200. Currently Fremantle has 14 players with more than 100 games experience and will soon see Jarrad Schofield, Jeff Farmer and Shane Parker join Captain Peter Bell in the 200 club. Here's a quick look back at where it all began for Fremantle's other Centurions.

PETER BELL

Debut: Rd 1, 1995 – Fremantle v Richmond at the MCG

Memory of first game: Playing in Fremantle's first ever game in the AFL.

First opponent: Mark Merenda

Highlight from first 100 games: My 100th game was the 1999 Premiership I won while at the Kangaroos so that was pretty special.

HEATH BLACK

Debut: Rd 4, 1997 – Fremantle v Richmond at Optus Oval

Memory of first game: I was extremely exhausted and felt like I had been bashed by the entire Richmond team.

First opponent: Chris Bond (who later Captained Fremantle).

Highlight from first 100 games: All of them really because it took me a while to notch that milestone and I'm really happy to be a 100 game player.

JOSH CARR

Debut: Rd 8, 2000 – Port Adelaide v Melbourne at Football Park (AAMI Stadium)

Memory of first game: I remember I had the first touch of the game.

First opponent: Adem Yze.

Highlight from first 100 games: The premiership came in my 105th game so I guess I'd say my debut and the first final I played against Brisbane in 2001 was good also.

MATTHEW CARR

Debut: Rd 4, 1999 – St Kilda v Western Bulldogs at Waverley Park

Memory of first game: It was a really close game and we got up to win by four points

First opponent: Nathan Brown

Highlight from first 100 games: I was happy to play 100 games of AFL and enjoyed each game

TROY COOK

Debut: Rd 3, 1997 – Sydney v Melbourne at the SCG

Memory of first game: I kicked a goal to seal the win for Sydney which was a great feeling.

First opponent: Todd Viney.

Highlight from first 100 games: Playing my first game for Sydney and then playing against them in my 100th game after joining Fremantle.



Picture: Getty Images

JEFF FARMER

Debut: Rd 1, 1995 – Melbourne v Geelong at Kardinya Park (Skilled Stadium)

Memory of first game: To realise my dream of playing AFL was very special and I kicked a goal with my first kick. Also the opportunity to shake hands with Gary Ablett after the game was awesome.

First opponent: Brad Scholl

Highlight from first 100 games: I can't pin point just one thing. It has been a privilege to play each game in front of a big crowd on the big stage and they're all very special moments.

PAUL HASLEBY

Debut: Rd 1, 2000 – Fremantle v Geelong at Subiaco Oval

Memory of first game: The great atmosphere at Subiaco Oval and picking up 30 touches for the game.

First opponent: Garry Hocking

Highlight from first 100 games: Playing in Fremantle's first final in 2003.

JUSTIN LONGMUIR

Debut: Rd 22, 1999 – Fremantle v Geelong at Skilled Stadium

Memory of first game: My first kick went out on the full, it's probably a more elite group than the guys that kicked a goal with their first kick (he laughed).

First opponent: Ben Graham.

Highlight from first 100 games: First final with Fremantle in 2003.



Picture: Getty Images

SHAUN MCMANUS

Debut: Rd 5, 1995 – Fremantle v Footscray at Western Oval

Memory of first game: I ran through the interchange and a Footscray player kicked a ball out of bounds right where I was standing so I got my first kick from the umpires. I also remember my second kick which was a goal.

First opponent: Scott West

Highlight from first 100 games: Playing for Fremantle in the first season was a highlight in itself because we were part of history.

JARRAD SCHOFIELD

Debut: Rd 11, 1993 – West Coast v Sydney at the SCG

Memory of first game: I kicked two points with my first couple of kicks and ended up finishing the game with three points.

First opponent: I can't actually remember.

Highlight from first 100 games: I remember playing a final in front of 90,000 people at the MCG with West Coast but we got thumped by Essendon which put a dampener on the day.



Picture: Getty Images

SHANE PARKER

Debut: Rd 3, 1995 – Fremantle v Fitzroy at Western Oval

Memory of first game: Winning my first game playing for the club was very enjoyable.

First opponent: I can't remember exactly but I can recall guys like Steven Stretch playing for Fitzroy who I thought were pretty good.

Highlight from first 100 games: It seems like a long time ago now I can't think of one right off the top of my head.



Picture: Amaliese Fraik

MATTHEW PAVLICH

Debut: Rd 5, 2000 – Fremantle v Melbourne at the WACA

Memory of first game: Kicking two goals from my first two kicks.

First opponent: Alistair Nicholson & David Neitz.

Highlight from first 100 games: I'd say three things, my debut game, winning the 2002 Doig Medal and playing in Fremantle's first final in 2003.

JAMES WALKER

Debut: Rd 19, 1998 – Fremantle v Essendon at Subiaco Oval

Memory of first game: I kicked a goal which was pretty exciting because I was pretty nervous before the game.

First opponent: Mark Fraser (who is now an umpire)

Highlight from first 100 games: Being drafted was a big thrill and also playing in Fremantle's first final.



Picture: Getty Images

Lending A Hand

Alzheimer's Australia WA Ltd and the Cerebral Palsy Association WA were selected as the club's two aligned charities in season 2005.

THE PARTNERSHIP with Alzheimer's Australia WA Ltd was launched on 24 March at the Alzheimer's Day Centre in Shenton Park. Players Justin Longmuir and Paul Hasleby are the club's Ambassadors for the Association and for Justin he was very much looking forward to the opportunity to help such a worthwhile cause.

"Paul and I are really pleased that we are in a position to help raise awareness of Alzheimer's and in particular dementia," he said.

"It's fantastic that the football club has identified a charity that really needs assistance to raise their profile so we can help to educate the community.

"It's really quite frightening when you see the figures of the number of people with dementia and the predictions for the years ahead."

Two of the ladies at the launch succumbed to Paul Hasleby's charm when he sat himself between them for a quiet chat on an outdoor swing, one taking the opportunity to steal a kiss with no complaints from Paul who thoroughly enjoyed the attention.

Alzheimer's Australia WA CEO Frank Schaper said at the launch: "We are thrilled to be involved in such a wonderful partnership with Fremantle Football Club."

"Dementia is a major health issue in Australia that affects not only the person who receives a diagnosis, but every member of that person's family, young or old.

"We look forward to working together to promote greater awareness and a range of positive initiatives for the WA community."

The partnership with the Cerebral Palsy Association WA was launched on 6 May firstly at the Swanbourne Primary School and then at the Association's headquarters at the Sir David Brand Centre in Coolbinia.

Ambassadors Troy Cook and Jeff Farmer were thrilled to become associated with Cerebral Palsy and at the launch had the opportunity to meet with Swanbourne Primary School students Conrad Morris and Ewen Robinson who were ecstatic to meet their Fremantle heroes and pose for photos and have a kick to kick.

At the Sir David Brand Centre, Jeff and Troy met three year old Lennard and two year old Luke, who despite having Cerebral Palsy enjoy sport and are mad Fremantle supporters. Luke did not hesitate to immediately challenge the Wiz to have a go on the slides while Lennard was eager to show his favourite player Troy Cook he had been practising his tackling skills.

The establishment of the partnership aims to promote understanding and awareness of Cerebral Palsy and increase the profile of the Association.

Cerebral Palsy Association of Western Australia General Manager of Corporate Development, Anita Ghose said the Association was extremely grateful for the support of the Fremantle Football Club. "This is a great opportunity to make a difference to the lives of people with Cerebral Palsy in Western Australia and the communities within which they live," she said.

Jeff Farmer and Troy Cook were special guests when the Cerebral Palsy Association held their annual Sponsor/Supporter thank you breakfast at the Burswood-On-Swan function centre. Chief Executive Officer Cameron Schwab and the Minister for Disability Services and Sport and Recreation, the Honourable Mr Bob Kucera were guest speakers. Both spoke of the remarkable impact West Australia sports people can have on others and Mr Kucera commended the Fremantle Football Club for taking on a pro-active role with the Cerebral Palsy Association.👍



Nation's Biggest Health Problem Emerges

IT HAS RECENTLY been estimated that nearly 52,000 people will be diagnosed with dementia by the end of this year in Australia – 1000 people every week. Dementia is set to become the nation's biggest health problem as the number of cases is set to exceed 730,000 by the year 2050.

The disease currently affects one in four Australians aged over 85 and is expected to become the number one cause of disability in Australia ahead of depression and other chronic illnesses by 2016.

Dementia is used to describe the symptoms of a group of illnesses which causes a progressive decline in a person's mental function. These symptoms include the loss of memory, intellect, rationality, social skills and normal emotional reactions.

Alzheimer's disease is the most common form of dementia and accounts for up to 70 percent of all cases. It is a degenerative disease that begins with symptoms such as memory loss and vagueness before progressing to brain deterioration, behavioural changes and eventually death.

Although dementia is most commonly caused by Alzheimer's disease, it can also be caused by a range of other diseases including Parkinson's disease, Vascular Dementia (multiple strokes), Pick's disease and AIDS.

The chilling fact about Alzheimer's disease and dementia is that it can happen to anyone and although it is more common after the age of 65, there have been cases where people in their 30s, 40s and 50s, diagnosed with younger onset of dementia.



There is currently no cure for Alzheimer's disease.

In Australia, dementia currently costs around \$6.6 billion, making it the most expensive mental health item in Australia. Researchers also expect the cost to double by mid-century and place a severe strain on our economy if there is a lack of investment in dementia research, care and awareness.

Resources are also needed to provide dementia specific services and quality care to people with dementia while funds are needed to raise the profile of the disease in the community especially in regional WA.

For more information, visit the Alzheimer's Association website at www.alzheimers.asn.au.



CP FOCUS

FROM ITS HUMBLE beginnings, when a group of dedicated parents joined together to support each other and strive to find specialised services, the Cerebral Palsy Association of Western Australia (formerly the Spastic Welfare Association of WA) finds itself more than 50 years later as a leader in the provision of services and support for children and adults with cerebral palsy and their families.

The Association provides high quality unique services and the development of resources to ensure that people with cerebral palsy are enabled to participate in community life as valued citizens.

Cerebral Palsy is a permanent physical condition that affects movement – it is not a disease nor is it hereditary and it is certainly not contagious! It can be as mild as just a weakness in one hand, ranging to almost complete lack of movement. In most instances the cause of cerebral palsy is unknown and severity is on the increase. There is no pre-birth test for cerebral palsy and there is no known cure.

In Australia it is estimated that a child is born every 18 hours with cerebral palsy. This year the Cerebral Palsy Association of Western Australia will provide services and support to more than 900 children and adults with cerebral palsy, throughout the state. These services include therapy, respite, accommodation, employment, alternatives to employment and recreation.

The Cerebral Palsy Association of Western Australia is reliant on the support of the community to continue to meet the service and equipment needs of our clients.

This year the Cerebral Palsy Association of Western Australia looks forward to an exciting charity partnership with the Fremantle Football Club. This premiership partnership will provide an opportunity for the Club to make a difference to the lives of people with cerebral palsy and the communities within which they live. The vision for people with cerebral palsy is to actively participate in their own lives. This physical activity focus fits well with the Fremantle Football Club's vision.

Cerebral Palsy Association of Western Australia Physiotherapist Scott Phillips said that getting involved in physical activity was important for health and well-being and building social skills and confidence. "For children with cerebral palsy, being part of a sport and 'having a go' can present some challenges but with the support of their family, their therapists and the community they can become much more involved," he said.

There is no doubt that Fremantle players and charity ambassadors Jeff Farmer and Troy Cook will be wonderful role models for the Association and help provide that little bit of extra motivation for children with cerebral palsy to 'have a go' with their peers. ☺

Helping the Salvos



PREMIER SPONSOR ALINTA, together with Fremantle Football Club, again gave a helping hand to the Salvation Army by raising funds at the Alinta Salvation Army Red Shield Appeal game, the round 7 clash game against Collingwood on 8 May. Alinta employees once more volunteered their time on game day armed with collection tins outside the ground and Fremantle members and supporters continued to demonstrate their support for the wonderful work of the Salvos donating \$10,018.35 on the day, beating last year's effort by over \$2,600. The Salvation Army relies on the support of the community to care for the homeless and disadvantaged providing meals, beds, shelter, clothing, counselling and food vouchers among many other essential services. Thanks to the support of Premier Sponsor Alinta and the generosity of members and supporters, the Salvos 2005 Red Shield Appeal got off to a flying start.



