



Waverley Park Hawks Weekly Newsletter



Issue 3 May 10 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



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FROM THE PRESIDENT...



Letting everyone know there will be NO after match this Sunday – with Mother Days on Sunday, it's time to have a night in and spoil mum!

After a sensational sunny Sunday we had perfect conditions for our Sunday night after match. Our under 10 age group hosted an Italian night with a selection of Lasagne and Pasta followed by Gelato for desert. Well done guys. An enormous amount of effort goes into these nights so please come down, grab something to eat, drinks for the big people and little people and continue the tradition of our great FAMILY club. Meet new people and enjoy a great social night.

We had a meat raffle and free player raffle again this week with a \$100 food voucher from Spiros Souvlaki, up for grabs. They are located at 174 Warrigal Road Oakleigh, Pop in say G'Day to Tass and make sure you mention Waverley Park Hawks. Thank you to the Addison family for organising the food voucher and Spiros Souvlaki for their kind donation and support. This week's meat and player raffle was won by the Wensley family! Well done, we hope you enjoy your prize! Remember all you need to do is be at the club on Sunday nights for your chance to win.

DINNER DANCE DATE – 12 June. Lock the date away, put on your dancing shoes as it will be another great night. Further details are available below in this newsletter. For all teams that have not already done so, could you nominate one person per team to be your dinner dance co-ordinator and let Danni O'Neill know, registrar@wphawks.org.au. This person can be anyone, role would be to promote the dinner dance, get numbers and collect money, can't get any more simpler than that.

Volunteers Needed: We are seeking assistance for all our members to help out with the everyday running of our club. There are roles that do and don't require committee involvement. To all the people that help out, an enormous THANK YOU for helping Waverley Park Hawks be the club we are today and allowing our kids to play footy at our great club. I urge anyone who has some free time and wants to get involved, help kids play footy and make a difference to please contact me, no matter how small or large the contribution.

Players Wanted: Thank you to all that have responded to our players wanted. We do have strong numbers across all age groups, however, we can accommodate some more in specific ages groups. If you know of any boys or girls that are thinking of playing that have not registered yet, please let them know the teams are filling fast and they will need to get a wiggle on so they don't miss out.

Match Day Behaviour: Just a quick note, please be mindful of our match day behaviour, I understand we get caught up in the moment but remember, we are all there for our kids!!!

To all our mums, Happy Mother's Day!!!



Go Hawks!!

Tony Ferracane

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NEWS...

Team Photos



Team Photos will be taken at training in the last next two weeks of May at Columbia Park. Players must wear their full Waverley Park Hawks uniform with brown shorts.

Every player will be receiving an envelope at training next week. Payment is by cash or cheque only and must be included in the envelope and returned to your team manager on or before your scheduled photo time. If you miss getting an envelope, please contact your team manager.

This season the team photos will again be taken by Pro Sport Photography which is operated by one of our parents, Melissa Rogers. Prices range from \$18 for a team photo through to \$35 for a collage pack.

The photo schedule is as follows:

Week 1	Week 2
	Tuesday 26 ^h May 5.00pm Under 9 Brown 5.30pm Under 9 Gold 6.00pm Under 15 Brown 6.30pm Under 15 Gold
Wednesday 20 May 5.30pm Under 13 Brown 6.00pm Under 13 Gold	Wednesday 27 May 5.00pm Under 12 Brown 5.30pm Under 12 Gold 6.00pm Under 14 Brown 6.30pm Under 14 Gold
Thursday 21 May 5.00pm Under 12 Girls 5.30pm Under 15 Girls 6.00pm Under 16	Thursday 28 ^h May 5.00pm Under 10 Brown 5.30pm Under 10 Gold 6.00pm Under 11 6.30pm Under 17

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Banners for Milestone Games



If you have a milestone game coming up, the club can provide you with an easy and inexpensive way to create a run through banner.

The club has available for purchase, *Run Through Crepe Banners 2m x 2m in Brown and Gold*, which can be easily personalized with the players name and the number of games (50, 100, 150).

Cost is \$65 and they can be purchased through our merchandise co-ordinator, Lynda Ross at the Columbia Park canteen on match days or alternatively contact Lynda 0466 326 633 to make alternative arrangements. Suggest that you purchase it at least a week in advance to allow time for adding letters/numbers to the banner.

