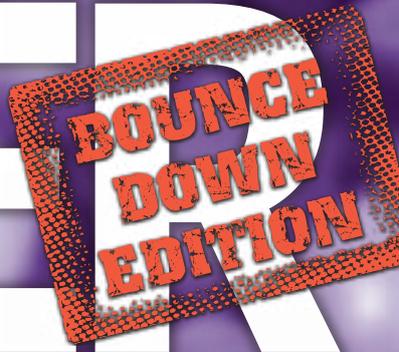


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ROOKIE REALITY

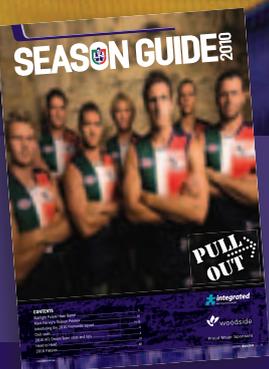
Mature-age players taking their chances

MARK HARVEY'S SEASON PREVIEW

Q&A with the coach



FOOTY'S BACK, SO IS PURPLE HAZE



SEASON GUIDE
Pull out inside



HILL AND SUBAN
Making their mark together



PURPLE POCKET
Wedding bells to ring at Freo



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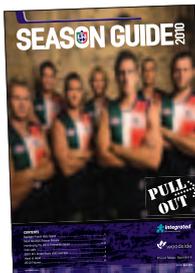
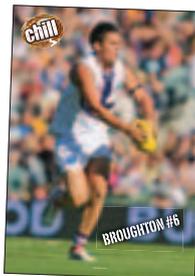
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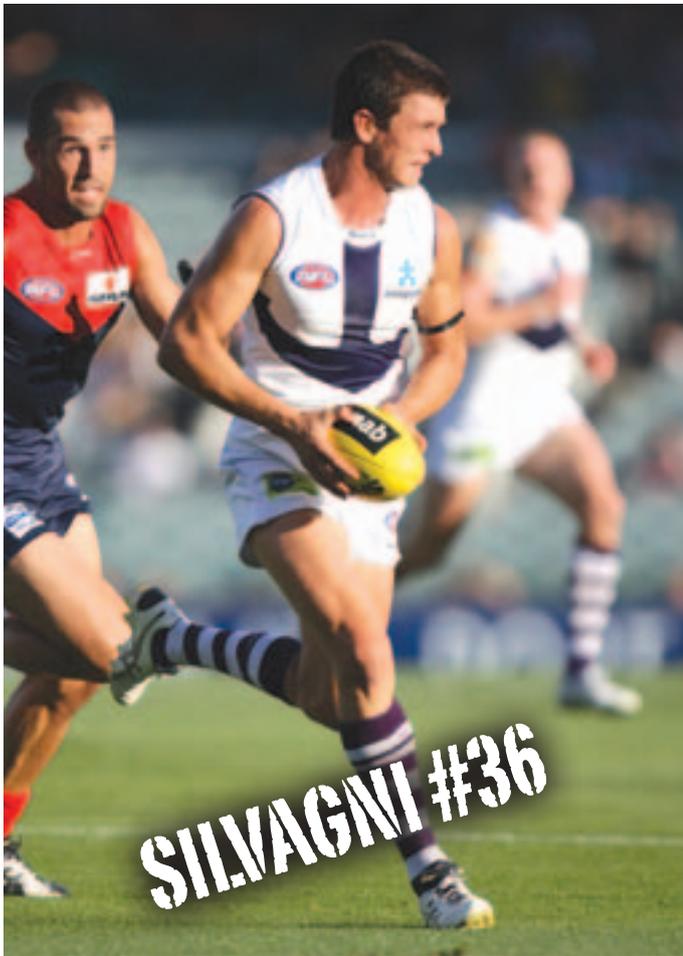
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ROOKIE REALITY

The AFL rookie system is becoming increasingly important for clubs with new rules allowing more mature-agers like Greg Broughton to be drafted. In 2010, new recruits Michael Barlow and Alex Silvagni are two mature-age players taking their chances on the AFL rookie system. Story: Costa Kastanis

FOLLOWING ON from the success of Greg Broughton, Matt de Boer, Clancee Pearce and Jay van Berlo last year, Fremantle has again dipped into the mature-age talent pool in 2010 and drafted Victorians Michael Barlow and Alex Silvagni.

In the past few seasons, older rookies have surfaced in the AFL with more regularity than in previous years.

The success of the rookies in 2009 has inspired Barlow and Silvagni to follow in their footsteps.

Barlow, 22, said that watching Broughton perform so well last season made him believe he, too, could make it as a mature-age rookie.

"Greg Broughton came through the back door into the system,"

Barlow said. "If I can have half the success Greg had last year, I'd be absolutely rapt.

"He is a player I can draw experience from. He didn't take a backwards step in his first season which is encouraging for me."

OVERLOOKED

The disappointment of being overlooked by recruiters in 2007 and 2008 fuelled Barlow's hunger to make it to the top level.

"Those were two of the most heartbreaking days of my life," Barlow said. "Realising I wasn't going to be on a list again meant it was back to the drawing board.

"But that disappointment made me

step it up and want it even more."

With pick eight at the 2009 Rookie Draft, the club gave Barlow the opportunity he had worked so hard to attain.

"To see my name come up that day was one of the best moments of my life," Barlow said. "I still think about it now and it brings a smile to my face."

Barlow is now determined to make a name for himself at Fremantle.

"I know I have hard work ahead to prove myself to the coaching staff and the players," he said. "I really want to contribute to the club's success."

It has been a similar story for 22-year-old Alex Silvagni, who was taken by Fremantle with the 24th pick in the Rookie Draft.



“To see my name come up that day was one of the best moments of my life. I still think about it now and it brings a smile to my face.”

The key defender had played the past three seasons with VFL side Casey Scorpions, but his draft dreams had amounted to nothing until Fremantle took a punt on him.

“I played VFL with the intention of being picked up in the back of my mind,” Silvagni said. “It didn’t happen for a couple of years but eventually I did the right things and it happened.”

“I was very excited. I just want to get the best out of myself now.”

Silvagni said the level of professionalism required to be an AFL footballer was incredible.

“Coming here and training six days a week and going to meetings all the time – it’s a busy schedule compared to the VFL,” he said.

Silvagni and Barlow will both be aiming to gain promotion to the senior list, with competition set to be fierce among all the rookies.

And with the recent retirement of Dean Solomon, a spot is there for the taking.

“Whether it’s me or one of the other guys, it’s a great opportunity,” Barlow said. “The ball’s in our court.”

PATHWAYS

Barlow said competition between the rookies would help strengthen the team as a whole.

“At the end of the day, it’s all about the Fremantle Football Club and where we can go forward together,” he said. “Whoever the club

picks for the senior list, we will accept the decision.

“If it’s not me, I have to recognise there will be an opportunity down the track.”

Silvagni also has some advice for footballers who have not been drafted on the first or second go.

“Just keep playing at the highest level you can,” he said.

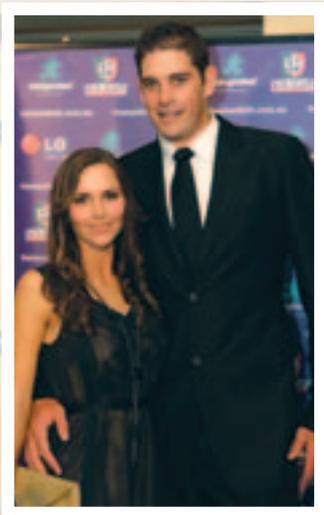
“Leagues like the VFL or WAFL are good pathways.

“Keep trying and eventually, if you do the right thing, good things can happen.”

Good things are happening for Alex Silvagni and Michael Barlow. ↓

PURPLE POCKET

Compiled by Katie Mitchinson



LOVE IS IN THE AIR

PURPLE PATCH can reveal that the off-season was a busy one for Cupid.

Love was certainly in the air at Fremantle with a number of players popping the question to long-time loves.

The grooms-to-be include Aaron Sandilands, Matthew Pavlich, Ryan Murphy, Steven Dodd and Paul Hasleby.

What's most uncanny about these love stories is that Sandilands and Pavlich both popped the question to their lovely ladies, Jenny Hofsink and Lauren O'Shannassy respectively, on the same day but thousands of kilometres apart. Rest assured, the pair did confirm to Purple Patch that they are planning separate wedding days!

Murphy chose to pop the question to Jaimee Montgomery during their holiday in Vietnam and he said it was the best day of his life.... so far.

Also planning their nuptials are Hasleby and Nicole Westaway and Dodd and Sarah Pritchard.

So, there will certainly be plenty of love in the air with all five weddings planned for before Christmas. Congratulations! ♡

LAURA HAS THE PURPLE PASSION

BRITISH TEENAGE tennis sensation Laura Robson has taken the mantle as the club's International Patron for 2010.

A Fremantle supporter with strong family ties in Perth, 16-year-old Robson was in Perth in January representing Great Britain for her first appearance at the Hyundai Hopman Cup.

The tournament saw her make the final with partner Andy Murray but the pair was outplayed by Spain in a tight match.

Whilst in town, Laura took time out of her busy schedule to have a hit out with Luke McPharlin and Paul Hasleby at the State Tennis Centre in Burswood.

McPharlin said despite some history with the racquet, personal and professional pride was at stake in the hit against Robson.

"I know she is a fairly talented girl, so I don't feel so bad that she beat us," McPharlin said.



NUMBERS GAME

FREMANTLE'S number 1 and number 2 guernsey's are back in action in season 2010 with the jumper allocations finalised.

Hayden Ballantyne (1) and Anthony Morabito (2) will take the top two numbers, which have been vacant for the past twelve months.

The club's other draftees have also been given their numbers with Nat Fyfe to wear number 13, Joel Houghton will sport 17 (which was vacated by Ballantyne), Dylan Robertson and Justin Bollenhagen will



"I played tennis at high school and got to number one ranking, but no need to talk about that... I was actually very nervous about playing Laura and was hoping I could still hit a ball!

"Thankfully, Paul and I survived with our reputations still in check... just!"

Robson said her family ties gave her no choice but to support Fremantle and is happy to do just that.

"I was kind of forced into it a bit by my family, but it is a good team to support," Robson said.

"I try to get friends back home to watch

it, but they prefer soccer but I think AFL is much better. It is a fast game, and (British) football is so boring sometimes, they don't score for the whole 90 minutes."

Hasleby and McPharlin presented the 2008 Junior Wimbledon champion with her membership as an International Patron of the club. ♡



take numbers 24 and 27 respectively, with 44 allocated to Jesse Crichton.

In other changes, Greg Broughton has taken the opportunity to change his jumper real estate and

has vacated number 48 to take ownership of number 6. The new rookie jumper allocations are Michael Barlow (21) and Alex Silvagni (36). ♡

PAVLICH GRANTS NUMBER ONE WISH

IN JANUARY, the club's annual team photo shoot saw the entire squad unveiled for the first time in 2010 but despite the hype surrounding the new-look team, all eyes were on a very special little girl and Captain Matthew Pavlich.

There was not one person in the room who wasn't moved after witnessing Matthew grant a very special wish – Jessica Sheehan's dream to become the Number One Junior Ticket Holder for her team.

Eleven-year-old Jessica is a proud and passionate supporter who should have the world at her feet. But in the cruellest of genetic twists, her beautiful mind is being stolen. She was diagnosed three years ago with a rare form of childhood dementia known as Niemann Pick Type C. It's a terminal disease.

Jessica has been on an experimental drug trial –

medication costing \$100,000 for a year's supply. Unfortunately, her symptoms have worsened. Only recently the family was told that she has to stop treatment at the conclusion of this trial, in April.

For the family to date, giving Jessica an everyday childhood is a difficult task that requires planning and patience but they do what they can to ease the symptoms and help her tackle each day.



In year six at Kinross College, Jessica's fighting the disease as hard as she can.

Her family say that her love of the Fremantle Football Club has been such a positive in her life. Developing a strong bond with Matthew Pavlich and tossing the coin for her beloved Dockers back in 2008 as the Starlight Wish Child are dreams already fulfilled... being the Number One Junior Ticket Holder is an honour that means so much to Jessica.

Jessica was presented with a Freo jumper for the 2010 season before joining the entire team for a photo. She will also be part of the on-ground activities at the Starlight Purple Haze Game in round 1. ⚡

PLAY DREAM TEAM AGAINST THE PLAYERS

FANCY YOURSELF as an AFL expert? For the first time, members and supporters can pit their team directly against the Fremantle players. That's right... Matthew Pavlich, Aaron Sandilands, Stephen Hill... they are all participating and can't wait to take you on!

This is the club's own private group within the 2010 Toyota AFL Dream Team competition and you can be a part of it.

This popular competition is now open for participants to join but please note that registrations close at 5.00pm, Thursday 25 March 2010. Spaces in



the Fremantle Football Club private group are unlimited so be sure to extend the invitation to friends and family. They will need to visit fremantlefc.com.au to join. Don't miss out!

PLEASE NOTE: If you have ALREADY REGISTERED for the 2010 Toyota AFL Dream Team, you can still join the Fremantle Players and Fans Dream Team group by visiting the website at fremantlefc.com.au to participate. ⚡



LULLABY LUKE

MUSO LUKE McPharlin has added sweet lullabies to his music repertoire after welcoming daughter Willow into the world in October.

Relishing his new role at home, Luke said Willow is a joy for him and wife Kalinz.

"We have certainly got our hands full at home now and we just love spending

as much time with Willow as possible," he said.

"She is a very good baby, she sleeps very well at night time and she only wakes up once which is fantastic as far as babies go, I think."

Purple Patch believes it must be his dulcet tones that help put Willow to sleep each night. ⚡



PURPLE PASSION DOCKS IN THE SOUTH-WEST

Fremantle's annual community camp saw the club head south to spread the purple passion and to give regional communities a taste of AFL football. The camp was a fantastic opportunity for football fans of all ages to interact with their AFL heroes. Story: Costa Kastanis

FREMANTLE SAILED into WA's beautiful South-West for the 2010 NAB AFL Community Camp to spread its purple passion message to the region.

Based in Yallingup, Fremantle's contingent reached far and wide to visit more than 45 schools, with some players travelling as far as Pemberton.

The smiles on the children's faces were unmistakable, as the players spoke to them about a range of important topics including life as AFL footballers, setting and achieving goals, being sun-smart, bullying and teamwork.

Senior coach Mark Harvey and players Antoni Grover, Tim Ruffles, Greg Broughton and Casey Sibosado were warmly welcomed by students at Busselton Primary School and then at Cornerstone Christian College.

Harvey reminisced about the time his school was visited by VFL stars and the impact it had on him from that moment on.

"I followed those players for the

rest of their careers," Harvey told the students. "Every time I saw them on television I remembered that they had visited my school and what they had told me.

