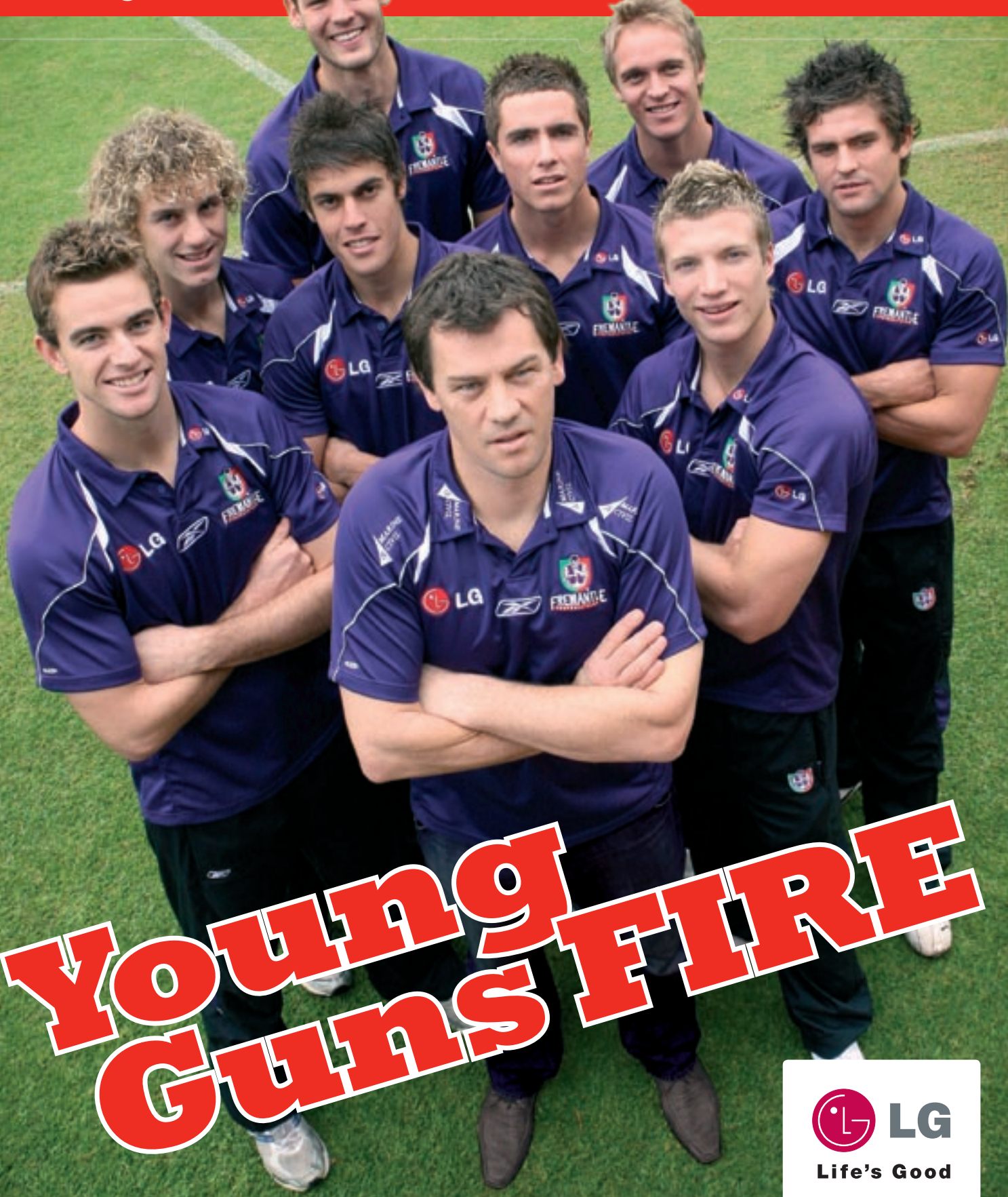


# Docker



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# Young Guns FIRE





# Innovations Partner Update



**BigPond®** is Fremantle's Innovations Partner who has brought you access to exclusive club contents in season 2008! This includes the latest from BigPond® on FTV, Mobile DJ, exclusive Freo MMS messages and the 'Real Freo Fan' website. BigPond® is working closely with Fremantle to bring you behind the scenes information from the club that you cannot receive anywhere else. BigPond® hopes you have enjoyed what you have seen already and BigPond® will continue to bring you more from the inner sanctum via your Telstra mobile and BigPond® broadband services in 2008.



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**Are you a 'Real Freo Fan'?** Why don't you find out? You can take the test to find out how big your passion is for Fremantle by clicking on the 'Real Freo Fan' link on [www.fremantlefc.com.au](http://www.fremantlefc.com.au). Keep an eye out for new offers and competitions that are available to you via the 'Real Freo Fan' website. Plus, find out how you can score yourself a \$35 club merchandise voucher on the website.

**Now you can listen** to FreoRadio when you want – on demand! With FreoRadio podcasts you will be able to listen to player interviews, player and coach media conferences, and much, much more. Just subscribe at [www.fremantlefc.com.au](http://www.fremantlefc.com.au) and FreoRadiopodcasts will be sent directly to you, so you will never miss a thing and it's absolutely FREE!





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IBBOTSON





# Young stars have Fremantle on the rise

THIS IS the first year since 2003 that Fremantle has had two players win NAB Rising Star nominations in the same season.

The first of our young guns to pick up a Rising Star nomination was

Rhys Palmer, who did so in only his second AFL game in the cauldron-like atmosphere of the Carlton-Mid Derby back in round three when we posted our first win of the season.

Fellow young gun Garrick Ibbotson followed up by stringing together a series of solid performances that saw him justifiably rewarded with a NAB Rising Star nomination in our round nine clash against Carlton.

I note the significance of Rhys and Garrick's NAB Rising Star nominations because, as you will read elsewhere in this edition of *Docker* (see page 32), coach Mark Harvey is well on track to establishing a core group of young players who will be the future of Fremantle.

I am confident that Rhys, Garrick and fellow young guns Chris Mayne, Marcus Drum, Robbie Warnock and Clayton Hinkley plus emerging players Brock O'Brien and Andrew Foster, once he overcomes a back injury, will be long-term players for Fremantle.

Mark Harvey's insistence on not trading away any first round draft picks will also see quality young players of the future become a vital part of that core group of young guns.

While that is the future of the Fremantle Football Club, I must also acknowledge the past and the contribution made to this club by Matthew Carr, who announced his retirement back on 19 May.

Hanging up the boots and leaving behind all that players cherish about being part of an AFL club is never an easy decision to make.

But Matthew, who played 134 games for Fremantle and 28 with St Kilda, did it with all the class and poise that made him such a great contributor to our club.

I, along with all our supporters and fans of the rugged combination provided by Matthew and his younger brother Josh, salute his career.

We are hopeful that Matthew will have a role with the club at some stage in the future, particularly as he has been an outstanding mentor to our younger players who hold him in such high regard.

On Sunday 1 June in Fremantle's round 10 clash with Port Adelaide at Subiaco, the club posted an important milestone with our 300th AFL game.

It has certainly been an interesting time since we played our first ever game against Richmond in 1995.

By 30 June this year our hard working Membership Team staff had signed up the club's 43,366th member for the season, topping last year's record of 43,343 members.

For that continuing off-field success, I owe a huge vote of thanks to our proud, loyal and passionate members and supporters who have stuck with Fremantle through thick and thin during our relatively short history.

On that score, I must also pay tribute to our outgoing chief executive officer Cameron Schwab who helped steer Fremantle through tough financial times when he joined the club in 2001 to the sound financial footing we find ourselves on today.

At this stage I hope to announce Cameron's replacement towards the end of July.

In terms of the season so far we were 2 and 12 after the split round.

As frustrating as that is disappointing the results bear some closer analysis.

As Mark Harvey has noted publicly, Fremantle have, with one exception, not suffered any resounding defeats. Leading into the split round our average losing margin was about 15 points. On several occasions we have

been within a kick of the top sides and, in flag favourite Geelong's case, just one point.

That is why Mark made the point after the round 11 game against Brisbane that we would be "dangerous" to other sides going into the second half of the season.

I have no doubt that he was right to make that statement.

I also have no doubt that Mark is the coach who can help establish a winning culture at the Fremantle Football Club and deliver the on-field success that our proud, loyal and passionate supporters deserve.

But as Mark says in an interview in this edition of *Docker* (see page 8) it will take time. As I indicated earlier, Mark is slowly but assuredly building a core group of young players to deliver Fremantle future success.

Proud, loyal and passionate is what we are and that is what I urge all our supporters to be in backing Mark to achieve that goal.

We look forward to your continued support in season 2008 – see you all at Subiaco Oval.

Rick Hart, President



Rising stars Rhys Palmer and Garrick Ibbotson

## What's hot on fremantlefc.com.au

CATCH ALL the breaking news, player exclusives, FTV stories, Freo Radio and Podcasts every week on the web!

The website offers you all the club news, hot off the press! You won't miss a minute of the weekly media interviews with a player each Monday and Mark Harvey every Wednesday on FTV.

FTV also brings you Freo Confidential, where Des Headland goes behind the scenes to showcase all the latest news from the inner sanctum. Or laugh along with the players

on 'Answer This' and make sure you don't miss 'Up Close' every week when you'll hear exclusively from your favourite players in an up close and personal interview.

Also on the web is all the football results and stats you can handle, Mobile DJ, Member Rewards which are offers exclusively for Fremantle members, Kidzone and the online Team Store... And lots, lots more!

Visit [fremantlefc.com.au](http://fremantlefc.com.au) to keep up to date with all the news and information from your favourite club!





# Club Stalwarts Saluted

WITH JUST over 2000 games between them, the club saluted seven employees who have been with the club since day one when Fremantle played its 300th AFL game in round 10.

For Pat Watson, the game against Port Adelaide was his 299th with Fremantle. Pat has only missed one away game in Brisbane in 2005 due to an ear infection that stopped him from being able to fly.

Honourable mentions also go to Norm Tame (Video/Stats Manager), Jeff Boyle (Physiotherapist), Dr Ken Withers (Club Doctor), Phil Smart (Recruitment Manager), Brent Dawkins (Team and Match Day Manager) and Stephen Platt (Head

Stalwarts (l-r): Phil Smart, Stephen Platt, Jeff Boyle, Brent Dawkins, Norm Tame



Trainer) who have also been flying the Freo flag since day one but for varying reasons have missed a few matches!

A morning tea was held for the stalwarts and they were all presented with a 'Rock and Anchor' to recognise their contribution to the club. Congratulations! ☺



## New Team Store NOW OPEN at Subiaco Oval



More on **FTV**

**ALL SUPPORTERS** are encouraged to come along to the new Team Store at Subiaco Oval which is located at Gate 13 on Roberts Road.

Members and supporters are invited to bring the enclosed flyer to receive 20% discount off all Reebok on-field apparel in stock to celebrate the opening.\*

The new Team Store will be open Monday to Saturday as well as at all home games and will have the full range of Fremantle merchandise including official Reebok on-field apparel, accessories, glassware, footballs,

shorts, socks, jumpers and memorabilia in stock.

Please note, the club's Team Store located at Fremantle Oval will continue to trade as normal.

Opening hours for the Team Store at Subiaco Oval:

Monday-Friday: 9.00am-5.00pm

Every Saturday: 9.00am-1.00pm

Opening hours for the Team Store at Fremantle Oval:

Monday-Friday: 9.00am-5.00pm

\*This RBK apparel offer is available until 31 July 2008.

## INSEAD

DURING FEBRUARY and March, Chief Operating Officer Gary Walton attended an Advanced Management Programme at the French University INSEAD.

Located one hour south of Paris in the historic town of Fontainebleau, the four week course is rated the best executive management programme in Europe. INSEAD caters specifically for executive training and MBA courses and recently moved ahead of London Business School to achieve the number one rating for business schools outside of the USA.

Gary found the course to be a wonderful experience of knowledge sharing and personal development. The 60 participants came from 26 different nations including many European countries, South Africa, Japan, Singapore, Malaysia and Australia.

Gary said that dealing with such a diverse group was, in itself, a challenge that was very worthwhile. The course covered many high level business practices focussing on leadership, strategy, communication, feedback,

INSEAD  
The Business School  
for the World



presentation skills and personal development.

Whilst the preparation and workload was intense throughout, there was still an opportunity for Gary to devour some wonderful French food and red wine in Paris.

Gary also took the opportunity to visit a number of world class stadiums including Millennium Stadium in Cardiff, Wales, as well as Wembley and Emirates (Arsenal) Stadiums in England. This was particularly useful ahead of the new Subiaco stadium planning and building

phases over the coming years.

Gary's attendance at INSEAD continues the club's policy of developing its Senior Management as leaders, and follows Cameron Schwab's attendance at Harvard University's Advanced Management Programme in 2007. ☺



## Young guns spread safety message



ANDREW FOSTER and Luke Pratt were on hand to spread the Kidsafe WA message at Mindarie Primary School in May at the launch of Safety in Schools Week.

Luke addressed the students, teachers and parents of Mindarie Primary on the importance of safety in the school, at home, in the playground and during sport.

"Being a professional footballer with Fremantle means we as a club and individuals are very safety conscious as well," Luke said.

"We make sure we take the correct safety precautions to prevent injuries on and off the field.

"I am sure you all know how important it is to stay safe and injury free at school, home and while playing, because we all want to be injury free," he said.

Safety in Schools Week 2008 is the tenth anniversary of Safety in Schools Week. Safety in Schools Week is a joint project by Kidsafe WA, Department of Education and Training, the Department of Consumer and Employment Protection – WorkSafe Division and the Princess Margaret Hospital Foundation.

## World Harmony Run



DANIEL GILMORE was on hand at Kings Square, Fremantle to help spread the World Harmony Run message as the torch relay entered the port city on Friday 27 June.

The World Harmony Run is a global relay that seeks to promote international friendship and understanding. As a symbol of harmony, runners carry a flaming torch, passing it from hand to hand traveling through over 100 nations around the globe.

Joined by Fremantle Mayor Peter Tagliaferri and local school children, Daniel said how

honoured he was as Fremantle's representative to have been invited to run with the torch to help highlight the World Harmony Run's theme – to work towards a more harmonious and peaceful world.

Along the route the torch travels, people of all ages in thousands of communities – everyday folk to world leaders – will join the World Harmony runners by carrying the torch a few steps or a few kilometres. Previous World Harmony Runners include Mother Teresa, Nelson Mandela, Pope John Paul II, Robert de Castella, Cathy Freeman and, now, Daniel Gilmore. ☺

## Purple Koala Wins!

CONGRATULATIONS to Koala Self Storage in O'Connor who were crowned the winners of the 2008 'Haze Your Business' Competition, which is designed to spread the purple haze passion and raise money for the Starlight Children's Foundation, in the lead up to the Starlight Purple Haze Game.



Robyn, Norma and the staff at Koala Self Storage spread the Starlight magic throughout the reception area by decking it out with purple and gold stars, purple anchors and lots of balloons.

The 'Haze Your Business' Competition had a record result this year with the eighteen entrants spreading far and wide across the state, including: Autism Association of WA Early Intervention Centre; Bunnings, Rockingham; Croissant Express, Fremantle; Fremantle Chamber of Commerce; Fremantle Football Club; Fremantle Ports; Gin Gin Roadhouse and Caravan Park; Healing India, Spearwood and Rockingham; Jetset, Port Hedland; KULCHA Multicultural Arts of WA; Lavender Lady Beauty Salon, Safety Bay; Mill Bakehouse, Fremantle; Department for Planning and Infrastructure Willagee Licensing Centre; Pacific Asia Express, Fremantle; Razor Business Solutions; Raine and Horne, Fremantle.

The club, Fremantle Ports and the Starlight Children's Foundation would like to thank these businesses for their efforts in the Haze Your Business Competition and we look forward to your support again in 2009. ☺

Some of the other entrants in this year's competition



## MARINE & CIVIL



Redkite and M & C staff at the game in Round 12.

## Marine & Civil – A Rising Star!

THE CLUB would like to take the opportunity to congratulate proud Coaches Sponsor Marine & Civil who nominated for, and won, a 2008 Rising Star Award featured in WA Business News.

Now in its sixth year, the Rising Star Awards is a program aimed at private Western Australian based companies that are experiencing fast and exciting growth.

The awards provide an annual platform to showcase companies that have sustained high rates of growth and recognise enterprises that understand and can articulate the key drivers behind sustained growth.

From the team at the Fremantle Football Club, well done to Marine & Civil on this fantastic achievement!