All you need to do is prepare the lettering for the players name and number of games and affix this to the banner. Letter and number and instructions are available from the [club web site](#).

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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, Pro Prefabs and Michelle O'Rourke.

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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Social Media

Don't forget to follow to follow/like us on our social media accounts



and to download the mobile app (available for both iPhone and Android)



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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 or 0417 358 342.

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Annual Dinner Dance – Club's Major Fundraiser



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.

The cost for the nights is \$40 per head, which includes canapés on arrival followed by a 2 course dinner. Drinks are at bar prices. There will be the Major Auction, door prizes and raffles on the night as well as a DJ playing all the hits from the 80s, 90s and Top 40. So, don't miss out on the fun! It's a great night to get out (without the kids!) dress up, enjoy a sit down dinner, some drinks and a good boogie if you are up for it!

All ticket enquiries should be directed to your team's table co-ordinator. Tickets can also be purchased online using PayPal or credit card via <http://www.jotformpro.com/wphawks/annualdinner15>.

We are also seeking donations for the major auction and door prizes. If you have any contacts and/or family/friends that could help out with any auction items, raffle prizes or vouchers for the night it would be really helpful. Please contact Danielle O'Neill (registrar@wphawks.org.au or 0438 407 525) if you can help out with donations.

It's a great night so get on board and remember it's all about supporting our kids and the Club they love playing footy at! It is collective efforts such as the Annual Dinner Dance and Sunday "After Match" that help raise important funds for the Club, which in turn helps keep fees at a reasonable level.

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Sunday May 10	Mother's Day. NO After Match.
Monday May 11	Active Kids Health Seminar
May 20—21	Team Photos Week 1
May 26—28	Team Photos Week 2
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 4 Fixture Sunday May 10

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
BUON Print Solutions Under 9 Gold McCluskey (Blue)	Waverley Park Hawks vs Ashwood <i>Lum Reserve (West), Cintra Ave, Wheelers Hill.</i>	9.15am
Under 9 Brown Morgan (Red)	Mordialloc Braesidevs Waverley Park Hawks <i>Walter Galt Reserve – Oval 2, Victoria St, Mordialloc. MEL 87 F8</i>	9.00am
Under10 Gold Froelich (White)	Mordialloc Braesidevs Waverley Park Hawks <i>Walter Galt Reserve – Oval 2, Victoria St, Mordialloc. MEL 87 F8</i>	11.30am
Under 10 Brown Hickey (Yellow)	Waverley Park Hawks vs East Sandringham <i>Lum Reserve (West), Cintra Ave, Wheelers Hill.</i>	10.30am
Under 11 Brown Rouse (South - White)	Waverley Park Hawks vs Hampton <i>Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.</i>	10.30am
Under 12 Gold Plaza (Blue)	Waverley Park Hawks vs. Cheltenham <i>Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.</i>	12:00pm
Under 12 Girls Atkin	Waverley Park Hawks vs Prahran <i>Lum Reserve (West), Cintra Ave, Wheelers Hill.</i>	11:45am
Gunn Electrics Under 12 Brown Fisher (West)	St Peters vs Waverley Park Hawks <i>Centenary Park – Oval 2, Brady Rd, East Bentleigh MEL 78 B3.</i>	12:30pm
Action Aluminium Under 13 Gold Hall (Div 3)	East Brighton vs Waverley Park Hawks <i>Hurlingham Park – Oval 1, Nepean Highway, East Brighton. MEL 67 J10.</i>	9.00am

