

HEARTBEAT



A Newsletter For Past Players and Officials
of the West Perth Football Club

The Heart Beats True... and Better Than Ever!



Welcome to our first edition of *HeartBeat for 2020.*

We have created a four-part bumper issue for you to enjoy while we eagerly await clarity and hopefully commencement of the WAFL season. At the time of writing there is some uncertainty about the 2020 WAFL season, with shortened and cancelled season options both under consideration.

In **PART I** of this edition, we'll be looking back at the 2019 season and preparations underway for 2020. We will also relive our 2019 Reserves'

grand final victory - a win against all odds and wonderful achievement by the player group and coaching staff. We'll also be reflecting on the contributions of new life members and recognising awards bestowed on volunteers.

We continue to include advertisements for businesses owned and operated by our player group. Please support our players and their businesses where you can.

This bumper issue features all our usual segments, including: Future Past Player, My First Game, Heading West;

In this Issue

A special four-part bumper edition

PART I
Your regular HeartBeat

PART II
Celebrating 1960

PART III
Celebrating 1969

PART IV
Celebrating the 1990s
1990 Colts
1995
1999

plus team photos from across our great club's history.

PART II will celebrate the League and Reserves' premierships of 1960 and **PART III** will be dedicated to the 1969 premiership. Finally, **PART IV** will celebrate the flags the Club won in 1995, 1999 and the Colts win in 1990.

Finally, if you think you know the names of people featured in the photo above, feel free to drop us a line at heritage@falconsfc.com.au.

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Your regular **HEARTBEAT**

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Vale Graham Vivian Farmer

Since our last publication of HeartBeat, we have mourned the loss of Graham Farmer. Quite simply, Polly was one of the greatest, his influence extending far beyond fields where football is played.

A great of the game, Polly is one of whom it could genuinely be said altered the way the game of football is played. A champion at East Perth where he won two Sandover Medals, in 1956 and 1960, his mastery of ruck play saw him win a Tassie Medal at the national carnival in Perth in 1956. Polly was the driving force behind East Perth's premiership wins in 1956, 1958 and 1959.

Joining Geelong as a 27 year old for the 1962 season, he severely injured his knee in his debut game and managed just six matches for the

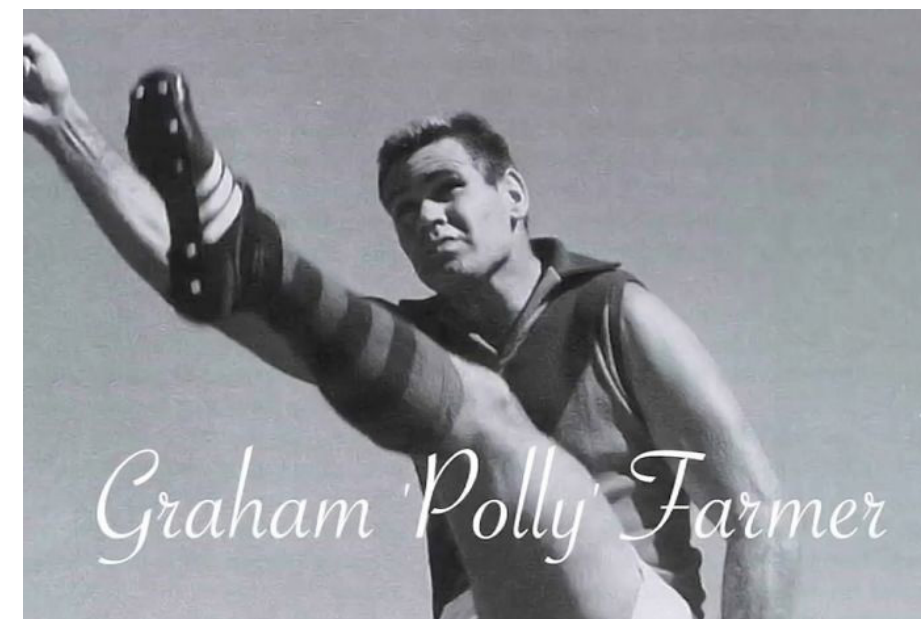
season. In the following year however, he finished second to Bob Skilton for the Brownlow Medal, the same season Geelong won a premiership flag. Polly captained Geelong from 1965 to 1967.

Polly returned to Western Australia for the 1968 season, captain-coaching our Club for four seasons, including premierships in 1969 and 1971.

The influence Polly cast over the young men he coached is still apparent today.

In this edition of HeartBeat, we have sought to pay our respects by asking our interviewees to reflect on their experiences and memories of Polly, particularly as we look back at the premiership successes on 1960 and 1969.

Vale Graham "Polly" Farmer.



Achievements

Australian Football Hall of Fame, Inaugural Legend of the Game (one of 12).

WA Football Hall of Fame Legend.

Played 176 games for East Perth 1953-61, kicking 157 goals.

Played 101 games for Geelong 1962-67, kicking 65 goals.

Played 79 games for West Perth 1968-71, kicking 55 goals.

Played 31 games for Western Australia, kicking 19 goals.

Played six games for Victoria, kicking six goals.

East Perth Best and Fairest 1954, 1955, 1956, 1957, 1959, 1960, 1961.

Geelong Best and Fairest 1963, 1964.

West Perth Best and Fairest 1969.

Sandover Medal 1956, 1960.

Simpson Medal 1959.

East Perth premiership 1956, 1958, 1959.

Geelong premiership 1963.

All Australian 1956, 1958, 1961.

AFL Team of the Century (First Ruck).

Indigenous Team of the Century (First Ruck, captain).

Geelong Team of the Century (First Ruck).

West Perth Team of the Century (First Ruck).

East Perth Post War Team of the Century (First Ruck).

West Perth coach 1968-71 Premierships 1969 and 1971.

Geelong coach 1973-75.

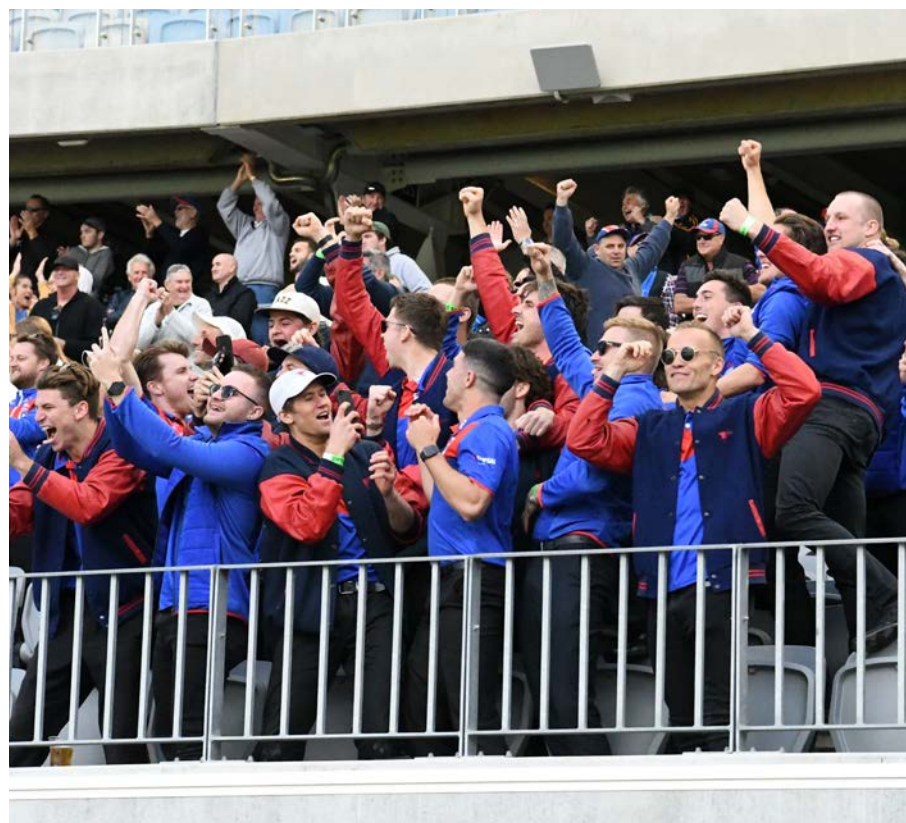
East Perth coach 1976-77.

2019 in Review: Highlights, Lowlights and Learnings

by Geoff Valentine, Senior Coach

From a season highlights point of view, it's impossible to go past the Reserves' premiership. As a playing group, we have embraced the notion that it is our duty to deliver premierships to our members and supporters. To the 23 lads who delivered the Club, that flag and the joy and pride those in attendance and those following the scores on-line felt, we tip our hats and say thank you. It was a truly remarkable win.

The Claremont reserves team had been beaten just the once throughout the season and had beaten us by 98 and 77 points in our previous two clashes, one of those being in the second semi-final. The capacity of Blake Arnold, Todd Stewart and Phil Johnson (Reserve grade coaches) to set up the finals campaign, to develop the plan, to sell belief and then to execute on the big stage was elite. For such a young team (our average age was 20.5 years) to play such a combative, physical brand of football no doubt augurs well for our future.



"...it's impossible to go past the Reserves' premiership"

Another highlight of the season came that afternoon when back at the club room. I gave myself a few minutes to stand back and gaze around the room. It was full of families sharing a special day with their sons, their brothers and his mates. There was a genuine feeling of belonging in the room and I felt so very proud to be a part of it.

Interestingly, the other season highlights are closely linked to my season lowlights. As a playing and coaching group, the lowlight of the season was definitely the round four loss at home to Swan Districts. Although winless to that point, our form hadn't been too bad, and I went into the game against the also winless Swan Districts confident that we would get our first win.

However, we conceded the first couple of goals and although we got into the game during the second and third quarters, we were over run in the last to be comprehensively beaten.

Compounding the loss and our 0-4 start to the season was the fact that some things were said and done by a member of my coaching staff during the ¾ time break of that Swan's game meant his position on the team was untenable.

Our round five clash with East Fremantle away, was now taking on a whole different meaning - we were both winless and on the bottom of the ladder; there was some ill-feeling from East Fremantle toward myself after I had declined the East Fremantle senior coach position after initially applying for the role; we were up against former West Perth coach Bill Monaghan (premiership coach in 2013); and I was now down a backline coach.

This adversity however, provided the ideal backdrop to ignite our season. The first thing I did was to inform our senior players about what had at three quarter time and the

subsequent decisions I had made. Their understanding and support were pivotal, as was their capacity to step up and take on more responsibility. On the way home from the recovery session that morning,

I rang the recently retired Jay van Berlo to ask if he could step in for the week which he duly did. I spent much of that week at training debunking theories as to why we were in this position and the elaborate plans as to how best to get out of it. This was a time to stay genuinely connected with each other and to work hard; simple stuff. The first three quarters of the game were evenly contested before we drew away in the last to win quite comfortably.

We had our first 'W' and the beer had never tasted better!!

The other season highlight and lowlight both came in our Elimination Final loss to West Coast Eagles WAFL team. After being comprehensively outmuscled and outplayed in the first half, I was really proud of the way the boys fought back in the second half. We cracked in with great vigour and took the game on, attacking via the open side of the ground at every opportunity. When we hit the front with two minutes left to play, we should have been able to defend that lead. To see us hit the post (a goal would have sealed the game) and then watch the ball travel the length of the field from the kick in for their match winning goal was a bitter pill to swallow. But that experience will make those boys better players, it will make us a better team.



Debutantes

Making your league debut for this great club will always be a special thing. In 2019, we debuted nine players. Interestingly, six of those are ruck/key position players which augurs well for our future big man stocks.

Two of those young men, Jackson Prior and Ben Johnson have entered AFL ranks for 2020 and we wish them long and successful careers in the AFL.

Other players to debut for our club in 2019 included Troy Yukich, Kael Coleman, Tom O'Donnell, Slade Hawkins, Tom Medhat, Ben Delaporte, Noah Pegoraro.



Jackson Prior



Ben Johnson



Ben Delaporte



Kael Coleman



Tom Medhat



Slade Hawkins



Tom O'Donnell



Noah Pegoraro



Troy Yukich

2019 Breckler Medallist – Tyler Keitel



As the 2018 Bernie Naylor Medallist, Tyler Keitel had demonstrated his ability to influence the outcomes of WAFL games. He was a proven goal kicker, but the consistency needed to be regarded as a top line WAFL player wasn't quite there. That changed in 2019!

The catalyst for this change was a significant improvement in his training habits. During the pre-season, I categorised the players into three groups based on the training habits I had observed.

