



# Waverley Park Hawks Weekly Newsletter



Issue 2 May 3 2015

The Waverley Park Hawks are an affiliated club of the Hawthorn Football Club



an AFL Quality Club – Bronze level club



and a Level 3 Good Sports Club



GOOD SPORTS

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## FROM THE PRESIDENT...



Well done and congratulations to all the Anzac Day Award winners from Round 2. It was fantastic seeing so many people at After Match for the presentations and enjoying the Great Aussie BBQ.

It was great having Daniel Andrews help with the presentation's and speak so positively about our club. Daniel Andrews has mentioned he will see what can be done in speeding up the process of new facilities as well as adding extra funds to the initial \$300k that was initially pledged. We thank him for giving him up his time on a Sunday evening, offering to assist with our current situation and his ongoing support.

We had 2 draws this week, the weekly player prize draw and the meat raffle. The weekly player prize draw was won by Ryan Dean and the meat platter by the Dean family, unbelievable, looks like next kick to kick and barbeque is at the Dean's house. You have got to be there to win!!!

**Volunteers Needed:** Anyone who can help with specific tasks or who would like to be part of the committee of our great club, please shoot me an email. Many hands make light work, we have tasks that need to be done that would involve very little time and some would involve more time.

**Players Wanted:** We can still accommodate players in all our age groups with the exception of U11. Places are limited so I would ask if you have any friends or family members that want to play to contact Danielle O'Neill (0438 407 525 or [registrar@wphawks.org.au](mailto:registrar@wphawks.org.au))

Go Hawks!

Tony Ferracane

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## NEWS...

### After Match This Sunday—Italian Theme Hosted by Under 10 Brown & Gold



The Under 10 age group will be hosting this week's After Match with an Italian theme –they'll be serving homemade lasagna and pasta, followed by gelato for dessert. Also don't forget the weekly prize draw for a Rebel Sports Voucher. At the clubrooms from 5.30pm on Sunday.

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### Sponsorship



The club is still looking for Team Naming Rights and Coaches Award sponsors.

Team Sponsors receive a listing on the club's website including logo and internet link and are listed on the Sponsors Boards in the clubrooms and in the club's Weekly Newsletter. Cost is \$400 +GST per team.

Every player will receive a weekly Coaches award at some point during the year. We are again looking for generous Families or Businesses who would be happy to donate these. Cost \$100.00 + GST per team.

We thank the following for their donations towards Coaches awards this season: Poolwerx Sandringham and Pro Prefabs.

If you are interested in becoming a Team Sponsor or donating Coaches Awards contact Matt Webb on 0417 302 144 or Lindsay Moore 0417 358 342.

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### Annual Dinner Dance Donations

This year's Annual Dinner and Major Auction will be held on Friday June 12 from 7.00pm to 12.30am at the Mulgrave Country Club. This is a great night and is the club's major fund raiser for the season.

We are seeking donations for the major auction and door prizes. So if you are able to donate sporting memorabilia, gifts, prizes, vouchers, show/event tickets, etc please contact Danielle O'Neill ([registrar@wphawks.org.au](mailto:registrar@wphawks.org.au) or 0438 407 525).

Full details about the Dinner Dance will be available next week including ticket pricing.

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## Social Media

The club has become more active in the social media space in the off season and is looking for content from each of our teams particularly for our Facebook and Instagram accounts. Please feel free to post photos/videos from your matches to our Facebook page and tag any club related photos/videos on Instagram with wphawks so the club can re-post.

We are using the following tags on our posts this season: #WPH15 and #WPH15Unn where nn is the age group, e.g., use #WPH15U9 for Under 9s and #WPH15U14 for Under 14s, etc. We are also using #AfterMatch for images/posts taken at After Match.



The club also has it's own mobile app for both iPhone and Android phones which includes club news, results, ladders, fixtures, team information, grounds, events and more. Download it from the App Store or Google Play.