Team	Match Details	Time
PRO Prefabs Under 13 Brown Claxton (Div 5)	Waverley Park Hawks vs St Peters <i>Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.</i>	1.30pm
Advanced Office Interiors Under 14 Brown Black (Div 2)	East Brighton vs Waverley Park Hawks <i>Hurlingham Park – Oval 1, Nepean Highway, East Brighton. MEL 67 J10.</i>	10:30am
JB Commercial Under 14 Gold Stone (Div 4)	Waverley Park Hawks vs East Sandringham <i>Lum Reserve (West), Cintra Ave, Wheelers Hill.</i>	1:00pm
Under 15 Girls Wood	Waverley Park Hawks vs Prahran <i>Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.</i>	9.00am
Under 15 Gold McDonnell (Div 1)	Waverley Park Hawks vs Mordialloc Braeside <i>Lum Reserve (West), Cintra Ave, Wheelers Hill.</i>	3.00pm
Austart Air Starters Under 15 Brown Palleschi (Div 4)	Ajax vs Waverley Park Hawks <i>Princes Park – Oval 1, Beech St, Caulfield South. MEL 68 B6.</i>	1.20pm
Under 16 D'Angelo (Div 3)	Waverley Park Hawks vs Ajax <i>Columbia Park, Columbia Drive, Wheelers Hill. MEL 71 H11.</i>	3.00pm
Under 17 Deegan (Div 2)	Highett vs Waverley Park Hawks <i>Highett Reserve – Oval 1, Turner Rd, Moorabbin. MEL 77 H9.</i>	12.45pm

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Round 3 Results Summary

Under 9 Brown v Highett [>>DETAILS](#)

BUON Print Solutions Under 9 Gold 9.9.63 defeated Caulfield 1.2.8 [>>DETAILS](#)

Under 10 Brown 4.3.27 defeated by East Malvern 6.3.39 [>>DETAILS](#)

AAV Tiling Under 10 Gold 4.2.26 defeated by Ajax Jets 9.7.61 [>>DETAILS](#)

Under 11 11.6.54 defeated Oakleigh 7.7.49 [>>DETAILS](#)

Under 12 Girls 1.2.8 defeated by St Peters 10.6.66 [>>DETAILS](#)

Gunn Electrics Under 12 Brown 3.6.24 defeated by Dingley 6.4.40 [>>DETAILS](#)

Under 12 Gold 14.8.92 defeated St Bedes/Mentone Tigers 3.6.24 [>>DETAILS](#)

PRO Prefabs Under 13 Brown 4.2.26 defeated by Ormond JFC 8.23.71 [>>DETAILS](#)

Action Aluminium Under 13 Gold 18.8.116 defeated Oakleigh 2.0.12 [>>DETAILS](#)

Advanced Office Interiors Under 14 Brown BYE [>>DETAILS](#)

JB Commercial Under 14 Gold 12.18.90 defeated Highett/Cheltenham 5.6.36 [>>DETAILS](#)

Under 15 Girls 12.18.90 defeated Highett/Cheltenham 5.6.36 [>>DETAILS](#)

Austart Airstarters Under 15 Brown 8.10.58 drew with East Malvern 8.10.58 [>>DETAILS](#)

Under 15 Gold 13.10.88 defeated Beaumaris 4.2.27 [>>DETAILS](#)

Under 16 16.10.106 defeated St.Peters 4.7.31 [>>DETAILS](#)

Round 3 Match Reports

Under 9 Brown

Goal Kickers: Hunter, James

Coaches Award: Isac Q, Hunter

Our boys today had a great game against Highett with most of the boys playing their second season of football.

The first quarter saw great marking with Will, Josh and Isaac. The back line were spreading out and calling for the kick ins from George who played great as our Full Back!

Hunter kicked our first goal for the game and also the first goal of his up and coming football career, so well done Hunter!

The second quarter had Dean with great hands and he was able to pick ball up the ball cleanly and kick it onto a team mate which resulted in the ball getting to our forward line.

Harry was persistent with his attempts to getting possession of the ball when it was on the ground.

Jesse, Harry and Ryder had great pressure in the backline and their tackling was always clean.

The last two quarters saw Isac, Hunter, Josh and Angus really go in hard for the ball and just as they were tiring they got a second wind and helped to keep Highett scoreless in the third quarter.

A great goal from James also came in the 4th quarter helping lift our team.

Thanks to Oscar and Thomas who both were injured during the game but were able to come back on to help out their team mates.

Overall the improvement in all the boys is getting better each week and we can't wait to see the boys improve again next Sunday.

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BUON Print Solutions Under 9 Gold

Waverley Park Hawks 9.9.63 Defeated Caulfield 1.2.8

An absolute picture perfect morning greeted the Under 9 Golds upon our arrival at Columbia Reserve this week to take on the Caulfield Bears.

