



SHARK BITE

NEWSLETTER 2018



V



Visit us at www.henleysharks.com.au for more info or check us out on **facebook**

ROUND 7 @ SHARK PARK

HENLEY V ATHELSTONE

**The Henley Sharks Football Club Annual Ball is NEXT WEEKEND
2nd June @ Festival Function Centre**

If you haven't got your ticket yet go to www.trybooking.com/380434

DATES FOR THE DIARY

Rd 8: **Saturday 2nd June**
Henley FC Annual Ball

Rd 10: **Saturday 23rd June**
Games Night – Dress Up in 'pairs'

Rd:11: **Saturday 30th June**
Sponsors Day
'Unknown Locals' & 'Larsen' Bands playing
in the night

Rd 12: **Saturday 14th July**
Henley Heroes Luncheon & Virtual Horse Racing
Night

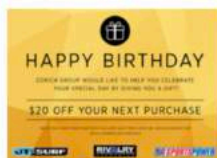
Rd 14: **Saturday 28th July**
Life Members/Past Players Day

Rd 16: **Saturday 11th August**
Pink Ladies Day + Cocktail Night

THANKS TO OUR ROUND 7 HOME MATCH SPONSOR



**WHEN JOINING
THE CLUB CARD
PROGRAM YOU WILL
BE REWARDED EVERY
YEAR WITH A \$20
BIRTHDAY VOUCHER**



STORE LOCATIONS



Elizabeth **7320 3251**
Playford Plaza **7320 3264**
Gawler **7320 3252**
Renmark **7320 3250**
Harbour Town **7320 3257**
Glenelg **7320 3260**
Colonnades **7320 3240**
Norwood **7320 3236**



Elizabeth **7320 3290**
Munno Para **7320 3291**
Gawler **7320 3292**
Harbour Town **7320 3281**



Elizabeth **7320 3275**
Harbour Town **7320 3271**

WWW.SPORTSPOWERADELAIDE.COM.AU
WWW.JTSURF.COM.AU
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WWW.ZORICHGROUP.COM.AU



**CLUB
CARD**
program



Why support the club card program?

This is a member driven program and the greater the member support the bigger the kickback for the club. Not only does this program help support the club, there are plenty of individual benefits as well.

Kickback

The best thing about the club card is that every time you use your card you are supporting your local club. Up to 5% kickback will be offered back to the club on purchases at all Zorich Group stores.

Accrue Credit

For every \$10 spent on a full priced item, receive \$1 credit back on your card. Credit can be redeemed at any Zorich Group store.

Joining Voucher

Receive a \$20 voucher just for activating your card, this voucher can be used on your next purchase.

Exclusive Offers & Discounts

Receive exclusive price discounts, latest offers and invites to our VIP events.



**GO INTO ANY ZORICH
GROUP STORE AND
UPON YOUR NEXT
PURCHASE PRESENT
YOUR NEW CLUB CARD.
OUR FRIENDLY STAFF
WILL ACTIVATE YOUR
CARD FOR YOU, THERE
AND THEN.**

enquiries

For further enquiries please see our staff in store or email us at enquiries@zorichgroup.com.au

2018 CLUB SPONSORS

The Lockleys Hotel – Henley Heroes – Western Sports Ortho & GP Practice –
 Geddes Kitchens – CMI Toyota West Terrace – Nelson Teamwear – Paul
 Eadon Home Loans – Clipsal by Schneider Electric – Gas Works Findon –
 Symons & Clark – Henley Foodland – Ous Property – Gobles – Total Tools –
 Cole Motors Crash Repairs – Hip Pocket Workwear & Safety – Jordan
 Plumbing – DGC Joinery – Andrew Black – Paul Caica – Ramsgate Hotel –
 Epic Storage – Horsman Plumbing – Gibson Wines – Dosaqua – Fulham
 Funerals – Captain Chicken – Leading Edge – All Equipment Hire – Westside
 Bathroom Specialist – Minnow on Seaview Florist – Senturion Steel Supplies –
 Xpresso Mobile Café – Opportunity Shop Henley – Thai Orchard – Fry's Meat
 Store – Ferrari Menswear Suit Hire – Dulwich Bakery –
 Rob McKenzie Real Estate



LOCKLEYS HOTEL

Present your Henley Membership card, Henley Heroes card or Henley Junior Membership card to receive 20% off your meal purchase from

1st April 2018 – 30th September 2018 on Monday – Thursday nights.

****There is a maximum of 3 membership cards per party and the discount is for the member's meal only****

Thirsty Camel Bottle Shop @ The Lockleys Hotel

When a member makes a purchase at the Thirsty Camel Drive Thru, it can be added to the Henley Sharks Thirsty Camel Card.

Please let staff know that you want your purchase to count towards the Henley Sharks account.










PLAYER SPONSORS OF 2018

The Henley Football Club would like to thank the following individuals and businesses who have already agreed to sponsor one or more Sharks players in Season 2018. Your assistance is vital and greatly appreciated by the players. If there is anyone who would like to become involved as a player sponsor the Henley Football Club will recognise your support and promote your business with the following:

- A coloured photo of your player to display in your business
- Regular social media exposure in various forms.
- Inclusion in the SharkBite Newsletter
- An invite to the Sponsors Day being held on the 30th June (Home game V Prince Alfred College).

