Official Club Season Guide



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RICHARDSON: WE'RE AIMING HIGH



MITCHELL MEANS BUSINESS



CLAREMONT SALUTES A CHAMPION



CLAREMONT WOMEN'S FOOTBALL



2018 YEARLY PLANNER



	DAY	ROUND	EVENT	-	GAME	LOCATION	TIME
MAR	Sat, 31st	Round 1			WPFC v CFC	HBF Arena	1:40pm
APRIL	Sat, 7th	Round 2			BYE		
	Sat, 14th	Round 3			CFC v EFFC	Claremont Oval	2:15pm
	Thurs, 19th	Round 4			SFC v CFC	Leederville Oval	7:10pm
	Sat, 28th	Round 5			CFC v SFFC	Centennial Stadium Albany	2:15pm
	Sat, 5th	Round 6			PTFC v CFC	Bendigo Bank Stadium	2:15pm
JUNE MAY	Sat, 19th	Round 7			CFC v PFC	Claremont Oval	2:15pm
	Sat, 26th	Round 8			SFFC v CFC	Fremantle Community Bank Oval	2:15pm
	Sat, 2nd	Round 9			CFC v PTFC	Claremont Oval	2:15pm
	Sat, 9th	Round 10			CFC v SDFC	Claremont Oval	1:40pm
	Sat, 16th	Round 11			CFC v WPFC	Claremont Oval	2:15pm
	Sat, 23rd	Round 12			EPFC v CFC	Leederville Oval	2:15pm
	Sat, 30th	Round 13			EFFC v CFC	Geraldton	4:45pm
JULY	Sat, 7th	Round 14			SFFC v CFC	Fremantle Community Bank Oval	2:40pm
	Sat, 14th	Round 15			BYE		
	Sat, 21st	Round 16			CFC v EPFC	Claremont Oval	2:15pm
	Sat, 28th	Round 17			CFC v SFC	Claremont Oval	2:15pm
AUGUST	Sat, 4th	Round 18			BYE		
	Sat, 4th		Banqu	et Auction		Club Function Rooms	
	Sat, 11th	Round 19			PFC v CFC	Lathlain Park	2:15pm
	Sat,18th	Round 20			CFC v PTFC	Claremont Oval	2:15pm
	Sat, 25th	Round 21			SDFC v CFC	Steel Blue Oval	2:15pm
SEPT	TBC TBC	WAFL FINALS WAFL GRAND FINAL			TBC TBC	TBC	
OCT	Fri, 5th E.B Cook Medal			ook Medal		Club Function Rooms	
O							
	HOME GAMI	E AWAY (GAME	BYE ROUND	CFC EVENT	BROADCAST GAME	WAFL FINALS

Special thank you to Michael O'Brien - Official Club Photographer



MESSAGE

FROM THE PRESIDENT

It is with great excitement I pen my first article as your president. Someone once told me to "Always remember to enjoy what you're doing". That is the attitude I intend to take into this season. The new board is off and running for season 2018 and we have all been working extremely hard behind the scenes to help this great club perform off and on the field.

First of all, it is great to see the club buzzing with young footballers. The facility is allowing our young men to create a home and space of their own. With this comes a stronger bond between players and coaches. Team bonding and camaraderie is important for a winning team. That not only goes for the players but the staff, volunteers, supporters, sponsors and the board as well.

I wish coach Darren Harris and his assistants all the best for the season. I am very impressed with the way members of our football department have performed in the pre-season. They are building the solid foundations on which they will launch their assault on the field this year.

My philosophy is to be "Open and Transparent". So, with that attitude I would like to update the members on our financial position up until end of February.

In 2017, the board entered into loan agreements to fund the completion of the new facility, including variations which have provided the club with additional lettable space that will generate commercial income. We have an overdraft with a \$400,000 limit, and a five-year term loan of \$500,000.

The board's number one focus is to is to pay down our debt. We have just received our last ever AFL draft fees of \$175,000 and have applied a substantial portion of these draft fees to pay down the term loan ahead of schedule.

While we have the benefit of commercial income from the new facility, we continue to face challenges in attracting sponsors and are conscious of the loss of future AFL draft fees. The board is committed to undertaking initiatives to ensure that we generate sustainable surpluses year on year.

The challenge for the board and the club is to be able to run a very strong club within the resources we have available to us. I will be working extremely hard with the rest of the board to make sure this great club is a success on and off the field.

I would like to thank all of our sponsors, patrons, Platinum Club, members and volunteers for supporting the Claremont Football Club for season 2018.

Go the Tigers.

Grant Povey,

President



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MESSAGE FROM THE

Welcome to the 2018 edition of Tiger Talk.

A lot has happened over the off-season.

I will leave the on-field activity report to Darren Harris but from my observations the players have immersed themselves in the facilities at the new club rooms and I'm sure you will see a stronger, fitter and more team focused group of players take to the field for the first game of the season.

The changing face of Claremont Oval is becoming more evident with the emergence of the Mirvac development on the north-eastern section of the oval over the off-season.

The development which consists of 235 apartments has now reached full height and is expected to be complete towards the end of this year.

Blackburne has started construction of their apartment and commercial development in the south-west corner of the oval and this complex will gradually rise out of the ground during the coming year. The remaining two lots which front the oval have been sold and plans are currently being finalised for these two developments, with construction possibly commencing towards the end of this year.

This building activity is, of course, the result of the arrangement the Claremont Football Club entered into with the State Government several years ago which resulted in the club receiving \$16.5m to build its new club rooms. An additional \$1.5m from the sale of the lot immediately to the north of our building will be paid into a trust account to provide for all future maintenance costs of the building.

There have been some changes to our administration staff during the summer. Emily Musca continues in her role as Membership and Administration Coordinator and has taken on additional responsibility in the events area. Emily Talbot commenced with us in January as our Marketing and Public Relations Assistant and Lisa MacNeill has joined us as our part-time accountant, replacing Sarah Birkbeck who has left us after 12 months of valuable service.

The majority of our sponsors are continuing in 2018 and I thank them for their ongoing support. Liquor Barons have increased their sponsorship commitment to become our major sponsor and I thank Chris O'Brien and the Liquor Barons team for their support of our club. New sponsors this year include St Ives, ASG, Priestman and Sharp and Lifecare Claremont Physiotherapy.

The Claremont Football Club welcomed five life members to its ranks at the AGM in December last year. Ian Oldfield, Denis McInerney, David Pye and Luke Saracini were awarded life membership in recognition of their contribution to the Claremont redevelopment project which resulted in the magnificent new club rooms which we now enjoy. Keith Millband was awarded life membership in recognition of his contribution to the club in a variety of voluntary roles over a long period of time.