The three categories were –

1. Those who 'Train to Train': these are the players who train because they 'have to' train. They are content to be a part of the West Perth squad and they put little thought or energy into their training, doing only what is prescribed.
2. Those who 'Train to Play': these guys put some effort and thought into their training because they want to play league football. As long as they are playing league football, they are content with where things are that.
3. Those who 'Train to Win': these guys are the ones who put everything into training because they are only satisfied by winning games of league football.

I had Tyler in the 'Train to Train' category. He did what was required but generally coasted through training, taking little interest in the training performance of others. He was stung by my assessment and he took it upon himself to lift his training standards. I now regard Tyler as one of our better trainers and the consistency of his playing standards has risen to higher levels.

Tyler thoroughly deserved to win the 2019 Breckler Medal, despite missing Rounds 1-2 through suspension and starting the year rather slowly. He was a highly influential player as key forward or ruckman, with his most dominant performance coming against Swan Districts at Bassendean. Given he is yet to reach the 100-game milestone, I believe there are several more Breckler Medals within his reach.



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“Tyler thoroughly deserved to win the 2019 Breckler Medal”

2020 Season Preparations



Geoff Valentine, Senior Coach, provides insight into the behind-the-scenes preparations for this most unusual of seasons.

Each WAFL season is different to the previous as clubs search for and implement systems and processes that will improve their performance. One of the most significant changes that we implemented this year involved a

change to our pastoral care model - supporting the mental health and general well-being of our players is fundamental to our on-field success.

This year, at the recommendation of our General Manager

Football Operations, Steve Trehwella, we introduced a House System to the West Perth Football Club, similar to what many of you might have experienced at school. All players are allocated into one of eight houses and

their House becomes the central touch point for all social and welfare matters.

The players have genuinely embraced the concept and because of the vertical nature of the house groups (young players mixed with older players) the breadth and depth of positive relationships across the squad has been enhanced.

By linking the House names to West Perth legends, we have also ensured that current playing group has a tangible link to our heritage. Such has been the success of this model with the senior group, the Colts program has also implemented it.

When you win a Reserves Premiership and your Colts make a Preliminary Final, recruiting needs to be very considered and strategic. Young men have to see an opportunity for them and it is incumbent on me to provide those opportunities.

That said, we are always looking to bring quality young men into the club

and this year we welcome:

- Judd Clinch – a young defender from North Beach Amateur Football Club
- Sasha Kernutt – a midfielder/forward who played under Dion Fleay in Kalgoorlie
- Jordan Moore – a powerfully built utility who played Colts with the club a few years ago
- Josh Chapman – a ruckman who has come across from Subiaco/ North Beach
- Jesse Sands – a young utility who has come across from the ACT to try his hand in the WAFL

I would also like to bring your attention to the graduating Colts –

- Ewan Brazier – a crafty, fast small forward
- Koopah Todd – a hard working midfielder / forward who made his senior debut in the Reserves Grand Final win!
- Zak Patterson – a high quality, athletic ruckman

- Henry Ryan – a tough small defender
- Ty Hindmarsh – a prolific ball winning midfielder
- Ryan Hudson – a key defender who played one game of Reserves in 2019
- Liam Martin – a dour defender
- Tom Menaglio – yes, son of Peter! A quality wing/half back with a penetrating left foot.

If we get back on the field in 2020 (and I am confident we will), you'll see the boys move the ball in a different manner to last year. We want to play to our strengths - generally speaking, we have a large number of hard running, ball winning players who typically don't kick the ball with a lot of penetration.

To this end, you'll see our boys getting numbers up around the contest and then breaking hard forward. No doubt it'll be chaotic at times, but it'll be high energy and entertaining. We'll always maintain our tenacity and

ferociousness when the opposition has the ball. Please get along to some games as we'd love to host you in the rooms before or after the game.

The COVID-19 pandemic has obviously dramatically changed the way we are preparing for the season. Since the season was shut down, our players have been diligently working on individual programs. Our Strength & Conditioning Coach, Corey Green, is regarded as one of the best in the business as he has us very well placed for when the restrictions are lifted. We were already using a training/ monitoring app before the season was suspended and this has put us in an advantageous position.

At the time of writing this article, restrictions are beginning to be lifted and that has given everyone a tremendous boost. With a bit of luck and some good management, we'll be back on deck sooner rather than later.

It's a grand old flag!

“All players are allocated into one of eight houses...their House becomes the central touch point for all social and welfare matters.”



Pastoral Care Houses



BOYD

STRIVING FOR EXCELLENCE

Harold Boyd played 100 games for the Club between 1919 and 1925. An elite defender, he was the first West Perth player to win the Sandover Medal, which he won in 1922. Boyd also won the Club's Fairest and Best award in 1923. He was Club captain in 1923 and 1924, and later coached the Club for three seasons between 1928 and 1930. Boyd was named on a half back flank in West Perth's Team of the 20th Century.



DEMPSEY

BE BOLD, BE BRAVE, BE YOU

William (Bill) Dempsey played 343 games for West Perth over 17 seasons. A proud indigenous man, Bill was recruited by the Club from Darwin. He debuted for West Perth in 1960, ultimately winning three premierships, and a Simpson Medal in the Club's 1969 premiership win. Bill also won a Breckler Medal in 1966. He was Club captain from 1973 to 1976. In 1976 he was made a Member of the British Empire (MBE) for his contribution and service to football. Bill represented Western Australia on fourteen occasions, and was named in West Perth's Team of the 20th Century in the back pocket. He is an inductee into the Western Australian and Northern Territory football halls of Fame and was named in the AFL Indigenous Team of the 20th Century.



DUCKWORTH

BOND OF BROTHERHOOD

Two sets of brothers from the wheatbelt of Western Australia have made a significant contribution to our Club. John played 117 games and was captain in 1978. He won the Magarey Medal in 1979 and also played 58 games for Fitzroy. John represented both WA and SA in interstate football. Brother Bill played 51 games and was also a star for Essendon where he played 126 games, winning two premierships and a Norm Smith Medal. Brothers Simon, Regan and Brayden (nephews of John and Bill) also played for West Perth. Simon played 133 games, including one premiership, also winning a Breckler Medal. He made three appearances for Western Australia. Regan played 56 games for one premiership and he represented the state on one occasion. Brayden played 24 league games. These two sets of brothers from the same family have played 381 games for West Perth spanning four decades.



FONG

LEAD AND INSPIRE

Les Fong played 284 games over 15 seasons. He is the Club's longest serving captain. A two-time Breckler Medallist Les played in one premiership and appeared for Western Australia six times. Les was named as rover in West Perth's Team of the 20th Century and is an inductee into the WA Football Hall of Fame. Les' brother, Neale also represented the club in 14 games as a player. He has been a director and president of the Club and chair of the WA Football Commission.



GRECIAN

LEAD BY EXAMPLE

Ernest (Barney) Grecian played 65 games for the club between 1896 and 1900. He was Club captain from 1897 and was West Perth's first ever premiership captain in 1897, also leading the Club to the 1899 flag. Recruited from Essendon where he played between 1892 and 1895, Grecian made an important contribution to football in Western Australia at a time when it was struggling to establish a position as the colony's major winter sport. He has been inducted into the Western Australian Football Hall of Fame.



LOGAN

FAMILY FIRST

Ian Logan and his son Brendon are the greatest father-son combination to represent West Perth in the Club's history. Both outstanding wingmen, Ian played 177 games between 1972 and 1981, was a premiership player in 1975 and in 1976 won the Breckler Medal. Brendon played 188 games, in 1995 and then between 1997 and 2006. He was drafted to Adelaide for the 1996 season. Brendon played in three premierships (1995, 1999 and 2003) and he made four appearances for Western Australia. This father and son combination played a combined 365 games for West Perth and contributed much to the fabric of the Club's history.



TYSON

MAKE IT COUNT

Edward (Ted) Tyson played 228 games for West Perth between 1930 and 1941, and in 1945. He is one of the greatest goal kickers of all time, booting 1197 goals. The outbreak of World War II meant Ted was unable to play between 1942 and 1944. He was West Perth's leading goalkicker eleven times and twice topped the WAFL goalkicking. He kicked over 100 goals in a season on six occasions and holds the record for most goals in a single game when he kicked 17 goals against Swan Districts in 1938. Ted represented Western Australia on four occasions. A triple premiership player (1932, 1934 and 1941), Ted was named at full forward in West Perth's Team of the 20th Century and has been inducted into the WA Football Hall of Fame.



WHINNEN

BE THE BEST YOU CAN BE

Allan (Mel) Whinnen is the games record holder at West Perth and is arguably the greatest player in our Club's history, playing 371 games in a career spanning 18 seasons. A centreman, Mel won the Breckler Medal a record 9 times. He played in four premierships and was awarded the Simpson Medal in the 1975 Grand Final. In 1976 Mel was made a Member of the British Empire (MBE) for his services and contribution to football. Mel represented Western Australia on fourteen occasions. Named in the Centre in West Perth's Team of the 20th Century, Mel has been inducted into the Western Australian and Australian football halls of fame.

Future Past Player: Aaron Black



Can you tell us a little about your junior career and pathway to Joondalup?

I grew up playing my junior football for Kingsley, soon after I reached the age to play in development squads I successfully trialled for the 14s/15s and 16s squads at West Perth in consecutive years. At the completion of the 16s carnival I was asked to join the colts program and was soon selected to play colts football under Wayne Orsi.

Most players have people around them who have significantly influenced their football. Who are yours?

My father's influence on my footballing has been significant as a junior and continues through my current days playing. He has always given me great support and has always been able to settle my thinking, providing me with the timeliest advice. Not only him but I have had a great support network in my mother who is my biggest supporter, fan and also critic.

Your father, Glenn, played colts and reserves at the Club in the 1980s. How much has he shared with you of his time at West Perth? He was a strong and graceful left footer by the way...

As I mentioned previously, he has been a big supporter and influencer in my development and continues to provide extremely timely advice during my football. He has never said he was graceful but always seemed to tell me how good a goal kicker he was.

I'm definitely going to get stuck into him for your use of graceful for him as a footballer. Dad has been amazing and we shared some valuable conversations about his football knowledge and he has always shared with me his views and ideas on ways for me personally to improve but always ways our team at West Perth could improve. He has always been meticulous in his approach and was never over the top in his approach to giving me feedback.

Who were your football heroes growing up?

I think I was motivated more by athletes in other sports, Allen Iverson being a major influence. I was just in love with his desire to win and play every single game, every single minute and no matter what injury he faced, he would play. I think I have definitely translated that into my game and used it as motivation to find a way to play no matter what. I have actually found myself watching less football the older I get which the kids at school and lots of people seem to find interesting.

You played your first senior game for the Club against South Fremantle at Fremantle in round 16, 2010. What are your memories of your first game? And who did you play on?

I remember very little of the game that day but I do remember being called up to play by Bill Monaghan over the phone telling me that I was going to play. Unfortunately, we lost by 60 odd points and it wasn't really the ideal start to my football career at West Perth. I guess the game itself was covered but I do remember an incident which occurred against one of the players I lined up on, Toby McGrath. I would soon regret some nasty words I shared with him as he tackled me and pulled my shoulder behind my back. We both stood up together and he looked me in the eye and politely said "what did you say to me?", before punching me square in the sternum, crumbling me to the floor and winding me badly. Welcome to WAFL footy I guess.



It didn't take you long to settle into the rigours of League football. You were selected for Western Australia for the first time in 2013 and have represented the state on five occasions since then. What does playing state football mean to you?

I have been so lucky to play state football as many times as I have and I still find it such a privilege and an honour to put on the black and gold jersey. Every year it is such a special experience and I have been fortunate to win five out of my six state games. That in itself is an amazing achievement but I have gained so much valuable knowledge and got an insight having played with some outstanding leaders and competitors within our competition. One of the highlights for me individually within the state games is being named vice captain two years in a row, it is something that I am extremely proud of and you something you don't expect with so many outstanding players around you.

In 2013 you also won a premiership. What recollections do you have of that day?

What an unbelievable experience that was. To be a part of winning a premiership at 20 years old was something that I will never forget. I guess you almost taken it for granted a little bit, especially early on thinking that they are easy to win but you soon learn they really aren't that easy.