Marine & Civil have also shown their commitment to all things Fremantle by aligning themselves with the club's 'charity of choice' Redkite. The staff at Marine and Civil recently made a considerable donation to the charity which was presented to the Redkite staff at the round 12 game against North Melbourne. The generosity shown by Marine & Civil will make a significant difference to the services Redkite will be able to provide in WA.





**“When you go through the experience of winning premierships, you know the philosophy behind how you got there both as a player and as a team... and then you go about instilling that into the playing group along with what you’ve already experienced as a coach.”**



# Harvey's fresh beginnings

Mark Harvey has a burning desire to take the Fremantle Football Club to where it has never been before. One challenge is to establish a winning culture at the Club and he's confident that he has the right people around him to achieve that.

**F**REMANTLE COACH Mark Harvey shares something in common with fellow senior coaches Geelong's Mark Thompson and Brisbane's Leigh Matthews.

The trio all won three or more premierships during their distinguished playing careers.

But Thompson, who won three flags along side Mark at Essendon, and Matthews, who won four with Hawthorn, have something that Fremantle's coach is yet to achieve.

Thompson (1) and Matthews (4) have both won football's Holy Grail as coaches.

While Mark has his heart set on achieving September glory as coach of Fremantle it will take time, a point he made repeatedly during this interview.

It will also require patience on the part of supporters who can have great faith in Mark's determination to achieve his goal.

When Mark first accepted the job of assistant coach at Fremantle, he still had another year to run on his contract at Essendon.

## EXPERIENCE

Contrary to popular belief it wasn't the opportunity to be a stalking horse for former coach Chris Connolly's job that lured him west.

After all there were plenty of openings for him as an AFL coach without having to pack up and move his wife and two children from Melbourne to Perth.

"I could've gone for six or seven other coaching jobs," he said.

"But I saw joining the Fremantle Football Club – either as an assistant or a senior coach –

as a bigger challenge than any other job I could have taken on," he said.

"Why? Because Fremantle is the only club in the AFL not to have won a premiership."

"I saw that as a far greater challenge and that's what really drives me.

"My goal is to get this team to understand how ruthless the game is and then work on developing the winning culture that will be the making of this footy club."

A triple premiership player who played 206 games with Essendon between 1984 and 1997, Mark knows better than most what it takes to succeed at football's highest level.

It can only help when your coaching staff includes two former dual premiership players in fellow former Bomber Dean Wallis and one half of Brisbane's feared Scott twins, Chris, plus former Carlton ruckman Earl Spalding who won a flag with the Blues in 1995. Peter German's coaching successes cannot be undervalued either.

Previously an assistant coach at St Kilda and Essendon, Dean played 127 games for the Bombers, including the 1993 and 2000 premierships.

Chris played 215 games with the Lions, including premierships in 2001 and 2002. Injury robbed of him being a part of Brisbane's history-making third flag in 2003.

Mark believes that the Coaching Department's premiership winning experience should not be underestimated.

"It is interesting when you sit back and watch guys like Scotty and Wal talk to the group. The players are glued to what they say... and that's not taking anything away from the other coaches here," he said.

"When they talk about a time or a reason why they won a game it's interesting and it's absolutely going to make an impact.

"Our younger players are all getting involved in the competitive nature of football that's required to win regularly and I take a lot from that."

## TEAM ETHOS

One of the challenges Mark set himself when he accepted the job as senior coach was to establish a winning culture.

"When you go through the experience of winning premierships, you know the philosophy behind how you got there both as a player and as a team... and then you go about instilling that into the playing group along with what you've already experienced as a coach," he said.

"Once again that does take time... and then you teach the players the team ethos and how they should hold themselves on a football ground in every moment that presents itself."

Despite the pressure of being a senior coach in his first year and with only a couple of wins on the board at the half-way mark of the season, Mark is relatively unfazed by the demands of the job.

Sure he might have been caught on national television being quite animated in the change rooms at half-time against Brisbane at the Gabba but he can take heart from the fact that Hawthorn coach Alastair Clarkson won only five games in his first year as a senior coach in 2005.

## INTENSITY

Just three years on and Clarkson's Hawks are sitting near the top of the ladder and have their loyal supporters contemplating September glory.

"There are a lot of challenges, particularly in the way the game has changed enormously in the past two years," Mark said.

"The intensity of the game has gone up... rotations have gone up."

That's just one of the on-field challenges to deal with. The off-field demands on a senior coach are another matter.

"It seems almost unique at this club," he said.

"On a daily basis you are dealing with a huge number of people from your players, to sponsors, the media, the members, the board, people that you mentor and others who just walk up to you in the street."

When Mark gets a chance to take a break from the daily training regime, he regularly makes the short stroll from the Club into Fremantle to get some lunch.

"I call it living on the street as a football person," said Mark, who often strides purposefully along the Port's street in full club colours.

"At times you'll get one or two people who want to stop and have a chat about the footy club.

"People just want to talk about a player or just say hello. No matter where you go, you always have interaction with people because they want to talk about the footy. That isn't a problem but occasionally it is good to have a break from it."

## NO SURPRISES

While Mark has had to live with some disappointments in his first year as a coach, nothing has come as a surprise.

"When you've coached for long as I have, you get an all round view of what it should be," said Mark, who spent eight years as an assistant to legendary Essendon coach Kevin Sheedy before joining Fremantle as an assistant to Chris Connolly in 2006.

After Connolly resigned following round 15 in 2007, Mark stepped up to the plate in a





caretaker role until he was eventually appointed senior coach at the end of last season.

"What I will say is that you need as much time as you can have to actually coach," he said.

Having dealt with the media regularly during his playing career and latterly as an assistant coach, Mark is conscious of how his relationship with the media changed once he became Fremantle's senior coach.

"It's different because the line of questioning is different and the difference between what you get asked as an assistant coach compared to a senior coach is extraordinary," he said.

"The critical nature in the environment of winning and losing and the sheer volume of reporting that's done on our game is extensive, so you've got to expect the unexpected."

#### STRONG LEADERSHIP

There are more than 1500 people with AFL media accreditation and 700 accredited journalists and broadcasters.

Compare that to the relatively small size of the Canberra press gallery, which is responsible for keeping our Federal politicians honest, and you see where the rookie senior coach is coming from.

"Whilst you can predict a lot of the questions, you can't predict them all," he said.

Which is what happened during an interview with Robert Walls on the Fox Sports program, 'On the Couch'.

"It was on the back of a pretty embarrassing loss to Melbourne," said Mark, recalling the timing of the interview.

"But that wasn't why I was like I was... in a sense I knew what was coming. But football clubs have to have strong leadership and at times you find yourself being defensive."

Which is how Mark seemingly appeared after Walls asked him what Fremantle stood for as a football club.

"No matter how I answered that question, on the back of what happened the day before, they were always going to dig holes in it," he said.

"Interestingly, on the same program a few weeks

later when Robert Walls was asked about me, he looked very defensive."

So how would Mark have responded to Walls' question if he was at still Essendon?

The 43-year-old leans forward in his chair obviously keen to make a point.

"I don't want to mention the Essendon Football Club, I've moved on from that," he says.

"I've been at this football club for two-and-a-half years and all I think about is how I'm going to get this club to a position it's never been to... everyday that's all I think about.

"That's what I aspire to and in time I will work through getting the right balance of what our football club needs to do better.

"But as I keep saying you need time."

Mark admits to being overly protective of the players when they are exposed to media criticism.

Although it is a rarely used tactic these days, 20 years ago coaches regularly used the media as a conduit to criticise one of their own players.

"I don't talk to the players through the media because the media does more than enough of it," he said.

"If I was going to tell a player something, I'd tell him direct, not through the media. The questioning by the media is so much more in-depth now and personal. They want to know what's going on inside closed doors. They are trying to get deeper into that."

#### ART OF COACHING

When Mark first started playing the game there was a senior coach and a reserves coach. That was it.

There was nothing like the brace of assistant coaches that fill the coach's box in today's modern game.

That's not all that has changed since Mark first stepped onto Windy Hill back in the mid 80s.

Even the way senior coaches talk to their players has altered.

"The game is much more in-depth tactically, so you have to be a lot more instructive than just simply telling a player what to do, or berate him," he said.

There's also the Gen Y factor.

"I do take that into consideration," Mark said.

"One of the arts of coaching is you must always understand the player you are talking to or about when you're in front of the group.

"You've always got introverts and extroverts at a football club. Some players can handle it in front of a group, some can't.

"Some need motivating, some don't. Some need to be instructed, some play naturally."

During the course of this interview Mark took the opportunity to clarify his previously reported comments about "inheriting a list", a reference to draft choices made before he was appointed senior coach.

"When I said that, it wasn't personal," he said.

"All I was doing was alerting people to the fact that I need time to get all that right... and that's where I'm at. Previous coaches and administrations tried their hearts out to get it right.

"It didn't work as well as they all would have liked, so now I'm going to try my hardest to get it right. I wasn't trying to absolve myself of any blame or distance myself.

"What I do accept is that in the next three years I will be judged in terms of coaching, recruiting and the salary cap."

#### KEEP DRAFT PICKS

But after his first draft as senior coach, Mark has reason to be confident about how he will be judged.

"It's going to be interesting... and having a look at what I've done in my first draft as a coach, I'm glad that we've taken the tack of keeping our early draft picks and keeping some young players. It's been quite different from that in years gone by.

"My philosophy is to keep going that way in the draft, and in the next two to three years, I'll continue to do that.

"I think guys like Rhys Palmer, Chris Mayne and Clayton Hinkley are going to be long-term prospects for this footy club."

Despite suggestions to the contrary, Mark is well aware of the need to acknowledge the importance of the Fremantle Football Club's links



**“...what burns inside me is the desire to win and to take the Fremantle Football Club to where it's never been before.”**





to both East and South Fremantle.

"After you've lived here for two years, you get a grasp of it but it does take time," he said.

"I recognise it and I quite regularly mention past champions when we have internal meetings. But that doesn't make it into the media and nor should it.

"In time I will get some of these guys to be mentors to our players. I don't need to be ushered by others but in time I will speak to Stephen Michael and guys like that, about taking up that sort of a role."

#### SHEEDY INFLUENCE

It's no secret that as a mentor Kevin Sheedy had a massive influence over Mark both as a player and a coach.

Even as Fremantle battled to put a win on the board earlier in the season, Sheedy had some sound advice for Mark.

"His outlook is always to be positive no matter what the situation," Mark said.

"You make sure all your staff and players feel like they are contributing and that there is light at the end of the tunnel... don't become an angry coach and put the blame on other people."

What is surprising is how Sheedy, who coached Essendon for 27 years and four premierships, motivated Mark during his playing days.

"He always kept me on the edge," he said.

"Never once did I feel that comfortable about playing in the sense that my spot in the side was secure. And I felt like that right until the end because while Kevin made you feel like you were an important part of the team, you weren't an automatic selection.

"He was always trying to read your body language and whenever he thought you were wavering, he'd put some self-doubt back into you that would then make you say, 'I've got to do something about that'.

"It didn't do your head in, instead it made you rise to the challenge and that's what will happen here in time."

Sheedy's influence over Mark as a coach took a different path. In a practical sense, Sheedy would take his coaches "around the world" to increase their "life skills", and often delved into the history books to make a point or sustain an argument.

"Kevin would always use various aspects of life, be it old boxing tapes or wars and other historic event as tools for motivation," he said.

"He would draw out, for example, certain historical elements of a war to highlight the value of raw courage.

"That's why Anzac Day games were always big for us and he always made sure everyone knew what the day was about."

Flexibility is another Sheedy trait that Mark values in players.

"You have to be able to play at both ends," he said.

"The preparation was always based around being fitter than the opposition, therefore you trained harder and had to be mentally strong and physically hard.

"It was old school... along the lines of Tom Hafey."

#### QUALITY YOUNG MEN

Old school maybe but elements of it still have their place in today's approach to coaching.

"There's a little bit plus your own philosophies and your own personality comes out in you as a coach."

As an assistant coach Mark was always of the belief that you shouldn't get "too close" to the players.

But that's changed, particularly when he spends so much time traveling and living at close quarters on road trips with the players.

"We never really had to deal with that," Mark said.

"Because of the travel involved and six-days breaks some times between trips you have to be astute in every aspect of getting a team up every week.

"Being a coach of one of the two West Australian sides is one of the hardest coaching jobs in the AFL because of where you are located geographically and the different challenges that that presents, with the need to get the players up every week."

It's not just on the field that a senior coach has responsibility for developing his players.

Mark places great emphasis on mentoring the players off the field and watching them develop not only as successful footballers on the paddock but as quality young men off it.

"It's not just about developing them as footballers," he said.

"I like to get them involved in acquiring life skills, so they develop as people and not lose contact with society.

"There are a lot of life skills that can be transferred onto the football field. That can be a person's demeanor, their personality, their competitiveness. Its little things like that, which I look for to try and help them evolve as a player.

"What I don't want is for a player to come here and just have football as their focus and that's it."

The pitfall, according to Mark, is apart from not "accelerating their growth as a person", the player's career can "stagnate".

"You risk stalling the learning process because in football you have to be two steps ahead of the opposition. The strategy of the game now is that the opposition knows everything about you, how you think... so what can you do to sustain yourself, to get better and keep ahead of them."

#### COMPETITIVE NATURE

While being an AFL coach involves enormous family sacrifice and seemingly endless waves of pressure, Mark is at ease with how he deals with the demands the job places on him.

"Particularly in-season you haven't got much of a life as a coach but that is offset by having a bit more time up your sleeve during the off-season," said Mark, who when he gets a chance to unwind with family and friends likes to go where the fish are biting.

"I've always had a racing interest and owned horses, so that's always provided a good outlet.

"About the only thing I can say about my fishing since I've been here is that I certainly know what a blowie looks like."

No matter what the win/loss ratio is, Mark focuses on remaining positive.

"In my mind I try and not get frustrated or concerned about certain things," he said.

"You have to think about the next week, what's ahead and what you can do to make everyone better."

Despite that display in the change rooms at the Gabba, there's no chance of Mark "kicking the cat" when the working day ends.

"I try to be as upbeat as I can at home," he said.

"There is no point to me coming home down in the doldrums because the family hears everything that is said about you and the footy club."

"It is only a game. Unfortunately, too many people make it (losing) out to be to be a tragedy. It's not. It's just the competitive nature of the game.

"But having said that what burns inside me is the desire to win and to take the Fremantle Football Club to where it's never been before."

When the triple-premiership player fixes you with his piercing blue eyes to make the point, you know he means business. ☐

For more on Fremantle's Young Guns, see page 32.





## 9 MATTHEW CARR

Date of Birth:	29/12/1978
Games for FFC:	134
AFL Games Total:	162
Games for other clubs:	28
Finals Games:	4
Goals for FFC:	64
AFL Goals Total:	66
Debut for FFC:	2001
Recruited From:	East Fremantle
WAFL Club:	East Fremantle
Playing Honours:	
	<ul style="list-style-type: none"> <li>• International Rules Series 2003</li> <li>• WA State of Origin team 2003</li> <li>• Fremantle Football Club Best Clubman 2004</li> </ul>

MATTHEW, 29, played 134 matches for Fremantle between 2001 and 2008 after playing 28 matches for St Kilda between 1999 and 2000.

Matthew began his AFL career with the Saints, where he was taken with their first selection (7th overall) in the 1998 Pre-Season Draft. After two seasons in Melbourne he returned to his native Western Australia and immediately proved a terrific acquisition for Fremantle, leading the club for kicks and marks in his first season and performing a variety of roles.

He continued to display outstanding form for the club and was rewarded with selection in the Australian team for the 2003 International Rules series. That same year he was also named in WA's State of Origin team.

Injuries restricted him to just 20 games in 2004 and 2005 but he returned in 2006 to play all 22 home and away games and three finals matches and was an important part of Fremantle's most successful season.

He played 17 matches in 2007 and continued to stamp his authority as one of the club's most effective shut-down, run with midfielders before injury ended his season after round 20.

Matthew announced his retirement from football on Monday 19 May 2008, simply stating that he knew the time had come.

Matthew said it was a great honour to have represented Fremantle for the past eight years.

"To be able to pull on the purple jumper and give it your best shot is something that I'll cherish forever," he said.

"I think the football club has helped me a lot and I'm grateful for that."

Fremantle Chief Executive Cameron Schwab said Matthew's contribution to the club could not be understated.

"Matthew brought tremendous qualities to the Fremantle Football Club when he was recruited from St Kilda in 2001," he said.

"He is a fierce competitor, superbly loyal and a great mentor to many of our younger players."