In closing I would like to thank Emily Talbot and club stalwart Ken Casellas for once again producing this wonderful Tiger Talk Season Guide.

I look forward to seeing you at the club in 2018.

Graham Moss,

CEO

MESSAGE FROM THE COACH

Hello to all Tiger fans. Great to be nearly back into another WAFL Premiership season. It seems like it has taken for ever then crept up on us very quickly.

2017 is in the past and we are much better for the education it provided us. This education and review process has seen some changes around the place in roles and responsibilities, recruiting, and our program.

The biggest changes have included the effective use of our new facility. It is like having a 24/7 gym. Our players have really worked hard to prepare themselves and having such a great facility to call home has also strengthened the bonds of mateship amongst the group.

Our pre-season camp was a memorable one and the players were able to get clarity around expectations and then vote a leadership group that best lived our club values and would drive our future success. We had to test these values under pressure and the learnings were extremely valuable.

The player vote saw a unanimous selection of lan Richardson as the new club captain. He shouldered a lot of that responsibility last year and stepped up to not only model what was required both on and off the field but also challenge his peers to get better. The club's future is in safe hands with Richo. He is as passionate about his club as anyone I have been involved in in football and deserves this opportunity which he has humbly accepted.

His two vice captains will offer great support across the whole group. Ryan Lim has had an outstanding pre-season and genuinely invests in his mates at the football club to help improve them. Richo asked Ryan to be one of his VCs because of his strong relationships with the younger players at the club. Kane Mitchell received the second most number of votes after only being back in the country for a couple of weeks. I feel like I have known him for years. He makes the most of every opportunity and sets a great example in how to train to win.

The deputies all have their own stories and deserve their selection. Haydn Busher joins the group officially for the first time and his back end to the season was outstanding. He has shifted his focus to being positively demanding about team success and helping others improve while setting very high training standards. Jared Hardisty and Jess Laurie are also new members of the leadership team and bring a really caring element to our group. Both will have great impacts on us developing quality young men. Tom Lee remains in the group and has worked his butt off to get stronger. He is ready to play and we hope he gets the run at it he deserves. The players love his energy and positivity.



We have added quite a few new players and changed our coaching structure. Kepler Bradley continues his coaching pathway by stepping up to senior assistant coach. He oversees all our stoppages and has set up a lot of our development work and education. Kep continues to get better every week and is a great resource for our players on and off the field.

Andrew Embley continues with the mids, Geoff Valentine takes over the backs, Craig White the forwards and Steven Armstrong is coaching our development team. I feel blessed to have such a quality group to work alongside. All have great character and care greatly about helping young men get better.

Scott Goodin, Steph Sulidis and Dave Dwyer head up the strength and conditioning. The players will be fit and strong and set up for success. Dan Webster and Anthony McEvoy will be our physios again with Chloe leading our support team of trainers.

Lots of very good people giving their best.

So with the introductions out of the way let's get on with the footy. Darcy Coffey targeted quality leadership and got it. Kane Mitchell's return is obvious but also Tom Curren from St Kilda / Sandringham who has set unbelievably high standards. We have added two more newcomers to our squad. Jordy Law returns and is going well. Isaac Wallace has joined us from my home town of Wodonga and is tough as they come. Brenden Abbott returns to the club and even with the disappointment of a longer term injury has had a fantastic attitude.

The colts boys have really stepped up and some of these lads will get opportunities early if their hard work and talent is any indication. Also seven new faces will have played in our first pre-season game against Peel. Tom Curren, Corey Mitchell, Shaq Morton, Brett Wilson, Declan Hardisty, Jordy Law, Kaiden Gilbert all put the Claremont jumper on in the league for the first time.

We all want this club to be a place people choose to be. A place that really caters for all of our players, their partners and families. We want people with Claremont history as players, supporters or officials to come and mingle with the current players and belong somewhere.

Jump on board. I think all WAFL clubs have an undercurrent of great support. We would really love yours. I can guarantee you one thing, you will be proud of the effort these young men will give but also of the young men they are.

Go Well

Darren Harris







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RICHARDSON: WE'RE AIMING HIGH

BY KEN CASELLAS

lan Richardson, Claremont's newly-appointed captain for 2018, is aiming high and declares "we're here to win."

He explained that the players had discussed at length what the league side wanted to achieve this year and said: "Obviously, qualifying for the finals is the aim, and making the top five is the minimum aim.

"The top five is not a very optimistic aim --- in a competition of only nine teams. We want to set the bar really high and we're aiming to win the premiership. That's the big picture goal, and there's a lot of work to achieve that. So, I guess the best way is to finish in the top two."

The 30-year-old Richardson, a veteran of 186 league matches, said that he has been heartened by the extremely positive vibe at the club during the summer pre-season training program under league coach Darren Harris.

"It has all been very positive and there's a really good energy from the young boys, and the senior boys seem to be getting younger and really enjoying everything."

Richardson said that there has been a wonderful air of confidence during the pre-season after the players had experienced the disruption of having to train at various grounds, including the club's temporary home at the Showgrounds over the past three and a half years.

"There were no clubrooms, no gym and nowhere to shower at some of the venues," Richardson said. "At the end of training the boys just got in their cars and drove home. Now we have the best facilities outside the AFL and there is a much better feeling among the group."

Asked to define his responsibilities as captain, Richardson said: "Obviously, to set a good example on the training track and in games. And to work hard when the team is in trouble to try to turn things around as quickly as possible. Plenty of voice and leadership --- just attack the footy really hard and set a good example."

He said that he had great confidence in many young players coming through the ranks, and used the example of tyro ruckmen Jeremy Goddard, Olly Eastland and Eddie Simpson as players to watch.

Richardson, a brilliant left-footed forward, is poised this season to become just the ninth man in Claremont's 92-year history to chalk up 200 senior games for the club.

He takes over the captaincy from another outstanding left-footer in midfielder Jake Murphy, who has decided to stand down after four years at the helm.



Murphy had surgery on his troublesome Achilles tendon late in February and will miss, at least, the first half of the season.

Richardson, league vice-captain for the past three seasons, was chosen to lead the Tigers this year after all members of the club's senior training squad spent a recent weekend at a camp at Claremont Oval and, along with the coaching staff, voted for him as captain, with Kane Mitchell, back with the Tigers after a five-year absence, and another top-flight midfielder Ryan Lim as joint vice-captains. Tom Lee, Jesse Laurie, Haydn Busher and Jared Hardisty will round out the leadership group.

