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LEAGUE

ROUND 13 - SATURDAY 20 JULY

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Although we are well into the second half of the home and away season, the ladders in all three competitions are anything but settled and that is good for continued interest in local football and, of course, home game receipts.

The last few rounds will be hard fought with top sides keen to hold their positions, mid-ladder clubs desperate to claw their way into the September action and lower-placed sides able to shape the five and maybe ruin a rival's season with an upset victory. It is terrific to have football as the focus rather than off-field issues or other distractions.

On that note there has been a number of crowd related incidents reported recently and all clubs are on notice – this is not on.

Maintaining a high level of behaviour standards, particularly around our clubs, their surrounds and in the public areas is a key focus of not just our league, but also AFL football in general. This is not new and all clubs are well aware of their responsibilities to vigilance in this area.

The AFL has set very high standards as far as on-field behaviour is concerned, and those standards are expected to be reflected off-field at all levels of our game. That includes crowd behaviour.

It was very disappointing to read press reports of incidents in crowds at PCN venues over the last fortnight. It is up to club officials to assess the potential for anti-social behaviour and make contingency plans BEFORE they occur.

An enjoyable environment off field is important as far as the health and future of every club in our league is concerned. Responsible administration together with a positive and nurture culture is the key.

All in the office would like to add their congratulations to MPNFL Woman of the Year Mrs Margaret Tracy. Announced at the recent Woman Making a Mark in Sport luncheon, the award was well-earned and well received by all, and acknowledged Margaret's commitment to and involvement with the Mt Eliza Football Netball Club since 1965. Well done Margaret and, on behalf of all volunteers involved on our league, thank you.

News

Great news from the digital world in which we now live is that our three leagues have now gone mobile. The launch of mobile device apps making access to all our sports news and events easier and more current has taken place and is available to all – free. Go to the App Store or Google Play Store, download the 'Team App' and then search for the competition you want – CCFNL, PNFL or NFNL. Of course you can spore and access all three to keep abreast of everything going on across the PCN Sports Alliance.

Celebrations

Nepean League is the focus of celebration events this weekend with two venues in the spotlight. Somerville's clash with Rosebud will see the under 18 premierships heroes of 2003 gather to reminisce of their deeds 10 years ago, while over at Dromana, the high-flying Tigers will take on traditional rivals Red Hill with the Alan 'Bluey' Holmes Shield as the spoils of victory.

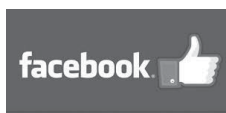


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MPNFL



<http://twitter.com/MPNFL>

STARTING TIMES

FOOTBALL

Under 18 Devels:	8:30am
Under 18's:	10:10am
Reserves:	12:00pm
Seniors:	2:00pm

NETBALL

13 & Under:	9:00am
15 & Under	10:00am
17 & Under	11:00am
C Grade:	12:00pm
B Grade:	1:00pm
A Grade:	2:15pm

MPNFL 2/68 Station Street, Somerville.

Tel: 03 5977 8496

Fax: 03 5977 9418

PO Box 468, Somerville Vic 3912

Email: suej@mpnfl.com.au

Ladders

Seniors

Team	P	W	L	D	For	Agst	%	Pts
Narre Warren	12	12	0	0	1777	699	254.22	48
Cranbourne	12	8	3	1	1315	863	152.38	34
Pakenham	12	8	4	0	1049	868	120.85	32
Doveton	12	7	5	0	1118	853	131.07	28
Beaconsfield	12	7	5	0	1011	783	129.12	28
Berwick	12	6	6	0	1193	943	126.51	24
Tooradin	12	4	7	1	1015	1249	81.27	18
Keysborough	12	4	8	0	881	1347	65.40	16
ROC	12	3	9	0	735	1058	69.47	12
Hampton Park	12	0	12	0	463	1894	24.45	0

Reserves

Team	P	W	L	D	For	Agst	%	Pts
Narre Warren	12	11	1	0	1309	415	315.42	44
Berwick	12	11	1	0	1086	517	210.06	44
Cranbourne	12	9	3	0	1239	485	255.46	36
Doveton	12	7	4	1	872	528	165.15	30
ROC	12	7	5	0	707	679	104.12	28
Tooradin	12	5	7	0	766	765	100.13	20
Beaconsfield	12	5	7	0	698	737	94.71	20
Pakenham	12	3	8	1	624	765	81.57	14
Keysborough	12	1	11	0	303	1570	19.30	4
Hampton Park	12	0	12	0	351	1494	23.49	0

Under 18's

Team	P	W	L	D	B	F	For	Agst	%	Pts
Narre Warren	12	10	0	0	2	0	1151	310	371.29	48
Berwick	12	7	3	0	1	1	971	350	277.43	36
Beaconsfield	12	8	3	0	1	0	953	455	209.45	36
Cranbourne	12	6	4	0	2	0	777	552	140.76	32
Pakenham	12	6	4	0	2	0	630	552	114.13	32
Tooradin	12	5	6	0	1	0	535	696	76.87	24
ROC	12	2	9	0	1	0	399	942	42.36	12
Doveton	12	2	9	0	1	0	348	1169	29.77	12
Hampton Park	12	1	10	0	1	0	431	1169	36.87	8

Spirit of Sport Medal Winners

Alexandra Duff - Tooradin - Dalmore
Players will be presented with a certificate &
medallion by a member of the Victorian Police on
Saturday 27th July



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Seniors

Name	Club	Rnd	Tot
Kerem Baskaya	Narre Warren	3	82
Marc Holt	Cranbourne	7	76
Aaron Mciver	Narre Warren	3	43
Jordan Andrews	Berwick	0	35
Mitchell Johnson	Berwick	2	33
Davor Rajic	Keysborough	0	29
Nathan Waite	Berwick	2	29
Julian Suarez	Tooradin	5	28
Shannon Stocco	Doveton	1	25
Troy Mcdermott	Beaconsfield	0	25
Tyson King	Keysborough	7	25
Steven O'Bryan	Pakenham	0	24
Lee Boyle	Narre Warren	0	22
Matthew Clarke	ROC	1	22



Reserves

Name	Club	Rnd	Tot
Matthew Davey	Cranbourne	10	37
Jason Budge	Beaconsfield	1	31
Brendan Graham	ROC	2	26
Damian Whittell	Cranbourne	4	26
James Phillips	Berwick	0	21
Bobby Harvey	Narre Warren	0	20
Michael Theodoridis	Cranbourne	0	19
Shane Brady	Berwick	0	18
Trent Papworth	Narre Warren	3	17
Ryan Brown	Doveton	0	16
Benjamin Carter	Narre Warren	1	15
Christopher Langley	Tooradin	3	15
Mitchell Cowan	Narre Warren	0	14
Robert Macdonald	Doveton	0	14



Under 18's

Name	Club	Rnd	Tot
Anthony Sigeti	Berwick	3	32
Aaron Wilson	Narre Warren	1	31
Aaron Miles	Beaconsfield	8	30
Harrison Money	Berwick	0	30
Charlie Gardiner	Cranbourne	0	23
Toby Mclean	Narre Warren	3	21
Bradley Kovac	Berwick	3	20
Luke McBride	Beaconsfield	4	18
Ashley Beck	Beaconsfield	2	17
Joshua Browne	Tooradin	1	15
Joshua Rich	Beaconsfield	0	15
Xavier Pauli	Cranbourne	0	15
Rhys Mills-Franklin	Tooradin	1	14

TRIBUNAL REPORT

NAME	CLUB	CHARGE	PENALTY
D. Loudon	Keysborough Reserves	Language	OSP - 3 Matches

AFL Victoria's Herald Sun Shield Competition

School football will take centre stage across country Victoria in the coming weeks as the champions of the Herald Sun Shield, the Country Shield and Country Cup are crowned.

All eyes will be on Highgate Reserve in Craigieburn on Wednesday July 31 for the semi finals of AFL Victoria's premier schools competition, the Herald Sun Shield.

Searching for its fourth consecutive title, Ballarat's St Patrick's College will lead the country charge against an opponent which will be confirmed this week.

On the line is a berth in the Grand Final to be played as a curtain raiser before the Richmond vs Brisbane Lions clash at the MCG on Saturday August 10.

The second tier competition, the Herald Sun Country Shield, has reached the final stage after two winners emerged from semi finals in the last few weeks of term 2. Ballarat Clarendon College proved too good for Waragul's St Paul's Anglican Grammar School, while Warrnambool's Emmanuel College overcame Shepparton's Notre Dame College in the other semi.

The two winners will meet in what is sure to be a blockbuster in the coming weeks to see who takes home the Herald Sun Country Shield for 2013.

In the third tier of the competition, the Herald Sun Country Cup, two premiers have already been crowned.

St Joseph's College in Echuca was the first winner this season, when it defeated Mildura Senior College to claim bragging rights in the North East.

Cobden Technical School edged out Timboon P-12 School in a low scoring arm-wrestle to be named Hampden's best, while three more grand finals will be decided this term.

Catholic College Wodonga will represent the Murray Region in a mouth-watering encounter with Goulburn region powerhouse Nathalia Secondary College.

Horsham's St Brigid's College will be looking to do the same for the Wimmera when it takes on Portland College from the southwest.

Rounding out the Country Cup grand finals is the big clash between Ballarat's Phoenix College and Bendigo Secondary College.

In the past week, AFL Victoria's Herald Sun Senior Girls Shield has also been held, hosted by Ballarat Grammar School.

Eight sides were in action across two divisions with Ballarat Clarendon College and Geelong's Sacred Heart College joining the hosts in representing Country Victoria. AFL Victoria Schools Development Manager Trevor Robertson said regardless of who won or lost in the coming weeks, all participants would benefit from being involved in school football.

"We so often hear people say the most they ever enjoyed the game was playing school football," he said.

"The chance to play alongside school mates is something that creates life-long friendships and an experience not easily forgotten.

"For some kids this will also be the pinnacle of their football career with the opportunity to play on the MCG, while for others it can mean staying involved in football despite not being a member of a local club."

Will McGregor

WorkSafe AFL Victoria

Country Football Operations
Coordinator



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Competition tough....

The results across the split round (that seemed to go for ever) saw tight, tough matches at all venues. That is a good thing for local football but not so positive for the sides that were on the negative side of the results.

Leading that group was the once-powerhouse now beatable Cranbourne, who fell to a persistent Keysborough. The fact that the Burra came back to overpower the Eagles in a tight and enthralling final term indicated that the 2011 premiers are now doubting themselves. Suddenly Pakenham, Doveton and Beaconsfield will be eying a top two finish and the acid is on the lads from Casey Fields. The other result that defined round 13 was Doveton's seven point win over an inaccurate Beaconsfield. As predicted the 'good' Doves showed up and prevailed in a must-win game but there is still significant doubt about whether Shannon Henwood's side has the mental strength to perform with the required consistency for the rest of the season. Time will tell on that one.

Finally, a big positive was the improved performance of Hampton Park. Despite going down by 49 points, the Redbacks made a statement by outscoring Tooradin in the final term and giving their loyal supporters something to cheer about.

This week we are back to normal with a full round of matches and a top five that is still wide open to change.

Pakenham v Doveton

The Lions find themselves in third position and have a magnificent opportunity to create some breathing space in that spot with a win over main rival Doveton at the Toomuc Reserve.

Pakenham has learned how to win ugly this year and that will stand them in good stead this week. The consistency of players like Cory Lenders, Jason Williams, Russel Lehman and Kym Jones has been a major plus in 2013.