Senior Coach Mark Harvey described Matthew as a "selfless player" who had an outstanding football brain and had an impeccable preparation standard for matches.

"He's always been asked to play on the best players," Mark said.

"That's a credit to the way he prepares himself for football. He's got that trait that you always look for in a footballer. He'll be sadly missed around the football club."





**“...a fierce competitor,  
superbly loyal and  
a great mentor...” ”**





**PETER BELL –  
Most games by  
a WA player in  
VFL/AFL history,  
Round 5 v Adelaide,  
19 April 2008 at  
AAMI Stadium**

PETER BELL rewrote the history books in round 5 against Adelaide when he made his 278th AFL appearance, which saw him break Collingwood great Wayne Richardson's 277 games record for most games played by a Western Australian in the VFL/AFL.

Peter's brilliant career has seen him establish himself as arguably the finest player to wear the club's jumper and one of the greatest players ever produced in WA. Since his debut in Round 1, 1995 he has gone on to forge a career that has delivered success on both a personal and team level.

**CAREER HIGHLIGHTS**

- AFL Rising Star Nominee 1996
- Kangaroos Premiership sides 1996, 1999
- Kangaroos Pre-Season Premiership side 1998
- International Rules series 1999
- All Australian 1999, 2003
- Kangaroos Best & Fairest winner 2000
- Kangaroos Best & Fairest runner-up 1999
- Fremantle Doig Medal 2001, 2003, 2004
- Fremantle Doig Medal Runner-up 2002, 2005, 2006
- Fremantle Captain 2002-2006
- WA State of Origin 2002 (vice captain), 2003 (captain), 2004 (captain), 2005, 2006 (captain), 2007
- AFL Life Member (2007)
- Fremantle Football Club 150 Games and Life Membership (2007)
- Games record for most games played by a Western Australian in the VFL/AFL (2008)



**MARK JOHNSON  
celebrated his  
200th AFL Game  
against his old  
club Essendon at  
Subiaco Oval in  
Round 14.**

MARK JOINED Fremantle via the 2007 NAB AFL Draft, with the club using its fourth selection (No. 55 overall) to recruit the veteran.

Mark, who had to work his way up off the Essendon rookie-list before becoming a crucial member of the Bombers side, including the 2000 premiership team, said the 200 game milestone is certainly a highlight of his career.

"Growing up as a young fella in Sunbury I didn't ever think that I would have the opportunity to play 200 games, not to mention living on the other side of the country and doing it with Fremantle. It's a dream come true and something I'm very proud of," he said.

Senior Coach Mark Harvey has nothing but praise for the 2000 premiership player.

"Mark has only been here for six months, but the way he goes about his football and his personality has rubbed off on a lot of the young guys.

"Sometimes you get criticised for bringing players to the club, but sometimes there's more to it than just what they offer on the field."

**CAREER HIGHLIGHTS**

- AFL Rising Star Nominee 1999
- Essendon premiership team 2000
- Essendon pre-season Premiership team 2000
- Essendon Best and Fairest 2002
- Essendon runner up Best and Fairest 2005



# Longmuir etched in 300 Games History

The Fremantle Football Club celebrated its 300th Official AFL match against Port Adelaide in Round 10. The club marked the milestone by thanking all of the proud, loyal and passionate members, sponsors, corporate partners, staff and players who have all helped the club reach this milestone.



DESPITE GOING down to Port Adelaide, there have been many memorable moments throughout the club's 300 game history. Docker went back into the archives and picked out a few of the more memorable ones.

- Fremantle's first AFL game v Richmond 1995
- Very first win – v Fitzroy, Round 3, 1995 at Western Oval
- First Derby win – Round 16, 1999
- Luke McPharlin – Mark of the Year 2005
- Winning our first final at Subiaco Oval
- Justin Longmuir mark and goal against St Kilda after the siren, 2005
- Jeff Farmer goal after the siren v Melbourne at Subiaco Oval 2002
- Andrew Wills' soccer goal from the boundary v North Melbourne 1995
- Salvaging the 4 points after the Sirengate debacle

An Air Mauritius Poll was run on [fremantlefc.com.au](http://fremantlefc.com.au) in the lead up to the game

and showcased the nine memorable moments for supporters to vote from. The moments ranged from the club's first ever game against Richmond back in Round 1, 1995 to Justin's effort against the Saints in Round 21, 2005 which will forever remain one of Fremantle's most unforgettable moments.

Justin Longmuir's remarkable mark and goal after the siren to beat St Kilda was voted the most memorable moment in our short history by our supporters with 46% of the vote.

His goal attracted arguably one of the biggest roars ever from a crowd at Subiaco Oval who joined the celebrations when Justin charged towards the fence to celebrate the win with the Fremantle faithful. His team mates immediately followed, sparking mass jubilation amongst the 38,057 people in attendance at Subiaco Oval that night.

So powerful was the moment, the Fremantle Football Club used it in its advertising campaign for the 2006 season, which saw the club reach a then record of 35,666 members. 📺



Fremantle run out for the club's 300th AFL appearance





# A dream come true for Matthew

**Captain Matthew Pavlich was chosen to represent the Dream Team in the AFL's Hall of Fame Tribute Match against Victoria at the MCG on 10 May.**

"REPRESENTING THE Dream Team was a fantastic experience and one I feel privileged to have been a part of. The whole week was massive and certainly represented a high point in my career.

"The boys came together and bonded as a unit and I think it showed when we went out there and played. For me, playing alongside the likes of Buddy Franklin, Cameron Mooney and Matthew Richardson was an experience I wouldn't trade.

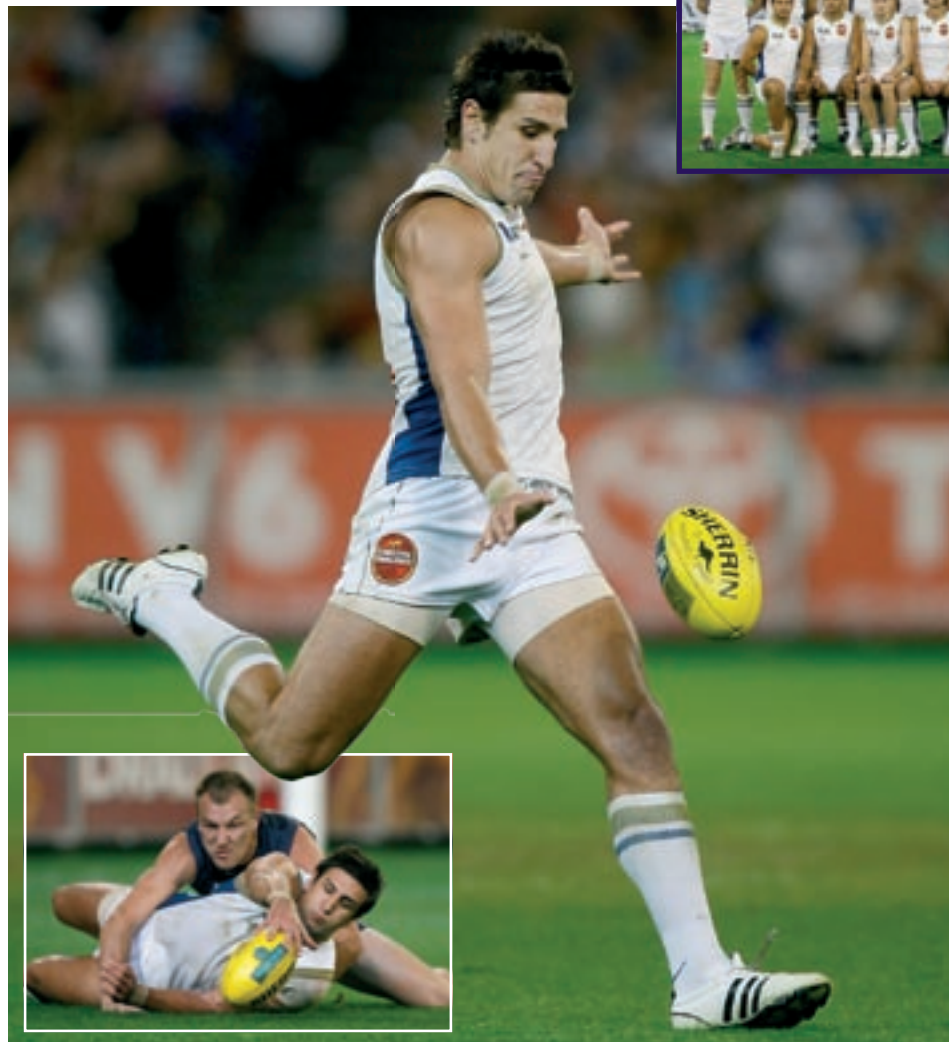
"It was also good to catch up with the likes of Brett Kirk (who I played International Rules with), Kane Cornes (who I played junior footy with) and plenty of other South Australians who I played against growing up.

"I think the concept is fantastic but it's also one I feel you can't trot out year after year and, unfortunately, State of Origin footy isn't really viable as a concept at this time either.

"There was a great response from the fans and I am sure the Victorian faithful were happy to see their team prevail.

"I also really enjoyed the Hall of Fame dinner and seeing the great Alex Jesaulenko elevated to Legend status was an honour, as was seeing Glen Jakovich, Gavin Brown and Geoff Motley inducted into the Hall of Fame.

"It was a great week and I feel honoured to have been a part of it all." 🍷



## Fremantle's proud Victorian

**Assistant Coach Chris Scott was an assistant coach for Victoria in the AFL's Hall of Fame Tribute Match.**

"I was honoured to be appointed as an assistant coach for the 'Big V' for the Hall of Fame Tribute Match," he said.

"It's rare that we get the chance to see the very best players competing against one another so from that perspective it was very exciting.

"You never know whether it will be played again so if it is a one off, it will be nice to say you were involved in it.

"It's also great to have bragging rights and to see the Big V prevail against a pretty formidable Dream Team outfit."

Chris's 14 year career with Brisbane saw him earn dual Premiership honours, playing in the Lions' premierships of 2001 and 2002 as well as finishing in the top ten for Brisbane's Best and Fairest Award on six occasions. He is a Life Member of the Brisbane Lions.

Chris last represented Victoria back in 1993 when he was part of their Teal Cup side. He won the Alan Schwab Medal as Best-on-Ground in the Teal Cup Grand Final that year to kick start what was a highly successful career.



**DEBUT**  
FFC DEBUT



**Mark Johnson**  
Round 1 v Collingwood,  
22 March 2008 at the MCG

**DEBUT**  
AFL/FFC DEBUT



**Rhys Palmer**  
Round 2 v Hawthorn,  
29 March 2008 at Subiaco Oval

**DEBUT**  
AFL/FFC DEBUT



**Chris Mayne**  
Round 2 v Hawthorn,  
29 March 2008 at Subiaco Oval

**150**  
AFL GAMES



**Des Headland**  
Round 4 v Richmond,  
13 April 2008 at Subiaco Oval

**DEBUT**  
AFL/FFC DEBUT



**Clayton Hinkley**  
Round 5 v Adelaide,  
19 April 2008 at AAMI Stadium

**CLUB RECORDS**

Highest home crowd v Hawthorn, Round 2,  
29 March 2008 – 38,022

Highest home crowd v Richmond, Round 4,  
13 April 2008 – 37,541

Highest home crowd v Geelong, Round 6,  
25 April 2008 – 38,022

Highest home crowd v Western Bulldogs, Round 8,  
18 May 2008 – 35,624

Highest away crowd v Carlton, Round 9,  
24 May 2008 – 28,955 at Telstra Dome

**FIRSTS**

1st AFL Goal – Rhys Palmer, Round 2 v Hawthorn,  
29 March 2008 at Subiaco Oval

1st AFL Goal – Chris Mayne, Round 2 v Hawthorn,  
29 March 2008 at Subiaco Oval

1st AFL Goal – Clayton Hinkley, Round 5 v Adelaide,  
19 April 2008 at AAMI Stadium

**150**  
CONSECUTIVE GAMES



**Matthew Pavlich**  
Round 6 v Geelong,  
25 April 2008 at Subiaco Oval

# Milestones

**100**  
AFL/FFC GAMES



**Aaron Sandilands**  
Round 7 v Melbourne,  
4 May 2008 at the MCG

**DEBUT**  
FFC DEBUT/50 AFL Games



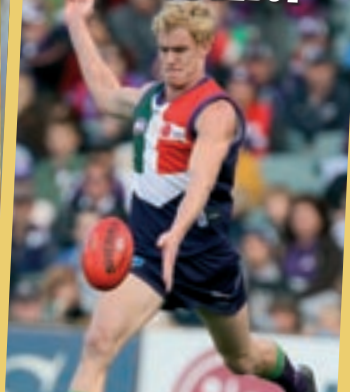
**Kepler Bradley**  
Round 8 v Western Bulldogs,  
18 May 2008 at Subiaco Oval

**50**  
AFL/FFC GAMES



**Brett Peake**  
Round 14 v Essendon,  
29 June 2008 at Subiaco Oval

**DEBUT**  
AFL/FFC DEBUT



**Josh Head**  
Round 14 v Essendon,  
29 June 2008 at Subiaco Oval



**STATISTICS AFTER ROUND 14**

Ladder Position: 14th (as at 30/06/08)

Ave Winning Margin: 33.5 pts

Ave Losing Margin: 16.9 pts

Ave Score For: 87.8 pts

Ave Score Against: 97.6 pts

**PLAYED ALL 14 GAMES**

Ryan Crowley	David Mundy
Matthew Pavlich	Aaron Sandilands

**Remaining Fixtures**

Round 15	vs Geelong	Saturday 12 July	12.10pm	Skilled Stadium
Round 16	vs Melbourne	Sunday 20 July	2.40pm	Subiaco Oval
Round 17	vs Port Adelaide	Sunday 27 July	11.10am	AAMI Stadium
Round 18	vs West Coast (home)	Sunday 3 August	2:40pm	Subiaco Oval
Round 19	vs Sydney	Saturday 9 August	5.10pm	SCG
Round 20	vs St Kilda	Sunday 17 August	2:10pm	Subiaco Oval
Round 21	vs Richmond	Saturday 23 August	12.10pm	MCG
Round 22	vs Collingwood	Friday 29 August	6.40pm	Subiaco Oval

All times are WA time

**THE TOP 5's**

Goals	Total
Matthew Pavlich	53
Jeff Farmer	19
Chris Tarrant	16
Luke McPharlin	10
Ryan Crowley	8

Disposals	Total
Rhys Palmer	295
Peter Bell	284
Matthew Pavlich	240
David Mundy	234
Michael Johnson	229

Kicks	Total
Matthew Pavlich	186
Rhys Palmer	182
Dean Solomon	139
David Mundy	133
Ryan Crowley	130

Handballs	Total
Peter Bell	157
Aaron Sandilands	134
Rhys Palmer	113
Michael Johnson	109
Byron Schammer	105

Tackles	Total
Ryan Crowley	50
Byron Schammer	49
Josh Carr	45
Peter Bell	41
David Mundy	35

Marks	Total
Matthew Pavlich	101
Michael Johnson	78
Luke McPharlin	78
David Mundy	72
Ryan Crowley	70

Hitouts	Total
Aaron Sandilands	437
Robert Warnock	44

Frees for	Total
Peter Bell	19
Aaron Sandilands	19
Rhys Palmer	18
Garrick Ibbotson	18
Matthew Pavlich	18

Goals: Matthew Pavlich



Disposals: Rhys Palmer



Handballs: Peter Bell



Tackles: Ryan Crowley



Hitouts: Aaron Sandilands



## Round by Round

### ROUND 1 v COLLINGWOOD

Saturday 22 March 2008, MCG, 2:10pm

<b>Fremantle</b>	<b>3.1</b>	<b>7.6</b>	<b>10.10</b>	<b>16.15</b>	<b>(111)</b>
<b>Collingwood</b>	<b>3.3</b>	<b>7.2</b>	<b>10.4</b>	<b>13.7</b>	<b>(85)</b>

Goals: McPharlin 3

Kicks: Headland 16

Handballs: Mundy 14

Disposals: Mundy 26

Marks: Grover 11

Tackles: Headland, Crowley 5

Crowd: 45,383

FFC Debut: Mark Johnson



### ROUND 2 v HAWTHORN

Saturday 29 March 2008, Subiaco Oval, 5:40pm

<b>Fremantle</b>	<b>3.2</b>	<b>4.4</b>	<b>10.7</b>	<b>14.13</b>	<b>(97)</b>
<b>Hawthorn</b>	<b>3.4</b>	<b>8.7</b>	<b>11.11</b>	<b>16.16</b>	<b>(112)</b>