This week, our boys were definitely fully awake when the ball was bounced. Big Sam dominated early and had the ball on a string in partnership with the unstoppable Zac, who between them both, racked up numerous possessions, not to mention tackles. Luke was a live wire up forward and jagged an early major, helped by Nikolas who was providing a great target and Jonathan who marked strongly and lead beautifully to space like it was a training drill. Dane found his feet early and was asserting some authority with tackles and marks. Thomas F had more centre clearances than we could count and Lucas showed real skill and running to cap off with a great goal.

Ethan then went on to the ball and tackled hard and was a good leader as was Franki who rucked strongly and kicked the ball long and hard into our forward line, as per instructions. Noah was constantly tricking the opposition with his dashing left side and peppered the goals relentlessly. Joshua got better as the game went on and showed his silky skills. Nash would not be denied and again was contender for mark of the week. Lachlan B was 'on' from the get go and revelled in the conditions, as did his namesake Lachlan S who played like a seasoned veteran Centre Half Forward. The Birthday Boy and Captain Nicholas, stood firm in defence early and turned into a solid target and play maker up forward when the opportunity arose. Daniel was chomping at the bit down back until he was unleashed through the middle and really made the most of the chance and pushed us forward at every instance. Cooper and Thomas M were dynamos at both ends and showed great examples of creating your own opportunities during the game. Ed again showed he is a student of the game and read the play brilliantly and ran hard all day.

This week we welcomed a new player in Tanas Kuzmanovski. You would swear Tanas had been in the team for a year instead of a quarter. He adapted beautifully to his new environment and tackled well and kicked the ball forward in a great debut. Welcome Tanas!

It was fantastic to see the boys sing the song 'loud and proud'!

Go Hawks and Go Gold!

Under 10 Brown

Waverley Park Hawks 4.3.27 Defeated by East Malvern 6.3.39.

Coaches Award: Lenny Hickey and Dylan Schmitt

Under 10 Browns played East Malvern Knights at Lum Reserve on Sunday morning. It was a perfect morning for footy and both teams played well. The Knights got off to a great start and the Hawks had to play some very good football in the second half to catch up. In the third quarter we improved our tackling when the Knights had the ball. We also started to get first to the ball and this improved our ability to score. In the end we gave the Knights too much of a head start and we were not able to bridge the gap, losing by 12 points.

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AAV Tiling Under 10 Gold

Waverley Park Hawks 4.2.26 Defeated by Ajax Jets 9.7.61

Goal Kickers: Brady E, Mitch W, Orlando P, Cam F

Best Players: Brody N, Luke C, Brady E, Shilo H, Ryan S, Damon H

Coaches Award: Brody N, Luke C

We played at Columbia against Ajax in glorious Autumn conditions. Ajax jumped us early and dominated possession and had our backline under constant pressure. Their skills were a bit better than ours and their ability to find loose men in attack got them a four goal to none opening quarter. Ryan worked hard in defence and took some fine marks. The Hawks were asked for some more intensity and defensive effort at quarter time and they responded well. Jacob earned a free kick and Pat took a good mark up forward and we started to have our share of possession. Spencer was then rewarded with a free kick and passed well to Nick who pumped the ball forward and Brady E finished off with our first goal. The backs tightened up and stemmed the flow of goals from Ajax and Brody took some fine defensive marks.

We still had a long way to make up in the second half and Ryan and Josh worked hard in attack to lock the ball in. Harper and Shilo also provided good contests in defence while Damon and Luke C teamed well in the midfield. Mitch got on the end of a quick entry into the forward line and roved well to snap a nice goal. The boys had worked their way into the game and it was an even contest now but we struggled to peg back the early deficit. In the last quarter we showed great desperation for the contest and Orlando was rewarded with a goal after some great work. Luke C continued to work hard and was everywhere in the backline. Harry kicked a long, long ball into the forward line and Cam plucked a good mark and went back and slotted a major to finish the game. The last three quarters were really even and we were well in the contest but the poor first quarter and loose manning up all over the ground provide things to work on for next week.