For those of you who had the app last season a reminder that you will need to update your Team information so that you can receive notifications relating to a specific team. To update your settings navigate to the Settings page via the More tab. Press the Edit Information button. Update your Team, Second Team and Third Team information as appropriate and press the Submit button.

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## Lost Keys

The Huggins family have lost a set of keys at either Columbia Park or Lum Reserve last weekend. They have a Magna and a Saab key, a couple of other keys and 'I love Mum' metal key ring. If found please contact Joan Huggins on 0414 669 890.

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## DATES FOR YOUR DIARY...

### Active Kids Health Seminar

The club has organized an Active Kids Health Seminar on Monday 11 May at 7.30pm at Waverley Meadows Primary School (across the road from Columbia Park).

Guest presenters are Andrew Dalwood (Physiotherapist and Club Sponsor) who will speak about *Growing Pains and Injuries in Children's Sport* and Rob Haala (Dietician and AFL Boundary Umpire) who will discuss *Nutrition for Young Athletes*.

Andrew's presentation will cover topics such as:

- Common kids injuries – around the knee and foot
- What are growing pains?
- Known indicators for injury development
- Simple management principles for injury and prevention

Rob's presentation will cover:

- Nutrition for the young athlete
- Importance of hydration
- Role of carbohydrate & protein

Bookings are essential via <http://www.jotformpro.com/wphawks/ActiveKidsSeminar>. For further information please contact Lindsay Moore via [secretary@wphawks.org.au](mailto:secretary@wphawks.org.au) or 0417 358 342.

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Sunday May 3	Italian Theme After Match hosted by Under 10
Sunday May 10	Mother's Day. NO After Match.
Monday May 11	Active Kids Health Seminar
May 26—28	Team Photos
Friday June 12	Annual Dinner Dance at Mulgrave Country Club
Friday 17 July	Poker Night
Sunday September 20	Presentation Day at Columbia Park

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## AROUND THE GROUND...

### Round 3 Fixture Sunday May 3

**ALL PLAYERS ARE TO ARRIVE AT THE RELEVANT GROUND – 45 Minutes**

**PRIOR TO START OF GAME OR OTHER WISE AT COACH'S INSTRUCTION.**

**Home Teams (first named team): Brown Shorts      Away Teams: White Shorts**

Team	Match Details	Time
Under 9 Gold McCluskey (Blue)	Waverley Park Hawks vs Caulfield Bears Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.	9.00am
Under 9 Brown Morgan (Red)	Waverley Park Hawks vs Highett Lum Reserve (West), Cintra Ave, Wheelers Hill.	9.00am
Under10 Gold Froelich (White)	Waverley Park Hawks vs Ajax Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.	10.15am
Under 10 Brown Hickey (Yellow)	Waverley Park Hawks vs East Malvern Lum Reserve (West), Cintra Ave, Wheelers Hill.	10.15am
Under 11 Brown Rouse (South - White)	Oakleigh vs Waverley Park Hawks Princess Highway Reserve (East), Princess Highway, Oakleigh East.EL 70 B10	11.15am
Under 12 Girls	St Peters vs Waverley Park Hawks Centenary Park – Oval 2, Brady Rd, East Bentleigh. MEL 78 B3.	3:30pm
Under 12 Gold Plaza (Blue)	St Bedes Mentone vs. Waverley Park Hawks Southern Rd Reserve, Southern Rd, Mentone. MEL 87 E6	2:00pm
Under 12 Brown Fisher (West)	Waverley Park Hawks vs Dingley Lum Reserve (West), Cintra Ave, Wheelers Hill.	11:30am
Under 13 Gold Hall (Div 3)	Waverley Park Hawks vs Oakleigh Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.	11.30am
Under 13 Brown Claxton (Div 5)	Ormond vs Waverley Park Hawks E.E. Gunn Reserve - Oval 1, Malan St, Ormond. MEL 68 E7	1.00pm