Adam CANNON <i>Mainair</i>	
Andrew MARTIN <i>South Coast Bottle And Can</i>	
Ben LODGE	<i>Teresa Davoren</i>
Brad GEDDES <i>Leading Edge Physical Therapy</i>	
Brandyn GALLETTI <i>Nova Vita Wines (Mark Kozned)</i>	
Brett DOBSON <i>The Chiropractic Works</i>	
Brett EBERT <i>Ebert Health & Fitness Members</i>	
Brodie KITTO <i>Gary J Smith Real Estate (Craig Smith)</i>	
Cain SMITH	<i>Amy Keaney</i>
Chris SCHWARZ	<i>James Salisbury</i>
Cody HICKS <i>Keyinvest Lending Services (Trevor Hicks)</i>	

Corey GRAY	George Charalabidis
Damian ROWLEY	Paul Caica
Damien CARDONE <i>Pierson Mobile Coldrooms - Andrew Pierson</i>	
Dylan FRY	Teresa Davoren
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Harrison MARTIN <i>Neil Martin General Builders</i>	Neil Martin General Builder Address: 12 Clarke St, Kingston SE SA 5275 Phone: (08) 8767 2074
Harvey ETTRIDGE <i>Western Tiles - Dav Ettridge</i>	Western Tile & Mosaic Co Floor Tiles & Wall Tiles - Fulham Gardens, SA 5024 456 Grange Rd, Fulham Gardens SA 5024
Jack CALABRO <i>Calabro Transport Pty Ltd.</i>	
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Jack ENRIGHT	Rod Hill
Jake FITZBERALD <i>Wildcat Diesel</i>	
Jackson SMITH <i>Thompson Landscaping</i>	
Jake HYLAND	Lacepede Seafood
James LEAN <i>JSR Plumbing And Maintenance</i>	
Jamie GROSSER	Off Centre Of Knowledge
Jeremy JOHNCOCK	Paul Caica
Joel HARVEY-FRIEL	Sascha Kitto
Joel METCALFE	Kym Metcalfe
Jordan LAWLESS <i>Lawless And Heyward Electrical Solutions</i>	

Josh ETTRIDGE <i>Western Tiles - Dav Ettridge</i>	Western Tile & Mosaic Co Floor Tiles & Wall Tiles - Fulham Gardens, SA 5024 456 Grange Rd, Fulham Gardens SA 5024
Josh JAMES <i>James General Building</i>	
Josh Obst	<i>J Obst Electrical</i>
Josh PIERSON <i>Pierson Electrical</i>	
Kane Fry <i>Revolution Roofing</i> <i>Wayne Weidemann</i>	
Kevin RAISON	<i>Teresa Davoren</i>
Kyle DALIDOWICZ <i>Henley Heroes</i>	
Kyle NICOL	<i>Dave Nicol</i>
Lee STAPLE <i>Sagles Constructions</i>	
Luke GRAY <i>Bacchus Bar</i>	
Luke ILLMAN <i>Niche Kitchens (Nick Meiers)</i>	
Matt HAWKINS <i>Brian Munro Signs</i>	
Michael GAUTESON	<i>Michael Hicks</i>
Mitch GOLDNER	<i>Rod Hill</i>
Ned HEATH <i>Bacchus Bar</i>	

Peter ELFENBEIN	Adam Keenan
Ryan Fry <i>Janette McAskill Resource Recovery</i>	
Sam DAVOREN	Adam Keenan
Sam FERGUSON <i>FSK Engineering Australia Pty Ltd</i>	
Scott BERRY <i>Symons And Clark Transport</i>	
Scott NEWMAN	Amy Keaney
Sean O'DWYER	Paul Hosie
Shayne HOOGMOED <i>C.H. Robinson</i>	
Thomas ELFENBEIN	Adam Keenan
Tom BINGHAM <i>Adelaide Concrete Bench Tops</i>	
Tom REICHSTEIN <i>R&W Reichstein Agencies</i>	
Tom THUNIG	Teresa Davoren
Travis LANE <i>The Cumberland Hotel, Glanville</i>	

LEADING EDGE PHYSICAL THERAPY - HOW WE HELP THE SHARKS

What is Concussion?

Concussion is an injury to the brain, sustained as a result of impact - particularly to the head and neck - which causes the brain to essentially be "shaken" within the skull.

With the nervous system being as sensitive as it is, this movement within the skull can cause a varying number of symptoms. Some of which can be dangerous, but all should be considered to be quite serious.

Why is Concussion so serious?

As concussions have so many different ways in which they can present, they have the potential to affect a wide variety of day to day tasks.

Common symptoms include:

- Headache
- Poor balance
- Nausea
- Dizziness and/or blurred vision
- Emotional instability
- Difficulty concentrating

The above symptoms are only a short list of the possible effects of a concussion. More serious side effects are more obvious, and are cause for a trip to the hospital for immediate medical review. These include:

- Neck pain
- Loss of consciousness, seizure or convulsion
- Double vision
- Weakness/tingling in the arms or legs
- Vomiting or deteriorating conscious state

What can I do to avoid getting Concussed?