"Hopefully you, too, will remember us and what we have told you as you grow up."

At Cowaramup Primary School, Paul Hasleby and Paul Duffield were joined by Hamish Shephard, who hails from nearby Margaret River.

Hasleby relished the opportunity to take control of the proceedings, delighting the children with his witty commentary.

At Adam Road Primary School, the students were treated to a musical interlude from renowned musician, Luke McPharlin.

SUPER FUN AT SUPERCLINIC

Later in the day, several hundred excited youngsters took part in the NAB AFL Auskick Superclinic where the players guided them through a series of fun-filled and challenging drills.

From all corners of the Dunsborough Playing Fields, a reminder of what the Community Camp is all about was evident. The children relished their time with the likes of Aaron Sandilands, Matthew Pavlich and Stephen Hill.

Sandilands towered over a group of starry-eyed kids as they joined him for the 'run-the-gauntlet' station while Adam McPhee, Joel Houghton and Ben Bucovaz participated in a good old fashioned tug-of-war contest.

As Hill bent down to tie a youngster's shoelace, Casey Sibosado also had his hands full when a group of children chased him and tried to tackle him to the ground.

Their attempts proved unsuccessful.

Following the superclinic, assistant coaches Barry Mitchell and Todd Curley took the South-West Development Academy for a training session that the region's best young footballers are unlikely to forget.

Fremantle's younger players joined



“We love coming down to the South-West... and spreading the word of the AFL and what a great game it is”

in to lend a hand. Just a few years earlier they would have been in the same position as the boys from the South-West Development Academy.

Meanwhile, Michael Johnson, Matt de Boer and Michael Barlow visited Busselton Hospital to spend some time with the patients, in the hope of lifting their spirits during their time on the wards.

Later that night, Harvey, Pavlich, Sandilands and new recruit Adam McPhee were the guests of honour at a Sportsman’s Night panel show at the Naturaliste Centre.

The Fremantle entourage treated the crowd to a selection of insightful and humorous topics, ranging from Harvey’s stint on Perfect Match in the 80s, to the season ahead.

A great range of memorabilia and corporate boxes were also auctioned

off, with the proceeds going towards helping the Dunsborough Junior Football Club erect lights at the new sports ground – which will benefit the entire community.

PLAYING A PART

Captain Matthew Pavlich said the club understood the importance of its role in the community.

“We love coming down to the South-West – a fantastic part of the world – and spreading the word of the AFL and what a great game it is,” he said.

“We went to a lot of schools and spoke about living a healthy lifestyle, social responsibility and leadership within the community.

“We understand it’s really important and we really embrace that.”

Pavlich was beset upon by fans at the Dunsborough Playing Fields who wanted a picture or an autograph –

and the skipper was more than willing to oblige.

“Seeing the kids smile, seeing their reaction to giving them a high-five or an autograph or a photo is fantastic,” he said.

“Because we are involved in it day-to-day, sometimes we forget what an impact we can make in the community.

“It’s just great to be here and to see the kids have a smile on their face and enjoy it so much.”

The club wishes to extend its gratitude to the wonderful people of WA’s South-West for all their support and encouragement during the 2010 Community Camp.

A great time was had by all and the club hopes to see many of its South-West fans proudly wearing purple at Subiaco Oval during the 2010 season. ⚡

SO LONG, SOLLY

After 209 AFL games, the curtain has come down on Dean Solomon's career, but not by choice. The boy from Broken Hill was forced into retirement after a debilitating knee injury forced the brave warrior to hang up the boots before a ball had even been bounced for the 2010 season. Story: Costa Kastanis

GROWING UP IN the outback NSW town of Broken Hill, Dean Solomon would sit in his backyard and listen to football on the radio for hours.

Without any coverage on the television, it was the only way he could follow the game he loved.

He dreamed of watching a game live.

Solomon would realise his dream. However, the side of the fence he would be on was way beyond the wildest expectations of the boy from Broken Hill.

In February, Solomon announced his retirement from the AFL, leaving behind him a glittering 13-year AFL career that included the ultimate success – winning the 2000 premiership with Essendon.

A Fremantle player for the past three seasons, the sacrifices Solomon made for his teammates over the years have finally caught up with the brave warrior.

A deteriorating knee-injury meant Solomon's career would finish on 209 games, 51 for Fremantle and 158 for the Bombers.

"Thirteen years of running around playing football – your body is slowly going to deteriorate," Solomon said.

Drafted by Essendon in 1997, Solomon quickly made a name for himself as a tough and uncompromising competitor.

The heartbreak of losing the 1999 Preliminary Final by a point to Carlton was replaced by euphoria a year later when Solomon's Bombers climbed the AFL's mountain to win the 2000 flag.

"We worked harder than any other side at that stage," he said. "We had a belief in each other and we knew there were no weak links.

"Looking back now, I can sit back and appreciate how good that side was. I'll cherish it forever."

SEA CHANGE

Solomon arrived at Fremantle in 2006 – a move that would reunite him with his best mate, Chris Tarrant.

The pair played together at Bendigo in the U18s before Solomon was drafted by Essendon and Tarrant to their bitter rivals Collingwood.

As fate would have it, Fremantle brought both players into the club in the same draft.

"To get the opportunity to play with Taz was a dream come true," Solomon said. "We always spoke about playing together but with me being at Essendon and him being at Collingwood, we never thought there would be a chance.

"As it turns out, one simple trade week turned our careers inside out and we ended up at the same club together."

Solomon has some advice for his Fremantle teammates that a former coach once gave him.

"Kevin Sheedy used to tell me 'your career goes like that,'" Solomon said, clicking his fingers.

"You have to enjoy the time you have at a football club because it goes so fast.

"My advice to the youngsters would be: take your opportunity, work as hard as you can and do

whatever it takes to get the best out of yourself.

"It does come and go and you don't want to sit there at the end and ask yourself should I have done that better.

"Enjoy the ride."

Fremantle coach Mark Harvey paid a glowing tribute to his former foot soldier.

"Today, the opposition would be happy that he is retiring, and his teammates would be unhappy because of the way he played the game," Harvey said. "He's got the respect of all of his teammates."

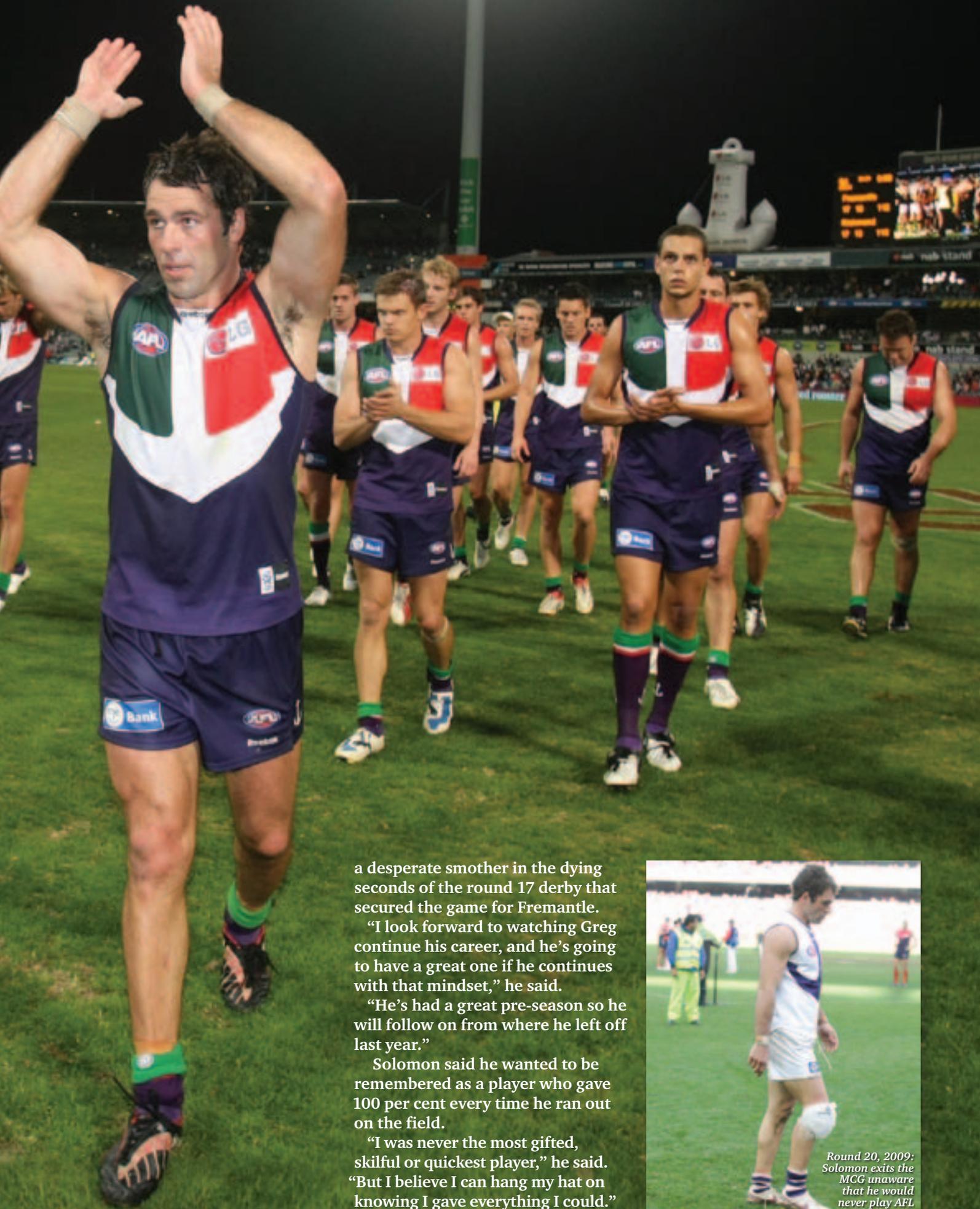
INSPIRATION

A player that earned Solomon's respect at Fremantle is 2009 revelation, Greg Broughton.

So much so that Solomon, prior to retiring, reclaimed the number seven that he wore at Essendon, and offered Broughton the number six – Solomon's number at Fremantle for the past three seasons.

"I enjoyed watching Greg come into the side last year," Solomon said. "I didn't know much about him and then to see him play, I drew inspiration from a young kid like that."

There was one moment in particular involving Broughton that got Solomon's attention –



a desperate smother in the dying seconds of the round 17 derby that secured the game for Fremantle.

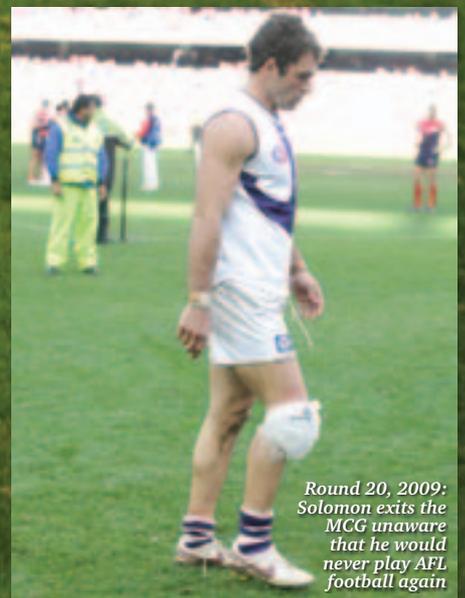
“I look forward to watching Greg continue his career, and he’s going to have a great one if he continues with that mindset,” he said.

“He’s had a great pre-season so he will follow on from where he left off last year.”

Solomon said he wanted to be remembered as a player who gave 100 per cent every time he ran out on the field.

“I was never the most gifted, skilful or quickest player,” he said. “But I believe I can hang my hat on knowing I gave everything I could.”

You certainly did, Solly! ↓



Round 20, 2009: Solomon exits the MCG unaware that he would never play AFL football again



BROUGHTON #6

MEMBERSHIP MATTERS

IMPORTANT CONTACTS

Your membership team is here to help so please call, email or come and visit us for any questions, issues or concerns.

Membership Services

Phone: (08) 9433 7111
(1300 88 20 77 for interstate or country callers)

Fax: (08) 9433 7002

Email:
membership@fremantlefc.com.au

Address: Fremantle Oval,
Parry Street, Fremantle WA 6160

Membership Services on Game Day

Phone: (08) 9433 7111

NEW match day location!

On game day, the Membership Team will be located at the new Membership Services Centre near the Team Store at Gate 13, Roberts Road, Subiaco Oval.

Ticketmaster

Phone: 1300 135 915

Website:
www.ticketmaster.com.au

JUNIOR MEMBER MONTH

IN APRIL
MORE DETAILS AT
FREMANTLEFC.COM.AU



INTERSTATE GAMES (AWAY GAME TICKETING)

If you are travelling interstate to watch the team in 2010, match day tickets can be purchased through the club. Each ground has different booking date requirements, so please allow a minimum of three weeks prior to the game to ensure you have the tickets in time for your travel.

For bookings please contact the Membership Team on **9433 7111** or **1300 88 20 77** (interstate and country callers) or log onto www.fremantlefc.com.au to buy online.

The annual member's trip is scheduled for our round 13 game against Carlton at Etihad Stadium on Saturday 19 June. Stay tuned for more details.

SUPPORTER GROUPS

Fremantle is proud to have a number of supporter groups located around the State and beyond the border.

The Sirens is a supporter group for women who love football and Fremantle. The Sirens get together on a regular basis throughout the season on an official and unofficial basis. The Sirens have their love of football in common and the group offers excellent networking opportunities.

There is the FREO MOB who conduct away game functions at the Seaview Hotel throughout the season. If you feel like meeting up with Fremantle friends when the team plays away, you will always be welcome at the Seaview Hotel. Visit www.wehavethepassion.com for details.

We also have regional supporter groups located in Bunbury, Collie, Esperance and Mandurah. Regional



FREMANTLE TV COMMERCIAL A STAND OUT

A TELEVISION commercial with the theme "Stand Tall" will launch Fremantle's brand campaign on TV on the eve of the AFL home and away season.

Featuring Captain Matthew Pavlich, reigning Doig Medallist Aaron Sandilands and a host of the team's younger players, the inspirational advertisement is set to air on Channel 9, Channel 10 and Foxtel.

Produced by Block Branding, the 30 second commercial was shot at Subiaco Oval and in a city studio.

Keep an eye out for the new commercial which is scheduled to first go to air on Thursday 25 March.



A scene from the commercial

supporter groups provide a transport service to the game and if you live in these areas and would like to meet up with others who love Fremantle, please contact the club for further details or visit www.fremantlefc.com.au.