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Under 11

Waverley Park Hawks 11.6.54 defeated Oakleigh 7.7.49

Goal Kickers: Tommy Warner 3, Lachlan Thompson 2, Rhys Dakin 2, Kobi Watts 1, Thomas Taborsky 1, Jackson McCluskey 1, Hunter Morgan 1

Best Players: Lachlan Thompson, Justin McCusker, Jordan Librizzi, Hunter Morgan, Blake Argus, Zac Naroo

Coaches Award: Lachlan Thompson & Zac Naroo

This week we played away at Oakleigh on a warm and still Sunday, which was a lovely change from the first two weeks. The first quarter started and the boys were ready to go. Great attack on the ball, tackling was spot on and all the boys were all working very hard. The game appeared very even but then there was a couple of strong passages of play by the Hawks and two quick goals followed by a second to Lachie Thompson, who was playing a fantastic game. Late in the quarter Oakleigh scored Quarter Time WPH 3.3.21 to 1.1.7.

The second quarter was pretty much a carbon copy of the first quarter, the game appeared very even with the ball moving from one forward line to the other but then the boys teamed really well and scored goals, a terrific running goal to Tommy warner. The tackling of the boys was at a really high level. WPH kicked three goals but we started to develop a few bad habits not picking up our men, not working back when Oakleigh had the ball. This allowed Oakleigh to score two goals. Half time WPH 6.3.29 to 3.3.21.

Third quarter saw another even game with a two goals to both teams. The midfield was working really well with Thomas T, Zac, Rhys, Ash, Josh and Jordan leading the way. Three quarter time WPH 8.3.51 to 5.3.35.

After the last few weeks I was hoping that we would avoid the final quarter fade out and our effort was much better this week. Kobi, Hunter and Martin lead the way in the midfield and created a lot of opportunities up forward. Three goals including a long range bomb from Rhys. Full Time 11.6.72 to Oakleigh 7.7.49.

Big test this week as we play the other undefeated side in our division.

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Under 12 Girls

No Report

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Gunn Electrics Under 12 Brown

Waverley Park Hawks 3.6.24 Defeated by Dingley 6.4.40

Goal Kickers: Delahunty, Pearce, Black

Best Players: Dimi, Kolak, Black, Soligo, Buzza

Coaches Award: Dimitri Giannakoudakis

Milestone: 50 games – Bailey Faulkner

A tough game for the Gunn Electrics U12 Brown in Round 3. The boys came up against a very tall, strong hard running Dingley team. Led out by our captain and 50 gamer Bailey we worked hard for most of the day, battled in the contest but on the smaller Lum Reserve ground we got pushed off the ball too easily. The defence did well early with Anthony, Josh and Dimi running the ball out and again our tackling was good with Cayden, Jake and Nicholas leading the way. Opportunities were scarce for the forwards with space being hard to come by. Dimi was solid all day in the backline, putting his body on the line, attacking the ball and stopping plenty of forward entries by Dingley which won him the coaches award. Great to have Ethan Hele back playing and he showed some of his trademark runs. The final quarter we had chances but Dingley defended well and we couldn't get past their defence. A competitive game but a real reality check for the boys to realise you have to be ready and prepared every week for a tough contest. Well done to Bailey Faulkner on his 50th game, a great effort to reach this milestone and we have already seen determination and teamwork from BJ this year to show he will be an integral part of U12 Brown. Go Hawks!

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Under 12 Gold

Waverley Park Hawks 14.8.92 Defeated St Bedes/Mentone Tigers 3.6.24

Goal Kickers: Luke G 3, A Rouse 3, Brayden A 2, Jordan D, Jordan C, Harrison R, Deakin H, Mackenzie S, Ethan P all kicked 1 goal each

Best Players: Nathan S, Jordan G, Jordan C, Brayden A, Kobi B, Deakin H

Coaches Award: Ethan Plaza & Nicholas Montano

Today's captains, Ethan Plaza & Nicholas Montano, led the team into the first quarter which was competitive & tough with equal scoring shots. Going into the huddle the coach revisited the players' commitment to each other & the instructions set by the coach.

Going into the 2nd quarter all players were switched onto the game plan with instant results. Ruck duties were shared between Luke G & Jordan D with the usual suspects, Wes, Bryson, Nicholas roving around them plus the help from our wingers, Ethan & Deakin, who also spent time in the back line to minimise scoring.

