



## TAC Cup Round 10

**Date:** Sunday June 19th, 2016

**Time:** 11:00am

**Versus:** Sandringham Dragons

**Venue:** Preston City Oval

**Rooms:** Home Rooms

**Shorts:** Black

**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:** Function Room after the game

**Recovery:** Thomastown Recreation & Aquatic Centre (TRAC), 52-54 Main St, Thomastown

Recovery food will be provided for you.

**Players to be at the ground no later than 9:30am**

**Please report to Team Manager, Chris Paras on arrival**

## UPCOMING DATES

<b>Thursday June 16th</b>	<b>U18 Training @ Preston 5:00pm</b> <b>U/18 Pasta Night @ Preston 7:30pm</b>
<b>Sunday June 19th</b>	<b>TAC Cup Rd 10 v Sandringham Dragons</b> <b>@ Preston City Oval 11:00am</b>
<b>Monday June 20th</b>	<b>U/18 Medical Screening &amp; Review @</b> <b>Preston 5:00pm</b>
<b>Tuesday June 21st</b>	<b>U18 Training @ Preston 5:00pm</b>
<b>Thursday June 23rd</b>	<b>U18 Training @ Preston 5:00pm</b> <b>U/18 Pasta Night @ Preston 7:30pm</b>
<b>Saturday June 25th</b>	<b>TAC Cup Rd 11 v Bendigo Pioneers @</b> <b>Queen Elizabeth Oval 1:00pm</b>
<b>Monday June 27th</b>	<b>U/18 Medical Screening &amp; Review @</b> <b>Preston 5:00pm</b>

## CLUB NEWS

There has been a fixture change to our game against the Eastern Ranges in [round 14](#).

The Northern Knights and Northern Blues are coming together to run a testing and development clinic for boys and girls aged 11-15 in the upcoming school holidays. More information [here](#).

All U18s players, coaches and staff are all invited to the Northern Knights Players' Night next Thursday night (24th June) as we celebrate 25 years of the TAC Cup. Former Knight and Carlton star **Matthew Kreuzer** will be in attendance.

No need for players to RSVP, however if staff (outside of those usually in attendance on a Thursday) and parents can RSVP so that we can get a gauge on numbers **by COB next Tuesday (June 21<sup>st</sup>)**

Night begins at 6:30pm after training.

### Footy Tipping

Sam Binion still has the lead in the footy tipping but only on margin difference. [Leaderboard](#).



The U18 Vic Metro squad opened their national championships on Queens Birthday with a two point win over Vic Country 14.10.94 to 14.8.92. Knights' captain Mason Blakey had 12 disposals and 4 rebound 50s whilst Luke Bunker had 23 disposals and a goal in the win. [Full report here.](#)



Congratulations to all the Knights that took place in the futures game. Braedyn Gillard, Kye Agosta and Thomas Halbone were part of the U16s squad. [Photo here](#)

Ethan Penrith, Alex Federico, Mitchell Andrews, Nicholas Coffield and Joel Grace were part of the U17 futures team.

We are absolutely delighted to officially announce the commencement of a Youth Girls Squad to add to our Talented Player pathway program!

Further information about the squad will be posted on our website in the coming months. For any staff that are interested in being involved in the program feel free to contact Rhy.

Pictured here are some of the best players from Sunday's Youth Girls Representative match between the YJFL and NFL, Nicola Xenos (YJFL) and Maeve Chaplin (NFL).



## WELCOME NEW U15 AND U16 COACHES

The Northern Knights would like to welcome **Harmit Singh, Brett Kennerley, Jeffrey Brown, Michael Tinkler** and **Steve Macpherson** to our current crop of Youth Academy Squad coaches Brett Bruce, Dom Taglieri and Anthony McDonald.

We are very excited about the new additions to our coaching group and believe along with our current coaches that we will give our players the best possible chance of developing their football and life skills in the near future.





## 'A KNIGHTS TALE' WITH MITCH ANDREWS

This week we sat down with Mitch Andrews who had just had a strong game

Andrews hopes the win against the Western Jets can set the tone for a big second half of the season for not only the team but himself as well. "Just happy to be getting games, didn't think I get many at the start of the year, im just trying to improve with every game."

"Improving my skills and I keep finding the footy but just need to use it a bit better"

<b>Nickname?</b> Mitchos	<b>Favourite Musician?</b> Kanye West
<b>Favourite sport other than footy?</b> Cricket	<b>Worst habit?</b> Spitting
<b>Favourite footy caller?</b> Brian Taylor	<b>Go-to Karaoke Song?</b> 'Baby' - Justin Bieber
<b>Favourite holiday destination?</b> Hawaii	<b>Favourite TV Show?</b> Geordie Shore
<b>Three famous people you'd like to meet?</b> LeBron James, Gary Ablett, Jessica Alba	<b>Worst haircut at the Knights?</b> Marcus Lentini
<b>Favourite Food?</b> Chicken Parmagiana	<b>Most Annoying Teammate?</b> Jordan Steele
<b>Favourite Simpsons Character?</b> Apu	



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