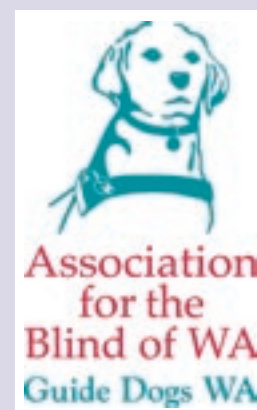
RED SHIELD APPEAL

Dog of a Game

PATERSONS, The Australian Stockbroker and the club unite again to raise funds for the Association of the Blind WA in the 2005 Patersons Guide Dogs Game when the Western Bulldogs venture to Subiaco Oval in round 15.

Each guide dog puppy requires training for approximately 18 months at a cost of \$20,000 per puppy. Guide Dogs are provided free to people who are blind or visually impaired, and the Association relies on the generosity of the community to be able to provide this much-needed service.

Fremantle players James Walker, Matthew Pavlich and Josh Carr are Ambassadors for this year's Patersons Guide Dogs Game and are encouraging all Fremantle members and supporters to donate generously when they see a Guide Dogs or Patersons volunteer collecting outside Subiaco Oval on Sunday 10 July.



The Team Guiding The Team

The very public face of any AFL team is the Senior Coach and while Chris Connolly is Fremantle's public face, there is a hard working team that work closely with him.

Each member of Fremantle's coaching team is responsible for a key area of Fremantle's preparation and performance and put in countless hours ensuring the players are ready for the task ahead. From analysing the opposition and developing game plans to skill development and fitness work there are many boxes that must be ticked to ensure a winning team on the field.

Chris Waterman – Assistant Coach, Defence

From the Senior Coach:

"Chris Waterman had great experience at West Coast in defence and we have a lot of young developing defenders and I think he has enjoyed the challenges of coaching them."

Chris had a distinguished career as a player in the AFL which culminated in two premierships (1992, 1994) with West Coast. Chris played 61 games for WAFL club East Fremantle before being drafted as a 19 year old by West Coast in 1988. In 11 years with the Eagles he played 177 games including 22 finals and represented Western Australia five times, captaining the State of Origin side in 1998. He was an Assistant Coach at West Coast for one season before joining Fremantle in 2001. His coaching ability was recognised and rewarded by the West Australian Football Commission who selected him as coach of the WA State team in 2004 and again in 2005.



Kelly O'Donnell – Assistant Coach, Forwards

From the Senior Coach:

"Kelly coaches our forwards as individuals and as a team including skill development. He has quite a mixture up there, a lot of characters and he has done well this season."



An Assistant Coach at Fremantle since 2001, Kelly

joined the club after a successful career as coach of the Murray Bushrangers in the elite Victorian under 18's competition. During his eight years at the club (1993-2000) he guided the side to the finals six times, winning the TAC premiership in 1998. Kelly played 80 games (1979-1984) for the Melbourne Football Club before embarking on a career in coaching. His renowned nous at getting the best out of young players has served him well at Fremantle.

Steve Malaxos – Assistant Coach, Midfield

From the Senior Coach:

"With several new players coming into our midfield this year Steve has probably had the biggest challenge in terms of getting the chemistry right in a crucial area of the ground."



Steve Malaxos is synonymous with football excellence in Western Australia. He started his playing career as a forward with Claremont in 1979 and won the Sandover Medal in 1984, as the fairest and best

player in the WAFL. In that year he was also named WA Sports Star of the year. He was an inaugural member of the West Coast Eagles and was their first Club Champion in 1987. He was appointed captain of West Coast in 1990. He started coaching in Sydney with the Swans Reserves team in 1999 and 2000 and was Assistant Coach with the Sydney Swans from mid-1999 to the end of the 2003 season. He gained finals experience in three of his five years at Sydney before returning to WA in 2004 to take up an Assistant Coaching role with Fremantle.

Michael Broadbridge – Assistant Coach, Player Development and Opposition Strategy

From the Senior Coach:

"With many years of experience at Collingwood during a very successful time at the club he has brought a lot of new ideas and a fresh approach to a lot of the other things we are doing around here."



An All Australian under 17's player, Michael played a total of 144 games in the WAFL with East Fremantle and Swan Districts before making a successful transition into coaching. He guided the WA under 18-side to a National Championship and two runners-up places. His success in the development of young footballers was recognised when he was named the National under-18 coach in 1999. After spending five years as an Assistant Coach under Mick Malthouse at Collingwood, Michael has returned home to join Fremantle's coaching staff at the end of the 2004 season.📍



Simon Eastaugh – Ruck Development and Rehabilitation Skills Coach

From the Senior Coach:

"We were mindful that we needed a spread of ages on our coaching panel because some players relate to different ages in different ways so Simon's fresh out of the game and has a strong relationship with many of our players."

It wasn't that long ago that Simon Eastaugh was pulling on a Fremantle guernsey, retiring in 2002 the former ruckman has traded his boots for a clipboard as part of Fremantle's coaching staff. But it's not all meetings and planning for the energetic Eastaugh who still takes an active role in the club's training sessions as ruck coach.

On the track he's still as hard and is often seen wearing the red marking bag and offering himself

as a step ladder for marking practice. His competitive streak is still well and truly alive, in fact Fremantle ruckman Aaron Sandilands says despite battling the likes of Peter Everitt and Dean Cox his toughest opponent is Eastaugh.

"I co-ordinate the rehabilitation and ruck coaching however the role has evolved in the two and a half seasons I've been doing it to the point now where it also includes rehab skills development in conjunction with club biomechanist Kevin Ball," said Eastaugh.

"We make sure players doing their rehabilitation can join the main squad with the right amount of skill work behind them after being out for a period of time."

The likable big man spent 13 years playing his trade as a player after being drafted as a 16 year old by Richmond in 1989. A long run of injuries restricted his opportunities at the Tigers and he moved to South Australia to continue his career where he played 50 games for Norwood in the SANFL in 1996 and 1997, including a Premiership in his final year.

His dream of returning to the AFL was realised when drafted by Essendon where he played 17 games before heading west to be a part of Fremantle's ruck brigade in 2001 and 2002.

At 32 he is the club's youngest coach and says being fresh out the game has served him well, particularly in his ability to communicate with the players. More than half of the club's current squad are former team mates of Eastaugh.

"You understand what a lot of the players go through in terms of not being selected or being able to understand what Chris is saying to them and where they stand."

"There are still a lot of players on the list that are former team mates and they probably feel they can talk to me more easily at times. I think that is an advantage for the coaching

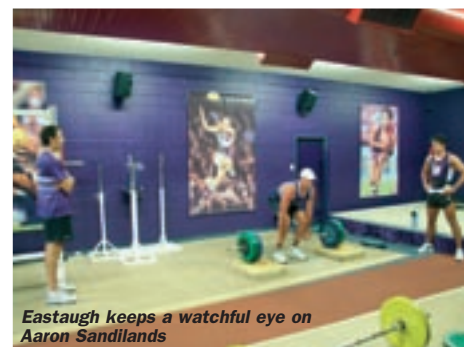
group and the playing squad, I can give them an ear to chat to when they need it," he said.

Game days now see him in the heat of the coaches' box where he evaluates Fremantle's clearances including all boundary throw-ins, ball ups and centre bounces.

"My job is to analyse what is happening around the clearances and where we are falling down or where our strengths are."

The skill and rehabilitation part of his role is well served by a life long passion for fitness. While in Adelaide he owned and ran a gym before branching out into corporate training, concentrating on injury prevention and treatment. During pre-season training, Eastaugh works closely with Strength and Conditioning Coach Ben Tarbox assisting in the strength work and weights programs for the players.

"It's a very diverse role but I think that is important. Chris (Connolly) has been a big influence in that area and insisted that I have a variety of roles and that's why I thoroughly enjoy this job. I'm involved with players in different facets of their game whether it's the football side of their game or strength and conditioning or skill



Eastaugh keeps a watchful eye on Aaron Sandilands

development while they're injured," Eastaugh said.

"It's one of those fantastic roles where you never get bored because there is always something happening."

And on the matter of winning and losing now that he's moved from player to coach?

"It's a little bit different when you're coaching. You actually feel both highs and lows harder than when you're a player I think because you know how much planning and homework we do going into games. When it really works well it's fantastic and there is no better feeling and it's a different emotion altogether than playing. When you have your losses you're really super disappointed because you put equal amount of work into those games as you do the wins and for it not to have worked as we would have liked is really disappointing.

"I'm worse now after a loss than when I was playing... my wife Alex says that anyway," he laughs.

Kevin Ball – Skills Coach and Biomechanist

From the Senior Coach: "I think accuracy is the most important skill a player can have. We have seen the game evolve into a possession game and you will always have players on the list that need to develop that to an acceptable level. Kevin teaches kicking, tackling and individual skills and we're confident that our players are improving in those areas."

They say it's not the number of possessions you get but what they do with them that'll hurt the opposition the most, so its little wonder clubs are investing so much time in teaching players the best way to use the ball and have opened the doors to 'biomechanics'.

It was in the realms of the AFL tribunal that the term 'biomechanist' first snuck into common football vocabulary. These human movement experts were brought in to help prove a bump was unavoidable or it was physically impossible for an arm to swing any other way but Senior Coach Chris Connolly saw the potential for more.

Fremantle is at the forefront of skill development in the AFL and is just one of two teams that have a biomechanist on staff (several others use consultants). Kevin Ball joined Fremantle's coaching team in 2003, the second year of Chris Connolly's tenure at Fremantle, after working together at Hawthorn.

"I remember Chris wanted me to come down to the Hawks and give a lecture. I had everything organised and when I got there he said let's go and get a coffee and we had a chat over lunch for an hour and at the end of it he said that was a job interview, 'are you keen to do some work with the Hawks?'"

"Chris has a really good scientific brain and he saw that as an area where the club could get an edge," Ball said.

After gaining a degree in Applied Science at Wollongong University he worked at the Australian Institute of Sport for seven years before moving to Melbourne to complete his Masters at Victoria University and is currently completing a PhD. With significant experience in a variety of Olympic sports the chance to utilise his skills in the AFL was an opportunity too good to pass up.

"Specifically I work on kicking and tackling. I co-ordinate the guys kicking programs and also now have more to do with their individual skills across the board."

"Chris has always said that kicking is one of the toughest sporting skills to master and he's right. Firstly you have the ball drop onto the foot which is a fine motor skill then you have a gross motor skill where you swing your leg through and there is no other sport that has really got that," Ball said.

"Serving in tennis also uses both motor skills but it's a round ball and if the toss isn't right you can catch it and do it again but in footy you can't.

"The orientation of the ball is difficult in football and you're performing these skills on a big ground which means you're under more fatigue than most sports and also under the threat of being tackled or bumped by an opposition player."

Tackling has also been a main focus

for Ball during his time at the club and is modest in his assessment of Fremantle major improvement in that area of the game.

"Brisbane brought in an idea that Chris wanted to implement called 'crash tackles' where you take guys to ground. What I set about doing was working hard on technique, a lot of guys will say tackling is about confidence but what I've found it that if you've got good technique then you do have confidence."

"When Josh Carr and Heath Black came into the group this season their technique was quite different so I worked with them to adjust that to get lower and closer to the body and they have been outstanding in their improvement. The style we emphasise is also beneficial for injury prevention because there's not as much arm tackling and you use your shoulder to get closer to the player and therefore reduce shoulder injuries and the like."

Across the board Fremantle has seen an increase in their skill effectiveness but Ball believes there is still much to learn and we're only just starting to see the benefits of the hard work from the players.

"My aim is that you get the technique right and you adapt that into training and then into games and transfer all the way through.

"It takes a few years to develop and you can start to see that now. You can get some very good short term results but the longer the changes take the more stable they are so you find that quick changes come back down quickly as well so it's a matter of patience and practise."

Ben Tarbox – Strength and Conditioning coach

From the Senior Coach: "Ben comes from the WA Institute of Sport and is getting his head around the fitness demands of AFL football but certainly brings outstanding knowledge to our club and plays an important role at Fremantle."

After eleven successful years at the West Australian Institute of Sport (WAIS) the opportunity to develop and co-ordinate a fitness programme for professional athletes was too good to pass up for Ben Tarbox.