Richardson has donned the No. 4 jumper with rare distinction since he broke into the league side in 2008. The previous Claremont captains who wore the No. 4 jumper were Noel Morton (1984-85) and Sonny Maffina, the club's match-day ball legend this year, who led the Tigers in 1951-52-53 and 1957.

Richardson was a 16-year-old when he broke into Claremont's colts side in 2004. He continued with the colts in the following two years and was captain of the side in 2006 when he won the club's fairest-and-best award and was named in the WAFL colts Team of the Year.

He graduated to the reserves side in 2007 when he finished third in the club's fairest-and-best award. He then had a spectacular debut season in league ranks in 2008 when he won the fairest-and-best award, the E. B. Cook Medal, and was awarded the Simpson Medal as Western Australia's best player in the interstate match against Queensland in Townsville. He was also Claremont's leading goalkicker, with 62 majors.

He then represented WA with distinction in the next five seasons before taking a year off in 2014 to travel the world, enjoying holidaying in Canada, the United States, Colombia, Peru, Brazil, France, Spain, Italy and Ireland.

Richardson is a dual league premiership player (2011-12) and has been an ornament to the game during his 186 league appearances, four Foxtel Cup matches and six games for WA. He has kicked 370 goals in league ranks and as a consummate team player, he has played a significant role in hundreds of other goals.





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UNDERSTANDING

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2018 TEAM LIST

THE PLAYERS



KANE MITCHEL

HT: 174 cm WT: 76 kg **POSITION: MID LEAGUE GAMES: 83**



KEIFER

HT: 180 cm WT: 80 kg **POSITION:** DEF **LEAGUE GAMES: 84**



YMMO

HT: 194 cm WT: 94 kg POSITION: FWD **EAGUE GAMES:** 59



RICHARDSON

HT: 181 cm WT: 82 kg POSITION: FWD LEAGUE GAMES: 190



JAKE MURPH'

HT: 177 cm WT: 81 kg **POSITION: MID LEAGUE GAMES: 133**



HT: 186 cm

WT: 79 kg **POSITION: MID EAGUE GAMES: 58**



MOT CURREN

HT: 178 cm WT: 78 kg **POSITION: MID** LEAGUE GAMES: -



JACK BEECK

HT: 181 cm WT: 80 kg POSITION: DEF/MID **LEAGUE GAMES: 31**



JACK

HT: 186 cm

RICHARDSON

WT: 80 kg **POSITION:** FWD **LEAGUE GAMES: 33**



JYE BOLTON

HT: 187 cm WT: 84 kg

POSITION: MID LEAGUE GAMES: 40



RYAN MURPH'