The Doves have not had the same consistency but have compensated with class. Crowds will always go to watch skilled performers like VCFL star Daniel Zajac, Ryan Pearson, Jarrod Boumann and Matt Stapleton play the game and inspire their team mates.

This game is a tipster's nightmare because, while the Doves look the goods on paper, Pakenham is usually steady and determined across four quarters at home. The toss of the coin says Doveton by a goal.

Keysborough v Berwick

'Giant killers' is not the tag that Keysborough coach Chris Bryan would want bestowed on his side because that indicates that they are playing above their ability. This week the Burra has the chance to prove that their form last round was no fluke by all but ending Berwick's finals aspirations.

Bryan would be thrilled with the improvement in his troops over the year. Tyson King is back to his best while Michael Downie, Dean Gentle, Ben Hoskin and Daniel Morland have provided great support.

The Wickers will be desperate to win – or they should be. Every match is a test of their commitment from now on and they will be looking to leaders like Brett Robinson, Madison Andrews, Jason Kelly and Brad Fowler to be the key playmakers.

The Rowley Allen Reserve will not be an easy venue for the Wickers but the lure of finals should see them score an important victory and remain in contention.

TIPSTERS

David Nagel Pakenham Gazette

Narre Warren
Pakenham
Beaconsfield
Cranbourne
Berwick

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Dane Roy Media

ROC
Pakenham
Beaconsfield
Cranbourne
Berwick

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Darryl Nisbet SWGFL Legend

Narre Warren
Pakenham
Beaconsfield
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Tangles Chronicle

Narre Warren
Doveton
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Berwick

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Rod Willshire PCN

Narre Warren
Pakenham
Beaconsfield
Cranbourne
Berwick

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Football Preview

Tooradin v Cranbourne

It is payback time for the Eagles after Tooradin scored an unbelievable draw against them in round one. There is no way known that Cranbourne coach Doug Koop will let that little lapse combined with last week's debacle slip through to the keeper without a not-so-gentle reminder. Just what happened to the Eagles last week is not the issue this Saturday. Coach Doug Koop has the challenge of immediately refocussing his charges including Mat Rus, Ryan Davey, Matt Fletcher and recently returned playmaker Ryan Jones.

Tooradin has been held together recently by a select few including Michael Hobbs, Julein Saurez, Scott Szucs and Adam Splatt but will need all players to stand up and be at their to force an upset.

The Seagulls will remember round four fondly but it would be miracle if a repeat effort was achieved. Cranbourne will be super keen to bounce back and will do so with authority.

Narre Warren v ROC

Fox Road will likely be cold, wet and windy this Saturday, but it is certain that there will be a big crowd of supporters dressed in black and white to urge on their high-flying heroes against visitors ROC.

The Magpies are so far ahead of the pack now that complacency is their only enemy. That problem is unlikely to strike stars like Aaron McIver, Kerem Baskaya, Chris Lee or Michael Collins.

How Kangaroos coach Steve Coats will match up on all the opposition match-winners is the question. Maybe throwing caution to the wind and all out attack through Andrew Logan and the Smaluch brothers to Greg Tivendale and Matt Clarke will be the trick.

ROC had a purple patch of form recently but that looks to be over now and ninth position is looming as their 2013 destiny. Narre Warren will show them the same amount of mercy to the Kangaroos as they do to every other side – none!

Beaconsfield v Hampton Park

Hampton Park will enjoy their first visit to the new Beaconsfield facilities and coach John Holden will be keen to see his side continue its encouraging form improvement of recent weeks.

The Redbacks are on the road to success and the form of Matt Adair, Sean Winsall, Nathan Dawes and Lionel

Benoit is proving that consistently. The Eagles can expect a much harder group than earlier in the year.

That will be the challenge for Beaconsfield and it is one they must meet and beat. The leadership of Scott Meyer, Daniel Mislicki, Josh Dodsworth and Aaron Gwozdziewski will be critical to success.

The Eagles are a quality team on paper but have probably underperformed to date. They will defeat the Redbacks on class but will need to do a lot more than just do what is required to win over their doubters.

Reserves

As tipped here last week Narre Warren upset the undefeated Berwick reserves and claimed top spot on the ladder for the first time in 2013. This weekend the Magpies will take on fifth placed ROC and should have few problems underlining their position with another big win. The Wickers will be seething that they were unable to win the one that matters. Unfortunately Keysborough will have to suffer the consequences of that frustration and the scoreboard might get ugly in this one.

The most interesting game of round 13 might be at the Western Port Oval. Assuming Narre Warren does down ROC, sixth-placed Tooradin has the chance to revive its finals hopes with a win over Cranbourne. Depending on the make-up of the Seagulls side, that is a real possibility. The other two games of the round will see Doveton and Beaconsfield have relatively easy afternoons at the expense of Pakenham and Hampton Park.

Under 18s

In relation to ladder position and finals, there is really only one game to watch in the under 18 round this weekend. Tooradin is sitting in sixth position and simply must defeat fourth placed Cranbourne or the top five will be done and dusted for 2013. It is a tremendous effort for the Seagulls to even be in this position at round 13 after not having an under 18 side for so many seasons. Add to that the fact that they were forced to forfeit a game this year when the majority of their young players were forced to cover injuries in the senior and reserves sides. It would be nice to tip them for these reasons but the reality is that Cranbourne will be too big, too strong and too good. Results of the other three games look to be predictable. Narre Warren will down ROC, Beaconsfield will defeat Hampton Park and Pakenham at home should have few problems with the youngsters from Doveton.

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Club Notes

Narre Warren Magpies

The stakes were high in all three games against Berwick last Saturday.

In the Ones, Berwick are hanging on desperately to their finals aspirations and threw everything at us; while the Twos and Under 18s matches were both '1 versus 2' and delivered games of the highest order.

In the Ones, Berwick are possibly the quickest side in the comp, and their young runners played the game out at pace right to the end. Narre didn't have a lot of dominant individuals, but an even contribution across the ground delivered our solid 7-goal win. Azza McIver was busy up forward with 3 goals with support from Michael Collins, Kerem Baskaya, Nick Scanlon and Justin Marriott with 2 each. Our best were Chris Lee, Ryan Morrison, Dylan Quirk, Michael Collins, Nick Scanlon and Andy Vella.

With a few injuries on our list, Narre's Two topped up with two impressive young players from the Devels squad - well done to Trent Warkuss and Josh Dowling who both played well. Luke Barrie-Sewell, Trent Papworth and Cam Dalton each kicked 3 for Narre and our other best players in our 52 point win were Mitch Tonna, Damian Collins, Mark Kotsakis and Ryan De Wit. Congrats to assistant coach Steve 'Foxy' Graham who took the reins for the day in Stuey Stephenson's absence.

Our Under 18s held strong under pressure to beat Berwick by 15 points. Each time they meet, these two teams showcase the high quality of the youth coming into our league in the next few years and it's a very positive outlook. Marshall Gray was outstanding in defence, and our other best players were Tristan Warkuss, Rhys Dempster, Toby McLean, Matt Laity and Matt Homfray. Toby McLean kicked 3 goals.

Today we welcome our Past Players and Officials from years gone by. Enjoy the day with us, and don't be strangers! - we'd love to see a lot more of you more often at Narre games and functions throughout the season.

Our Annual Super Sunday Raffle \$8000 Reverse Draw is on Sunday 28 July, 1 pm to 5 pm at Fox Road. \$5,000 first prize and many spot prizes. \$100 per ticket includes entry for one to draw function with entertainment, beer, wine and soft drink plus finger food.

Narre's Giant Auction Night is on Saturday Night 10 August at Fox Road. The Good Guys have already generously donated \$5,000 worth of goods to get this started. Donations of any new items of value or vouchers for services are currently being gathered to make this a great fundraiser for our club. If you have anything to donate contact club Secretary Shane Scanlon on 0437 199935.

ROC Kangaroos

A big welcome back to everyone following the break, especially those who managed to slip in some R & R in a different landscape.

Officer devels weren't so lucky with an early away game last week against a strong Somerville team. The boys had some good passages of play but were outscored in the first and fourth qtrs. With improved numbers at training the coaching staff are confident they can get things back on track. Good efforts from M Kelly and Tim Armstrong. Paky a fortnight ago and once again mixed results.

18's went down to a more determined opposition but fought it out till the end. Good games from Luke Clark and young Aussie Gilbert.

Resgies were never headed and continue to improve on there way to a potential finals experience. Gazza Hellier and goal sneak Jim Sloothsak singled out for special mentions.

'Young ones' were committed all day and went down in a reasonably close high pressure game. A solid all round effort from the guys.

Today we travel to Narre to take on the bench mark of the comp, lets make sure we take it up to them and remember to carry our heads high at all times. Who knows what may happen.

Good luck to all netball and football today
Social: Saturday (Tonight) July 20th, Trivia Night

\$20 a head, byo nibbles, drinks at the bar

Sunday July 28th, Shanikas Lunch, back at Berwick

2013 Reverse Draw-Sunday August 18, see Couso or Dave Thompson

For 2013 memberships see Marty Long, Barry 'O' or Couso.

For 2013 sponsors packages see Plugga or Longy.

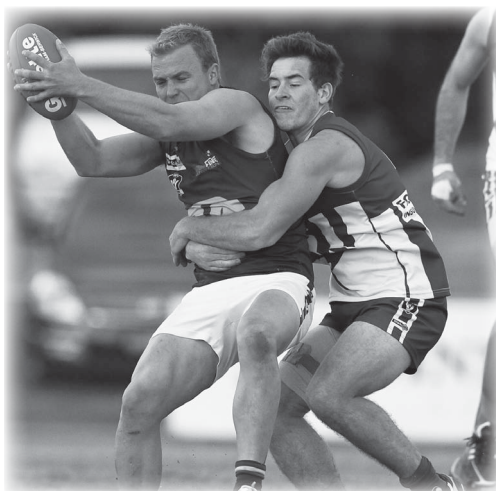
For Past Player info and packages see L.J Hughes.

GO ROC

Pakenham Lions

A very windy day met the boys down at the new ROC ground and conditions were similar to our round 2 encounter at Pakenham. It was a tough game all day but we somewhat luckily got over the line by 15 points. Some great signs were the performance of our three U18 boys in Vin Dhang (1st senior game), Sam Blackwood and Troy Toussaint. Jason Williams backed up the big performance from the following week and had a fantastic game. Corey lenders had a good first game back and Joel Gibson, Nathan Brown and Shaun Bell all made considerable contributions. After the week off hopefully today we can play our best footy and take it right up to Doveton and make a finals destination closer.

In the RESSIE's there were a few surprise selections on Thursday night due to our injury predicament at the club with some familiar past players being named and playing their first game for the year. Tommy O, Nathan Jagoe, Robbie Elston and Chris Bell. With our form over the last couple of weeks the boys thought a win was definitely



Club Notes

achievable. We went into half time 8 points down. After the main break the boys were asked to lift but came out flat, and let ROC take control of the game with the advantage of the wind. The highlight of the quarter came when DR Sayers marked and kicked his first goal for the club. The rest of the game was very disappointing for the 2's and we were defeated easily in the end. Better players for the day where AlCon, Routa, and Wolfee battle hard in the Ruck all day. Hopefully the boys enjoy the week off and come back with a bit of hunger that is required to be competitive. Thanks to all the boys that filled in again.. Tommy O, you need to do a little bit of work on your goal kicking.