Our back line worked together & successfully ran the ball out of the backline. Jordan G kick outs & the leads from Harrison plus all backline players resulted in players linking up to move the ball forward.

After half time we didn't look back which allowed me to move players around & welcome the return of Brad J who had an ankle injury.

The game was played in good spirit & we celebrated with the club song on the field after the match.

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PRO Prefabs Under 13 Brown

Waverley Park Hawks 4.2.26 Defeated by Ormond JFC 8.23.71

Goal Kickers: B. Addison 2, T. Russo, M. Ferracane

Best Players: M. Ferracane, J. Gomas, T. O'Neill, J. Daisley Starvaggi, B. Addison, C. Cheney, T. Raymond, J. D'Assisi, G. Vasser, T. Morgan, T. Russo, J. Collins, A. Lionnet, D. McCusker, O. Mahon, D. Skantzios, J. Claxton, D. Walklett, M. Cappuccino

Coaches Award: T. O'Neill

Yes, you read that right - everyone named in the Best Players. If I had 19 coaches awards to hand out, they would have all got one. Each and every one of the boys played their part.

Ignore the score! If you read the quarter by quarter scores you can see this. Even leading during the game. These boys threw everything at this week's game - and if we had a kitchen sink that would have been thrown out too.

They went out from the start and played hard, competitive footy. They played as a team. They had focus, determination, tackles, voices. In the end they ran out of steam.

Even at the end of the 3rd - where they were clearly spent, I asked for 15 more minutes and they went out and continued on.

It has been a short but incredible journey for us, and each week they are better than the last.

Well done boys.

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Action Aluminium Under 13 Gold

Waverley Park Hawks 18.8.116 Defeated Oakleigh 2.0.12

Goal Kickers: Ben Heller 3, Jordan McDonnell 3, Aussie Dean 2, Joshua Hall 2, C Marriette 2, Angus Bailey 1, Kyle Harris 1, Justin Savage 1, Andrew Saliba 1, Lucas Perez 1, James Marchese 1

Best Players: Dale Argus, Josh Hall, Lachlan Jenkins, Carl Marriette, Ben Heller, Angus Bailey

Coaches Award: Ben Heller

Captain: James Marchese, Ben Heller, Sean Kilgower

Team Mate Award: Sean Kilgower

The comments were flying quick and fast around the boundary line as to how impressive this Under 13 team was on Sunday. After 3 rounds, the boys have now bonded well and have started to trust in each other, so instead of a group of individuals running around we now have the makings of a team. The talk was up, the use of team mates was first class and the discipline of adhering to team strategies showed on the scoreboard. For the first time this season we kicked more goals than behinds – so our scoring efficiency improved out of sight. Whilst the opposition wasn't particularly strong it is important that we become well drilled in executing the way we want to play, so we can challenge more formidable opponents down the track.

We had a very even spread of good players on the day led by the three 50 gamers; James Marchese, Ben Heller and Sean Kilgower. James Marchese continued his improvement by adhering to team rules of looking for a forward target instead of blazing away and he was finally rewarded snagging one himself. Ben Heller tough at it all day, managed to kick his first three goals for the club in just one quarter and even being crunched in the dying minutes couldn't remove his grin, Sean Kilgower read the play well and rebounded all day from the backline and even a move to the forward line to get him a goal, couldn't shake his commitment to the team, his last kick with 30 seconds to play was within range but instead he opted to hit his teammate on the chest in the goal square. All in all a great team effort and another step forward in this team's improvement.

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Advanced Office Interiors Under 14 Brown

-BYE-

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JB Commercial Under 14 Gold

Waverley Park Hawks 12.18.90 Defeated Highett/Cheltenham 5.6.36

Goal Kickers: Zagari 5, Kokkinias 3, Pond, Jackson, Wensley and Battisti

Best Players: Zagari, Jackson, Razga, Beck, Kokkinias, McDowell, Pond, Emerson

Coaches Award: Cameron McDowell, Eric Jackson

Captain: Nick Hogan and Max Burgess

A good all round team effort with every player contributing to a solid win, the first of the season.

After a disappointing week prior, the boys, to their credit, trained hard during the week and carried that through into the game against Highett/Cheltenham.