Team	Match Details	Time
Under 14 Brown Black (Div 2)	BYE	
Under 14 Gold Stone (Div 4)	Highett / Cheltenham vs Waverley Park Hawks Highett Reserve – Oval 1, Turner Rd, Moorabbin. MEL 77 H9.	3.15pm
Under 15 Girls Wood	Mordialloc Braeside vs Waverley Park Hawks Walter Galt Reserve – Oval 1, Victoria St, Mordialloc. MEL 87 F8	12.00pm
Under 15 Gold McDonnell (Div 1)	Beaumaris vs Waverley Park Hawks Donald McDonald Reserve, Fifth St, Black Rock. MEL 86.	1.00pm
Under 15 Brown Palleschi (Div 4)	Waverley Park Hawks vs East Malvern Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.	1.00pm
Under 16 D'Angelo (Div 3)	St Peters vs Waverley Park Hawks Bentleigh Reserve, Arthur St, Bentleigh. MEL 77 F1.	12.00pm
Under 17 Deegan (Div 2)	Waverley Park Hawks vs Ajax Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.	3.00pm

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## Round 2 Results Summary

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Under 14 Brown 18-16-124 defeated Dingley Black 2-1-13 [>>DETAILS](#)

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Under 15 Girls 1.2.8 defeated by St Bedes/Mentone Tigers 18.1.119 [>>DETAILS](#)

Under 15 Brown 15.16.106 defeated East Sandringham 2.3.15 [>>DETAILS](#)

Under 15 Gold 11.12.78 defeated Ormond 10.5.65 [>>DETAILS](#)

Under 16 19.21.136 defeated Ormond 1.4.10 [>>DETAILS](#)

Under 17 6.7.43 defeated St Pauls McKinnon 5.3.33 [>>DETAILS](#)

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## Round 1 Match Reports

### Under 9 Brown

**Goal Kickers:** Biraj, Josh, Ryder & Luca

**Anzac Medal:** Angus Cassidy

This week our boys had their first win for the start of the season. The first quarter saw Jesse and Isaac with great tackling, Oscar chasing the opposition and Josh in the back line getting first to the ball and kicking it to a team mate.

Our forwards showed great team work.

The second quarter had Hunter and Ryder attacking the ball and were always willing to tackle to end up with the ball. Harry showed us how he could take a mark of the ball and Biraj's second effort to the ball always paid off as he was always able to then kick it to one of his team mates.

Isac was showing his skills in the back line in the third quarter with his tackling and marking.

The fourth quarter Luca kicked a goal to seal the game!

I would like to thank all the boys that played a quarter for the Oakleigh team as they were short in numbers!

Great game boys it was a great team effort!

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### BUON Print Solutions Under 9 Gold

#### Waverley Park Hawks 2.4.16 Defeated by East Sandringham 3.1.19

Round 2 and our first 'Home' game for the year. The 9 Gold's had a mini sleep in this week and only really woke up properly about half way through the first quarter. By this time, East Sandy had kicked three goals. But, to our boys' credit, they kept them to just 1 behind for the rest of the game and very nearly pinched a win. A great effort boys.

Nikolas stood firm early and withheld numerous attacks with great marking and hard play, Franki was 'Mr.Everywhere', and played some great wet weather footy, Daniel was creative through the middle and Jonathan marked well in the forward line. Dane is learning the game quickly and tackled really well and gained some valuable kicks up forward. Thomas F and Zac must have been watching some WWE wrestling because they were laying some huge, wrap up tackles that stopped the opposition in their tracks. Lucas and Cooper were dynamos through the centre as was Josh and Lachlan S. Sam Stone played a mammoth game as our big man and was well supported by Thomas M who marked strongly in defence at key times.

