

Polocrosse Association of Australia

NEWS ~ JULY 2021



2021 PAA APPOINTED POSITIONS

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Behind the D with Maya Scott

PAA National Executive Officer (NEO):

neo@polocrosse.org.au

<https://www.polocrosse.org.au/>

The PAA would like to announce the following appointed positions for the next 12 months.

- National Manager of Umpiring – Kent Wells
- National Manager of Coaching – Jodie Hall
- National Manager of Horse Welfare – Dr Chris Reardon

The PAA appreciates and thanks Kent, Jodie & Chris for their dedication, time, knowledge, and contribution they have given over the years to polocrosse.

Sandra Weston, PAA Board Director will be working closely with Kent & Jodie to deliver the best practices of both umpiring and coaching.

Charlie Brook, PAA Board Director will be assisting Dr. Chris Reardon (PAA National Championships vet) to uphold the welfare of horses and the importance of protection from disease and to maintain health and vigour in the horses.

If you have any questions regarding umpiring, coaching and or horse welfare please email them to; neo@polocrosse.org.au



TYING UP IN HORSES

Tying up in horses is commonly used to describe horses that are stiff and reluctant to move due to pain originating from the muscle groups within the back, pelvis, and hind limbs, it may also be accompanied by excessive sweating, increased heart rate and respiratory rate.

Some of the signs of when a horse is tying – up:

- Firm, painful muscles over the loin and croup (lumbar and gluteal muscles)
- Shortened, stiff stride behind.
- Anxiety.
- Excessive sweating.
- Quick, shallow breathing.
- Rapid heart rate.
- Muscle spasm, twitching, or tremors.
- Being reluctant to move or unable to move.

Treatment:

Treatments can vary from case to case, depending on the cause, however general parameters for treatment include:

- Maintain hydration.
- Replenish electrolytes.
- Provide pain management.
- Provide muscle relaxation.
- Repeatedly monitor blood and urine indicators of muscle damage.
- Prevent further muscle damage while promoting blood flow and muscle movement.
- If necessary, gently rub the horse dry, then blanket if temperatures warrant.

Charlie Brook, PAA Horse Welfare Officer representative

POLOCROSSE RULES – DO YOU KNOW THEM?



Over the last several months, Kent Wells, National Manager of Umpiring has been testing members knowledge on the rules of polocrosse.

Here is the link to complete the 8th Survey Monkey.

<https://www.surveymonkey.com/r/6VWBVVC>

You can download the PAA rule book via this link,

<https://www.polocrosse.org.au/wp-content/uploads/2019/05/PAA-2019-RULEBOOK.pdf>.

You can also order a hard copy of the rule book by emailing neo@polocrosse.org.au



POLOCROSSE ITEMS FOR SALE

Currently in stock:

- Umpire saddle clothes - \$71.50 plus postage.
- Beginners Polocrosse racquets - \$93.50 plus postage.
- Video – Polocrosse the story \$16.95 plus postage.
- PAA badges \$ 6.95 plus postage.

If you would like to purchase one, please contact the PAA NEO via email; neo@polocrosse.org.au

2021 PAA OPEN, INTERMEDIATE AND JUNIOR SQUADS ANNOUNCED

The Board of the Polocrosse Association of Australia would like to announce and congratulate all the players on their selections in the PAA Squads.