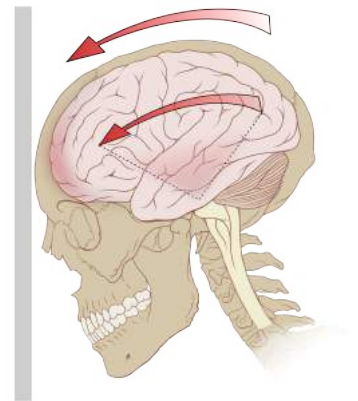
There is some evidence to support the use of mouthguards in preventing concussion. Current recommendations are that mouthguards be professionally fitted (e.g. by a dental practitioner) versus using a simple boil and bite mouthguard. Helmets, on the other hand, are still establishing themselves in preventing concussion, but are effective in avoiding serious fractures to the skull.

The rules of the game of Australian Rules Football have developed considerably to protect the player from concussion. Unfortunately, due to the nature of being a contact sport, it is an inherent risk that comes with playing. As much as you can play smart and protect your head, you rely on the awareness of both your teammates and opposition to uphold their duty of care not to injure anyone else.

What will happen if I am Concussed?

Current protocol at Henley Football Club first involves assessment on the day of injury. It is important that, as a player, accurate information be given to the trainer so that they may make a judgement as to whether you have been concussed. The rule "if in doubt, leave them out" is something which all trainers abide by. Returning to play while suffering from concussion may make your symptoms worse and prolong getting back to training and games.

If given the early diagnosis of concussion, you will then be instructed to follow up with a doctor for medical review and clearance to train and play. With more serious cases, an ambulance will be called to the oval and your medical review will take place in hospital. Your doctor will then advise you when you can return to sport. Testing begins with jogging, light training, then full training, each with a rest day in between. Recurring symptoms are cause for more rest, and delaying your returning to play. If you have suffered a concussion and have been medically cleared to train or play, please speak to the trainers and our physio Nic Brown at training on Tuesdays so you can be fully cleared to return to games!



MERCHANDISE 2018

To order merchandise go to nelsonteamwear.com.au/club/henley.



WARM UP T-SHIRT
\$40



WOMENS
ZIP HOODIE
\$50



POLO
MENS &
WOMENS
\$40



PERSONALISED
SPORTSBAG
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WALK
SHORTS
\$45



SPORTSBAG
\$45



JACKET
\$80



POM POM
BEANIE
\$25



HOODIE
\$50



TRUCKER CAP
\$20

TRAINING

A'S	B'S	C'S	U18 BOYS
Tuesday & Thursday @ HFC 6PM	Tuesday & Thursday @ HFC 6PM	Tuesday & Thursday @ HFC 6PM	Wednesday & Friday @ HFC 6PM

PLAYER FEES/SPONSOR INFORMATION

With high costs to facilitate each player in each and every match, the club needs to be strict on player match day fees. To play senior footy at HFC in 2018, payments in full must be made each match or if arranged, paid within the following 2 weeks.

No pay no play if you have not paid your match payments.

If you are interested in sponsoring a player, please see *Michael Broadbent* for payment and benefit information.

Players, have a think about who you could ask that might be interested in sponsoring you. If you do find a sponsor, please send their name and contact details to Corey Battersby by email – coreybattersby123@gmail.com.

LOST PROPERTY

Please email newsletter@henleysharks.com.au if you have any missing items.

KITCHEN & BAR

The Bar is open from **5.30pm** on **Friday and Saturday nights**
&

Meals are available at the club on **Thursday, Friday and Saturday nights**.

CLUB ROOM HIRE

If you are interested in hiring our clubrooms for your next function, feel free to contact Michael Broadbent on brogs77@gmail.com or 0413 002 902.

NEWSLETTER CONTRIBUTIONS

If you wish to add something to our newsletter such as photos, upcoming events, important information, please email to newsletter@henleymsharks.com.au by THURSDAY MORNINGS.

SOCIAL MEDIA

LIKE US on **Facebook** and **FOLLOW US** on **Instagram** to keep up to date with all the latest at the Club! Don't forget to hashtag your photos related to the club with **#henleymsharks** to have them appear on the website and to get them out there!



Visit the Sharks Website | Facebook | Instagram | Team App

Photo Galleries
Club History
Upcoming Events
Player of The Week
Latest News
Sponsors





HENLEY HEROES



ROUND 7 @ HOME Vs ATHELSTONE

Henley play Athelstone @ Home this week, 3 games - C's @ 10am followed by the Reserves then the A's @ 2:15 !

HH Annual Luncheon :- Saturday July 14th, Special Guest will be Hawthorn Legend **Michael Tuck # 17**, plus "Where are they Now" [West Torrens] \$80, \$10 discount for Members! Contact the writer for bookings, tables filling "too" Fast!

Half Time Attendance Draw :- A bottle of **Bourbon** is up for grabs to a lucky **Financial** member in the room, drawn @ approx. **3:30pm!** Last home game winner of a bottle of Glenfiddich, **# 10 - Andrew Pierson**

100 Squares :- \$5 per squ. 2 prizes, \$50 "ESTIA" Voucher or Half dozen Wine!

Century Club :- 6 draws done, 12/5- # 5 "Brogsy" \$250. 12/5 - # 74 "Carlo" \$250.

