



SHARK BITE

NEWSLETTER 2018



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ROUND 5 @ SHARK PARK

HENLEY V GOODWOOD SAINTS

Miss Henley last week was a blast! If you missed it this year, be sure to witness it next year, it was a cracker!

Henley favourite, **Jeremy 'BUBBLES' Johncock** plays his **100th GAME** for the Sharks against Goodwood Saints TODAY at Shark Park! **CONGRATULATIONS BUBBLES!**

NEXT UP is the **Henley Sharks Football Club Annual Ball**

2nd June @ Festival Function Centre

Tickets are on sale now!

Go to www.trybooking.com/380434

DATES FOR THE DIARY

Rd 8: **Saturday 2nd June**

Henley FC Annual Ball

Rd 12: **Saturday 14th July**

Henley Heroes Lunch & Virtual Horse Racing Night

Rd 10: **Saturday 23rd June**

American Frat Party Games Night – Dress Up

Rd 14: **Saturday 28th July**

Life Members/Past Players Day

Rd:11: **Saturday 30th June**

Sponsors Day

Rd 16: **Saturday 11th August**

Pink Ladies Day + Live Music + Cocktail Night

THANKS TO OUR ROUND 5 HOME MATCH SPONSOR



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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.

Thank you to the Lockley's Hotel who have been a major sponsor since the start of the 2015 season. We really appreciate the level of service and support we receive from Greg Hanlin and his team at the Lockley's.

CONGRATULATIONS ON 100 GAMES

Jeremy 'BUBBLES' Johncock



Henley favourite, Jeremy 'Bubbles' Johncock plays his 100th game for the Sharks against Goodwood Saints this week at Shark Park.

Originally from the Mallee Park FC in Port Lincoln, Bubbles moved to Adelaide in 1998 to further his football career. After progressing through the juniors and Reserves at Port Adelaide Magpies he played two seasons (02-03) with the Willaston Football Club where he won a best and fairest medal.

In 2004 he was invited to North Adelaide under Andrew Jarman but broke his ankle in the last trial game and missed most of that season. After a very short retirement he was 'wooed' to the Henley Sharks by then coach, Scott Hodges and donned the Sharks jumper for seasons 2005/06.

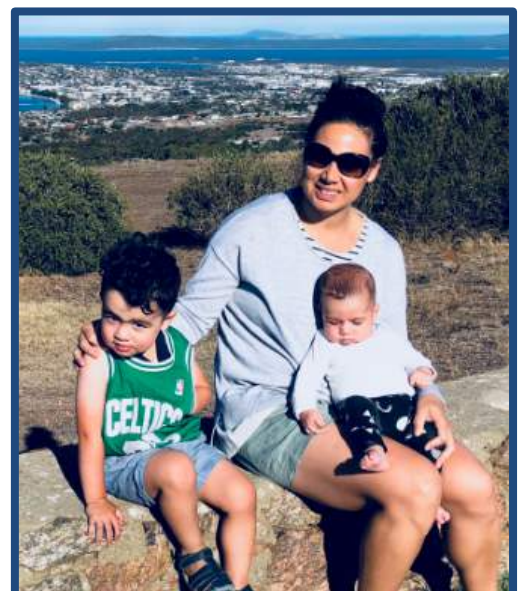
From 2007 to 2011 Bubbles played 54 games for Sturt in the SANFL before joining Port Districts for seasons 2012/13. Bubbles returned to the Sharks for seasons 2014/15 and then returned to Willaston for a year in 2016. In 2017 the football journeyman returned to the Sharks and saw him become an important part of the 2017 premiership team. Round 5 2018 will see him achieve his 100th Sharks game. Bubbles led the goal kicking at Henley four times in seasons 2004/05 and 2014/15.

Off the field Jeremy is engaged to Dorothy and they have two boys, Gus (2 years) and Reuben (4 months). Bubbles was given his nickname by his grandmother when he was a young baby due to the habit he had back then of blowing bubbles with his saliva. Young Reuben is doing the exact same thing as a baby and if he has the same football talent as his father, Henley should start saving for his 'education fund' now to ensure he follows in Dads footsteps as a Shark.

Bubbles best memories in football are the premierships, "it's why we play at the end of the day." Henley's 2017 Premiership is his best Henley memory and playing in an SANFL Grand Final is his greatest footy highlight (despite the disappointing result) because it was something he always wanted to do and he never gave up. He said his advice to young footballers would be "if you want something bad enough you will get there. You might need to take the long way to get there but you will still get there."

When asked about his biggest football influence, Bubbles stated it would have to be his immediate and extended family. That growing up in the country it didn't matter what sport it was, if his cousins were playing it he had to play it too. He rated Lee Pastyn as Henley's 'biggest pest' and when asked about a funny moment in football he couldn't go past our own Jake Hyland and his 'self-proclaimed' injuries stating he had "never met a bloke that gets so many injuries yet is still good to go the following week".

Despite playing many games for many clubs, The Henley Sharks now claim Bubbles as their own and congratulate him. Not only for 100 of his finest games with Henley but an impressive career on and off the field. Here's to a successful day and 2018 season with many more games ahead for Bubbles.



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LOCKLEYS HOTEL

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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).

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LEADING EDGE

HOW WE HELP THE SHARKS

What are Hamstrings?

With all the recent hype about the Crow's "epidemic" of hamstring injuries, we thought it would be timely to look over what is the most common and costly injury in Australian Rules Football.

