



KNIGHT LIFE



Official Player / Staff Newsletter
www.knights.org.au

14th December 2010

Major Sponsor



Edition 01/11

PLAYER DIARY

Wednesday 15th December	Training @ La Trobe University 5:00pm (All Squads)
Friday 19th December	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Friday 14th January	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Monday 17th January	Training @ La Trobe University 5:00pm (U/18 Only)
Wednesday 19th January	Training @ La Trobe University 5:00pm (U/18 Only)

WELCOME FOR 2011

To all player, parents, staff & Sponsors, welcome to the first edition of Knight Life for the 2011 season. After what seemed like a short break following the TAC Cup finals in September all the Knights squads commenced training again in mid November and are now in their last week of training prior to a break for Christmas. Congratulations to all players on their selection in the Knights U/15, U/16, or U/18 squad.

"Training for the **U/18 Squad** recommenced for 5 weeks pre Christmas with a squad of 57 boys including 20 players returning plus 12 under 17s and 25 from the under 16s. New assistant coaches Brian Cartwright and Ross Fisher are settling in well alongside Rod Wright and Shane Francis with cameo appearances from Ron McKeown and Darren Leahy on off nights from the under 16s and 15s. Boys have been enjoying conditioning sessions with Scott Bumpstead and at this stage more boys than desired in rehab sessions with David Spithill. Pre Xmas finishes with a 3 km time trial on Friday with all seeking to improve their endurance times whilst continuing to work on fitness, strength and skills over Christmas New Year".

U/18 Head Coach Anthony Allen.

The **U/16 squad** has been training 2 nights per week. "The boys are a fantastic group, they are working exceptionally hard at training and are looking forward to rewarding program. They are a real credit to their families." **U/16 Head Coach Ron McKeown.**

WELCOME FOR 2011 (CONT)

The **U/15 squad** has been training 1 night per week. "We have a great group of young players joining the Keith Burns Squad this year. Training intensity has gradually increased in the early part of preseason and the players have responded well by working hard on their skills. The attitude within the group is very good. There is still plenty of work to do with the squad and the coaches are looking forward to the challenge of developing the players skills and understanding of the game after the Christmas break".

U/15 Head Coach Mike George.

WELCOME TECHNIKA

The Northern Knights are pleased to announce our new major Sponsor for 2011 & 2012 - **Technika**.

Technika produces high quality, stylish and modern European appliances at affordable prices.

Australian owned. European Designed.

Our lifestyles are constantly evolving. In turn, our requirements will always change. Over the years, Technika has led the way, consistently innovating to reflect developing tastes and needs in the kitchen.

Technika innovates to inspire. Bringing tomorrow's technology to your kitchen, today.



Please support Technika
whenever possible

STAFF APPOINTMENTS

The Northern Knights would like to welcome the following new staff on board for season 2011.

Brian Cartwright:

U/18 Assistant Coach

Ross Fisher:

U/18 Assistant Coach

Scott Bumpstead:

U/18 Assistant Fitness Advisor

David Spithill:

U/18 Rehab Coordinator

Ben Herde & David Taylor Club Physio's

Michael Sexton: U/18 Trainer

Lewis Thermos:

U/15 Fitness Advisor

Rebecca Noviello, Adrian Devincenti, Lucy Adam, Josh Darmenia & Ryan Mifsud:

RMIT Placement students

Also the following staff members have taken on new roles within the Northern Knights. **Shane Francis** U/18 Development Coach, **Ron McKeown** U/16 Head Coach & **Darren Leahy** U15 Squad Coach.

PETER KENNEDY REHAB

The club wishes Region Manager **Peter Kennedy** all the best with his rehab following an osteotomy on his knee in early November. While Peter is recovering, and then taking some long service leave until mid may 2011, all matters regarding the Northern Region can be directed to Acting Region Manager **David Code** (Ph) 9478 3431 or davidc@knights.org.au



KNIGHT LIFE



Official Player / Staff Newsletter
www.knights.org.au

14th December 2010

Major Sponsor



Edition 01/11

PLAYER DIARY

Wednesday 15th December	Training @ La Trobe University 5:00pm (All Squads)
Friday 19th December	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Friday 14th January	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Monday 17th January	Training @ La Trobe University 5:00pm (U/18 Only)
Wednesday 19th January	Training @ La Trobe University 5:00pm (U/18 Only)

KNIGHTS OFFICE STAFF

David Code

(Acting Region Manager)
(Ph) 9478 3431
(E) davidc@knights.org.au

Adrian Talarico

(Football Development)
(Ph) 9478 7692
(E) adriant@knights.org.au

Josh Prendergast

(Football Administration)
(Ph) 9478 5796
(E) joshp@knights.org.au

STAFF FAREWELLS

The Knights would like to wish the following staff members all the best for the future and thank them for their efforts during their time at the club.