HT: 179 cm

WT: 77 kg

POSITION: MID/DEF LEAGUE GAMES: 16



JARED

HARDISTY

HT: 179 cm WT: 88 kg **POSITION:** MID **LEAGUE GAMES: 35**



TOM

EDGER

HT: 179 cm WT: 79 kg **POSITION: MID LEAGUE GAMES: 71**



HAYDN BUSHER

HT: 191 cm WT: 90 kg **POSITION: DEF LEAGUE GAMES: 89**



CHARLES

FANU

WT: 79 kg **POSITION: DEF LEAGUE GAMES: 50**





MORGAN DAVIES

HT: 182 cm WT: 75 kg POSITION: MID/DEF LEAGUE GAMES: 13



ROGERS

HT: 185 cm WT: 83 kg POSITION: DEF LEAGUE GAMES: 29



NICK WINMAR

HT: 189 cm WT: 87 kg POSITION: MID LEAGUE GAMES: 27



LACHIE MARTINIS

HT: 184 cm WT: 80 kg POSITION: DEF LEAGUE GAMES: 5



OLIVER EASTLAND

HT: 196 cm WT: 90 kg POSITION: FWD LEAGUE GAMES: 5



TOM SHANAHAN

HT: 185 cm WT: 81 kg POSITION: MID LEAGUE GAMES: 21



PALFREY

HT: 187 cm WT: 82 kg POSITION: FWD LEAGUE GAMES: 18



JEREMY GODDARD

HT: 202 cm WT: 95 kg POSITION: RUCK LEAGUE GAMES: 1



JESSE LAURIE

HT: 186 cm WT: 87 kg POSITION: DEF LEAGUE GAMES: 90



ANTON HAMP

HT: 190 cm WT: 85 kg POSITION: DEF LEAGUE GAMES: 103



ALEX MANUEL

HT: 188 cm WT: 80 kg POSITION: FWD LEAGUE GAMES: 26



BENNETT

HT: 179 cm WT: 75 kg POSITION: MID LEAGUE GAMES: 2



JACOB SIDERIS

HT: 165 cm WT: 67 kg POSITION: MID LEAGUE GAMES: 1



FRASER GILBERT

HT: 192 cm WT: 85kg POSITION: DEF LEAGUE GAMES: 2



BRENDEN ABBOTT

HT: 186 cm WT: 90 kg POSITION: FWD LEAGUE GAMES: 15



JOSH BENNETT

HT: 180 cm WT: 73 kg POSITION: MID LEAGUE GAMES: 1



BEN HI**GGS**

HT: 193 cm WT: 82 kg POSITION: FWD LEAGUE GAMES: 3



ISAAC WALLACE

HT: 179 cm WT: 80 kg POSITION: DEF LEAGUE GAMES: -



NICK YARRAN

HT: 175 cm WT: 70 kg **POSITION:** FWD **LEAGUE GAMES: -**



HARRY MCCRACKEN

WT: 78 kg **POSITION: MID/DEF EAGUE GAMES: 34**



JORDAN AW

HT: 175 cm WT: 75 kg POSITION: FWD LEAGUE GAMES: -



ALEC WATERMAN

HT: 185 cm WT: 80 kg **POSITION: MID EAGUE GAMES: 8**



EDDIE SIMPSON

HT: 197 cm WT: 93 kg **POSITION: FWD** LEAGUE GAMES: 7



CAM QUENBY

HT: 181 cm WT: 85 kg **POSITION: DEF LEAGUE GAMES: -**



BEAU MAISTER

HT: 194 cm WT: 94 kg **POSITION: FWD LEAGUE GAMES: 148**



ADEN WILKINS

HT: 190 cm WT: 84 kg **POSITION: DEF EAGUE GAMES: -**



KAIDEN GILBERT

HT: 195 cm WT: 89 kg **POSITION: FWD** EAGUE GAMES: -



HARRY SINCLAIR

HT: 185 cm WT: 82 kg POSITION: DEF EAGUE GAMES: -



BRETT WILSON

HT: 179 cm WT: 78 kg **POSITION: MID** LEAGUE GAMES: -



COREY MITCHELL

HT: 165 cm WT: 65 kg **POSITION: FWD** LEAGUE GAMES: -



DECLAN HARDISTY

HT: 186 cm WT: 80 kg **POSITION: DEF LEAGUE GAMES: -**



OM AWRENCE

HT: 189 cm WT: 79 kg **POSITION: DEF LEAGUE GAMES: -**



SMALLWOOD

HT: 194 cm WT: 78 kg **POSITION:** DEF **LEAGUE GAMES: -**



JAKE STERGIOU

HT: 182 cm WT: 73 kg **POSITION: DEF LEAGUE GAMES: -**



YSON ENGLAND

HT: 180 cm WT: 80 kg **POSITION: MID LEAGUE GAMES: -**



EWIS DAVIS

HT: 197cm WT: 82 kg **POSITION: DEF** EAGUE GAMES: -





SHAQ MORTON

HT: 179 cm WT: 75 kg **POSITION: DEF LEAGUE GAMES: -**



RHETT LOYD

HT: 180 cm WT: 73 kg **POSITION: MID LEAGUE GAMES: -**



DECLAN MCNAMARA

HT: 180 cm WT: 77 kg POSITION: MID EAGUE GAMES: -



JACK EWSEY

T: 177 cm WT: 74 kg **POSITION: DEF LEAGUE GAMES: -**



NIC BUCKNAL

HT: 179 cm WT: 76 kg **POSITION: MID EAGUE GAMES: -**



JORDAN REID

HT: 195 cm WT: 90 kg **POSITION: FWD LEAGUE GAMES: -**



JACK BLAAUN

HT: 175 cm WT: 75 kg **POSITION: MID EAGUE GAMES: -**



NICK LAN

HT: 193 cm WT: 77 kg **POSITION: FWD** EAGUE GAMES: -



TRE KELTON

HT: 192 cm WT: 82 kg POSITION: FWD EAGUE GAMES: -



ADDISON DEW

HT: 181 cm WT: 76 kg **POSITION: DEF LEAGUE GAMES: -**



BRAD TIMMS

HT: 182 cm WT: 81 kg **POSITION: DEF** LEAGUE GAMES: -



BEN RUSHFORTH

HT: 178 cm WT: 75 kg **POSITION: DEF LEAGUE GAMES: -**



COREY HITCHCOCK

HT: 182 cm WT: 77 kg **POSITION: MID LEAGUE GAMES: -**



JAMES EGAN

HT: 178 cm WT: 70 kg **POSITION: MID LEAGUE GAMES: -**



DAMON

HT: 183 cm WT: 74 kg **POSITION:** FWD



CAIN SHAW

HT: 178 cm WT: 72 kg **POSITION: MID LEAGUE GAMES: -**



JOSHUA DEVITT - B O Y D

HT: 189 cm WT: 83 kg **POSITION: DEF LEAGUE GAMES: -**



COOPER NITSCHKE

HT: 181 cm WT: 65 kg **POSITION: FWD** EAGUE GAMES: -



BROADY INTHORNE

HT: 182 cm WT: 73 kg **POSITION: FWD** EAGUE GAMES: -



JACOB

HT: 193 cm **NT**: 95 kg **OSITION:** FWD **EAGUE GAMES: -**



INTHORNE

T: 182 cm WT: 73 kg **POSITION: FWD EAGUE GAMES: -**

OSSES AND GAINS

KEN CASELLAS

With seven retirements and three young senior players recruited by AFL clubs, Claremont will go into the 2018 season without the skill and experience of those ten men, who, between them, amassed 595 league matches for the Tigers.

They took a total of 2214 marks, had 5768 kicks, made 3486 handpasses, laid 1390 tackles and scored 353 goals. And add to that there is the marvellous tally of 3246 hit-outs by retiring ruckman Mitch Andrews.

Andrews and the other retirees, Ryan Neates, Aaron Holt, Matt Davies, Jack Bradshaw, John Williams and Anthony Morabito will be sadly missed, and so, too, will be the drafted trio of Bailey Banfield, Matt Guelfi and Zac Langdon.

These losses are simply part of the evolution of a football club and we wish them all the best in their future endeavours in life and we are happy to reflect on the joy that they have all given club supporters over the years. Retirements are inevitable and the AFL draft continues to feast on Claremont's wonderful youthful talent.

Claremont, like most clubs, are constantly rebuilding and introducing fresh and exciting talent. Unfortunately, the Tigers will be without quality players in Jake Murphy and Harry McCracken for the first part of the season, and, possibly, for much of the year.

Murphy, the league side's captain for the past four years and a veteran of 124 matches, is recovering from surgery to his damaged right Achilles tendon, and McCracken is getting over surgery to a shoulder he damaged when playing basketball before Christmas. Strong-marking forward Jack Richardson has been affected by a nagging shoulder injury.

Helping to counter balance the losses of so many Claremont stalwarts will be the much-anticipated return after a five-year absence of star midfielder Kane Mitchell and the recruitment of powerful former St Kilda midfielder Tom Curren as well as promising teenage Victorian Isaac Wallace.



Ryan Neates in action.

Tough and dependable defender Jack Beeck has made a full recovery from a knee reconstruction which prevented him from playing last year and the brilliant Tom Lee has been training strongly after shoulder problems restricted him to just seven appearances in 2017.

The progress of lively small forward Nick Yarran from the Northern Territory Thunder side in Darwin will be watched closely and several 2017 colts players have been training impressively with the senior squad. Confidence is at a high level and the prospects of a successful 2018 season are extremely rosy.



MITCHELL MEANS BUSINESS BY KEN CASELLAS

Five months ago, Kane Mitchell was trekking around in the jungles in Columbia in South America and when he came across a cleared flat area he enjoyed kicking a football with his fiancée Rachel.

That was his early pre-season training, plus plenty of yoga, hiking and surfing following his decision to return to Claremont after a five-year absence.

Now 28 and as fit as a fiddle, Mitchell cannot wait until the 2018 WAFL season gets under way. The hard-working running machine with great endurance retains the skill, fierce determination, commitment and professionalism which were hallmarks of his game when he shone for the Tigers in winning league grand final sides in 2011 and 2012.

