



TECHNIKA
COOKING WITH PASSION

KNIGHT LIFE

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Edition 11/16

20th April 2016

TAC CUP—ROUND 4

Date: Saturday 23rd April 2016

Time: 1:00pm

Versus: Geelong Falcons

Venue: Simonds Stadium, Moorabool St, Geelong

Rooms: Hickey Stand Change Rooms #2

Shorts: White Shorts

Dress: Knights Polo Shirt, Hoodie, Tracksuit Pants

Parents please note: After every game the players will have a warm down and Coaches Review period of 40 minutes

Aftermatch: There is no aftermatch

Recovery: To be done at the beach straight after the game

Recovery food will be provided for you.

Players to be at the ground no later than 11:30am.

Please report to Team Manager, Chris Paras on arrival

UPCOMING DATES

<i>Wednesday 20th April</i>	Andrew Walker Multicultural Squad Introduction Meeting @ Preston 5:00pm
<i>Thursday 21st April</i>	U/18 Training @ Preston City Oval 5:00pm U/18 Pasta Night @ Preston City Oval 7:15pm
<i>Saturday 23rd April</i>	TAC Cup Round 4 Geelong Falcons vs Northern Knights @ Simonds Stadium 1:00pm
<i>Monday 25th April</i>	U18 Medical Screening and Review @ Preston City Oval 10:00am
<i>Tuesday 26th April</i>	U/18 Training @ Preston City Oval 5:00pm
<i>Thursday 28th April</i>	U/18 Training @ Preston City Oval 5:00pm U/18 Pasta Night @ Preston City Oval 7:15pm

ROUND 3 RESULTS

Northern Knights 9.5.59

Best Players: C.McKay, M.Perry, M.Blakey, E.Penrith, C.Roberts, P.Lipinski

Goal kickers: C.Roberts 2, E.Penrith, K.Thomas, P.Lipinski, M.Lentini, S.Fitzgerald, B.Lamanna, C.McKay

Queensland 11.10.76

Best Players: N.Dennis, J.Williams, L.O'Sullivan, D.Watson, E.Himmelberg, L.Mason

Goal kickers: J.Williams 2, S.Watson 2, L.Mason, R.Dadds, N.Dennis, J.Dawson, S.Copland, J.Collins, B.Crossley

CONGRATULATIONS TO OUR U17 VIC METRO FUTURES REPRESENTATIVES

Congratulations to the following five players: **Mitch Andrews, Nick Coffield, Alex Federico, Joel Grace & Ethan Penrith** on being invited into the Vic Metro Futures Squad. We wish them the very best for the upcoming game.

TAC CUP Newsletter



2016 KNIGHTS DRIVING ACTIVITY

As part of our partnership with the TAC the Northern Knights participate in a Driving Activity each year, where our Squad players are given an opportunity to gain over an hour's driving experience in a range of various driving conditions including city streets and country highways. In 2016 we have chosen to have our players drive to our Away game at **Simonds Stadium, Geelong this Saturday 23rd April**. We encourage all Learner & 'P' Plate drivers to take part in this activity and drive for part or all of the journey from metropolitan Melbourne to Geelong.

Players are asked to arrive at our designated meeting point by **10:45am** for a photo opportunity. Players will be given the opportunity to swap drivers at this point for the final part of the journey into Geelong.

This is a great opportunity for all Learner & Licensed Drivers, to gain valuable driving experience on both Highways and Freeways.

Meeting Point: BP Little River Service Station, Princes Highway, Lara (2km after the Point Wilson Turn off)

Finish: Simonds Stadium (Kardinia Park), Moorabool Street, Geelong(Melways Ref: Map 452 A6)



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ACTIVE MECHANICAL ACCESS

TAC CUP Newsletter













FOOTY TIPPING

There is still time to enter the 2016 Northern Knights Footy Tipping Competition!

\$50 up for grabs every week for the best tipper, and a \$800 1st place grand prize for the winner!

No one picked up the weekly \$50 prize this week as 9 correct tips eluded all our competitors.

Details on how to enter the Knights Footy Tipping Competition are on our website www.knights.sportingpulse.net

#	TIPPER	ROUND 4	TOTAL SCORE
1	 Mason Blakey	7 (43)	28 (112)
2	 Jordan Corelli	6 (32)	27 (76)
3	 Matt Harman	6 (20)	27 (92)
4	 Michael McLellan	6 (29)	27 (100)
5	 Julie	7 (40)	27 (110)
6	 Luke Wachinger	7 (43)	27 (113)
7	 Mitch Andrews	6 (43)	27 (119)
8	 Alan Barr	8 (43)	27 (121)
9	 James Williams	7 (58)	27 (224)
10	 Jack Hart	8 (21)	26 (101)

PASTA NIGHTS & AFTERMATCHES!

Our first Pasta Night Dinner for 2016 was held last Thursday Night at Preston City Oval for our U/18 boys and staff, and was a huge success.

Much thanks goes out to Sam Stapleton who coordinated the night, along with parents, Louise B, Diane S, Darren S, Andrew S, Glenn J and Michael W, and Sam's daughter. The set up of the tables (salads, bread and drinks) was unbelievable and all who were present were extremely spoilt.

The fantastic support of our parents continued at our Aftermatch on Saturday afternoon where the function room was filled with food and drinks for both sets of teams and parents to enjoy after a great contest.

Many thanks goes out to Susan Hedges for coordinating the day, along with assistance from Marie N, Sam S, Darren S and all the other parents who contributed.

If you are a parent and interested in assisting at our Pasta Nights or Aftermatches at Preston City Oval this year please feel free to email our helpful Parent Coordinators.

Pasta Nights (Michael): Michael.Wachinger@chesterton.com

Aftermatches (Susan): shedges@vahs.org.au