I really remember the last 15 minutes of the game and the after game celebrations more than anything. We were in a position towards the end of the game where we almost knew the game was over and we were going to win a premiership and it was time to celebrate. It was the most unbelievable feeling in the world and the moment the siren went I just remember running to the first person I saw, I have no idea who it was but it was hugs and screaming in enjoyment that we had finally done it, we reached the top. Everything after that are just flashes



“It’s a great honour to be named captain for my third year”

and ended up making a finals series, faced some adversity off the field financially and again this year Covid-19 has provided another massive challenge for the leaders of the football Club going forward. That’s the beauty of the position and I look forward to many more challenges as the captain of the Club.

What are some of your other West Perth career highlights so far?

A few of my highlights have been listed but winning two Breckler medals, also finishing in the top three of the Breckler, six or so more times is something of which I am extremely proud. Performing consistently for such a long time I feel has been a reward for many years of hard work and a want to continue to develop and grow. I still feel I have many years of consistent high level football left to be played when we eventually get back to playing football.

Outside of those awards my most recent highlight would be the *Mark of the Year* in 2019. I know I am certainly not known for any high flying marks or even anything remotely exciting so I surprised myself and a lot of people with that one. I think I must be a pretty boring footballer to watch so I’m pretty happy to be able to add at least one thing to my highlight reel when I retire.

And major challenges you’ve had to overcome?

I like to think I’ve been pretty lucky with my pathway through football with injuries and timing of playing games but I don’t think anything that I have earned was gifted. I have worked extremely hard and pushed myself to be the best footballer I can be.

of memories and it forever leaves me with goose bumps and tingles when I think about it. Seeing family, friends, the crowd all celebrating just as much as us was the most unreal feeling and one I will never forget and hope to be able to feel again.

What do you do when you’re not playing or training?

I am a teacher at Darling Range Sport College which keeps me extremely busy for the most part unless I’m on holidays which tends to be an important time to unwind. Outside of work I am a crazy basketball/NBA fan and enjoy watching and playing as much basketball as possible so I tend to spend a lot of time shooting around with mates and watching NBA games on TV.

You were appointed Club captain in 2018. How have you enjoyed your new leadership role so far?

It’s a great honour to be named captain for my third year and it hasn’t

come without its personal and Club challenges. It’s definitely a difficult position to navigate and learn but one that I have thoroughly enjoyed and have found extremely satisfying and rewarding. I know I have learnt a lot about myself throughout my time as captain until now. I have been extremely fortunate to be involved with some outstanding leaders and have learnt some valuable lessons from so many past players. The likes of Jason Salecic, Jay Van Berlo, Luke Tedesco and a whole lot more have all influenced me so heavily throughout their times at the Club. I never thought being named the Captain would actually happen but as soon as an opportunity came up, I wanted that opportunity and was always going to put my name forward to lead such a great football Club. In terms of the team over my time as captain it has been quite interesting. In my first year we made a grand final which is a small success, but unfortunately didn’t get over the line and last year we started poorly

Off the field, the Club faced a tumultuous period in 2018. The playing group however, retained a singular focus, going on to play in the 2018 premiership decider. How did the players work through the adverse publicity the Club was experiencing? What are your memories of that 2018 grand final?

As my first year as captain of the Club, it was certainly challenging but our ability to stay tight knit and play in a grand final through all of the adversity just shows the quality of people playing at the football Club. As players we didn’t really think about any off field issues, our job is always and always will be to perform, train and win football games and we did a great job of putting ourselves in a position to be successful despite all of the outside noise. I don’t know if I want to comment too much on the 2018 grand final though, losing by 80-odd points definitely isn’t the result that you want on a day like that.

How are you specifically and the player group more generally adapting to the uncertainty associated with COVID-19? What routine have you adopted to ensure you’ll be ready to go when the season commences?

All I can do as an individual is to prepare as best I possibly can by completing gym and running sessions that are set for us by Corey Green our strength and conditioning coach. As a leader I feel it is important to continue to set a high standard and example as someone who gets his work done no matter what situation is in front and get others to jump on board. I know a lot of the playing group are struggling with the unknown both with work and football - and it can be quite challenging to stay motivated - but Geoff, Blake Wilhelm, Tyler Keitel, the coaching staff and I are going to continue to do our best to check in with players and remain positive about the potential for a season at some stage.



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Celebrating our Reserves' 2019 premiership win

by Blake Arnold, Reserves' Coach



In 2019, our reserves team, coached by Blake Arnold, Todd Stewart and Phil Johnson stunned Claremont to win the WAFL reserves premiership. Blake takes us behind the scenes to explain how the flag was won.

It was a massive effort by our senior squad in converting the 2019 Reserves Premiership from a dream into an unbelievable reality on Grand Final Day at Optus Stadium. Once the League side was knocked out in heartbreaking fashion in the elimination final, all available time, effort and resources were poured into our development team. As a group we knew we needed everything possible to go right and ultimately it did...

After qualifying in second place at the end of the home and away season, we lined up against a powerful Subiaco side in wet and windy conditions at Joondalup. It was a real arm wrestle throughout the day but a 15 minute period in the second quarter where we kicked four unanswered goals allowed us to prevail with a gritty 19 point win.

It was a great team performance, we had given ourselves an opportunity to qualify for the Grand Final.

Our reward was a second semi-final clash with the dominant Claremont side. They were flying and just four weeks prior had thumped us by 98 points at the same venue. We felt we were physically well prepared and kicked the first goal of the game but from that point on we were totally outplayed and embarrassed. Our boys trudged off Claremont Oval after that game no doubt wondering if there was any way we could turn the tables if we somehow got another chance to play them. We had one player on the day who was West Perth trademark. That said it all.

The review of that game started and ended in the rooms within 5 minutes, we had earned the right to have another crack at getting to the Grand Final and as a group the commitment and promise was that we were not going to waste it but we had a lot of work to do, especially from a mental perspective. Our Monday night training

was different, normally we worked through clips of the game (both positive and room for improvement) but the objective of this session was for each player to present to the group two things:

1. What teammates' (specific) act through the year had inspired them and why?
2. What was their best moment for the year and how did it help the team?

This was a great session and the belief, confidence and unity that grew in the room was amazing. The second part of the session was for us to look back on previous successful teams and how they had overcome adversity to win premierships. There were a few examples used, but the most specific was based on the 2014 West Perth Reserves premiership. They were thumped in the second semi, then had a convincing victory in the preliminary final before winning the premiership the next week. Looking back now, the numbers are eerily similar... the players left training on Monday night



knowing our best was good enough, we had all seen it through the year. We had to believe.

We rolled out in the Preliminary Final against a red-hot East Fremantle who no doubt would have fancied their chances against a team who was 'beat up' the week before, while they cruised to victory to book their spot. Our players were superb and physically dominated the opposition from the opening bounce, never relenting until the final siren and winning by 47 points. This was our best performance of the year. There was obviously excitement in the rooms after the game but there was a real feeling of steely resolve with the group focused on what was in front of us. We had one more to go and certainly weren't going to be 'making up the numbers'.

Grand Final week was amazing for our players, it started with our review and watching clips from the Preliminary Final to outline us at our best but also to understand how the opposition would structure up differently in certain situations and the importance of us getting it right. We then talked about Claremont and how/why we could beat them. The feeling, conversations and positive engagement in the room was 'next level'. As a group we honed in on our strategy for the game but also clearly understood that we needed to be at

our best in everything we did from this point on.

In addition to this, there were going to be some really different things that the players would need to deal with in terms of logistics. Steve Trehwella outlined what the week would look like and then Corey Green (our strength and conditioning coach) worked through the physical component of what we needed to do to be at our best. A number of areas would change, including the players' diet, training, recovery and sleep patterns. Each player was advised to wake at 5:30am for the week (a significant change for most of us). This was an imperative given the 8:30am start time of the Grand Final. We also had Blake Wilhelm and Cameron Branch (2014 Reserves premiership players) address the group in Grand Final week. This gave the players great insight into what to expect and how to best prepare to perform well. In addition to this, the clear reference was reiterated of the comparable situations of the two playing groups (2014 and 2019).

Selection for the Grand Final team took up a lot of time in the lead up to our final match committee meeting on the Wednesday night. As we were coming off a great win in the Preliminary Final you would think it would have simple to run with the same line-up... well it wasn't. There were a number of

different scenarios that we worked through to ensure we were selecting a team that gave us the best possible chance of beating Claremont. Our leaders, strength and conditioning team and respective coaches were consulted and there were a number of brutally honest one on one conversations with a lot of the players across a two day period. In the end, as a group we decided we would go in the Grand Final with an unchanged line-up.

Our Friday training night session was something that will stick with me for a long time, all of our League players were there cooking a barbeque, having a few beers and actually played the West Perth theme song as we hit the track. The atmosphere they created was only a small taste though compared to what they would end up providing on game day. The decision to go with an unchanged team was announced prior to our session after I had made my way around to all the players who had missed selection. They were obviously disappointed but understood their contributions had assisted us to getting to this point.

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Blake Wilhelm had arranged a bus to take us to Optus Stadium on the Sunday morning, we were to meet at Joondalup at 6am, players turned up unified and ready for the challenge.

Our pre-game meeting was relaxed as usual and the players were encouraged to 'take it all in' and enjoy the opportunity to play at Optus Stadium. Our preparation was on track and we went out for a warm up 35 minutes before bounce down. It was then things got interesting... after working through a run and kick, Drew Blurton had some pain in his calf and we needed to know if he was right to go as quickly as possible. Corey Green took him through a fitness test for around five minutes, it looked solid. After a chat with Drew, I said to him 'it's your call, I want you in the team'. He looked me straight in the eyes and said he wasn't right, he knew we all needed to be at 100% and he had doubts he was. It was a courageous and selfless decision and one that no doubt had a strong bearing on the result. I walked over to Koopah Todd and told him he was in, he nodded his head and got ready, the team was advised and we got on with the job. There was no real structural change as Koopah would play the role we had set for Drew. The last time we spoke as group, we talked about a few things but mostly how "us" at our best would be good enough and

our commitment to each other to be relentless, professional and most importantly united. We had to go until the very end.

Our intent was clear from the first bounce, we hunted the opposition in every aspect, they were clearly surprised given what they had seen from us two weeks prior. Nathan Murray kicked the first goal of the game and at quarter time it was two goals apiece. The feeling at quarter time was positive, belief was growing but we knew a poor 10 minutes at any stage could hurt us. The second quarter was much like the first but we kicked poorly and missed a few fairly simple shots, they kicked two miracle goals from the pocket and I remember turning to Todd Stewart and Phil Johnson and saying 'geez if that's how they are going to kick them we can't do much more'. At half time we trailed by 6 points but had laid an incredible 65 tackles. We were in the game up to our eyeballs, and we knew it too!

The first 10 minutes of the third quarter looked like the game was slipping away as Claremont got out to a 13 point lead. There were some real danger signs. Our response was unbelievable, the next 25 minutes of footy were sublime to say the least, we kicked 6.5 to 1.0 across that period and we were flying. At three quarter time, with us holding a 10 point lead,



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Tom O'Halloran

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needed to keep taking territory, putting their defenders under pressure and we had to score. We all knew they would come at us and as we talked about all week, we would need to go until the very end.

We kicked the first two goals and lead by 22 points at the 10 minute mark of the last quarter. Then they came at us, attacking hard and relentlessly peppering our defence that had stood so firmly together all day. We made a few errors and they capitalized with goals. With three minutes to go, the margin was just five points and the next centre clearance was massive. We won it through Brayden Antonio who followed up and kicked a long point to make the margin an even goal. They now had the ball back and went quickly.

What followed was a number of inspiring individual acts that typified our efforts through the game... Sam Rotham's 25 metre spoil out of bounds, Tom Boyes' ball retention to force

another stoppage, Dylan Yem and Brayden Antonio jumping on each other to take time off the clock, Conal Lynch's clearance with 15 seconds to go and lastly Slade Hawkins mark, playing in front and first to move. When Slade marked the ball on the wing the scenes in the coach's box was crazy, bodies, drinks and Todd's lollies going everywhere.

The players had done what all outside of our Club had thought was impossible and won the flag... we had executed our plan, putting them under pressure they hadn't seen all year, we were relentless and 105 tackles to 60 odd clearly showed that. The players went to the very end and were rewarded.

When we made it down to the ground all our senior players were waiting at the gate as they couldn't access the ground, security let the coaches through and I remember the senior players busting through as well, no one could stop them. As a group we talk

about 'what matters to our mates', and the players who didn't play contributed in so many other ways. They were cheering, supporting, guiding, driving belief and riding every bump with those that were out there. What I saw that day from our squad was a united group in which everyone mattered equally, without this support I have no doubt we wouldn't have won that game.