Our supporters based in Victoria are every bit as passionate about Fremantle as our WA-based supporters. Keep an eye on

www.fremantlefc.com.au for details of where to meet after games and dates of member events. You can even join the Banner Crew and get involved in banner making for the season. The Victorian Banner team is keen for anyone who loves Fremantle to get involved. Call Hayley on **0423 052460** or email hayleybanner@hotmail.com for further details. ↓

PROUD

LOYAL

PASSIONATE

EVENTS CALENDAR 2010

Date	Event	Venue	Description
------	-------	-------	-------------

Fremantle's home games at Subiaco Oval	Members' Bar	The Bill Walker Room, Subiaco Oval	The Bill Walker Room will operate as a Members' Bar for many home games and all members are encouraged to use the facilities at half-time, post-match and also before bouncedown. Members will be able to get something to eat and drink pre-match when the Bill Walker Room becomes a Members' Bar and Café for Rounds 1, 3, 5, 10, 14 & 16. Access to the room will vary round-by-round as follows:
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Round	Date	Opponent	Pre-Match	Half-Time	Post-Match
1	Sun 28 March	Adelaide	OPEN	OPEN	OPEN
3	Sun 11 April	Geelong	OPEN	OPEN	OPEN
5	Sun 25 April	Richmond	OPEN	OPEN	OPEN
8	Fri 14 May	Collingwood	Closed – Club Function	OPEN	OPEN
10	Sun 30 May	North Melbourne	OPEN	OPEN	OPEN
12	Sun 13 June	St Kilda	Closed – Members' Lunch	OPEN	OPEN
14	Sat 3 July	Port Adelaide	OPEN	OPEN	OPEN
16	Sun 18 July	Melbourne	OPEN	OPEN	OPEN
18	Sun 1 Aug	West Coast	Closed – Club Function	OPEN	OPEN
20	Sat 14 Aug	Sydney	Closed – Members' Lunch	OPEN	OPEN
22	TBC	Carlton	TBC	TBC	TBC

Wednesday 7 April	Morning Open Training Session	Fremantle Oval	Join us at Fremantle Oval for your opportunity to watch the team train. We encourage everyone to come along and enjoy the atmosphere with other supporters at our first official Open Training Session this season. The fun kicks off at 8.00am and the players look forward to seeing you there.
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Thursday 15 April	Afternoon Open Training Session	Fremantle Oval	Join us at Fremantle Oval to watch the team train. We encourage everyone to come along and enjoy the atmosphere with other members and supporters at our second official Open Training Session this season. The fun kicks off at 4.00pm and the players look forward to seeing you there.
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Wednesday 9 June	Carlton Mid Gala Dinner Auction	Burswood Entertainment Complex	Make the most of this excellent promotional opportunity and get your business involved in the club's most significant fundraising event for 2010. All proceeds from the evening are invested directly into the Fremantle Football Club Community Goals program. Enjoy an evening of sumptuous food and first class entertainment. To purchase tickets please contact the Events Department on (08) 9433 7146.
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Sunday 13 June	Round 12 Members Pre-Game Luncheon	Bill Walker Room, Subiaco Oval	Why not make a day of it at the football and join us for lunch before the game? The Member Pre-Game Lunch provides a relaxed and entertaining dining experience in the Bill Walker Room at Subiaco Oval as a prelude to the game against St Kilda. The lunch includes a pre-game buffet meal, an <i>AFL Record</i> for each guest, a match day host, raffles, guest speakers and player interviews. The members' lunches sell out quickly, so don't delay in securing your seat – contact the Membership Team on (08) 9433 7111.
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Saturday 19 June	Interstate Game Round 13 v Carlton, 7.10pm Bouncedown	Etihad Stadium	Attend the official Fremantle Football Club interstate weekend. The corporate event includes access to an exclusive pre-match function including guest speakers, gourmet food and beverages and a premium level 2 reserve seat to watch Fremantle take on Carlton in round 13. Contact Corporate Sales for more details on (08) 9433 7182. Members are encouraged to join us after the game for a members only function in the Victory Room at Etihad Stadium. Meet the team, coaches and other members of the Fremantle travelling party. Stay tuned for more details.
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Wednesday 7 July	Afternoon Open Training Session	Fremantle Oval	Join us to watch the team train at Fremantle Oval. We encourage everyone to come along and enjoy the atmosphere with other supporters at our final official Open Training Sessions this season. The fun kicks off at 4.00pm and the players look forward to seeing you there.
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SEASON GUIDE 2010



**PULL
OUT**

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DRESS UP, DIG DEEP

All members and supporters are encouraged to ‘dress up and dig deep’ for this one special match which has raised in excess of \$230,000 for the Starlight Children’s Foundation since its inception in 2003.

THE STARLIGHT Purple Haze Game is back at Subiaco Oval in round 1 and so is the popular **Purple Play-Off** competition.

To be eligible to enter you must dress up in the spirit of the ‘purple haze’ to help us create a sea of purple and register with 92.9 – Perth’s Hit Music Station at Gate 8 before the 5.10pm bouncdown on Sunday 28 March.

The 92.9 road runners will choose the best-dressed supporters to take part in the competition at half-time on Subiaco

Oval to win a fantastic prize. The winner will be the finalist who attracts the loudest applause from the crowd as they are introduced.

Please also dig deep on match day as the money raised for the Starlight Children’s Foundation will assist with granting wishes for seriously ill or hospitalised children in WA.

For more information on the Starlight Purple Haze Game, proudly supported by Fremantle Ports, please visit the events section of the club’s website www.fremantlefc.com.au ↴



2009 Purple Play-Off finalists



Q&A: MARK HARVEY PREVIEWS THE SEASON

What have been the main areas of focus in the pre-season?

To develop and fast track our first, second and third year players and ensure our senior players fully understand where they are at in their careers and what they want out of it. We've also been working on the physical nature of the group and making sure everyone understands the game plan.

What's your outlook at this very early stage of the year?

Following on from our first NAB Cup game there were areas that we needed to work on. There were times when it got away from us a little bit, and that might be indicative of some of our first year players coming to grips with the tempo of the game. We had a really good look at our pressure skills and how players combine in different areas of the ground.

What else did you take out of the pre-season?

Our pressure, intensity and tackling were highlights. For the majority of the pre-season we've been working on the chemistry between the players in different areas of the ground and how that evolves. With a young team you must instil from an early stage that pressure and intensity are always at the forefront, no matter whether you win or lose.

Are you satisfied with the playing structures you have in place?

It's a work in progress. We had a good look at it in round 1 of the NAB Cup, which left us with

a few weeks to tighten everything up and make sure everything is ready to go for round 1 of the home and away season. There are some things that we are doing differently because the game is changing all the time. So you devise different mechanisms and ramp them up over the pre-season to make sure they work for you. Overall our focus has been making sure everybody is ready for round 1 of the season proper.

What differences can supporters expect to see in Fremantle's game style in 2010 from last year?

We've been working to ensure that our scoring ability is first rate and that we put pressure on the opposition all the time through efficiency, physical contact and ensuring that our structures are always working effectively.

We are finding now with all the experience of the past two years of players having to play in different positions they can now play multiple roles, which allows us to be a lot more stable in our selection.

A lot has been made of how tough the early part of the draw is... you're not daunted by that?

No. Not at all. We think it's a really good challenge for the group to be playing the top sides early on. Our home ground has got to be a fortress but having said that we've been concentrating on different methods for when we go on the road that we have more success.

You've also spoken about being a lot more competitive and getting closer to the top four sides?

Closing the gap on the top four sides in terms of competitiveness was how I described it in a radio interview. Because of our recruiting and because of our fast tracking of our younger players, we are closing that gap. We've got some really good rookies on our list who will put pressure on our senior players. Then there's the progress of second year players like Stephen Hill, Nick Suban and Greg Broughton and the return of third year players Rhys Palmer and Chris Mayne. From what I've seen over the pre-season is that a number of our younger guys have become better players but it's crucial that it translates in games.

How is the elevation of rookies likely to play out?

It's putting pressure on everyone to compete for their place in the team and we've needed that. There are a number of rookies, including Matt de Boer, Michael Barlow, Clancee Pearce, Alex Silvagni and Jay van Berlo pressing for spots at the moment. But it is by no means a fait accompli as to who will be elevated.

What are you looking forward to from a coaching perspective in 2010?

To seeing how much improvement we've made... how far we've progressed



Rhys Palmer is set to return early in the season.

in the off-season. We've also given the group a lot of experience over the past two years, so I'm looking forward to the enhancement of that. How far that takes us remains to be seen. Realistically, we are 12 months away from the top sides but in terms of competitiveness, we are closing the gap.

If some of the rookies evolve and hold down regular spots, our second and third year players step up and the senior guys bring them along – plus improve as players themselves – they will be the interesting signs to look out for. ↓

INTRODUCING FREMANTLE 2010



HAYDEN BALLANTYNE
 Height 174cm
 Weight 77kg
 DOB 16-07-1987
 Debut 2009
 Games 2009: 8, Career: 8
 Goals 2009: 10, Career: 10
 Dreamteam Points 2009: 431

2009 – The 2008 Sandover Medallist is yet another advertisement to persuade AFL clubs to pick up mature-age recruits. Hayden had to wait until round 13 to make his AFL debut due to wrist surgery in the pre-season. After a quiet start to his career, he showed what he is capable of with four goals against Essendon in round 21. Hayden ranked No.1 for disposals inside the attacking 50 at Fremantle from round 13 onwards.

2010 – With his pace and tenacity inside the forward 50, the livewire forward should be an integral part of Fremantle's attacking plans this season. And with Matthew Pavlich set to play closer to goals, Hayden could prove to be the perfect foil to the skipper, taking over the mantle that has been vacant since Jeff Farmer's retirement.

Draft history: 2008 NAB AFL Draft 2nd round selection (Fremantle) No. 21 overall.



ANTHONY MORABITO
 Height 190cm
 Weight 90kg
 DOB 29-10-1991
 Debut Yet to Debut

Fremantle's top pick (No.4 overall) in last year's NAB AFL Draft starred for Western Australia at the NAB AFL Under-18 Championships, gaining All Australian honours. Anthony is an athletic winger who appears ready-made to play at senior level, with his pace, kicking and marking key strengths to his game. Impressed in 10 senior matches with Peel Thunder last season when he was used in several roles. Anthony has already impressed for Fremantle in the NAB Cup and should debut early in the home and away season.

Draft history: 2009 NAB AFL Draft 1st round selection (Fremantle) No. 4 overall.



MATTHEW PAVLICH
Club Captain
 Height 192cm
 Weight 101kg
 DOB 31-12-1981
 Debut 2000
 Games 2009: 19, Career: 213
 Goals 2009: 28, Career: 407
 Dreamteam Points 2009: 1749

2009 – Matthew is one of the game's most outstanding players. Despite missing three games midway through the season with a calf injury, he again notched impressive numbers, playing predominantly in the midfield. He is difficult to beat in the air, especially in packs and was missed up forward. The skipper also notched up his 200th game for Fremantle, topped the club's goalkicking for the sixth time, led the way with inside 50s and finished second in the best and fairest behind Aaron Sandilands.

2010 – Matthew has made his name in the AFL as an elite forward, but in 2009 due to a mounting injury toll, he was used further up the ground. As seen during the pre-season competition, Mark Harvey has returned Matthew to his accustomed role close to the big sticks. This spells bad news for defenders around the league as he returns to familiar territory where he earned his succession of All Australian guernseys.

Draft History: 1999 National AFL Draft 1st round selection (Fremantle) No. 4 overall.



AARON SANDILANDS
Vice-Captain
 Height 211cm
 Weight 123kg
 DOB 06-12-1982
 Debut 2003
 Games 2009: 20, Career: 135
 Goals 2009:13, Career: 47
 Dreamteam Points 2009: 1908

2009 – Aaron had another stellar year, being named the No.1 ruckman in the All Australian team and winning the Doig Medal for the best and fairest player at Fremantle for the first time. With his improved ground play and marking skills, the tallest player in the AFL posed enormous problems for opposition ruckmen, taking the most contested marks at the club. Aaron ranked No.1 in the league for average hitouts and hitouts-to-advantage per match.

2010 – The best is yet to come from Aaron. After his outstanding individual 2009 season, expect him to again dominate hitouts and give Fremantle's midfielders first use of the ball in 2010. And if Zac Clarke can fast track his development enough to relieve Aaron in the ruck for periods during games, the reigning Doig Medallist can also be used for brief spells up forward. Aaron has also recently extended his contract until the end of the 2013 season, stating that he wants to be a Docker for life.

Draft history: 2002 Rookie Draft selection (Fremantle) No. 33; 2002 rookie elevation (Fremantle).



BYRON SCHAMMER
 Height 176cm
 Weight 80kg
 DOB 21-06-1985
 Debut 2003
 Games 2009: 19, Career: 124
 Goals 2009: 8, Career: 37
 Dreamteam Points 2009: 1571

2009 – Byron had another consistent season in the midfield and from defence. He is an excellent role model to the younger Fremantle players in the way he attacks the ball. Byron was second in tackles at the club, fourth in handballs and fifth in kicks.

2010 – At 24, Byron should be hitting his peak as an AFL footballer. His tenacity and experience will make him a good asset to the club this year as Mark Harvey looks to the senior players to lead the younger brigade coming through. After a big pre-season campaign, expect him to show all his grit and determination as he looks to consolidate his spot in the side early in the year.

Draft history: 2002 National AFL Draft 1st round selection (Fremantle) No. 13 on-traded by Port Adelaide to the Kangaroos for Leigh Brown.



PAUL HASLEBY
 Height 182cm
 Weight 87kg
 DOB 12-06-1981
 Debut 2000
 Games 2009: 22, Career: 188
 Goals 2009: 9, Career: 109
 Dreamteam Points 2009: 1795

2009 – Paul made a successful return from a serious knee injury, playing every game after missing the entire 2008 season. He ranked No. 1 in disposals at Fremantle, as well as second in contested possessions and clearances. Paul is one of the best midfielders Fremantle has ever had, and if 2009 anything to go by, he still has plenty of fuel in the tank.

2010 – Paul's importance to Fremantle is still paramount. He is still a major cog in the Fremantle engine room, both as a contributor and a teacher. With so many youngsters donning the purple jumper over the past two years, his experience and expertise in the midfield will help tutor the new crop on becoming good on-ballers.

Draft history: 1999 National AFL Draft priority selection (Fremantle) No. 2 overall.

**GARRICK IBBOTSON**

Height	188cm
Weight	81kg
DOB	15-03-1988
Debut	2007
Games	2009: 22, Career: 42
Goals	2009: 3, Career: 11
Dreamteam Points	2009: 1571

2009 – After playing just one game in 2007, Garrick has made big strides in the past two seasons. He played all 22 games in 2009 in the midfield in a run-with role, and finished ninth in the best and fairest. Garrick was third at the club for kicks, equal second for marks and third for inside 50s.

2010 – If he continues improving the way he has for the past two seasons, Garrick could climb into the elite category at Fremantle. He will again be given some tough run-with assignments, including the likes of Chris Judd, who Garrick played on twice in 2009.