Under 18's - We started with a slow scoring first half with both teams not able to take full advantage of the wind. In the second half the boys re-grouped and kicked seven of the 9 goals to get the win over Officer. Considering the conditions that we played in, it was an extremely hard to get our game going. So we now have a week off and the boys will can get ready for Doveton in 2 weeks. Best players Jamie Boer, Blake Rout, Ronn Llorico, Joey Laakulu, Matt Smith and Adam Quirk.

Don't forget TONIGHT we have the Sportsman's Night with John Barnes, Mark Allen and Greg Champion. Saturday 20th of July. \$50 each. Tickets available during the day at the bar with Kenny or Geoff. Also \$10,000 draw tickets are now available. Sat 10th August. \$100.00 each ticket which admits 2 people. See Tommy O, Wouters or Bevo for information.

Doveton Eagles

After a really disappointing effort last week the boys responded well with a great win over Beacy. The game was a real arm wrestle all day with our pressure and intensity around the ball finally getting us over the line. Jammo played a great first game in the seniors and having Jazza back in the side fully fit made a massive difference. We now look forward to playing Pakky at Pakky and it's another chance to cement a place in the top 5. A big thank you to Ben Anderson, Brett Ross & Dave Hoy for filling in last game - we really appreciate it. Three wins in a row leading into the split round has put us 2 1/2 games clear in the top 5, although we haven't had our best side on the park lately we have been

playing our best footy to date. With both captains out of the side Taylor Rainey filled that roll and played his best game for the year. Nick Anderson had another great game on the wing. Well done to Jake Harvey for playing 2 great games in a row up from the thirds. Dylan Trifford also up from the thirds was fantastic all day across centre half back. Harves said it was a very disappointing loss against Beacy but it was great to see outstanding games from Daniel O'Connell Webb, Ben Bowler and Liam Myatt. Congratulations to Polska on playing for the VCFL - well done Daniel. On the social side we have "Bizarre Gazzard" Australia's greatest hypnotist at our rooms on 3rd August. Our sponsor of the week is Sabre Financial who is an independent well established and dedicated team of qualified advisers that specialise in providing clear and impartial advice in all areas of your financial planning. Based in Hallam we offer a personalised service tailored to your individual and business needs. Our promise to you is to exceed your expectations through the personal service we provide. steve@sabrefinancial.com.au

com.au Quote of the week "Life is about timing."
Go Doves Cheers DOVEMAN



Beaconsfield Eagles

A weeks break to freshen up due to the split round and to forget about the loss to Doveton on a cold and blustery winters day. Today, we are back at home to do battle against Hampton Park who willkeen to get a scalp.

Today marks a very special achievement for one of the club's favourite son's in Captain Daniel "Slicka" Mislicki in notching up 200 senior games for the club since his first senior appearance in 2000. All who know Slicka will know that to him it is just another game to do well in and play the best he can to contribute to the team and not to make any fuss about this milestone, sorry Slicka we will be.

3 times Premiership player 2001,2003,2004, 2 times club Best and Fairest 2007 & 2011, 6 years as Club Captain 2008 - 2013, Team of the Decade 2000-2010 and 200 Senior games for the Beaconsfield Football Club = Club Legend. Congratulations Slicka on the fantastic achievement and milestone, you are an inspiration to all within the club, admired by your team mates and have enormous respect around the club in the way you conduct yourself on and off the field. You are a true leader at the club, a wonderful husband to Sarah and incredible father to Kady, Darcy and newly born Lila. We look forward to celebrating this with you at today's after match.

Saturday the 6th July saw the Beaconsfield Football Club hold the much anticipated "Foundation Members" dinner at the Beaconsfield Community Sporting Club Social Rooms. 135 people were entertained and enjoyed a 3 course meal with music and entertainment during the night. They also had the privilege of the unveiling of the Football Clubs new memorabilia and trophy display. Much thanks for this evening goes to several people in Lawrie Canning, Dave and Fran Van Lambaart, Lynton Studham and Geoff and Denise McGowan for their hard and tireless work in the final days to ensure everything was perfect for this evening. Further details regard this evening have been posted of the Club's Facebook page. Social Calender

Round 14 - Saturday 27th July v Tooradin - "Back to School" night - all players to attend. Entry \$10 in dress

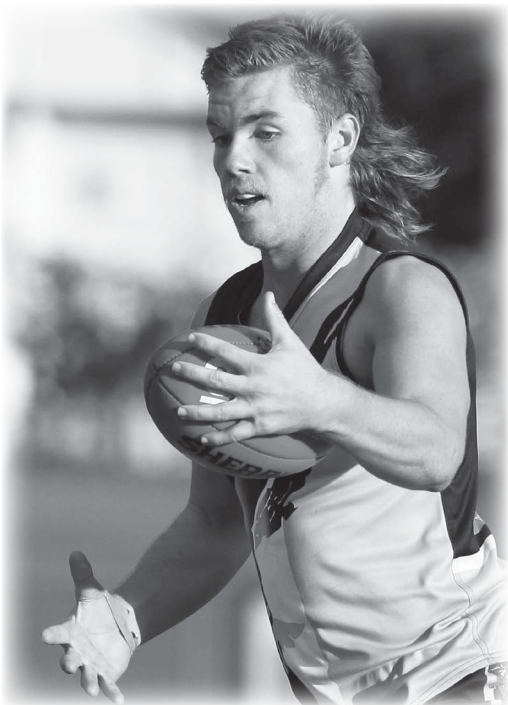
Club Notes

up, \$20 if not. Come as you were in your years of formal education, which for some players will have been 3 years in year 10, but the best 3 years of their life. Bring a friend and make this this another great Beacy night.

Round 15 – Friday 2nd August v Cranbourne – Club 30, Clover Cottage night. \$150 pp all inclusive. See Geoff McGowan for tickets and sponsorships

Round 16 – Saturday 10th August v Pakenham – Past Players Luncheon celebrating the 1953 and 2003 Premiership

“Bless ‘em all.” Tez the Vice Prez



Hampton Park Red Backs

Last week we hosted Tooradin at home for some really great football from our boys.

The Under 18's ran out strong and fought hard all game – right up until ¾ quarter time we were still in the game but unfortunately on the day Tooradin ran out the last quarter to take the win! Great games to Ryan Lowe, Jake Cutting, Jack Jones, Hamish Browning and Andrew Lawless – stick together boys and get down to training and the results will show on the board!

The Reserves ran out strong and determined but Tooradin proved to be the better team on the day great efforts to Jason Robertson, Matthew Howard, Jason Thompson, Brent Hollingworth and David Casnji.

Our Seniors are certainly facing a tough mental battle week after week and to their credit they are standing up each week and letting the opposition know we are there to play football. This week was no different and after a slow start we found our feet and ran out at Half time determined to win the second half of footy and that's exactly what the boys did! They played some hard and

determined football and to their credit they kept Tooradin down to 5 goals in the 2nd half! Great games to our Senior players again – showing the Juniors how to go about their football – well done to Matthew Adair, Timmy Schwab, Lionel Beniot, Nathan Dawes Sean Winsall and Rodney Blackburn with Matthew & Sean kicking 3 goals each!

This week we head off to Beaconsfield and after this weeks effort we are sure the boys will come out hard and determined!

Congratulations to Brent Hollingworth on playing his 50th game this week a fantastic effort!

“It's supposed to be hard. If it wasn't hard, everyone would do it. The hard is what makes it great.”

- Tom Hanks, A League of Their Own

Tonight is our \$10,000 draw so get down to the club get your tickets and join us for a great night! See Tapps now for tickets.

Tooradin Seagulls

Last weekend was a great result for TDFC football and Netball. All junior and senior grades won with the exception of our under 11 team, and the netballers won all grades except A grade where they finished with a draw. Overall, one of our most successful weekends for the year. However this weekend will be quite different when we take on the might of Cranbourne, however they may be starting to have some cracks appear in their armour with a loss to Keysborough last weekend.

When we last played Cranbourne it was a fantastic game that unfortunately for us ended in a draw, we believe we had what it takes to win that game, but at the end of the day players from both sides were rather deflated. The fact that our last game was a draw has created quite a lot of speculation around today's clash. Our team have trained and prepared for a win and will accept nothing else. Our under 18's had a great win against HP coming home strongly, outscoring them 9 goals to 3 after a slow start saw them behind at quarter time. The boys have a great chance to play finals footy this season and need a win today to give themselves the same amount of wins as Cranny who are sitting 4th on the ladder. Our reserves also have a chance of playing finals, and need a win today, however their finals aspirations will be in the hands of ROC and Doveton who are both 2 games clear of our guys. Today's game is a massive celebration for TDFC with our “Seagull Sky Lotto” being the major attraction. We have a helicopter from Phillip Island Helicopters landing on the ground at half time, picking up the numbered golf balls and dropping them over a set target, the 4 closest balls to the target are the winners. If you have not got a ticket (ball) yet make sure you get one before quarter time in the seniors, tickets are \$25 and include a free drink at the Seagulls Nest Bar.

We also have all TDFC and Cranny supporters coming back to the Sports Club after the game for both clubs awards and a meal, Cranny supporters will enjoy full Sports Club Members discount on meals and drinks after 4:30PM. We also have entertainment in the Sports Club after the awards so it will be a great night, make sure everyone gets in there and has some fun.

Fly high you mighty Seagulls, Tooradin's the greatest team of all!

Club Notes

Cranbourne Eagles

I think I'll talk about flower growing or cake making this week. After all last week saw my beloved Storm thrashed, the Aussies defeated controversially and the major disaster of them all, the Cranby Eagles rolled by Keysie at home. Will it get any better this week when we travel down the road to meet Tooradin? After all the low flying seagulls drew with us earlier in the year in what can be best described as the day of the 50m penalty. Hope the return event is not marred by similar incidences. Tooradin have not sook about player injuries and nor shall we. Whoever pulls on the blue and gold should wear it with pride. All our players have earned the right to represent our club and each and every one is committed to playing to the very best of his ability.

Watched a fantastic Development game between Frankston YCW and Cranbourne last week. The concept of the Devels is to be applauded. A big pat on the back to all players for putting on a fantastic match and to the supporters and officials of both clubs for the way they supported the young lads.

The well wishes of all at our club go to one of our trainers, Craig Mirkin, who discovered this week that a man on a bicycle cannot at any time take on a motorised vehicle and win. Look forward to seeing you back at the club next year Craig.

Round out your weekend by coming along to Casey Fields #2 oval tomorrow morning to watch our All Abilities team take on North Footscray or if you are on the Peninsula our womens team take on Seaford at Seaford. See Sue Rus today to purchase a ticket in Augusts BIG DRAW. Only \$150 gets you an opportunity to become a millionaireor almost. Ring Sue on 0419587746.



Keysborough Burras

Our Keysy Seniors took on Cranbourne at Casey Fields' oval 2 last week in what we knew was going to be a tough encounter. From the start we came to play and pressured the run of our opposition. The goals flowed

regularly for both sides throughout the game, with the lead changing several times. Cranbourne made a push in the desperate last 15 minutes of the game, but to our credit we held on to achieve a dream win and give us incentive to finish the season in a positive manner. Best players were Tyson, Bob, Dean, Bear, Ossie and Giordy. Multiple Goals to Tyson 7, Bear 4 and Chooka 2 and singles to Jitters, Joffa and Kid.

Our evolving Reserves side played a strong Cranbourne and were in trouble early with their run and delivery. Although outgunned we continued to contest throughout the game. It was a credit to the boys who put in all day. Two goal square smotherers in the dying moments is an indication we are keen to play and improve each game. Best players were: Troy, Kyle, Perry, Bryce, Jase and Eddie. This week we take on Berwick at home in another top challenge for our improving sides.