The rooms were full after the game and the feeling was amazing. To see so many friends and family back at the footy Club that afternoon was superb and I know the boys celebrated long and hard as a group... and rightfully so. They deserved all the accolades they received for what they achieved that day. Our entire senior squad stood up and believed when no one else did and that gives us a strong indication there is more on-field success to come in the near future. It was certainly a day that won't ever be forgotten and we will all look back on with a big smile on our faces.

2019 RESERVES GRAND FINAL TEAM LINE-UP



Ruck

Troy Yukich, Liam Tedesco, Conal Lynch

Interchange

Tom O'Halloran, Nathan Murray, Jack Burke, Terrell McKenzie, Michael Ashfield

GRAND FINAL MATCH SUMMARY

	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Total
West Perth	2.2	3.6	7.11	9.12	66
Claremont	2.0	5.0	7.1	9.6	60

GOALS

West Perth

Brayden Antonio (2), Tom Medhat (2), Conal Lynch (1), Nathan Murray (1), Dylan Yem (1), Koopah Todd (1), Jack Burke (1)

Claremont

Tom Curren (2), Alex Manuel (2), Corey Hitchcock (2), Jake Murphy (1), Callan England (1), Jordan Reid (1)

BEST PLAYERS

West Perth

Conal Lynch, Brayden Antonio, Liam Tedesco, Tom Boyes, Tyson Moulton, Nathan Murray

Claremont

Callan England, Jordan Reid, Tom Curren, Jake Murphy, Jacob Sideris, Tom Ledger



Conal Lynch was awarded the Merv McIntosh Medal as best player on the ground

- Log book servicing
- Brake repairs
- Suspension repairs
- Mechanical repairs
- Fault diagnosis
- Free quotes
- Vehicle inspections
- Mobile mechanic



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Here's how our Reserves premiership win was captured and reported by reporter Chris Pike for the WA Football Commission

CLAREMONT might have been the dominant Reserves team all of 2019 but as the old saying goes, Grand Finals are won by the best team on the day and West Perth produced a stunning effort to take out the premiership at Optus Stadium. The Reserves Grand Final opened the day at Optus Stadium on Sunday and it was a tremendous contest from start to finish with both teams featuring plenty of regular League players on top of future stars.

That produced a high quality contest and a tight battle with West Perth's 21-point lead at the eight-minute mark of the last quarter the biggest between the two teams all morning.

Claremont fought back from there to kick the final two goals but it wasn't enough with West Perth holding on for the 9.12 (66) to 9.6 (60) victory. The two teams did finish first and second at the end of the home and away season, but Claremont lost just once on the way to the minor premiership and then earning a Grand Final spot having beaten West Perth by 77 points. The Falcons bounced back to beat East Fremantle last Sunday to advance to the Grand Final and now win the Club's first reserves flag since 2014.

West Perth had six more scoring shots for the game, but Claremont dominated the contest in most areas bar the scoreboard. The Tigers had 67 more possessions than the Falcons, took 13 more marks and went inside-50 on seven more occasions. But West Perth's combination of looking more potent in attack and then laying a remarkable 102 tackles for the game meant they produced the big upset to take away the reserves premiership for 2019. Conal Lynch received the Merv McIntosh Medal having been judged best afield for his performance made up of 20 possessions, 11 tackles, six inside-50 entries and a goal that sparked their game-changing run in the third quarter. Liam Tedesco wasn't far behind with 18 disposals and 12 tackles while Brayden Antonio was tremendous with 15 possessions and two goals. Tyson Moulton fought hard for 16 disposals and four tackles with Colts' Jack Clarke Medal winner Koopah Todd showing encouraging signs with 13 possessions and a goal.

Tom Medhat also kicked two goals for West Perth while captain Tom Boyes worked ferociously to lead from the front with 12 possessions, 15 tackles and five inside-50 entries.

Callan England showed that he is capable of stepping back up to be a regular League player in 2020 for Claremont with a terrific Grand Final performance made up of 28 possessions, seven inside 50s, six marks and a goal.

Ruckman Jordon Reid was a dominant presence as well with 15 disposals, five marks, 35 hit outs and a goal while former League skipper Jake Murphy fought hard to end up with 21 touches, eight tackles and a goal. Alex Manuel and Corey Hitchcock kicked two goals apiece with Jacob Sideris finishing with 22 possessions, Tom Ledger 18, Rylie Morgan 16 and Tom Curren 14 to go with two goals.

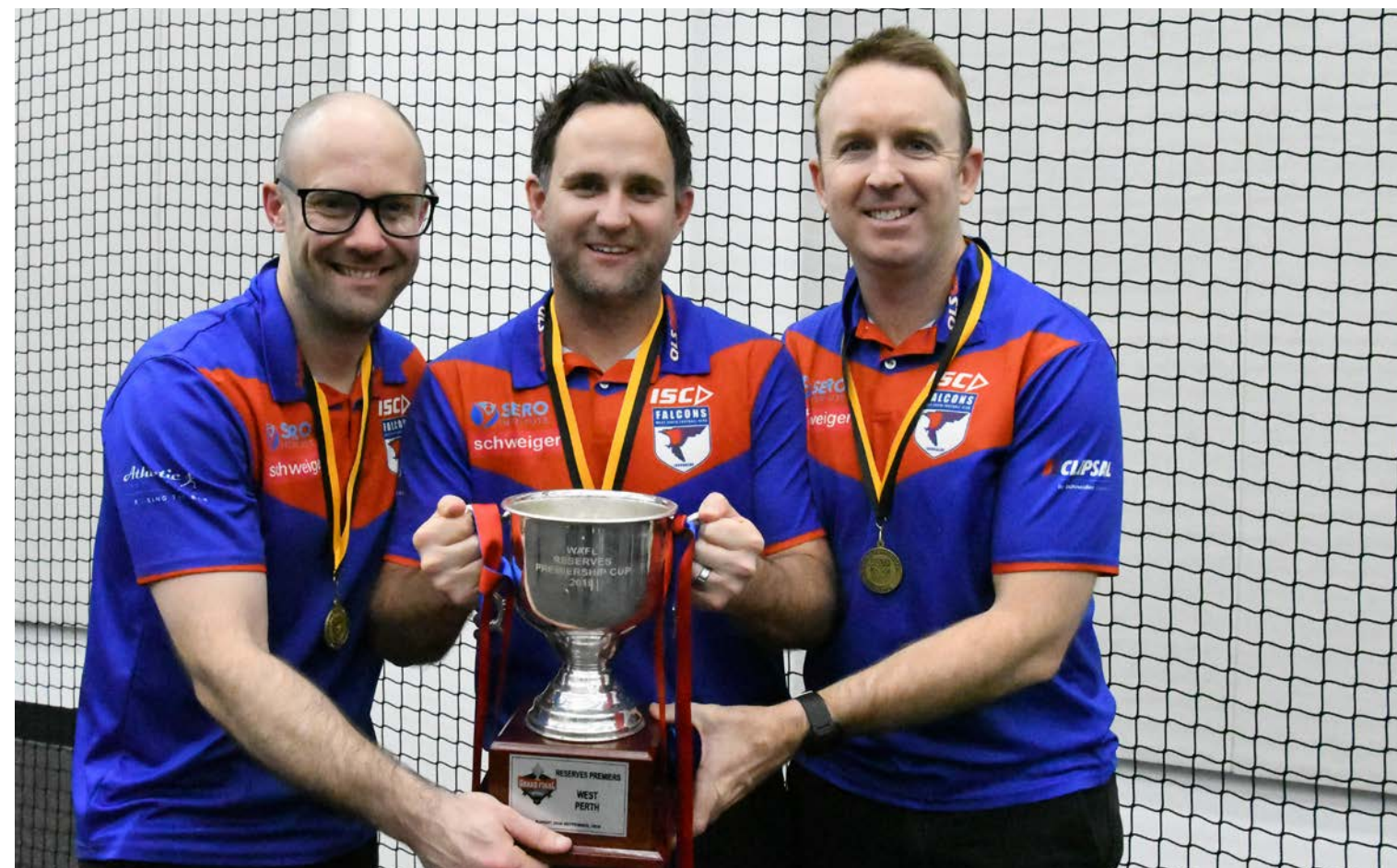
There was drama in the warm up with Claremont captain and League veteran 92-game Jesse Laurie looking to hurt a calf before his game ever started, and then West Perth kicked the first goal of the Grand Final courtesy of Nathan Murray. Claremont responded soon after courtesy of Alex Manuel but then Tom Medhat added a second for the Falcons. The Tigers got one back through dual League premiership player Jake Murphy just before quarter-time to cut the Falcons lead to two points.

Claremont then grabbed the lead to start the second team when former St Kilda midfielder Tom Curren kicked truly. However, West Perth made the quick reply courtesy of Brayden Antonio.

Corey Hitchcock might only have five kicks for the day for Claremont, but two of those resulted in goals in the space two minutes heading towards half-time and that saw the Tigers head into the major break leading by a goal.

Claremont then stretched its lead to 12 points with a goal in under a minute to start the second half as Curren added a second. The Tigers were then out to a 13-point advantage with Manuel adding his second at the nine-minute mark. Any fears of Claremont running away with it proved unfounded with West Perth finding something inspirational to deliver the next three goals in the space of seven minutes from Conal Lynch, Dylan Yem and Jack Burke. That saw the Falcons turn that 13-point deficit into a 10-point lead by three quarter-time.

That became 16 points with a second goal to Medhat to open the last term and suddenly when it was 21 with Brayden Antonio booting his second, the Falcons started to think about having done enough. But Claremont were never going to give up without a fight after the season they had and they did pull to within five points with goals to Jordon Reid and Callan England, but it wouldn't be enough as the Falcons held on to win by a goal and then celebrate in style a stunning upset premiership.



Premiership coach, Blake Arnold (centre) flanked by assistant coaches Todd Stewart (left), and Phil Johnson (right)



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Future Past Player: Conal Lynch



Can you tell us a little about your junior career and pathway to Joondalup?

My junior career didn't start until I was 14. Before that I actually played soccer. I guess being around my brother and school friends who all played footy and wanting to try something new, I made the decision to give footy a go. I played one year at Wanneroo JFC and then Mitchell Antonio almost got me to Quinns, but I decided I'd join forces with Scott Nelson at Edgewater/Woodvale JFC. Quinns won the next two grand finals, Edgewater won 2 games over the same 2 years... so I often tell myself that the right decision was made.

From there I was lucky enough to be invited down to the 14s, 15s and 16s development squads, which then progressed into the Colts program and now I'm into my 5th year in the seniors.

Most players have people around them who have significantly influenced their football. Who are yours?

Everyone mentions their parents, but they have definitely influenced my sporting career so far and I don't think I would be where I am today if it wasn't for them. I think growing up you sometimes take for granted the sacrifices or time and effort they put into making sure you get to and

from training, games and all the other commitments that come with playing sport. The honest opinions and encouragement they provide is always appreciated.

Former captain Jay Van Berlo and Luke Tedesco were fantastic, taking myself and a few other younger fellas under their wing when we first started in the seniors. They showed me the ropes and what it took to make it at that level. It's always a great feeling as a younger player when more experienced and quality players like Jay and Luke give their time and effort into helping you.

Who were your football heroes growing up?

Chris Judd, Gary Ablett Jnr and Joel Selwood to name a few.

You played your first senior game for the Club against Subiaco in round 15, 2017. Many would recall that day for the rain that fell and the puddles that formed on the Arena. What are your memories of your first game? And who did you play on?

The rain was definitely one to remember, it was honestly crazy. There was a consistent downpour the whole day and massive puddles everywhere. That didn't take away any bit of excitement I had about running out in my first game. A strong memory for me would have to be in the pre-game meeting, Andrew Strijkt got up in front of the group to give me some words of wisdom and encouragement before presenting me with my jumper. Hopefully he doesn't read this because he will get stuck into me for it, but I honestly can't remember a word he said. I'll blame it on the nerves!

My memories from the game were limited only because there wasn't a lot that happened, it was a very congested and slow game as you can imagine in the wet. Who I played on? Well, there wasn't really one player, probably because there was so much wrestling and scrapping going on it continuously changed. Apart from all the rain and

the loss I had played my first senior game so I was quite stoked and happy to tick the debut off.

What do you do when you're not playing or training?

I'm currently working at Kevrek Australia in the freight and warehousing side of the business. The O'Neill family are fantastic people who have been long-time supporters and sponsors of the West Perth Football Club so it has been an easy transition joining their family business. I'm also studying Human Resources so that fills in a fair bit of time throughout my week.