Player Sponsor :- Henley Heroes Sponsor - **Kyle Dalidowicz # 1** in the A grade.

2018 Current Financial Members as of **23/4/18** **212**

Membership :- In person South Henley Newsagency

Online BSB 805-013 Acc. 01315491 Ref. Name or No.

Lockleys Hotel :- Again - Mine Host **Greg Hanlin**, has offered **Financial** Henley Heroes **20%** discount on meals **Monday to Thursday** thru to September **27th**, simply produce your **2018 M/Ship** card when paying! Please support the Lockleys Hotel!

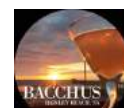
See Ya at the Footy!

Regards,

Trevor Sampson.

THIS WEEKS SPONSOR:
ESTIA RESTAURANT

256 Seaview Road Henley Beach



THANKYOU FOR YOUR SUPPORT!

THANKS FOR YOUR SUPPORT THROUGHOUT THE YEAR!

PLAYER PROFILE

Name: COREY GRAY

Nickname/s: SID or WIZ

Married/single: Single and ready to mingle

Partners name: N/A

Kids? Names/ages: N/A

Height: 180 ish

Weight: 80 ish

Sponsored by: George Charalabidis

Occupation/Employer: Landscaper with Thompson Landscapes

Favourite Food: Garlic Bread

Pets/Name: I had a fish called Horus P McTitty

Hardest working team mate/s: Me or Wilko

Most annoying teammate: Elf (one of them)

Biggest influence on career: Jars

Achievements: Grand Final Win, Club Champion

Career highlights: Winning a premiership in 2017

Favourite moment in sport: The big G Train kicking his 100th

Best advice given by mentor/coach: No means Yes

Do you have a hidden talent: I have a small tongue.

Three things you would like to have on a deserted island: Garlic Bread, Sports Bet and Shayne Hoogmoed

Hobbies: Getting lit on a Sunday at the Seaton.

Three people you'd like to share a meal with: Donald Trump, Barrack Obama and August Ames (RIP)

What are you enjoying about football at the Sharks in 2018?: Sharkwash with the boys.



WANT TO BE A SPONSOR FOR OUR VIRTUAL HORSE RACING NIGHT?

14th JULY 2018

- Everyone who attends the night will know your involvement with the social club
- All attendees will receive a race book where your logo or name will be on the front cover
- You will be the major sponsor of one of the six races and your name or logo will once again be present next to your sponsored race on the inside of the race book which everyone attending will receive.
- Before the start of your sponsored race you will be acknowledged on the big screen by the race caller for your involvement with that particular race.
 - Between races your logo or name will be displayed on the big screen.
- You will also receive VIP passes with lanyards displaying your name and logo so guests can put a face to the sponsor, plus free entry to the event.
- During your sponsored race you will be invited to have free drinks in the owners circle.

This is a great way to get involved with your local club and get maximum exposure for your business.

If you want to be a sponsor, please contact Corey Gray on 0447 747 345.
We have 4 spots left!

The night will be proudly presented by: ACE NIGHTS
0402 964 477
www.acenights.com.au



A GRADE MATCH REPORT

JARRAD PARKER

ROUND 5 V GOODWOOD SAINTS

HENLEY: 10.7-67 GOOWOOD: 10.6-66

This week we came up against Goodwood, a club that we have a lot of respect for and against whom we have had some great battles. After last week, the response and the attitude from the players at training was excellent and I think that showed in our performance.

We knew this game was going to be a real defensive battle and our defence were to be tested early when Goodwood started with the aid of the 2 – 3 goal breeze. But led by the wise heads of Jeremy Johncock and Scott Berry they stood up to the challenge. This week they were getting great support from the young defenders around them as Chris Schwarz and Josh James showed good aggression at ground level. What was most pleasing about the quarter was our composure when transitioning the football out of the backlines. Kicking into a strong breeze and knowing Goodwood had numbers behind the football we were patient, and off of the football moved well to create options. For twenty five minutes we fought hard to only be a few points down, but unfortunately very late in the quarter they kicked two goals including one on the siren to hold a two goal lead at quarter time.

For the first 10 minutes in the second quarter we thought we could just kick long with the wind, but the extra Goodwood defenders were awake to this and able to get more numbers to the contest to bring the footy back out. Christian Bock was back in the team this week and showed plenty of energy in the ruck, this also allowed us more flexibility to use Harris Jessen as more of a utility and along with Travis Lane and Jack Enright we were winning some good clearances. Goodwood were working equally as hard scoring a couple of goals into the breeze which made us realise we needed to adjust our movement of the football. We did this and thanks to a couple of great crumbing goals by Tom Thunig, and aided by the leg speed of Kyle Dalidowicz and Josh Obst, we got ourselves back in the contest to only be down by a couple of points at half time.

We went into half time with a lot of momentum and confidence and that continued into the third as we played our best quarter for the day. We were being really smart with our clearance work and bringing our wings into the game while up forward Lee Staple and Jake Hyland were making strong contests in the air. Again though, it was our organised and composed backline who were starting to work as one and playing to the plans we had put in place. We restricted Goodwood to two goals for the quarter while Brett Ebert kicked an important goal for us and we went into the last with a slight deficit, but the wind and momentum in our favour.