Goals: Pavlich 3

Kicks: Headland 18

Handballs: Bell 18

Disposals: Bell 26

Marks: Dodd 10

Tackles: J. Carr 6

Crowd: 38,022

FFC/AFL Debut: Rhys Palmer, Chris Mayne



### ROUND 3 v WEST COAST

Saturday 5 April 2008, Subiaco Oval, 2:10pm

<b>Fremantle</b>	<b>3.2</b>	<b>8.5</b>	<b>10.8</b>	<b>12.15</b>	<b>(87)</b>
<b>West Coast</b>	<b>3.5</b>	<b>5.9</b>	<b>8.10</b>	<b>10.13</b>	<b>(73)</b>

Goals: Pavlich 5

Kicks: J. Carr 16

Handballs: Mundy 15

Disposals: Mundy 25

Marks: Crowley 9

Tackles: J. Carr 6

Crowd: 39,027

Ross Glendinning Medal: Matthew Pavlich

Rhys Palmer –

Round 3 NAB AFL Rising Star Nomination







#### ROUND 4 v RICHMOND

#### ROUND 4 v RICHMOND

Sunday 13 April 2008, Subiaco Oval, 2:40pm

<b>Fremantle</b>	<b>3.3</b>	<b>6.7</b>	<b>8.9</b>	<b>10.13</b>	<b>(73)</b>
<b>Richmond</b>	<b>5.7</b>	<b>10.11</b>	<b>14.13</b>	<b>20.17</b>	<b>(137)</b>

Goals: Pavlich 3  
Kicks: Pavlich 14  
Handballs: Bell 16  
Disposals: Bell 25  
Marks: Pavlich, Gilmore 7  
Tackles: Thornton  
Crowd: 37,541  
150th AFL Game – Des Headland



#### ROUND 5 v ADELAIDE

Saturday 19 April 2008, AAMI Stadium, 1:10pm

<b>Fremantle</b>	<b>1.1</b>	<b>2.5</b>	<b>6.9</b>	<b>10.11</b>	<b>(71)</b>
<b>Adelaide</b>	<b>3.4</b>	<b>6.6</b>	<b>8.13</b>	<b>12.16</b>	<b>(88)</b>

Goals: Farmer 3  
Kicks: Palmer 21  
Handballs: Ibbotson, Bell 10  
Disposals: Palmer 29  
Marks: Drum 11  
Tackles: Crowley 11  
Crowd: 39,554  
278th Game – Peter Bell, most games by a WA player in VFL/AFL history  
AFL/FFC Debut – Clayton Hinkley



#### ROUND 6 v GEELONG

Friday 25 April 2008, Subiaco Oval, 6:40pm

<b>Fremantle</b>	<b>3.6</b>	<b>8.6</b>	<b>12.8</b>	<b>13.10</b>	<b>(88)</b>
<b>Geelong</b>	<b>1.1</b>	<b>8.4</b>	<b>8.7</b>	<b>13.11</b>	<b>(89)</b>

Goals: Pavlich 5  
Kicks: Bell 18  
Handballs: Sandilands 15  
Disposals: Bell 31  
Marks: Johnson 10  
Tackles: Crowley 7  
Crowd: 38,022  
150 Consecutive Games – Matthew Pavlich





## Round by Round

### ROUND 7 v MELBOURNE

Sunday 4 May 2008, MCG, 12.10pm

<b>Fremantle</b>	<b>5.6</b>	<b>11.1</b>	<b>13.17</b>	<b>15.23</b>	<b>(113)</b>
<b>Melbourne</b>	<b>1.3</b>	<b>3.8</b>	<b>8.15</b>	<b>17.17</b>	<b>(119)</b>

Goals: Pavlich 5

Kicks: Solomon, Pavlich 16

Handballs: Mi Johnson 12

Disposals: Solomon 21

Marks: Solomon 9

Tackles: Schammer 7

Crowd: 19,423

100 AFL/FFC Games – Aaron Sandilands

### ROUND 8 v WESTERN BULLDOGS

Sunday 18 May 2008, Subiaco Oval, 2:40pm

<b>Fremantle</b>	<b>6.2</b>	<b>9.5</b>	<b>14.8</b>	<b>17.9</b>	<b>(111)</b>
<b>Western Bulldogs</b>	<b>6.3</b>	<b>9.4</b>	<b>11.8</b>	<b>17.12</b>	<b>(114)</b>

Goals: Pavlich 4, Tarrant 4

Kicks: Palmer 14

Handballs: Bell 19

Disposals: Bell 29

Marks: McPharlin, Pavlich, Sandilands 8

Tackles: Crowley 9

Crowd: 35,624

50 AFL Games/FFC Debut – Kepler Bradley



### ROUND 9 v CARLTON

Saturday 24 May 2008, Telstra Dome, 12:10pm

<b>Fremantle</b>	<b>3.1</b>	<b>7.1</b>	<b>13.1</b>	<b>14.4</b>	<b>(88)</b>
<b>Carlton</b>	<b>4.3</b>	<b>7.7</b>	<b>11.10</b>	<b>14.13</b>	<b>(97)</b>

Goals: Pavlich 4, Tarrant 3

Kicks: Palmer 15

Handballs: McManus 10

Disposals: Ibbotson 21

Marks: Tarrant 9

Tackles: Dodd 6

Crowd: 28,955

Garrick Ibbotson –  
Round 9 NAB AFL Rising Star Nomination





## ROUND 10 v PORT ADELAIDE

Sunday 1 June 2008, Subiaco Oval, 2:40pm

<b>Fremantle</b>	<b>5.1</b>	<b>5.7</b>	<b>9.13</b>	<b>10.15</b>	<b>(75)</b>
<b>Port Adelaide</b>	<b>2.1</b>	<b>8.3</b>	<b>10.5</b>	<b>16.7</b>	<b>(103)</b>

Goals: Sandilands 2

Kicks: Crowley 19

Handballs: Palmer 17

Disposals: Palmer 28

Marks: Black, Bradley, Sandilands 8

Tackles: Schammer 8

Crowd: 34,236



## ROUND 11 v BRISBANE

Sunday 8 June 2008, Gabba, 11:10am

<b>Fremantle</b>	<b>2.3</b>	<b>3.7</b>	<b>7.9</b>	<b>10.14</b>	<b>(74)</b>
<b>Brisbane Lions</b>	<b>2.1</b>	<b>8.5</b>	<b>11.10</b>	<b>14.12</b>	<b>(96)</b>

Goals: Pavlich 3

Kicks: Mi Johnson 19

Handballs: David Mundy 14

Disposals: Mi Johnson, M Pavlich 30

Marks: Mi Johnson 15

Tackles: J Carr 5

Crowd: 24,506



## ROUND 12 v KANGAROOS

Saturday 14 June 2008, Subiaco Oval, 2:10pm

<b>Fremantle</b>	<b>5.3</b>	<b>9.8</b>	<b>13.11</b>	<b>18.12</b>	<b>(120)</b>
<b>North Melbourne</b>	<b>0.4</b>	<b>3.6</b>	<b>3.10</b>	<b>9.13</b>	<b>(67)</b>

Goals: Pavlich 8

Kicks: Farmer 19

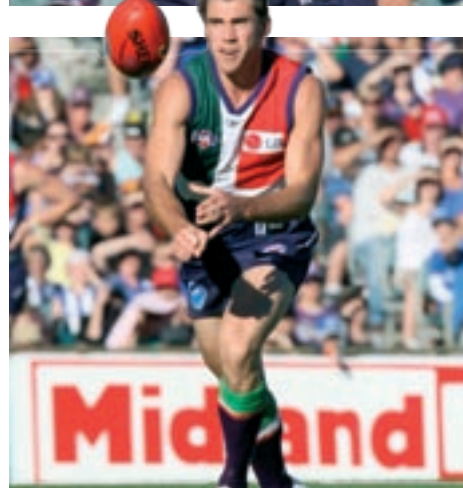
Handballs: Crowley 11

Disposals: Farmer 27

Marks: McPharlin, Mundy 10

Tackles: Hayden, Murphy, Solomon 4

Crowd: 34,105





## Round by Round

### ROUND 13 v ST KILDA

Friday 20 June 2008, Telstra Dome, 5:40pm

<b>Fremantle</b>	<b>2.0</b>	<b>5.2</b>	<b>7.6</b>	<b>8.9</b>	<b>(57)</b>
<b>St Kilda</b>	<b>4.3</b>	<b>6.3</b>	<b>9.5</b>	<b>10.5</b>	<b>(65)</b>

Goals: Pavlich 5

Kicks: Solomon 18

Handballs: Schammer 15

Disposals: Palmer 27

Marks: Crowley 12

Tackles: Schammer 8



### ROUND 14 v ESSENDON

Sunday 29 June 2008, Subiaco Oval, 2:40pm

<b>Fremantle</b>	<b>2.5</b>	<b>7.6</b>	<b>8.9</b>	<b>13.13</b>	<b>(91)</b>
<b>Essendon</b>	<b>3.2</b>	<b>7.5</b>	<b>11.9</b>	<b>14.11</b>	<b>(95)</b>

Goals: Pavlich 6

Kicks: Pavlich, Schammer, Solomon 14

Handballs: Sandilands 14

Disposals: Sandilands 25

Marks: Solomon 8

Tackles: Bell 11

Crowd: 34,239

FFC/AFL Debut: Josh Head


200 AFL Games: Mark Johnson

50 AFL/FFC Games: Brett Peake







  
**POWERADE.**





POWERADE







**RHYS PALMER**  
**10**



# MATTHEW PAVLICH





# Supporters shine for Starlight

THE STARLIGHT Purple Haze Game has once again had a magic result with a sixth consecutive record set after \$40,621.30 was raised for the Starlight Children's Foundation at the game on 29 March.

Proudly supported by Fremantle Ports, the record result brought the total raised for the Starlight Children's Foundation to almost \$200,000 since the games inception in 2003.

Once again, Fremantle members and supporters 'Dressed up and Dug Deep' on game day to help seriously ill children in Western Australia and generously filled the tins of the hundreds of Fremantle Ports and Starlight volunteers around the ground before bouncedown.

The money raised this year will grant the wishes of seriously ill children in WA and will also see a considerable amount go towards the Starlight Escapes Program, an initiative that brings together families and children to enjoy a special day of fun and excitement together.

With members and supporters busy turning Subiaco Oval into a sea of purple, in the change rooms eight lucky Starlight children had the opportunity to meet the players before bouncedown in a once-in-a-lifetime opportunity.

Thanks to 92.9 - Perth's number One Hit Music Station, the 'Purple Play-Off' was once again a success with Esmond Delaney taking the honours as best-dressed in his fantastic Fremantle wharfie/gladiator costume.

For nine year old Jessica Sheehan, the special day was capped off by being chosen as this year's Starlight child to toss the coin before the game.

On behalf of Fremantle Ports and The Starlight Children's Foundation, the club would like to thank everyone who gave so generously to help the children of Western Australia at this year's Starlight Purple Haze Game. ©



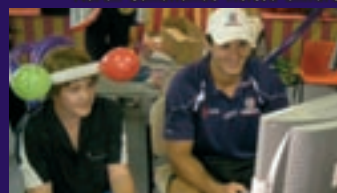
Jessica Sheehan was this year's Wish Child



Purple Play Off finalists



Purple Haze Ambassadors Des Headland, Chris Tarrant, Ryan Murphy and Aaron Sandilands visited children's wards in the lead up to the game

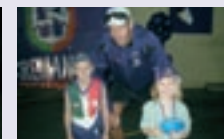


## FREMANTLE PORTS SPREADS THE STARLIGHT MAGIC!

Fremantle Ports raised over \$3,000 for the Starlight Children's Foundation at a successful 'Purple Haze Breakfast' attended by more than 200 staff, tenants, other representatives of the port community, family and friends on Thursday 27 March.

The sausage-sizzle breakfast was held to kick start fundraising and get everyone in the purple spirit for the Starlight Purple Haze Game. The winner of the Haze Your Business competition was announced at the breakfast (see page 6 for the results).

Fremantle Ports were once again the proud sponsor for Fremantle's Starlight Purple Haze Game, the proceeds of which are used to help seriously ill children and hospitalised children in WA through the Starlight Children's Foundation.







**Pop. That was the all too familiar noise emanating from LUKE WEBSTER's knee. It came eight minutes into East Perth's WAFL Round 3 clash against Perth on Saturday 5 April at Medibank Stadium. It was the fourth time Luke had heard that shocking noise come from one of his knees in his career and straight away he knew he was looking down the barrel of a fourth knee reconstruction, this time to repair a ruptured anterior cruciate ligament.**

AT JUST 26 years of age, Luke was on the cusp of becoming a knee reconstruction veteran, having already undergone one previous reconstruction on his right knee and two on his left. But instead of heading down the tried and tested path of reconstruction surgery, Luke headed down the path less travelled in a bid to continue his career and return to the field much sooner than what reconstructive surgery allows.

**What exactly is LARS Luke?**

LARS stands for Ligament Augmentation Replacement Surgery. In a nutshell, what the surgeon does is implant an industrial strength polyester ligament into the knee joint as a replacement to the ruptured natural ligament. It performs the same role as the natural ligament but is ready to go rather than needing time to heal like a natural ligament after surgery.

**What was the appeal of LARS?**

I wanted to try something different because I've had two (reconstructions) on my left knee before involving my hamstring and the patella and they both didn't work so I had to look for another alternative. The recovery time was also appealing as it would essentially allow me to play footy again this year. I spent just two days in hospital and only needed to be on crutches for two weeks instead of the usual 4-6 that accompany knee reconstruction surgery. There also isn't a graft site that you need to recover from and you don't have to wait for it to get strong or renew the blood supply to the area. It really is just ready to go.

**What was the first thing that ran through your mind when you injured your knee?**

The first thing that went through my head was, 'get up and run you'll be alright.' But once I got up and tried to run I knew it was no good. I was pretty disappointed and shattered.

A lot of things go through your mind like 'well that's it. Do I have to retire now?' There were definitely a few things running through my head, particularly thoughts like it was the end of my career, especially my AFL career considering I could have been out for 10-12 months.

**What was the support from the club like when you injured the knee?**

It was really good. The boys had obviously won the Derby that day and a few of the boys came around that night to celebrate the win but also to see how I was holding up. I got a lot of text messages and phone calls as well that night and had a few visitors when I was in hospital. Everyone was really supportive, which was great. It gives you a lot of confidence knowing the club is behind you.

**What did you do in the days following the surgery?**

I didn't do much, just mostly sitting around at home trying to get as much swelling out as possible. I came into the club and did a bit of physio treatment and was encouraged to do a bit of walking to get some movement through the joint. I did a bit of walking up and down in the pool as well but the main goal was to reduce the swelling as quickly as possible.

**How did LARS affect your recovery time compared to a normal knee reconstruction?**

It was a lot quicker obviously. Four and a half weeks after the surgery I was back on the

treadmill at the club with the assistance of a harness. The harness took about 80 percent of my body weight so I wasn't putting too much strain on my knee while I got used to running again. The knee responded well to it. Over the next two weeks I gradually put more weight on the knee when I was on the treadmill until I eventually got to the stage where I could run unassisted on grass. I managed to do that six weeks after the surgery. Structurally it felt good and in my head it felt good but it was obviously a bit weak since I hadn't been using the muscles around it too much in the weeks previous.

**What is the next step in your comeback now?**

I'm really excited about being back at 100 percent fitness so I can put my hat in the ring for selection for Fremantle. I'm hoping to get a few senior games under my belt before the end of the season. 🏈



More on **F T V** 





## Subiaco Match Day Diary

### Round 18 v West Coast

Game day promotion by Carlton Mid



### Round 20 v St Kilda

Game day promotion by 92.9



### Round 22 v Collingwood

Game day promotion by Members Equity Bank

■ Curtain raiser: Subway Challenge



**MembersEquity  
Bank**

## For the Diary

For full details on these and other club events, please visit the Members or Events sections of the club's website at [www.fremantlefc.com.au](http://www.fremantlefc.com.au). Here are some key dates and events to remember:

### Members Pre-Game Luncheon – Round 16

The popular pre-game luncheons are a great way to get together before the game and meet with fellow members and supporters. Pre-game luncheons are \$50 per adult (children under 12 years of age are \$35) and include a meal with special door prizes on offer. Drinks are available for purchase and tables will consist of eight to 10 people.

The second pre-game luncheon for Members will be held in the Bill Walker Room for the Round 16 match against Melbourne. At the lunch you will have the opportunity to hear from a non-playing player and a special guest speaker. Bookings are essential and can be done by contacting the Membership Team on **9433 7111** or email [membership@fremantlefc.com.au](mailto:membership@fremantlefc.com.au).

