



Thank you

7 seasons ago, the Senior Women's team was born. I put my hand up to pick up a few cones at training and somehow stumbled into the senior coaching job.

I've always felt a sense of belonging here. Like so many of my male contemporaries and men of this community over the past 138 years, I've grown up at the CYs. It was my time to give back, and I wanted the women and girls of our community to have the opportunity to call the Fearon home. The players said it best with the theme they've carried through the past couple of seasons. Why not us, why not now! Although it's only been 7 seasons, it feels like women's footy has always been here. As it perhaps should've been, but certainly as it will remain.

I feel privileged to have been accepted and trusted by the players to coach their team. A former captain stumbled through it perfectly, "One in, one all, all in". What she meant was, "everyone is welcome, we've got your back". Nothing sums up what I will miss most about coaching this club than the sense of togetherness and belonging that has always been the CYs way. What we've achieved, we've achieved together.

Thank you to all the players I have coached over the years. 7 seasons steering the ship... There's a fair bit to unpack. Trying to put it into words has been tough. It's emotional for sure, but mostly I want to do all the players justice in finding the right words to show how appreciative, privileged, and grateful I am to have coached all of you. It's hard to articulate how the experience has impacted me, you're all truly outstanding and inspiring people. It sounds cliché to say coaching the women has changed me, but that's the truth. I am what I wanted for all the players and what I've talked about so much over the 7 seasons - a better person leaving than I was when I arrived. Thank you.

There are many highlights. The establishment of the player pathway with Williamstown Juniors, the addition of a reserves team, rising divisions from D3 to Premier B, and of course the first Senior Women's Premiership in 2023. I have been fortunate to coach many former, current, and future greats who have given so much to the club on field and to be involved in players development to heights which were barely imaginable when we started. I could write a list a mile long, although Zoe Day, Scarlett Kennedy, Ruby Tripodi, Anais Lipski, Em Gardner and Kiara Palmar have embodied the spirit of the club in recent years and are always leading the way in driving a culture and reputation that is unmatched in the western suburbs. You have inspired me, and you inspire all the players with the way you play your footy and drive the Seagals values. Thank you to all the players I've coached over the years for accepting and teaching me so much. To the current squad, keep going! There's unfinished business and I believe in what you're capable of achieving. Stick together, it's your time.



I have been so lucky to coach at the club through such an amazing time in its history for both the Men and Women's teams, I couldn't have done that without the support of so many. Thank you to all the coaches who have supported my development and the development of the women's program over the years, Monte, Con, all the other men's coaches. Sarah, Bess, Luke, Dave, Jay and most of all Jack Gray. I would also like to thank the committee members, volunteers, supporters, Williamstown Juniors FC and Williamstown Football Club for investing so much into Football Williamstown and the player pathway for women. Most of all, thanks to my family, particularly Georgia who has been solid as a rock in helping me find the time to coach amongst the many other major milestones in our family life, I owe you dinner, bath and bedtime for the next 7 years of Tuesday/Thursdays and can't wait to introduce our kids to the CYs in years to come.

I will miss blowing the whistle to start training on Tuesday and Thursday nights, the many hours preparing a theme or pregame rev up for the big games, the history the players are creating - which means so much to me, the club, supporters, and the players of the future. I'll also miss the one-on-one coaching, not only on footy, but as people. I'm coached as much as I'm coaching. I look forward to coming down to the Fearon as a supporter and enjoying the high frequency energy of hearing the Grand Old Flag belted out after a win. I'll barrack hard and with passion as so many have over the years to help get the girls over the line.

The experience of coaching the senior women over the past 7 seasons has profoundly impacted my personal and professional life and I'm immensely grateful for the lifelong friendships, experience, and skills it's provided me. For the better, the introduction of women's footy has enormously impacted the club and community.

I'm proud to have contributed and I'm excited to watch the whole club continue to grow in the hands of future coaches.

Go Seagals, Go CYs.

Lawrence Henry