Tomorrow we have our \$3000 Burra Bonanza starting at 12:30pm. Finger food and refreshments provided. If you haven't got your tickets yet, see Googy, Pribby or Nifty.

KEYSBOROUGH SPONSOR OF THE WEEK IS:

H M GEM ENGINES

Berwick Wickers

Past players day held last week was a terrific success with many enjoying a great afternoon, Rose and Tommy did an outstanding job with plenty of old memories and memorabilia on display. Our current players especially enjoyed some of the old photos of our current committee and coaches. Thanks also to Troy Donegan for organizing the day also Cam Fletcher who nearly upstaged the great Frosty Miller during his interview.

On field the results did not go all our way but the Colts had a comfortable win, with Chris Zeeman best on ground, with "little chopper" and David Fardon also among the best. Dexter and Bullied were the major goal scorers with 3 each. Our 18's showed a much improved effort with Brad Kovac having an outstanding game and continues to push for a senior debut. Rosario brothers continue their good form while Ryan Hillard was outstanding across half back and Sigeti was impressive finishing with 3 majors for the day. The under-manned Reserves lost their first game for the year after a competitive first half were, was unable to maintain that effort. Bryce was outstanding all day both in the ruck and a kick behind play, although cranky Timmy Vrevc was very good, while Humpa and Mitch were also among the better players. The major highlight of the game was the goal of the year by Lachy "Cyril" Morris and the celebration that followed may come under scrutiny by Clay. Our Seniors although beaten by a quality opponent were competitive throughout the game and their effort could not be questioned. Robo was outstanding down back while Madi and Tommy were our best contributors through the midfield; Waitey attacked the contest and finished with 2 majors, while Mozza looked very dangerous taking some strong marks when pushed forward. The efforts of our young boys Jacko, Westy and Gainsy, against very experienced opposition were also very good.

Don't forget Special Effort Raffle Sunday 28th July see Trenta for tickets.

Go Wickers



Stingrays News

Stingrays stay on the winners list, making it two in a row...

The Dandenong Southern Stingrays continued on their winning way with a hard fought and controlling win over the Bendigo Pioneers by 70 points, which was played at Shepley Oval, Dandenong on Saturday in sunny conditions.

The Dandenong Southern Stingrays started with a bang against the physical Pioneers team with Matt Rennie kicking the first 3 goals for the home team, whilst Bendigo were struggling to get it past the fifty because of strong defensive work from the back six.

A short time later after the ball bounced between the arcs for 5 or so minutes Bendigo managed a goal after a fumble in the middle. This allowed the Stingrays to kick the next goal through Jack Lonie who was becoming a handful for the opposition.

Straight from the middle the running Tom Lamb got on the end of a nice squared up kick from Nathan Gardiner who was rewarded a few minutes later after a strong pack mark and he kicked truly to extend the lead. Just before the siren sounded Bendigo managed to break the Stingrays defensive line to kick a red time goal, but with accurate kicking and a very all around the ground dominate display the stingrays held a 23 point lead when the siren sounded.

Within a few minutes in the second quarter, Bendigo kicked the first two of their 3 goals of the quarter before the Stingrays railed and answered through Tom Lamb. The term saw both sides applying plenty of pressure and foot skills were their defence between the two sides. James Harmes, Zak Jones and Billy Hartung added some much needed speed through the middle but poor entries and wayward kicking saw the Stingrays only kick one goal for the quarter and blemish their record posting 6 behinds. As the siren sounded the Pioneers has closed the gap on the Stingrays lead to 17 points with Dandenong Southern Stingrays coach Graeme Yeats laying down the law on a few individuals.

The third term started like the second with a goal in the first few moments, this time to a brilliant running James Harmes. A lapse in concentration, as well as Bendigo lifting their intent to win the loose ball, saw the Pioneers kick the next two goals as they challenged the Stingrays midfield. The Stingrays backline lifted and started working as a unit with the midfield working between the arcs and offering numerous avenues to rebound the ball deep inside 50. The next part of the quarter saw the ball stay inside the Stingrays front half with seven more goals coming through Lamb, Egan, Lonie and Hartung whilst Matt Rennie continued his dominance in the air to finish of the quarter with 2 more majors, whilst completely shutting down Bendigo.

The siren sounded and the lead had blown out to 66 points in what was one of the better quarters the Stingrays had shown all year

Stingrays coach Graeme Yeats was calm at the break and with the coaching staff they really challenged individuals to play their roles and to forget about the scoreboard with one objective-individuals to beat their opponent. He finished by saying "the scoreboard would take care of its self."

The game was Stingrays to lose with a handy lead they started the quarter slowly allowing Bendigo to win a stoppage in the back half and drive forward to kick truly. A settling goal a few minutes later saw Dandenong Stingrays once again take control, shortly followed up by Taylor Joyce posting his first goal for the day after many strong contested marks inside 50. The Stingrays wasted a few opportunities when attacking their goals kicking 5 points for the quarter. A strong mark on the siren to Nathan Gardiner saw him convert it to finish the day on a high note.

Highlights for the day were a very aggressive strong running team effort with the defensive six terrific defending the high ball and when the ball hit the deck to set up numerous options down field denying Bendigo for most of the day, whilst the pace and aggression of the midfield making it too hard for Bendigo to control all of them.

All the key targets in the forward line had a huge say with Matt Rennie continuing to show form he produced in the 2012 season.

Yeats was in full praise of his young team and said "this was a very good team performance, apart from a ten minute lapse."

"As the game went on I felt we continued to build on last weeks effort and was really happy we had a spread of goals and our KPI's are tracking in the right direction...

He went onto say "Matt Rennie was good with 5 goals, but more pleasing is his work off the ball and finishing off, which is something we have been working with him on."

The Stingrays' have a Bye next weekend due to Vic Country Under 17 trial games on at Visy Park, Carlton where around 6 Stingrays players will be playing and another 8-10 playing for the Hallam Senior Secondary College on the MCG against Essendon Keilor as they play off in the School Sports Victoria Premier League Grand Final before the Richmond v Fremantle clash.

The next game for the Dandenong' Southern Stingrays is in two weeks time against the Sandringham Dragons at Shepley Oval Dandenong..

The game starts at 11.00am.Entry are free.

Scores:

Dandenong Stingrays	6.0	7.6	15.10	18.15.123
Bendigo Pioneers	2.1	5.1	7.2	8.5.53

Goal Kickers: Matt Rennie 5, Jack Lonie 3, Tom Lamb 3, Nathan Gardiner 2, Taylor Joyce 1, Billy Hartung 1, Brady Egan 1 and James Harmes 1

Best Players: Brady Egan, James Harmes, Zak Jones, Jake Wilson, Matt Rennie and Daniel Capiron.





Mislicki 200th



*Wearing the 120
year re-enact-
ment jumper in
2010.*

DANIEL MISLICKI – 200 senior games - BEACONSFIELD FC

Beaconsfield FC's captain Daniel Mislicki plays his 200th senior game for Beaconsfield this Saturday (20th July) against Hampton Park. Daniel, who is the club's longest serving captain, is in his 6th season in that position.

He joined Beaconsfield FC U/17's in 1999, playing alongside Chris Newman, in that year's runners up team. He graduated to the seniors in 2000, and was awarded West Gippsland's Rookie of the Year title. Daniel played in senior premierships in 2001, 2003 & 2004. A dual

best & fairest winner in 2007 and 2011, and runner up on 4 occasions, Slicka has also captained the interleague team in 2011 & 2012.

These impressive achievements are only part of Slicka's legacy at Beaconsfield where he has been an inspirational leader and the heart & soul of our team. He continues to show the way to his young teammates with his great attack on the ball and his ability to lift when his team needs it most. The Mislicki clan is a constant support to him at all Beacy games, with his boys Kadyn & Darcy always kicking the footy round & keeping wife Sarah on

her toes, along with his parents Carol and Peter. This past couple of weeks has seen the arrival of daughter Lila and we are sure she will be a force to reckoned with, whether at footy or netball.

Daniel is the 6th player to achieve the 200 senior games milestone at the club, joining Peter Smith, Troy Cashman, Christian Studham, Peter Walker & Craig Jackson. All of these notables are also premierships players and Daniel is a worthy addition to this esteemed group.

Daniel is one of the most popular and modest players within the Casey Cardinia League and I'm sure all supporters congratulate him on reaching this great milestone.



*1999 U/17's
presentation
night.*



*Celebrating the
2001 premier-
ship with
current coach
Boofa Evans.*



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Casey Cardinia Results

Seniors

Doveton	0.1	2.4	3.6	7.8.50
Beaconsfield	1.3	1.5	2.10	5.13.43
Pakenham	3.1	5.4	5.7	9.11.65
ROC	3.3	4.5	5.5	7.8.50
Keysborough	5.3	10.7	13.9	16.10.106
Cranbourne	7.1	10.2	15.5	16.7.103
Narre Warren	5.4	7.7	15.8	17.10.112
Berwick	1.3	5.5	7.7	10.11.71
Tooradin	6.2	13.5	14.7	18.10.118
Hampton Park	1.5	4.6	5.9	10.9.69

Reserves

Doveton	1.2	4.4	5.6	7.10.52
Beaconsfield	1.3	2.4	3.7	4.7.31
ROC	2.2	4.3	9.4	12.6.78
Pakenham	2.0	3.1	4.1	5.4.34
Cranbourne	5.4	12.9	19.14	27.19.181
Keysborough	0.1	0.2	0.2	0.2.2
Narre Warren	2.3	4.7	10.10	15.11.101
Berwick	2.4	3.5	5.6	7.7.49
Tooradin	4.1	8.6	14.6	19.11.125
Hampton Park	2.0	2.1	3.3	4.4.28

Under 18's

Beaconsfield	5.2	11.7	17.11	21.13.139
Doveton	1.1	1.2	1.3	2.6.18
Pakenham	1.1	2.8	5.9	9.12.66
ROC	2.0	2.1	3.3	3.3.21
Narre Warren	2.0	7.3	9.7	11.11.77
Berwick	3.2	4.4	6.8	9.8.62
Tooradin	2.3	4.6	8.7	12.11.83
Hampton Park	2.1	5.2	7.4	8.5.53

Club Championship

Club	Snrs	Res	U18's	Total
Narre Warren	36	22	12	70
Cranbourne	25.5	18	8	51.5
Berwick	18	22	9	49
Beaconsfield	21	10	9	40
Pakenham	24	7	8	39
Doveton	21	15	3	39
Tooradin	13.5	10	6	29.5
ROC	9	14	3	26
Keysborough	12	2	-	14
Hampton Park	0	0	2	2

Demons Community Club Championship

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Club	S	R	18	A	B	C	17	15	13	TOTAL
Narre Warren	12	11	12	10	10	8.5	10	12	9	94.5
Beaconsfield	7	5	9	9.5	9	10	12	6	9	76.5
Cranbourne	8.5	9	8	6	5	8	8	10	8	70
Berwick	6	11	9	9	9	10	6	5.5	4	69.5
Pakenham	8	3.5	8	8.5	5	4	5	7.5	9	58.5
ROC	3	7	3	4	5	8.5	10	10	6	56
Tooradin	4.5	5	6	5.5	9	2	5	4	3	44
Doveton	7	7.5	3	-	0	4	3	4	11	39.5
Keysborough	4	1	-	3	6	5	-	-	-	19
Hampton Park	0	0	2	4.5	2	0	1	1	1	11.5



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South East Juniors News



SEJ Clubs get behind the EXCITEMENT of MULTICULTURAL Round

AFL Multicultural Round is a week where South East Juniors celebrated our game's cultural diversity. 'Many Cultures. One Game – Australia's Game' was the slogan for this week's themed round to highlight the many players from culturally diverse backgrounds that make up a massive percentage of South East Junior's playing lists. Australian football has the unique capability to bring people together regardless of their background and South East Juniors respects this position enormously. Every player across the competition wore an orange armband during their matches this week which signifies the colour for Harmony and Multiculturalism.