"It is challenging and a big learning curve for me coming into football particularly with the demands that playing combined with the travel every second week places on the players," he said.

As head of the strength and conditioning programme at WAIS he prepared some of Australia's best athletes during four Olympic campaigns and has brought that knowledge to Fremantle.

"It has been absolutely fantastic so far, coming from amateur sport to professional sport and an organisation like Fremantle that is so dynamic has been so much fun.

"I really like working at the footy club and think it has a really good feel about it. We had a good feel and nice culture at WAIS and I was thinking it would be difficult to replicate that but it's at least on a par, if not better here, because there is so much diversity across the organisation."



Ball offers advice to Byron Schammer after a lift

As the club's Strength and Conditioning coach, Tarbox oversees the weights and fitness programs for every player and individualises these for optimum effect. He says players that have been in the AFL system for sometime mostly require a steady maintenance of their fitness levels while the younger boys are given programs to build body mass and strength.

It's a tough ask to accommodate 44 different body shapes, sizes and stages of development. While key position player Graham Polak was adding eight kilograms to his frame during the pre-season Peter Bell's programme had to accommodate rehabilitation from off-season surgery. To ensure the best results are achieved in a timely manner there is a strong union between several of the club's key fitness staff including Tarbox and physiotherapist Jeff Boyle.

"There is such a wide range of things that happen in a two hour period during a game, the demands on these guys are phenomenal. That is one of the most challenging things, getting these guys fit enough to play the game but not doing too much so they're fatigued going into the game.

"The actual physiological demands of games and the effort they have to put in is far greater than I expected it to be. For example Matthew Pavlich runs 14 kilometres a game and it's at pace with contact and the need for accurate skill execution," he said.

"These guys run further than a city to surf every week with contact. Most average people who run the city to surf need a couple of weeks to recover whereas these guys are doing it every week at pace while bumping into each other.

"Each week I get to know them a little bit better so you're better able to identify their needs, modify their programs to suit them both physically and also mentally. I try and get a feel for what motivates them because I have found that it is just as important as figuring out what they need physiologically."

After helping our Olympians bring back gold Tarbox has lofty goals during his time at Fremantle.

"When I joined the club I thought I want to be here for at least four years and in that time I want to help Fremantle win a Premiership," he said with a steely resolve. ▣



Peter and Rufus Bell

Brett and
Tayla Peake

To prove the old myth that a dog is a man's best friend author Craig McGill and designer Susan Elliott have developed a special portrait book of AFL players and their much loved dogs.

Man's Be

'FOOTY DOGS' praises the contribution the pets make to keeping our elite athletes at the top, as many of the game's greatest players have had an unsung hero, that helped them achieve their dreams.

These are the pals that perhaps keep them fit in the off-season and in-season, they are the ones who provide unconditional love, win or lose.

Whether its Rufus or Rover, Craig McGill decided it was time that woofy got the recognition he or she truly deserves.

'Footy Dogs' is dedicated to Melbourne player Troy Broadbridge, who was tragically killed in the Boxing Day tsunami last year. Troy was the first AFL player to have his photo taken for the book only days before he and wife Trisha, left for their honeymoon in Thailand.

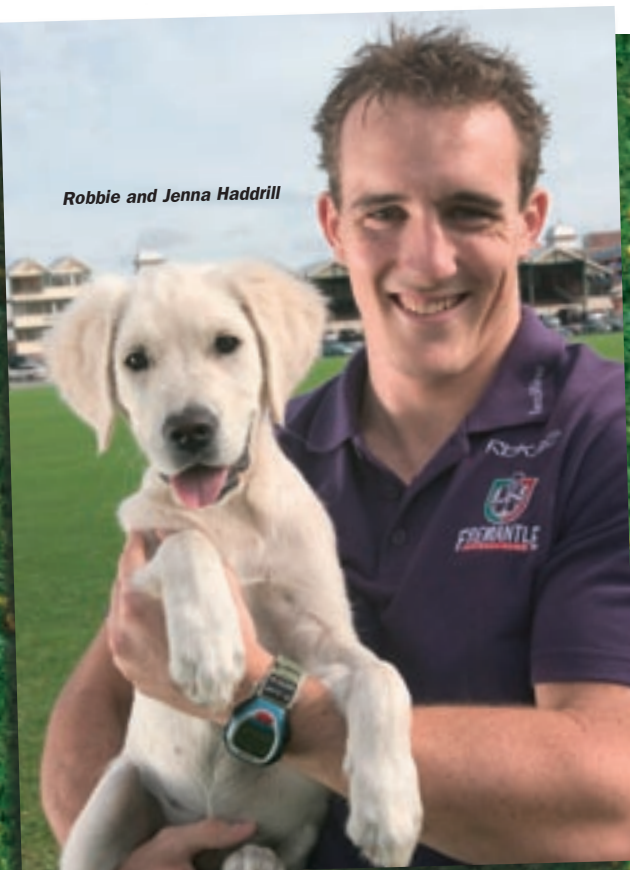
The book is a 288 page, full colour, cloth-bound, hard-back coffee table book, that features fantastic photos of the players from all clubs with their dogs. Sold at all good bookstores, the Fremantle Team Store and online at

www.footydogs.com 'Footy Dogs' will be on sale in Mid August and will retail at \$39.95. With each book sold, \$1.50 will be donated directly to the Troy Broadbridge fund.

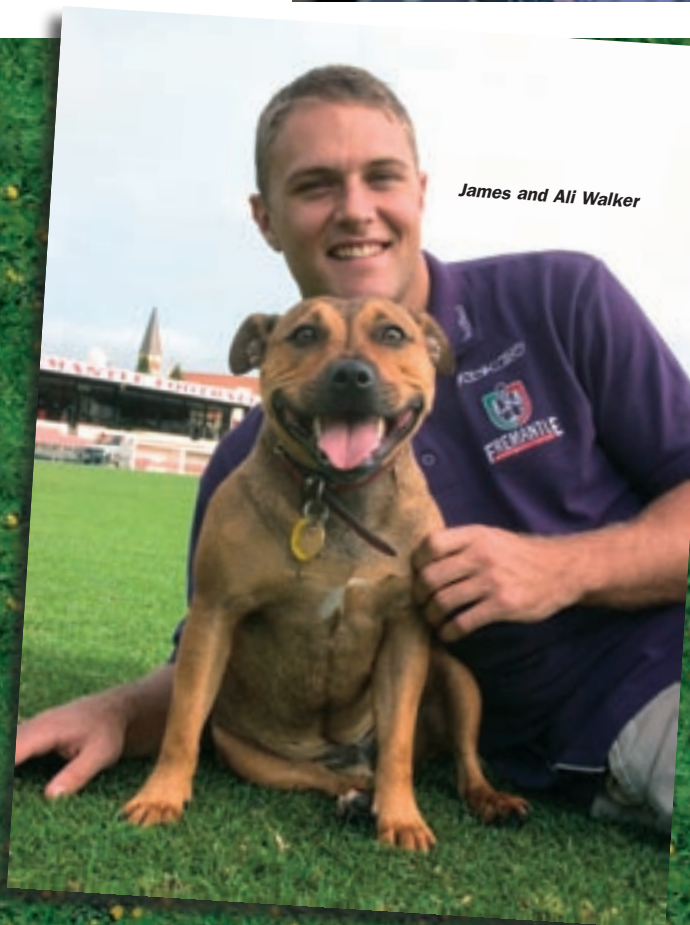
Chops and Wilson (Paul Hasleby)

Stella
(Paul Duffield)

Robbie and Jenna Haddrill



James and Ali Walker



st Friend

Other writers featured in 'Footy Dogs' include Michael Millett, Sam Kekovich, Ron Barassi, Trisha Broadbridge, Lynda Carroll, Peter Lalor, Diego Maradogga and Martin Flanagan.

All 16 AFL clubs provided players to feature in 'Footy Dogs' with Fremantle's models being Peter and Rufus Bell; Chops, Wilson and Paul Hasleby; Robbie and Jenna Haddrill; Antoni and Hutchie Grover; Brett and Tayla Peake; Paul and Stella Duffield; Graham and Jasper Polak; and James and Ali Walker.

Craig McGill said of 'Footy Dogs', "We wanted to produce a book that showed a more personal side of the players and less focus on their football."

Keep watching at www.fremantlefc.com.au for when 'Footy Dogs' is available in the club's Team Store. ☺

Jasper (Graham Polak)



Hutchie (Antoni Grover)



2 MATTHEW PAVLICH





STATISTICS AFTER ROUND 13

Ladder Position: 12th

Ave Winning Margin: 38 pts

Ave Losing Margin: 31 pts

Ave Score For: 86.8 pts

Ave Score Against: 91.2 pts

PLAYED ALL 13 GAMES

Josh Carr	Paul Hasleby
Heath Black	Scott Thornton
Shane Parker	Matthew Pavlich
Peter Bell	Paul Medhurst
Jeff Farmer	

THE TOP 5'S

Goals	Total	Avg Per Game
Jeff Farmer	29	2.2 (13 games)
Matthew Pavlich	21	1.6 (13 games)
Paul Medhurst	18	1.4 (13 games)
Luke McPharlin	14	1.4 (10 games)
Justin Longmuir	12	1.0 (12 games)

Disposals	Total	Avg Per Game
Peter Bell	297	22.8 (13 games)
Heath Black	270	20.8 (13 games)
Josh Carr	259	19.9 (13 games)
Paul Hasleby	238	18.3 (13 games)
Matthew Pavlich	236	18.2 (13 games)

Kicks	Total	Avg Per Game
Heath Black	187	14.4 (13 games)
Peter Bell	175	13.5 (13 games)
Matthew Pavlich	172	13.2 (13 games)
Josh Carr	170	13.1 (13 games)
Matthew Carr	134	14.9 (9 games)

Handballs	Total	Avg Per Game
Peter Bell	122	9.4 (13 games)
Paul Hasleby	113	8.7 (13 games)
Troy Cook	95	8.6 (11 games)
Josh Carr	89	6.9 (13 games)
Heath Black	83	6.4 (13 games)

Tackles	Total	Avg Per Game
Josh Carr	54	4.2 (13 games)
Troy Cook	51	4.6 (11 games)
Peter Bell	47	3.6 (13 games)
Paul Hasleby	43	3.3 (13 games)
Antoni Grover	26	2.6 (10 games)
Jeff Farmer	26	2.0 (13 games)

Marks	Total	Avg Per Game
Matthew Pavlich	124	9.5 (13 games)
Heath Black	68	5.2 (13 games)
Paul Medhurst	68	5.2 (13 games)
Peter Bell	67	5.2 (13 games)
Luke McPharlin	65	6.5 (10 games)

Hitouts	Total	Avg Per Game
Aaron Sandilands	200	22.2 (9 games)
Justin Longmuir	143	11.9 (12 games)

Frees for	Total	Avg Per Game
Josh Carr	16	1.2 (13 games)
Justin Longmuir	14	1.2 (12 games)
Peter Bell	13	1.0 (13 games)
Paul Hasleby	12	0.9 (13 games)
Matthew Pavlich	12	0.9 (13 games)



Picture: Getty Images

MILESTONES

Graham Polak played his 50th FFC/AFL Game in Round 2 against St Kilda

Troy Cook played his 150th AFL Game in Round 3 against West Coast

Michael Johnson made his AFL debut in Round 4 against Richmond

David Mundy made his AFL debut in Round 6 against Melbourne

Des Headland played his 100th AFL Game in Round 8 against Essendon

Ryan Crowley made his AFL debut in Round 10 against Geelong

Des Headland played his 50th FFC Game in Round 11 against Brisbane

Brett Peake made his AFL debut in Round 13 against the Kangaroos

Peter Bell played his 100th FFC game in Round 13 against the Kangaroos

FIRSTS

Ryan Murphy kicks first AFL goal in Round 1 against Port Adelaide

Michael Johnson kicks first AFL goal in Round 4 against Richmond (debut)

Ryan Crowley kicks first AFL goal in Round 10 against Geelong (debut)

First win at Skilled Stadium against Geelong in Round 10

CLUB RECORDS

Restrict Port Adelaide to their lowest score against Fremantle in Round 1

Highest home Derby crowd of 42,027 in Round 3

Highest home crowd against Carlton 36,056 in Round 5

Highest home crowd against Hawthorn 35,393 in Round 9

Highest home crowd against Brisbane, 34,143 in Round 11

Jeff Farmer kicks most number of goals for Fremantle (7) in Round 6 against Melbourne