Mat Oakley:

U16 Head Coach (2008-2010)

Alex Terris:

Club Doctor (2009-2010)

Ben Sheat:

Physio (2009-2010)

Fabian Zito:

Rehab Coordinator (2010), Placement Student (2009)

Kyle Gunn:

U/18 Trainer (2010)

Darryl Richards:

U15 Squad Coach (2007-2010)

Jason McCall:

U15 Team Manager (2010)

Tim Jeans & Paul Xanthos: Placement Students (2010)

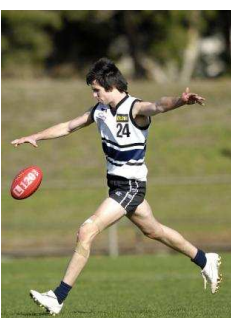
A full Knights staff list can be found on page 3

2010 DRAFT RESULTS

The club would like to congratulate 2010 skipper **Josh Caddy** on being selected by the Gold Coast Suns at pick



No.7 in the 2010 NAB AFL Draft. This achievement caps a fantastic year for Josh in which he represented Vic Metro, was selected in the U/18 All Australian team, and finished runner-up in the Knights Best & Fairest.



The Knights would also like to congratulate our 2009 captain **Tom Hill** on being selected by the Western Bulldogs at pick No. 89. This is a great effort by

Tom who has had his fair share of injury setbacks in the past three years. Hopefully those are now behind him and he can forge a solid career at the Bulldogs.

TIME TRIAL THIS FRIDAY

Details regarding the Time Trial for U/16 & U/18 players this Friday.

Date: Friday 17th December

Time: 8:30am (**SHARP**)

Venue: Willinda Park Athletics Track Beatrix Street Greensborough, off Nell Street. (Melways Ref: 21 A4)

2011 FITNESS RESULTS

Congratulations to the following who received a top 5 result in the Knights Fitness Testing held in mid November.

U/18 TAC Cup Squad

Player	Beep	Player	20M
D.Morris	15.01	D.Buckley	2.84
T.Totevski	15.01	R.Storey	2.86
J.Ballard	14.09	N.Maric	2.87
D.Stewart	14.07	N.Stefanile	2.88
J.Welch	14.04	J.Coulson	2.89

U/16 Max Richardson Squad

Player	Beep	Player	20M
B.Hogan	13.05	H.Cumow	2.86
J.Soccio	13.04	A.Condello	2.87
N.Dean	13.01	J.Potter	2.88
A.Condello	12.06	N.Dean	2.91
L.Bowkett	11.12	T.White	2.93

U/15 Keith Burns Squad

Player	Beep	Player	20M
B.Murphy	14.02	J.Aldridge	2.92
J.Castagna	13.05	J.Lowe	2.93
N.MacKay	12.12	J.Di Rago	2.97
B.Marshall	12.12	B.Marshall	2.97
A.Burgess	12.06	L.Annett	2.99

It is interesting to note what the AFL rates as good results at its annual Draft Combine

	Beep	20M
Below 193cm	13.5	3.02
Above 193cm	12.5	3.02



KNIGHT LIFE



Official Player / Staff Newsletter
www.knights.org.au

14th December 2010

Major Sponsor



Edition 01/11

PLAYER DIARY

Wednesday 15th December	Training @ La Trobe University 5:00pm (All Squads)
Friday 19th December	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Friday 14th January	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Monday 17th January	Training @ La Trobe University 5:00pm (U/18 Only)
Wednesday 19th January	Training @ La Trobe University 5:00pm (U/18 Only)

NEW BRONZE SPONSORS

The Knights would like to acknowledge and thank the following Bronze, Club Supporter and Player Sponsors for season 2011.

Bronze Sponsors:

Deluca Partners –

Julian Soccio U/16

Hodges Plumbing –

Josh Hodges U15

Club Supporter Sponsors:

Elite Guttering P/L –

Nick O'Kelly U/15

Milcon Australia P/L –

Billy Marshall U/15

SPONSORSHIP OPPORTUNITIES

Everyone associated with the Knights is requested to support all our sponsors wherever possible.

The Knights staff are working hard to secure additional sponsors in order to raise funds to be able to continue to provide quality programs to all Knights players.

Please consider becoming a player sponsor or investing in one of the Knights Gold, Silver Bronze or Club Supporter Sponsorship packages.

Please contact David Code or Josh Prendergast for more details.