PAA OPEN SQUAD

Name	Club/ State	Name	Club/State
Chris Anderson	Quirindi/NSW	Sam Allen	Tansey/QLD
Elliott Avis	Moorooduc/VIC	Kacie Crabb	Moorooduc/VIC
Corey Buys	Sale/VIC	Laura Donnelly	Macksville/NSW
Matt Davison	Albury/Holbrook/NSW	Lindsey Doolan	Chinchilla/QLD
Abbott Grills	Albury/Holbrook/NSW	Lucy Grills	Albury/Holbrook/NSW
Jimmy Grills	Albury/Holbrook/NSW	Beth Hafey	Tansey/QLD
Matt Johnson	Tara/QLD	Sydnee Johnson	Tara/QLD
Luke Lossberg	Sale/VIC	Katie Owens	Warwick/QLD
Tom O'Neil	Tansey/QLD	Taylor Radford	Walkaway/WA
Russell Owens	Warwick/QLD	Katie Wills	Albury/Holbrook/NSW
Luke Saul	Quirindi/NSW		
Zach Vines	Moorooduc/VIC		
Will Weston	Jugiong/NSW		
Islay Young	Narrabri/NSW		

PAA U'21 SQUAD

Name	Club/ State	Name	Club/State
Hugh Anderson	Warwick/QLD	Felicity Elford	Narrabri/NSW
Callum Brook	Warwick/QLD	Makayla Elford	Narrabri /NSW
Tristan Cooper	Corio/VIC	Amy Gould	Moonyoonooka/WA
Cameron Frear	Quirindi/NSW	Kasey Henry	Jugiong/NSW
Thomas French	Jugiong/NSW	Monique Hoare	Warwick/QLD
Alec Grills	Inverell/NSW	Keely McGrath	Warwick/QLD
Tom Keightley	Capel/WA	Adel Martin	Capel/WA
Blake Radford	Rosedale/VIC	Annabel Michelmore	Portland/VIC
Campbell Rose	Bunnan/NSW	Maya Scott	Midlands/TAS
Sam Sargood	Tambo/QLD	Bridget Shepherd	Warwick/QLD
Andrew Smith	Lake George/NSW	Gemma Stuart	Albury/Holbrook/NSW
Angus Templeton	Trafalgar/VIC	Julie Stuart	Narrabri/QLD
Daniel Trembath	Jugiong/NSW	Bree Thornton	Warwick/QLD
Mitchell Wamsley	Bunnan/NSW	Josie Wilson	Quirindi/NSW
		Tayla Ward	Gold Coast/QLD

PAA JUNIOR SQUAD

Name	Club/ State	Name	Club/State
Mace Edmestone	Bauhinia/QLD	Emily Bowden	Wandoan/QLD
Riley Edmestone	Bauhinia/QLD	Ashley Cooper	Greenough/WA
Hunter French	Tambo/QLD	Isabelle Deshon	Gulgong/NSW
Mitchell French	Jugiong/NSW	Hallie Hogden	Gulgong/NSW
Jim Henry	Jugiong/NSW	Zoe Fuller	Burradoo/NSW
Ryan Kennedy	Moonyoonooka/WA	Tess May	Mobrup/WA

Jett Sargood	Tambo/QLD	Bridget McKemey	Guyra/NSW
Bryce Scott	Moonyoonooka/WA	Ella Myers	Warwick/QLD
Harrison Semmens	Sale/VIC	Alicia Nicholson	Tansey/QLD
Brady Wilms	Sale/VIC	Isabelle Nicholson	Tansey/QLD
		Emily Wamsley	Guyra/NSW

2021 PAA INTERMEDIATE AND JUNIOR TEST SERIES TEAMS ANNOUNCED

The PAA Board along with the National Selectors would like to announce and congratulate the following players on being selected as members of the 2021 PAA U'21 and Junior Test Series Teams.

The PAA appreciates that once again these are particularly challenging times for many of us with the Covid-19 situation as it continues to present unique and unprecedented challenges for all of us.

Due to government restrictions imposed to manage the most recent outbreak of covid-19 in Australia, the PAA Narrabri Junior and Sydney Intermediate Test Series have been postponed.

The PAA is committed to ensuring the health and safety of our members and the community. We will continue to closely monitor the government developments around the covid-19 situation and provide you with the latest information as it translates to our activities.

The PAA thank the players and their families for your patience and continued support during these times.