Ed was tenacious and attacked the ball all day and Nash took a pearler of a grab in the forward line. Noah was head down and straight through traffic in a gutsy display and Lachlan B was like a 200 game veteran on the last line. Ethan sustained a hard knock and came back strong with some great efforts and Nicholas Cusmano was playing tight and pinched regular possessions, while Luke seemed to love the open spaces and ran the lines hard.

All in all, the boys have shown great improvement already, after just two competitive games. This week we will work on minding our man and sticking as best we can to our positions.

Go Hawks and Go Gold!

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### Under 10 Brown

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### AAV Tiling Under 10 Gold

#### Waverley Park Hawks 2.4.16 Defeated by South Melbourne Districts 5.6.36

**Goal Kickers:** Nathan B, Josh C

**Best Players:** Nathan B, Thomas S, Josh C, Orlando P, Shilo H, Peter D, Evan P

**Coaches Award:** Thomas S, Josh C

**Anzac Medal:** Nathan B

The Hawks played away in wet conditions against South Melbourne who have become our arch rival from last year. Our opponents had 17 men and thanks to Damon, Spencer, Mitch and Jacob for volunteering for a quarter to fill in. The boys got into the game and worked really hard in the difficult conditions. Our backline got a fair work out but held together well with Evan, Shilo and Max playing in front and tackling well. The second quarter was another even contest and Thomas gave us some spark with a bounce, spin and long ball into the forward line. South got on top in the third quarter and snagged some goals from some lucky balls over the top. Our backs were a bit unlucky as they were playing in front as instructed. Orlando and Nathan

worked hard in defence and Damon teamed well in the midfield. The last quarter saw the Hawks put some more pressure on and Shilo gave us plenty of drive from the midfield. Brady P unselfishly centred the ball while streaming toward goal and Josh's tackling was rewarded with a shot at goal which he duly slotted home. Peter was solid at full back and provided plenty of clearing kicks that hit the target. There could have been several players selected to receive the ANZAC medal but Nathan was committed and hard at the ball all day and was a deserving recipient. Our opponents were just a little better than us on the day and hopefully our boys can take some lessons away from the game.

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## Under 11

### Waverley Park Hawks 8.6.54 Defeated Beaumaris 7.7.49

**Goal Kickers:** Kobi Watts 2, Tommy Warner 1, Nathan Jago 1, Jackson Traplin 1, Hunter Morgan 1, Joshua Lucchese 1, Aidan Rouse 1

**Best Players:** Tommy Warner, Jackson Traplin, Joshua Lucchese, Kobi Watts, Hunter Morgan

**Coaches Award:** Joshua Lucchese

**Anzac Medal:** Tommy Warner

This week we played our first home game at Lum Reserve. Whilst it was sunny, it was very cold and there was a feeling that the rain was coming. The game got underway and it was clear from the start that the two teams were very even. Both sides were using the ball well and moving it well. Waverley's backline was very strong with Traps, Thomas and Jackson M repelling attacks. The midfielders lead by Zac and Oliver were moving the ball forward. Finally the game opened up and Tommy W kicked a goal, followed by a goal to Nathan and a goal to Josh and a goal to Hunter. Quarter time scores WPH 3.2.20 to Beaumaris 1.1.7.

The second quarter started and the Hawks continued to play really well. The mid-field was driving the ball forward with Jordan and Justin working hard. The ball spent a large amount of time in our forward line but we did not really get the rewards until we got a bit of a run on with two goals to Kobi, a goal to Nathan, and a goal to Jackson T. The game was very even in general play and Beaumaris were able to get a couple of late goals. Half Time WPH 7.3.45 to Beaumaris 3.2.20.

The third quarter was very even with the ball moving from one defense to the other. Tommy W, A.J. Hunter and Tommy K were working very hard but both defenses were on top. Beaumaris kicked a goal and that was immediately answered by WPH with A.J scoring a goal. The rain came again and the game tightened up even more as the ball got slippery. Three quarter time the scores WPH 8.4.52 to Beaumaris 4.3.27.