Draft history: 2005 NAB AFL Draft 2nd round selection (Fremantle) No. 26 overall.

**GREG BROUGHTON**

Height	185cm
Weight	86kg
DOB	29-09-1986
Debut	2009
Games	2009: 15, Career: 15
Goals	2009: 2, Career: 2
Dreamteam Points	2009: 1315

2009 – The mature-age recruit had a dream introduction to AFL football, finishing eighth in Fremantle's best and fairest. Greg averaged 23 disposals per game, which was the fourth-highest ever for a rookie. He played predominantly as a rebounding defender, using his excellent disposal skills, especially by foot, to launch Fremantle's attacking forays. Took on some of the AFL's best in 2009, including Geelong's Steve Johnson.

2010 – The challenge for Greg this season will be the extra attention he receives from opposition sides. A move into the midfield could also be on the cards if Mark Harvey decides to use Greg's pace and skill to strengthen that area of play in the season proper.

Draft history: 2008 NAB AFL Rookie Draft 6th Round Pick No. 74 overall.

**DEAN SOLOMON**

<i>Retired</i>	
Height	189cm
Weight	102kg
DOB	09-01-1980
Debut	1998
Games	2009: 18, Career: 209
Goals	2009: 4, Career: 78
Dreamteam Points	2009: 1188

2009 – Spent most of the season in attack, with an occasional run in the midfield. He played with his usual aggression, leading in tackles for the season. As fans came to expect, he put in his usual honest, solid season, playing 18 games before his knee pulled up stumps in round 20 against Melbourne.

2010 – Unfortunately, a deteriorating knee-injury forced Dean to call it quits on the eve of the season. He ends his career on 209 AFL games – 158 for Essendon and 51 for Fremantle. Dean was as tough as they come – a player every teammate would have been proud of going into battle with. A Premiership player with Bombers in 2000, he will now be working with Fremantle's coaching and development staff.

Draft history: 1997 National AFL Draft 2nd round selection (Essendon) No. 20 overall; 2006 NAB AFL Draft traded by Essendon for No. 42 (Bachar Houli) and No. 47 (Kyle Reimers).

**NICK SUBAN**

Height	180cm
Weight	83kg
DOB	09-05-1990
Debut	2009
Games	2009: 22, Career: 22
Goals	2009: 10, Career: 10
Dreamteam Points	2009: 1206

2009 – Fremantle's second selection in the draft, Nick played all 22 games last season – a great accomplishment and one that was well-deserved. He played across half-back and in the midfield, displaying leadership qualities beyond his years. Nick had 25 disposals and two goals against Essendon in round 21 which saw him earn a NAB AFL Rising Star nomination.

2010 – Nick is one of those players already touted to have a big future. He already has a strong body but has been working extra hard in the gym over the pre-season to improve his core strength. One of his best assets is his ability to read the game well which will only hold him in good stead as he enters his second season of AFL football. His raking left foot will also be another highlight of his game.

Draft history: 2008 NAB AFL Draft 2nd round selection (Fremantle) No. 24 overall.

**ADAM MCPHEE**

Height	190cm
Weight	90kg
DOB	06-10-1982
Debut	2001
Games	2009: 21, Career: 167
Goals	2009: 16, Career: 92
Dreamteam Points	2009: 1551

2009 – Adam returns to his original club after seven seasons at Essendon, where he won the best and fairest and All Australian selection in 2004. Playing mainly as a defender, Adam ranked No.1 at Essendon for marks taken from opposition kicks. Before that he was successfully used as a centre-half-forward in 2008.

2010 – Adam plays with great commitment and takes a strong mark. Experienced and versatile, he can play in a key position or on a flank and should be an acquisition that complements Fremantle's developing list.

Draft history: 2000 National Draft, 3rd round selection (Fremantle) No. 39 overall; 2002 National Draft traded by Fremantle for No. 56 (Robert Shirley). 2009 Pre-Season Draft 1st round selection (Fremantle) No. 3 overall.

**RHYS PALMER**

Height	182cm
Weight	80kg
DOB	13-02-1989
Debut	2008
Games	2009: 5, Career: 25
Goals	2009: 3, Career: 13
Dreamteam Points	2009: 395

2009 – Rhys suffered a season-ending knee injury against the Sydney Swans in round 5. That came as a crippling blow to the team, as Palmer had won the NAB Rising Star award in 2008 and looked set to go on with it. A prolific ball winner, Rhys had improved on his 2008 statistics in the first five rounds.

2010 – Since his knee reconstruction, Rhys has made good progress and a full pre-season should stand him in good stead for 2010. He has plenty of courage, good pace and great endurance. His return will significantly bolster Fremantle's midfield stocks.

Draft History: 2007 NAB AFL Draft 1st round selection (Fremantle) No. 7 overall.

**DES HEADLAND**

Height	186cm
Weight	91kg
DOB	21-01-1981
Debut	1999
Games	2009: 9, Career: 161
Goals	2009: 13, Career: 170
Dreamteam Points	2009: 716

2009 – A stress fracture in his leg and soft-tissue injuries restricted Des to only nine games last season. He did manage to play the final five games where he showed what he is capable of when fit. Des played as a forward and scored a goal in all but one of his matches.

2010 – At his best, the 2002 Premiership player is a creative forward and midfielder capable of turning a game with his sublime skills. With a solid pre-season under his belt, Des will be looking to reassert himself as a key player in Fremantle's plans. Mark Harvey has indicated Des's role in 2010 will be as a forward playing close to goal.

Draft history: 1998 National AFL Draft 1st round selection (Brisbane Lions) No. 1 overall; 2002 National AFL Draft traded by the Brisbane Lions for No. 3 (Jared Brennan) and No. 19 (Troy Selwood).

**BROCK O'BRIEN**

Height	181cm
Weight	79kg
DOB	30-05-1988
Debut	2007
Games	2009: 0, Career: 3
Goals	2009: 0, Career: 1

2009 – Brock had a setback after injuring an AC joint in his shoulder during Fremantle's NAB Challenge match against North Melbourne in Canberra last year and did not manage a senior game due to injury. The young left-footer is a highly skilled defender who played senior football with Peel Thunder in the WAFL before being drafted by Fremantle in 2006. Represented WA at the 2006 NAB AFL Under-18 Championships.

2010 – If he is over his injury worries Brock will push hard for a berth in the team this season. He can play both as a defender and as a midfielder. Highly rated by the coaching staff he will be given every opportunity once fit.

Draft history: 2006 NAB AFL Draft 4th round selection (Fremantle) No. 52 overall.



NATHAN FYFE

Height	186cm
Weight	73kg
DOB	18-09-1991
Debut	Yet to Debut

Classy half-forward who was Fremantle's second pick in last year's NAB AFL Draft. He reads the game well and has good goal sense. Nathan played for Claremont's colts side last season and represented WA at the under-18 championships, kicking four goals against Vic Metro in his best performance. His spring and endurance was in the top 15 per cent at the NAB AFL Draft Camp, with a running vertical jump of 75cm and a beep test of 14.7.

Nathan showed why Fremantle invested in him early in the draft with his NAB Cup campaign.

Draft history: 2009 NAB AFL Draft 2nd round selection (Fremantle) No. 20 overall.



ANTONI GROVER

Height	189cm
Weight	97kg
DOB	11-03-1980
Debut	1999

Games	2009: 21, Career: 167
Goals	2009: 5, Career: 24
Dreamteam Points	2009: 1275

2009 – One of the strongest key-position defenders in the AFL, Antoni was often given the task on the opposition's biggest forward. Also played forward last year and acquitted himself well. He led Fremantle for marks taken and marks from opposition kicks. Antoni became a life member of the club after passing the 150-game milestone.

2010 – Once he returns from a knee injury suffered during the NAB Cup series, Antoni will again be called upon to handle the tough tasks on the big forwards this year. His experience and leadership will be valuable in the backline yet again.

Draft history: 1999 Rookie Draft selection (Fremantle) No. 32; 1999 rookie elevation (Fremantle).



RYAN CROWLEY

Height	190cm
Weight	91kg
DOB	05-03-1984
Debut	2005

Games	2009: 6, Career: 78
Goals	2009: 4, Career: 58
Dreamteam Points	2009: 331

2009 – Ryan missed most of 2009 because of a season-ending foot injury suffered in round 6. Fremantle's best run-with player after a strong 2008 season in that role, Ryan continued to contain some of the AFL's best midfielders in 2009 until his injury. In fact, none of his opponents had more than 17 disposals against him last year – a list that includes Nick Dal Santo, Daniel Kerr and Simon Goodwin.

2010 – Ryan has had a strong pre-season and is raring to go after missing so much football. The team has missed his hardness and desperation and will be stronger for having him back negating the opposition's star players.

Draft history: 2002 National AFL Draft 4th round selection (Fremantle) No. 55 overall traded by Essendon for Adam McPhee; 2005 rookie elevation (Fremantle).



DAVID MUNDY

Height	192cm
Weight	91kg
DOB	20-07-1985
Debut	2005

Games	2009: 22, Career: 108
Goals	2009: 15, Career: 37
Dreamteam Points	2009: 1732

2009 – David played more of a midfield role in 2009 as opposed to his customary half-back position of previous seasons, and with success, finishing fifth in Fremantle's best and fairest. The switch led to him averaging career-highs in disposals, contested possessions and inside 50s.

2010 – Durability is one of David's strengths – he has not missed a game since his debut in round 6, 2005, and his match count stands at 108 consecutive games. Expect him to continue playing in the midfield this year. David has displayed excellent form in the pre-season.

Draft History: Draft history: 2003 NAB AFL Draft 2nd round selection (Fremantle) No. 19 overall traded by the Western Bulldogs for Steven Koops.



JOEL HOUGHTON

Height	194cm
Weight	82kg
DOB	26-11-1991
Debut	Yet to Debut

Tall forward who Fremantle hope will develop into a fine key-position player. Has outstanding endurance and agility, playing much of his junior football in the midfield. His marking on the lead and his ability to present towards the kicker are strengths, as well as being an excellent set shot for goal. Represented WA in the NAB AFL Under-18 Championships in 2009.

Draft history: 2009 NAB AFL Draft 3rd round selection (Fremantle) No. 36 overall.



LUKE MCPHARLIN

Height	193cm
Weight	93kg
DOB	01-12-1981
Debut	2000

Games	2009: 18, Career: 151
Goals	2009: 20, Career: 112
Dreamteam Points	2009: 1134

2009 – Luke has spent his Fremantle career interchanging between the forward line and defence. In 2009 he was mainly used in attack, kicking 20 goals with a best of four against North Melbourne in round nine. It followed an excellent 2008 in defence, when he finished third in the best and fairest. Was fourth in marks and contested marks at the club and reached the 150-AFL game milestone in round 21.

2010 – Despite being considered a veteran of the squad, Luke is only 28, meaning he still has a few good years ahead of him. And with a reshuffle likely in Fremantle's forward line, Luke is expected to resume his defensive duties in 2010 and is raring to go after the best pre-season of his career.

Draft History: 1999 National AFL Draft 1st round selection (Hawthorn) No. 10 overall; 2001 National AFL Draft traded by Hawthorn for No. 1 (Luke Hodge), No. 20 (Daniel Elstone) and No. 36 (Sam Mitchell).



CLAYTON HINKLEY

Height	186cm
Weight	72kg
DOB	21-02-1989
Debut	2008

Games	2009: 8, Career: 13
Goals	2009: 1, Career: 3
Dreamteam Points	2009: 355

2009 – The young midfielder from the North Ballarat Rebels managed eight games in his second season after playing five in 2008. Clayton was hampered by a shoulder injury which eventually ended his year. Exceptionally quick, he can also play in defence or up forward. He represented Vic Country at the NAB AFL Under-18 Championships in 2007.

2010 – Clayton should be right to go this season after having surgery. His ability to play anywhere on the ground will be a bonus for Fremantle if he can force his way into the side. Heading into his third year at the club, Clayton will be looking to consolidate his form at AFL level. He has already shown good form in the NAB Cup.

Draft History: 2007 NAB AFL Draft 2nd round selection (Fremantle) No. 24 overall.



CHRIS TARRANT

Height	193cm
Weight	92kg
DOB	18-09-1980
Debut	1998

Games	2009: 22, Career: 220
Goals	2009: 3, Career: 358
Dreamteam Points	2009: 1128

2009 – Chris proved a revelation for Fremantle after being sent into defence early last season. The former key forward flourished in his new role, playing on a variety of forwards and rarely losing a contest. He did not miss a game in his third season at Fremantle and was unlucky not to win All Australian selection, finishing third in the club's best and fairest behind Aaron Sandilands and Matthew Pavlich.

2010 – Chris will continue to play in defence this season and, if the pre-season games are any indication he is set to reproduce his brilliant form of 2009. Tough and agile, Chris will again be given the difficult tasks on the oppositions best forwards in 2010. Expect him and Grover to lead a solid unit in the backline this year.

Draft history: 1997 National AFL Draft 1st round selection (Collingwood) No. 8 overall; 2006 NAB AFL Draft traded by Collingwood for Paul Medhurst and No. 8 (Ben Reid).

**SCOTT THORNTON**

Height	194cm
Weight	87kg
DOB	11-09-1982
Debut	2002
Games	2009: 15, Career: 88
Goals	2009: 12, Career: 21
Dreamteam Points	2009: 765

2009 – A versatile player, Scott played mainly as a forward last year, bobbing up to kick 12 vital goals. He was also used in the back line to provide plenty of dash from defence. He did spend some time with South Fremantle in the WAFL in the second half of the year, including the 2009 WAFL Premiership win over Subiaco.

2010 – After a slight injury interrupted pre-season, Scott will be hoping to stay fit and consolidate a spot in Fremantle's best 22 after playing 15, 17 and 14 games in the past three seasons respectively. He is an unassuming player who can break lines and that is a valuable asset to have for the season ahead. A benefit for Mark Harvey is that Scott can be used at either end of the ground.

Draft history: 2000 National AFL Draft 5th round selection (Fremantle) No. 66 overall.

**CHRIS MAYNE**

Height	188cm
Weight	80kg
DOB	02-11-1988
Debut	2008
Games	2009: 5, Career: 22
Goals	2009: 10, Career: 20
Dreamteam Points	2009: 314

2009 – Chris was restricted to five games in 2009 after having an interrupted pre-season with stress fractures in his shins. He kicked 10 goals for the season and displayed a strong willingness to apply pressure on the opposition in the forward 50. Had an excellent debut season in 2008, when he played 17 games. Played senior football with Perth before joining Fremantle.

2010 – A very courageous and exciting player, Chris should take another step forward in 2010 and cement a spot in Fremantle's forward line. He has had a strong pre-season and his five goals against North Melbourne in the NAB Cup indicate that he'll be a very exciting prospect this year.