A number of multicultural activities took place throughout the competition this weekend, highlighted by the Premier 2 match between Fountain Gate and Noble Park at Max Pawsey Reserve.

African Star Dance and Drumming Company kicked off the day with a high intensity performance followed by the Victoria Police Bagpipe Band with a spine tingling rendition of the



Australian national anthem to start the match.

After an electric first two quarters on field, spectators were then treated to a number of captivating multicultural performances which included a Sudanese singer and an Afghan dancing duet during the halftime break. South East Juniors would like to thank all clubs for supporting the week in particular Fountain Gate Junior Football Club for hosting the feature Multicultural Round match.



Gators Turn 30

The Fountain Gate JFC - Gators turned 30 last weekend.

The Club had a great night of celebrations at the rooms with many old and new members in attendance.

The function was attended by the clubs senior and junior life members who were able to see how the club has progressed since it's humble beginnings back in 1983.

The Club was formed in 1983 to offer local youngsters the opportunity to play football with their mates and have fun, regardless of skill, gender or nationality.

This focus hasn't changed over the years and the club continues to the focus on providing the youth of the area a great environment to play football.

Just under 200 people enjoyed a great night.

If your interested in joining the Gators please make contact with the club Secretary Mary Logan-Brown by e-mail, mloganbrown@gators.com.au.

SOUTHEAST JUNIORS



Gazette

PAKENHAM-BERWICK

In addition to usual outlets the **Pakenham-Berwick Gazette** is now available at the **MPNFL office** every Wednesday
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TEAMS pages

TEAMS pages



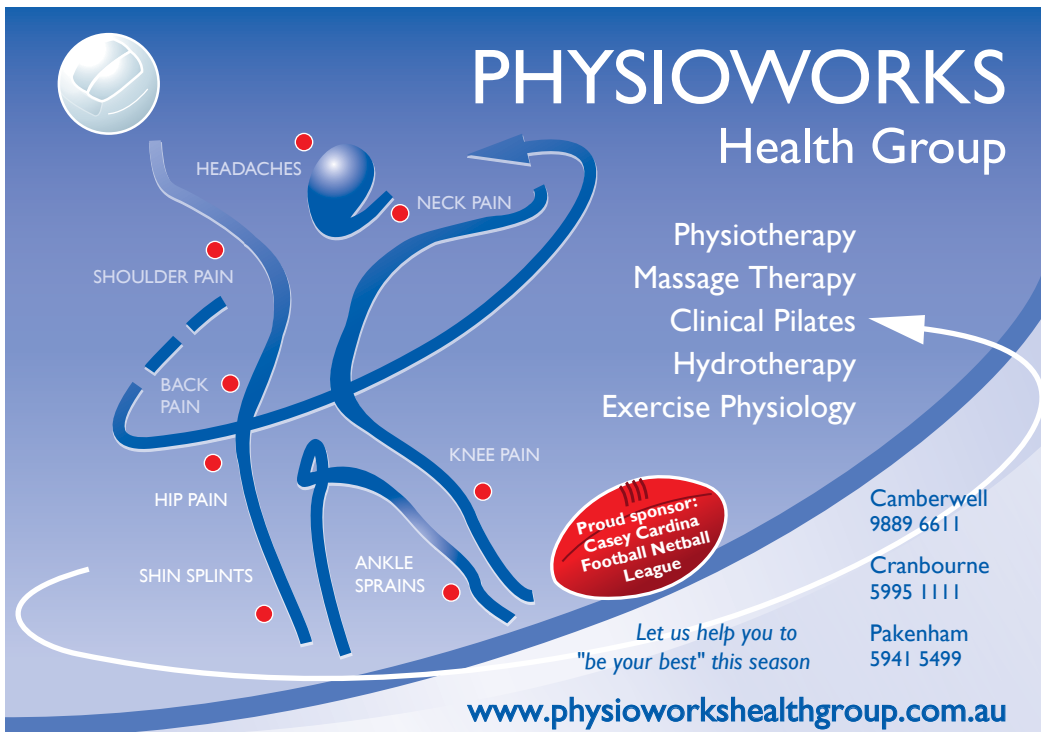
DON'T BE A GOOSE...

In the interest of everyone's enjoyment at the footy today,
your respect for players, umpires & spectators is appreciated.

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Fitness for umpires

Fitness for umpires is important for us all year round for both on and off-season. Been fit will aid the quality of being suitable to fulfill a high performance while umpiring. Being fit will also help with running and keeping up with the ball play while umpiring on the weekends.

Staying active during off-season will improve your peak performance when returning for the new season. This will make pre season and early start of new season a lot easier if you keep up with your own personal and individual training. To make off-season training a lot more enjoyment and committed, do training session with a group of your fellow umpires. This will allow you and others to enjoy off-season training a lot more.

There are several areas of fitness required by an umpires that form the basis of the umpire's fitness training can include:

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Agility

Cardiorespiratory Endurance

Cardiorespiratory endurance is the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activities. To improve this, try training activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, swimming, running or bicycling. Make sure you start the chosen activity slow and gradually work up to a more intense pace.

Muscular Strength

Muscular strength is the ability of the muscle to exert force during an activity. When a muscle or muscle group can produce it's maximum force or highest tension level against a resistance, it is said to have strength. To improve your muscular strength can try exercise such as lifting weights at the gym or taking the stairs instead of using elevators.

Muscular Endurance

Muscular endurance is the ability of the muscle/s to continue to perform without fatigue. When a muscle has the ability to maintain sub-maximum levels while contracting a muscle or muscle groups repeatedly for an extended period it is said to have endurance. To improve your muscle endurance, try cardio activities such as walking, jogging, bicycling or dancing.

Flexibility

Flexibility is the range of motion around a joint or a series of joints. Having good flexibility in the joints can help prevent of muscular tears and strains. A lack of flexibility is triggered by differing factors such as the bone structure of a joint, the size and strength of the muscles, as well as ligaments and other connective tissues. To improve your flexibility, try activities that lengthen the muscles such as swimming or a basic stretching program.

Agility

Agility is the ability to change direction quickly while traveling at a certain speed while walking, jogging, running etc. This is an important element to an umpire's running and positioning skills.



Victorian Country Umpiring Association of the year - 2011

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Football Fixture & Results

Saturday 6 April

Ham 4.10.34 v Dov 36.18.234

Round 1 – Saturday 13 April

Pak 14.20.104 v Key 7.7.43

Bea 14.18.102 v Ber 7.10.52

Too 12.18.90 v ROC 11.4.70

Sunday 14 April

Nar 18.18.126 v Cra 12.9.81

Round 2 – Saturday 20 April

Keys 9.5.59 v Nar 28.22.190

Ber 14.11.95 v Pak 9.15.69

ROC 9.6.60 v Bea 10.9.69

Dov 13.14.92 v Too 7.8.50

Cra 30.24.204 v Ham 4.5.29

Round 3 – Saturday 27 April

ANZAC Day

Nar 24.20.164 v Ber 9.9.63

Pak 14.10.94 v ROC 7.6.48

Bea 6.12.48 v Dov 7.18.60

Too 30.15.195 v Ham 7.3.45

Key 7.6.48 v Cra 20.14.134

Round 4 – Saturday 4 May

ROC 7.8.50 v Nar 21.8.134

Dov 13.10.88 v Pak 7.8.50

Ham 5.10.40 v Bea 26.15.171

Cra 13.16.94 v Too 14.10.94

Ber 17.25.127 v Key 7.8.50

Round 5 – Saturday 11 May

Pink Footy & Netball

Nar 19.10.124 v Dov 8.8.56

Pak 21.17.143 v Ham 3.6.24

Bea 26.21.117 v Too 7.4.46

Key 11.12.78 v ROC 10.10.70

Cra 18.14.122 v Ber 15.9.99

Round 6 – Saturday 18 May

Ham 3.6.24 v Nar 28.23.191

Too 8.8.56 v Pak 15.16.106

Bea 9.10.64 v Cran 11.8.74

Dov 15.10.100 v Key 11.8.74

ROC 5.6.36 v Ber 21.17.143

Bye – Saturday 25 May

AFL VIC Country

Championships

Casey Cardinia FNL 17.11.113

v Wimmera FL 15.11.101

Round 7 – Saturday 1 June

Nar 32.17.209 v Too 6.4.40

Pak 12.12.84 v Bea 8.6.54

Key 11.9.75 v Ham 7.6.48

Ber 12.17.89 v Dov 8.11.59

Cra 14.12.96 v ROC 2.7.19

Round 8 – Saturday 8 June

Queens Birthday

Bea 7.14.56 v Nar 18.11.119

Pak 9.9.63 v Cra 17.9.111

Too 14.13.97 v Key 16.10.106

Ham 2.12.24 v Ber 24.15.159

Dov 12.14.86 v ROC 14.6.90

Round 9 – Saturday 15 June

Nar 20.11.131 v Pak 11.8.74

Key 11.10.76 v Bea 13.15.93

Ber 22.20.152 v Too 8.4.52

ROC 13.9.87 v Ham 4.6.30

Cra 10.14.74 v Dov 8.10.58

Round 10 – Saturday 22 June

Key 15.11.101 v Pak 19.15.129

Ber 11.10.76 v Bea 12.13.85

ROC 16.13.109 v Too 9.10.64

Dov 23.17.155 v Ham 9.10.64

Round 11 – Saturday 29 June

Nar 23.14.152 v Key 10.5.65

Pak 9.14.68 v Ber 9.13.67

Bea 16.13.109 v ROC 6.10.46

Too 17.11.113 v Dov 10.20.80

Ham 5.2.32 v Cra 24.18.162

Round 12 – Saturday 6 July

Split Round

ROC 7.8.50 v Pak 9.11.65

Dov 7.8.50 v Bea 5.13.43

Twilight (Rnd 10 match)

Cra 8.12.60 v Nar 19.11.125

Round 12 – Saturday 13 July

Split Round

Ber 10.11.71 v Nar 17.10.112

Ham 10.9.69 v Too 18.10.118

Cra 16.7.103 v Key 16.10.106

Round 13 – Saturday 20 July

Narre Warren v ROC

Pakenham v Doveton

Beaconsfield v Hampton Park

Tooradin v Cranbourne

Keysborough v Berwick

Round 14 – Saturday 27 July

Doveton v Narre Warren

Hampton Park v Pakenham

Tooradin v Beaconsfield

ROC v Keysborough

Berwick v Cranbourne

Round 15 – Saturday 3 August

Narre Warren v Hampton Park

Ber 11.10.76 v Bea 12.13.85

Pakenham v Tooradin

Cranbourne v Beaconsfield

Keysborough v Doveton

Berwick v ROC

Round 16 – Saturday 10 August

Tooradin v Narre Warren

Beaconsfield v Pakenham

Hampton Park v Keysborough

Doveton v Berwick

ROC v Cranbourne

Round 17 – Saturday 17 August

Narre Warren v Beaconsfield

Cranbourne v Pakenham

Keysborough v Tooradin

Berwick v Hampton Park

ROC v Doveton

Round 18 – Saturday 24 August

Pakenham v Narre Warren

Beaconsfield v Keysborough

Tooradin v Berwick

Hampton Park v ROC

Doveton v Cranbourne

Finals:

Qualifying - 31 August

Elimination - 1 September

2nd Semi - 7 September

1st Semi - 8 September

Preliminary - 15 September

Grand Final - 21 September

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Results

Narre Warren 0.1 2.3 4.6 8.8.56
 Beaconsfield 1.4 1.9 1.10 4.10.34
 Narre Warren Goal Kickers: S. Richards 2, A. Paton, A. Souleiman, B. Swift, D. Ross, C. Bader, C. Webber; Best Players: C. Webber, N. Williams, A. Spina, B. Swift, J. Dowling
 Beaconsfield Goal Kickers: G. Uranie, J. Cook, B. Cullen, A. Maloney; Best Players: M. Charlesworth, G. Uranie, E. Efat, J. Bowd, N. Rolph, J. Nolan
Mt Eliza 4.4 8.8 8.12 12.15.87
 Seaford 0.0 1.2 1.5 2.6.18
 Mt Eliza Goal Kickers: K. Toms 4, T. Puntaroni 2, N. Lowe, K. Bird, C. Mimmo, L. Craig, J. Quantrelle, C. Lacey; Best Players: L. Craig, J. Nugent, K. Toms, J. White, J. Curren, T. Puntaroni
 Seaford Goal Kickers: M. Edwards, A. Nash; Best Players: C. Norton, M. Edwards, B. Burnham, E. Barrett, A. Nash, S. Tserbis
Frankston YCW 2.1 5.4 7.7 13.9.87
 Cranbourne 2.1 2.2 4.5 6.5.41
 Frankston YCW Goal Kickers: C. Dunkley 3, J. Stroot 3, L. Lee 2, J. Jones 2, N. Ruddle 2, A. Mcleod; Best Players: D. Walker, M. Lafontaine, L. Lee, J. Stroot, J. Brennan, J. Daniel
 Cranbourne Goal Kickers: L. Vella 2, A. Alister 2, R. Cupid, J. Carpenter; Best Players: L. Vella, J. Kleesh, F. Alidad, A. Beazley, D. Smith, J. McAleese

Berwick 4.5 7.8 13.10 17.11.113
 Hampton Park 0.0 2.1 4.3 6.6.42
 Berwick Goal Kickers: J. Dexter 3, C. Bulleid 3, D. Webb 2, D. Casey 2, M. Graham, M. Young, B. Sheppard, L. Pintaudi, C. Miller, J. Canning; Best Players: C. Zeeman, J. Andrews, D. Fardon, M. Young, J. Canning, J. Dexter
 Hampton Park Goal Kickers: B. Taa'a 2, M. Isle, J. Craig, A. O'Connor, C. West; Best Players: G. Ennis, J. Craig, B. McManus, B. Jankovic
Somerville 4.3 6.6 9.11 10.13.73
 Officer 0.0 2.1 3.3 3.6.24
 Somerville Goal Kickers: J. Mooney 4, D. Whitley 2, I. Maloney, D. Sawyer, A. Thompson, T. Perry; Best Players: M. Hamilton, B. Cann, J. Mooney, T. Perry, A. Thompson, J. Jordan
 Officer Kangaroos Goal Kickers: B. Temby, J. Banfield, R. Borg; Best Players: K. Whipp, J. Banfield, J. Walsh, T. Armstrong, M. Kelly

This Weeks Games

Mt Eliza v Berwick
 Beaconsfield v Hampton Park
 Narre Warren v Officer
 Seaford v Frankston YCW
 Somerville v Cranbourne

Round 14 - 27 July

Berwick v Cranbourne
 Mt Eliza v Beaconsfield
 Officer v Frankston YCW
 Hampton Park v Somerville
 Seaford v Narre Warren



Goal Kickers

Name	Club	Rnd	Tot	Team	P	W	L	D	B	For	Agst	%	Pts
Joshua Dowling	Narre Warren	0	32	Narre Warren	12	10	1	0	1	1141	223	511.66	44
Cayden Bulleid	Berwick	3	30	Mt Eliza	12	11	1	0	0	966	458	210.92	44
Dylan Chisholm	Seaford	0	26	Berwick	12	9	2	0	1	945	345	273.91	40
Shaun Richards	Narre Warren	2	20	Beaconsfield	12	7	4	0	1	871	374	232.89	32
Corey Bader	Narre Warren	1	16	Frankston YCW	12	7	5	0	0	770	537	143.39	28
Joshua Cook	Beaconsfield	1	16	Seaford	12	5	6	0	1	706	590	119.66	24
Daniel Wickens	Beaconsfield	0	15	Hampton Park	12	3	8	0	1	497	829	59.95	16
Josh Degregorio	Frankston YCW	0	15	Somerville	12	2	9	0	1	269	1050	25.62	12
Daniel McLardy	Berwick	0	11	Officer Kangaroos	12	2	9	0	1	257	1142	22.50	12
Kailam Toms	Mt Eliza	4	11	Cranbourne	12	0	11	0	1	269	1143	23.53	4
Sam Canny	Beaconsfield	0	11										



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Footy short stories



Footy short stories is an weekly update of the little but important things going on in local football and netball communities, if you have a short story you would like to have featured please email all the details to ianb@mpnfl.com.au

Your stories can be about people around the club, club legends at the venue, local general practice or hospital emergency department.

Common Sports Injury Information Series: Part 1

Having properly trained safety personnel on the sidelines is a key part of providing a safe environment, to prevent injuries, and limit the impact of injuries on players. All sports at all levels need to ensure sideline help is present at every game and training session. Undertaking a few hours of training is a small price to pay to ensure clubs have the knowledge and ability to manage injuries efficiently and effectively.

The PCN Sports Medicine Alliance, consisting of **Physio-works Health Group, Peninsula Sports Medicine Group and MP Sports Physicians**, provides PCN member clubs and playing squads with access to the best sports medicine providers.

Common Sport Injury Information Series:

Part One: Ankles, By Samuel Myers, Physiotherapist

Ankle injuries are very common on the sporting field.

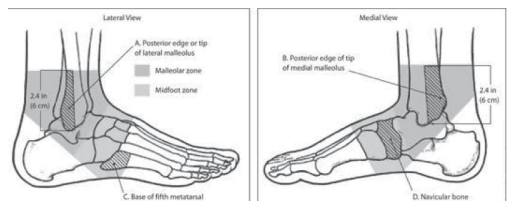
Most ankle injuries will occur to the lateral aspect on the ankle joint, causing disruption to the ligaments that support the joint (see diagrams below) In Football and Netball, the typical mechanism of an ankle sprain is standing or landing on a turned-in foot. The player may feel a crack, pop or tearing sensation at the time of incident, and significant swelling may follow. Neither the sound nor swelling are good indicators of the extent of the injury. Your club physio or trainer should screen the ankle for bone damage before clearing a player to return to the field. By following the "Ottawa Ankle Rules", your club physio or trainer can decide if a player can return to the field, or if they require an X-ray.

Does the athlete have any pain in the malleolar zone? (see diagram below)

Is there any tenderness on the posterior aspect of the tibia (inside of ankle), up to 6 cm above the ankle?

Is there any tenderness on the posterior aspect of the fibula (outside of ankle), up to 6 cm above the ankle?

Is the athlete unable to weight bare four (4) steps at the time of injury or at the time of assessment?



If you answered yes to the first rule, and any one of the following three, the athlete should not return to the field and should be referred for an X-ray.

Generally, pain and function permitting, a player should be able to return to the field after a low grade ankle ligament sprain. Appropriate strapping and a skills test by your physio or trainer should be completed before considering return to the field.

With a low grade ankle sprain it is important post game that the player apply the **RICE** and **HARM** principals of injury self management to assist in best recovery.

The key aspect of ankle management is to get the correct diagnosis, treatment and rehabilitation as soon as possible to ensure a quick return to play and most importantly ensuring that the injury doesn't become chronic.

R	Rest	H	Heat
I	Ice	A	Alcohol
C	Compression	R	Running
E	Elevation	M	Massage



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Casey Scorpions News

Scorps Stung at the Airport

We suffered a mixture of results on Sunday at Avalon Airport Oval against the Tigers, with the development side having an impressive win, but the seniors suffering a heavy loss to a highly skilled Werribee outfit.

The senior side got out of the blocks extremely fast and started hitting the scoreboard quickly with the first 3 goals of the game, but unfortunately that was the only resistance the boys could dish up for the first half as Werribee's fast and skilful brand of football tore our boys to shreds. Panozza lead from the front attempting to create some run from defence but had a little amount of help in the first half.

After a clear message to take ownership for performance at half time from the coach Rohan 'Woosha' Welsh the boys cracked in in the third quarter showing some resilience and competitiveness but the damage was done. To compound the loss we also suffered some significant injuries on the day with both Rodan and Couch injuring hamstrings and key defenders Davis and Sellar copping heavy knocks and leaving the ground before half time.

The boys will look for redemption this Sunday as we play Essendon at Casey Fields in our Captain Evan Panozza's 100th game for the club, truly a fantastic achievement for him as he has been a stellar club man and a worthy captain of this great club.

The development continued their winning way by defeating Werribee 16.10.106 to 8.12.60. Fowler (4 goals) and Riseley (3 goals) impacted the scoreboard, however the work of Hughes and Lang to create space and provide defensive pressure in the forward 50 did not go unnoticed by the coaches, and was a major contributor to our scoring opportunities. In defence, Clay, Matthews and first year player Bryce Rutherford continued their impressive month of football by not only negating their opponent's impact on the game, but also "sling shooting" a lot

of the Scorpions' attack throughout the game. The development side now sits fifth on the Development League Ladder and the next month will dictate if they are good enough to grab a finals birth.

Seniors

Casey 8.10.58 def by Werribee 17.12.114

Goal Kickers: J. Hogan 3, L. Hill 2, L. Tapscott, D. Rodan, D. Barry

Best Players: C. Pedersen, E. Panozza, J. Strauss, D. Barry, J. Tynan, J. Macdonald

Development

Casey 16.10.106 def Werribee 8.12.60

Goal Kickers: B. Fowler 4, M. Riseley 3, R. Taggart 3, B. Hughes 3, J. Anderson 2, N. Lang

Best Players: C. Clay, A. Lindsay, R. Taggart, B. Fowler, B. Hughes



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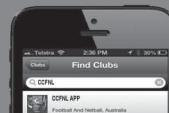


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Young Rising Netball



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Gazette
PAKENHAM-BERWICK

Jade a gem netballer.

Jade Diaz is only 15 years old but already has Hampton Park netball followers predicting she will have a long and award heavy career ahead of her. Jade is the next player to earn a nomination for the 2013 netball Young Rising Star award.

The talented young star started her netball with the Redbacks in 2010 and has already played at C-grade level with an eye to making her A-grade debut sooner rather than later.

Jade has already achieved personal accolades winning the club's best and fairest award at under 15 level last year and the runner up best and fairest trophy the year before. She rates her club award among her career highlights along with making the Cranbourne South West Netball Association Squad.

Hampton Park has been among the best clubs to encourage and develop young players since joining the competition and Jade says that her netball ambition is to be the best player she can be and to go as far as she can in the sport.

Hampton Park Netball Club president Kylie Widdows underlined Jade's rapid development and said that her nomination was well deserved.

"Jade is a dedicated netballer who has come along way over the last few years," she said.

"She often goes down and trains with the seniors to further improve her game and recently played her first game in seniors (C grade) and put in an outstanding performance."