Best first quarter away from Subiaco Oval (7.4) against Melbourne in Round 6

First time Fremantle has won by 100 points or more Round 7 against Collingwood

Best first quarter (9.2) in Round 7 against Collingwood

Best first half (15.5) in Round 7 against Collingwood

Highest score (28.12) in Round 7 against Collingwood

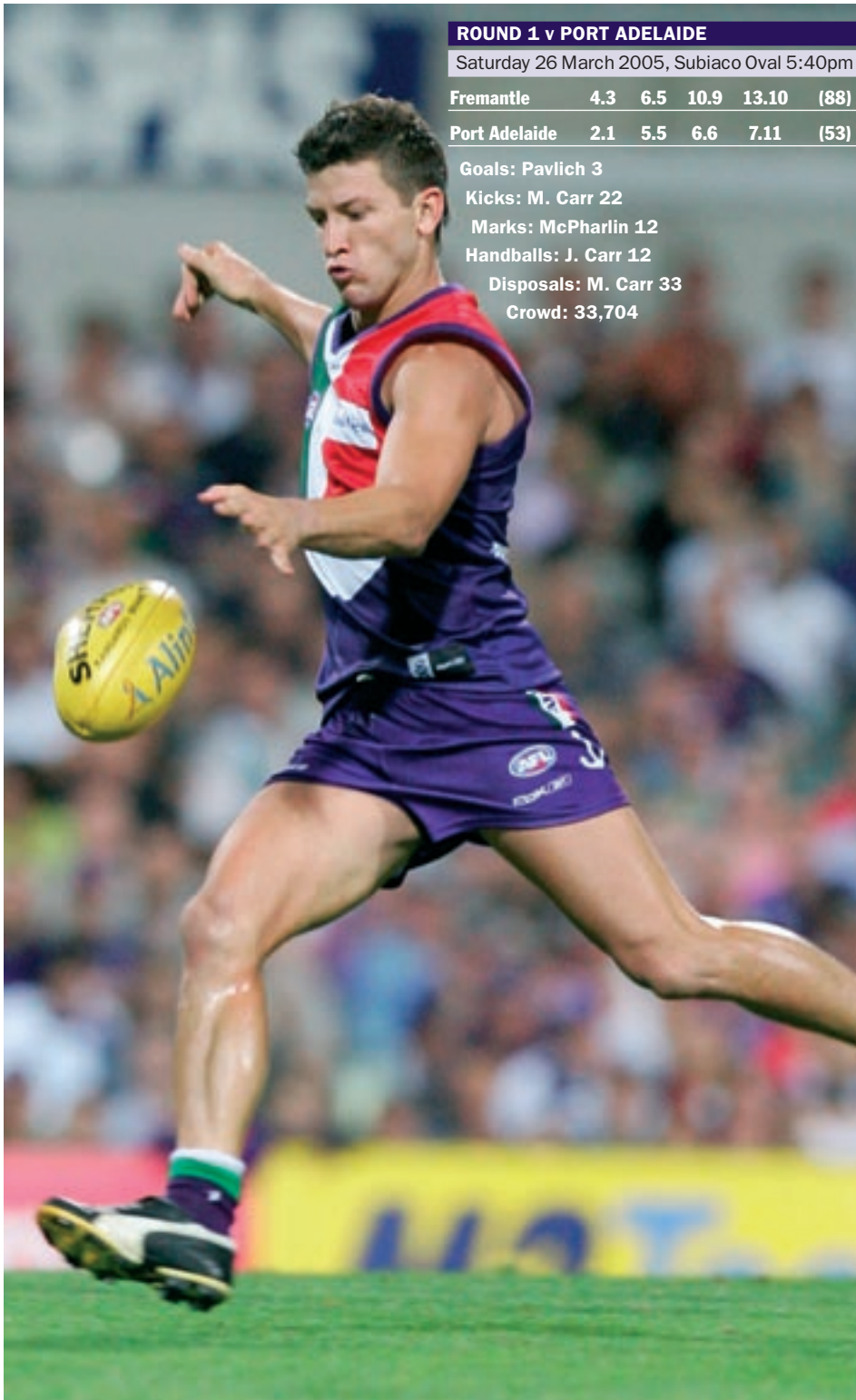
Biggest winning margin (112 points) in Round 7 against Collingwood

Ryan Crowley equal most goals on debut for Fremantle (3) against Geelong in Round 10

Remaining Fixtures

Round 14	vs Adelaide	Sunday 3 July	12.40pm	AAMI Stadium
Round 15	vs Western Bulldogs	Sunday 10 July	2.40pm	Subiaco Oval
Round 16	vs Carlton	Sunday 17 July	2.10pm	MCG
Round 17	vs Melbourne	Sunday 24 July	2.40pm	Subiaco Oval
Round 18	vs Collingwood	Sunday 31 July	2.10pm	MCG
Round 19	vs Richmond	Saturday 6 August	5.40pm	Subiaco Oval
Round 20	vs West Coast	Friday 12 August	6.40pm	Subiaco Oval
Round 21	vs St Kilda	Friday 19 August	6.40pm	Subiaco Oval
Round 22	vs Port Adelaide	Saturday 27 August	7.10pm	AAMI Stadium

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



ROUND 1 v PORT ADELAIDE					
Saturday 26 March 2005, Subiaco Oval 5:40pm					
Fremantle	4.3	6.5	10.9	13.10	(88)
Port Adelaide	2.1	5.5	6.6	7.11	(53)
Goals: Pavlich 3					
Kicks: M. Carr 22					
Marks: McPharlin 12					
Handballs: J. Carr 12					
Disposals: M. Carr 33					
Crowd: 33,704					

ROUND 2 v ST KILDA					
Sunday 3 April 2005, Aurora Stadium 1:10pm					
Fremantle	1.3	6.3	7.7	8.10	(58)
St Kilda	1.0	5.4	6.6	8.11	(59)
Goals: Medhurst 3					
Kicks: Hasleby 14					
Marks: Longmuir 9, Thornton 9					
Handballs: Bell 15					
Disposals: Bell 28					
Crowd: 12,465					
Milestones: Graham Polak 50th FFC/AFL Game					

ROUND 3 v WEST COAST					
Saturday 9 April 2005, Subiaco Oval 5:40pm					
Fremantle	2.4	7.6	9.7	12.8	(80)
West Coast	2.4	3.9	7.14	12.16	(88)
Goals: J.Carr 2, Pavlich 2					
Kicks: M. Carr 21					
Marks: J.Carr 11					
Handballs: Walker 9					
Disposals: J. Carr 27					
Crowd: 42,027					
Milestones: Troy Cook 150th AFL Game					

ROUND 4 v RICHMOND					
Sunday 17 April 2005, MCG 2.10pm					
Fremantle	1.4	4.5	4.6	7.10	(52)
Richmond	5.5	7.7	13.9	14.16	(100)
Goals: Pavlich 1, Johnson 1, Murphy 1, Schammer 1, Medhurst 1, Farmer 1, Hasleby 1					
Kicks: Black 23					
Marks: Black 12					
Handballs: Black, Bell 11					
Disposals: Black 34					
Crowd: 24,242					
AFL Debut: Michael Johnson					



ROUND 5 v CARLTON					
Saturday 23 April 2005, Subiaco Oval 2.15pm					
Fremantle	3.3	9.7	12.9	15.13	(103)
Carlton	4.3	5.7	7.13	11.18	(84)
Goals: Medhurst 4					
Kicks: M.Carr 22					
Marks: Pavlich 18					
Handballs: Thornton 12					
Disposals: M.Carr 30					
Crowd: 36,056					



Picture: Getty Images

Picture: Getty Images

Picture: Getty Images

ROUND 6 v MELBOURNE

Saturday 30 April 2005, MCG 2.10pm

Fremantle	7.4	11.7	16.9	22.11	(143)
Melbourne	5.4	8.7	15.8	20.9	(129)

Goals: Farmer 7
Kicks: Bell, Pavlich 20
Marks: Pavlich 13
Handballs: Hasleby 19
Disposals: Pavlich 28
AFL Debut: David Mundy
Crowd: 21,963



Picture: Getty Images

Picture: Getty Images

ROUND 7 v COLLINGWOOD

Sunday 8 May 2005, Subiaco Oval 2.40pm

Fremantle	9.2	15.5	22.8	28.12	(180)
Collingwood	0.3	4.6	7.8	10.8	(68)

Goals: Pavlich 6
Kicks: J. Carr 24
Marks: Headland 11
Handballs: J. Carr, Black 15
Disposals: J. Carr 39
Crowd: 36,491



Picture: Getty Images

Picture: Animalise Frank



ROUND 8 v ESSENDON

Sunday 15 May 2005, Telstra Dome, 2.10pm

Fremantle	2.4	4.8	10.12	11.16	(82)
Essendon	5.3	7.8	10.11	17.15	(117)

Goals: Farmer 3
Kicks: M. Carr 18
Marks: Pavlich 11
Handballs: Hasleby 11
Disposals: Pavlich 24
Milestones: Des Headland 100 AFL Games
Crowd: 30,383

ROUND 9 v HAWTHORN

Sunday 22 May 2005, Subiaco Oval, 2.40pm

Fremantle	5.3	8.6	8.8	10.10	(70)
Hawthorn	5.6	10.9	15.12	18.16	(124)

Goals: Farmer 3
Kicks: Black 16
Marks: Pavlich 9
Handballs: Cook 9
Disposals: Black 19
Crowd: 35,393



Picture: Getty Images



ROUND 10 v GEELONG

Saturday 28 May 2005, Skilled Stadium, 2.10pm

Fremantle	5.2	7.5	11.7	14.7	(91)
Geelong	3.5	7.8	9.11	11.16	(82)

Goals: Farmer 4
Kicks: Bell 18
Marks: Pavlich 11
Handballs: Hasleby 13
Disposals: Bell 29
AFL Debut: Ryan Crowley
Crowd: 20,869

ROUND 11 v BRISBANE

Saturday 4 June 2005, Subiaco Oval, 5.40pm

Fremantle	4.2	6.6	7.6	10.7	(67)
Brisbane	2.2	7.8	10.11	15.16	(106)

Goals: Murphy 3
Kicks: Schofield 15
Marks: Pavlich 10
Handballs: Bell 15
Disposals: Bell 28
Crowd: 34,143



ROUND 13 v KANGAROOS

Sunday 19 June 2005, Subiaco Oval, 2.40pm

Fremantle	3.1	4.4	6.6	6.8	(44)
Kangaroos	1.4	5.7	6.11	8.18	(66)

Goals: Schammer, Black, Schofield, Farmer, Cook, Bell, 1
Kicks: Cook 17
Marks: Crowley 9
Handballs: Bell, Schammer 13
Disposals: Bell, Schammer, Cook 23
AFL Debut: Brett Peake
Milestone: Peter Bell 100 FFC Games
Crowd: 33,550



ROUND 12 v SYDNEY

Sunday 12 June 2005, SCG, 1.10pm

Fremantle	3.2	5.8	8.10	10.11	(71)
Sydney	5.3	8.4	14.9	16.13	(109)

Goals: Farmer 2
Kicks: Gilmore 17
Marks: Gilmore 8
Handballs: Cook 11
Disposals: Cook 21
Crowd: 24,933

The Final Eight: how it works

Week 1		Week 2	Week 3	Week 4
Group 1 Qualifying Finals		Semi-final 1	Preliminary final 1	Grand Final
1st ➡		Loser QF1	Winner QF1	Winner PF1 v Winner PF2
2nd ➡	1v4 QF1	v	v	
3rd ➡	2v3 QF2	Winner EF1	Winner SF2	
4th ➡				
Group 2 Elimination Finals		Semi-final 2	Preliminary final 2	
5th ➡		Loser QF2	Winner QF2	
6th ➡	5v8 EF1	v	v	
7th ➡	6v7 EF2	Winner EF2	Winner SF1	
8th ➡				

phillips
fox

Haze Sets Record

THE 2005 PHILLIPS FOX/Starlight Purple Haze Game was an enormous success with a record crowd against Hawthorn embracing the purple theme. The sea of purple created around the ground was supported by overwhelming generosity outside the gates where Phillips Fox volunteers and Starlight collectors shook tins and raised \$29,438 on the day, bringing the total raised for Starlight in the three years of the purple haze game to just under \$80,000. The generosity of members and supporters will help seriously ill and hospitalised children throughout Western Australia with money raised this year granting wishes to seriously ill children and providing a \$10,000 Starlight Fun Centre to Rockingham Hospital.