Draft history: 2007 NAB AFL Draft 3rd round selection (Fremantle) No. 40 overall.

**DYLAN ROBERTON**

Height	190cm
Weight	78kg
DOB	21-06-1991
Debut	Yet to Debut

Rebounding defender who was taken as the Fremantle's fifth pick in last year's NAB AFL Draft after finding his niche with the Dandenong Stingrays in 2009, averaging 21 disposals in 21 games at an impressive 70 per cent efficiency. His decision-making when in possession is a highlight of his game. Reads the play well and has outstanding endurance. His excellent disposal by hand or foot means he can quickly turn defence into attack.

Draft history: 2009 NAB AFL Draft 3rd round selection (Fremantle) No. 49 overall.

**STEVEN DODD**

Height	191cm
Weight	82kg
DOB	20-06-1983
Debut	2004
Games	2009: 22, Career: 98
Goals	2009: 3, Career: 7
Dreamteam Points	2009: 1339

2009 – Steven played all 22 games last year mainly as a backman or midfield stopper. His defensive pressure and endurance made him one of Fremantle's most effective shut-down players and his efforts were rewarded with a 10th place finish in the best and fairest. Steven's versatility allowed him to play on a variety of opponents ranging from Nick Riewoldt to Gary Ablett.

2010 – Steven had an interrupted pre-season after undergoing surgery on his wrist and shoulder at the end of the 2009 season. His return in the NAB Cup was earlier than expected, a testament to the hard work he has put into his rehabilitation. Along with Ryan Crowley's comeback from injury, they will give Fremantle a strong ability to negate the opposition's key players.

Draft history: 2004 rookie elevation (Fremantle).

**KEPLER BRADLEY**

Height	199cm
Weight	102kg
DOB	13-11-1985
Debut	2004
Games	2009: 15, Career: 73
Goals	2009: 9, Career: 35
Dreamteam Points	2009: 966

2009 – After a knee injury kept Kepler out of action for the first part of the season, the big man returned to play the final 15 games as a forward and a back-up ruckman to Aaron Sandilands. He scored nine goals and ranked equal fourth in goal assists.

2010 – With Zac Clarke tipped to be Sandilands' understudy in the ruck this season, Kepler is likely to spend more time as a forward. Very mobile for a man standing 199cm tall, the former Bomber can prove to be a difficult match-up for opposition coaches because of his versatility. After 73 AFL games, Kepler's experience will prove valuable to a developing forward structure.

Draft History: 2003 NAB AFL Draft 1st round selection (Essendon) No. 6 overall traded by Richmond to the Western Bulldogs for Danny Jacobs; 2007 NAB AFL Draft 5th round selection (Fremantle) No. 69 overall.

**JUSTIN BOLLENHAGEN**

Height	183cm
Weight	75kg
DOB	17-12-1991
Debut	Yet to Debut

Fremantle picked up Justin with its sixth pick (No. 52 overall) in the 2009 NAB AFL Draft. The highly skilled left-footer was selected in the South Australian squad for the Under-18 Championship. A strong overhead mark for his size, Justin reads the play well and possesses good awareness in traffic.

Draft history: 2009 NAB AFL Draft 4th round selection (Fremantle) No. 52 overall.

**RYAN MURPHY**

Height	193cm
Weight	92kg
DOB	24-05-1985
Debut	2004
Games	2009: 7, Career: 47
Goals	2009: 9, Career: 48
Dreamteam Points	2009: 269

2009 – Ryan played five consecutive games early in 2009 before suffering a finger injury that required surgery later in the year. He also displayed fine form in the WAFL. Possesses a strong mark with a huge leap.

2010 – Ryan will be keen to stake a permanent claim in Fremantle's forward line this season. He has undoubted talent and hopefully, with his injury behind him, he'll be given opportunities at AFL level where he is keen to impress. His match winning goal against North Melbourne in the NAB Cup is a good start.

Draft History: 2003 NAB AFL Draft 1st round selection (Fremantle) No. 12 overall.

**ZAC CLARKE**

Height	203cm
Weight	83kg
DOB	28-03-1990
Debut	2009
Games	2009: 5, Career: 5
Goals	2009: 0, Career: 0
Dreamteam Points	2009: 197

2009 – A long-term ruck prospect, Zac made his debut in round 13 and played five games for the season. He averaged nine disposals and seven hitouts. Zac also played 14 games for East Perth in the WAFL.

2010 – Zac, a top basketballer in his teenage years, is relatively new to Australian Rules. In his five games last year he showed glimpses of the talent we can expect to see from him and why Fremantle have chosen him as Aaron Sandilands' understudy. He will be given more opportunities this season.

Draft history: 2008 NAB AFL Draft 3rd round selection (Fremantle) No. 37 overall.

FREMANTLE
2010



STEPHEN HILL

Height	184cm
Weight	69kg
DOB	01-05-1990
Debut	2009
Games	2009: 22, Career: 22
Goals	2009: 9, Career: 9
Dreamteam Points	2009: 1277

2009 – Was the third overall pick in the NAB AFL Draft and made his debut in round 1. He exploded onto the AFL scene in round 6 for 21 disposals – of which 14 were contested, seven inside 50s and two goals, earning himself a NAB Rising Star nomination. His long left-foot kicking and spectacular speed were also a highlight of his debut season. He won the club's best first year player award and finished sixth in the Doig Medal.

2010 – Stephen has spent the summer adding bulk to his slight frame in an effort to be more competitive against the AFL's stronger bodied midfielders. The ability he displayed last year was only the tip of the iceberg for this young man which makes him one to watch in 2010.

Draft history: 2008 NAB AFL Draft 1st round selection (Fremantle) No. 2 overall.



BEN BUCOVAZ

Height	188cm
Weight	88kg
DOB	02-11-1990
Debut	Yet to Debut

2009 – Ben had a frustrating first season at Fremantle, managing only seven games for Claremont in the WAFL because of injury. Hip surgery hindered his preparation for the season and a groin problem ended it prematurely.

2010 – A good reader of the play with a long, penetrating kick and a strong mark, Ben will be hoping his injury troubles are behind him so he can push for an AFL debut. The well-built forward has had a strong pre-season, so fans can expect to see him in a purple jumper at some stage this season.

Draft history: 2008 NAB AFL Draft 4th round selection (Fremantle) No. 56 overall.



CHRIS HALL

Height	181cm
Weight	66kg
DOB	25-06-1990
Debut	Yet to Debut

2009 – A clever utility with good goal sense and clean hands. Chris played 11 games in the WAFL before hurting his hip. He was very impressive in his WAFL debut, gathering 24 disposals and kicking two goals.

2010 – Highly rated, Chris had post-season surgery but has spent the pre-season developing his lightly-built frame. He has the potential to be a good stoppage midfielder once his body matures a bit more.

Draft history: 2008 NAB AFL Draft 6th round selection (Fremantle) No. 77 overall.



TIM RUFFLES

Height	180cm
Weight	67kg
DOB	05-10-1990
Debut	2009
Games	2009: 3, Career: 3
Goals	2009: 2, Career: 2
Dreamteam Points	2009: 108

2009 – Tim earned his opportunity in the seniors after strong performances for Perth in the WAFL. He played three games before suffering a serious knee injury in round 17 which required a knee reconstruction. The former New South Welshman scored two vital goals in that game, helping Fremantle defeat the Eagles. Tim has plenty of pace and can play in the midfield or close to goal. Lightly framed but has a big leap.

2010 – Tim is still undergoing rehabilitation for the knee injury and will hopefully return to action after the mid-season break. Fremantle has shown faith in Tim by extending his two-year contract by a year, taking him through until the end of 2011.

Draft history: 2008 NAB AFL Draft 5th round selection (Fremantle) No. 68 overall.



MICHAEL JOHNSON

Height	194cm
Weight	94kg
DOB	20-10-1984
Debut	2005
Games	2009: 10, Career: 84
Goals	2009: 8, Career: 21
Dreamteam Points	2009: 757

2009 – Michael's season was ruined by injury. An ankle problem sidelined the popular Fremantle player for the second half of the season. He had made a good start to the year in the forward line, averaging 19 disposals in the first five games. This followed a great 2008 season in which he finished fifth in the best and fairest.

2010 – He has been one of Fremantle's finest ever defenders during his five years at the club, but indications are that Michael will return to the new-look forward line in 2010. He played in attack last year and ranked No. 1 at Fremantle for score assists up until round 10. Now recovered from his injury troubles and with a solid pre-season behind him, Michael is looking forward to his role alongside Matthew Pavlich, Des Headland and youngsters Chris Mayne and Hayden Ballantyne.

Draft history: 2004 Pre-Season Draft 1st round selection (Fremantle) No. 8 overall.



MICHAEL WALTERS

Height	177cm
Weight	73kg
DOB	07-01-1991
Debut	2009
Games	2009: 3, Career: 3
Goals	2009: 2, Career: 2
Dreamteam Points	2009: 154

2009 – An AIS AFL Academy graduate, he represented WA at the NAB AFL Under-18 Championships in 2008. Michael played good football for Swan Districts and managed three games for Fremantle in his debut season. He had 14 disposals, six marks and one goal in his first AFL match against Port Adelaide.

2010 – Michael is quick and possesses a good football brain. He is a magnificent kick and, given time to develop, should bolster Fremantle's attack. After playing in the NAB Cup he will be working hard for opportunities early in the season proper.

Draft history: 2008 NAB AFL Draft 4th round selection (Fremantle) No. 53 overall.



PAUL DUFFIELD

Height	187cm
Weight	87kg
DOB	05-02-1985
Debut	2006
Games	2009: 21, Career: 45
Goals	2009: 5, Career: 13
Dreamteam Points	2009: 1877

2009 – Paul had a breakout year, leading Fremantle in kicks and finishing fourth in the best and fairest. His run and carry across half-back and in the midfield was a highlight. Originally from Darkin in WA's South-West, Paul's fourth season at Fremantle was his best yet, and has seen him join the leadership group in 2010.

2010 – The challenge for Paul is to maintain and build on the excellent progress he made last season. He will again be a go-to-man on Fremantle's half-back line so fans can expect to see the dashing defender doing much of the same stuff that made him one of the AFL's most improved players in 2009.

Draft history: 2004 Rookie Draft selection (Fremantle) No. 10; 2006 Rookie Draft selection (Fremantle) No. 7; 2006 rookie elevation (Fremantle).



ROGER HAYDEN

Height	182cm
Weight	82kg
DOB	09-12-1980
Debut	2002
Games	2009: 8, Career: 102
Goals	2009: 3, Career: 10
Dreamteam Points	2009: 445

2009 – Roger endured another season interrupted by injury. Had soft-tissue injuries before breaking his leg, forcing him to miss 11 games. Returned for the final two games and performed credibly. A cool customer, he can provide run from defence and is an invaluable contributor when fit.

2010 – Roger has been up and running in the pre-season so a bigger contribution than last year is on the cards. He got through the pre-season unscathed and looks set to be a major part of Mark Harvey's plans this season. When his body is right, Roger's value to Fremantle's backline is unquestionable.

Draft history: 2001 Rookie Draft selection (Fremantle) No. 21; 2002 rookie elevation (Fremantle).

**JESSE CRICHTON**

Height	183cm
Weight	66kg
DOB	18-06-1991
Debut	Yet to Debut

The speedy Tasmanian has a good ability to find space in traffic – an attribute that's highly regarded in today's game. Jesse possesses exceptional vision and awareness and wins his own football in the air and at ground level. He is a graduate of the AIS AFL Academy, and represented Tasmania at the NAB AFL Under-18 Championships. He also played 10 matches for North Launceston in the Tasmanian state league.

Draft history: 2009 NAB AFL Draft 3rd round selection (Fremantle) No. 48 overall.

**MICHAEL BARLOW****Rookie List**

Height	189cm
Weight	92kg
DOB	18-12-1987
Debut	Yet to Debut

Prolific midfielder who averaged 30 possessions a game in the VFL with Werribee last season, winning the club's best and fairest and picking up the Fothergill-Round Medal as the best young player in the league. Michael reads the play well and makes good decisions under pressure. He has had an impressive pre-season and NAB Cup campaign. He will push hard for a senior berth in 2010.

Draft history: 2010 Rookie Draft selection (Fremantle) No. 8.

**ALEX SILVAGNI****Rookie List**

Height	192cm
Weight	92kg
DOB	29-09-1987
Debut	Yet to Debut

Key defender who has played the past three seasons with the Casey Scorpions in the VFL. He was named in the 2009 VFL Team of the Year. Alex is a strong-bodied, great competitor who excels in the one-on-one contests. Has had a solid pre-season and shown promise in the NAB Cup. Will push hard for a move onto the senior list in 2010.

Draft history: 2010 Rookie Draft selection (Fremantle) No. 24.

**CASEY SIBOSADO****Rookie List**

Height	192cm
Weight	85kg
DOB	13-10-1990
Debut	Yet to Debut

Casey is an athletic key forward prospect who is strong overhead and capable of freakish goals. He played several games with the Claremont reserves and made it into the WAFL seniors for three games halfway through the season. He was restricted by a groin injury later in the season. From Beagle Bay in the Kimberley (WA), he represented the Northern Territory at the 2008 NAB AFL Under-18 Championships.

Draft history: 2009 NAB AFL Rookie Draft 1st Round Pick No. 3 overall.

**MATTHEW DE BOER****Rookie List**

Height	187cm
Weight	83kg
DOB	10-03-1990
Debut	2009

Games	2009: 17, Career: 17
Goals	2009: 5, Career: 5
Dreamteam Points	2009: 937

Matthew was promoted off the rookie list to replace the injured Rhys Palmer and made an immediate impact, playing 17 games in the midfield and defence. A prolific ball-winner, he runs hard and attacks the ball. Has a high work rate and good endurance. Represented WA at the 2008 NAB AFL Under-18 Championships. Matthew impressed in 2009 and, with spots available on the senior list in 2010, will be given more chances this season.

Draft history: 2009 NAB AFL Rookie Draft 2nd Round Pick No. 19 overall.

**HAMISH SHEPHEARD****Rookie List**

Height	194cm
Weight	81kg
DOB	28-10-1990
Debut	Yet to Debut

A mobile tall, Hamish reads the play well and takes a strong mark. He had an injury interrupted pre-season in 2009 and played in the WAFL with East Perth for most of the year. He can be used at either end of the ground. Lightly framed and will be given time to develop. Hamish represented WA at the 2008 NAB AFL Under-18 championships.

Draft history: 2009 NAB AFL Rookie Draft 3rd Round Pick No. 34 overall.