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The remaining split rounds were played out last weekend, completing Round Twelve. Hampton Park and Tooradin played out a thriller in A Grade, with scores tied at 45 all when the final whistle was blown. A confident Berwick side that have turned their season around after a slow start, were impressive from the outset. They controlled the game from the first quarter, increasing their lead each quarter for an eleven goal victory. Keysborough upset Cranbourne with a steady victory at Casey Fields. Despite holding up the ladder, Keysborough look like they could upset some team's path to finals. It's great for the competition to have all sides in contention for the four points each week.

n B Grade, Tooradin notched up a convincing win against Hampton Park. Clever defence kept Hampton Park to 23 goals, while the Tooradin goalers capitalised on turnovers with 68 goals. Narre Warren and Berwick fought out a close match, with Narre Warren controlling the game in the final quarter to win 54 – 48. Keysborough were too good for Cranbourne, winning by 12 goals.

The C Grade ladder continues to shuffle positions with exciting results rolling in. Narre Warren edged out Berwick by one goal in a close, competitive match where the margin never went beyond three goals. Tooradin recorded their second win over Hampton Park, 36 – 25. Cranbourne took a narrow victory over Keysborough by two in an exciting finish.

Only four clubs played in the second week of the split round in the junior sections. Tooradin were winners over Hampton Park in 13s, 15s and 17s while Narre Warren took the points over Berwick in all four junior games.

Looking ahead to Round Thirteen, Narre Warren host ROC at Fox Road. The much anticipated 15 & Under game will be a show case of junior talent as these two high scoring teams go head to head. Narre Warren A Grade will be keen to get back on the winners list, while ROC will be looking to provide an upset.

Pakenham take on Doveton, where the 13s will be match of the day and should provide a close contest.

Beaconsfield welcome Hampton Park to their new courts, Tooradin take on Cranbourne, where A Grade will be an interesting battle and Keysborough host Berwick, where A & B Grade will be tough, close contests. All the best to all players, Coaches and Umpires for a successful round of netball in true winter conditions.

Narre Warren Magpies

The 13s and their Telstra NetMum Super Coach were first on the Winners List with a healthy win over Berwick. A superb team effort to record a victory. Continuing on

their winning way the 15s took control early, dominating each quarter to notch up a convincing victory.

The 15 Gold continue to improve under the guidance of coach Sue Rae. The girls are being rewarded with pleasing results due to their commitment to training and are improving their skills each week. Their effort against Berwick provided a strong win.

The 17s were very excited to have their Co Captain, Amy Rae back on the court after a serious knee injury. Fellow Co Captain, Tayla Hammond cheered loudly from the sideline after rupturing her ACL. The girls worked hard for four quarters against a tough Berwick side. With plenty of support in the final term, the girls kept their cool to win a nail biter by three goals.

Keen to reverse the result from earlier in the season, C Grade was focused from the outset. Good decision making and whole court defence provided pressure for the full four quarters. The final quarter was goal for goal, with Narre Warren managing to be in front by the narrowest of margins at the final whistle.

B Grade begun strongly, controlling the first quarter with all players winning their positions. Holly Booth and Jacqui Wimmers were rolling off like ballerinas creating an open goal ring and shooting accurately. Casey Rhodes Anderson was steady at Goal Keeper, well supported by Meaghan McGill, who put in an impressive captain's performance. With plenty of changes, Narre Warren's fresh legs helped them maintain their lead to win by six goals.

Narre Warren were chasing Berwick from the first quarter after a slow start, eventually going down by 11 goals. A Grade and coach Kerry will be keen to get back to their winning form against ROC.

Today Narre Warren welcomes ROC to Fox Road. Earlier in the season, the junior matches were very exciting and produced a high standard of netball. C Grade will be keen to improve on their draw, while A & B Grade will be determined to maintain their form.

ROC Kangaroos

13Under -Congratulations ROC on the best game of the season. The girls worked as a brilliant team in attack and defense and played with great confidence. All players showed great spirit and effort to win the ball. Award- Natalie Morgan

15Under - An amazing game by the U/15's today. All of the girls played strong and hard and stepped up the intensity which was great to see! With a week off next week the girls are looking forward to stepping up and taking a win from Narre. Congratulations to Katelyn Vincent on receiving the award today.





Netball Notes

15Under GOLD - It was a tough game against Pakenham. The lead changed throughout the game, however, through grit and determination we hung on for a two point win.

17Under - After a slow start and a few positional changes the girls put in a stellar effort. Man on man defence through the mid court made intercepts easy for the defenders and an open flowing attack allowed plenty of opportunity for the goalers. Congratulations to Tess Young on being named the Young Netball Rising Star and Gemma Stacey for the Spirit of Sport award in the match against Berwick.

C Grade - Both sides played hard and it was a tough competition. Both Pakenham and ROC played strong defense through the whole court. ROC came through with a solid win in the end.

A Grade - All of the ROC players really played well today. The improvement from the beginning of the year is clearly visible...well done!

To come so close but yet not take the win is frustrating but what we all need to look at it is how we are all playing as a team. This is a positive we need to remember.

Award: Larissa Wood.

Pakenham Lions

A Grade - A Grade experimented a bit with the line-up on Saturday. In the second, we started to see the girls really gel. In a tight game with some questionable choices at times from ourselves and others, the team worked hard to come away with a win against a much-improved ROC side.

B Grade - A much-improved performance from B Grade today; however, again we could not quite hold it together for the full four quarters. Jill Tivendale was stretched off in the third; this rattled the girls a little. The opposition capitalised and ran away with the game.

Under 17s - ROC were always going to be a tough task for the Pakenham 17s, but we stayed with them for the first half. In the second half, the coaches took some risks that didn't pay off, and ROC ran away with a 30-plus goal win.

Under 15s - The girls settled into the game against ROC well. Our defensive pressure and rebounding improved throughout the game. Although we did not come away with the win, all girls worked tirelessly and supported each other.

Under 15s Gold - This week our team was slightly depleted, with absences and injuries. The first half was extremely tight, going goal for goal. In the third quarter ROC forced us to play along the sidelines, and while our defensive pressure increased in the last, we lost momentum.

Under 13s - Pakenham's 13s were missing their goalers this week. With Kyra and Jess on holidays and Lomi injured, the girls worked really hard to cover their loss. With determination, the team fought hard and never gave in to ROC's quick game.

Doveton Doves

Doveton hosted Beaconsfield on Saturday, and the day started great with our little stars the 13's starting the day with a big win. The 15's played fantastic and worked hard for four quarters, only going down by a small margin. The 17's started slowly and were a bit overawed by the Beaconsfield girls who played extremely well. The girls were

still smiling though which is great to see each week. The seniors struggled against such strong opposition, being a few girls short and many changes each week make it hard as the injury list continues to trouble us. They still manage to string some great passages of play together though. Thank you to our junior girls who continue to fill in for the seniors each week. Thanks to Beacy for a great day of netball. Enjoy the week off girls. GO DOVES.

Beaconsfield Eagles

Beacy Eagles travelled to Doveton last week anticipating some great games of netball. All grades played particularly well and we witnessed great sportsmanship from both sides. Beacy came away with wins in four of the five matches and played some great netball. We all look forward to the day off next and hope that everyone gets the chance to recharge their batteries and prepare for the run into the finals.

The Beaconsfield Life members will host their annual Auction night on Thursday and a huge thank you goes out to Steve Pallas of Sports Communities for taking time out from his busy schedule to MC for the night. All funds from the night go to fitting out our new Clubrooms that will commence construction in September of this year and be ready for use for the 2014 season.

Many thanks to Bakers Barn Yard that was on hand at last weekend's game. This proved a great hit with the kids of all ages and gave them the chance to feed and play with all the farm yard animals. Bakers Barnyard is available for all occasions specialising in children's parties and school fetes. They can be booked by contacting Kylie and Mathew Baker on 0403 801 451 or by contacting the Beaconsfield Netball Club at Beaconsfieldnetballclub@live.com.



Netball Notes

Hampton Park Red Backs

Call it pregnancy brain (although I am blaming a migraine), but I completely forgot about the netball notes this week, so sorry to all that they are a bit brief! Firstly, I would really like to thank the few parents from the Under 13s that are at the courts nice and early to help with the set up. Helping sweep the courts, put out chairs etc. is a really big help and we do appreciate it, so thank you (sorry I don't know your names).

It was fantastic to watch the Under 13s play on the weekend and see how much they have improved from the beginning of the season. This was also displayed in the Under 15s. Well done to Taylor O'Brien, who backed up a solid performance in defence in Under 13s with another great effort in the Under 15s. Another junior player who really stepped up this week was Chloe Dodd, playing a whole game in the Under 17s and then filled in for C and B grades. Great effort Choley!!

While C Grade had their closest game for the year, we were still unable to walk away with a win. While there are positive signs, the game definitely showed us the areas we still need to improve on. An undermanned B Grade side had a tough day against Tooradin.

A Grade played in the match of the day, finishing in a draw. It was a seesawing match the whole way through, which got very nerve wracking in the final minutes. Well done to Sheena and Lisa on a strong defensive effort, and to Claire who played a great game in shooter.

This week after the Beacy game we have our major draw, so I hope you all have your tickets. Good luck to all the teams today. Go Redbacks!



Tooradin Seagulls

Last Saturday was a great day for both the netball & footy club against Hampton Park. We didn't lose a game throughout the day, something we have yet to do this season. It was a great confidence booster for all teams, in particular our junior teams who all had good wins. The A grade game was a nail-biter which ended in a draw. It was a fantastic game to watch and it was unfortunate for our girls that they didn't get the much needed 4 points.

A Grade: The A grade game against Hampton Park was always going to be a close one and certainly didn't dis-

appoint. Missing Meagan, Laura & Mandy wasn't ideal but it meant we had to bring in the veteran, Michelle Barnes (Barnesy) to help fill the void!! The combination of Barnesy and Alice in defence produced a number of turnovers and made it a tough day for the Hampton Park goalers. The game was goal for goal for most of the day and the final score reflected this! The girls now have a big week at training to get ready for another tough game next week against Cranbourne. BOC award & Players MVP was awarded to young gun Alice Ditchfield and the players awarded coach Shona Wells with an award for her fantastic leadership & awesome feeding of the goalers.

B Grade: The B Grade girls started strong with some accurate shooting and fantastic defensive pressure all over the court. Our defence end of Lisa Vandermeer & Leanne Ansalde once again made life difficult for the Hampton Park goalers and kept them to under 6 goals for each quarter. Sara Tanner had a brilliant game in centre and was awarded the BOC award and the players MVP. We have an extremely tough road ahead now and we will need to play our best netball to maintain our top 3 position on the ladder.

C Grade: It was great for C Grade to get their second win this year, in what was one of their best games of the season. Everything came together for the team and they managed to play a great four quarters of netball – something they have struggled with in the past.

Each quarter they built on their lead and particularly had a good last quarter.

Jess Connell had a great game in goals, shooting accurately and moving well in the ring, and Bridget Cook had a good game in WD, creating lots of turnovers. BOC: Jess Connell, Coaches and MVP: Bridget Cook

15 & Under: Well the holiday break certainly didn't hurt our Under 15's this week. They put together four fabulous quarters to come away with a very comfortable win this week. Every girl showed total commitment to the game and what was evident was the lack of errors which have been showing in previous games. The girls passed very well for the majority of the game and instead of rushing, held passes to select the best possible option. Accurate goaling and never say die effort in defence all combined for a great game of netball. Katey displayed her versatility once again being moved from goals to defence and back again, which provided us with an incredible option at both ends. Fantastic recipient of the best on court award. Abi Eades showed us why she was picked for this team by displaying such positive energy throughout the game and causing turnovers with her strong defensive skills. Well done Abi, a well deserved Coaches award. We look forward to applying similar skills against Cranbourne this week to be a competitive side.