The last quarter started with Beaumaris taking control of the game. They started with a loose man in defense and our backline not use to playing like that lost its structure. In the first half of the quarter Beaumaris scored three goals to get right back into the game. At this time the team led by Hunter and Tommy W dug deep and forced the ball into our forward line with A.J and Harvey taking shots but missing. The ball went back into Beaumaris forward line and they forced a couple of behinds. Then a Beaumaris kick to the front of the goals and a mark to Beaumaris 20m out from goal a well. Big jump on the mark from Hunter and the ball is smothered and siren sounds.

The boys worked very hard to build the lead in the first three quarters but our last quarter was not our best. Let's try for a four quarter effort next week.

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## Under 12 Girls

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## Gunn Electrics Under 12 Brown

Waverley Park Hawks 5.4.34 Defeated Beaumaris 1.8.14

**Goal Kickers:** Kolak x2, Soligo, Pearce, Black

**Best Players:** Kolak, Cassar, Black, Soligo, Tan Son, Dean

**Coaches Award:** Flynn Cassar, Cayden Black

**Captain:** Flynnn

**Anzac Medal:** Josh Kolak

Another great effort by the Gunn Electrics U12 Brown. In the spirit of the weekend and the Anzacs the boys showed great courage, determination and team work to post another win. In a tight and wet contest early, Flynn, as captain, set the example for the team by being in and under the packs. Soon the likes of Noah, Daniel, Cayden, Matt J and Cooper followed. The boys started to build the wall behind play and were determined to keep Beaumaris out of their forward line with some great efforts and marks from Cozzie, Dylan, Jake and Anthony. Ryan marked well up forward and with a great first game for the Hawks by BJ our forward line was lively and all players were getting into the game. Will kicked a great goal to put us up early and then with 5 parents' voting for the Anzac medal, Josh Kolak put his name to the top with some great in and under play, hard tackles and a couple of vital crumbing goals. Our Anzac voting was a tight contest, especially with such a hard, tough, courageous group of players in this group. Flynn and Cayden both showed the qualities we were looking for, having great games and taking home the coaches award. A great contribution from all players. Well done. Go Hawks!

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## Under 12 Gold

### Waverley Park Hawks v Mordialloc Braeside

**Captain:** Koby

**Anzac Medal:** Wes Wieclaw-Suchomel

This week the WPH UNDER 12 gold demonstrated one of the Anzac characteristics, MATESHIP lead by our captain Koby (aka Kobstar).

The first quarter was played in good spirit, fast & hard. Our players stuck to their game plan & saw the first quarter out with even score.

As a coach I communicated to the players the importance of mateship. I made a couple of changes with instant results.

Luke G would constantly win the tap outs which resulted in our rovers working overtime feeding our forward line.

Our back line was led by Jordan G (aka Gibbo) with the help of our wingers in Deakin H & Ethan P who also worked hard on their attacking plus defensive side. We managed to control Mordi Braeside scoring opportunities & created our own scoring opportunities.

Overall the team played as a unit & showed true MATESHIP which made it very hard to select a player for the ANZAC MEDAL as they all did extremely well. However, the player that was chosen was due to all of the above plus sportsmanship, therefore the ANZAC award went to Wes Wieclaw-Suchomel.

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## PRO Prefabs Under 13 Brown

### Waverley Park Hawks 1.1.7 Defeated by Prahran Black 11.10.76

**Goal Kickers:** B. Addison

**Best Players:** M. Ferracane, J. Gomatos, T. O'Neill, J. Daisley Starvaggi, B. Addison, C.Cheney

**Anzac Medal:** M. Ferracane

This week we were away at Toorak Park. The boys had a slow start and let Prahran get a start and a 9 goal lead, but after half time they were a different bunch and toughed out a fantastic 3rd qtr and held them to 1 behind. It was great to see them show us and the opposition that they are hard and competitive. The fourth qtr was also an impressive one, but we could not get the score on the board.