PAA U'21 TEST SERIES TEAMS

Green Team	Club/ State	Gold Team	Club/State
Felicity Elford	Narrabri/NSW	Makayla Elford	Narrabri/NSW
Kasey Henry	Jugiong/NSW	Monique Hoare	Warwick/QLD
Adel Martin	Capel/WA	Bridget Shepherd	Warwick/QLD
Julia Stuart	Narrabri/NSW	Gemma Stuart	Albury/Holbrook/NSW
Alec Grills	Inverell/NSW	Callum Brook	Warwick/QLD
Tristan Cooper	Corio/VIC	Andrew Smith	Lake George/NSW
Thomas French	Jugiong/NSW	Cameron Frear	Quirindi/NSW
Daniel Trembath	Jugiong/NSW	Mitchell Wamsley	Bunnan/NSW
Coach Greg Davidge		Coach Arch Anderson	

PAA JUNIOR TEST SERIES TEAMS

Green Team	Club/ State	Gold Team	Club/State
Ashley Cooper	Greenough/WA	Emily Bowden	Wandoan/QLD
Bridget McKemey	Guyra/NSW	Tess May	Mobrup/WA
Ella Myers	Warwick/QLD	Alicia Nicholson	Tansey/QLD
Isabelle Nicholson	Tansey/QLD	Emily Wamsley	Guyra/NSW
Riley Edmestone	Bauhinia/QLD	Mace Edmestone	Bauhinia/QLD
Mitchell French	Jugiong/NSW	Hunter French	Tambo/QLD
Jim Henry	Jugiong/NSW	Bryce Scott	Moonyoonooka/WA
Ryan Kennedy	Moonyoonooka/WA	Harrison Semmens	Sale/VIC
Coach Ella Elks		Coach Lucy Grills	

BEHIND THE “D”



Meet Maya Scott, Intermediate player for Midlands Tasmania.

How long have you been involved in polocrosse?

I have been playing polocrosse for six years, starting when I was eleven, although I have always been around the sport as my family used to play and began playing again when I started.

What do you do outside of polocrosse?

Outside of polocrosse I am a full-time student in Year 11, hoping one day to go on and study Radiography at University. I work for Wickford Polo Ponies, working the polo horses, riding young ones, and riding track work. Our family also have young horses to work during the winter in our off season.

What is the most memorable occasion associated with the game?

I have many memorable experiences in polocrosse especially through travelling to the mainland a couple of times a year to attend the Albury Junior Classic and the Narrabri Junior Challenge, I have met so many amazing people. Recently my Dad and I made the trip across the water with our own horses and travelled for seven weeks, we were able to play six carnivals in the one trip. I loved every minute of it, but a highlight would have to be the Cassillis carnival, being given the opportunity to play with and against some of the best women players around.

Where do I see the game going in the next 5 years?

In the next five years I hope that polocrosse is not affected again by COVID. In Tasmania there is a lot of new members coming through with many juniors and sub-juniors showing interest, with the opportunities that are available for Juniors to attend coaching clinics and competitions, this will help increase the playing standards and horsemanship. Polocrosse is a fantastic family sport and the whole family gets involved, I hope to see my brother Louis start playing, and one day play with him and my sister Maddison.

Tell us something that is unusual about you?

Some people will say that I have quite a few things unusual about me, some of these are - I am scared of the dark, hate the smell of coffee in the morning, hate feet and really don't like the cold.

Thanks, Maya for your time.

CONTRIBUTORS

The PAA would like to thank Charlie Brook and Kent Wells for their contributions to this month's newsletter.

Remember, if your club, zone, or state would like to promote an event that is happening please let me know via an email to; neo@polocrosse.org.au

QUOTE OF THE MONTH

“I think you have to go out believing you can win the match; otherwise, there's no point walking out on the court, really”.

– Ash Barty (World no 1 professional Australian tennis player).

As always, stay well and safe, we appreciate your support as we work to find ways to safely continue to enjoy our fabulous sport!