### 2008 Interstate Trip – Fremantle v Sydney Round 19, Saturday 9 August 2008, SCG, 7.10pm bouncedown

Fremantle has three corporate packages available for its blockbuster match against the Swans at the SCG in Round 19. Packages range from the fully inclusive package, which includes return airfares from Perth and accommodation at the InterContinental Sydney, to a

function only package which includes entry to the exclusive Fremantle pre-match function at the SCG and a premium reserved seat at the game.

For more information on the 2008 Interstate Trip contact the Corporate Sales team on **9433 7182**.

### On-Ballers Dining Packages

Fremantle has a few remaining On-Baller Dining Packages available for the club's two final home matches in 2008.

#### Sunday 17 August, Round 20, Fremantle vs St Kilda

#### Friday 29 August, Round 22, Fremantle vs Collingwood

Each package includes a pre-game function with two course meal, beer, wine and soft drink, guest speakers and a reserved seat at the matches. On-Ballers functions are strictly 18+ events. For more information on the On-Ballers packages available contact the Corporate Sales Team on **9433 7182**.

### Doig Medal Presentation Dinner 4 October 2008

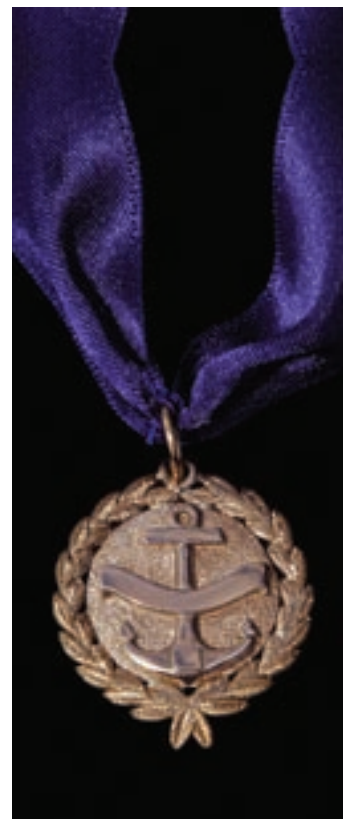
The gala event of the year crowning the club's Doig Medallist as the Best and Fairest player for 2008 will be held at the Burswood Grand Ballroom on Saturday 4 October. Full details will be available on the club's website [www.fremantlefc.com.au](http://www.fremantlefc.com.au).

**WIN** YOU AND 9 FRIENDS COULD BE VIP GUESTS AT THE 2008 FREMANTLE FOOTBALL CLUB DOIG MEDAL GALA DINNER  
DINNER WITH YOUR FREQ HEROES



SIMPLY PURCHASE ANY 600ML COCA-COLA PRODUCT FOR YOUR CHANCE TO SCORE A FABULOUS PRIZE PACKAGE INCLUDING TABLE FOR 10 AT THE DOIG GALA DINNER, ACCOMMODATION, PAMPERING AND MORE. ATTACH YOUR COCA-COLA PRODUCT LABEL TO THE ENTRY FORM FOUND IN MEMBERS REWARDS AND SEND IT IN TO WIN!

SEE AD IN MEMBERS REWARDS FOR MORE DETAILS



### WAFC ASKS – WHY DO YOU PLAY FOOTBALL?

THE West Australian Football Commission has launched its on-line youth survey to find some answers about why youth-aged boys and girls play football.

By logging onto [www.perceptionmapping.com/wafcyouthmap](http://www.perceptionmapping.com/wafcyouthmap) children aged up to 17 who play football can anonymously answer questions that will enable WA Football's governing body to directly find out what motivates, irks and excites its youth-aged participants.

The questions in the anonymous, 10-minute survey cover issues from playing, training, parent involvement to the administration of the game.

WAFC Manager of Community Development, Warren Nel, said the survey was designed to find out what

country and metropolitan youth-aged players wanted from the game.

"We conducted a survey (Why kids stop playing football) last year and the most profound finding was that children found it tough to commit a lot of time to football and fit training and playing in around their school and home lives," Mr Nel said.

"This year the survey is more comprehensive, in terms of the issues it covers as well as the promotional strategy behind getting as many youth-aged players as possible to take part.

"We want to hear what the young players feel about every aspect of the game and from there we can work with our community football clubs to ensure we delivering the product the youth players want."

The survey will also be used as a bit of a 'culture' map, finding out

which WAFL and AFL clubs players support, what other sports they play as well as their views on community (club) and school football.




**SIGN UP FOR THE CLUB ROOM CHAT** Visit [www.wafootball.com.au](http://www.wafootball.com.au) and sign up for The Club Room Chat to keep in the loop with what is happening in WA football.

The fortnightly newsletter contains information about the WA football, including the WAFL, the West Australia Football Commission and its many programs.

While you are visiting [wafootball.com.au](http://www.wafootball.com.au) why not upload a photo and join the gallery of football superstars.

Go to the Footy Photos section of the WA Football website to upload your photo. You can win an Apple iPod Shuffle by sending in a photo playing football with your friends or wearing your favourite team colours. Every two weeks a winner will be chosen at random with their photo published on the WA Football website and The Club Room Chat.





**“It’s amazing to think that not long ago I was a little kid watching all these super stars and now you’re playing with some of them as part of an AFL team.”**”

# Young Guns FIRE





**W**hen one of Fremantle's young guns Chris Mayne fronted the media back in May to talk about having his contract extended until 2010 he impressed everyone with his commitment to the club.

Along with fellow draftees Rhys Palmer and Clayton Hinkley, Chris had just become the third Fremantle player from the 2007 National Draft to sign with the Club until 2010.

It was the pride and passion about what the contract extension meant to Chris that packed a punch.

"I love coming in here everyday," he said at the time.

"I wake up in the morning so excited to come to Fremantle. With all the guys here, they make you feel so welcome. It makes you feel like you're part of a family – this is my second family.

"Coming here everyday and training and making sure we can all get out on the park is the best feeling in the world."

It says something about the character traits that Senior Coach Mark Harvey has set about instilling in the whole playing group but particularly young guns such as Chris, Rhys, Clayton, Garrick Ibbotson, Robbie Warnock and Marcus Drum plus emerging players Brock O'Brien and Andrew Foster, who was recently placed on the long-term injured list.

Mark has sought to boost their confidence every time they get a game by insisting they "just play footy" and to not even think about getting dropped.

"This is not a criticism of the old regime but we are giving the young guys more opportunity earlier in their careers and they are excelling," Mark said.

"They are also playing well on the road and at venues they've never played at before.

"What I would say about all these kids is that they are not looking for the outside ball... they are getting involved in the heavy duty part of the game."

The approach has worked for Garrick.

"As each game goes on you get a bit more confidence about what your role is in the team," Garrick said.

"From the start the best thing Mark ever said to me was to just play footy. He didn't fill my head with what he wanted me to do or what the team needed. He said to do the team things and just play footy."



Garrick, who has played in 12 of the Club's first 14 games this season, has established himself as a midfielder of the future.

He was the club's second NAB Rising Star nomination for the year after picking up 21 possessions and five marks against Carlton in round 9.

"It's interesting when, as a coach, you give these guys a little bit of freedom and a bit of confidence to see what they can do," Mark said.

"Ibbo was a kid that was in and out of the WAFL and here he is in 2008, with a NAB Rising Star nomination and having a significant contribution in a number of areas that you look for in younger players."

#### DEMANDING

But Mark is wary of overloading young players with game time so early in their careers.

"I'm going to have to manage all the first year players, so I'm very mindful of when and where and how long I play them for," he said.

"It's very demanding on the young guys... I don't want them breaking down and having long-term problems."

Consequently, Mark doesn't resile from his decision to delay Rhys Palmer's AFL debut. It meant the 19-year-old played his first game at Subiaco Oval against Hawthorn, instead of the season opening round one clash against Collingwood at the MCG.

"He hasn't necessarily played in too many wins but in his first year as an AFL footballer Rhys is a consistent playmaker, so even when we are up against it, he's playing well and that's terrific," he said.

"But we will have to manage him as the season wears on."

After getting over the initial disappointment of not making his debut in round one, Rhys is fully supportive of Mark's decision to delay his initiation into AFL ranks by one week.

"It probably worked out for the best having my first game at home and getting all my preparation right," he said.

In any event, the decision to delay Rhys' debut didn't impact too negatively on him. He won the NAB Rising Star nomination in only his second game after his round three performance against the West Coast Eagles.

"It was my first Derby, which was pretty exciting but probably more exciting to get the first win," he said.

"To be part of a winning side is a great feeling, especially when you've had a bit of a role in the team's win."

That "bit of a role" saw Rhys pick up 15 kicks,

nine hand passes and three marks.

"I haven't really thought about it a lot since," said Rhys, adding that he just wants to "go out, do my bit for the team and hold my spot".

But he remembers that what was required of him after winning the NAB Rising Star nomination as being "pretty full on".

"I had to do radio interviews, newspaper interviews and interviews with all the TV channels."

But Rhys, who is one of the favourites to win the 2008 NAB Rising Star, soon learnt how those demands can impact on a young player.

"It was a pretty full-on couple of days and, in the end, it may have made me a bit fatigued because after that we came out and got pumped by Richmond," he said.

"It was a good learning experience about how not to get too far ahead of yourself."

#### EXTRA PRESSURE

Garrick Ibbotson tells a similar story about his Rising Star nomination.

"I didn't give it much thought that week because I was so disappointed about losing to Carlton after being in front," he said.

"It wasn't until the Tuesday when I got a phone call telling me that I'd won, other wise I hadn't really thought about it.

"It wasn't the best game that I'd played in but I'd played a few games in a row that were all right and that's probably what won it for me."

But Garrick hasn't felt any extra pressure being a Rising Star nominee.

"The week I won was pretty full-on," he said.

"I had a lot of interviews and media stuff to do but after that it's forgotten because every week a new player gets nominated and it's their turn in the spotlight for a week."

#### SPEED

Although they haven't played as many games this year as Rhys, Chris or Garrick, fellow young guns Clayton Hinkley, Robbie Warnock, Marcus Drum, Brock O'Brien and Andrew Foster are still very much on the radar and part of the Club's future.

"Clayton has got the speed and the character we are looking for," said Coach Mark Harvey.

"He will be right up there and he'll catch up with the other guys very quickly once he gets stronger in his body."

Mark says the match committee has just started to settle Marcus down in defence.

"He's had a few injuries but we are starting to see the signs of him holding down a position in defence," he said.



"Marcus has got strong values about him... he's just a solid person.

"He's also got football nous that we need to take to another level."

Having played only eight games in two years, the starting point this year for Marcus, who was the Club's first pick and 10th overall in the 2005 National Draft, was to try and notch 10 games for the season.

"But it's also about getting in the team and making an impact so I can hold my spot," said Marcus, who was a member of the 2004 All-Australian Under 18 side.

Marcus said Assistant Coach Chris Scott, who oversees the defenders, had been "sensational".

"He's taught me just to keep backing myself and concentrate on what got me here," he said.

"You have to focus a lot on what your strengths are and keep plugging away at your weaknesses... but really focus on what makes you a good player."

The approach appears to have paid off.

"By believing in myself and what I can do well has gone a long way towards help building consistency into my game."

Described by his coach as a "football nut", Robbie had an interesting time over pre-season, according to Mark Harvey.

"I think in time Robbie and Spider (Aaron Sandilands) will be a great ruck duo," he said.

"I've just launched that combination and I would like to think that they can stay together for a long time to come."

## NEXT WAVE

According to Mark, 20-year-old Brock O'Brien has got the "spark and glint in the eye" that a coach looks for.

"We played Brock in the Melbourne match and he just needs to tighten up a few areas in his game," Mark said.

"But once he's done that, he'll be a regular player and the opposition will always know he's playing.

Andrew Foster is on a season ending rehabilitation program to fix a back injury.

But once he's got it right, Mark believes the 22-year-old will be among the Club's next wave of midfielders.

"Andrew's a gifted player and he's got really good football instincts and great awareness," Mark said.

"He's smart and can evolve, so in time and once his back complaint is resolved, Andrew will be a part of our midfield,"

## TENACITY

Chris Mayne played State Schoolboys cricket and had to choose between the willow and the Sherrin.

"As a coach he's got that tenacity that you look for," Mark said.

"He wants to work for the team... chase, harass and take on the opposition. He's been belted a few times and he just gets straight back up."

Mark is confident that Chris, who was recruited from Perth, will evolve as a career player for Fremantle.

"Chris just needs to get stronger in parts of his body and think more about how he can move up to another level as a player," he said.

"I'm not going to put expectations on what these guys can be but Chris is an exciting guy to have at our football club because he gives you everything."

Like he has with all the young guns that have played this year, the Senior Coach has kept it simple, telling Chris "to just have a crack".

"Mark's been really good for me and helped me out with my footy," Chris said.

"He's pretty much said that all the stuff I'm doing is keeping me in the side."

## LIVING THE DREAM

A lot of young footballers say it but when he was growing up Chris genuinely dreamed about playing AFL.

"When you're a young kid you're always out on the street kicking a footy, pretending to be Brent Harvey or Matthew Pavlich kicking goals... but usually between two trees," he said.

"You think about that and the roar of the crowd. So to get the opportunity now to do something that I love is so surreal.

"It's amazing to think that not long ago I was a little kid watching all these super stars and now you're playing with some of them as part of an AFL team."

Chris, who got to live out his AFL dream by making his debut along with Rhys Palmer in round two against Hawthorn, recalls "being pumped".

"In the warm-up, I was looking at the crowd and going, 'Oh my God, this is amazing,'" he said.

"Just before we ran out, I remember talking to Rhys and we were both looking each other in the eye and going, 'this is it'.

"I had a blast from then on... I finished up with a couple of goals and had a bit of fun.

"It was a shame we lost but it was a massive adrenalin rush."

Chris also remembers being told not to expect too much from his first game and to "just go out and play footy".

Brock O'Brien at the MCG in round 6



"You have to think that it's just another game of footy and try and not do anything different with your preparation," he said.

"Enjoy the challenge, the crowd, everything that goes with it and try to embrace it all."

Garrick's memory of his first game, all be it in round 11 against Richmond last year, was one of "nerves".

"I got told the Thursday before a Saturday game, so I had the worst sleep that night," he recalled.

"It got a bit better on the Friday but as the game got closer I got more nervous because I was starting on the bench.

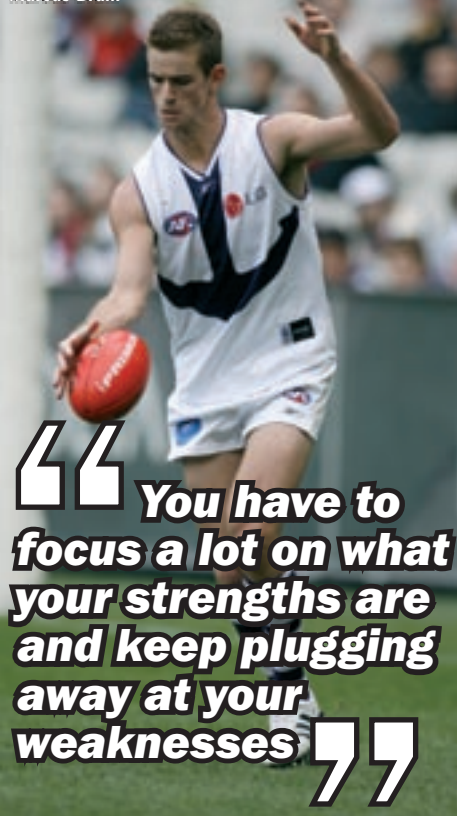
"I'd been told that I would be going on about the 10 minute mark, so I was just waiting and looking at the clock. But about the seven minute mark, I was



**“I think in time Robbie and Spider (Aaron Sandilands) will be a great ruck duo...”**



Marcus Drum



**“You have to focus a lot on what your strengths are and keep plugging away at your weaknesses”**

told to go straight on... the waiting was finally over.

“Although I remember how nervous I was, I also kicked a goal in the last quarter, so that’s a pretty special memory.”

When Garrick first ran out onto the ground he could hear the roar of the crowd but once the ball was bounced it was like someone had hit the mute button.

“You don’t really register the crowd is there until a goal is scored,” he said.

“If the ball is anywhere near where you are, you are so focused on the ball or who you are playing on that everything else fades out.

Garrick’s first possession in AFL football came from a Shaun McManus kick on the wing.

“Straight away, I thought, ‘I’ve got to get rid of the ball,’” he said.