We started the last quarter just as we would have hoped, getting on top in the middle and finding targets in our forward 50, albeit against 3 extra defenders. Jake Hyland marked strongly and goaled, but unfortunately some other wayward kicking kept Goodwood in the game, as we kicked 1 goal 3 in the first 8 minutes. The middle part of the quarter was a see sawing affair as Goodwood kicked a goal then we responded after Cody Hicks found Brett Ebert alone in the goal square. Aided by some good clearance work and a couple of friendly bounces Goodwood kicked 2 quick goals to hold a 2 goal margin with about 8 minutes to play. In a big step forward for our relatively young side, we didn't panic and stuck to our plans. What resulted was us regaining the momentum, and on the back of some strong marking at either end from Lee Staple and Jeremy Johncock, it was Travis Lane and then Jack Enright who kicked some clever roving goals to give us the 1 point lead that would prove the final margin.

All close wins are enjoyable and particularly against a quality side like Goodwood, but what was most pleasing was the response from the players after our disappointing game the week before. This week we come up against last year's premiers who are unbeaten and looking ominous. But we go into the game having been competitive against them in the trial game and now having some belief after our rousing win.

Goal Kickers: B. Ebert 2, T. Thunig 2, J. Enright, J. Hyland, H. Jessen, M. Gautesen, D. Cardone, T. Lane

Best Players: J. Johncock, C. Schwarz, L. Staple, T. Lane, S. Berry, C. Hicks

ROUND 6 V ROSTREVOR

HENLEY: 9.13-67 ROSTREVOR: 18.8-116

We went into Round 6 against Rostrevor with some confidence on the back of a close win last week. Although we had some players out, we welcomed back A grade premiership players Corey Gray and Damien Rowley, while Henley junior Jackson Smith played his first A grade game for the club.

We started the game well showing great intensity around the contest and matching it with the strong Rostrevor midfield. During the first 10 minutes the ball was moving quickly from end to end, but with little reward for either team. After missing a few attempts from the pockets, it was Jamie Grosser who kicked a great running goal to register the first major of the day. The next 10 or so minutes saw the majority of play in Rostrevor's forward line, but we defended well and when we did get hold of the football we were running the ball and getting quick entries into our forward lines, unfortunately though we were missing our opportunities. Scott Berry was again playing the loose role to perfection in the backlines and was feeding Damien Cardone who rarely misses a target. Through the middle, Corey Gray was showing the tenacity that we've missed and Tom Elfenbein, and Tom Thunig found their run. Late in the quarter we missed a few more opportunities in front of goal but went into the first break ahead.

In the second quarter we continued our good start. Our pressure around the football and in particular in the forward line was the best it has been, it was smart pressure as we trusted each other to make the play while others shut down their receivers. After some scrappy football from both teams we kicked the first goal when Damien Rowley took a strong mark in the middle of a pack. It was a tightly fought quarter with both teams seemingly not taking advantage of forward forays, for us it was again Jeremy Johncock who was resisting the Rostrevor surges but after a turn over, Rostrevor were able to kick their first goal. We got one back after some impressive evasive skills from Cody Hicks allowed him to find an open Jamie Grosser, but late in the quarter Rostrevor got their second. At half time we were two straight kicks ahead and matching it with the top side.

At halftime we spoke about maintaining our pressure because we knew Rostrevor would hit back. In the first 10 minutes, although Rostrevor had kicked the first 2 goals, we also had our opportunities going forward, but again it was our decision making with that last kick into the forward 50 which wasn't good enough and we were getting caught on the rebound. As the quarter wore on the momentum grew with Rostrevor. Our team defence fell away as players stopped communicating and working together and Rostrevor took full advantage of our disorganisation. In the ruck Jake Hyland continued to get first hand on the ball but the class of the Rostrevor midfield, two of whom have won Div 1 medals, was too much and they were winning the majority of the clearances. At times you would have hated to have been in the backlines as the space that we afforded Rostrevor meant the forward delivery was first class and there was nothing a defender could do about it. What Rostrevor also did was convert their opportunities as they kicked 9 goals 1 for the quarter.

It was still under 4 goals at the last change, but in order to get back into the game we needed a response. It was there in the first few minutes but when Jake Hyland was blindsided by a Rostrevor player, and the subsequent turnover occurred, we were all out of position and they ran into an open goal which deflated the players. To the players credit we didn't throw in the towel and if it wasn't for some accurate goal kicking from Rostrevor and inaccurate kicking from us, the scoreboard wouldn't have been as disappointing at the end.

You can look at the game and say we were in the contest for a half of a game with the top team, but we aren't here to have credible losses. We have shown we have the ability to match it with the best side, but success doesn't come from what you do occasionally, it comes from what you do consistently. That is our challenge.