NEW PLAYER SPONSORS

Player Sponsors:

Lincoln Salon –

Josh Farrugia U/15

Condello Family –

Anthony Condello U/16

NEW PLAYER SPONSORS (CONT)

Player Sponsors:

SH & GG Services –

Brody Waugh U/16

James & Janis Kerrigan –

Michael Kerrigan U/16

Creative Panel & Paint –

Kosta Perioellis U/15

MJA & Sons Maintenance &

Plumbing –

Joshua Aldridge U/15

GWS Network Insurnace Brokers –

Sebastian Linssen U/15

Castagna Steel P/L –

Jason Castagna U/15

Rochdale Square Bakery - Christian

Janev U/15

Imperial Oil & Chemicals P/L -

Kyle Langford U/15

Race Industries P/L –

Jayden Short U/15

CMS Electrics P/L –

Daniel Smith U/15

Mad World P/L –

Darcy Howe U/15

Steve's Gutter and Flue Cleaning –

Joel Bramble U/16

Northern Home Deliveries –

Joel Carter U/16

Temple Commercial Furniture -

Madison Bell U15

Marget Engineering –

Aaron Scott U15

Renown Services –

Tom Burns U15

Scaffolds Are Us –

Jake Potter U16

The Garden Gnome –

Daniel Watson U15

Sunshine Physiotherapy & Sports

Injury Clinic –

Nicholas Dean U16

2011 FOOTBALL STAFF LISTING

U/18 Head Coach: Anthony Allen

U/18 Assistant Coaches:

Rodney Wright, Ross Fisher & Brian Cartwright.

U/18 Development Coaches:

Shane Francis, Rom McKeown & Darren Leahy.

U/18 Head Fitness Advisor:

Mark Opar

U/18 Fitness Assistant:

Scott Bumpstead.

U/18 Rehab Coordinator:

David Sptihill.

Club Physiotherapists:

Ben Herde & David Taylor

U/18 Team Managers:

Chris Paras & Russell Stewart.

U/18 Head Trainer:

Belinda Corcoran

U/18 Trainers: Niki Holding,

Alycia Benincasa, Dom Conte,

Derek Sedgman & Michael Sexton.

U/18 Weights Coach: Jackson Fyfe

U/18 Running Coach: Chris Falcke

U/18 Fitness Assistants:

Rebecca Noviello, Josh Darmania,

Adrian Devincenzi, Lucy Adam &

Ryan Misfud.

U/16 Head Coach: Ron McKeown

U/16 Squad Coaches:

Adrian Talarico & Darren Eldrett

U/16 Fitness Advisor:

Aaron Hutchinson

U/16 Team Manager:

Greg Humphreys

U/15 Head Coach: Mike George

U/15 Squad Coaches:

Murray Schneider & Darren Leahy

U/15 Fitness Advisor:

Louis Thermos

U/15 Team Manager: Brett Potter



KNIGHT LIFE



Official Player / Staff Newsletter
www.knights.org.au

14th December 2010

Major Sponsor



Edition 01/11

PLAYER DIARY

Wednesday 15th December	Training @ La Trobe University 5:00pm (All Squads)
Friday 19th December	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Friday 14th January	Time Trial @ Willinda Park Athletics Track 8:30am (U/18 & U/16)
Monday 17th January	Training @ La Trobe University 5:00pm (U/18 Only)
Wednesday 19th January	Training @ La Trobe University 5:00pm (U/18 Only)

LEARNERS PERMIT

We expect all U/18 players to obtain their Learners permit by the end of



February 2011. During the Christmas break players already with the L's should endeavor to complete 30 hours practice in varied conditions to help reach your goal of 120 hours practice.

FOOTBALLS FOR SALE



Sherrin "Match" footballs are again available at the bargain price of **\$100.00** (\$115.00 RRP) or with L120 logo for **\$110.00**. Last chance to order before Christmas. Please contact Josh Prendergast to order.

LIFECARE DETAILS

The Northern Knights encourages all players to use make use of **Lifecare Latrobe Sports Medicine**. Located at: CNR Kingsbury Dve & Plenty Rd, Bundoora 3083.

Opening hours are as follows:

Monday: 8am – 7pm

Tuesday: 8am – 7pm

Wednesday: 8am – 7pm

Thursday: 8am – 7pm

Friday: 8am – 7pm

Saturday: 9am - 12noon

Please advise that you are from the Northern Knights when making an appointment.
(PH) 9473 8780



PLAYER LEVIES

Thanks to parents for the prompt payment of 2011 player levies. However there are still outstanding and we request that they are paid as soon as possible.

MERRY CHRISTMAS

The Northern Knights would like to wish all players, their families & staff a safe and happy Christmas. Hopefully everyone enjoys the break and we look forward to your return, fit and well for our time trial on January 14th.



120 hours practice.

Experience not excuses. TAC