What are some of your career highlights so far?

Without a doubt one of the biggest highlights so far would have to be the 2019 reserves grand final win against Claremont. My League debut was another fantastic moment and few other individual accolades are always exciting moments.

And challenges you've had to overcome?

Fortunately I've never had a serious injury that has put me on the sideline for an extended period, so hopefully my good health can continue.

In your time at the Club, you've played alongside Aiden and now he's at East Perth. How will you go if you're required to line up on him?

This is actually a question I get asked a lot, however it doesn't really bother me as we have always been quite competitive with each other no matter what sport or activity we do. I hate to admit it but in our early days he would thump me in every backyard contest, however I reckon the last few years I've been the dominant force in the Lynch household. I'd like to think that I have his measure if we matched up on game day. Unfortunately, it's looking like we will have to wait until the 2021 season before we can find out who will take the chocolates.

How are you adapting to the uncertainty associated with COVID-19? What routine have you adopted to ensure you'll be ready to go when the season commences?

It was definitely devastating to find out that the season had been called off, especially given how close we were to playing round one. The health and safety of everyone is more important than playing footy at the moment, though. Other than footy being postponed I've been lucky with work continuing as normal, so I still have some routine from week to week and I've tried to continue doing some sort of training or exercise every day in the afternoon.

You picked up the medal for best afield in last year's reserves premiership win. Claremont had beaten West Perth by a combined 28 goals in the previous two outings and yet your teammates and you prevailed when it mattered. Can you tell us about that day and game? How was the win set up and can you share with us your thoughts around those last few minutes?

The whole build-up to the day, the three training sessions we had that week, the minute we got on the bus on the way to the ground we had a belief that we could win. I would say what made it even sweeter was the underdog status going into the game and the three previous performances we had against Claremont and being able to overcome that stigma of not being able to beat them. I think the excitement or real feeling that we were into the grand final kicked in when we arrived at our change rooms and when we were able to walk onto the ground and see Optus Stadium.

In terms of the game we spoke about a strong start being key and having 23 contributors throughout the whole game. What I felt was different in the grand final compared to other games during the year is we were able to take our chances, which kept us competitive

during the whole game. When we saw there was about two minutes left, we just tried to shut the game down, create as many stoppages as we could and do anything to kill some time. It honestly wasn't until Slade Hawkins took a mark on the wing with about 20 seconds to go did it feel like we were going to win.

When that siren went, I remember jumping on Tom Boyes and the both of us just screaming, "We did it!" The excitement and happiness around the group was unbelievable, not only the boys who played but all the supporters, players on the sidelines, coaches and support staff as well. It was a great achievement and a fantastic way to finish the year for the whole group who had worked so hard from the start of pre-season.

“Everyone mentions their parents, but they have definitely influenced my sporting career”



Team Photo - 1907



Back row: E. Johnson, William Mose, George Barnes, Tom Kennedy, Jack Diprose, Arty Kneale*
 Second row: A. Jackson, Francis O'Callaghan*, Bob Robertson, Tom McNamara*, William George
 Third row: Harold Cargeeg, Gerald McCarthy, Gerald Balme (Captain), James Everett (Vice Captain)*, Fred Strickland
 Fourth/front row: H. Rowe (Treasurer), Herb Loel, Frank Golding, Billy Plunkett, AA Strickland (Secretary)

*Tom McNamara, Arty Kneale, James Everett and Francis O'Callaghan were members of the 1905 premiership team.

It's unlikely you'll see a WAFL club (or an AFL club for that matter) on a postcard these days but that's just what was happening over 100 years ago.

This West Perth team photo has been provided by past player, Neil Garland, whose father was the recipient of this postcard in 1907.

West Perth finished the 1907 home and away season in third place, pitting the team against first-placed East Fremantle.

Easts were to win 6.7 (43) to 5.3 (33) in a game played at the Claremont showgrounds.

A week earlier, second-placed Perth defeated South Fremantle, who finished the season in fourth position.

The two winners played off in the grand final, also played at the showgrounds, with Perth beating East Fremantle 6.6 (42) to 5.11 (41) on a protest.

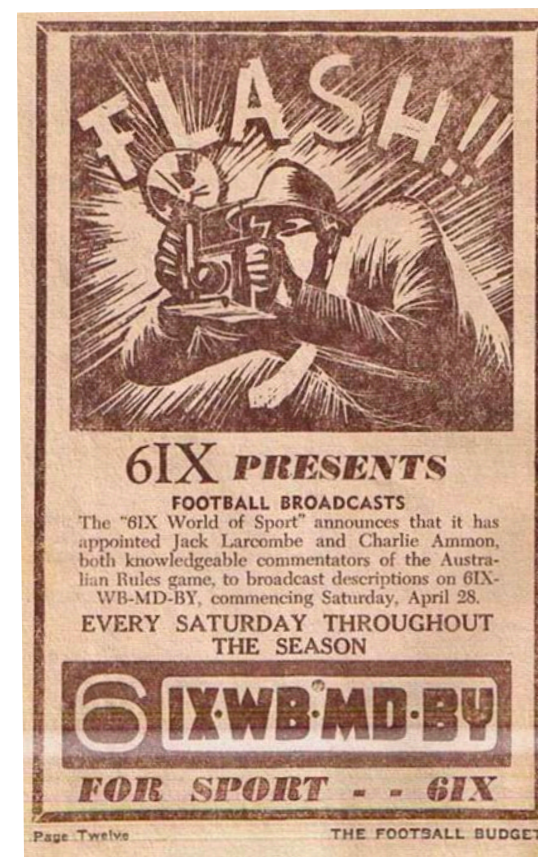


From the Vault ...

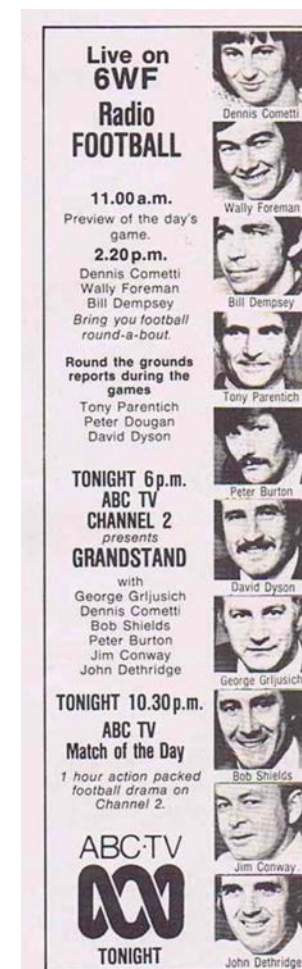
Radio has been a way for us to enjoy our football through the years. Here are some of the stations and callers we've listened to:



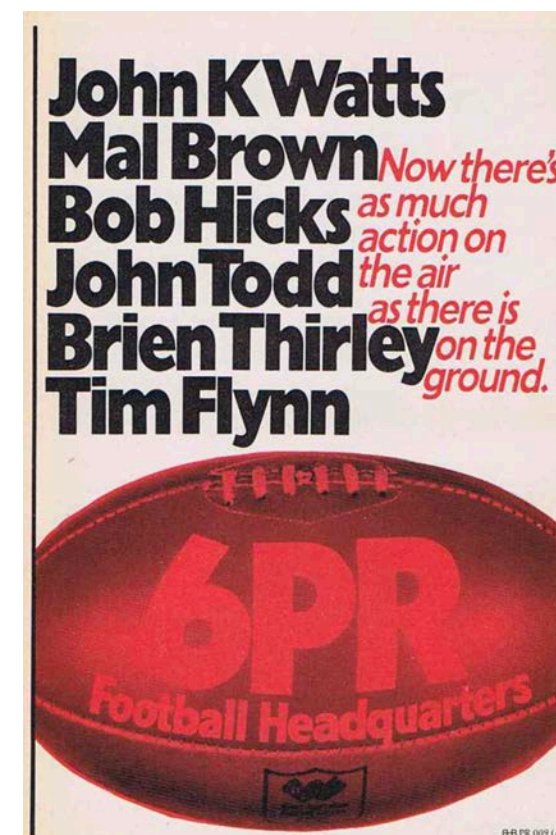
1954



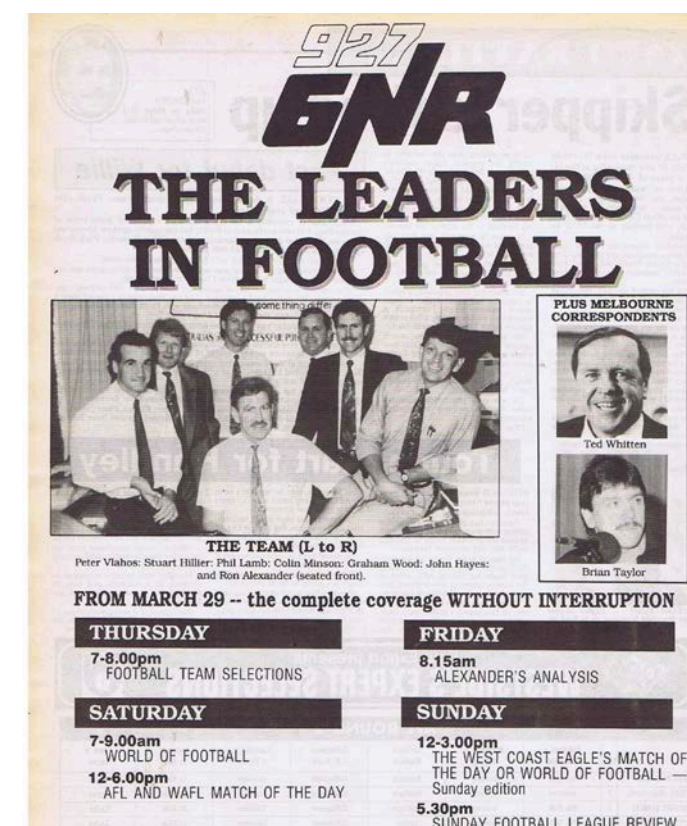
1956



1977



1982



1992

Remember when... the Reverend came off second best?

It was August 1959 and Johnny Horton was sitting at the top of the charts with "The Battle of New Orleans". That battle had nothing on the warfare often waged by East Perth strongman, "Reverend" Jack Sheedy, though. East Perth had won their opening 17 matches of the 1959 season and appeared set to go through the season undefeated... that was until they fronted the Cardinals at Leederville Oval in round 18.

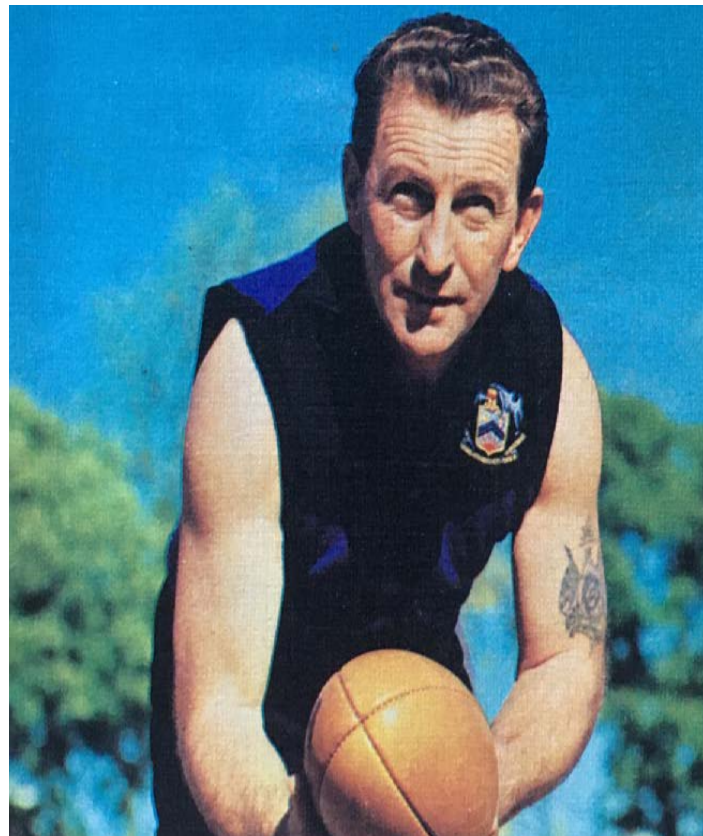
West Perth won, beating the Royals by 12 points after trailing by 23 points at quarter time. The game is better remembered however for the first half clash between Brian Foley and Sheedy.