“I looked and looked but couldn’t see anything... then I kicked it inboard to Belly (Peter Bell).

“After that I felt all right because with your first possession you know everyone is looking at you.”

#### NEW SKILLS

Rhys recalls his debut game as one of the “biggest days of my life”.

“Being my first AFL game and playing in front of my friends and family and a home crowd at Subiaco was massive,” he said.

“To be honest though it was a bit of a blur but really exciting to be running out with all the boys in front of a home crowd.

“To lose was pretty disappointing but I got a few kicks, so I was pretty happy.”

Chris, Garrick and Rhys’ memories of their debut games are almost as different as their goals for 2008.

“My goal in the first year wasn’t about how many games I’d play but more about developing my play and learning new skills,” Rhys said.

“Obviously, my whole game needs working on and with the coaches we just keep talking about the things that need to be worked on.

“The other challenge is dealing with the impact on your body and how you pull up after each game.

“It’s probably starting to take a bit longer to fully recover after each game. That’s probably one of my main challenges, especially in your first year.”

As for his toughest opponent so far, Rhys said there was not one player he could single out so far.

“Every team has their good players... you run out on the ground and play along side them and you learn so much from them,” he said.

“Every team has their great players but playing against Robert Harvey in the St Kilda game was pretty special for me because I grew up admiring him. He was my hero, so that was a pretty positive experience.”

#### TOUGHEST OPPONENT

Garrick’s goal for the year is to play a more consistent game.

“After about round five or six, I’d played a few games, so what I wanted to do was hold my spot for the rest of the season.

“Having a Rising Star nomination is a bonus but all I really want to do is develop as a player.”

Garrick believes the challenges in AFL change with the number of games you play and who you are playing against.

“In my first game the biggest challenge for me was the pace of the game and having such bigger

bodies around me,” he said.

“But with each game I play it gets a bit easier. You pick up the pace and get used to it.”

While pace was the biggest challenge in Garrick’s earlier games, now that he’s spending more time in the midfield, there are other aspects to focus on.

“Playing a bit more in the midfield means I’ve got to keep my fitness up as well as trying to get a bigger body so I can withstand a bump and still keep going for the footy,” he said.

“But things like that can always change. As the games go on my role might change, so as my experience grows, so do the challenges.”

Garrick came up against his toughest opponent so far in the Club’s 53 point win over North Melbourne in round 12.

“I played on Brent Harvey and he was really, really hard to play on,” he said.

“Although he’s not that big, he’s very quick off the mark. He’s played so much footy and is a champion player. It was a good learning curve for me but a really tough day.”

#### CREATIVE PLAYERS

Chris’ priority at the start of the year was to be able to train regularly.

“My main goal is to make sure my body is fit so I can train well and get picked for selection,” he said.

“Now my goals are based on working on certain things during a game... and then on being a regular part of the side so I can play every weekend.”

His toughest opponent so far was Hawthorn’s Campbell Brown.

“I played on him in my first game and he was pretty hard in the first half but then he went off me,” he said.

“It’s a bit hard to judge really because in the WAFL you may only get one opponent in a game but in the AFL you can have any number of opponents in one game.

Ideally, Mark Harvey would like to have given his young guns more opportunity to play along side the likes of Paul Hasleby and Des Headland.

But injuries to both senior players seriously curtailed that prospect.

“We’ve lost some creative players but these young blokes are quickly learning how to be creative,” he said.

“I think our supporters will find some interesting progression with who we play in the second half of the season.”

Andrew Foster is on the long term injury list



Clayton Hinkley debuted in Round 5 v Adelaide



The 'Live the Dream' participants with the LTD chaperones

More on **F T V**



**Fremantle welcomed its 16 'Live the Dream' participants for 2008 on Wednesday 25 June when the exciting and innovative six day programme, which is proudly supported by BHP Billiton Iron Ore, got underway.**

THE 'LIVE THE DREAM' programme is an in-house programme for 16 or 17 year olds that ran from 25-30 June. Thanks to the support of the club's loyal sponsor, BHP Billiton Iron Ore, the cost of this unique experience for the lucky participants was absolutely free and included meals, accommodation, apparel for the six day programme and travel costs to and from Perth for participants travelling from regional areas.

Following on from its successful debut year in 2007 the 'Live the Dream' initiative offers participants the unique opportunity to develop skills and behaviours that can deliver long term benefits to themselves and their local communities, while also having the chance to immerse themselves in the culture of the Fremantle Football Club and live the life of an AFL player for six days.

'Live The Dream' is designed to develop teamwork and leadership skills, develop problem solving skills under pressure, provide participants with experiences that take them outside of their comfort zone and develop skills that participants can take back to their local community and pass onto their peers (ie act as positive role models).

The intensive six day programme saw each participant appointed a mentor from the Fremantle player group who guided and assisted them in a series of exercises and activities. The 'Live the Dream' participants also took part in specialised physical

conditioning and injury prevention sessions with Fremantle sports science staff, interactive sessions on nutrition, media training, player welfare and player recruitment, senior team match day involvement and post game recovery session, a training session with Fremantle Football Club coaching staff and leadership and a team building session with the Tactical Response Group (TRG).

Fremantle Football Club Community Development Manager David Crute said the quality of the 16 young men who Lived the Dream was exceptional.

"We had a wide range of applications from young men with vastly different backgrounds," Mr Crute said.

"The final 16 who took part in the 'Live the Dream' programme were all potential leaders from within their communities and gained a lot from their involvement in the programme, which they took with them back into their communities to become role models for their peers.

"The Fremantle Football Club, in conjunction with BHP Billiton Iron Ore was thrilled to be able to offer this unique opportunity to the community again in 2008 and we look forward to offering it again in 2009," Mr Crute said.

The 16 lucky participants were selected from a large range of nominations by a panel consisting of Fremantle Football Club staff and BHP Billiton Iron Ore staff. Nominations

  
**bhpbilliton**

**IRON ORE**

Live The Dreamer  
Regan Kubala



Matt Gordon under the guidance of  
Assistant Conditioning Coach, Ben Piggott





were sought through BHP Billiton Iron Ore, the Fremantle Football Club Youth League, the City of Fremantle, a club aligned charity, Redkite or Heart Foundation, the Welcome to the AFL programme, or from Eastern States Partner Clubs of the Fremantle Football Club.

The 16 participants in the 2008 'Live The Dream' programme were:

- Zachary Wood of Innaloo
- Raymond Turvey of Ballajurra
- Curtis Williams of Burnie, Tasmania
- Travis Hansen of Beckenham
- Alex McFarlane of Donnybrook
- Wade McEwan of Geraldton
- Joshua Hamilton of Geraldton
- Matt Gordon of Joondanna
- Kirby Withers of Newman
- Jeremy Regan of Newman
- Regan Kubala of South Hedland
- Tristan Joseph of South Hedland
- Rodney Corpus of South Hedland
- Frank Dershow of South Hedland
- Kyle Edwards of South Hedland
- Qayyum Bilton of South Hedland.

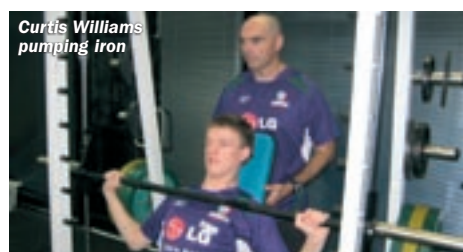
The Fremantle Football Club player mentors were Marcus Drum, Paul Duffield, Ryan Murphy, Chris Mayne, Antoni Grover, Michael Johnson, Roger Hayden and Des Headland. Paul Hasleby and Aaron Sandilands were 2008 'Live the Dream' Ambassadors.

"For some of the players it was something very different for them," Mr Crute said.

"Four of the player mentors for 2008 were mentors for the programme in 2007 but for

Paul, Chris, Antoni and Des it was their first experience as a senior mentor in this type of programme.

"The 'Live the Dream' programme is vastly different to the everyday kind of clinics they take part in as players. It's something they can actually have a direct and real impact on with these kids. They were really positive in preparing for their roles and gained a lot out of their involvement in the programme."





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\*4-year unlimited kilometre warranty not available on Mazda BT-50.

MAZ8787



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Exclusive rewards for Fremantle Members



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FROM

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FROM **\$1859\***

**INCLUDES** Return airfare and 6 nights accommodation at the Veranda Coin De Mire Hotel, return transfers and breakfast daily.

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FROM **\$229\***

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[flightcentre.com.au/fremantlefc](http://flightcentre.com.au/fremantlefc)



\*Based on Australian registered businesses and websites for travel departing within Australia. Quote must be presented at time of booking. \*Travel restrictions & conditions apply. Please ask us for further details. Prices & taxes are correct as at 17 Jun 08 & are subject to change without notice. Prices are per person & are subject to availability of airfares and accommodation. Taxes are included. Payments made by credit card will incur a surcharge. WA Lic No. 9TA 589. WAMK38935



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# Member Rewards



Exclusive rewards for Fremantle Members



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\*Offer Expires 01/10/2008. Please see your participating Telstra Shops for terms and conditions.

**BIGPOND**

**Join HBA Health Insurance and receive a \$100.00 Fremantle Football Club merchandise voucher FREE!\***

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For more information call  
**131 243**, visit [hba.com.au](http://hba.com.au)  
or our new branch at  
**99 St Georges Terrace, Perth.**



\*Offer ends 31 August 2008. New BUPA Australia members only. Offer open to FFC Members only. Direct debit only. Excludes corporate and Overseas Student Health covers. Not in conjunction with any other offers. Please allow up to 8 weeks after the first payment for delivery of the merchandise voucher. BUPA Australia Health Pty Ltd ABN 50 003 098 655 Trading as HBA.



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When you can't make it to the big game, experience all the action on our 12.5m screen at Carbon Sports Bar. Present your Fremantle Football Club Membership Card at Carbon Sports Bar during any AFL Game and settle in with a pie and pint for just ten dollars. Conditions apply.

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**coles**



\*Terms and Conditions. 1. Offer does not apply to tobacco, cigarettes, gift cards and iTunes. 2. Coupon is only valid for one transaction and must be redeemed at point of purchase. 3. Limit of one voucher per customer. 4. Coupon cannot be used with any other discount offer. 5. Offer valid until 26/10/08. 6. Offer does not apply to Coles Express Stores.



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- Built in SD digital tuner

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SPECIAL PRICING  
FOR FREMANTLE FOOTBALL CLUB MEMBERS ON  
LG HDD DVD RECORDER**

**RICK HART**

Coupon cannot be used with any other discount offer. Coupon is only valid until 31st August 2008. Coupon is only valid for 1 transaction and must be redeemed at point of purchase. Savings based on normal ticketed pricing. See in store for full details. Voucher cannot be copied.

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YOU AND 9 FRIENDS COULD  
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DOIG MEDAL GALA DINNER



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'DINNER WITH YOUR FREO HEROES' OFFICIAL ENTRY FORM

DON'T FORGET TO  
ATTACH THE LABEL  
FROM ANY  
600mL COCA-COLA  
PRODUCT HERE

NAME: \_\_\_\_\_

MOBILE: \_\_\_\_\_

EMAIL: \_\_\_\_\_



MAIL YOUR COMPLETED ENTRY FORM AND PRODUCT LABEL TO:  
'DINNER WITH YOUR FREO HEROES', PO BOX 381, FREMAN TLE, 6959, WA

\*Conditions apply. For full Terms and Conditions follow the links at [www.fremantlefc.com.au](http://www.fremantlefc.com.au) Competition commences 11th July 2008 and concludes last mail received 22nd August 2008. Promoter is Fremantle Football Club, ABN 83 066 055 249, Parry St, Fremantle WA. \*\*600mL Coca-Cola products include 'Coca-Cola', 'Coca-Cola Zero', 'Vanilla Coke', 'Diet Coca-Cola', 'Diet Coca-Cola with Lime', 'Diet Coca-Cola with Vanilla', 'Sprite', 'Sprite Zero', 'Fanta', 'Lift', 'Kirks' varieties and 'Mount Franklin'. © 2008 THE COCA-COLA COMPANY. 'Coca-Cola', 'Coca-Cola Zero', 'diet Coke', 'Sprite', 'Fanta', 'Lift', the Contour Bottle and the Dynamic Ribbon device are registered trade marks of The Coca-Cola Company. 'Kirks' and 'Mount Franklin' are registered trade marks of Coca-Cola Amatil.

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# Facing 20

**Fremantle's Number One Junior Ticket Holder JESSE DART shot to stardom after appearing on Sam Newman's Street Talk on Channel Nine's The Footy Show and the pint sized Freo Fan has continued to impress the football world with his innate understanding of the game.**

**This talent has seen him not only get shown the red carpet treatment when he appears on The Footy Show but he has also joined the breakie team with Em and Wippa on 92.9 – Perth's Number One Hit Music Station.**

## 1 Do you play football?

Yes – I play Auskick for the East Fremantle Power.

## 2 What position do you play?

I am normally a defender at centre half back, well around that position. I think I am a star back man and I can squash them all!

## 3 Who do you play like from the Fremantle team?

I think I play like Grover and Hayden – not like McPharlin and Thornton as they are too good.

## 4 Why do you barrack for Fremantle?

Because my Mum wanted me to barrack for a Western Australian club, I chose Fremantle! Dad also goes for the Dockers but Mum barracks for Carlton because she is from Victoria.

## 5 Who is your favourite player?

Palmer and Thornton because they are both becoming real team members and they are both playing very well. So, that's why I like those two. And I've got two playing guernsey's – one with 22 for Scott Thornton and a clash one with 10 for Rhys Palmer. I wear the Rhys one more though.

## 6 Who will win the Premiership this year?

More likely Hawthorn or Geelong, they're the favourites for me. But I think that Hawthorn have real damage in the forward line with Franklin, Roughead and I think they are just too good I think, so probably the Hawks. And I think that the Dockers can make the eight.

## 7 Who is going to win the Brownlow Medal?

More likely Gary Ablett from Geelong or Kade Simpson from Carlton.

## 8 Who is going to win Fremantle's Doig Medal?

Probably Antoni Grover or Matthew Pavlich.

## 9 What do you like about going on The Footy Show?

Its fun and all the blokes are nice to me. Especially Garry Lyon – he is so nice. He just

has a liking for me and he is the nicest person I have met on The Footy Show... nicer than Sam!

## 10 Docker sources have told us that you get VIP treatment when you go on The Footy Show?

Last time I stayed at the Crown Towers which was very, very, very, very, very, very good! The bed was HUGE and I loved the plasma television too!

## 11 What about flying Business Class?

Boring, boring, boring, boring – apart from the orange juice I got served before the plane even drew away.

## 12 Tell Docker about your radio career on 92.9?

I am analysing the Dockers on Em and Wippa every week and making sure that they play better!

## 13 How are you handling all the attention?

I don't mind the autographs but I hate the fame 'coz do you know what happens at the footy – I get stop started, stop started, stop started – not just for recognising me, but for photos. [Sighs]

## 14 But Jesse – you have to take the good with the bad?

I guess so!

## 15 What are your favourite subjects at school?

I like English and maths because they are so much fun!

## 16 What's your favourite meal?

Fish and chips!

## 17 You love chips don't you?

Yep – if there were any here right now, I'd eat them all up no matter what happens!

## 18 Do you have any pets?

Yes – seven fish.



Jesse Dart



Jesse launches the season with his sidekick, Matthew Pavlich

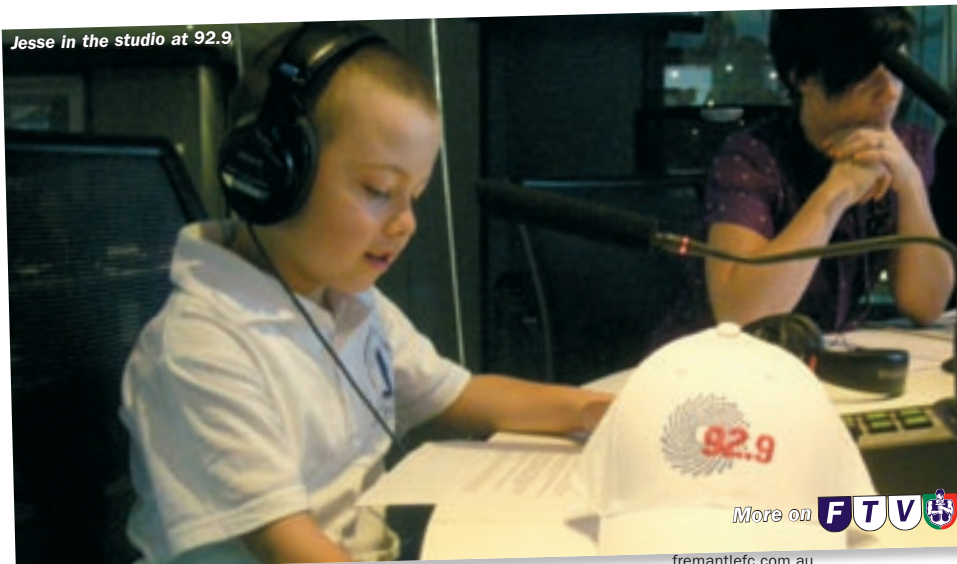
## 19 What are their names?

