



GHA MENS CAPITAL LEAGUE 2014

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| Name: | Ben Staines |
| Nick-Name: | Stainsey |
| DOB: | 13 July 1997 |
| Years playing hockey: | 11 |
| Playing Position: | Inside Forward, Half |
| Current Hockey Club: | Drfitters |
| Off-field employment/studies: | Goulburn High Yr11, Trappers Bakery |
| Favourite Training Drill: | Suicides |
| Dreaded Training Drill: | Suicides |
| Future Hockey Ambitions: | 1. Coach a team 2. Win State Championships 3. Make a high level team |
| Funniest Team Mate and why: | Jake Staines "simple" |
| Three things you can't live without: | Food, water, air |
| Favourite food: | Tacos |
| Favourite quote: | "Go hard at it" |