We'll allow Jack to take up the story:

"There was a time when Polly Farmer couldn't play against West Perth. I figured we had to get rid of big Blue Foley, the Cardinals' champion ruckman. When the opportunity arose, I moved into Blue with everything from my thighs to my shoulder and threw a combination of punches for good measure. I heard that sickening thud that I had heard so often before. Foley went down seeing stars. I wasn't particularly happy about that one. I had been unfair. I was even less happy about my two broken knuckles. Big Blue proved his class by weathering the storm, coming back in the final quarter and helping the Cardinals to win."

We'll chalk that one up as another win to the good guys...

Source: *My Football Life*, Jack Sheedy, 1969



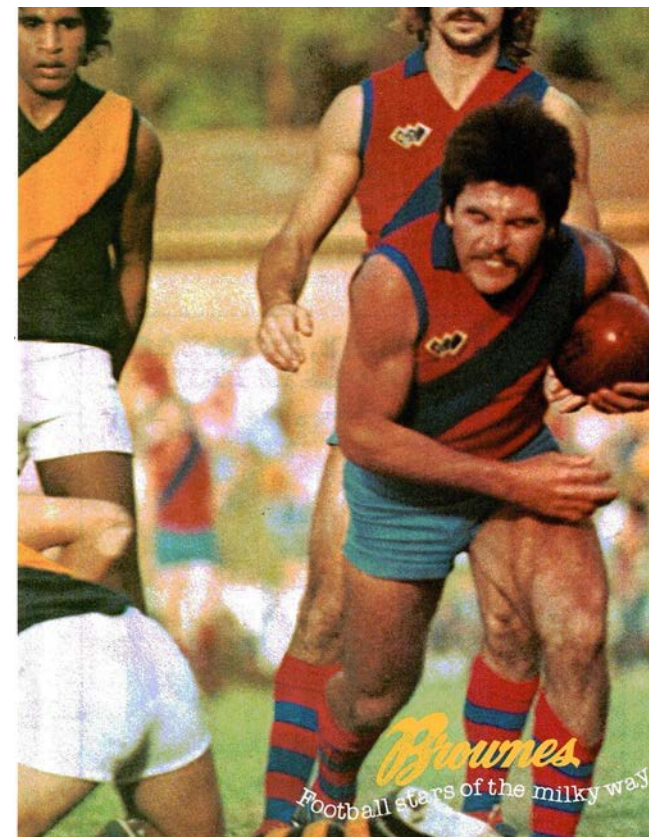
Top: Jack Sheedy

Bottom: Brian Foley only has eyes for the ball in this clash with Claremont at Leederville Oval

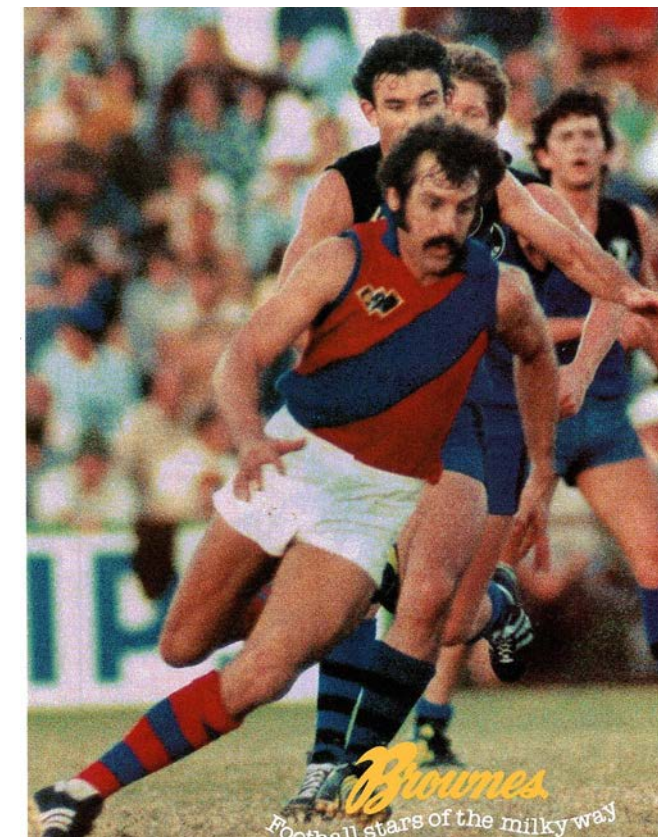
From the Vault ...

In 1979, posters of 32 WAFL players were included as separate leaflets within the Football Budget.

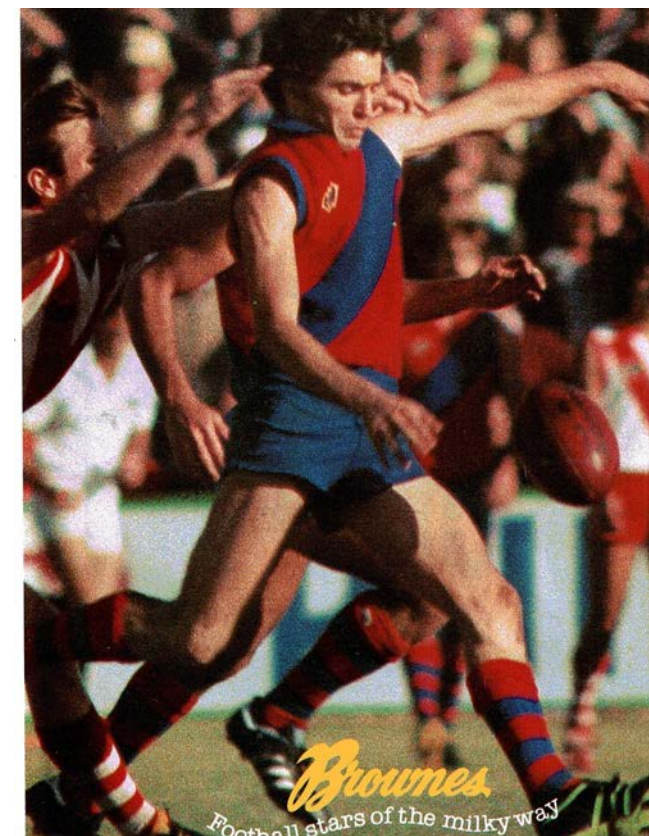
Four West Perth players were featured:



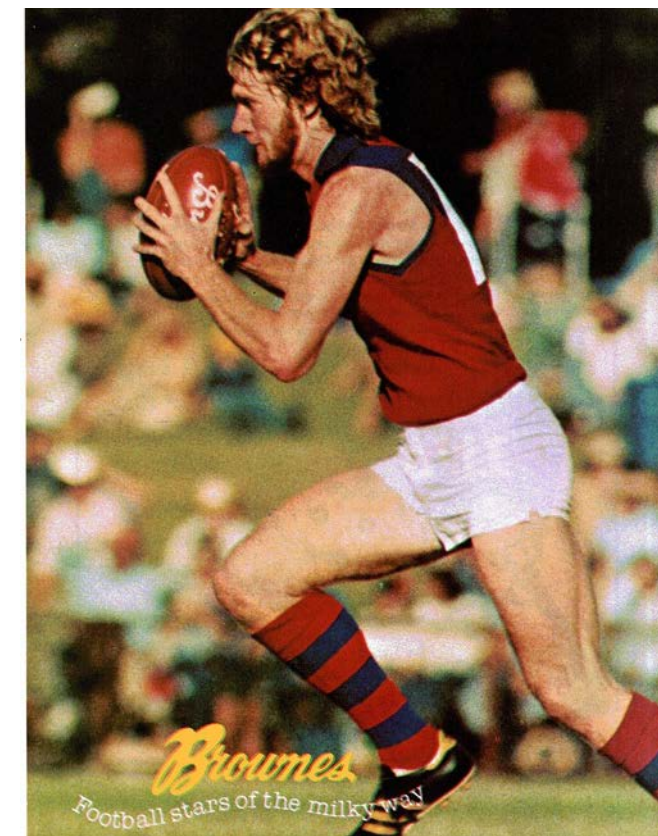
Les Fong



Ross Prunster



Peter Menaglio



Mark Washfold

Team Photo - 1981 Little League Premiers

1981 R. & I. Little League Premiers

The West Perth Little League team won the 1981 R. & I. Bank championship for the third successive year. The R. & I. Bank has sponsored the championship since its inception in the early '70s and West Perth continues to be one of the strongest clubs. West Perth won the grand final 3.3 to Swan Districts 2.2 with Chris Lewis (Mirrabooka) best player. The team was coached by John Wood, of Nollamara.



The jubilant West Perth team, winners of the 1981 Little League Premiership for the third successive year. Left to right (front row): S. Hill, P. Sanzone, B. O'Callaghan, S. Chasty, S. Prance, G. Bewick, L. Clarke and C. Tunbridge. (Second row): N. Whatmore (Vice-captain), J. Osborne, C. Lewis (Captain), A. Burgess, M. Williams, S. Sucklam, C. McDonald, M. Nelson and P. Rolfe. (Third row): A. McPhee, G. Meakins, P. Fraser, C. Tarbox, S. Hooper, R. Cleaver and D. Decorsey. (Fourth row): Deputy Chairman and General Manager, Mr A.J. Gordon, J. Wood (Coach), A. Dewar (Organiser) and B. Weathington (Assistant).

The senior team may have missed out on the four in 1981 but this team photo shows there were some up and coming players making their way through the junior system, players we would see in senior ranks before the decade was out.

West Perth won consecutive Little League premierships in 1981, beating Swan Districts in the grand final 3.3 (21) to 2.2 (14).

Among the senior players to emerge from this group were Glen Bewick, Paul Sanzone, Neil Whatmore, Chris Lewis (Claremont and West Coast), Malcolm Williams and Stephen Hooper (Subiaco and East Perth).

Ball Legend for 2020

Jay van Berlo has been announced as the Club's ball legend for 2020. A product of the Whitfords Junior Football Club, Jay debuted for West Perth on 23rd June 2007 in a match played against South Fremantle in Carnarvon. In 2008, he won the first of his two Breckler Medals and was subsequently drafted by Fremantle in the 2009 rookie draft.

Jay debuted for Fremantle in the round 17 contest against West Coast in 2009 and he played 32 games prior to finishing up at Fremantle in 2012.

Returning to Joondalup on a full-time basis for the 2013 season, Jay was a significant contributor to that season's premiership success. He assumed the captaincy in 2014, which he relinquished at the end of the 2017 season.

He retired from WAFL football after the 2018 grand final. All up, Jay played 186 games for West Perth and a further three for Western Australia. A distinguished leader of men, Jay van Berlo is deservedly the Club's ball legend for 2020.



Remember when... our Reserves team made the impossible possible?

It was 30th June 1984 and Phil Collins was riding high in the charts with his ballad, Against All Odds.

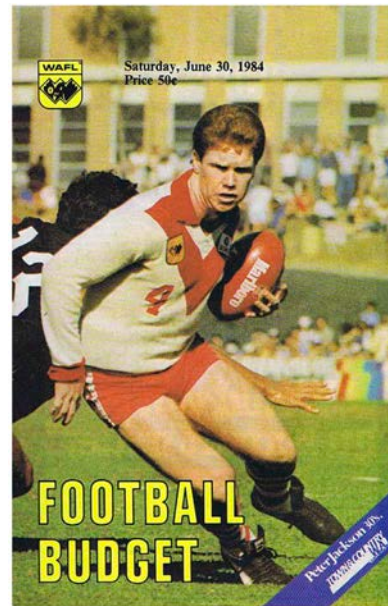
That's what West Perth supporters arriving early for the League game against South Fremantle at Subiaco Oval could have been forgiven for thinking after glancing at the half-time scoreboard for the reserves fixture, where South Fremantle led by 81 points, 16.15 (111) to 4.6 (30).

Clint Farmer, the Falcons' reserve coach, was unrestrained in expressing his displeasure, imploring his team to pull their collective fingers... well, you get the picture. Led by Brendan

Bell, Paul Mountain, Ross Munns, Howard Collinge and Peter Avery, West Perth clawed the margin back to 43 points at the final change.

Kicking to the Subiaco end in the final term, a last minute goal was enough to see the Falcons steal and seal an improbable one point win, 19.18 (132) to 18.23 (131).

The League side might have missed out on the chocolates later that afternoon (South Fremantle running out 29 point victors) but West Perth supporters returned home having witnessed a win against all odds.