Kane Cornes, Matthew Pavlich, Peter Bell, Matthew Lappin, Kingsley Hunter, Ryan Houlihan and Nick Riewoldt.

## 20 What's your favourite TV show?

Gladiators... are you ready? Challengers... are you ready? 3... 2... 1. My favourite Gladiators are Viper, Angel and Scar. 🐉

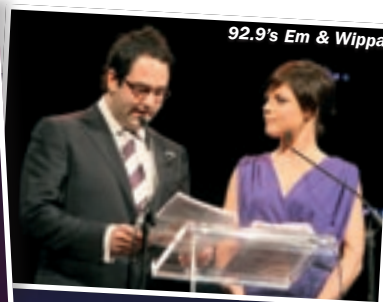
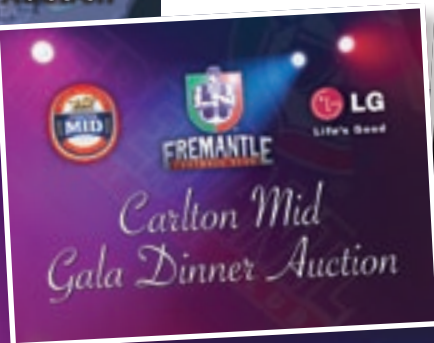
Jesse in the studio at 92.9



More on **FTV**







# Hammer time



Auctioneer Darren McAullay

THE 2008 CARLTON Mid Gala Dinner Auction was once again a huge success with almost 1000 guests joining the coaches and players at the Burswood Grand Ballroom on 25 June to raise funds for the club's Community Development Programme (CDP).

The theme of the night was 'fun' and 'laughter' in the sporting arena, two key fundamentals of the CDP's activities, and special guest comedian Andrew Startin had the crowd engaged with his impersonation's of Richie Benaud, John 'Sam' Newman and Bruce McAvaney.

The club's 'Live the Dream' participants were also special guests on the night and were introduced to the adoring crowd with rapturous applause.

Hosts Em and Wippa from radio station 92.9 and auctioneer Darren McAullay combined superbly to inspire strong bidding for the featured main auction items that included a rare chance to venture out to sea with the Royal Australian Navy, a superb offshore fish/dive boat with thanks to Chivers Marine, a fantastic Mazda Neo supplied by Mazda WA, sporting memorabilia, as well as a holiday thanks to Air Mauritius and exclusive entertainment packages.

While the main auction dominated the main stage, guests also spent hours browsing and checking their bids on the tender auction goods that included sensational home products from LG, framed Fremantle Football Club memorabilia, weekends away, wine and other enticing vouchers.

The evening was a huge success and the club would like to thank all of our loyal sponsors and corporate partners for their terrific support of the event which will allow the CDP to continue to deliver key initiatives to the wider community.

The club's Community Development Programme is proudly supported by Alinta.

Andrew Startin entertained the auction enthusiasts



Paul Hasleby and some of the lucky Live the Dream participants



[Not his real age]

More on **F** **T** **V** **8**





## 2008 MEMBERSHIP STICKER

We have had several enquiries regarding fading 2008

membership stickers, which resulted due to a supplier's manufacturing fault. Please find enclosed a new one to replace your current one if it has faded.

Please contact the membership team on **9433 7111** if you require any more or call into Gate 26 prior to our home games and pick one up.

## MEMBER SEAT RESALE PROGRAM

If you know in advance that you will be unable to attend a home game, you can now put your reserved membership seat up for resale. All you need to do is have your membership card handy and visit our website [www.fremantlefc.com.au](http://www.fremantlefc.com.au). Once there, visit the membership page and click on the link that says Ticket Resale Program.

If your seat sells for that game you will be sent 'Dockers Dollars' that can be redeemed on the fantastic range of merchandise at the Fremantle Team Store, located at Fremantle Oval and now at Gate 13 at Subiaco Oval.

## 2008 VIP WINNERS

By renewing on or before 30 November 2007 for seated members and 31 December for non seated members, renewed members went into the draw to win one of 5 VIP packages.

This package included a 2008 signed Fremantle guernsey, two tickets to the 2008 Doig Medal Presentation, two tickets to a members luncheon at Subiaco Oval and two tickets to the Carlton Mid Away Derby.

The lucky winners were:

Michelle Quenby, Geoffrey Hurle, Tracy De Rosario, Julie Dart, Sally Clarke.

Congratulations to all of these members.

## MEMBERS PRE-GAME LUNCHEONS

The first pre-game luncheon for the year was held prior to the round 8 match between Fremantle and the Western Bulldogs, with more than 100 people attending the function. Guests were entertained by Josh Carr and Antoni Grover.

The pre-game luncheons are a great way to meet fellow members prior to bouncdown at Fremantle home games. The lunch is \$50 per person and includes a buffet meal and special door prize. Drinks are available for purchase.

The next pre-game luncheon will be held prior to the round 16 match against Melbourne. Bookings are essential. For further information or to make a booking please contact the membership team on **9433 7111**.

## MELBOURNE POST MATCH FUNCTION

Over 400 interstate supporters joined the Fremantle players and coaches for a post match function at the Telstra Dome in round 13.



## SIRENS

The Sirens were literally on top of the world at their season opener, which was held at The C Restaurant in April. The Sirens enjoyed High Tea while taking in the wonderful views of the Perth foreshore. They were entertained by MC Paul Hasleby and special guests Chris Scott, Scott Thornton and Josh Head.

The second event on the Sirens

calendar was the cocktail function on Monday 9 June in the Board Room at the club. Once again Paul Hasleby was an outstanding MC.

This year we had more than 15 Sirens who travelled to Melbourne to watch Fremantle take on St Kilda at Telstra Dome on Friday 20 June. As expected the trip delivered lots of football, shopping and fun.

The final event for the Sirens in 2008 is the Sirens Movie night, which has just been confirmed for Wednesday 13 August at Millennium in Fremantle. The movie "Baby Mama" promises to be an entertaining film. Siren's wishing to attend should contact Darcy at the Club on **9433 7149**.

If you are a female Fremantle Member who loves their football and wishes to mingle with other passionate Fremantle ladies, don't forget to join up as a Siren next season!

## BANNER CREW

The club would like to acknowledge the efforts of all our volunteers who work tirelessly to make the banners for all of our home and away games.

The Victorian Banner Crew does a wonderful job and don't miss a beat to ensure that the boys have a banner to run through not only in Victoria but also in Brisbane, Adelaide and Sydney. They are currently looking for more volunteers to help, so if you are interested please contact John, our Victorian Member Co-ordinator, at [johns@fremantlefc.com.au](mailto:johns@fremantlefc.com.au)

Similarly the WA Banner Crew meets every second Monday during the season to make all the inspirational banners for Fremantle's home games.

Special mention must be made of both Nicole Hambling and Maria Giglia for their efforts in co-ordinating their banner teams.

## CARLTON MID DERBY

The Round 18 Carlton Mid Derby is a Fremantle home game. As such Fremantle members

retain their reserved seating and membership rights.

## LOST MEMBERSHIP CARDS

Lost membership cards can be replaced by calling the club during business hours Monday to Friday. A \$10 fee is charged for the replacement of the card. However, if a statutory declaration form is completed with a copy of a police report (in the case of theft) the replacement fee will be waived and the barcode on your membership card will be cancelled.

## LOST TICKET VOUCHERS

Lost Ticket Vouchers (LTV's) requested before 12 noon on the Friday prior to the home game will be at no charge and posted to the recipients address where possible. Any LTV's issued after this time or on game day will be charged at \$10 for the first occurrence, \$15 on the second occurrence and \$20 on the third occurrence. This fee is on top of the card replacement fee of \$10 (after the third occurrence the club has the right to cancel the card).

Personal identification must be shown on game day when picking up LTV's. Lost Ticket Voucher's can only be issued to the membership holder on game day.

## 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](mailto:membership@fremantlefc.com.au)

Office Address:  
Fremantle Oval, Parry Street  
FREMANTLE WA 6160

Web Address:  
[www.fremantlefc.com.au](http://www.fremantlefc.com.au)

# Raffle to Support the Community

THE CLUB'S annual Community Development Programme Raffle is back with bigger and better prizes in 2008. All funds raised will go towards Fremantle's Community Development Programme (CDP) which centres on implementing long term community-based programmes through interactive sessions for primary and secondary schools, Auskick centres, Junior Football Clubs and charitable organisations.

Fremantle's Community Development Programme has in a relatively short period of time developed into one of the leading programmes within the AFL. Everyone at Fremantle is committed to the quality and success of these programmes, especially the playing group who know the important role they have to play in their delivery.

This year's raffle offers some sensational prizes with first prize a fantastic Mazda 2 Neo Hatch with Fremantle Football Club personalised number plates, a 42 inch LG plasma TV and \$1000 online savings account from Members Equity Bank. Other prizes include an LG Electronics Entertainment Package, a 2009 AFL Grand Final Package for two including flights, accommodation and tickets, a Spa Showcase Apollo Soother Spa and a Vmoto Matrix Scooter.

Tickets are just \$5 each and will be on sale from Tuesday 24 June 2008.



All Fremantle members will be sent one book in the mail in July. Tickets are also available through junior football clubs, schools and community groups, who retain half of the proceeds raised further demonstrating the club's support of these community groups.

Ticket sales close on Tuesday 23 September 2008. The raffle will be drawn on Monday 13 October 2008 and the results published in *The West Australian* newspaper on Wednesday 15 October 2008. Good luck to all members!





## Hi Kids and welcome to KidZone !!

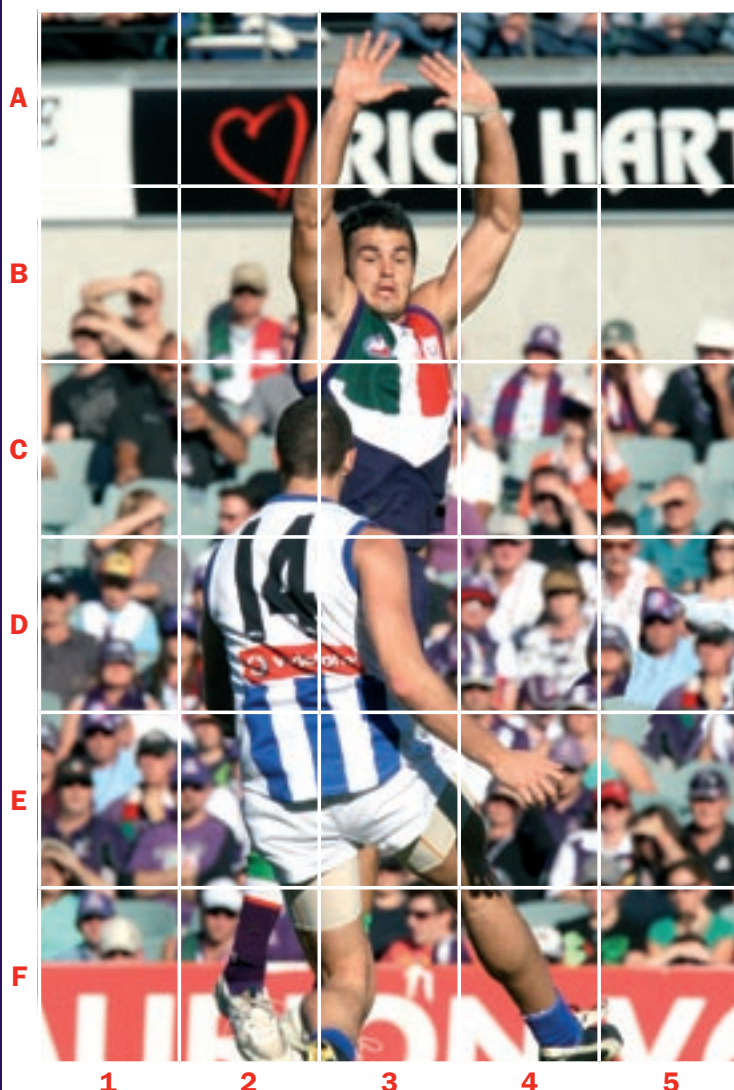
In the off season we launched your very own section of our web site – **KidZone**. That's right, visit the **KidZone** section of [fremantlefc.com.au](http://fremantlefc.com.au) and each month you will have the chance to win some great prizes including a signed photograph of your favourite Fremantle player simply by guessing who the mystery player is in the 'Who am I?' competition or by guessing which footy is the actual game ball in the 'Which Footy is it?' competition. You can also download some other

really cool stuff. And while you're on the web site have a look at FTV every Monday when I will give you the chance to win more great prizes.

In the meantime try solving the questions and games in this edition of the *Docker* and go in the draw to win some fantastic prizes!

All the players are looking forward to your support for the rest of the season and on behalf of the playing group we thank all of our junior members and supporters for getting behind us this season! Go Freo!

Chris Tarrant



## Spot the Ball

Can you spot where the ball should be? Use the grid to spot the ball and email your answer along with your name and contact details to [competitions@fremantlefc.com.au](mailto:competitions@fremantlefc.com.au) and go into the draw to win a Prize Pack. Good luck!

## Team Trivia

Answer the following questions about Fremantle, add the answers together and the total of the answers should equal **41,204**. Use the *Docker* and [fremantlefc.com.au](http://fremantlefc.com.au) to find the answers. Good luck!

1	How many points did we beat North Melbourne by in Round 12?	?
2	How many hit outs has Aaron Sandilands had so far this season?	?
3	What Round did Kepler Bradley debut for Fremantle?	?
4	How many goals did Matthew Pavlich kick against St Kilda in Round 13?	?
5	How old is Mark Harvey?	?
6	What Round do we play Richmond at the MCG?	?
7	What date in October is the Doig Medal Presentation Dinner?	?
8	How many players are in the photo on the front cover of <i>Docker</i> ?	?
9	How many dollars were raised at this year's Starlight Purple Haze Game?	?
10	How many knee operations has Luke Webster had?	?
<b>Total:</b>		<b>41,204</b>

Email your answers along with your name and contact details to [competitions@fremantlefc.com.au](mailto:competitions@fremantlefc.com.au) to go in the draw for your chance to win a **KidZone** Prize Pack!









# Young heroes inspire Fremantle

THE FREMANTLE Football Club celebrated its annual Bravery Awards in conjunction with the South Metropolitan Area Health Service (SMAHS) on 30 May, with the development players presenting awards to 12 special patients.

The Bravery Awards, proudly supported by HBA Health Insurance, are hosted by Fremantle players to recognise the amazing strength and determination of the special children and young adults who pass through the wards of hospitals within the SMAHS.

Among those was Scott Joyce, who was left paralysed from the chest down after an incident in an amateur football game last year when he was playing for Mosman Park.

First-year Fremantle forward Chris Mayne and the rest of his teammates were inspired by the zest for life shown not only by Scott, but by all of those at the ceremony.

"When I first found out that I was going to be presenting a couple of awards I was stoked, especially finding out about how Scott was also a football player and to go through the injury he has," Chris said.

"It makes you start to appreciate life a lot more when you see what hard things people have to go through.

"To be a football player that is healthy and living life to the fullest is awesome, but if we can get behind those people not so lucky then hopefully they enjoy life as much as we do."

The players introduced each of the award recipients and detailed their outstanding stories of bravery and strength during their hospitalisation, particularly acknowledging the often long recovery process some have faced and still face today.

Each winner also received a special Bravery Award medallion thanks to HBA Health Insurance, a Hoyts movie pack and gifts thanks to Peter and Rose Thomson.

*Bravery Award recipients:* Jordan Hinder-Docherty (Singleton), Scott Joyce (Mosman Park), Ethan Lynam (Kelmescott), Sophie Lawson (Kardinya), William Valentino (Clarkson), Joshua Martin (Port Kennedy), Hazim Darwish (Kelmescott), Alec Thomas (Mandurah), Rumon Oswick-Kok (Pinjarra), Taghi Rezai (Spearwood), Rebecca Stanley (Canningvale) and Sam Hurst (Attadale). 📺



2008 Bravery Award winners and hospital staff

## TAKE 5 - with Ryan Crowley

**Docker caught up with Ryan Crowley about his role as Ambassador to charity Redkite**

**Tell us a bit about Redkite?**

Redkite is one of Australia's leading childhood cancer charities and provides financial, emotional and educational support for families or children and young people with cancer.