Several boys put their hand up in that last half and a number of them could have won the medal.

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## Action Aluminium Under 13 Gold

### Waverley Park Hawks 7.11.53 Defeated Hampton Rovers 3.4.22

**Goal Kickers:** Carl Mariette 2, Kyle Harris 2, Nathan Crosthwaite 1, Dale Argus 1, Justin Savage 1

**Best Players:** Angus Bailey, Nathan Crosthwaite, Kyle Harris, Carl Marriette, Lachlan King, Dale Argus

**Coaches Award:** Kyle Harris, Nathan Crosthwaite

**Captain:** James Mucha, Lucas Perez

**Anzac Medal:** Angus Bailey

**Team Mate Award:** Lachlan King

It's been a long time since this group has enjoyed consecutive wins and it's always nice to do it off the back of Anzac Day. The boys again came to play, their physicality and attack on the ball was first class, their tackling pressure was enormous setting up a great number of turnovers, and with Angus Bailey setting the tone from fullback, Carl Mariette dominating in the forward line and Nathan Crosthwaite nullifying Hampton's man mountain, the game was pretty much under control by quarter time. Windy and wet conditions took a little of the gloss off the handling and disposal of the ball, but Hampton was a far more competitive side than our round one opponent, and exposed a few areas that we need to improve in to become as good as we can be this year. At times our forward line became clogged and our lack of consistent on field talk put team mates at risk. We'll continue to address these areas at training.

All in all as coaches and parents we are very proud of the manner in which this under 13 group continues to grow and work hard together; performances like Lachie King's multiple tackling efforts against 3, Dale Argus's relentless hunting of the ball, Kyle Harris's rebounds and from half back and the lad that's produced his best and most courageous football yet, Anzac Medallist Angus Bailey.

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## Advanced Office Interiors Under 14 Brown

### Waverley Park Hawks 18-16-124 Defeated Dingley Black 2-1-13

**Goal Kickers:** D. Marchese 7, F. Ford 3, C. Black 2, L. Jenkins 2, Z. Fisher, S. Watson, C. Emery, V. Zagari

**Best Players:** D. Marchese, V. Zagari, L. Jenkins, Z. Fisher, J. Neil, F. Ford

**Anzac Medal:** Chayce Black

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## JB Commercial Under 14 Gold

### Waverley Park Hawks 1.5.11. Defeated by Northvale 17.10.112

**Best Players:** Beck, Loughman, Razga

**Coaches Award:** Chris Pond, Ben Beck

**Captains:** Jake Razga and Daniel Battisti

**Anzac Medal:** Dominic Loughman



A disappointing game on such a special weekend in the ANZAC weekend! The boys just weren't switched on and didn't seem interested and Northvale smashed us all over the ground. There weren't many highlights, Dom played well putting his body on the line for the team and winning the ANZAC medal, well done Dom. Ben Beck continued on from last week's game and was stoic in the backline. Pondy, JJ, and Lucas had good games but not much else to write about.

I hope the boys are as disappointed as me and come to training this week, train hard and put in a better account for themselves next week

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## Under 15 Girls

### Waverley Park Hawks 1-2-8 Defeated by St Bedes/Mentone Tigers 18-11-119

**Goal Kickers:** Phoebe Taylor McKain  
**Best Players:** Isabelle Taylor, Alexandra Bland, Tahlia Rundle  
**Coaches Award:** Alexandra Bland  
**Anzac Medal:** Isabelle Taylor

Today we had a very big task at hand. We knew St Bedes we going to be a strong side. We tried hard all game but couldn't slow St Bedes run. The girls that played in the backline worked hard and stuck to their players. Alexandra played a great 4 quarters of footy in the backline. Bella had a job to do this week and that was to slow the run of their best player, she did this with ease. Her courage and determination showed all game. Tahlia was strong in the backline taking marks and was a great back stop at the goals. Phoebe kicked our only goal in the last quarter which was a great team effort by all! It was a tough game but the girls never gave up!

