

# Under 13's

*Coach - Mark Farrow*

**Best & Fairest** - Matthew Davies

**2<sup>nd</sup> Best & Fairest** - Charles Warren

**2<sup>nd</sup> Best & Fairest** - James Edmonds

**3<sup>rd</sup> Best & Fairest** - Jake Parish-Donkin

**Best 1<sup>st</sup> Year Player** - Sammi Ison-Johnson

**Most Consistent** - Dermott Fry

**Most Improved** - Trent Matthews

**Coaches Award** - Lochie Oliver

When my application for the under 13's was successful I started planning all my training sessions – only to turn up to training and have a handful of players in attendance.

It wasn't long before the cricket season wound up and the numbers started getting stronger. For the majority of the preseason training we focused on building the teams fitness. Some kids responded well to this method of training and it was obvious others would take a little more encouragement. But everyone put in and by mid season we were well on our way to being a fit and focused team.

As the season went on the kids confidence and self belief grew and they started to bond together and work better as a team. We were then a lot more competitive against the top teams. Coming up to the finals the team showed massive improvement and the players proved that if they all commit and work as a team then they could achieve great things. Also the promise of being able to drag Janine through the mud if they won was a good incentive....

All the players improved during the year and if they stick together and play as a

team I am sure they could be very successful in the years to come...

I would like to thank the following people:  
**Janine Morris** - for your continual support and being a brilliant team manager

**Steve Fisher** – my game day assistant coach...

**Jason Morris** – for being the team runner  
**Tracey Fry** – for your continual support, always being there turning the lights on and off and doing all those little things.

Also a big thank you to all those people that ran water out to the team and kept their thirst quenched.

I'd also like to thank all of the parents who provided their encouragement and support during the year.

I hope that the kids have enjoyed the year, as I have. Football isn't always about the game, but teamwork, sportsmanship and encouragement and this team showed it all. Well done team I am very proud of each and every one of you....

Cheers,  
Faz

