

TAC CUP Newsletter



120 hours practice. Experience not excuses. TAC

TECHNIKA
TOMORROW'S TECHNOLOGY TODAY

KNIGHT LIFE

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Edition 16/11

24th May 2011

DEVELOPMENT DAY

The Northern Knights held a Development day on **Saturday 21st May** at Preston City Oval. Players who attended were involved in a variety of activities. The morning began with a peer feedback session where all players were asked to provide feedback about each other player on the list. This was followed by various kicking tests including the Buckley Kick test that features at the AFL Draft Combine. The day concluded with some team building activities run by Mark Opar and then lunch which was supplied by Subway Heidelberg. The Knights will be holding our next Development day on the weekend of the 18th&19th of June.

CURRENT LADDER

TEAM	P	W	L	D	For	Agst	%	PTS
Sandringham Dragons	6	5	1	0	607	355	170.99	20
Gippsland Power	6	5	1	0	489	338	144.67	20
North Ballarat Rebels	6	4	2	0	431	391	110.23	16
Calder Cannons	6	4	2	0	506	467	108.35	16
Eastern Ranges	6	4	2	0	536	509	105.30	16
Dandenong Stingrays	6	3	3	0	435	319	136.36	12
Geelong Falcons	6	3	3	0	478	444	107.66	12
Northern Knights	6	3	3	0	438	536	81.72	12
Murray Bushrangers	6	2	4	0	464	493	94.12	8
Western Jets	6	2	4	0	494	540	91.48	8
Oakleigh Chargers	6	2	4	0	454	532	85.34	8
Tasmania	1	1	0	0	105	32	328.12	4
NSW ACT Rams	2	1	1	0	176	196	89.80	4
Queensland	3	0	3	0	202	307	65.80	0
Bendigo Pioneers	6	0	6	0	323	679	47.57	0

DETAILS FOR ROUND 7 VERSUS EASTERN RANGES

Date: Saturday 28th May
Time: 2:00pm
Versus: Eastern Ranges
Venue: Box Hill City Oval
Shorts: White
Rooms: Visitors Rooms
Dress: Knights white polo and tracksuit or club shorts
Rehab: TBC
Players to be at the ground no later than 12:30pm.

IMPORTANT UPCOMING DATES

Thursday 26th May	Training @ Preston City Oval 5:00pm
Saturday 28th May	TAC Cup Round 7 v Eastern Ranges @ Box Hill City Oval 2:00pm
Monday 30th May	Recovery @ Preston City Oval 5:00pm (Match Review & Medical Screening)
Tuesday 31st May	Training @ Preston City Oval 5:00pm
Thursday 2nd June	Training @ Preston City Oval 5:00pm

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MCG PASSES

All U/18 listed players and Staff are allocated 4 MCG passes as part of their 2011 Season levy. These passes are available on request from the Josh Prendergast at the office via E-Mail joshp@knights.org.au or (Ph) 9478 5796.



KNIGHTS' HOODIES



As mentioned at training the Knights' are offering player the opportunity to buy club hoodies this season. Any player wishing to purchase a Hoodie should place an order with Josh Prendergast at training.
Cost: \$50

VIC METRO

Congratulations to the 5 Knights players (**Matthew Haynes, Billy Longer, Jack Newnes, Tim Totevski & Nick Vlastuin**) on making the final squad for Vic Metro. The boys will play for Vic Metro in the upcoming NAB U/18 National Championships which begin on Saturday 4th June against NSW/ACT.



Congratulations also to **Jake Potter** who was a recent addition to the Vic Metro Under 16 squad.

KNIGHTS FOOTY TIPPING COMP

Congratulation to **Phil Crooks** who was the only person able to correctly tip all 8 winners in Round 9. Therefore **Phil** is the winner of the \$50 weekly prize.

Rank	Tipper	Total Score (?)
1	 Prendeto	54 (182)
2	 Coral Prendergast	51 (151)
3	 Crooksy	51 (180)
4	 Kelly Mullins	51 (210)
5	 Attaboy	50 (164)
6	 Jake Kalanj	50 (169)
7	 Peter Kennedy	50 (170)
8	 rintoul	50 (215)
9	 Sambo	50 (232)
10	 Mike Langford	49 (102)
11	 Will Gleeson	49 (133)
12	 jarryd coulson	49 (136)

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