He last pulled on the No. 9 Claremont jumper on September 23, 2012 when he kicked three goals to help the Tigers beat East Fremantle by 26 points in the grand final at Subiaco Oval, just six days after winning the Sandover Medal (with a record-equalling tally of 58 votes) as the best player in the WAFL competition.

He is not promising to be the messiah or the miracle man to lead the Tigers out of the wilderness of seventh-placed finishes in the league competition in the past two years.

But he is determined to play his part in getting the league side back to playing finals football.

Mitchell was rewarded for his outstanding form by being selected by Port Adelaide in the AFL rookie draft in December 2012 and after being elevated from the rookie list to the senior list following Nick Salter being placed on the long-term injury list, he made his AFL debut in the round one match against Melbourne in 2013.

He had his ups and downs with Port Adelaide, and after playing 35 AFL matches in four seasons, he was delisted at the end of 2016, prompting him to take a break from the intensity and pressures of playing at the top level.

During his time in Adelaide, Mitchell also made 23 appearances for the Port Adelaide Magpies in the SANFL competition. He finished seventh in the Margarey Medal in 2015 and was equal third in the medal count in 2016.

After 13 AFL matches in 2013 and ten in 2014, Mitchell played in eight in 2015 and four in 2016 --- in rounds 15, 16, 17 and 18. He had 15 kicks and five handpasses in his final appearance, against Greater Western Sydney, before returning SANFL ranks.



"I realized after the Giants game that I wasn't going to be at Port Adelaide for much longer," Mitchell said. "So, in the final weeks in the SANFL I let my hair down and enjoyed my football. During that final month with the Port Adelaide Magpies in the SANFL I played some of the best football of my career.

"I was then delisted by Port Adelaide and late in the year Rachel and I returned to Perth for six weeks and we had a party to celebrate our engagement. It was then that we started planning our trip to Canada. I just needed a sabbatical. My body was probably as good as it has ever been, but it was the mental side of things.

"It took its toll trying to stay up the whole time --- because I'm a pretty happy person and I like to be happy. Sometimes in the system it doesn't allow you to be that way all the time. I'd been dreaming of playing AFL football since I was young. I achieved that and then I knew my time was coming to an end. So, I needed to step away from football for a while."

Kane and Rachel enjoyed nine months in Canada last year, spending a lot of their time snow-boarding, hiking and travelling in an ancient van. "I also worked in an Irish pub, serving beer and meals," Mitchell said.



After their Canadian sojourn, the couple visited New York, New Orleans and Mexico before donning their back-packs and hiking around South America.

"We ended up in Columbia and there was lots of hiking, lots of yoga and surfing as well," Mitchell said. "It was an amazing experience."

Before travelling south, Mitchell turned on the television to watch his beloved Port Adelaide Magpies clash with Sturt in the SANFL grand final.

"I knew many of the boys in the side and it broke my heart to watch the Magpies lose by a point in extra time after the final siren," he said. "There were a lot of what-if's and I didn't want to admit to myself that I was finished with football.

"The Magpies hadn't won a premiership for 16 or 17 years and I felt I had something to offer them. There was no idea of going anywhere apart from the Magpies or Claremont." Finally, he telephoned Claremont's Football Operations manager Darcy Coffey in October and agreed to sign with the Tigers for the 2018 season.

Mitchell said that his main aims were to stay injury-free, to enjoy his football and to help to get the club back playing finals football.

"AFL football is a tough caper," he admitted. "Some people are in the system for one year, some for five and some for ten. I now just want to rekindle my passion for football and pulling on the Claremont jumper again."This year Mitchell will wear the No. 1 jumper, with defender Jack Beeck in No. 9.

Mitchell also is keen to become more involved with his teaching and has already gained some relief work with his old school Newman College and Christ Church Grammar School.



Mitchell, playing for Marist, was the winner of the fairest -and-best award in 14's grade in the Claremont district junior competition in 2004 and he made his debut in the Tigers colts side as a 16-year-old in 2006 when he finished eighth in the fairest-and-best count and was fifth the following year.

In 2008, he finished second in the fairest-and-best award in the reserves side and fifth in 2009 --- when he also chalked up eight league appearances. He had the misfortune to play in four losing grand final sides with the Tigers, with the colts in 2006 and 2007, the reserves in 2008 and the league side in 2010 before enjoying league premiership triumphs in 2011 and 2012.

Mitchell has played 77 league matches and six Foxtel Cup games for the Tigers, as well as making two appearances for WA in interstate matches.

He is delighted at re-joining Claremont, saying: "There's still some familiar faces, but definitely a different kind of energy with the new stand, new gym, new changerooms and the construction on the outer wing. There's a feeling that there are good people in good places at the club and the future is exciting."



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CURREN MAKES A FRESH START

BY KEN CASELLAS



An enjoyable association with 2011 Claremont premiership coach Simon McPhee and spending time at St Kilda with Beau Maister, Tom Lee, Tom Ledger and Nick Winmar have paved the way for Tom Curren to move west and make a fresh start in football with the Tigers in 2018.

Three fractures in his left leg have blighted Curren's career, but those misfortunes have not dampened his enthusiasm or his love of the game.

He is on a determined mission to re-establish himself as a quality footballer after managing to play in a total of about one full season in the past three years.

A powerful midfielder with great endurance, Curren admitted that his injuries had proved quite frustrating, but he is a positive character who is looking forward keenly to enjoying his football and sharing success with his new teammates at Claremont.

Renowned as a physical fitness fanatic and a perfectionist, the 25-year-old Curren said that he had fractured bones in his left leg in 2009, 2015 and last year. He has made a complete recovery from fracturing the cuboid bone in his left foot when playing in a pre-season practice game for Sandringham almost 12 months ago.

Curren had been appointed captain of VFL side Sandringham for 2017 after being de-listed by St Kilda at the end of 2016. But his most recent injury prevented him from playing a single competition match last year.

"It was a bit of a nightmare year," he said. "So, I decided to make a fresh start and my connection with Simon McPhee, my coach at Sandringham in my second and third years with the club, and my relationships with Maister, Lee, Ledger and Winmar were the major influences on my decision to come to Claremont. I loved Simon as a coach and as a bloke; he's a ripper and I can't speak highly enough about him.

"So far, over here, it has been great and I can't speak highly enough about how I've been welcomed and how the guys have embraced me."

Born in the Mornington Peninsular and growing up in Frankston and Mt Eliza, Curren progressed from junior ranks to the Dandenong Stingrays in the TAC Cup (under-18) competition.