Goal Kickers: J. Grosser 3, H. Jessen 2, B. Ebert, J. Hyland, D. Rowley, M. Gautesen

Best Players: J. Hyland, C. Gray, J. Johncock, B. Ebert, J. Grosser, C. Hicks

B GRADE MATCH REPORT

SAM HEEPS

ROUND 5 V GOODWOOD SAINTS

HENLEY: 8.6 – 54 GOODWOOD: 5.12 - 42

Goodwood Saints are always a very competitive unit in all grades in this weekend was going to be no exception. This weekend we placed a real focus on giving 100% effort for 100% of the game, now that might sound like a given but we have let ourselves down throughout the first 4 weeks in patches. It was clear early that the boys had come today with the right attitude and they were going to make sure no matter the score or outcome the effort would be relentless. I feel the players are starting to believe in the fact that if they bring effort and the right attitude then to result will look after itself, this group has the ability no doubt.

The first quarter had us kicking into a fairly stiff breeze and the ball spent a fair amount of time in our defensive half. The pressure the midfield group put on the opposition around the stoppages was fantastic and the way the back 6 defend as a collective and not just individuals allowed us to remain in the game. When we did use the ball well coming out of defense the forwards led by Jackson Smith and Kev Raison looked dangerous. If we had been a little cleaner through the middle of the ground we could have put some serious scoreboard pressure on kicking into the wind. As it was Goodwood didn't take their chances and at quarter time it was only a kick the difference.

It was important heading into the second quarter that we didn't drop of with the effort and that we continued to out work the opposition. To the boys credit they did this and if anything actually raised the bar. The ball use was much more precise and methodical. Our kicking game started to open Goodwood up and the boys found themselves getting the scoreboard ticking over. The big fella "SOD" was starting to give our on ballers some good service and had it not been for a couple of minutes where we lapsed in concentration the game could have really been broken open.

Halftime we spoke about a few things we could improve on and the most important aspect was slowing the game down when we had control. It's not always a game in which going forward with the ball is the best option and that is exactly what Goodwood wanted us to do. They setup with numbers behind the footy and hope you rush kick it forward. The third quarter would be close to the best quarter of footy we have played this year, maybe not in terms of scoring and looking flashy but the way in which we moved the footy around when we had it and more importantly the way we defended as a whole team. The use of the ball backwards and sideways to find the open space and free man was excellent and I felt it really drained the energy for the opposition.

The game was there for the taking at 3 quarter time. Coming home with the breeze was a bonus but the boys new that wouldn't be the difference. The midfield had some fresh legs coming into the last and with the forward line starting to work for each other and play their roles I was confident we would get over the line. The whole team played exceptionally well in the last quarter really backing our skills in and taking the risks with the footy when needed. All in all it was a great team performance with all 21 having an impact at some stage.

Best players were very difficult to pick which shows just what an even spread of contributors we had. I look forward to more of the same going forward with some seriously challenging games coming up. I am confident that if this group starts to believe and continue giving the effort for four quarters then the rest will look after itself.

Goal Kickers: L. Gray 2, J. Smith 2, K. Raison, K. Fry, D. Fry, L. Illman

Best Players: B. Dobson, A. Martin, J. Calabro, K. Nicol, J. Smith

ROUND 6 V ROSTREVOR

HENLEY: 11.9 – 75 ROSTREVOR OC: 13.7 – 85

An undermanned Henley side ventured to Thebby oval to tackle arguably the team to beat in the 2s this year ROCS. Again this weekend the focus was around effort and intensity from the whole playing group. I was confident that the players were up for the challenge and must say all those that have come into the side over the last couple of weeks have performed their role well.

We started slow and allowed them to get the scoreboard ticking over early with easy goals and as a result we went back into our shells a little. The lads kept chipping away and fought back well in the last 10 minutes to give ourselves some momentum heading into the 2nd quarter. The most frustrating aspect of our game was the lack of respect shown to our direct opponents and the ease in which we allowed them to transition the ball. Our tackling was not up to standard and we allowed far too much room around the contest.

After addressing the glaring deficiencies as a group at the break we got back to basics in the 2nd quarter. Our effort was up and our willingness to work for each other both with and without the footy was excellent. Nathan Pierson was providing a real focal point for us going forward and Tom Reichstein was playing his role at CHF giving us a strong contest. The midfield started getting their hands on the ball first and had it not been for ROCs brilliant kicking on goal we would have found ourselves with our noses in front at the main break.

Unfortunately the first 10 minutes after halftime was as bad as we have played this year. We didn't come out switched on and allowed them to again kick some quick easy goals and really break the game open. From this point on it was a real arm wrestle and no doubt we let ourselves down for a short period. To the boys credit they were able to fight and stand up just when the game was slipping away. As a collective the boys responded late in the term and even though it was about 5 goals the difference we still had a sneaky chance.

It was time to role the dice and see if we could steal the game. A few changes at the last break and a positive, take the game on approach was the message. We gathered momentum as the quarter played out and the back line stood tall creating plenty of run and rebound and we looked dangerous each time we went forward. The goals started to happen and the margin was within reach albeit unlikely. We gave up an easy goal which had been the constant problem throughout the day but again the boys responded and the margin was back to 10 points with a few minutes to go. We kicked the next and gave ourselves the chance we needed with under a minute. We rolled a couple of backs into our forward line for the last center bounce hoping we could get the clearance and a quick shot on goal unfortunately we couldn't and to ROCs credit they made us pay by kicking the last goal with only seconds on the clock.