## Austart Airstarters Under 15 Brown

### Waverley Park Hawks 15.16.106 Defeated East Sandringham 2.3.15

**Goal Kickers:** J. Cincotta 3, M. Wellington 3, B. Gravell 2, H. Dimopoulos, W. Bolch, K. Chronic, A. Palleschi, W. Hayes, J. O'Neill, S. Wieclaw  
**Best Players:** W. Hayes, T. Mannix, A. Cappello, S. Wieclaw, K. Chronis  
**Coaches Award:** S. Wieclaw, K. Chronis  
**Anzac Medal:** W. Hayes

We travelled down to East Sandringham early in the morning but for our boys an early rise wasn't an issue at all. We came out firing again and the game was almost won by half time. Will Hayes played a terrific game off half-back cleaning up anything and everything that came his way. In the second half we changed things up a little to fresh avail with Spencer, Keiry, Billy and Brodie all getting on the score sheet for the first time this season. Another great team victory has really given us a wonderful start to the season.

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## Under 15 Gold

### Waverley Park Hawks 11.12.78 Defeated Ormond 10.5.65

**Goal Kickers:** Jake Gasper 4, Nick Pascuzzi 2, Kyle Viccars 2, Matt Fewings 1, Francis Connolly 1, Jackson Dean 1  
**Best Players:** Francis Connolly, Jake Gasper, Matt Fewings, Kyle Viccars, Jack Strongman  
**Anzac Medal:** Francis Connolly

After last week's loss it was imperative that we got a win against Ormond, who have been promoted from Division 2. We started slowly with Ormond kicking the first two goals of the game before we got warm. The boys responded in fine fashion with Jake Gasper playing a blinder of a quarter kicking three goals from a midfield/forward role. Our midfield which were criticised for not working hard enough last week were well on top and continuous overlap running by them as a group saw us build up a handy lead. Matthew Fewings kicked surely the goal of the year with a checkside goal from the forward pocket boundary after turning four Ormond defenders inside out and then finishing off beautifully after looking for inside options which there were none. It was a real team lifter as was Francis Connolly's second term goal after clearing the ball from the centre square ball up and then a very fast give and go at half forward saw Francis drill a long range goal on the run. It was football at its simplest and most destructive best.

We led by an even five goals at the long break but after half time, give credit where credit is due with Ormond taking it right up to us. They really attacked the ball hard and put us under great pressure with their tackling ability. We took a comfortable four goal lead into the last change with the instruction to play tempo footy and slow the game down as much as possible. Unfortunately, we failed to do this, and it almost cost us in the end through us not following instructions and wanting to play on at all costs which was to our detriment. In the end it didn't cost us victory but it was a lesson well learned.

Francis Connolly was superb in only his second game for the club and duly won the Anzac Day Medal. Francis showed everyone why we were so keen to get him into our midfield and club with a great game. Jake Gasper continues to provide us with a great highlight reel and his four goals were the difference in the end. Another newbie, Kyle Viccars was again amongst our most damaging players playing midfield/forward and I thought Matty Fewings and Jack Strongman were great contributors in our back half. Matty provided plenty of drive off half back all day with endless run and Jack was cooler than the other side of your pillow in the last line of defence, playing with great poise and combining with our never beaten full back Callum MacLean to repel many an attack.

We are now one win and one loss and need to get ahead of the ledger this week against Beaumaris.