This year, Ambassadors Jarrad Schofield, Des Headland and Graham Polak visited children at Fremantle Hospital, St John of God Hospital Murdoch and Princess Margaret Hospital in the lead up to the game.

Phillips Fox Lawyers, proud sponsors of the club and supporters of the Starlight Children's Foundation again supported the game as part of the 2005 Toyota AFL Premiership Season.

Four big purple flags were unveiled before the game with 3,000 balloons released and 15,000 placards waved by the crowd. Starlight youngster Jordan Matthews tossed the coin and the atmosphere was amazing as Fremantle members and supporters came complete in purple outfits, with purple scarfs and purple wigs.

Phillips Fox, The Starlight Children's Foundation and the club would like to thank all members and supporters who kindly donated at the 2005 Phillips Fox/Starlight Purple Haze game.







Andrew Demetriou

Facing 20

Docker fires 20 to AFL Chief Executive Andrew Demetriou.

Age: 44

**Playing History: 103 games Kangaroos (1981-87),
3 games Hawthorn (1988)**

What are the major challenges for the new media rights agreement for 2006-2011?

To make sure we get a good financial outcome from the industry for our stakeholders, our players our supporters whilst at the same time making sure that we deal with qualitative issues such as free to air coverage, our fixturing control and our coverage in NSW and QLD is enhanced. We have got to make sure that we balance our financial expectations against those other very important issues that relate to those qualitative issues.

Why are media rights so important to the AFL and the game?

The rights are of critical importance. For us, to get reach and exposure into regional areas into NSW and QLD and ensuring as much coverage on a national basis is a higher priority than a financial outcome.

Can you elaborate on the importance of the AFL's competitive balance fund?

We are looking at changing the CBF to become an additional annual special distribution. We want to take the stigma away from what is attached to the CBF that it looks like a handout, a welfare payment. We are working on a formula that relates to low membership and supporter base of clubs and we want to see if we can work with our venues to enhance those financial returns for clubs.

What will the impact be of 2006 Commonwealth Games to be hosted in Melbourne?

It will disrupt the schedule of the fixture. It may mean that more games are played earlier on in the season at home for the two WA clubs which means they will probably play less games at home through the back half of the season, but we are trying to minimise the disruption as much as possible.

Where will you play those games that are affected?

We have committed to play two games at Carrara on the Gold Coast next year. Ben Buckley, the executive responsible for our fixture, is still working through the remaining matches that need to be altered, with the options being Aurora Stadium in Launceston, Telstra Dome in Melbourne, or matches to be back-ended at the MCG in the second half of the season.

How is the progress of the game development in Queensland and New South Wales and why are these states important?

The states are important because of the two very large populations. NSW obviously has the largest in Australia while Queensland is one of the fastest growing populations and economies in the country. Our Auskick numbers are going very well in these two states but we need to get more football clubs for the Auskickers to go to.

What are the major priorities in these two states?

We need to get more facilities for football to be played. We need grounds that are not rectangles, lights so that people can train and there is a lack of volunteers in those two states. We need to find more talent in those two states and get more of the outstanding young players who have got a choice of Rugby League, Union, Soccer and AFL Football – talented young athletes who do not have that choice in Victoria, SA and WA. We need to start to make much more inroads to schools particularly in NSW where we have very little presence.

What are the major challenges for the AFL beyond 2006 and can you tell us more about the AFL's Strategic Roadmap?

A lot can change in 10 years, you only have to look at what was happening in 1995. Broadcasting will look different, technology will be different, venues will be further enhanced while the players and the game will be different. We need to be ahead of the game in preparation for that competition.

Do you think the AFL should be involved more in the way the game is played through rule changes, for example flooding?

Our preference is to see the game evolve as we have done in the past. Our view is that less intervention seems to be better but that is not to say we should not have an opinion on the way the game is played. The combination of the AFL, the media, the public and even football purists are I believe enough to apply enough pressure to the way the game is played, so people do not lose sight that the game needs to stay as an entertainment value.

How have you viewed Fremantle's progress since 2001?

Remarkable given that the WA Football Commission had its own issues and Fremantle had significant debt in a relatively short period of time. They brought in a new coach, new CEO and new Board, new players and the turnaround has been incredible. To be debt free, to grow the membership base and have average attendances at level that they are, many people should be congratulated.

There has been a lot of debate recently on the issue of drugs in football. Adrian Anderson told us about the Illicit Drug Code earlier this year. Why is that code important?

These drugs are an emerging issue in society and we are concerned for our players who are a prime target group. The education process focuses on the dangers and health risk of these drugs and the long term potential implications of using them. The advice was that rehabilitation, education and confidentiality are crucial to successfully getting people away from drugs in the first instance. For repeat offenders we have strict sanctions including suspensions.

Does this have any impact on what happens to a player who may be taking performance enhancing drugs, such as steroids?

The AFL has always had zero tolerance to performance enhancing drugs and that remains the case.

You have a good relationship with Assistant Coach Steve Malaxos, how did that relationship develop?

Steven and I go way back to 1987. We met following a game in London when he was in the All Australian team. We met through Bruce Abernethy and Chris Mainwaring and the four of us toured France and we became friends. He is a shareholder in my dental business, became our agent distributor in WA and we have maintained a very good friendship ever since.

You are happily married and the proud father of twins but Docker understands that the relationship with your wife was kept secret for a while?

I met my wife at the AFL. We managed to date for a period of time that was a secret but that did not last too long and now we have two beautiful twin girls and married life treats me very well.

Just to switch to your playing days, what is your most memorable moment as a player?

Victorian selection in 1983 and playing finals football. Probably a final against Carlton in 1985 when we came back from a long way down to win, stands out.

Who would you regard as the best player you have seen?

Wayne Carey. ☐



Andrew Demetriou

How would assess the state of the game (attendances, game development, themed rounds, game growth) over the last three years?

In regard to attendances we are very pleased with how the competition is progressing. Record levels of supporters reflect the evenness of the competition together with better fixturing and scheduling. Also, the high interest in the game comes on the back of playing more games in different states and Territories. We have achieved this despite the redevelopment of the MCG and Skilled Stadium so we are thrilled with the attendance trends around the country. Our themed rounds have been a great success and we are delighted now that our participation levels see us in excess of soccer. Through our Game development department working in consultation with the states, we invest in excess of \$40 million per annum and these investments are providing significant returns.

How would you view the new tribunal system so far?

Adrian Anderson was appointed early last year and has come in and spent eight and a half months reviewing the tribunal system, together with researching tribunal systems and other sports around the country. He sought input from the clubs, AFLPA and key football observers and has implemented the most significant change of our tribunal system in the history of the game. In my view the tribunal system is working extremely effectively and 85% of our players have taken early pleas so far this season. The system seems to be working more efficiently, more consistently. The match review panel is an independent group and, along with the tribunal, has got a number of ex-players on it. All indications are that the new system is working very effectively. Having said that I am sure that there will be learnings from this year that will further enhance the tribunal system next year.

What do you say about a number of controversial cases, such as the Gehrig and Pickett cases?

There will always be emotional cases based on club views. There have also been occasions where a player has challenged the system and won, to show his point of view was correct. There will always be some cases in any system I believe that will be questioned but I also think that part of what we are seeing here is everybody being educated on the table of penalties, the levels and of course the definitions of negligent, intentional and reckless.

Can you bring Fremantle members up to date with the status of the finals and the MCC agreement?

We are having very productive discussions with the MCC – the most productive that I can recall. We will continue to have dialogue because there is a genuine willingness from both parties to resolve this issue.

We are doing everything we can to make sure it is in place for this year's finals.

It is only with the continued support of our valued sponsors that the club is able to continue to develop all areas of the club's operations, from the football department through to the club's work in the community and junior football through the Community Development programs. Your support of our sponsors is greatly appreciated.



Immerse Yourself in a Seville Spa

AFTER BECOMING the official Coaches Sponsor earlier this season, Spa Showcase's branding can be seen on the Coaches' on-field apparel, equipment, coaches box and on ground signage at Subiaco Oval.

Spa Showcase is one of the largest and strongest spa brands in WA selling an extensive and exclusive range of quality spas.

One of Spa Showcase's most popular models, the Seville has just been upgraded with new features that ensure it will deliver one of the best hydrotherapeutic massages you will ever experience.

General Manager Ben Beale says that "if you spend most of your day on your feet you will love this spa. Its brand new Master Massage Foot Jets system offers one of the best massages your feet will ever experience."

Two 7-port or 14-port jets deliver warm, soothing water onto each of your feet, completely relaxing aching muscles. The unique hand held jet system allows you to move around a portable jet to pinpoint specific muscles and deliver an intensive massage to a precise area. The Seville is the only model in the Spa Showcase range that offers this flexibility.

Two recliners ensure a full body massage from head to toe while two individual, contoured therapy seats are assured to loosen up any tight back muscles. A stainless steel wine cooler means that refreshment is only an arm's length away.

Comfortably seating 6 people, the Seville is perfect for any occasion and is available in a stunning range of colours, including the exclusive Marblestone range. Realistically capturing the natural look and texture of marble and granite, Marblestone is super strong and resilient and is available in six stunning colours.

The Seville is on display at Spa Showcase's two superstores in Osborne Park and Balcatta.

Keep an eye out for the new TV commercials from Spa Showcase featuring Fremantle players.



It's Lime Time!

OUR CLASH against the Kangaroos in Round 13 saw the Stadium "Limed" in Coca-Cola's match day promotion of their newest freshest flavour Coca-Cola with Lime.

With more than 500 brands available around the world and over one billion servings consumed every day, Coca-Cola have once again added to their already extensive range. Following the highly successful launch of Diet Coke with Lime, Coca-Cola added another new flavour to its stable; Coca-Cola with Lime.

Lime is perceived to be a fresh and modern flavour offering a great zesty taste. Keep your eyes peeled for this exciting new product, as Coca-Cola with Lime is available for a limited time only. It really is time for Lime.



THE ROUND 15 game against the Western Bulldogs on Sunday 10th July will see Patersons, The Australian Stockbroker, the 2005 Official Partner of the Fremantle Football Club for Stockbroking and Corporate Finance, join forces with the club to raise funds for the Association of the Blind WA and Guide Dogs WA.

Known as the 2005 Patersons Guide Dogs Game, the raise much needed funds for the training of guide dogs in WA as well as highlighting the fantastic work of the Association of the Blind and Guide Dogs WA and increasing awareness in the community of those who are vision impaired.

The club and Patersons are asking all our members and supporters to give generously at the 2005 Patersons Guide Dogs Game.

Carlton and United Beverages

CONGRATULATIONS to the Carlton Mid 5th Quarter members who have won some great prizes so far this footy season including a VIP box to watch the first Carlton Mid Derby, tickets to watch Fremantle play at Subiaco Oval, and cartons of Carlton Mid in the Trivia Competitions. Special prize winner Robert Holmes enjoyed a trip to watch Fremantle take on Essendon in Melbourne. There are another two interstate trips to be given away to 5th Quarter Fremantle supporters and with the introduction of the 5th Quarter Box Office, 5th Quarter members can win tickets to all remaining Fremantle home games.

Member Rewards



Exclusive rewards for Fremantle Members

\$0 Installation
For Telstra full service phone customers on standard modem/install options only. Not available with RSIKs.

Telstra

**6 MONTHS
HALF-PRICE**

BROADBAND ACCESS
on new 24 month Cable or ADSL plans*

Join Broadband now and you will receive \$50 of Docker Dollars, courtesy of BigPond. Docker Dollars can be used to purchase Fremantle Football Club merchandise through the Team Store or can be put towards your 2006 Reserved Seat Membership Renewal.

To take advantage of this special offer you must visit the Fremantle website (www.fremantlefc.com.au), go to the Member Rewards section and click on the link to sign up with BigPond.



Now that's six appeal.