**CLANCEE PEARCE****Rookie List**

Height	182cm
Weight	90kg
DOB	23-10-1990
Debut	2009

Games	2009: 8, Career: 8
Goals	2009: 6, Career: 6
Dreamteam Points	2009: 451

Medium-sized defender elevated off the rookie list in round 11 against Port Adelaide and managed eight games. Clancee kicked three goals against Essendon in round 21, but played mainly as a half-back. Uses the ball well and kicks long. He won All-Australian selection after representing WA at the 2008 NAB AFL Under-18 Championships. He is another youngster worthy of a senior spot.

Draft history: 2009 NAB AFL Rookie Draft 4th Round Pick No. 48 overall.

**JAY VAN BERLO****Rookie List**

Height	184cm
Weight	80kg
DOB	18-09-1988
Debut	2009

Games	2009: 4, Career: 4
Goals	2009: 3, Career: 3
Dreamteam Points	2009: 177

Jay missed the first half of last season with stress fractures of his shins and returned via the WAFL with West Perth. He earned promotion to the AFL in the round 17 derby, kicking two goals. A talented defender or run-with player, he is tough and disciplined. Jay has great endurance and good leadership skills. He won the Breckler Medal for West Perth's best and fairest in 2008 despite undergoing pre-season shoulder surgery.

Draft history: 2009 NAB AFL Rookie Draft 5th Round Pick No. 62 overall.

Players Used

Year	Players Used	Debuts
1995	41	25
1996	39	8
1997	38	5
1998	39	6
1999	39	6
2000	36	6
2001	37	5
2002	34	7
2003	32	3
2004	33	5
2005	34	4
2006	35	4
2007	40	5
2008	38	4
2009	40	11

Record At AFL Venues (Home and Away)

Venue	Played	Won	Lost	Draw	Win %
AAMI Stadium	23	6	17	0	26%
Gabba	8	0	8	0	0%
VISY Park	11	2	9	0	18.2%
Subiaco Oval	164	87	77	0	53%
WACA	18	10	8	0	55.6%
MCG	32	9	23	0	28%
Etihad Stadium	29	7	22	0	24%
Skilled Stadium	12	1	11	0	8.3%
Aurora Stadium	6	1	5	0	16.6%
Manuka Oval	1	0	1	0	0%
SCG	10	2	8	0	20%
Gold Coast Stadium	1	1	0	0	100%
OVERALL	330	129	201	0	39.1%

Debut Dates of Current Players

Player	AFL Debut	Fremantle Debut
Hayden Ballantyne	Round 13, 2009 v Collingwood	Round 13, 2009 v Collingwood
Michael Barlow*	Yet to debut	Yet to debut
Kepler Bradley	Round 1, 2004 v Port Adelaide	Round 8, 2008 v Western Bulldogs
Justin Bollenhagen	Yet to Debut	Yet to debut
Greg Broughton	Round 3, 2009 v Adelaide	Round 3, 2009 v Adelaide
Ben Bucovaz	Yet to Debut	Yet to debut
Zac Clarke	Round 13, 2009 v Collingwood	Round 13, 2009 v Collingwood
Jesse Crichton	Yet to debut	Yet to debut
Ryan Crowley	Round 10, 2005 v Geelong	Round 10, 2005 v Geelong
Matt de Boer*	Round 6, 2009 v West Coast	Round 6, 2009 v West Coast
Steven Dodd	Round 20, 2004 v Geelong	Round 20, 2004 v Geelong
Paul Duffield	Round 5, 2006 v St Kilda	Round 5, 2006 v St Kilda
Nathan Fyfe	Yet to debut	Yet to debut
Antoni Grover	Round 21, 1999 v Sydney	Round 21, 1999 v Sydney
Chris Hall	Yet to Debut	Yet to debut
Paul Hasleby	Round 1, 2000 v Geelong	Round 1, 2000 v Geelong
Roger Hayden	Round 15, 2002 v Kangaroos	Round 15, 2002 v Kangaroos
Des Headland	Round 13, 1999 v Sydney	Round 1, 2003 v Adelaide
Joel Houghton	Yet to debut	Yet to debut
Stephen Hill	Round 1, 2009 v Western Bulldogs	Round 1, 2009 v Western Bulldogs
Clayton Hinkley	Round 5, 2008 v Adelaide	Round 5, 2008 v Adelaide
Garrick Ibbotson	Round 11, 2007 v Richmond	Round 11, 2007 v Richmond
Michael Johnson	Round 4, 2005 v Richmond	Round 4, 2005 v Richmond
Luke McPharlin	Round 5, 2000 v Port Adelaide	Round 12, 2002 v Collingwood
Adam McPhee	Round 9, 2001, v Sydney	Round 9, 2001, v Sydney
Chris Mayne	Round 2, 2008 v Hawthorn	Round 2, 2008 v Hawthorn
Anthony Morabito	Yet to debut	Yet to debut
David Mundy	Round 6, 2005 v Melbourne	Round 6, 2005 v Melbourne
Ryan Murphy	Round 16, 2004 v Adelaide	Round 16, 2004 v Adelaide
Brock O'Brien	Round 22, 2007 v Port Adelaide	Round 22, 2007 v Port Adelaide
Rhys Palmer	Round 2, 2008 v Hawthorn	Round 2, 2008 v Hawthorn
Matthew Pavlich	Round 5, 2000 v Melbourne	Round 5, 2000 v Melbourne
Clancee Pearce*	Round 11, 2009 v Port Adelaide	Round 11, 2009 v Port Adelaide
Dylan Robertson	Yet to debut	Yet to debut
Tim Ruffles	Round 15, 2009 v Adelaide	Round 15, 2009 v Adelaide
Aaron Sandilands	Round 1, 2003 v Adelaide	Round 1, 2003 v Adelaide
Byron Schammer	Round 1, 2003 v Adelaide	Round 1, 2003 v Adelaide
Hamish Shepheard*	Yet to Debut	Yet to debut
Casey Sibosado*	Yet to Debut	Yet to debut
Alex Silvagni*	Yet to debut	Yet to debut
Dean Solomon	Round 5, 1998, v Collingwood	Round 1, 2007 v Port Adelaide
Nick Suban	Round 1, 2009 v Western Bulldogs	Round 1, 2009 v Western Bulldogs
Chris Tarrant	Round 3, 1998 v Western Bulldogs	Round 1, 2007 v Port Adelaide
Scott Thornton	Round 8, 2002 v Melbourne	Round 8, 2002 v Melbourne
Jay van Berlo*	Round 17, 2009 v West Coast	Round 17, 2009 v West Coast
Michael Walters	Round 11, 2009 v Port Adelaide	Round 11, 2009 v Port Adelaide

* Rookie listed player

Largest First Quarter Deficit To Come Back and Win

31 points v Geelong, Subiaco Oval, round 7, 1999

Largest Half-Time Deficit To Come Back and Win

32 points v West Coast, Subiaco Oval, round 21, 2000

Largest Third Quarter Deficit To Come Back and Win

18 points v West Coast, Subiaco Oval, round 21, 2000

Most Points In Any Quarter

64 (10.4) Third Quarter, v Kangaroos, Subiaco Oval, round 4, 2003

Most Points In Any Half

111 (17.9) v Sydney, WACA, round 6, 1995

Most Accurate Quarters

9.1 v Fitzroy, Subiaco Oval, round 22, 1996

Most Goalkickers In a Game

16 – Port Adelaide round 17 2008 at Football Park (Josh Carr, Crowley, Grover, Head, Ibbotson, Mark Johnson, Mayne, McManus, McPharlin, Mundy, Murphy, Palmer, Peake, Sandilands, Tarrant, Thornton)

Top 10 AFL Dream Team Averages Per Game 2009

- 1 Aaron Sandilands .. 95.6
- 2 Matthew Pavlich..... 92.2
- 3 Paul Duffield 89.4
- 4 Greg Broughton..... 87.7
- 5 Byron Schammer... 82.7
- 6 Paul Hasleby..... 81.6
- 7 Des Headland..... 79.6
- 8 Rhys Palmer 79
- 9 David Mundy..... 78.7
- 10 Michael Johnson ... 75.4

2010 AFL Dream Team Hot-Tips

Matthew Pavlich

The Fremantle skipper will return to a more familiar position up forward, making his relatively cheap price-tag hard to go past for a player of his quality. Expect him to kick more goals in 2010, which means high Dream Team scoring.

Aaron Sandilands

The 2009 All Australian again looms as a great pick-up for Dream Team coaches. He is expensive, but high-scoring ruckmen are hard to come by. With one Dream Team point being given for every hit-out, coaches who have Sandilands in their team will be hoping he can match or better his average of 33 per game from 2009.

David Mundy

David has looked slick in the pre-season playing predominantly in the midfield. Dream Team coaches looking to pick him up should feel confident about David's chances of playing all 22 games this season – he has played 108 consecutive matches.

Michael Barlow

The Victorian is looking to follow in the footsteps of last year's Dream Team sensation and teammate Greg Broughton. Michael's pre-season form has been excellent and, with Dream Team coaches now hunting for mature-age recruits, he will be a very popular pick.



HEAD TO HEAD

ADELAIDE

Head to head – played: 24/won: 9/lost: 15



Last time they met – Adelaide 19.16 (130) defeated Fremantle (13) at AAMI Stadium (round 15, 2009)
Greatest winning margin – 39 points (Subiaco Oval, round 11, 1999)
Most goals in a game – 8: Matthew Pavlich (round 14, 2005)
Highest attendance – 45,436 at AAMI Stadium, round 1, 2003

BRISBANE

Head to head – played: 16/won: 5/lost: 11



Last time they met – Fremantle 7.5 (47) lost to Brisbane Lions 9.8 (62) at Subiaco Oval (round 16, 2009)
Greatest winning margin – 71 points (Subiaco Oval, round 11, 1998)
Most goals in a game – 9: Paul Medhurst (round 9, 2004)
Highest attendance – 34,143 at Subiaco Oval, round 11, 2005

CARLTON

Head to head – played: 22/won: 12/lost: 10



Last time they met – Fremantle 15.10 (100) lost to Carlton 16.19 (115) at Subiaco Oval (round 14, 2009)
Greatest winning margin – 77 points (Subiaco Oval, round 13, 2007)
Most goals in a game – 9: Matthew Pavlich (round 16, 2005)
Highest attendance – 36,307 at Subiaco Oval, round 13, 2007

COLLINGWOOD

Head to head – played: 20/won: 8/lost: 12



Last time they met – Collingwood 26.13 (169) defeated Fremantle 13.7 (85) at MCG (round 13, 2009)
Greatest winning margin – 112 points (Subiaco Oval, round 7, 2005)
Most goals in a game – 7: Kingsley Hunter (round 15, 1997)
Highest attendance – 45,383 at MCG, round 1, 2008

ESSENDON

Head to head – played: 23/won: 7/lost: 16



Last time they met – Fremantle 21.15 (141) defeated Essendon 13.9 (87) at Subiaco Oval (round 21, 2009)
Greatest winning margin – 97 points (Subiaco Oval, round 12, 1997)
Most goals in a game – 6: Tony Modra (round 18, 2000), Matthew Pavlich (round 19, 2007/round 14, 2008)
Highest attendance – 42,256 at Telstra Dome, round 21, 2003

GEELONG

Head to head – played: 24/won: 6/lost: 18



Last time they met – Geelong 14.10 (94) defeated Fremantle 8.6 (54) at Skilled Stadium (round 22, 2009)
Greatest winning margin – 45 points (Subiaco Oval, round 20, 2002)
Most goals in a game – 6: Tony Modra (round 7, 1999)
Highest attendance – 38,022 at Subiaco Oval, round 6, 2008

HAWTHORN

Head to head – played: 21/won: 6/lost: 15



Last time they met – Fremantle 9.11 (65) lost to Hawthorn 13.9 (87) at Subiaco Oval (round 8, 2009)
Greatest winning margin – 61 points (Subiaco Oval, round 18, 2002)
Most goals in a game – 5: Justin Longmuir (round 18, 2001)
Highest attendance – 39,735 at Waverley Park, round 22, 1998

MELBOURNE

Head to head – played: 25/won: 13/lost: 12



Last time they met – Melbourne 20.7 (127) defeated Fremantle 9.10 (64) MCG (round 20, 2009)
Greatest winning margin – 59 points (Subiaco Oval, round 21, 2007)
Most goals in a game – 10: Tony Modra (round 10, 1999)
Highest attendance – 36,244 at Subiaco Oval, round 16, 2006

NORTH MELBOURNE

Head to head – played: 17/won: 5/lost: 12



Last time they met – North Melbourne 14.14 (98) defeated Fremantle 12.13 (85) at Etihad Stadium (round 9, 2009)
Greatest winning margin – 53 points (Subiaco Oval, round 12, 2008)
Most goals in a game – 8: Matthew Pavlich (round 12, 2008)
Highest attendance – 37,077 at Subiaco Oval, round 15, 2004

PORT ADELAIDE

Head to head – played: 21/won: 7/lost: 14



Last time they met – Fremantle 17.14 (116) defeated Port Adelaide 11.8 (74) at Subiaco Oval (round 19, 2009)
Greatest winning margin – 79 points (Subiaco Oval, round 22, 2006)
Most goals in a game – 6: Tony Modra (round 2, 1999), Jeff Farmer (round 22, 2006)
Highest attendance – 41,518 at AAMI Stadium, round 22, 2005

RICHMOND

Head to head – played: 22/won: 9/lost: 13



Last time they met – Fremantle 17.10 (112) lost to Richmond 17.13 (115) at Subiaco Oval (round 10, 2009)
Greatest winning margin – 66 points (Subiaco Oval, round 4, 2002)
Most goals in a game – 7: Tony Modra (round 4, 2000)
Highest attendance – 37,541 at Subiaco Oval, round 4, 2008

ST KILDA

Head to head – played: 22/won: 11/lost: 11



Last time they met – St Kilda 17.9 (111) defeated Fremantle 4.4 (28) at Etihad Stadium (round 4, 2009)
Greatest winning margin – 71 points (Waverley Park, round 10, 1995)
Most goals in a game – 6: Matthew Pavlich (round 5, 2006)
Highest attendance – 39,931 at Subiaco Oval, round 7, 2004

SYDNEY

Head to head – played: 21/won: 9/lost: 12



Last time they met – Fremantle 18.13 (121) defeated Sydney 16.4 (100) at Subiaco Oval (round 5, 2009)
Greatest winning margin – 58 points (WACA, round 6, 1995)
Most goals in a game – 8: John Hutton (round 6, 1995)
Highest attendance – 61,373 at Telstra Stadium, 1st Preliminary Final, 2006

WEST COAST

Head to head – played: 30/won: 12/lost: 18



Last time they met – Fremantle 10.11 (71) defeated West Coast 8.18 (66) at Subiaco Oval (round 17, 2009)
Greatest winning margin – 57 points (Subiaco Oval, round 21, 2006)
Most goals in a game – 7: Clive Waterhouse (round 21, 2000)
Highest attendance – 43,527 at Subiaco Oval, round 21, 2006