COLTS 9.25 a.m.	
SOUTH FREMANTLE — Coach: Brian Ciccolotolo	WEST PERTH — Coach: Tom James
1 ROWE, Stephen	1 TURLEY, Craig
2 COLLARD, Cliff	2 SMITH, Robert
3 COLLARD, Derek	3 BEATTIE, Brett
4 RYDER, Mark	4 CAIFANO, Vince
5 REGAN, Carl	5 BROWN, Paul
6 MCGUINNESS, Darren	7 WHATMORE, Craig
7 PEARCE, David	8 BROWN, David
8 GIBBS, Chris	9 FULLGRABE, Tony
9 PEREJIMBIDA, Stephen (C)	10 BLOCKEY, Glen
10 DRUMMOND, John	11 WADDELL, James
11 CAMMARANO, Ralph	12 SADOWSKI, Steven
12 HARDINGHAM, Gary	13 SOUTAR, Heath
13 PEREJIMBIDA, James	14 BLACK, Glen
14 GRAHAM, Brad	15 CHAMPION, Guy
15 ADAMS, David	16 O'DWYER, Peter
16 BROWN, Stephen	17 HASLER, Paul
17 GERRARD, Andrew	18 O'BRIEN, Anthony
18 JAKOVICH, Allen	19 RICCIARDELLO, Tony
19 JOHNSON, Peter	20 WILSON, Graham
20 ZUMACH, Richard	21 FULLGRABE, Troy
21 TOGNOLINI, Paul	22 TOUTOUNTZIS, Gerry
22 SAMBRALLO, Matt	23 ATKINSON, David
23 NICHOLL, Jay	24 MASON, Darren
24 NARKLE, Dempsey	25 WILLIAM, Brad
25 CHRISTIAN, Brett	26 DAVIES, Paul
51 ADKINS, Graeme	27 CONTI, Basil
	28 EARLE, Dwayne
	29 GARLETT, Paul
UMPIRES: N. Clements, G. Lee, BOUNDARY: D. Metcalf, G. Ivory, GOALS: W. McKune, J. Christensen.	
RESERVES 11.40 a.m.	
SOUTH FREMANTLE — Coach: Don Haddow	WEST PERTH — Coach: Clinton Farmer
2 STASINOWSKY, Chris	5 BEWICK, Darren
3 BEGG, John	7 O'BRIEN, Michael
9 COCKIE, Michael	11 POLSON, Gordon
15 LYNCH, Richard	12 BENNETT, Malcolm
16 COLLARD, Derek	13 FRASER, Tony
19 HARDMAN, Peter	15 AVERY, Peter
20 HENWOOD, Wayne	20 STEPHENS, Mark
22 HART, Darrell	23 ARCHIBALD, Mark
27 SIMS, Geoff	24 MURRAY, Len
28 MORGAN, Roy	27 FALCONER, Dean
29 BUSHE-JONES, Tim	28 CAMPBELL, Dean
31 LITTLE, Brian	31 LOCKMAN, Michael
32 CORNELL, Kevin	33 BELL, Brendon
36 MASKOS, Arthur	34 MOTLOP, Paul
37 DELLAR, Merv	36 COLLINGE, Howard
39 MacDONALD, John	38 ANDERSON, Richard
40 JAKOVICH, Gary	40 CUTLER, Peter
42 DENNETT, Peter	45 PAPALIA, Paddy
43 MCGILVRAY, Peter	47 WRIGHT, Gary
44 GATTI, Gordon	49 HEWSON, Graham
46 O'DONNELL, Glen	50 TURLEY, Craig
48 KEYSER, Mark	51 BINDER, Craig
49 RIOLI, Cyril	52 HATHAWAY, John (C)
50 DOBSON, Glynn	
51 KELLY, Tony	
UMPIRES: P. Karhu, R. Austin, BOUNDARY: D. Lawson, P. Nolan, GOALS: J. Dickinson, R. Davis.	

Subiaco Oval 2.20pm — Broadcast 6IX	
South Fremantle Coach: Mal Brown	West Perth Coach: Dennis Cometti
4 Hardie, Brad (C)	1 Nelson, Craig
6 Mosconi, Warren	3 Perrin, Brian
7 Barrett, Rod (VC)	4 Michalczyk, George
8 Vigona, Benny	6 Fong, Les (C)
11 Hart, David	7 O'Brien, Micheal
14 Gillies, Geoff	8 Alderton, Rod
15 Lynch, Richard	9 Menaglio, Peter (VC)
17 Dorotich, Jon	10 Dayman, Wayne
18 Arnold, Paul	13 Fraser, Tony
19 Hardman, Peter	15 Crole, Stuart
20 Henwood, Wayne	16 Bradmore, Phil
21 Vasoli, Paul	17 Comerford, Graeme
23 Grijusich, Rod	18 Kickett, Derek
24 Rawlinson, David	21 Mugavin, Noel
25 Michael, Stephen	22 Bogunovich, Ramsay
26 Mount, Stephen	25 Hendriks, Geoff
30 Carter, Gavin	27 Campbell, Dean
31 Little, Brett	29 Simms, Doug
32 Cornell, Keven	32 Bonson, Don
33 Matera, Wally	35 Warwick, Dean
34 Winmar, Nicky	37 Milka, Paul
35 Collard, Brad	39 Morgan, John
37 Dellar, Merv	44 Davis, Ron
47 Amoroso, Tony	48 Gastev, John
1. R. Sallis, 2. R. Graftin, 3. C. Shawcross, 4. D. Johnson, 5. B. Hearne, 6. F. Lendich, 7. M. Ball, 8. R. Buckley	
EMERGENCY: P. O'Reilly, BOUNDARY: C. Curtis, D. Ross, GOALS: R. Becker, T. Cant.	

	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Total
West Perth	2.4	4.6	11.14	19.18	132
South Fremantle	7.5	16.15	17.21	18.23	131

Goals: Peter Avery (4), Craig Turley (3), Ricky Anderson (3), Darren Bewick (3), Michael Lockman (2), Paul Mountain (2) Gordon Polson (1), Howard Collinge (1)

Best players: Brendan Bell, Ross Munns, Paul Mountain, Howard Collinge, Peter Avery

In Recognition

In recent months, WAFL and Club life memberships have been awarded to people who have made significant contributions to the West Perth Football Club. We wish to congratulate Vic Carbone on being presented with WAFL life membership, and also congratulate Lance Catchpole and Shane Nelson on being awarded Club membership.

The contributions these gentlemen have made are captured below.

Vic Carbone

Vic Carbone has been a servant of the West Perth Football Club and Western Australian football for 35 years, spanning nearly 700 games as trainer and League team manager.

A passionate supporter of the West Perth Football Club since he was nine years of age, Vic has served the Club uninterrupted since 1985. As a trainer then head trainer for 23 years, and as League team manager since 2011, Vic has been a friend, mentor and confidante to several generations of West Perth footballers, coaches and administrators.

Growing up in Inglewood and attending Christian Brother's College Highgate, in the heart of East Perth territory, Vic became a West Perth supporter as a consequence one day of wearing a red and blue shirt. Initially falsely identified as a Cardinals supporter, Vic decided he would indeed follow West Perth. He was to barely miss a game in the years that followed other than through interruption brought about by his service with the Royal Australian Airforce, between 1965 and 1985. Vic served the RAAF through various postings within Australia and spent several years in Singapore, managing through this time to keep abreast of West Perth's fortunes.

After his discharge from the RAAF in March 1985, Vic applied for a position on the support staff of the West Perth Football Club. His first role was running water for the reserves team when Bill Dempsey was coach. Vic became a trainer in 1987, and in 1988 he also offered his services to the West Coast Eagles, where he simultaneously spent two years. Vic's involvement at West Coast did not curtail his involvement



at West Perth. On Saturdays, he would attend to his West Perth duties, across all three grades, before attending to West Coast home game duties on Sundays.

In 1999, Vic was appointed head trainer at West Perth, and he held this position until 2002. He relinquished the role of head trainer at the end of 2003, while remaining on the training support staff. In 2011, Vic became team manager for West Perth's League side, a position he holds to this day.

In his duties as trainer he became secretary of the Western Australian Football Trainers Association, a role he performed for five years, and he



was instrumental in drafting their constitution. He was made a Life Member of that organisation, and in 1998 was made a Life Member of the West Perth Football Club.

In addition to current game day duties, Vic remains a regular at training, his constant presence enabling him to form strong relationships and trust that often lead to a gentle word or advice, all in the best interests of the player and the Club. Vic is much loved.

Vic's contribution to and impact upon the football Club has far exceeded his duties of running water, rehabilitating injured players or managing the League team. His impact when joining in 1985 was immediate. Genuine care for players and their families, his passion to see the Club succeed, jovial disposition and calming influence has won Vic many friends, with those friendships now spanning generations of families.

In 2004 the West Perth Football Club named its Best Clubman Award after Vic and one of his fellow trainers, Bart De Vita. The award is a significant one for the Club. It prioritises character over possessions and celebrates the person who consistently puts others ahead of himself. The recipient of the award each year is someone in our Club who is a role model for our playing group, who lives our values and drives standards through his actions and his leadership. And they must be passionate about our football Club. These are all qualities reflected by Vic and each year, he plays a major role in selection of the award recipient now in its 17th year.

Vic Carbone's contribution to the West Perth Football Club over three decades has been outstanding. The West Perth Football Club is richer for his service.



Photo: 1985 Colts team coached by Jim DiCarlo and managed by Lance Catchpole. Lance is pictured far right, third row from the front.

Lance Catchpole

Lance Catchpole has been a servant of the West Perth Football Club since 1984, volunteering in a range of roles important to the functioning of a football club and to game day.

Lance has given the Club 36 years of continuous service, beginning in 1984 when he took on the role of team manager for the Colts, a position he maintained through the end of the 1988 season.

Through that time, players of the ilk of Dean Laidley, Darren Bewick and Craig Turley emerged through the Colts programme.

For eleven seasons from 1989, Lance was the League interchange steward and since 2000 he has been the scoreboard operator for home games. In his current role, Lance has proved ever dependable, whatever the weather, in running the scoreboard for

Colts, Reserves and League games on what are long Saturdays for him.

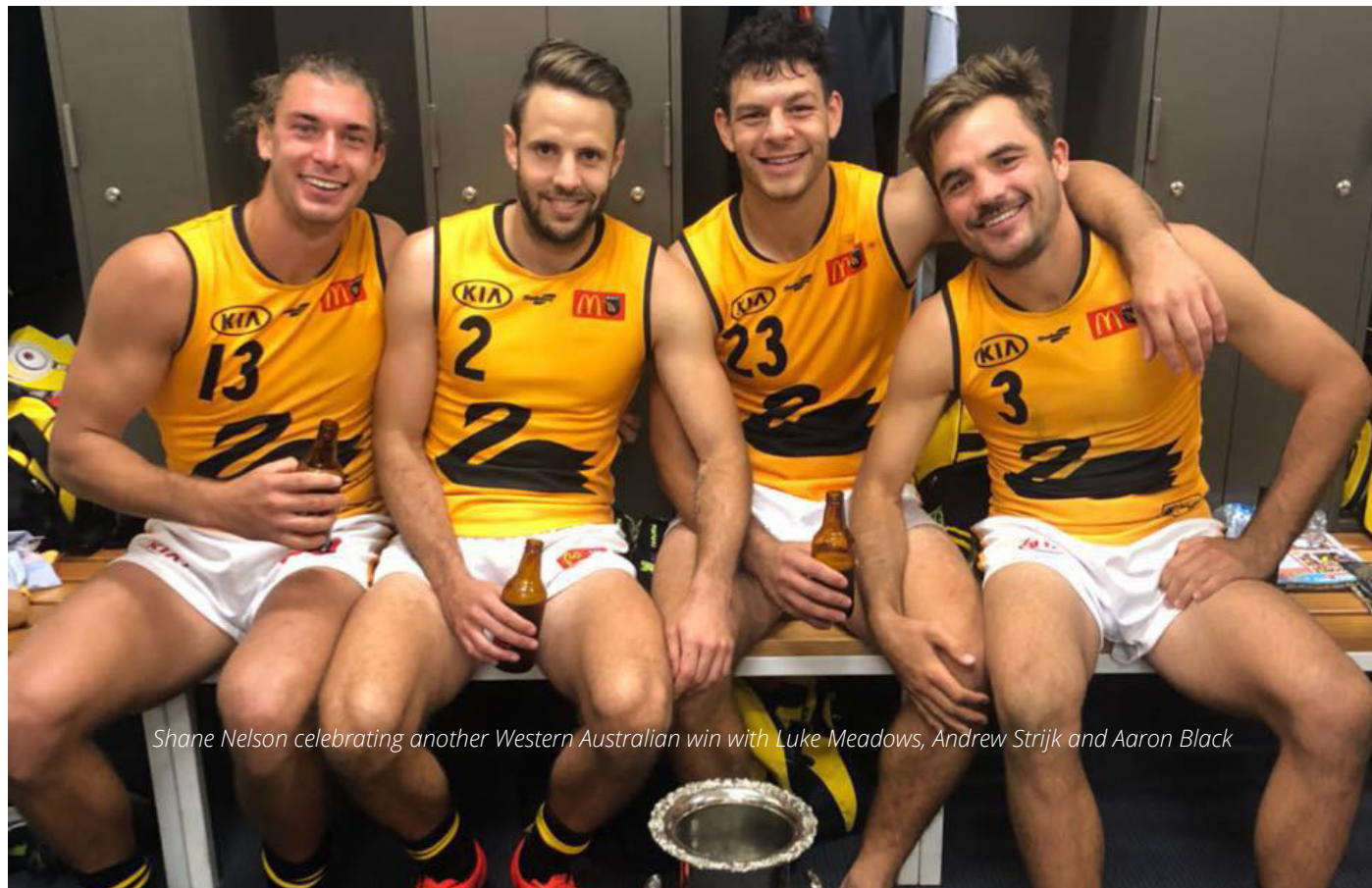
An understated gentleman and all round good guy, we congratulate Lance for being awarded life membership of our Club.