BIGPOND
BROADBAND

* ADSL/Cable not available in all areas. For customers who join between 29/4 and 31/7/05 with offer code 6472. Cannot be used with other BigPond special offers, unless otherwise stated. Min cost on 24 mth BigPond ADSL, \$29.95 200MB 256K/64 plan with 1-Port Self-install Kit is [\$757.92] (To be amended to reflect Retravision's RSIK price), plus additional usage charged at 15c/MB. Standard fees apply for installation and other services. Early termination fees may apply. \$125 fee applies to convert from ISDN. ® Registered Trademark of Telstra Corporation Limited. ABN 33 051 775 556. BWM/TEL4223_FF

Member Rewards



Exclusive rewards for Fremantle Members



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28 The Esplanade, Perth 6000

Phone 93 222 666

Fax 9322 1417 motive@motivetrip.com.au

Motive Travel are constantly looking at new travel deals and are offered terrific cost saving airfares and tours from time to time. If you would like to be included in the immediate sharing of this information, please contact Motive Travel to register your email details on our database.

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Member Rewards



Exclusive rewards for Fremantle Members

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Register and enter a draw to win the Photo Box before 11.59pm AEST 31/07/05. Enter the competition to win the End of Season Trip to Hawaii before 11.59pm AEST 1/08/05.
Enter to win the Interstate Trips before 11.59pm AEST 28/07/05. Entrants must be 18 years of age or over and a resident of WA at the eligible to enter.

AFL APPROVAL CODE: GFATLBS/SH

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Freebies for Freo Members.

As a dedicated Dockers Member, you receive this special offer on any new Mazda. Four year unlimited kilometre warranty, \$500 accessory allowance including fitting, plus three years Roadside Assistance. You'll need to present your Dockers Membership Card prior to your purchase at any authorised Mazda Dealer and be a fully paid up 2005 Member. Your new Mazda will be registered in the name or joint name of the paid up Member. This offer is only valid during the home and away season.



Member Rewards



Exclusive rewards for Fremantle Members

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Book and Stay for Game nights for a Home Port Advantage at Holiday Inn City Centre or Crowne Plaza Perth.

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Valid at all WA Hoyts locations

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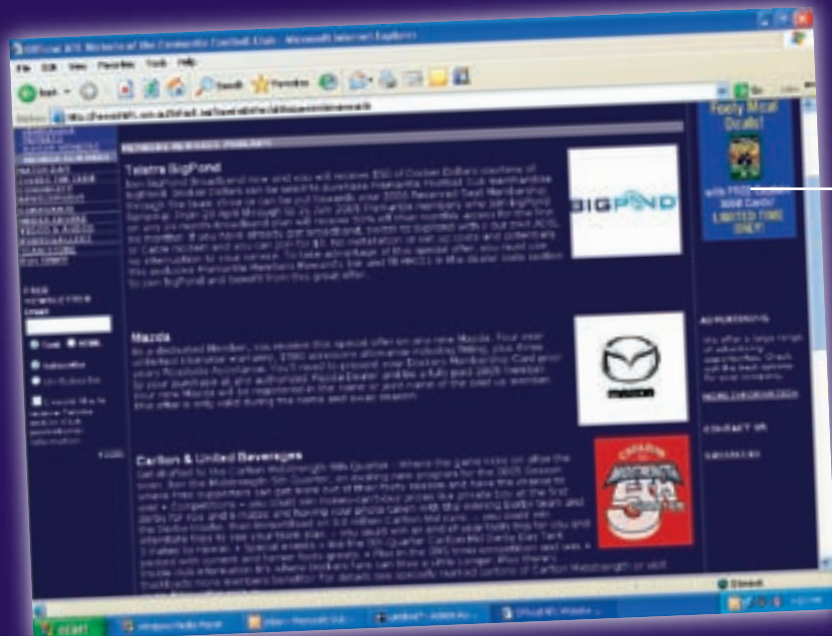
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REWARD YOURSELF EVERY MONTH AT FREMANTLEFC.COM.AU

Now there are even more benefits to being a member of the Fremantle Football Club.

The exciting new Member Rewards programme now gives members access to exclusive opportunities, special prices and great deals on products and services from the club's Member Rewards partners, Telstra Bigpond, Carlton & United Beverages, Chalice Bridge, Motive Travel, Mazda, Intercontinental Hotels (Crowne Plaza and Holiday Inn Hotels), Hoyts Cinemas and Meads Oyster Bar.

Check out the Members Rewards page in the Members section of the club's website at www.fremantlefc.com.au where each and every month our Member Rewards partners will make even more exclusive offers available to members.

Dennis Cometti

For over three decades Dennis Cometti has become synonymous with our great game. More than just a voice behind the microphone, the award winning commentator has been intimately involved with football at all levels and shares his unique perspective on footy broadcasting and his love of the game.

You've been watching football from the best seat in the house for a long time do you think the game is in a healthy state at the moment?

Yes, I think it is. It has improved on most levels, some people have got concerns about some of the tactics being employed at the moment (flooding etc) but by and large it's in very good shape and certainly people are voting with their feet.

What has been the biggest positive and negative that you've seen?

Certainly the biggest positive has been the national competition, I think a lot of people had doubts about it, particularly people in Western Australia, and given the sad state of football just before the formation of the West Coast Eagles it has worked out remarkably well and now we have a world class competition. As far as negatives go the fact that there is no Perth team, I really feel strongly about that. Part of the history of WA football is West Perth, East Perth and Perth and as a person that lives in Perth I don't think a team should have been allowed to be called the West Coast Eagles, I think that means very little and we should have been proud of the football heritage we have and had a Perth team.

Where did your love for the game begin?

It began at Perth Oval back in the mid to late 50's. The first game I went to was between East Fremantle and East Perth and at that stage East Perth were an emerging powerhouse with Polly Farmer and Jack Sheedy was coaching. I spent most of the afternoon collecting bottles but East Fremantle won the game and they became my team growing up. I think back and I can measure my childhood through various experiences that involve football.

Before becoming the voice of football you had a more hands on role?

I came up through the under 18's competition and actually wanted to play with East Fremantle but that didn't eventuate because I was bound to West Perth. In my final year of under 18's I was called up to play a reserves game with West Perth so I started pretty young and was finished while I was still young. I got into radio, had a few injury problems and really just drifted away from the game as a player because of other priorities. I started coaching in the Sunday League which was a healthy competition during the late 70's and early 80's and had some success there and as a result was offered the West Perth coaching job and ended up doing that for three years from 1982-84.

At that stage you were working as a sports commentator at the ABC, how did you combine the two roles?

I was doing a preview to the WAFL on Friday night and broadcasting games that West Perth weren't involved in so when people ask me about Eddie McGuire I'm really the last person to ask because I've been down a similar road albeit on a smaller stage.

Fans like to think Broadcasters are unbiased, does that mean you can't have a favourite team?

Probably to a point but the team I barrack for is West Perth so it's an easy answer for me. I suppose I barrack for the underdogs, I have a soft spot for Fremantle – not because this is for their magazine – but I'd like to see them do well and a soft spot for Melbourne because they were the first team I barracked for as a kid and I spent some time at the Western Bulldogs. I don't go to the football hoping that somebody wins but if those clubs do win it's nice to see them getting closer to something that you hope all clubs can experience.

Can you remember the last time you went to a game just to sit and watch?

It was last year and I went to see Collingwood play Melbourne on the Queens birthday public holiday at the MCG.

Were you able to just watch or did you find yourself analysing the game?

I'm not sure if I analyse the game when I'm broadcasting (laughs). I actually, and this is no fault of the game, but I find myself not feeling so much a part of the game as when I'm broadcasting. Broadcasting really makes you feel involved and when you go as a spectator there are a lot of other things going on that can break your concentration, but I do enjoy going to the football but not so with the cricket. I haven't been to a days cricket play since I stopped broadcasting the game because I find that while cricket was a great game to broadcast I didn't enjoy going as a spectator.

You've broadcast on television, radio and written for newspapers, do you have a preferred medium?

Television, no question, I think the tempo suits me best. You get a chance to be more expansive and say a little more because there's not as much time put into description because people can see what is going on and I believe it gives you more freedom.

Do you think the media scrutiny that clubs and players are under now is too intense?

I do, I think we've got to the stage where there is no stopping it and the trivial, particularly in cities like Adelaide and Perth where you have only two teams, becomes far too important and I don't know what can be done about that.

How much time do you put into preparing for a game?

I'd say 10 to 12 hours per game, perhaps a little less for a Sunday game, while Friday night games get the central focus. These days I only do two games each weekend after doing three last season (including a radio broadcast on Saturday) and it was too much. I enjoy watching games of footy and I have a gymnasium at home which I'm quite proud of and I have a TV and video set up in there and I get on the stationary bike every day and watch a half of football.

What does a typical week for you involve?

During the football season it's very regimented, same old, same old. Generally head to Victoria on Friday morning to do the game broadcast that night then spend Saturday in Melbourne before flying interstate on Sunday to call another game for the Nine Network. I'm home usually on Sunday night and then read the sport on Channel 9 Monday to Thursday. Every day is a working day and there are no days off during the winter not that I'm complaining because it's a good lifestyle and one that doesn't hold too many curve balls because I guess I'm someone who likes to have a routine.

We hear there is some tricky driving involved in getting you from your hotel on the eastern side of Melbourne to Telstra Dome on Friday nights?

It's tough to get from where I stay to the Dome with all the traffic at that time of night, particularly in the wet but my driver and I do some rather unique things to take the traffic out of play, I won't reveal the details but it's really bizarre actually (laughs). He's got this route that takes a bit of beating!

A lot of football fans think you have the best job in the world, how much do you enjoy it?

If you love the game and you're fortunate enough to work with people you like you are very lucky. The downside is the travel. It really is living in two cities during the winter, four days in Perth and three days in Melbourne.

Facing 20



Dennis Cometti

Aspiring broadcasters look to you for inspiration, was there anyone you based your broadcasting skills on?

I probably took something from all of the WA radio broadcasters I listened to as I was growing up. Guys like Frank Sparrow, Oliver Drake-Brockman, Jack Sweet and many more. As a result when I first arrived in Melbourne there was some opposition to the way I called the game because they had developed their own style and I was bringing in something different from the west. Some of the terminology that I used was unfamiliar to them and probably the language of football changed to become far more cosmopolitan.

You are famous for your one-liners, do you prepare them or are they off the cuff?

It really is a combination, some are prepared – they're things I think about and they lie in wait and if get the right set of circumstances you toss them out there. Some you jot down and you know you'll get the chance during the game to use them. I read a lot of overseas commentators and journalists and you get some ideas about things that amuse you and may amuse other people.

You've managed to write a few books, do you count yourself as an author?

I don't know how authors make any money, my experience with books is that it's a lot of time for very little return but the last one wasn't too difficult because it was just putting the one-liners down and getting a collection of them. The best thing was other people had collected them for me on the internet so I wrote them down from there!

You've clocked up thousands of kilometres in the air travelling to football games, have you had any bad experiences?

In 2003 our plane was late and we missed the start of the game in Adelaide. My fellow commentator Dwayne Russell had his father pick us up from the airport and rush us to the ground. Dwayne's father loved driving at speed and how we survived the trip I don't know, anyone else driving we would have been there at three quarter time but he got us there in the first quarter. There were people shaking their fists at us along the way and honking, it was a near death experience.

Aside from AFL are there other sports you enjoy?

Most American sports I have a keen interest in. I love watching golf on television and think it's perhaps the best sport there is on TV.

What does the future hold for Dennis Cometti?

It rides very much on what happens with the AFL television rights and if things change dramatically, and I'm not sure they will, we'll have to see where the cards fall. I've been pretty lucky and have enjoyed the last 20 years broadcasting AFL on TV but you never know what's in the future. ☺

For the Diary

2005 Banquet Auction

20 JULY

THE ANNUAL Carlton Mid Banquet Auction is one of the major events on the club's calendar each year, with funds raised from the evening once again going to support the club's Community Development Programme.

The 2005 Carlton Mid Banquet Auction will be held at the Burswood Grand Ballroom on Wednesday 20 July and more than 900 people are expected to attend this year's event, to be hosted by Channel 9's Dixie Marshall and this year's feature entertainer is Mark Seymour, of Hunters and Collectors fame.

With last year's Banquet Auction such a huge success, tickets are on sale now from the club for \$120 per person. A fantastic range of items will again be up for auction including unique sporting memorabilia, fine wine and a magnificent boat supplied by Challenger Marine. For further details contact Kellie at the club on 9433 7000.