WESTERN BULLDOGS

Head to head – played: 19/won: 7/lost: 12



Last time they met – Western Bulldogs 17.9 (111) defeated Fremantle 11.14 (80) at Etihad Stadium (round 18, 2009)
Greatest winning margin – 83 points (Docklands, round 7, 2003)
Most goals in a game – 5: Clive Waterhouse (round 12, 1999), Luke McPharlin (round 15, 2005)
Highest attendance – 35,624 at Subiaco Oval, round 8, 2008

SEASON GUIDE //

2010 FIXTURES

FIXTURE

FINAL SCORES

Round	Opponent	Date	Venue	Bouncedown (local time)	Fremantle			Opponent		
					Goals	Points	Total	Goals	Points	Total
1	Adelaide	Sunday, 28 March	Subiaco Oval	5:10pm						
2	Essendon	Sunday, 4 April	Etihad Stadium	2:10pm						
3	Geelong	Sunday, 11 April	Subiaco Oval	2:40pm						
4	St Kilda	Sunday, 18 April	Etihad Stadium	4:40pm						
5	Richmond	Sunday, 25 April	Subiaco Oval	6:40pm						
6	West Coast	Sunday, 2 May	Subiaco Oval	2:40pm						
7	Brisbane	Saturday, 8 May	Gabba	7:10pm						
8	Collingwood	Friday, 14 May	Subiaco Oval	6:40pm						
9	Sydney	Saturday, 22 May	SCG	2:10pm						
10	North Melbourne	Sunday, 30 May	Subiaco Oval	2:40pm						
11	Adelaide	Saturday, 5 June	AAMI Stadium	2:40pm						
12	St Kilda	Sunday, 13 June	Subiaco Oval	2:40pm						
13	Carlton	Saturday, 19 June	Etihad Stadium	7:10pm						
14	Port Adelaide	Saturday, 3 July	Subiaco Oval	1:10pm						
15	Richmond	Saturday, 10 July	Etihad Stadium	7:10pm						
16	Melbourne	Sunday, 18 July	Subiaco Oval	2:40pm						
17	Western Bulldogs	Sunday, 25 July	Etihad Stadium	1:10pm						
18	West Coast	Sunday, 1 August	Subiaco Oval	2:40pm						
19	North Melbourne	Saturday, 7 August	Etihad Stadium	2:10pm						
20	Sydney	Saturday, 14 August	Subiaco Oval	1:10pm						
21	Hawthorn	Saturday, 21 August	Aurora Stadium	2:10pm						
22	Carlton	TBC	Subiaco Oval	TBC						

EVENTS CALENDAR 2010

Date	Event	Venue	Description
Saturday 14 August	Round 20 Members Pre-Game Luncheon	Bill Walker Room, Subiaco Oval	Why not make a day of it at the football and join us for lunch before the game? The Member Pre-Game Lunch provides a relaxed and entertaining dining experience in the Bill Walker Room at Subiaco Oval as a prelude to the game against Sydney. The lunch includes a pre-game buffet meal, an AFL Record for each guest, a match day host, raffles, guest speakers and player interviews. The members' lunches sell out quickly, so don't delay in securing your seat – contact the Membership Team on (08) 9433 7111.
Saturday 2 October	Doig Medal Presentation Dinner	Burswood Entertainment Complex	Being named your club's Best and Fairest player is the most prestigious club award a player can receive during their career. It recognises consistent performance and contribution to the team over the home and away season. The Doig Medal honours the deep football heritage of Fremantle, represented by the many members of the Doig family who played for East or South Fremantle from the beginning of last century. More details on this black-tie event coming soon.
Saturday 4 December	Junior Member Christmas Party	Fremantle Oval	Junior Members and their families are invited to join the club for an afternoon of football fun culminating in Christmas Carols and a fireworks display. Junior Members will enjoy an afternoon with the players and coaches on the Fremantle Oval learning skills from the best in the business. This event is free of charge for all our 2010 Junior Members who will also get the chance to get signatures from some of the players.

This calendar is subject to change, please visit fremantlefc.com.au for the most up-to-date information or contact the Events Department on 08 9433 7146. To get up-to-date information, download the club's e-diary from the *Freo Fun* section of the club's website.



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MAKING THEIR MARK

An AFL debut is a daunting prospect for any young man. But for Stephen Hill and Nick Suban, it was made easier by the fact that they would share the experience together. It was a day that would set the tone for their debut season and saw many parallels for the future stars of the club. Story: Kate Murphy

NICK SUBAN AND Stephen Hill were two of 11 debutants for Fremantle in season 2009. For two players from opposite sides of the country, following their footy dream has left both with far more than a promising AFL career.

In their first AFL season, training together, playing together, rooming together, Suban and Hill have lived inside of each other's pockets and have become close friends.

Drafted from Bacchus Marsh, 50km west of Melbourne, Suban had to make a quick transition into WA life.

"I had to come straight over here; I was on the flight the next day. It all happened pretty quickly," Suban said.

"It was the first time I'd been to Perth when I moved over here.

It's a lot different to Melbourne, the weather's much nicer."

HOST FAMILY

Living with fellow teammate Ryan Murphy when he first arrived in Perth, it wasn't until after Christmas that Suban settled into his new home with his host family. He said it took a little while to get used to.

"It's pretty scary to start off with. There's different rules, different culture, different everything really, so you've got to get used to new living arrangements. Now I've been here a year I'm used to it, I love it."

For local boy Hill, getting drafted to a WA AFL club was a different scenario all together with his biggest adjustment being the hour-long trip

from home in the northern suburbs to Fremantle Oval.

But in a week full of introductions, media commitments, meeting their football heroes and getting their first look at life as AFL footballers, Hill said it didn't take long for the new draftees to get to know each other.

"We bonded pretty well and became close fairly quickly. We always trained together, had meetings together and stuff, mainly because we weren't really with the main group to start with," Hill said.

After their first pre-season learning the ropes of an AFL club and adjusting to the tempo, Suban and Hill were selected to make their debuts in round 1 and never looked back, playing all 22 games together.

"It was good to have another guy in

the same situation as you, first game, first year, so it was reassuring that I wasn't the only one out there. I knew that Hilly was out there too and in the same boat as me, so we could help each other out," Suban said.

ROOM MATES

Both players said going through the rigors of an AFL pre-season and rooming together on trips was what forged their friendship.

"We roomed together all year and I reckon that's how we got a bit closer," Suban said.

Hill admitted that the most annoying habit in the friendship came from him, Suban all too happy to share Hills snoring habits.

"Hilly snores. I got used to it in the end, but at the start it was really annoying," Suban quipped.

All jokes aside, having helped each other out through their first AFL season, Hill and Suban were also both rewarded for their standout debut seasons with NAB Rising Star nominations, something which neither of them expected.

"I didn't expect to play any games at the start of the year, I just wanted to come over, try my best and train as hard as I could," Suban said.

"I don't think I had the best year going around, I was still learning,



so I think that this year if I keep learning and developing I can hopefully play better footy."

Having debut seasons that almost mirrored each other, Hill said he had definitely learnt a lot from Suban in the way he goes about his football.

"It's his leadership around the club. It gets all the young guys and the older boys going during training and games," Hill said of Suban.

"In his first year that's just awesome to see it happening out on the field,



SUBAN #8

the older guys get a lift and really appreciate it," he said.

And the accolades also flow from Suban who says it is Hill's approach to the game that he admires most.

"He has a great attitude towards footy, he's a quiet guy and doesn't say a lot but he gets the job done and does everything he can to prepare well for the weekend," Suban said.

Suban also alluded that it has been the strong friendships developed amongst all the 2008 draftees that has helped his transition from Bacchus Marsh into his new home at Fremantle.

"The WA guys have been really good introducing me to their friends, now I have a lot of friends outside of the club too," Suban said.

On the eve of the 2010 season, both players were modest in their expectations for the year ahead but when asked whether they could make the arrangement into permanent roommates this year...

"As long as I don't hear him snoring, it would be OK," Suban joked. ⚡



HILL #32

WELCOME TO THE PURPLE PATCH!

We asked our supporters to email us photos for 'The Purple Patch' at purplepatch@fremantlefc.com.au and we have been inundated with some fantastic shots! Here are some of the great entries sent for this edition of *Docker*.



SLEEPING SKIPPY

We live in Karratha and as part of the Pilbara Wildlife Program, we look after baby joeys that have lost their mothers, we then release them back into the wild when appropriate.



We thought you might like to see our red kangaroo having an afternoon nap on the kids' Freo footy.
Peter Winch-Buist and grandchildren Jarrad, Sophie and Corey, Karratha



FROM THE BORDER

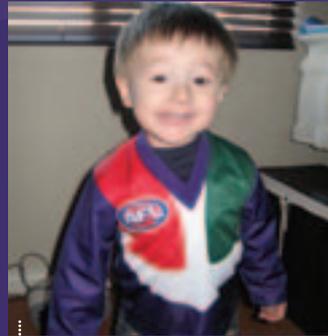
This is Inspector Paul Langdon, Superintendent Kevin Looby and myself at the Survey General's corner.

This is us right on the border... one in South Australia, one straddling Northern territory and me in Western Australia!

We are all ardent Dockers supporters!

GO FREO

Joe Baker, Kalgoorlie



DERBY DELIGHT

This is my two-year-old son Jared, who's been a Freo member since he was born and he loves wearing his Dockers guernsey. He has a big smile in this photo as Freo had just won the round 17 Western Derby!
Travis Hunt, Morley



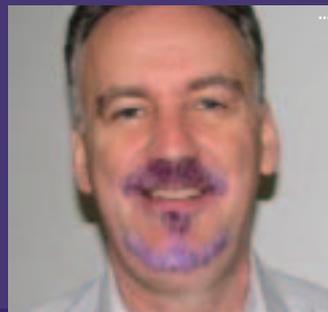
PURPLE PONY

This is a photo of Angus Sorensen and Anita the pony.

They entered in the fancy dress show at the Bindoon Agricultural show which was held last October.

Go Dockers!

From Angelika Sorensen, Middle Swan



MOVEMBER

I just thought I'd share with Docker my Movember effort which I dubbed the purple hairy anchor

I managed to fundraise over \$1000 in donations as a result.

Glen Johnson, Mt Hawthorn



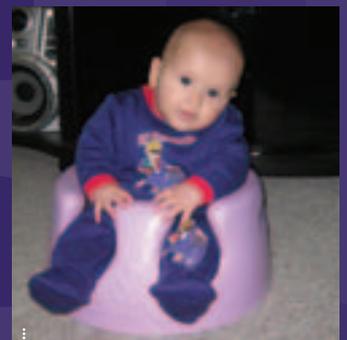
ANDREW ABROAD

Hi Docker,

This is me at the Leaning Tower of Pisa in my Freo jumper during my huge European adventure with Mum and Dad.

Much to Dad's dismay... Mum had me wearing this jumper everywhere! (Dad goes for the Doggies!)

Andrew McLean, Innaloo



NEW RECRUIT

This is a photo of my daughter Alison Jane Flematti at 22-weeks of age.

I think she is going to be very embarrassed of this photo when she is older. I can just hear it now, "Mum, why did you dress me in boys clothes?"

Fiona Goss, Bullcreek



'ANGKOR' AWEIGH

Vanessa and I recently returned back from our trip to Ho Chi Minh City, Cambodia and Kuala Lumpur. We had a fantastic time there and it was a great experience.

We took out some photos of us in Siem Reap, Cambodia at the Angkor Wat Temple with our Dockers scarves on.
Desmond Daye, Claremont



FESTIVE FREO

When the year comes to an end and you are missing going to the game, the next best thing you can do is let the Dockers lift the spirit of Christmas at your own place.

This is our tree at home and once again last Christmas the tree was all Dockers and nothing else. (Who says that you need to have the angel at the top of the tree?)

Do you know how hard it was to get anchors? Well anyway we got them and painted them ourselves.

The Dockers Christmas Crackers from the Team Store were also great too!
Michelle and Braden Jagger, Warnbro



OUT OF AFRICA

We just wanted to share something with our fellow Freo supporters from a remote corner of the world.

We work in a gold mine in Africa – Tanzania, to be exact. The mine is located in the middle of the country near a small town called Nzega. We are both WA boys who share the passion for the Dockers.

When we had this new tank manufactured and seeing it was painted purple we thought, “why not?” And this is the end result!

Let’s have a great year both on and off the field.

Best Regards
Wayne Stevens and Rob Thiry, Nzega

THIS YEAR

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SPONSORSHIP MATTERS



IT'S SILVER FOR FORTY WINKS AND BURSWOOD



BURSWOOD ENTERTAINMENT COMPLEX

FREMANTLE PLAYERS and staff will sleep better in 2010 following the announcement that Forty Winks are on board as a silver level sponsor.

Forty Winks, a national bedding company, have eight stores across the metropolitan area and the deal was signed during the pre-season.

Andrew Meade from Forty Winks said the company felt the time was right to align the two brands as they had recognised some outstanding leverage opportunities.

"We are looking forward to inviting the club's proud, loyal and passionate members to our stores this season for VIP nights, to meet some of the Fremantle players and to also take advantage of store specials, exclusive to Fremantle members.

"I'd also like to take this opportunity to wish the team all the best on behalf of the Forty Winks staff for the upcoming season and we look forward to a long and successful partnership," he said.

The club is also buoyed with the news that the Burswood Entertainment Complex has increased its investment with the club this year.

Burswood has moved from a corporate partner of the club to join the likes of Forty Winks as one of our many proud silver level sponsors.

Fremantle's relationship with the Burswood Entertainment Complex has gone from strength to strength over the past decade and the club will again hold the Carlton Mid Gala Dinner Auction and the Doig Medal Presentation Dinner at the venue this season.

DVG HYUNDAI TO DRIVE US IN 2010 AND BEYOND

THE FREMANTLE Football Club is proud to announce that it has kicked off the season early with a win off the field – welcoming DVG Hyundai as the club's official vehicle partner.

The sponsorship deal will see both the DVG Motors Group and Hyundai Motors Australia join the team as diamond level sponsors of the club for the next two seasons.

Fremantle General Manager – Commercial Partners, Scott

Gooch said the announcement cements what he believes will be a

long and successful partnership with a proud, locally owned company.

"The DVG Automotive Group is a family owned and operated company which is run by seven Di Virgilio brothers," he said.

"The brothers, who are passionate and committed to serving the Western Australian community, own all 14 new and used car dealerships around Perth.

Managing Director, Lou Di Virgilio said that his team, who pride themselves on the fact that they are a locally owned company, are very passionate about getting behind another equally proud Western Australian team, the Dockers! ⚓
See the inside front cover for DVG locations.