It was when he was captain of the Victorian Country under-17 side and playing in a Future Stars game in 2009 at Victoria Park against the Vic Metro side led by Tom Liberatore that Curren fractured his leg for the first time.

"It was a dog of a day with the rain pouring down sideways," Curren said. "I had the ball early in the second quarter and twisted the wrong way under pressure from an opponent. My leg broke and I was out for 12 months.

"I came back and played in exactly the same game a year later when I received special consideration to play as an overage player. I also got an allowance to come back and play for the Stingrays in the TAC Cup and I was lucky enough for St Kilda to call my name out in the 2011 rookie draft."

In his first two years with St Kilda Curren played for Sandringham in the VFL competition and he won the club's fairest-and-best award in his second year, in 2012. He made his AFL debut for St Kilda in a round 17 in 2013, against Port Adelaide at Docklands Stadium.

After seven AFL appearances in 2013, Curren chalked up another 16 games for the Saints in 2014, but managed just two games in 2015, the year he fractured his leg again, playing for Sandringham.

"I played the first eight or ten games for Sandringham in 2016 before I tore my quad and missed another eight to ten matches," he said. "I ended up being shown the door (delisted) by the Saints. It was a great experience. I took nothing for granted and I'm at ease with my career with the Saints.

"I left no stone unturned, and that's what I pride myself on. I make sure I wring everything out of my body."

He started a full pre-season in the summer of 2016-17 and was appointed captain of the Sandringham side.

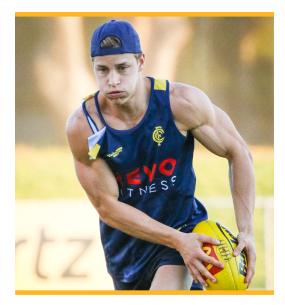
"I led the boys out for the first two or three practice games and in the final one I fractured the cuboid bone in my left foot," Curren said. "This kept me out for the rest of the year. It was a bit of a nightmare year. And then I decided on making a fresh start.

"I'm a pretty competitive sort of person, so missing so much football has been quite frustrating."

Curren made 25 AFL appearances for St Kilda and 68 VFL matches with Sandringham. He played against all other 17 AFL clubs and had the interesting experience of travelling to New Zealand twice to play in against Brisbane and Carlton on the small circular ground in Wellington.

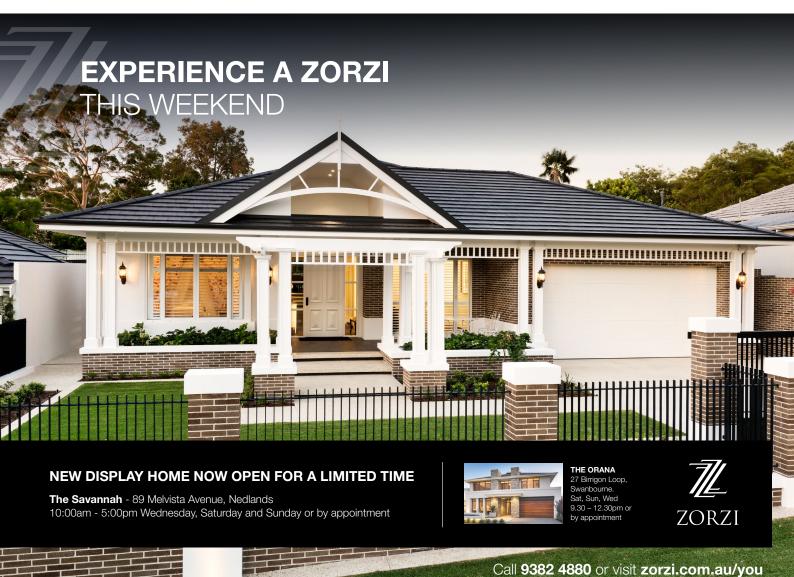
He has played mainly as an inside midfielder, but said: "I pride myself on my ability to play multiple roles, whether it is as an inside or outside midfielder, as well as having the ability to go forward and have an influence or play in a negating role."

Curren, who has settled in as the supervisor of the Mount Claremont house which acts as home for some of the club's interstate and country players, works part-time at Steve Smith's gymnasium and is studying at Notre Dame University in a bid to gain a degree in Exercise and Sports Science, after studying at Deakin University over the past two years.



"The facilities at Claremont are unbelievable and the club has great people in great positions --- and the culture breeds off that," he said. "The players are not satisfied at where they're at and are working towards success. I'm hoping to be part of that. It's an exciting group which embraces all challenges."

"I've under-achieved over the past few years and, hopefully, I can rectify that."





ABBOTT REINVENTS HIMSELF

BY KEN CASELLAS



When Brenden Abbott arrived at the Collingwood Football Club as an unsophisticated country lad more than three years ago he was a lost soul who discovered that he didn't fit in with the culture at the AFL powerhouse and it wasn't long for his dreams of playing AFL football were dashed.

Now, just two months after his 23rd birthday --- and after two years in the football wilderness --- he has reinvented himself and has high hopes of making a significant mark in senior football, first with Claremont and then, hopefully, at AFL level.

He has rid himself of the demons that haunted him and after considerable soul searching he has mapped out a pathway to revive his career which stumbled off the rails. In a frank admission of his shortcomings, Abbott reveals why he failed to make the grade at Collingwood after being selected as a teenager in the 2014 rookie draft, following an outstanding first season of league football with Claremont.

The powerfully-built left-footed forward impressed with his aggressive spirit, his great speed, prodigious leap and high-marking ability as well as his long kicking. A product of Claremont's Great Southern zone from Albany, Abbott excited Tigers fans with a superb display against Swan Districts at the Showgrounds in 2014 when he kicked 5.4 opposed to Swans captain and WA full-back Tallan Ames.

That performance played a big part in Collingwood's decision to recruit him. However, Abbott now admits that he wasn't ready for the move to Melbourne, saying: "I didn't have a car and lived in three or four different houses before I got settled."

Things improved and he was showing plenty of promise in Collingwood's VFL side. He scored six goals against Werribee in a match in June 2015 and in a game against Footscray's VFL side at Victoria Park the following month he had kicked four goals against former Claremont player Joel Hamling before he crashed to the ground early in the final quarter after a clash with Hamling and suffered severe damage to his left shoulder.

"Every single ligament in the shoulder was snapped and I had a full reconstruction," Abbott said. "So, I returned to Albany, mainly to keep my mind occupied. My shoulder was strapped for six weeks and I couldn't do anything.