Pre-match Luncheon

24 JULY

ALREADY THE CLUB has had held two pre-match game day luncheons at Subiaco Oval. Prior to both the Carlton and Kangaroos games, members and supporters enhanced their match day experience and enjoyed fantastic hospitality with fellow Fremantle fans.

One match day luncheon remains available, at the round 17 game against Melbourne at Subiaco Oval on Sunday 24th July.

At only \$35 per adult (children under 12 years of age are \$25) these luncheons are fantastic value that include a buffet meal, a special guest speaker and door prizes with drinks available for purchase. Tables consist of either eight or ten people and there is simply no better way to get ready for the game!

Bookings are essential so to reserve your seat or if you require further information please contact the membership team on 1300 88 20 77.

2005 Doig Medal Presentation Dinner

1 OCTOBER

THE BURSWOOD Grand Ballroom will again be the setting for the gala event of the year, the 2005 Doig Medal Presentation Dinner on Saturday 1 October. The black tie affair is the culmination of the season with the awarding of the 2005 Doig Medal for the club's best and fairest player over the 22 rounds of the home and away season, the Beacon Award for best young player, the Best Clubman Award and other awards recognising significant achievements during the year.

Tickets to this prestigious evening are \$150 per person and with last year's Doig Medal dinner a sell-out with more than 1,000 people attending the gala event, tickets for this year's event are sure to sell out quickly. Guests will again enjoy the fabulous hospitality of Burswood to celebrate the season past and acknowledge the Doig Medallist for 2005. For ticket enquiries contact Kellie at the club on 9433 7000.

Junior Members Movie Night

MORE THAN 500 Junior Members turned out to see 'Herbie: Fully Loaded' at the first Junior Members Movie Night this year on Wednesday 22 June. Following its great success club sponsor Hoyts Cinemas has provided another Movie Day on Sunday 11th September 2005 at 10.30am Hoyts Cinema City to see 'Sky High'. Junior members can book their tickets by calling

1300 882 077 but tickets are limited.

Please note that this screening is for junior members only, however a maximum of one parent or guardian per junior member will be able to attend.

Thanks again to Hoyts and Buena Vista International for providing these wonderful nights for our Junior Members.

Show your colours and win \$50!

AT THE round 17 game against Melbourne, you could be one of six lucky people at the game who will be selected to win \$50 Docker Dollars to spend at the Fremantle Team Store just by wearing your Fremantle jumper to the game – the club's 'Wear Your Jumper' game.

the retail price of any on-field playing jumper during the week before or the week after the round 17 game. That's right! All you have to do to receive 30% off your brand new on-field playing jumper is show your 2005 Membership card at the Team Store at Fremantle Oval between 18 and 29 July 2005.

This offer is not available in conjunction with any other offer.

If you don't have a Fremantle jumper, the club is offering members and supporters a fantastic deal with 30% off



FREMANTLE FOOTBALL CLUB COMMUNITY DEVELOPMENT PROGRAMME RAFFLE 2005

1st Prize: Value of \$24,000 "MAZDA 3 Neo"

2nd Prize: Value of \$5,000 BankWest Gold Cash Management Account

3rd Prize: Value of \$4,500 2005 Grand Tour Package for two (incl. flights, accommodation, food)

4th Prize: Value of \$2,500 Wick Hart Voucher

Prizes are awarded on 1 October 2005. All prizes are subject to availability.

Members Raffle Bigger and Better

THIS YEAR'S member raffle is bigger and better than ever before with fantastic prizes including a fabulous Mazda 3 Neo, as first prize valued at \$24,000. Each adult member of the club, will receive two 10 ticket raffle books and all funds raised will support the club's Community Development Programme. Each year the club's members do a fantastic job selling raffle tickets and this

year, some of the club's loyal supporters will also be selling tickets at metropolitan shopping centres including, Morley Galleria, Warwick Grove and Galleria Carousel. The fantastic efforts of members to sell the raffle tickets will undoubtedly continue as the opportunity to win the sensational Mazda 3 Neo can't be passed up. At just \$3 per ticket, tickets are sure to sell fast.



LATEST NEWS ON:

- Round 15 Special
- Round 20 Carlton Mid Derby
- Home Game Tickets
- Interstate Tickets
- Finals Series
- International Rules
- Interstate Travel
- Sirens Trip
- Match Day Enquiries
- Lost Membership Cards

ROUND 15 MEMBER SPECIAL – BRING A FRIEND!!

The club is encouraging all members and supporters to invite a friend along to the game on Sunday 10th July when the team takes on the Western Bulldogs at Subiaco Oval. This is a great way for you to introduce your friends to the excitement of a Fremantle home game at Subiaco Oval. One thousand seats have been specially reserved on the south side of Subiaco Oval just for your friends who can come along to the game for only \$10 adults, \$8 concession and \$2 for children. To take advantage of this opportunity, members must call the club on 9433 7111 prior to Tuesday 5th July. A maximum of four seats per member can be reserved for this offer. Members must quote their membership number and payment is required at the time of booking with a valid credit card. Tickets are limited and will be allocated on a first come, first served basis.

ROUND 20 CARLTON MID DERBY

The round 20 Carlton Mid Derby is a West Coast home game with Eagles members retaining their reserved seat membership rights. Fremantle members will gain priority access to purchase any available seating released for sale on Monday 1 August and Tuesday 2 August through Ticketmaster7 only. From Wednesday 3 August all remaining tickets go on sale to the general public.

TICKET PURCHASES FOR FREMANTLE HOME GAMES

Tickets are available from ticketmaster7 outlets only by calling 1300 135 915 and 1300 136 122 or on-line via www.ticketmaster7.com. Tickets are not available for purchase through the club. Tickets go on sale two weeks prior to each home game.

TICKET PURCHASES FOR INTERSTATE GAMES

The club offers all members the opportunity to pre-purchase tickets for Fremantle interstate games by:

- Contacting the club at least two weeks prior to the fixtured interstate away game
- Use a valid credit card when booking tickets over the telephone

Members are reminded that tickets can only be purchased in the specially allocated club area at each interstate venue.

2005 AFL FINALS SERIES

Members who hold a Full Club Membership as at 15th June, 2005 will get priority access to purchase a ticket for all 2005 AFL Finals Series matches in which Fremantle participate. However, should Fremantle participate in the AFL Grand Final all members cannot be guaranteed to secure a ticket due to the limited number of tickets that have traditionally been allocated to the participating clubs. The club will ensure the maximum number of ticket opportunities for members in this case. Full details of ticketing arrangements for all finals games in which Fremantle participates will be available on the club's internet site www.fremantlefc.com.au.

INTERNATIONAL RULES IS BACK!

The International Rules Series returns to Subiaco Oval on Friday 21 October with the AFL's best taking on Ireland. The exciting International Rules Series was last in Perth in 2003 when a sold-out crowd witnessed Australia defeat the Irish in a team that featured Fremantle favourites Paul Hasleby and Matthew Pavlich. The club is pleased to advise that we are working with the AFL to provide Fremantle members with the opportunity to secure tickets to this year's International event, in a priority ticket offer. Members will receive a special mail-out in mid-July with details of this priority ticket offer.

INTERSTATE TRAVEL AND GRAND FINAL PACKAGES

Interstate travel and Grand Final packages are available through the club's Member Services Travel Partner, Motive Travel. For more information on these packages please see the Member Rewards section of this magazine (pages 33 to 36) or contact George Michalczyk at Motive Travel on (08) 9322 2666.

SIRENS TRIP A HUGE SUCCESS

In 2005 'The Sirens', the club's official women's group, travelled to Melbourne for the round 8 game against Essendon at Telstra Dome. Arriving in Melbourne on the Friday night, the ladies enjoyed a weekend of shopping at the Queen Victoria Markets, the sports factories on Smith Street and searching for the bargains along the famous Bridge Road as well as fine dining at Lygon Street and the many entertainment options of Melbourne's nightlife. Not to mention the finale when the ladies made it to Telstra Dome see Fremantle take on Essendon. The wonderful 2005 Sirens trip was led by travel host, Membership Operations Coordinator, Narelle Lyons. For more information on the Sirens' membership call the club on 9433 7000.

SPECIAL NOTICE: Crowd Behaviour

The Western Australian Football Commission, Subiaco Oval Management and the club remind all members, supporters, and corporate clients of the following crowd behaviour rules that apply at Subiaco Oval:

- Subiaco Oval staff are required by law to provide drink service to patrons in a responsible manner and will refuse drink service to patrons who display intoxicated mannerisms and aggressive or anti-social behaviour. Should patrons display such behaviours they may be requested to leave the licensed premises.
- No alcohol can be brought into Subiaco Oval or taken from Subiaco Oval. A fine of \$500 will be imposed.
- It is illegal for patrons to supply juveniles with alcohol. Fine \$2,000.
- All patrons must leave the premises and vacate the immediate area of Subiaco Oval in a quiet, orderly manner. Patrons are not to interfere with the property of residents under any circumstances.

Subiaco Oval operates under ZERO TOLERANCE with respect to the above and the club has been advised that police will be monitoring Subiaco Oval at all AFL home games. The club asks that all supporters, members, corporate suite and box holders actively assist in ensuring that their behaviour and that of their guests complies with these licensing standards for the ground and consideration of other patrons will ensure everyone is able to enjoy the game.

MATCH DAY ENQUIRIES

The "Fremantle Membership Services Centre" is located at Gate 24 at Subiaco Oval at every Fremantle home game and the club's friendly membership staff will be on hand to provide assistance to members with general enquiries and problems that arise before the game including lost or forgotten membership cards.

LOST MEMBERSHIP CARDS

Lost membership cards can be replaced upon completion of a Statutory Declaration. To obtain a Statutory Declaration form, simply contact the membership department 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.



10 Things Answers from page 6

- 1 Ryan Murphy
- 2 Luke Webster
- 3 Assistant Coach Steve Malaxos
- 4 Jeff Farmer
- 5 Michael Warren
- 6 Ruck Coach Simon Eastaugh
- 7 Luke McPharlin
- 8 Scott Thornton
- 9 Byron Schammer
- 10 Andrew Browne

For all the latest news, information and what's happening in and around the club look no further than:

fremantlefc.com.au



MEMBERSHIP DEPARTMENT CONTACT INFORMATION

Membership Services:
(08) 9433 7111 or 1300 88 20 77

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

Fremantle Football Club –
Office Address:
Fremantle Oval
Parry Street
FREMANTLE WA 6160

Internet Address:
www.fremantlefc.com.au

Hi Juniors,

Well we are half way through the season now and things are really heating up. I hope you have all enjoyed coming to the games and cheering us on. It has been great to see you at Subiaco Oval wearing purple and waving those purple flags!

The club now has more than 4000 junior members and Tuesday night training has once again been an enormous success so far this year. If you have not already come down to Fremantle Oval to watch us train there is plenty of time left, so maybe see if mum or dad will bring you down during the school holidays. It's a great chance for you to get some autographs from the players and meet us all in person.

Already our home games at Subiaco Oval have attracted thousands of members and supporters each week and we want to thank you also for your fantastic support at the 2005 Phillips Fox/Starlight Purple Haze Game, the Len Hall Game and the Alinta/Salvation Army Game.

Stay tuned guys, and keep up your great support. We are going to need you to cheer loud for the last part of the season!!

Word Find

Find all of the words in the puzzle below to uncover which player matches this profile. The letters that are left out after all the words are found will reveal the mystery player. Send in your answer with your member number, name and address to competitions@fremantlefc.com.au and go into the draw to win a cool Peters Ice-cream Beach Pack which includes a Peters Frisbee, Cancer Council sunburn cream, a bucket and shovel set, inflatable beach ball, a Peters beach hat and a cool beach towel. All of these exciting prizes come in a fun Peters and Brownes backpack.

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

BOX HILL	TWENTY ONE	GEMINI	CRICKET	NORTH VALE
BOXING	FAMILY	FATHER	BBQ	CHOPPER
BOOTS	ROB HARVEY	FLYING	PASTA	SHORTS
TIE	CHILDREN	ST KILDA	MAY	WING
THREE	MID FIELD	BIKE	TWO	CARS
MATES	RETURN	MARKS		

Mystery player:

Riddlemania!

Thanks to all the kids who sent in riddles, we had lots of entries and it was hard to pick the best riddle, here is the riddle that had the whole team laughing:

Q: What do you get if you cross a centipede with a parrot?