Redkite works with the families to take away the extra stresses of childhood cancer so that the family can focus their love and energy on the wellbeing of their child.

**Had you heard about Redkite?**

When I was a kid, I had a tumour in my femur and thankfully it was benign but I still had to have part of my femur removed and undergo a pretty intense rehabilitation program. The Malcolm Sargent Cancer Fund for Children, which is now known as Redkite, helped my family through the hardship.

That's probably why becoming the club's Ambassador to Redkite was such an honour for me as I know how essential Redkite are in supporting the families they become involved with.

**You are an Ambassador along with Michael Johnson, what do you guys do?**

Michael and I visit the oncology ward at the hospital to hang out with the kids and their family members to add some excitement to what are often long and tiring days.

We have done karaoke with the children on the wards, attended the family movie days, and in May, Michael and I went up to the



hospital to make posters with the kids and the families we had invited to our game against the Western Bulldogs in round 8.

The time on the wards with the children is so rewarding and we love meeting everyone. We also attend Redkite corporate fundraisers as spokespeople and help out with their fundraising efforts.

**Does it help with your preparation on the field?**

We have formed some strong friendships with some of the families and I can take strength by seeing how they handle difficult situations.

**How can Fremantle supporters get behind Redkite?**

Fremantle supporters can make a donation, hold a fundraising night or attend their events such as the Redkite Corporate Quiz on October 10. Visit [www.redkite.org.au](http://www.redkite.org.au) or call 08 9382 3321 for more info. 📺



Heart Foundation



## World Record on track!

THE HEART Foundation's Jump Rope for Heart program has turned 25 and to celebrate this milestone, school children across Australia took part in a mass skipping event in an attempt to break a Guinness World Record.

Antoni Grover, Chris Tarrant, Dean Solomon, Brett Peake and Marcus Drum got behind the world record attempt by joining in the 'jump off' at Phoenix Primary School in Spearwood. Paul Hasleby, the club's Heart Foundation Ambassador, was the MC of the morning as he is still recovering from his knee reconstruction.

The Jump Rope for Heart program in Australia is aiming to beat the current record held by the United Kingdom of 7,632 people skipping at the same time in various locations across the country, for three minutes with only a 10 second break and the 'jump off' took place across the country at 9.30am (WST) on 9 May.

Whilst the 'jump off' is over, it could take a while to determine if the world record attempt was achieved which will be determined by the Guinness World Record office in the United Kingdom in the coming months.

Heart Foundation Chief Executive Maurice Swanson said the event is a unique opportunity for school children to make history.

"More than 55,000 children throughout Australia and more than 4,000 students across Western Australia participated to beat the current record," Mr Swanson said.

"It's been a huge organisational challenge and is guaranteed to be the biggest skipping event ever!"

"In Western Australia, schools across the state took part in satellite events from Albany in the south to Karratha in the north."

The Heart Foundation Jump Rope for Heart program was established in Australia in 1983. Since then, more than eight million Australian school children have participated in the program to promote health and fun while raising in excess of \$60 million.

Fremantle, along with Rick Hart, are proud supporters of the Heart Foundation's Jump Rope for Heart Guinness World Record Attempt to celebrate the 25th Anniversary of Jump Rope for Heart.

Thanks to Rick Hart, each of the participants at Phoenix Primary School were given commemorative t-shirts, a Rick Hart show bag, morning tea and a team poster. Fonterra also kindly donated Calci-Yum yoghurts for them to enjoy and 92.9 were also there with their roadrunners.

The morning was hailed a huge success by all involved... We are now just waiting on the Guinness World Record Office to agree! 📺



More on FTV



# Motor Skills Gala Day a success

**More than 800 children were involved in the club's second annual Johnny 'The Doc' Docker Motor Skills Gala Day at Fremantle Oval on 16 June.**

ONE OF the most popular and highly sought after Community Development Programmes, the Johnny 'The Doc' Docker Motor Skills Programme is designed to introduce lower primary school aged children to simple play activities that encourage and promote basic motor, communication and social skills, all with an emphasis on 'fun'.

Throughout first and second term, students are engaged in motor skills lessons through the structured learning programmes conducted by Physical Education students from Notre Dame University and Fremantle Football Club mascot Johnny 'The Doc' Docker. Running, vertical jumping, bouncing a ball with two hands, kicking, balancing and dodging and weaving are all included in the preliminary sessions leading up to the Gala Day event.

The Johnny 'The Doc' Docker Motor Skills Gala Day sees all participating students head to Fremantle Oval to complete the programme with the assistance of Fremantle's playing group in a series of fun activities.

Students from primary schools from as far north as Ocean Reef and as far south as Mandurah converged on Fremantle Oval and were delighted to spend the morning wrapping up their involvement in the programme with the assistance of Ryan Crowley, Garrick Ibbotson, Luke Webster and Daniel Gilmore to name just a few.

"The Motor Skills Gala Day was a great opportunity for children to come face to face

with some of their AFL heroes and enjoy their final session as participants of the programme," Community Development Manager David Crute said.

"The programme which we conduct in conjunction with Notre Dame University has become one of the club's key programmes and to offer schools the opportunity to take part on Fremantle Oval alongside Fremantle's playing group is exciting for the schools involved.

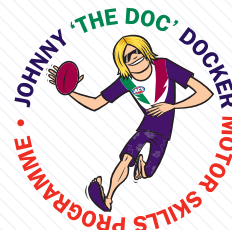
"The students had a ball with all the fun-filled activities and to have the session delivered by the likes of Rhys Palmer, Chris Tarrant and Aaron Sandilands made it all the more exciting for them.

"The clinic was a huge success and the club looks forward to offering the opportunity to another group of schools next year," Crute said.

The Johnny 'The Doc' Docker Motor Skills programme is part of the Club's Community Development Programme, which is proudly supported by Platinum Level sponsor Alinta.

Alinta have a long standing relationship with Fremantle and are committed to investing time and resources to continue to develop the CDP with the Club as well as aiming to teach children life skills and values using Australian Rules Football as an educational tool.

For further information about Fremantle's Community Development Programme and Alinta's involvement visit the community section of the website at [www.fremantlefc.com.au](http://www.fremantlefc.com.au).





# Australian Islamic College feel the Freo Factor

Years 5, 6 and 7 students from the Dianella campus of the Australian Islamic College got a behind the scenes look at the Fremantle Football Club this term and developed their football skills further with assistance from some of the club's exciting younger players as part of the Freo Factor programme.



ONE OF the most popular programmes within Fremantle's Community Development Programme, Freo Factor is a unique school-based programme designed to utilise Fremantle's resources and player expertise to assist students to make informed decisions for a responsible, healthy and active lifestyle.

Through Freo Factor students not only participate in fun football related activities but will also, with the assistance of a Fremantle player in their classroom, gain an understanding of leadership, bullying, healthy lifestyle, goal setting and social responsibility.

Participating students get to take part in a series of skill drills with some of Fremantle's up and coming players like Rhys Palmer, Robert Warnock, Brock O'Brien, Andrew Foster and Brent Connelly before getting a guided tour of the club when they visit Fremantle Oval for the Freo Factor programme.

Australian Islamic College teacher Niall McCloskey said the participating students were thoroughly enjoying their involvement in the Freo Factor programme and were quickly improving their football skills.

He said Freo Factor was providing the students with the chance to explore a sport that, to many of them, was not one that occupied their recess and lunch times.

"Besides soccer and basketball the students don't really get a lot of exposure to AFL. They will watch it on TV but they don't get a lot of

hands on opportunities. So we thought Freo Factor was a great opportunity for the kids to build their skills as well as encourage them to join a local side once they have a sound grasp on football," Mr McCloskey said.

"Their interest in the sport has gone through the roof thanks to these sessions where they get to develop their skills with the help of Fremantle players. There are definitely a couple of boys who will be keen to join a junior club in the future."

Freo Factor is one of two new programmes introduced to the CDP in 2008 and Community Development Manager David Crute said it was one of the most popular programmes amongst schools wishing to take part in the CDP this year.

"We knew Freo Factor was going to be in high demand because it is a programme that addresses a variety of themes like leadership, bullying, having a healthy lifestyle, goal setting and social responsibility," Mr Crute said.

"It is also pleasing to see schools like the Australian Islamic College participate in Freo Factor as their students' sporting backgrounds are more often than not sports other than Australian Rules. So to see them kicking and handballing and enjoying themselves while they do it is really encouraging for the Fremantle Football Club."

Joining Freo Factor as a new initiative in the Community Development Programme this year is Freo Fast Ball. The Freo Fast Ball competition

is a new and exciting team handballing event for primary schools throughout WA.

Freo Fast Ball encourages enjoyable team competition while at the same time promoting school spirit and participation in sport. The competition involves a team of six students handballing a football through a zigzag formation in the quickest possible time.

The Freo Factor programme and Freo Fast Ball programmes join the ever popular Johnny 'the Doc' Docker Motor Skills, Freo Kwik, Freo Long Bomb, Welcome to the AFL and the School Holiday programmes for 2008.

With the continued loyal support of Alinta, Fremantle's major partner in our Community Development Programme, the range of exciting, educational and fun-filled programmes that will be delivered to over 500,000 WA school children this year has been boosted even further.

Fremantle Football Club's Community Development Programme is proudly supported by Platinum Level sponsor Alinta. Alinta have a long standing relationship with Fremantle and are committed to investing time and resources to continue to develop the CDP with the Club as well as aiming to teach children life skills and values using Australian Rules Football as an educational tool.

For further information on Fremantle's Community Development Programme visit the Community section of the club's website [www.fremantlefc.com.au](http://www.fremantlefc.com.au).

## Comet Bay blows Fremantle away

ROGER HAYDEN, Steven Dodd and Community Development Manager David Crute were honoured to see first hand how Fremantle Football Club partner school Comet Bay College paid tribute to the club for their support when the trio presented the school with a new set of playing jumpers in June.

Comet Bay College's renovated gymnasium and changerooms looked remarkably similar to the Fremantle Football Club's facilities at Fremantle Oval with the walls adorned with Fremantle logos as well as the carpets, furniture and equipment all adding to the 'Freo feel' with purple, white, red and green throughout the buildings.

"We were told we were going to be pleasantly surprised with how the gym and changerooms would look but we didn't expect Comet Bay to go to the lengths that they did to create a true Fremantle environment as well as they did," Mr Crute said.

"It was truly remarkable to see how much trouble they went to to pay recognition to the Fremantle Football Club for the assistance they have given Comet Bay as one of the club's partner schools."

Comet Bay College offers students an Australian Football Specialist Program. The school competes in the Smarter Than Smoking Cup in the Peel Region and, as an official partner school of Fremantle, wear the Fremantle Football Club playing strip in their matches.

Last year Fremantle presented the school with playing strips for their years 8 and 9 teams and this year added to their collection by donating a set of jumpers for their year 10 team.

Prior to Roger and Steven presenting the school with their newest set of Fremantle jumpers, David interviewed the pair on stage in front of the school's talented footballers about their rise from

playing junior footy to reaching the AFL. The pair encouraged Comet Bay's players to really commit themselves to reaching the highest level if that was their dream, saying how those who want it the most get there in the end if they put the required work in.

Fremantle boasts 26 partner clubs and schools that spread far and wide from metropolitan Perth to Europe and the United States of America.

The club's German based partner club, the Hamburg Dockers, hosted the Australian Football EU Cup 2007 at their home ground of Stadtpark in downtown Hamburg in late September. The tournament saw 12 nations from all over Europe compete to see which country was the European Union's most powerful Australian Footballing nation.

The Hamburg Dockers have been a partner club of the Fremantle



Football Club since 2004 and is one of three internationally based partner clubs of Fremantle. The Cincinnati Dockers (USA) and Dublin Dockers (Ireland) join the Hamburg Dockers as the club's offshore partner clubs.

The Fremantle Football Club partner club programme is proudly supported by Members Equity Bank.

To see Comet Bay College's Fremantle-themed facilities visit FTV at [fremantlefc.com.au](http://fremantlefc.com.au) and watch Freo Confidential: Round 13.



# Victorian partners get special visit

MORE THAN 300 hundred proud, loyal and passionate children joined Fremantle players for an AFL Auskick clinic at Templestowe Reserve in Victoria the day after Fremantle's round 13 clash with St Kilda at Telstra Dome.

The clinic provided the children with a great opportunity to learn important footy skills from the likes of Aaron Sandilands, Chris Tarrant, Dean Solomon, Chris Mayne and David Mundy and Community Development Programme mascot Johnny 'The Doc' Docker.

The clinic provided a rare opportunity for Victorian members and supporters to meet the players they support from the other side of Australia and improve their skills with the help of Freo's finest.

Following the clinic the players happily posed for photos and signed autographs to give the juniors a fun filled day they won't soon forget.

Fremantle have an aligned partnership with the Templestowe Park Primary School Auskick Centre, Donvale Primary School Auskick Centre, The Doncaster Heights Junior Football Club and the Templestowe Park Football Club, with all groups forming a pathway alliance with the Fremantle Football Club.

As one of Fremantle's partner clubs, Templestowe Park FC wear the Fremantle playing strip, with the jumpers being sponsored by Fremantle's Gold Level Sponsor Members Equity Bank.®



# Girls take over Fremantle Oval

MORE THAN 200 high school girls were put through their paces by the Fremantle playing squad in May when they took over Fremantle Oval for a specialised all girls clinic.

With the winter weather threatening to put a dampener on the event but thankfully holding off, the brave girls from All Saints College, Corpus Christi College, Leeming SHS, Morley SHS, Pinjarra SHS, Presbyterian Ladies College, Prendiville Catholic College, Rockingham SHS, Seton Catholic College, St Stephens College, Swan Christian College and Winthrop Baptist College braved the elements and underwent a series of drills under the watchful eye and tutelage of Fremantle players.

The girls enthusiastically crashed into the tackle and ruck bags, put their kicking and handballing skills on display and had their reflexes tested in a series of drills with the likes of Ryan Murphy, Andrew Foster, Chris Mayne, Aaron Sandilands and Brett Peake watching on and offering advice.

The girls were invited to take part in the clinic at Fremantle Oval through their involvement in the Fremantle Football Club's Welcome to the AFL programme.

The Welcome to the AFL programme is designed to engage new participants in Australian Football, and introduce Australian Football to those who otherwise may not have had exposure to or have a limited understanding of the game.

The specific objectives of the programme are to introduce and engage culturally and linguistically diverse populations to Australian culture through Australian Football, the Fremantle Football Club and the AFL and to introduce and engage female participants to the Fremantle Football Club and the AFL.



More on **FUTV** 



# LEN HALL GAME 2008

Danica Hall, great great granddaughter of Len Hall, lights the Flame of Remembrance



THE THIRTEENTH annual Len Hall Game saw Fremantle host Geelong under lights at Subiaco Oval which was given extra credence by being scheduled on ANZAC Day by the AFL.

The club was proud once more to recognise our Australian War Veterans, the men and women who served their country fearlessly and courageously, and we remember the sacrifice of those who did not return from war.

The Len Hall 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. Len enlisted in August 1914 and saw service at Gallipoli and in the Middle East at Beersheeba. Len was born in May 1897 just one day after the very first VFL football match.

In this year's ceremony, the service paid special tribute to the legacy of Len Hall as well as the 10th Light Horse Regiment.

The observance also recognised the discovery of the HMAS Sydney. World War II veteran Mr. Tom Fisher who served on the HMAS Sydney and was drafted off three weeks

before the attack to join HMAS Hobart in the Mediterranean, was also honoured.

The ceremony began with the Ode, read by Mr Arthur Tims, then the playing of The Last Post. The Last Post and Reveille were played by Chief Petty Officer Musician Ted Tate on bugle.

After the playing of the Last Post, a minute's silence was observed, followed by Reveille, then the National Anthem.

The lighting of the Flame of Remembrance was again the highlight and was lit in honour of those service men and women who can no longer be with us. The coin toss was done by Mr Tom Fisher.

ANZAC Day is one for remembrance, a time to pay tribute to the service of the many diggers who have protected our country and let it grow into what it has become today.

Fremantle's award winning ceremonies have become a tradition for the club ensuring the spirit of Lest We Forget carries on. Thanks must also go to Deckchair Theatre for their support again with this year's ceremony.