With the inclusion of 2 of the boys from the Browns, Vincent Zagari and Hayden 'Emo' Emerson, who added some intensity to the team that we hope will be maintained for the rest of the season. 'Vinnie Vincent' was with his precision kick managed a lazy 5 and Emo was welcomed back to the Golds and his trademark in and under was great to watch. Thanks a lot guys and you're welcome back anytime!!

Pleasing to see Eric starting to hit a bit of form with a solid run at half forward, Pondy was very busy in the forward line while 'resting'.

Cam 'Macca' McDowell had a great game and just may have taken mark of the year already!! Well done Macca.

Johnno came back from injury, maybe a week too soon and was on fire until he aggravated his injury again. JJ and Beck, who are proving to be the back bone of the team and are both turning into very handy players, I am looking forward to see how they continue to improve.

Everybody played well and very pleasing to see that when they switch on they can bring a good quality game.

Well done boys.

Go Hawks!!

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Under 15 Girls

Waverley Park Hawks 0.3.3 Defeated by Mordialloc Braeside 9.1.55

Best Players: Emma Deegan, Melanie Walklett, Maddison Suppa

Coaches Award: Emma Deegan

This week we played away against Mordialloc Braeside. The Girls had a slow start in the first quarter letting Mordialloc Braeside kick 6 straight goals. After a chat at quarter time the girls then switched on and only improved every quarter after that. Our third quarter was the best I have seen the girls play this season. Emma was sensational all game working hard to clear the ball out of the backline and also stepping up into the ruck position and dominating in the midfield. Mel contested hard all game and played well down forward. Maddison played a great game in the backline and also in the

midfield using her leg speed to run and carry the ball.

Big thanks to Mackenzie Suppa for helping out with our numbers this week. U/15 Girls wouldn't have been able to field a team without you. You played a great game working hard in the forward line!

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Austart Airstarters Under 15 Brown

Waverley Park Hawks 8.10.58 drew with East Malvern 8.10.58

Goal Kickers: H. Dimopoulos 5, J. Cincotta 2, R. Kilgower
Best Players: W. Hayes, H. Dimopoulos, A. Palleschi, L. Goldsworthy, J. O'Neill
Coaches Award: L. Goldsworthy
Milestone: M. Wellington - 50 Games

On a beautiful Sunday afternoon, the boys went out to try and give Max a nice win on his 50th game. The boys started off very slowly and a few crucial contested marks in defence by Will Hayes stemmed the flow of the oppositions scoring opportunities. Lachie Goldsworthy went down to full back to try and stop as what I can only describe as one of the biggest 14 year old boys I have seen play football. He was looking very dominant but Lachie played excellently conceding just 1 goal in 3 quarters. After half time the intensity looked to lift as Harris Dimopoulos continued to pile on the goals and Max Wellington dominating the ruck contests. We were down by 4 goals going into the last quarter when the boys finally woke up. Outrageous tackles by Matthew Cappello, and leadership by Jimmy O'Neill spurred the boys on to get forward to great success. We clawed back and hit the front being 6 points up with less than a minute to go. A late goal by East Malvern tied the result, but at the end of the day the effort the boys produced in that last quarter was enormous and they can hold their heads up high as we look towards another tough match next week.

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Under 15 Gold

Waverley Park Hawks 13.10.88 Defeated Beaumaris 4.2.27

Goal Kickers: Jake Gasper 3, Kyle Viccars 2, Nick Pascuzzi 1, Marcus Mariette 1, Andrew Beer 1, Aussie Tellis 1, Jack Strongman 1, Matt Fewings 1, Bobby McGivern 1, Starsy Gountras 1
Best Players: Matt Fewings, Aussie Tellis, Jaxon Gervasoni, Jake Gasper, Adam Gilmore, Kyle Viccars

A great win!!! There is no other way to describe it. It is the best full game of footy this side has played since grading took place three years ago. We totally dominated the game for all bar about 10 minutes of footy. Every player performed their role to aplomb and our ability to create options all across the field was fantastic. The beauty of this side is that we have 24 even players meaning that with heavy rotations through the interchange (approximately 60 this week), we do not lose out structure or our team is not weaker for it. The guys have come to accept that the interchange is purely a place to rest to enable them to go 100% when on the field. Every player came off the ground at least twice showing the evenness of our side.