"Collingwood offered me another contract, but I said no because I didn't fit in with the culture. And that was probably my fault. I didn't really have the skill set to understand what was required of me. I was a role model to little kids --- and I couldn't fulfil that role."

Abbott also had some family issues in Albany and he felt a certain responsibility. Therefore, he decided against playing anywhere in 2016 and 2017.

"I realised that if I wanted to rejuvenate my career I had to work on myself and be in top shape upstairs and understand what was required of me, and that's to be a role model in the community," he explained.

"If I was to come back to Claremont and show my face, I couldn't let down my teammates and those who had helped me at the club. I had to be sure I was a hundred per cent committed. I have had to overcome internal personal battles. I needed to focus on what I wanted to do with my life.



"It's never been purely football. It's always been 'what am I going to do away from the footy club and what impact do I want to have on the world and on the people around me?

"In the past, I felt a responsibility to my family and if there was an issue I felt I had to be there, and if I wasn't, then I was letting the family down. But now I understand that it is their lives, their decisions, their choices. If my family makes a decision it is up to them; it is not anything that represents who I am or what I want to be.

"So, every time something happened in Albany, family-wise, I felt as though I had to be there, and if I wasn't, I was letting the family down. But I have my own life to live. I am still close with the family, but if I don't take control of what I am doing, you could say that I have never learnt my lesson --- and I could be 60 years old and still doing the same thing.

"My aim is to play good, consistent football with Claremont and tick all the boxes away from the club. I have completed my course as a barista and at the end of the year I would like to start studying computer science."

Regarding football, Abbott said that Claremont had never turned its back on him. "So, I could never turn my back on the club," he said. "I know that there's a lot of hard work to be done, and I'm not scared of it. I want my footy do the talking; it's all up to me.

"I understand what is required, and I've got to set the example. The road ahead is rocky, but I'm prepared for it. Claremont is a club where everyone supports everyone, no matter what they've gone through or what walk of life they've come from. The penny has definitely dropped and I'm ready for the challenges ahead."

Abbott's immediate challenge is to recover from surgery to cure a fractured bone in his left wrist. The wrist will be encased in a fibreglass cast for six weeks and then Abbott will begin the road back to regaining full fitness --- and a return to league action sometime after the half-way mark in the season.



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WALLACE TAKES UNCLE'S ADVICE

BY KEN CASELLAS



Victorian teenager Isaac Wallace is chasing his football dream of making a mark in the game and he is leaving no stone unturned in his bid to break into Claremont's league side this year.

Disappointed at being overlooked in the 2016 AFL rookie draft, Wallace had a disjointed time in football last year when he played for four clubs --- ten games as co-captain for the Murray Bushranger in the TAC Cup competition, one match for Collingwood in the VFL, two development-grade games for Williamstown and an occasional appearance with the Wodonga Bulldogs in the Ovens and Murray League.

"I didn't really enjoy my footy last year, so it was either move interstate or have a year off," the 19-year-old Wallace said.

"My uncle (Malcolm Wallace) sat me down and suggested I go west to make a fresh start on bigger grounds where the style of footy is different to the VFL." Malcolm Wallace was a member of Wodonga's 1987 premiership side and one of his teammates was current Claremont league coach Darren Harris.

"I took my uncle's advice and phoned Harro and asked if I could come over and give it a crack," Wallace said. "I came over in October and met Harro and a few of the boys, and a few days later I was offered a one-year contract."

The solidly-built Wallace has excelled as a half-back flanker, in a back pocket and in the centre. "I like the competition and enjoy being used in a lock-down role," he said. "I like the one-on-ones and the contested footy."

Wallace, who recently started work as an apprentice carpenter, has enjoyed the extra professionalism at Claremont and the more rigorous training routines. "My first goal is to start in the league side," he said. "And I'm trying to do everything possible to achieve that."

Born in the north-east of Victoria near the ski resort town of Falls Creek, Wallace has fond memories of Western Australia. He was a member of the under-12 Victorian Country Schoolboys side which competed in the national carnival in Perth. "We stayed in Scarborough and I remember playing on grounds like East Fremantle Oval," he said. "We smashed every other side and won the championship."

In 2014 when he was trying out for the under-16 Vic Country side he fractured left leg in the final practice match. "I was tackling and twisted my ankle," he said.

In 2016 he played senior football for Wodonga for the first half of the season and then represented Murray Bushrangers in the TAC Cup for the second half of the season. At the end of that year seven members of the Bushrangers team were taken in the AFL national draft and three more were picked up in the rookie draft. A compressed fracture of a knee, which kept Wallace on the sidelines for several weeks, certainly did not help his cause.

Now he is fit and well and hellbent on making his mark with the Tigers.





COACHING IS IN ARMSTRONG'S BLOOD

BY KEN CASELLAS

Steven Armstrong is continuing a wonderful family tradition as coach of the Claremont reserves squad this season.

His grandfather Ken Armstrong is a legend of the Perth Football Club, having coached the Redlegs to league premierships in 1976 and 1977, and his father Gary coached Perth's league side in 1999 and 2000 after guiding Scarborough to three premierships in the A-grade amateurs in the 1990s. And over the past dozen years he has enjoyed further success as coach of the Kalamunda amateurs.

Ken Armstrong played 170 senior matches for Perth and he coached Perth's league side in 201 matches and was in charge of Subjaco for a further 62 matches.

The 34-year-old Steven Armstrong is maintaining a strong coaching apprenticeship, having over the past decade been an assistant coach of the Western Australian under-18 squad, coach of the Subiaco colts for three years and spending 2017 at Bassendean Oval with Swan Districts as an assistant to league coach Greg Harding.

He embraced coaching after a distinguished career as a player, chalking up 79 AFL matches (43 for Melbourne and 36 for the West Coast Eagles) as well as appearing in 93 WAFL matches for Perth and one for WA (against South Australia in 2006).

He showed early promise and was the joint winner of the Larke Medal as the best player in the under-18 national carnival in Melbourne in 2001. Interestingly, Armstrong takes over the reins as Claremont's reserves coach from the 2003 Larke medallist Kepler Bradley, who has been promoted to be an assistant to league coach Darren Harris.

It was through Armstrong's association with Harris at the Eagles in 2006-08 that has led him to Tigerland.

"Harro was the forward coach at the Eagles and he contacted me regarding the coaching job at Claremont," Armstrong said. "I wanted to stay loyal to Swans after one year with them, but at the end of the day I accepted the advice of my peers that I had to coach on my own at WAFL level.

"Harro gave me that opportunity and with the experience and knowledge he brings it will be great for my development. He has done a lot of hard work building everything at Claremont and my philosophies will mirror Harro's.

