

Roosters help promote a healthy lifestyle

THE Sydney Roosters hosted local children last week at the annual community carnival in the Sydney Football Stadium precinct. Players from the first grade squad (including Mose Masoe, pictured) led a skills clinic on Kippax Lakes training field, a tour of the SFS and Roosters head office and a discussion of the *Eat Well, Play Well, Stay Well* program, which is designed to encourage young people to make healthier lifestyle and dietary choices.

Photo: ALAN PLACE



Find more photos from this event at www.wentworthcourier.com.au

Craic meets Cazaly



Annie Rose Phillips and Lizzie Gavaghan from the Bondi Shamrocks AFL team.

Photo: ALAN PLACE

Rob Bates

AUSTRALIAN rules may still be considered a male-dominated sport but a team of Irish female footy players is gearing up to give the boys a run for their money to win the hearts and minds of Eastern Suburbs fans.

The Bondi Shamrocks are preparing for their second season in the Sydney Women's Australian Football League and as the only Aussie rules team dominated by Irish expatriates, the girls hope to build a passionate fan base in County Bondi and surroundings.

While working hard with preseason training, the Shamrocks are also striving to become the top team in an online competition.

The Taste For Sport competition

asks fans to visit a website and vote for their favourite team with no registration or personal details required.

The most popular team will then receive \$5000 sponsorship and footy gear for all players.

Bondi player Laura Flanagan said the league was a great way to make new friends when she moved here from the outskirts of Dublin and that she hoped more local women would get involved.

"I think what puts a lot of people off is they think 'Oh God, AFL, I wouldn't be able to do that, I'm too small or not strong enough', but it's not about that at all," Flanagan said.

One of the team's token Aussie players, Kate "Woody" Woodlands, agreed, adding that the game was perfect for women of all shapes and sizes.

FISHING REPORT

Anglers making most of the wet conditions

Jack Scrine

DESPITE continued wet weather, fishing in Sydney is looking good.

Bream are happily feeding in Middle Harbour and Botany Bay and its tributaries, with anglers taking advantage of an aggressive streak in this usually tentative species.

Soft plastic fishing could well be difficult in North Harbour. *Modern Fishing* experienced a plague of small chinaman leatherjacket when it took to the water recently, which devoured gulps and snapper plenty of rigs. I've found popper fishing in dirty water often isn't as successful as other times, so if you want a luring option that won't be costing you a fortune in lost gear, continue using diving and lipless minnows and crankbaits if you come across the leatherjacket hordes. Big tailor are still in the mix as well, with metal lures and the aforementioned minnows accounting for plenty.

Offshore, the fishing is firing. Acres of striped tuna and plenty of big bonito are devouring bait as far as the eye can see in some spots, and both of these species mean marlin are never far away. Even better news for the bluewater fanatics, it seems the mahi mahi have finally started showing up around the FADs.

Tricklings of reports in recent months have been depressing for those who love to chase the beautiful dolphin fish, but it looks like they've decided to make a late appearance. This seems to be a trend in offshore fishing this year, with the marlin taking their time to arrive, too.

Jack Scrine is deputy editor of *Modern Fishing* magazine. March issue out now.

Attract more local customers.

78% of readers turn to the Trades & Services section of their local community newspaper

Call 13 19 79 to find out more.
Source: Engaging Communications, The Leading Edge (June 2008)

Wentworth Courier



Come Play Rugby Union with "Easts McAuley Junior Rugby Club" U6's to U10's

Register today on line at www.mcauleyjuniorrugby.com.au

Training Wed's 4pm at Easts Rugby Club Woollahra Starts Mid March Play Saturday mornings at Nagle Park Maroubra.

1000000



EASTS FC : JUNIOR SOCCER

- ✓ Home Ground: Queens Park
- ✓ Girls & Boys aged 5 - 18. Separate comps for Girls
- ✓ Professional coaching supervision for U6 - U8 teams
- ✓ Player development for all skill levels - beginners to elite players
- ✓ Exciting New Playing Strip being introduced in 2010 for all players

Registration Saturdays: 6 & 20 February and 6 March 10am - 2pm at Queens Park near the corner of Darby and York Roads

Age Group	Year	1 st Player	2 nd Player	3 rd Player
U6 - U7	2008 - 05	\$225	\$225	Free
U8 - U10	2000 - 02	\$250	\$225	Free
U11 - U18	1992 - 99	\$250	\$225	Free

FREE PAIR OF SHORTS WORTH \$25 for registrations completed before 21 Feb

NEW PLAYERS - Bring Passport or Birth Certificate PLUS a photocopy Visit www.eastsfc.com.au for preseason training dates and more info

Easts FC... The Progressive Football Club