Aussie Tellis playing his first game for the club was terrific off half back and his raking left foot is just what we need. A long goal when pushing forward was a great reward for his first game at the club. Kyle Viccars continues to play a great role through the midfield and his first quarter with eight possessions and two goals helped establish the foundations for the win. Matty Fewings ran hard all day off half back, Jake Gasper continues to excel and god help the competition if he gets his kicking boot on, Adam Gilmore never lost a contest in the back half and provided great run with his pace and Jaxon Gervasoni continues to plough in and run hard all day from the midfield. His work rate is to be admired.

It was a fantastic all round effort that has us now sitting with two wins and 1 loss and second on the ladder. It is a great effort for a side playing Division 1 football. We need to consolidate on the start and this week presents another challenge for us against Mordialloc Braeside – last year's Premiers. I am sure we are up to it and if we play like we did on the weekend, we can be a power to be reckoned with later in the year.

Keep striving to achieve boys, with no limit on where we can go.

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Under 16

Waverley Park Hawks 16.10.106 Defeated St.Peters 4.7.31

Goal Kickers: Alec 4, Jack P 3, Bradie 2, Adrian 2, Taine 2, Jonathan, James T and Will all kicked 1
Best Players: Alec, James T, Jack P, Taine, Cameron, Will, Bradie, Adrian, Lochie
Coaches Award: Taine Barlow & Cameron Rowley

A really good day for the boys today, after a slow start we kicked up a gear in the 2nd half of the first quarter and kicked a number of late goals. We were challenged physically a couple of times throughout the day and to our credit the boys were able to absorb this and stamp their own physical presence on the game. A strong centre square combination of Alec, Taine, Brandon and Will ensured we had plenty of quick inside fifties allowing our two big marking options, Bradie and Jack P, the opportunity to be one out with their opponents. Generally, the ball use was good throughout the day even though we went a little wide on a few occasions making it a long way home. Our back line ably led by James Long, Jack Gallagher & JP repelled the majority of the forward entries by our opponents. A few things to work on this week as we face our first real test against Ajax this week, well done boys on a great win.

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Under 17

Waverley Park Hawks 08.10.58 Defeated by AJAX 19.13.127

Goal Kickers: James Deegan(3), Josh Cochrane(2), Joel Welsford (2), Max Rundle

Best Players: Joel Welsford, Jayden Brown, Jack Robertson, James Deegan, Max Rundle, Luke Beteramia, Sheldon Connolly, Joe Galluccio, James Taylor, Tom Tsiros

Coaches Award: Joel Welsford

Today, we were outplayed by a very slick AJAX unit who gave us a lesson in hard running, link up football. We weren't able to contain their mid field who were efficient in their ball use and for the first time this season, our lack of fitness was telling as we chased Ajax for the whole day. To the boys' credit, they never stopped trying and our last quarter effort was a positive.

Coaches Awards: Joel Welsford- Joel played another fantastic game and was a worthy recipient of the Coaches award. His first three weeks have been outstanding and he would be our most consistent performer to this point. Joel's appetite for the contest and never give in attitude is a great example to his teammates.

Well done boys– see you all at training!!!!

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Round 3 After Match crowd



Round 3 After Match crowd



Matt Webb, After Match MC



Round 3 After Match crowd



Round 3 Coaches Award winners



Anthony Froelich with the Under 10 Brown team



Chris Hickey with the Under 10 Gold team



James Marchese receives his 50th game milestone trophy from his former coach, Chris Sullivan



Sean Kilgower receives his 50th game milestone trophy from his former coach, Chris Sullivan



Ben Heller receives his 50th game milestone trophy from his former coach, Chris Sullivan

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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



• **FRIDAY 12th JUNE** •

**7.00pm for a 7.30pm start
Mulgrave Country Club**

\$40 per person

Canapés on arrival followed by a 2 course dinner.

Drinks at Bar Prices.

DJ Playing great music from 80's, 90's & Top 40

Dress: Semi Formal

No tickets available at the door - all tickets must be pre-purchased.

Major Auction, lucky door prizes & raffles on the night.

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
or 0417 358 342



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