Shane Nelson

Shane Nelson earned life membership of the West Perth Football Club in our six point win over East Perth on 20 July last year. At the end of the 2019 season, Shane had played 155 games (plus three Foxtel Cup fixtures) and has represented Western Australia on five occasions. He has won three Breckler Medals and been a prominent vote getter at Sandover Medal counts, finishing second in 2014 and fifth in 2016.

Shane's impressive achievements reflect a wonderful ability to collect contested possessions, often under a hard tag applied by opposition who, recognising his importance, are hell bent on shutting him down. We congratulate Shane on receiving life membership of our Club.

An extract from the Football Budget commemorating Shane's 150th game and life membership of the Club follows.



Shane Nelson celebrating another Western Australian win with Luke Meadows, Andrew Strijk and Aaron Black

Here's how Shane's 150th game and life membership was reported in the Budget

Ever since he made his League debut back in Round 7 2012, Nelson has never looked back and it was a career that came on the back of always dreaming of playing for West Perth, coming through the development squad and colts ranks, and then banging down the door for a crack at League level.

Just 18 months later and he could consider himself unlucky not to have been the Simpson Medallist on Grand Final day as the Falcons celebrated a stunning premiership triumph against arch-rivals East Perth where Nelson racked up 36 possessions and kicked a goal. Having games of 30 or more disposals has now become his specialty and across his career to date, he has reached 30 or more on 90 occasions, including going beyond 50 twice, which no other player could come close to boasting. Nelson's ability to win the contested ball in close and feed it out to his teammates on top of earning clearances and then his underrated ability to find space and be a tremendous link player all make him one of the most remarkable ball winners not only in the modern WAFL game, but ever. The accolades have come his way along the journey too with him winning three Breckler Medals as West Perth's fairest and best along with playing for Western Australia five times and winning the premiership in 2013. He can consider himself to have not been a Sandover and/or Simpson Medal winner by now too but time is on his side to continue to rack up the achievements and with the form he continues to be in during 2019, averaging another 28.5 disposals, nothing is beyond him.

To now forever be able to call himself a life member of the West Perth Football Club where he has now been spending time at for more than half his life means the world to Nelson. "When you come through the ranks and you know the history of the Club and knowing it's such an old and proud Club, and then with everything the Club is going through at the moment, I've been through a lot of ups and downs and I'm starting to feel like I'm almost like part of the furniture now," Nelson said. "To play 150 games is a massive honour and hopefully I still have my best years ahead of me. It means everything to me. Growing up when you barrack for the Club and you come through the ranks of the development squads and the colts, you work hard to get to the main goal of playing League footy. "It feels like it has taken a while to get to 150 games, but in a sense it probably hasn't because I'm still only 26 and hopefully still have my best years of footy in front of me. But to now play 150 games and be a life member of such an old and fantastic Club, it's a huge honour."

While proud of the individual awards Nelson has continued to rack up along the way, it's ultimately team success that means the most to him. But now that he reaches 150 games and earns life membership, he's grateful for the opportunities he's received and grasped. "You probably don't think about all that other stuff too much while you are playing apart from the premiership obviously but playing as many games as you possibly can is the best thing and I've been lucky enough to play a lot of consecutive games and haven't had too many injury worries over the years, touch wood," he said. "It's been great to play most weeks since I started playing to be durable and to get to 150 games when you look at past players like Matt Guadagnin and what it took for him to get there, I'm privileged to be able to get the opportunity to play 150 at 26. It's special." While certainly not in reflection mode while in the middle of another season where West Perth is fighting for a finals position with Nelson hopeful of reaching the fourth Grand Final of his career and attempting to win a second premiership, a milestone like this does put a lot of things into perspective. "I don't try to reflect too much on what's happened in the past, I try to focus on what's happening now and that's pushing for another premiership because that feeling back in 2013 was the greatest feeling in the world I've experienced," Nelson said. "To see the young guys coming through and having my brother at the Club as well, I'd love to experience success with him especially now that I know the end of my career is probably closer than the start. "To sneak one in with him would be the ultimate goal but I know the people who have helped me throughout my career and I'm so grateful for that. "From my dad at a young age to Kevin Hill in my junior footy to colts coaches who helped me out and now to Bill (Monaghan) and Geoff (Valentine) at League level, I'm grateful for the support I've had. "I'm sure at the end of my career I'll sit back and reflect on how far I've come and the people who have had a big hand in helping me succeed."

The consistency Nelson has shown right over the course of his career is remarkable and that's despite playing through injuries and having to endure being tagged by opposition teams. No matter what, Nelson just keeps on fronting up week after week, and finding the ball but he does take pride in his preparation and recovery to allow his body to keep on backing up. "It's one of those things where I like to think I look after my body pretty well. I do a fair bit of stretching and stuff like that to keep my flexibility up and I enjoy my recovery time especially during the season," he said. "I'm sure a lot of the boys will tell you that my training effort is more about recovery than actually getting out there to put in the work, but I've been extremely lucky to be able to play 150 games now and I'm very grateful my body has allowed me to do that.

Continued overleaf ...

It would be easy to think that with his history of performances consistently behind him that Nelson would be happy to continue on his merry way, but he has that ultimate competitive drive that all top athletes have to continue to get better. Each season, he is trying to find ways to improve his game and how he can help the team more, and it's hard to argue with the results that he remains a player on the rise despite everything he has already accomplished. "I'm sure even the greatest sportspeople in the world always try to get better. Roger Federer is still trying to get better and he's 37 so if it's good enough for him, then it's definitely something I can continue to do," Nelson said. "I'm far from being the greatest player or the most talented guy out there, but I still believe that I have another level I can still get to. Every year you sit down and work out where you're at and what you can improve on, and areas you can help the team more than you did in the past. "I've been lucky enough to have great conditioning staff at the Club led by Corey Green who do the work with us through the pre-season. "Bill was great for me for my whole career up until this year and now Geoff has taken over and it's like he's been here for a lot longer, the transition has been so smooth. "He has different views on how I play the game as well and areas I need to work on, so I've been working out that with him which has helped me to continue to take my footy to new levels."

Side by side Nelson his whole career and even though off-field challenges like the Club has gone through over the past 12 months or away from football tragedies like his father passing away, has been Aaron Black. The West Perth captain and Nelson have been virtually inseparable now for a long time and ahead of celebrating 150 games, he couldn't be happier to still be running out on to HBF Arena with his old mate. "It's been an incredible ride with Blacky. I went to high school with him where we were always good mates even though he was that year older than me. He was playing colts footy a year before me, but to come through with such a great mate is incredible," he said. "We are pretty competitive with each other and we always try to get the best of each other, but to have him by my side through all of my career

now has been great. You enjoy in the high times together and stick together in the tough times whether or not that's on the field or off the field.

"You share those great moments together and he is pushing towards 200 games now so he is well ahead of me but hopefully we can continue to push each other to another flag together, that's the ultimate goal for sure."

What continues to be the most remarkable aspect of the West Perth Football Club is the remarkable spirit and culture within the playing group. No matter the troubles the Club is going through off the field, you would never know it by looking at the playing group. It's always been a special culture at West Perth and Nelson is proud to be part of keeping that going no matter what's happening around them. "It's just about everyone buying into the program that's set for us and us players are all pretty close off the field. We have those gatherings and get-togethers outside of footy which brings everyone close, and then when you get on the field it makes you feel like a real close group who wants to help each other," Nelson said.

"We're not a team of superstars and we don't recruit heavily like some other teams do, but we seem to be able to keep our mains squad together and we don't lose too many players. Then when new guys come in, they come in and play their role and certainly feel like they are welcomed in straight away to the Club, and the culture of the place.

"That's what we pride ourselves on and we know that we're not going to win any games on individual brilliance even though we have some guys like Rudy or Strijky who can pull a goal from anywhere." "We know that if we all play together as 22 players we're an extremely hard team to beat and then when we have tough times, we go through it together as a group and the culture we've built holds us in good stead."

Acknowledgements

A special thanks to the following contributors to Part I of HeartBeat:

- | | |
|-----------------|-----------------|
| Geoff Valentine | Darrell Kent |
| Blake Arnold | Belinda Taylor |
| Aaron Black | Steve Trehwella |
| Conal Lynch | Neil Garland |



Obituaries

We are saddened to report the passing of the following past players of the Club since the last edition of HeartBeat.

Doug Lind

War service (Australian Army) delayed Doug Lind's entry into League football, debuting in 1946 at the age of 23. Remembered by close mate Neil Garland as a quiet and unassuming man, staunch and loyal to his core, a courageous footballer and exemplary team player, Doug was an important contributor in the Club's 1949 and 1951 premiership teams, playing as a goal-kicking rover.

He was unlucky to play at a time that coincided with the careers of South Fremantle's Steve Marsh and East Fremantle's Jack Sheedy, and was unable to break into the state team. He was however selected on four occasions to represent a second Western Australian eighteen, playing against Richmond and the Australian Capital Territory. Doug played 102 games and kicked 141 goals in six seasons for West Perth.

He was a life member of the Club. Doug passed away in 2019, shortly after the Club's 70-year celebration of the 1949 premiership, where he was presented with his premiership medal by Ross Kelly and Dennis Cometti.

Len Murray

Len Murray played reserves football at West Perth in the early 1980s. A tough defender and effervescent and popular teammate, younger team members playing in defence were grateful for his on-field support and encouragement as they were continuing to learn the ropes of senior football. Len passed away in December 2019.

Arthur Freeman

Arthur Freeman played 31 games across three seasons at Leederville. Recruited from Kalgoorlie Railways, he debuted against Claremont at Leederville Oval on 7th April 1962, and is remembered for his strong marking. Arthur passed away in November 2019.

Brian Falconer

Brian Falconer debuted for West Perth on 24th July 1952, one of several future stars (Laurie McNamara and Don Marinko Jr among them) to make their first appearance in that year. He quickly established himself as a talented and sturdy centreline player, playing 62 games prior to heading to Victoria for the 1956 season where he played a further 57 games.

Brian was a key player in enabling Hawthorn to qualify for their first ever finals series (where they were defeated in the preliminary final by ultimate premiers, Melbourne). Brian retired after the 1960 season at the age of 27. Sons, Peter and Dean, also represented West Perth in the early 1980s.

Upcoming Events

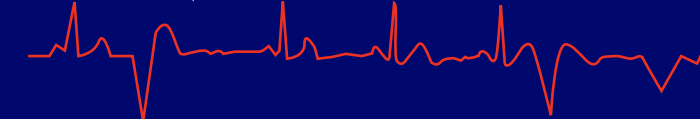
At the time of going to print, and reflecting uncertainty around commencement of the 2020 WAFL season, only two events are currently planned.

Dominish Medal and Awards Dinner
Friday 2nd October, 2020

Breckler Medal and Awards Dinner
Saturday 3rd October, 2020

Please refer to the club's website for updates as they are subject to change.

UPNEXT



HEARTBEAT PART II

Celebrating 1960