We look forward to some very competitive games today against Cranbourne. Good Luck & Go Seagull's!!!

Cranbourne Eagles

Juniors: The Junior girls have had a quiet fortnight with no games due to the split round and Keysborough match. They have been training hard however and are looking forward to taking the court against Tooradin-Dalmore in Round 13. We hope the girls enjoyed their school holiday break and are all fired up for the run home to the finals.

C Grade: C Grade knew we would be in for a tough game against a determined Keysborough side and we were

Netball Notes

ready after our week off to play some good netball. We were very pleased to finish what was a close game with a two point win. There was some fantastic feeding into the goal ring by Bec and Kristy with great backup from Jade and Tahlia. The defenders worked hard all game and put pressure on all over the court. Well done girls on a great team effort. BOC went to Renee and Bec.

B Grade: B Grade unfortunately couldn't get over the line this week for a much needed win over Keysborough. We definitely have a side which deserves to be in the top 5 but this week we were unable to put our usual style of play into the game. This resulted in many errors and balls being thrown away which Keysborough were able to capitalize on. BOC went to Rach Kemp, Natalie Sparks and Jodie Holt with Natalie earning the most valuable player (mug), also.

A Grade: After coming off two great wins in the last two rounds, and being a game clear in the top 5, this was a game that we needed to win. Unfortunately this wasn't our week and we were unable to get our game together until the final quarter. Having the week off clearly didn't work in our favour. We have a few big weeks ahead of us now, with some much needed wins to be finals contenders this season. BOC went to Alison Allan and Melissa Perrins with the most valuable player, (mug), awarded to Tara Cecil.



CLUB CHAMPIONSHIP

Club	A	B	C	17	15	13	Total
Narre Warren	100	80	51	50	48	27	356
Beaconsfield	95	72	60	60	24	27	338
Berwick	90	72	60	30	22	12	286
Cranbourne	60	40	48	40	40	24	252
ROC	40	40	51	50	40	18	239
Pakenham	85	40	24	25	30	27	231
Tooradin	55	72	12	25	16	9	189
Keysborough	30	48	30	-	-	-	108
Doveton	-	0	24	15	16	33	88
Hampton Park	45	16	0	5	4	3	73

15 & UNDER GOLD

ROC	26 def 24	Pakenham
Berwick	21 def by 49	Narre Warren

Team	P	W	D	L	F	Agst	%	Pts
ROC	10	10	0	0	344	158	217.72	40
Pakenham	9	7	0	2	264	179	147.49	28
Narre Warren	9	5	0	4	277	191	145.03	20
Beaconsfield	9	4	0	5	197	195	101.03	16
Berwick	10	1	0	9	171	331	51.66	4
Tooradin	9	1	0	8	93	292	31.85	4

Keysborough Burra

Keysie didn't have a lot to look forward to with an extremely bad weather forecast and 3 tough games ahead of them, they were sure going to have to fight all day. Once again with a minimal to no bench for all grades the coaches had a lot of tough decision making to do.

C Grade - Again called on newly recovered Burra veteran Tania Budai to fill their defence and bringing Kelly J back in the side from an injury, the goals were covered in both ends. KJ and Triskits showed some great attacking skills. Mellie Bourke ran her guts out bring the ball down court, Caz stepped up in WA and Katie gave it her all in WD - (the kid that keeps on giving week in, week out). It was back and forth all game and 4 very close quarters but the girls went down by 2 within a minute from the siren. B Grade - Watch out for these Burra Babes they are on the way up and not letting anything get in their way! The B Grade girls used their stunning netball skills from the moment they stepped out on court. Every single girl on the court took on their position and gave it their all. HAY-LZ had a blinder of a game! Not even letting a few push, shoves or words from Cranbourne get the better of her. Watch out for Laura Cannons! She has turned it on every game this season and looks to be keeping it that way.... What a super star! Defence, attack and mid court, it all worked flawlessly taking out Cranbourne with a 12 goal win. This win has taken the girls in the top 5 and more then ever determined to keep it that way.

A Grade - Big Titty Smiddy with all the A Grade side behind her wanted a win and that's exactly what they were

Netball Notes

going to get! The A Grade girls pulled together a stunning game this week. You could not fault 1 player on the court, they played an epic game of "Keysie" netball. It was truly brilliant to watch! Betty and Downie smashed it in defence pulling in balls from everywhere. Burns, Smiddy and Jules had the mid court well and truly covered and Tarzan AKA Tara Bickham and Cannons showed Cranny how its done in the ring. Tarzan was a standout! Barely missed a goal and showed her opponent that the heckling wasn't going to bother her. These girls owned that court taking out a top 5 side by a 7 goal win. It sure shows what Keysie is all about. Do Berwick know what their up against this week? Go Burra!!

Also... Well done to our Senior Footy side for beating Cranbourne in a nail biting finish. They brought it home for the Burra! Great job!

Berwick Wickers

This was a much anticipated round of netball for Berwick taking on the 'club to beat this season'. Unfortunately it proved a disappointing day for the club going down to Narre Warren In all grades bar one.

Special mention of course must be made of our A grade side who managed to take the win over the undefeated magpies, pushing them up another notch on the ladder and proving they mean business going into the tail end of the season.

The C grade and 17's matches were both nail baiters, with the winners of each of these matches determined only in the final minutes of the game. This proved to be excellent viewing for onlookers and both will be matches to look out for come finals time.

The B graders gave the magpies a disappointing head start in the first term, which meant they had to claw back a huge deficit during the rest of the match. Much to the girls credit, they never gave up and continued to show strong form for three quarters, breaking back but going down by just 6 goals at the final whistle.

The 15's and 13's matches were huge score line differences. Although improvements are being made each week its unfortunately not quite enough to get them over the line against top sides.

This week our juniors take the week off and our seniors head to Keysborough in what will be another tough round, with Keysborough always providing quality netball competition.

Good luck to all three teams today.

Congratulations to all of our best on court recipients for Round 12:

A Grade: Sarah McDermott

B Grade: Emily La Roche

C Grade: Brooke Labinski

U17's (La Roche Air Best on Court): Lauren Carfora

U15's (Smart Cleaning Group Best on Court): Allee Pas-tras

U15's GOLD: Jamilla Buchannan

U13's: -



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Netball Results & Ladders

A GRADE

Doveton	def by 20	Beaconsfield
ROC	32 def by 36	Pakenham
Hampton Park	45 drew 45	Tooradin/Dalmore
Berwick	55 def 44	Narre Warren
Cranbourne	35 def by 42	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Narre Warren	12	10	0	2	470	396	118.69	40
Beaconsfield	12	9	1	2	495	368	134.51	38
Berwick	12	9	0	3	539	441	122.22	36
Pakenham	12	8	1	3	532	424	125.47	34
Cranbourne	12	6	0	6	388	407	95.33	24
Tooradin	12	5	1	6	380	410	92.68	22
Hampton Park	12	4	1	7	417	465	89.68	18
ROC	12	4	0	8	373	406	91.87	16
Keysborough	12	3	0	9	421	458	91.92	12
Doveton	12	0	0	12	0	240	0.00	0

B GRADE

Doveton	26 def by 74	Beaconsfield
ROC	41 def 32	Pakenham
Hampton Park	23 def by 68	Tooradin-Dalmore
Berwick	48 def by 54	Narre Warren
Cranbourne	37 def by 49	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Narre Warren	12	10	0	2	551	405	136.05	40
Beaconsfield	12	9	0	3	613	402	152.49	36
Tooradin	12	9	0	3	503	366	137.43	36
Berwick	12	9	0	3	542	426	127.23	36
Keysborough	12	6	0	6	515	471	109.34	24
Cranbourne	12	5	0	7	460	442	104.07	20
ROC	12	5	0	7	462	463	99.78	20
Pakenham	12	5	0	7	384	403	95.29	20
Hampton Park	12	2	0	10	349	657	53.12	8
Doveton	12	0	0	12	303	647	46.83	0

C GRADE

Doveton	13 def by 42	Beaconsfield
ROC	33 def 21	Pakenham
Hampton Park	25 def by 36	Tooradin-Dalmore
Berwick	38 def by 39	Narre Warren
Cranbourne	39 def 37	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Beaconsfield	12	10	0	2	475	262	181.30	40
Berwick	12	10	0	2	498	313	159.11	40
Narre Warren	12	8	1	3	452	312	144.87	34
ROC	12	8	1	3	433	299	144.82	34
Cranbourne	12	8	0	4	415	403	102.98	32
Keysborough	12	5	0	7	329	403	81.64	20
Pakenham	12	4	0	8	323	347	93.08	16
Doveton	12	4	0	8	330	403	81.89	16
Tooradin	12	2	0	10	233	403	57.82	8
Hampton Park	12	0	0	12	263	606	43.40	0

17 & UNDER

Doveton	9 def by 50	Beaconsfield
ROC	50 def 19	Pakenham
Hampton Park	20 def by 47	Tooradin-Dalmore
Berwick	40 def by 43	Narre Warren
Cranbourne	20 def	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Beaconsfield	12	12	0	0	441	156	282.69	48
ROC	12	10	0	2	465	248	187.50	40
Narre Warren	12	10	0	2	485	279	173.84	40
Cranbourne	12	8	0	4	471	264	178.41	32
Berwick	12	6	0	6	421	269	156.51	24
Pakenham	12	5	0	7	310	372	83.33	20
Tooradin	12	5	0	7	289	370	78.11	20
Doveton	12	3	0	9	201	479	41.96	12
Hampton Park	12	1	0	11	154	560	27.50	4
Keysborough	12	0	0	12	0	240	0.00	0

15 & UNDER

Doveton	23 def by 32	Beaconsfield
ROC	46 def 19	Pakenham
Hampton Park	15 def by 41	Tooradin-Dalmore
Berwick	15 def by 55	Narre Warren
Cranbourne	20 def	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Narre Warren	12	12	0	0	532	135	394.07	48
ROC	12	10	0	2	528	137	385.40	40
Cranbourne	12	10	0	2	403	173	232.95	40
Pakenham	12	7	1	4	336	243	138.27	30
Beaconsfield	12	6	0	6	286	325	88.00	24
Berwick	12	5	1	6	285	257	110.89	22
Tooradin	12	4	0	8	260	381	68.24	16
Doveton	12	4	0	8	181	372	48.66	16
Hampton Park	12	1	0	11	76	624	12.18	4
Keysborough	12	0	0	12	0	240	0.00	0

13 & UNDER

Doveton	20 def 8	Beaconsfield
ROC	20 def 16	Pakenham
Hampton Park	8 def by 26	Tooradin-Dalmore
Berwick	9 def by 33	Narre Warren
Cranbourne	20 def	Keysborough

Team	P	W	D	L	F	Agst	%	Pts
Doveton	12	11	0	1	406	149	272.48	44
Narre Warren	12	9	0	3	363	126	288.10	36
Pakenham	12	9	0	3	328	160	205.00	36
Beaconsfield	12	9	0	3	334	172	194.19	36
Cranbourne	12	8	0	4	309	179	172.63	32
ROC	12	6	0	6	269	217	123.96	24
Berwick	12	4	0	8	216	231	93.51	16
Tooradin	12	3	0	9	117	452	25.89	12
Hampton Park	12	1	0	11	54	470	11.49	4
Keysborough	12	0	0	12	0	240	0.00	0



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