Fremantle Football Club Vehicle Sponsors

WOODSIDE VISIT A GAS

On top of a heli-deck about 50m above the ocean, in searing heat and with 27kmh winds – this was no ordinary kick-to-kick for Matthew Pavlich and Aaron Sandilands. Story: Luke Morfesse



IN THE 14 YEARS it has been in operation, Woodside's Goodwyn-A gas platform has received a range of visitors.

While former Prime Minister John Howard once made the 45-minute helicopter trip out to the massive platform, 135km off the coast from Karratha, Goodwyn has never played host to any AFL footballers.

That all changed in December when senior coach Mark Harvey, captain Matthew Pavlich and vice captain Aaron Sandilands followed the former PM's flight path out to Goodwyn, which stands 291m tall and sits in 131m of water.

Keen to test out the footy skills of some of the 80-plus staff on Goodwyn, Harvey, Pavlich and Sandilands broke out the Sherrins for some kicking and handball drills on the helicopter landing deck.

Easier said the done.

Along with the flies, searing heat and 27kmh winds sweeping across the platform, the heli-deck is only 20m wide but about 50m metres above the ocean.

The only guard against a very long drop into the deep blue sea below, which is home to some menacing tiger sharks, is a one metre-wide safety net.

"The conditions made it pretty interesting... plus there was a bit of a breeze blowing," Sandilands said.

"At one stage I got pretty close to the edge and the legs started to shake a bit, so I thought it was best to switch ends with 'Pav' and stick towards the middle of the heli-deck.

"But it was great to have a kick with the all the boys from Goodwyn. I've kicked a footy in a lot of places in my time but nothing like this. It was a pretty special experience."

Speaking after the impromptu skill session and a tour of the facility, Pavlich said he was "blown away" by Goodwyn, which is currently producing \$10 million worth of gas and associated products every day for a consortium – including Woodside, one of Fremantle's major sponsors.

"I had no real concept or expectations heading out here, but after having a really good look over the facility, you get an understanding of what a great resource it is for the Western Australian community," he said.

Pavlich also received a valuable insight into the demands of living and working two-weeks on and two-weeks off as fly-in, fly-out worker.

Consequently, he's pretty happy

with his lot as an AFL footballer.

Before they departed the facility, Harvey presented a signed jumper to Goodwyn offshore installation manager James Carter and thanked the staff for making them feel so welcome.

"They are a great bunch of people and it was a fascinating experience to see how they go about the work in fairly trying conditions," Harvey said.

Calum Hamilton, Goodywn's HSC, or health safety co-ordinator, who hosted the visitors for much of the day, described it as a "really special occasion."

"We've never had any AFL players on board before and never had the opportunity to get on the heli-deck and have a kick-to-kick," said Hamilton, a 15-year veteran with Woodside who alternates two-weeks on and two-weeks off between the Goodwyn and Rankin platforms.

"There was a lot of great energy on the heli-deck and a lot of the crew who are Dockers' supporters had an opportunity to meet their footy heroes in the dining room.

"The crew on Goodwyn and staff right across Woodside are looking forward to seeing the Dockers perform well in 2010." ♣



JOIN THE



Des Headland encourages girls to learn AFL

FEMALE PARTICIPATION IN Australian rules football is now the fastest growing segment in the game and in conjunction with the WA Football Commission, Fremantle is offering a brand new initiative to primary schools for girls in years 5, 6 and 7 – the Dockers Cup.

The Dockers Cup will provide female students the chance to develop their skills and enhance their fitness, through a fun, safe and well organised activity. Key focus areas will also include health and well being, teamwork, social development and self-esteem.

The Dockers Cup is open to all primary schools across WA and can be run in the following formats:

- A round-robin competition played between schools over a minimum of three weeks

or

- A lightning carnival format run over one day and organised by the schools in your District/or one coordinated by your WAFL District.

This year the program is offering a Dockers Cup kit to registered schools:

- Dockers Cup footballs
- Dockers Cup participation certificates

- Dockers Cup trophy (per competition)
- Dockers Cup polos and caps
- FFC posters for participants
- The opportunity to join in a football clinic on Fremantle Oval with Fremantle players on 1 July
- The chance to participate in a curtain raiser on Subiaco Oval before Fremantle v Melbourne on 18 July

For more information contact Clint Degebrodts at the WA Football Commission on **9381 5599** or cdegebrodts@wafc.com.au

PLAY FREO HOUSE FOOTY AT YOUR SCHOOL

SEASON 2010 will see Fremantle's Community Goals program welcome Freo House Footy (formerly AFL Rec Footy) to the fold.

Freo House Footy will provide an opportunity for all secondary school students to enjoy participating in a modified version of Australian rules football which has strong parallels with the traditional game.

Designed so everyone can participate, Freo House Footy is non-contact and has a major emphasis on fun!

Schools can conduct the program as part of the AFL SEPEP program and it can be successfully incorporated into the schools compulsory Physical Education schedule.

Competitions can be undertaken using any of the following variations:

- Students from years 8-12 to form teams (i.e. House Teams)
- Teams compete for their House with the points going to the House Shield
- The competition can run for a minimum of 6 games over approximately 6 weeks

- Competition rules can be adapted by the students or they may use the AFL Rec Footy rules

All schools receive a FREE Freo House Footy Kit (valued at \$350) with the first 50 schools who register invited to participate in an intra-school competition. The kit includes:

- Set of Freo House Footy bibs
- 5 x synthetic footballs
- Goal and point posts
- AFL Rec Footy CD-ROM

PLEASE NOTE: All schools that register for Freo House Footy



prior to the end of Term 1 will go into a draw to play an exhibition game prior to the Fremantle v Sydney game on Saturday 14 August at Subiaco Oval. For further information contact Darren Davis at the WA Football Commission on **9381 5599** or ddavis@wafc.com.au



CONSTABLE CARE JOINS THE TEAM

THE CLUB IS pleased to announce that the Constable Care Child Safety Foundation has joined the club for 2010.

Constable Care will join Redkite and the Starlight Children's Foundation as the club's Principal Charity Partners.

Fremantle Hospital, the National Breast Cancer Foundation and the Association for the Blind: Guide Dogs WA have been chosen as the Associate Charity Partners and *Docker* will bring you all the news and activities throughout the season.

The Constable Care program is a high profile, highly regarded and awarded Australian social education program for young children, providing one of the most comprehensive, effective and proactive variety of 'early intervention' life skills education programs in the country.

Through the magic of child friendly 'live' theatre, the Constable Care program successfully implements a variety of programs to thousands of children at metropolitan, regional and isolated remote indigenous communities across Western Australia. The program also targets family members, the wider community, police officers and teachers.

The Constable Care program currently reaches 180,500 children annually from Esperance in the south to Kununurra in the north



Constable Care with Ambassadors Aaron Sandilands and Luke McPharlin

and the central desert region in the east. The target ahead is to reach the other 105,000 disadvantaged children across WA who currently miss out on important life skills education.

In today's climate of rapid change, complex social issues and escalating criminal activity, Constable Care community-based programs that work at the grass roots level to protect children and 'teach kids to do the right thing' are of critical importance. These programs direct children to work towards healthy lifestyles, safety, responsibility and respect.

The Fremantle Football Club looks forward to the year ahead with Constable Care and our other aligned charities throughout the season. ⚓

PRINCIPAL CHARITY PARTNERS



www.redkite.org.au



www.constablecare.org.au



www.starlight.org.au

ASSOCIATE CHARITY PARTNERS

Fremantle Hospital
National Breast Cancer Foundation
Association for the Blind: Guide Dogs WA



Constable Care CEO Vick Evans officially announces the partnership

NEW RECRUITS TACKLE HIGH SEAS

An overnight sail aboard *Leeuwin II* turned out to be a demanding test of character for our new boys. Costa Kastanis was on deck to see how they fared on their maiden voyage.



L-R: Dylan Robertson, Alex Silvagni, Jesse Crichton, Michael Barlow, Joel Houghton, Justin Bollenhagen, Nathan Fyfe



L-R: Dylan Robertson, Joel Houghton, Alex Silvagni

THE CLUB'S FIRST year players set sail from Fremantle Port aboard the *Leeuwin II* on a beautiful, still summer's day.

What they didn't know was that they were about to be put through a severe mental and physical challenge during the 24 hour adventure.

As darkness fell, the wind picked up and the ocean turned against the *Leeuwin II* and her crew. The boat swayed relentlessly from side to side leaving some players and staff to face the harsh realities of sea-sickness.

The *Leeuwin II's* crew manifest included rookies Nathan Fyfe, Joel Houghton, Justin Bollenhagen, Jesse Crichton, Dylan Robertson, Alex Silvagni and Michael Barlow.

Joined on deck by coaching staff members including Justin Longmuir, Michael Prior and Luke Webster, the Fremantle contingent were not just passengers on this journey.

They participated in everything from hauling lines, night watches, cleaning the ship, taking turns at the helm and even climbing to 33m above sea level.

The unlucky ones were given night watch shifts at 1.00am and 4.00am. The freezing wind, rough seas, and limited visibility made for an interesting but unforgettable experience.

Recruit Joel Houghton said his time on deck was one of the most harrowing experiences of his life.

"It was tough," he said. "It was a good experience but being sea-sick was average. I didn't like that one bit."

DIFFICULT CONDITIONS

The task was made even tougher during the night watch shifts when the captain ordered the boat to be turned around at 4.30am.

The skeleton crew battled manfully and eventually swung the *Leeuwin II* back towards shore.

"It was shocking," Houghton said. "I didn't get any sleep."

The *Leeuwin Ocean Adventure* Foundation is well known for the youth development program which it has been running for 23 years.

The program is both physically and emotionally challenging, but is designed to help young people reach their potential through the development of social confidence and relationship skills.

Fremantle sent its youngsters out to sea to find out how they would work together, and who would be prepared to take on a leadership role to overcome the difficult conditions that were presented to them.

Player Development Coach Michael

Prior said he was pleased with how the boys handled what was thrown at them during the voyage.

"The main aim was them working together because without each other the ship would not sail," he said.

"We want them to realise that those same qualities are required on the football field."

Mature-age recruit Michael Barlow said the *Leeuwin* experience had tested all the players' resolves.

"It was a tough night and some of the things we had to do were very challenging," he said. "We were climbing up 30m poles, the sea was pretty rough and the boys were over the side a bit."

Despite its hardships, Barlow said the adventure proved to be a great learning curve for Fremantle's new boys.

"Every challenge that you are faced with in life, be it football or general life, you should give it your best shot, and I think the boys gave it their best shot and succeeded out here."

Despite the positive outcomes of the experience, Joel Houghton had his own thoughts about the possibility of sailing out to sea on a boat again.

"I think I'll stick to football for now," he said. ↓



Jesse Crichton



Nathan Fyfe

“Every challenge that you are faced with in life, be it football or general life, you should give it your best shot, and I think the boys gave it their best shot and succeeded out here.”



Nathan Fyfe with Justin Longmuir



l-r: Michael Barlow, Nathan Fyfe, Dylan Robertson

Hi kids,

Welcome to all of our young fans on the eve of the season! Thanks for being on board again, the players asked me to remind you to stay tuned for Junior Member Month activities in April. It is going to be fun and there are lots of details to come.

I hope you are all looking forward to the football season with as much excitement as I am. Once again there are lots of new faces at the club, so make sure you log onto fremantlefc.com.au to read their profiles and get to know more about them.

Don't forget it's the annual Starlight Purple Haze Game in round 1 so make sure you dress up and enter the Purple Play-Off. (Refer to the Season Guide for details.)

Enjoy this edition of Kidzone, give my chicken burger recipe a try and I look forward to seeing you at Subiaco Oval in a few weeks time.

Johnny



Birthday Box

Garrick Ibbotson: 15 March
Zac Clarke: 28 March
Stephen Hill: 1 May

Nick Suban: 8 May
Ryan Murphy: 24 May
Brock O'Brien: 30 May

TEAM TRIVIA

Answer the following questions about Fremantle, add the answers together and the total should equal 4443. Use the *Docker* and fremantlefc.com.au to find the answers. Good luck!

How tall is Nathan Fyfe?	
What number does Michael Barlow wear?	
How many games does Aaron Sandilands start the season on?	
What number will Greg Broughton wear in 2010?	
How many career goals has Adam McPhee kicked?	
What round do Fremantle play Collingwood this season?	
In what year did Paul Hasleby win the AFL Rising Star award?	
What year did Fremantle play its first game in the AFL?	
TOTAL: (write your final answer here)	

Johnny's chicken burger

(serves 12)

Recipe ingredients

- 1kg chicken mince
- ½ cup carrot, grated
- ½ cup onion, finely chopped
- ½ cup celery, diced
- hamburger buns, split
- English spinach leaves
- tomato slices
- snow pea sprouts
- low fat cheese slices



How to make

CHICKEN PATTIES

Place chicken, carrot, onion and celery in a bowl and mix to combine. Divide mixture into 12 portions and shape each portion into a flat patty. Cook patties on a foil-lined grill tray under a preheated grill on medium-high, or on a barbecue hot plate, for 5 minutes on each side, or until golden brown on both sides and cooked through. Meanwhile, toast the bread rolls. Assemble rolls with English spinach, tomato, cooked chicken patty, snow pea sprouts and cheese.

Preparation time: 15 minutes

Cooking time: 10 minutes

KIDZONE: RESULTS FROM DOCKER EDITION 3, 2009

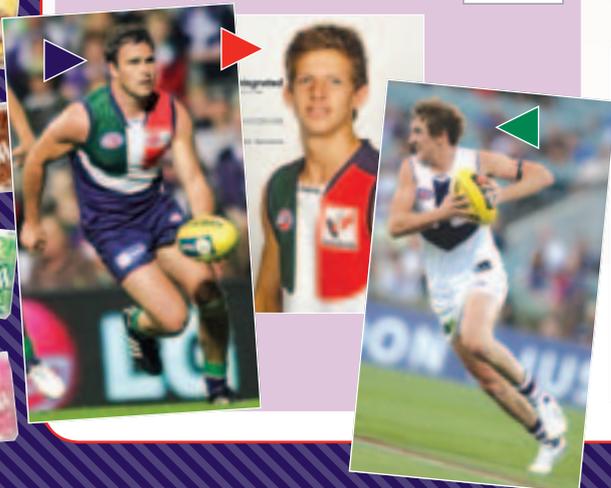
Spot the difference:

Pavlich's knee strapping is pink, Pavlich's towel is yellow, the trainer changes to number 9, the trainers white pants turn lilac, the top of Hayden's sock turns yellow and his cup turns pink, van Berlo's shoe turns pink, the 2 on Murphy's

jumper disappears, the goal post disappears, the Integrated puzzle piece on Johnson's jumper disappears

Team trivia answers:

Zac Clarke is 203cm; Hayden Ballantyne wore number 17; Luke McPharlin has played 151 games; Rhys Palmer debuted in 2008; 11 players made their debut in 2009



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