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## Under 16

### Waverley Park Hawks 19.21.136 Defeated Ormond 1.4.10

**Goal Kickers:** Bradie 4, Taine 3, Phil 3, Tom Webb 2, Bradley 2, Jonathan, James Long, Will, Shannon, & James T all kicked 1

**Best Players:** Taine, James W, Phil, Alec, Matt Jago, Bradie, Adrian, Tom Webb

**Coaches Award:** Adrian Vargiu & Phil Ilic

**Anzac Medal:** James Wanders

**Milestone Games:** Matthew Jago - 100 games

A huge welcome to our five new players, Taine Barlow, James Long, Alec Mulqueeney, James Tighello and Adrain Vargiu. What a great way to start the season, with five new quality individuals, not only from a football perspective but in terms of the way they have fitted straight into our team without fuss. After a first quarter of feeling our way the boys played an outstanding three final quarters. Although for most of the boys it was their first game together they were all prepared to share the ball, protect their teammates and, in most instances, defend hard at either end of the ground. Our centre square work was excellent which allowed for quick movement into the forward line and when the ball did move into our backline we were able to rebound quickly and efficiently. A great start to the season boys really looking forward to next week!

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## Under 17

### Waverley Park Hawks 6.743 Defeated St Pauls McKinnon 5.3.33

**Goal Kickers:** James Deegan, Josh Cochrane, Joe Galluccio, Finn Bloomer, Ben Pearce, Al Bailey

**Best Players:** Luca D'Alfonso, Jayden Brown, Josh Cochrane, Cam Agars, James Deegan, Dean Harris, Finn Bloomer, Alex Muir, Blake Dickinson

**Coaches Awards:** Jayden Brown- Fantastic game in the backline – stood tall under pressure, especially in the first half and repelled many attacks. Dean Harris. I loved the way Dean impacted the contest and hunted the footy at every opportunity

**Anzac Medal:** Luca D'Alfonso for a fantastic four quarter display of hard running, strong tackling and team first decision making – excellent game

Another really strong showing against a quality opponent in St Pauls. In a tight affair with no more than two goals' difference for the entirety of the game, we managed to outlast our opponents with a strong final quarter into the wind. We still need to work on our ball use and decision making as we had a lot of the play in the first half and couldn't capitalise on the scoreboard.

Well done boys on a great win – see you all at training!!!!

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Anzac Medal winners



Coaches Award winners



Under 15 Gold with coach, Cam McDonnell



Under 15 Brown with David O'Neill



The Anzac After Match crowd

# SUPPORT YOUR CLUB SPONSORS...

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## Waverley Park Physio Therapy Centre – discount and rebate offer



All Waverley Park Hawks playing squad members will receive a 10% discount on any physio treatment at Waverley Park Physiotherapy Centre (WPCC) in 2015.

In addition, WPPC are providing a \$10 rebate to the club for each new patient who registers at Waverley Park Physiotherapy Centre in 2015. This applies to all members of the wider Waverley Park Hawk community (players, past players, family members, sponsors and supporters).

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# Waverley Park Hawks

## Active Kids Health Seminar

**Monday 11 May 7.30pm**

**Waverley Meadows Primary School  
(opposite Columbia Park)**



### **Growing Pains and Injuries in Children's Sport—Andrew Dalwood**

Andrew is a Specialist Musculoskeletal Physiotherapist from Waverley Park Physiotherapy Centre with over 25 years of experience. He is a father of three kids and keen follower of children's sport. His presentation will cover:

- Common kids injuries – around the knee and foot
- What are growing pains?
- Known indicators for injury development
- Simple management principles for injury and prevention



### **Nutrition for Young Athletes—Rob Haala**

Rob is a Dietician with a special interest in Sports Nutrition from Nutrition For Life. He is a lecturer in nutrition at Australian Catholic University, an AFL boundary umpire and father of one. His presentation will cover:

- Nutrition for the young athlete
- Importance of hydration
- Role of carbohydrate & protein

Bookings essential via <http://www.jotformpro.com/wphawks/ActiveKidsSeminar>

For further information please contact Lindsay Moore, [secretary@wphawks.org.au](mailto:secretary@wphawks.org.au)  
or 0417 358 342



**Waverley Park  
Physiotherapy Centre**  
*"Everyone is an athlete... we just have different events"*