"I expect I will probably teach more than I coach. I consider that development is important, especially if I have players who will become 100-game league players for the club. And, finally, enjoyment is a big part of footy. I also had to see if I could coach men, after being involved with the under-18s and colts."



Armstrong will be assisted by his younger brother Ben and Wayne Golding, his mentor in his years coaching the Subiaco colts.

Growing up in Kalamunda, Armstrong was a member of Swans development squads before being cleared to Perth as a 16-year-old in a swap with two other players. "I played one league game under Dad in 2000 and the whole season under Stan Magro in 2001 before being drafted by Melbourne at the end of that year," Armstrong said.

In his first year with Melbourne Armstrong had the experience of playing in a qualifying final against Adelaide at the MCG when the Crows came from six goals behind to win. After four years with Melbourne a homesick Armstrong decided to return to WA. "I was hoping to be picked up in the rookie draft by a WA club --- and I was picked up by West Coast," he said.

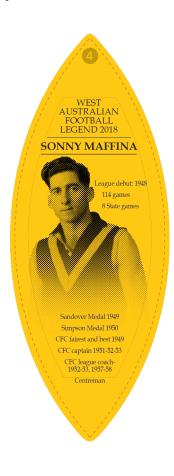
Then, in 2006, Armstrong had an amazing ride, playing 12 league matches with Perth and then the final ten AFL matches with the Eagles, culminating with a premiership medallion when the Eagles beat the Sydney Swans by a point, with Armstrong snapping his side's second last goal from about 35 metres out on the right flank.

Armstrong, played as a small forward in a pocket for most of his career before graduating to a wing and half-forward flank in his final years. Even though he played in only 12 matches for Perth in 2006 he won the club's fairest-and-best award. He was delisted by the Eagles at the end of 2008 and then played a further 56 league matches in three seasons for Perth, the final two as captain, before retiring at the end of 2011 season --- and embarking on a coaching career.

CLAREMONT SALUTES A CHAMPION

SONNY MAFFINA IS A TIGERS LEGEND

By Ken Casellas



Sonny Maffina, an outstanding exponent of the lost art of the stab kick, lit up Claremont Oval in the late 1940s and the 50s with his deft skills, his superb ball-handling ability and allround brilliance.

Born in Boulder on January 10, 1926 and recruited by Claremont from the Boulder City club a couple of years after he had been discharged from the Australian Army after serving in Borneo and the Pacific Islands late in the Second World War, Maffina has been honoured as Claremont's 2018 match-day legend.

Christened Gordon Louis Charles Maffina and universally known as Sonny, he was courted by East Fremantle and West Perth before signing with the Tigers

for the 1948 WAFL season. He wore the No. 4 jumper with great distinction and won the club's fairest-and-best award and the Sandover Medal in 1949 at the age of 23 and after playing just 30 league matches.

Maffina, who died on September 10, 1991, appeared in 114 league matches and was a shining light in all his eight appearances for Western Australia, won the Simpson Medal as his State's best player in the 1950 Australian championship carnival in Brisbane.

He appeared in 14 league matches in his debut season in 1948, playing as a half-forward flanker eight times, at centre-half-forward twice and in the centre in a final qualifying-round match against Swan Districts at Claremont Oval in September.

He was the club's regular centreman in 1949 when he played in 16 matches and missed two with an injury. He polled 17 votes in the 3-2-1 system and won the Sandover Medal by a vote from South Fremantle's Len Crabbe and Dave Ingraham.

Apart from his grand playing ability, Maffina was a wonderful and well-respected leader who graduated to the vice-captaincy in 1950 and was captain in 1951-52-53. He was also coach in 1952, taking over from the legendary George Moloney, when he led the side into the finals for the first time in ten years.

A serious knee injury restricted Maffina to eight matches in 1953 and he was forced to retire prematurely after 90 league appearances at the end of the season. Harry Carbon coached the Tigers in 1954 and John Hyde was at the helm in 1955-56 before Hyde returned to Victoria and Claremont appointed Maffina as captain-coach for the 1957 season after he had enjoyed a stint as playing coach of Metropolitans in the Sunday League.

Maffina coached the Tigers in 1957 and 1958 and he added another 24 matches to his record before ending a celebrated career with 114 appearances for the Tigers.

He remained a staunch Claremont supporter and was thrilled when first-year coach Jim Conway, a former star East Fremantle rover and 1950 Sandover medallist, invited him to be his assistant in 1964. The Tigers had finished a dismal last in 1963 before Conway and Maffina combined to achieve one of the greatest turnabouts in WA football history with the Tigers beating East Fremantle in the grand final to end a 24-year premiership drought.

Maffina served as a club committeeman for seven years, from 1964 to 1970 and he coached the club's thirds and fourths sides in 1968 and 1969, with the fourths winning the premiership in 1968.





CLAREMONT WOMEN'S FOOTBALL

2018 PRE-SEASON A ROARING SUCCESS!

By Pip Harrison

The Claremont Women's Football Club has continued its strong form into the 2018 season with preseason sessions starting in November. We have seen a steady increase in players with record numbers of 80+ women coming down to train on Wednesday and Friday nights.

Taking on a new Head Coach Andrew Di Loreto, 2018 looks to be a stellar season, where we will field 3 teams in the WAWFL competition. Our League, Reserves and Rogers Cup (Youth) teams will be a force to be reckoned with when the season starts on the 8th April with our first game being played at Claremont Oval.

We started 2018 with a trip to Albany, where CWFC participated and ran a "Female Football Festival" and played a scratchmatch with the Great Southern Women's Football Club. There were 60+ participants in the festival, with ages ranging from 5-40 years old. It really goes to show how much the AFLW competition has inspired many girls and women to take up the great game of AFL.

We continue to develop our strong relationship with the Claremont Football Club who have for the second year welcomed us into the fold, and who help us evolve as a team and a community of diverse, inspiring women. Many thanks to Graham Moss & Darcy Coffey for their continued support and contribution to our club.

A huge welcome and thank you to the coaches, returning tigers, new players and support staff, we look forward to what we hope is a very successful season.

We encourage anyone interested to attend our 1st Round Game at Claremont Oval on the 8th April against Perth Angels. Rogers Cup Youth Girls will play at 10:30, Reserves at 12pm and League at 2pm.

Please check out our brand new website http://www.claremontwfc.com.au/

Or contact us at claremontwfc@gmail.com for more information.



The 2017 League Team at Chloe Colgate's 100th game.



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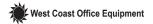


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