A: A Walkie Talkie

Questions:

1. Why did the banana split?
2. What did the rose say to the bee?
3. What does a sword swallow on a diet eat?
4. What goes 99, clump, 99, clump?
5. Why wasn't Cinderella in the football team?

We want to hear from even more of our young members so if you have a riddle, write in and tell us. Write to competitions@fremantlefc.com.au and tell us your favourite riddle or joke for your chance to have your riddle printed in the third issue of *Docker*.

Answers:

1. Because it saw the breadbox, the ginger snap and the milk shake
2. "Buzz off!"
3. Pins and needles
4. A centipede with a wooden leg
5. Because she ran away from the ball



Which player is this?

Send your answer along with your name and contact details to competitions@fremantlefc.com.au and go into the draw to win a cool Peters Ice-cream Beach Pack which includes a Peters Frisbee, Cancer Council sunburn cream, a bucket and shovel set, inflatable beach ball, a Peters beach hat and a cool beach towel. All of these exciting prizes come in a fun Peters and Brownes backpack.



Wiz and Polly

In this edition of Docker I sat down with my mate Graham Polak and asked about the season so far.

You were the Ambassador for the Purple Haze Game for the first time this year, how did you find it?

Yeah it was awesome to meet all the kids at Fremantle and Princess Margaret Hospitals in the lead up to the game. There are lots of sick and seriously ill children that need all our help and I was glad to be able to do my part. And it was great to see such a fantastic result with more than \$29,000 raised at the game.

Do you think there was enough purple in the crowd at the Purple Haze Game this year?

There is never too much purple and the crowd were fantastic the way they came dressed in purple and waved their big purple flags. The boys love to see the crowd getting into it.

Does it give you motivation when the Junior members come to training on Tuesday nights?

Yeah get down to training if you can kids, the team really like to have your support on a Tuesday in the lead up to a game.

Membership has hit a record level this year. That's great news isn't it?

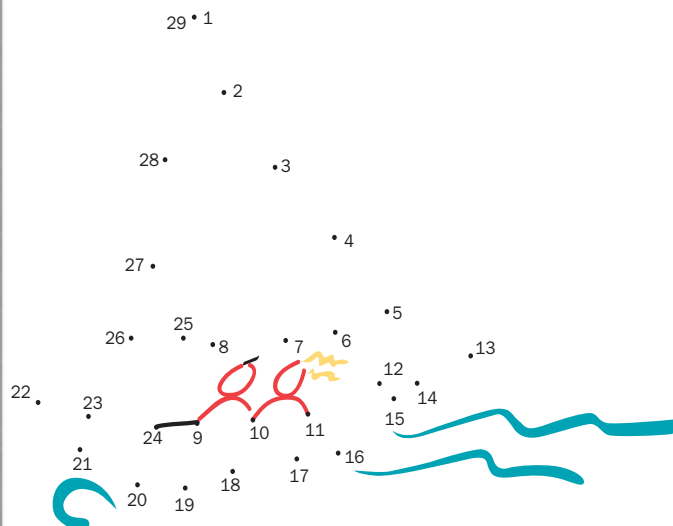
Everyone has been great so far this year, the support has been fantastic, so keep cheering the boys on and coming to the games.

What are you hoping to achieve in the second part of the season?

We want to get some consistency, and win more games and we can only do that if we play consistent football.

Thanks for your time Polly.

Connect the Dots...



Name Game

What more could you have in common with one of the Fremantle players than your very own name? Throughout out lifetime most of us will meet someone else who has the same Christian name. But how many people can say they share the same name as one of their favourite Fremantle players? This year, each edition of the club magazine will list four of the player's names. If you are a lucky junior member that has the same name as the players below, send your name, and membership number to competitions@fremantlefc.com.au and go into the draw to win a cool Peters Ice-cream Beach Pack which includes a Peters Frisbee, Cancer Council sunburn cream, a bucket and shovel set, inflatable beach ball, a peters beach hat and a cool beach towel. All of these exciting prizes come in a fun Peters and Brownes backpack.

Edition 2 names: **Aaron, Des, Byron and Peter**

Eat like an AFL star

Don't forget to recharge after a big training session... it is important to rebuild and repair muscles, prevent stiffness and encourage growth so that you can keep playing at your best.

For the fastest recovery choose any of these yummy ideas after training.

- Toasted sandwiches with a milkshake or juice
- Soup and a glass of milk
- Pancakes and a glass of warm flavoured milk
- A quick pasta snack with juice
- Crumpets and juice
- Low fat minute noodles with a hot drink
- Savoury muffins
- Fruit Smoothies

Remember, it is important to eat well every day – not just competition days. A well balanced diet will allow you to play better for longer and recover quicker from training.

Which player is this? Last edition's winners

Congratulations to:

Peter Young – Kardinya

Daniel Argiropoulos – Kingsley

Becca Brand – Bibra Lake

Lawrence Watson – Bunbury

who were the winner's of the competitions in the last edition of the *Docker*.



Youth Leagues Boom

THE FLAGSHIP INITIATIVE of the club's Community Development Programme, the U16 and U17 Fremantle Football Club Youth Leagues proved to be a fantastic addition to the Junior Football Landscape in 2004.

In 2005 the Youth League has further expanded to include the junior competitions in Albany and Esperance in the south of WA and the club provides resources, support and expertise to all junior competitions involved in both the 16's and 17's leagues.

Aimed at improving the retention level of young footballers in the game, the Fremantle Football Club Youth League encompasses all 17s competition's in the metropolitan WAFL districts while the 16s competition expands across the Southern Districts Junior Football Association to include Peel, Albany, Esperance and the South West regions.

A key feature of the youth leagues this year has been the scheduling of selected games as curtain raisers prior to each of the Fremantle home games with Huntingdale, Kenwick, Noranda, Bibra Lake, West Coast, Roleystone, Booragoon/Applecross, Rostrata, Albany Demons, Lions, Blues, Saints and Esperance Newtown, Vikings, Gibson and Port teams all enjoying the once in a lifetime opportunity of taking centre stage on Subiaco Oval.

Teams that have travelled from Albany and Esperance have also enjoyed tours of the Fremantle headquarters, having a training session on Fremantle Oval, use of the club's rehabilitation pool and enjoying a BBQ put on by the club's dedicated volunteers. Special thanks goes to WAFL clubs Subiaco and Claremont for providing the sleeping headquarters for Esperance and Albany teams respectively.📍



Melbourne Junior Members

VICTORIAN MEMBERS and supporters had a sensational weekend in round six, when the team not only defeated the in-form Melbourne at the MCG but also had the chance to meet the players when they attended the Melbourne Junior Members Clinic at Keilor Park on Sunday 1st May.

More than 200 junior members attended the clinic and had a fantastic time, with kicking, handpassing and other fun footy drills and games, as well as the chance to be up close with their heroes and getting that much sought after autograph or photograph.📍



AS PART OF THE CLUB'S Community Development Programme, the School of the Week initiative has again been a huge success in 2005. The club has committed more than \$250,000 to further develop and expand the Community Development Programme and the School of the Week initiative provides a fantastic opportunity for schools from right across WA to get actively involved with Fremantle Football Club.

The School of the Week programme gives primary school children the opportunity each week of coming to the popular 'People's Night' Training session on Tuesdays at Fremantle

Oval. The programme is also open to junior football clubs.

Once at the club, children have a fantastic time as they participate in a skills clinic, view a highlights video in the players lecture theatre, watch team training, get that much sought after player autograph or photo and have a class photo taken with a Fremantle player.

The once in a lifetime opportunity has lit up the faces of more than 2,000 children from South Perth PS, South Fremantle PS, Orelia PS, Newton PS, Maddington PS, Applecross Junior Football Club, Fremantle PS, Mt Barker PS, Maddington PS, Aquinas Junior, Adam Road PS, St Patricks PS, Greenfields PS, Our Lady of Mount Carmel PS, Cowaramup PS, Little Grove PS, Booragoon PS, Mt Magnet PS, and Scarborough Junior Football Club, all joining in the fun at 'People's Night' Training so far this year.📍





IN CONJUNCTION WITH Notre Dame University, the club launched the 2005 Johnny "The Doc" Docker Motor Skills Programme, in selected pre-primary centres throughout Perth earlier this year.

The Motor Skills Programme is designed to introduce simple play activities that promote basic motor, communication and social skills with an emphasis on enjoyment.

The programme involves Fremantle players and the club mascot Johnny "The Doc" Docker, delivering basic motor skill lessons to pre-primary students.

Players take the children through a basic warm-up, a balance and agility session and a general skills session with a focus on fun, developing body awareness and developing motor skills.

The Johnny "The Doc" Docker Motor Skills Programme activities run for half an hour per school with players visiting an average of three schools per fortnight in the second and third terms of the school year. Parents and teachers are left with a resource package which allows them to continue practising the key messages and philosophies that are introduced at the initial session.

Parents are encouraged to get actively involved and players Ryan Murphy, Benet Copping, Riley Dunn, Joe Krieger, Ryan Crowley, Adam Campbell, Brett Peake and Michael Johnson have all helped in making the 2005 Programme such a resounding success to date.

So far this year, Graylands Primary School, Subiaco Primary School, West Leederville Primary School, Weld Square Primary School, Yokine Primary School, Majella Catholic Primary, Our Lady of Mount Carmel, Phoenix Primary School, Spearwood Alternative Primary School, City Beach Primary School, Holy Spirit Primary School, St Thomas Primary School, Guildford Grammar prep school, Guildford Primary School and Woodbridge Primary School have all taken part in the Johnny "The Doc" Motor Skills Programme. The club would like to thank each school and every parent for their support. 📺





THE 2005 LEN HALL TRIBUTE GAME THAT salutes the contributions and sacrifices of the men and women of Australia's defence forces was held at the round 5 game against Carlton on Saturday 23rd April. This year paid tribute to the 60th Anniversary of the end of WWII and the 75th Anniversary of the formation of Legacy.

Massed choirs and bands accompanied the flame, lit earlier in the day in a ceremony at Kings Park, on its way to light the cauldron that would remain alight for the duration of the match. This year's flame bearers were Marjorie Le Souef, John Gilmore, Peter Kennedy, Peter Hummerston and Arthur Bancroft.

Marjorie, a member of the Voluntary Aid Detachment she helped establish, was the



inaugural president of the War Widows Guild in Western Australia.

John Gilmour was a member of the 2/4th Machine Gun Battalion in 1940 who, as a result of malnutrition while being held captive by the Japanese at Changai prison, has badly damaged eyesight. John has made an outstanding contribution to veterans' athletics.

Peter Kennedy, who joined the army in 1940 was wounded in the Battle of El Alamein and went on to serve in Borneo, playing a role in overcoming Japanese forces on the island of Tarakan.

Peter Hummerston, who joined the RAAF in March 1942, trained as both a wireless air gunner and navigator and was one of the "biscuit bombers" who performed medical evacuations and supplied drop missions to troops in the jungle of Papua New Guinea.

Arthur Bancroft, a HMAS Perth gunner, was taken as a prisoner by the Japanese for two and a half years, and worked on the Burma Railway. While aboard a prison ship en route to Japan, the vessel Arthur was on was sunk by an American submarine and he was in the water for six days before being picked up by another American vessel. Arthur was among the first former Prisoners of War to return to Australia, and the first West Australian serviceman to return from Japanese POW camps.

The flame bearers were joined by Bill Dutton, who had the honour of tossing the coin before the game. Bill joined the RAAF in Perth in 1942 and served as a pilot with one of the RAAF's most famous units, 75 KittyHawk Fighter Squadron. The 75 was in New Guinea in 1942 and played a pivotal role in the first defeat of Japanese forces in the Pacific. Bill worked with the army on the ground to defend the airstrip at Milne Bay during this battle.

The Len Hall Tribute Game is named in honour of



WA's last Gallipoli veteran Len Hall, 1897–1999, a member of the 10th Light Horse Regiment and one of the last men to leave Gallipoli. The Len Hall tribute would not be possible without the assistance and financial support of the Department of Veteran Affairs.

To add to the Len Hall tradition, the commemorative wreath was created from paper leaves sent to the club by the Western Australian public, with the names of loved ones who served in the defence forces for Australia.

Another fantastic tribute to those who have served their country in battle was capped off with the team's hard fought 19 point win over Carlton.©