I hate losing as much as anyone however what I will say is that we lost well if there is such a thing. At no stage did we turn our toes up and the guys should be really proud of their ability to make such a run at quality opposition even when we didn't play anywhere near our best. This weekend is a huge game at home and it vitally important we bounce back and play 4 quarters of footy and not switch off for small amounts of time as that is what is costing us at the moment.

Goal Kickers: N. Pierson 7, K. Raison 2, T. Reichstein, J. Calabro

Best Players: B. Kennedy, N. Pierson, B. Dobson, L. Illman, P. Elfenbein

C GRADE MATCH REPORT

CHRIS BROWN

ROUND 5 V GOODWOOD SAINTS

HENLEY: 13.7-85 GOODWOOD: 7.7-49

The C's took on Goodwood at Shark Park in round 5. Rumours filtered through that a number of former A graders were donning the boots for Goodwood this week due to a player shortage but regardless, Goodwood always provide a spirited contest and nothing less was expected.

Henley started well and was on top early. Conditions were tricky but Henley used the space of their home ground well and ran in numbers. Quick forward entries were proving hard to defend and an efficient forward line had Henley up 5.2 to 1.1 at the quarter break.

The second quarter was similar to the first and at half time Henley was well on top at 9.2 to 1.5 despite the strong breeze.

The second half ultimately belonged to Goodwood on the scoreboard but it was a dire, hard fought half of football that was good for the team. Sometimes you learn more from being challenged, exposed or chasing than by dominating play and that was the case here. Lots of player changes each week in addition to the large number of roles players are sometimes asked to perform will lead to 'flat patches' but at the end of the day the 'job got done' and Henley finished 13.7 to 7.7

The mids of Henley in Nick 'Quag' Meiers and Tom Bingham worked hard all day. Quag dragged all the tricks out of the bag and finished a side step, dodge, candy sell, weave and double candy sell in the goal square with a right foot banana from 2 metres out that had defenders (and everyone else) scratching their heads.

The half backs of Jake Fitzgerald and Ryan Fry were good all day and the Wilksch boys both showed their class. Josh Ettridge was reliable as always and Brad Carey was lively forward while the wing combination of Jordan Kitto, Gary Ashton and now Cody Egel has not been beaten all year.

Goal Scorers: Brad Carey 3, Nick Meiers 3, Tom Bingham 1, Shayne Hoogmoed 1, Blake Deussen 1, Tom Shephard 1, Dan Wilksch 1, Luke Wilksch 1

Best Players: Nick Meiers, Tom Bingham, Dan Wilksch, Luke Wilksch, Josh Ettridge, Brad Carey, Jake Fitzgerald, Ryan Fry

ROUND 6 V ROSTREVOR

HENLEY: 16.14 - 110 ROSTREVOR: 8.6 - 54

Round 6 saw the C's take on ROC's at Aldi. Injuries throughout the club were taking their toll on all grades and the depth of the Sharks was to be tested more than any other game this year. The call went out to some old players and while Luke Radley expressed a desire to help he could not get out of work (this time). Tommy Howlett made himself available for his first (but not last) run of 2018 and despite there still being room on the bench for players a strong team was put together for the clash.

Henley started well and the plan was to use leg speed on a big track to advantage over a team that clearly had a size advantage. The plan was working but it looked from the start that Henley weren't quite as switched on as they had been in previous rounds. Despite this it was a 5 goal to 2 quarter and Henley were on top.

In the second quarter Henley failed to take advantage of the opportunities they created and kicked 1 goal 6 points. ROC's only kicked 2.1 themselves but the momentum change was apparent and despite 15 scoring shots to 5 the margin was only 20 points at half time.

The start of the third quarter was officially a 'shemozzle' with Henley players apparently deciding the magnets on the board were simply a guideline and that the rules about 18 on the field at a time were outdated. Luckily it was rectified quickly and without consequence and both teams got on with football. It was a tight third quarter with Henley finishing 10.10 to 7.6 and ROC's clearly believing they were close enough to cause an upset.










Henley switched back on in the last term and finished the game strongly with a 6.4 to 1 goal quarter. The final score was Henley 16.14 (110) to 8.6 (54)

Despite some disappointing aspects to the game the pleasing thing was to see how some of the players stood up and got the job done. Shayne 'Hoogs' Hoogmoed played his best game this year and put that damaging left leg to great use by kicking 4 goals at full forward when he wasn't rucking. Jake Butterfield worked hard in the ruck again and Nick Meiers backed up last week's game with his usual hard running performance. Brad Carey was his usual dangerous self in the forward line and Will Haskard was solid at Centre Half Back. Both Cody and Harley Egel played their best games of the year and Josh Ettridge was rock solid as always against a bigger opponent. Luke Wilksch and Dave Loveder, especially in the last quarter, were also really important.










Goal Scorers: Brad Carey 5, Shayne Hoogmoed 4, Blake Deussen 2, Harley Egel 2, Cody Egel 1, Joel Harvey-Friel 1, James Salisbury 1

Best Players: Shayne Hoogmoed, Will Haskard, Nick Meiers, Jake Butterfield, Josh Ettridge, Cody Egel, Brad Carey, Luke Wilksch










A GRADE

TEAM	W	L	D	P	PTS
 Rostrevor OC	6	0	0	6	12
 Adelaide University	5	1	0	6	10
 Tea Tree Gully	4	1	1	6	9
 Port District	3	3	0	6	6
 Payneham NU	3	3	0	6	6
 A's	3	3	0	6	6
 Goodwood Saints	2	3	1	6	5
 Prince Alfred OC	2	4	0	6	4
 Athelstone	1	5	0	6	2










B GRADE

TEAM	W	L	D	P	PTS
 Tea Tree Gully	6	0	0	6	12
 Rostrevor OC	5	1	0	6	10
 B's	4	2	0	6	8
 Adelaide University	4	2	0	6	8
 Goodwood Saints	3	3	0	6	6
 Athelstone	3	3	0	6	6
 Port District	3	3	0	6	6
 Payneham NU	1	5	0	6	2
 Prince Alfred OC	1	5	0	6	2

C GRADE

TEAM	W	L	D	P	PTS
 C's	6	0	0	6	12
 Adelaide University	5	1	0	6	10
 Prince Alfred OC	3	2	0	5	6
 Goodwood Saints	2	3	0	5	4
 Port District	2	3	0	5	4
 Rostrevor OC	2	3	0	5	4
 Payneham NU	2	4	0	6	4
 Athelstone	1	4	0	5	2
 Modbury	1	4	0	5	2

U18 MENS

TEAM	W	L	D	P	PTS
 Flinders Park	6	0	0	6	12
 Goodwood Saints	6	0	0	6	12
 Port District	4	2	0	6	8
 Sacred Heart OC	4	2	0	6	8
 Broadview	3	3	0	6	6
 Brighton Bombers	2	5	0	7	4
 18's	1	5	0	6	2
 Tea Tree Gully	1	5	0	6	2
 PHOS Camden	1	6	0	7	2



V



ROUND 7

A GRADE

Henley

35 S. Berry
46 D. Cardone
1 K. Dalidowicz
12 B. Ebert
44 T. Elfenbein
26 J. Enright
13 M. Gautesen
47 M. Goldner
14 C. Gray
19 C. Hicks
16 J. Hyland
25 H. Jessen
21 J. Johncock
39 T. Lane
24 J. Lean
42 B. Lodge
51 J. Obst
6 D. Rowley
27 C. Schwarz
17 J. Smith
53 T. Thunig

Athelstone

33 J. Bates
1 D. Cluse
12 A. Davies
5 J. Davies
6 K. Durdin
23 C. Elliott
3 M. Glenn
20 M. Mauriello
25 M. Newell
8 A. Owen
24 L. Rander
29 M. Rander
21 B. Rogers
10 D. Sangermano
4 J. Schinella
15 J. Sheedy
22 A. Stewart
9 S. Sullivan
27 C. Swift
2 S. Tarca
14 J. Westover



V



ROUND 7

B GRADE

Henley

40 J. Calabro
 33 P. Elfenbein
 30 S. Ferguson
 56 J. Fitzgerald
 34 L. Gray
 61 J. Harvey-Friel
 49 M. Hawkins
 50 L. Illman
 41 J. James
 52 B. Kennedy
 38 B. Kitto
 64 D. Marinoff
 5 A. Martin
 43 H. Martin
 55 K. Nicol
 36 S. O'Dwyer
 18 N. Pierson
 29 K. Raison
 45 T. Reichstein
 T. Shephard
 31 C. Smith

Athelstone

7 S. Barabas
 21 P. Biancardi
 2 B. Cross
 20 N. De Laat
 16 L. Durdin
 19 T. Fabian
 18 M. Gabrielli
 5 L. Hancl
 10 A. Hatziyiorgis
 30 J. Mezzini
 3 M. Mezzini
 28 S. Monda
 9 H. Nihill
 1 J. Orlando
 31 A. Pietrobon
 6 J. Pike
 27 D. Porcelli
 29 T. Skinner
 11 J. Sykes
 4 H. Wallis
 8 S. Webb



V



ROUND 7 C GRADE

Henley	Athelstone
3 G. Ashton	26 L. Cotton
7 T. Bingham	4 T. Cotton
22 J. Butterfield	18 D. Kelly
5 B. Carey	22 A. Lanzoni
10 B. Deussen	3 J. Lifshack
28 C. Egel	8 J. Lonsdale
49 H. Egel	2 L. Mannix
54 J. Ettridge	17 C. McPeake
19 R. Fry	1 T. McPeake
4 B. Galletti	33 B. Norsworthy
11 C. Haddock	9 J. Pickert
8 W. Haskard	6 C. Schaefer
6 S. Hoogmoed	24 B. Skurrie
17 . Kitto	5 B. Spencer
29 D. Loveder	28 B. Traeger
1 N. Meiers	14 I. Varano
27 J. Neilson	27 T. Waldon
14 M. Pierson	25 B. Walker
23 J. Salisbury	7 N. Wilkinson
37 S. Skinner	15 E. Zahovic
15 D. Thomas	
9 D. Wilksch	
12 L. Wilksch	