The Hamstrings is a collective term for the muscles on the back of the thigh. Namely the Semitendinosus, Semimembranosus and the Biceps Femoris.

The Hamstrings act at both the hip and the knee joint and are used heavily in the action of running and kicking.

How do you injure the Hamstrings?

The most common injury to a Hamstring is a strain of the muscle group, where muscle fibres are pulled at a force greater than they can withstand and the result is damage to the structure of the muscle. This can extend from a Grade 1 injury (a few muscle fibres torn) through to a devastating Grade 3 injury (complete disruption of the muscle/tendon unit).

The mechanism that actually strains the muscle has been much debated about in academic circles. The main theory is that there is a force lengthening the muscle through the swing phase of the leg that the hamstrings can't withstand when the leg hits the ground and this results in the muscle over-stretching and failing. This could be as a result of over-striding whilst accelerating, bending over at speed to mark a ball that has been kicked too low or (rarely) even kicking the ball hard.

The main risk factors for hamstring strains are:

- Previous hamstring strain
- Increased Age
- Ethnicity (African or Aboriginal heritage increases the risk of sustaining a hamstring injury)
- Reduction in specific hamstring strength

How common are Hamstring strains?

Hamstring strains account for the most number of injuries and the most time lost in Australian Rules Football. There on average 5-6 hamstring injuries at each AFL club per season and account for an average 3-4 matches missed per injury. Similar injury rates and timeframes exist in community football. It is thought that the sport-specific demands of Australian football compared to other codes contributes to the particularly high risk of this injury in AFL. These include the substantial volume of high-speed running as well as players also frequently collect the ball from the ground on the run in the vulnerable position of trunk flexion, hip flexion, and knee extension.

What to do if you are Hamstrung!

Leading Edge has used its experience with working in high-level footy for more than decade to develop it's own unique Hamstring Rehab program. This program has been used on more 70 hamstrings over 10 seasons with an average return to sport of 2.7 games missed per injury (the AFL 10 year average is 3.7!). All Henley Sharks players now have access to this program through our relationship with the club!

Initial management should be like any soft tissue injury: Rest, Ice, Compression, Elevation. The next step is for the injury to be assessed by a physiotherapist as to the grading of the injury to establish which version of our rehab plan is best suited to the injury.

The plans start with early controlled mobility of the injured area, progress onto rehab running when appropriate and have a graduated program building on running speed and hamstring strength. Footballers should not return to play until they have fully restored the injured muscle's strength and tolerated training at full intensity for at least a week.

If you've suffered a hamstring strain, speak to our physio Nic Brown at training on Tuesdays, or contact us on 8159 1300 so we can help get you back on the park as soon as possible!

MERCHANDISE 2018

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



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\$50



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\$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

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HENLEY HEROES



ROUND 5 @ HOME Vs GOODWOOD SAINTS

Previous Home Game Lucky Square **WINNER** of CHEEKY GREEK Voucher:
Mark - Junior Parent No 75



6 x WINE PACK: **Sandy Metcalfe No 38**
CONGRATULATIONS WINNERS!

TODAYS HOME MATCH LUCKY SQUARE Voucher Donated by:
HENLEY SLSC
\$50 & 6 X WINE PACK - \$5.00 PER SQUARE



Scott Berry No 12 HH was a lucky member of the Half Time HH financial Members Draw:
Bottle of Glenfiddich WELL DONE!

See you in the club at HALF TIME for your chance to be the next WINNER!

NOT FINANCIAL?
WISH TO JOIN HH?
See Phil (Tubby) Cole with YOUR \$50
ALL Money goes back to Your CLUB

CENTURY CLUB draw No 3 was **No 72 NOAH & MALAKAI**
CENTURY CLUB draw No 4 was **No 100 GREG LAWLESS**
CONGRATULATIONS!

DRAW No 5 - Tonight after the Game 🏈

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 3 V ADELAIDE UNI

HENLEY: 14.5-89 ADELAIDE UNI: 14.10 - 94

Round three at home was Anzac round and we were looking forward to the occasion. While it is a stretch to compare playing football to what the Anzac's did and still do, it was about recognising the sacrifices that have allowed us to enjoy the privilege of playing football.

Our main focus for the week was about consistency and continuing to improve from the first two weeks. We were aware that Adelaide Uni had started well in the first two games so we needed to match that. Unfortunately in the first 8 minutes Uni looked hungrier than us and it showed with the first few forward 50 entries and first goal. Once we kicked into gear and started moving the ball quickly, we were able to get deep forward 50 entries and convert them into scores. Lee Staple was presenting well and our small forwards were working well at his feet. At quarter time we had an even spread of goal kickers to lead by 2 goals.

In the second quarter we were kicking into a bit of a breeze and defensively we weren't being smart against it. On a few occasions Uni moved the ball quickly by kicking long and we got caught on the wrong side of our opponents allowing them to run towards an open goal. This wasn't helped by our work around the contests where we were a bit fumbly and were missing handballs which meant our runners were out of position. Conversely Uni were playing well around the contest and their quick release and runners behind the football was causing us headaches. For us Jake Hyland was working hard up the ground and taking some good contested marks while Cody Hicks and Ben Lodge were working hard on the wings to provide some run. Brad Geddes was playing the quarterback role well and was repelling a lot of Uni's forward entries. Towards the end of the quarter we lost Travis Lane to a nasty front on bump, but fortunately there doesn't appear to be any serious damage to his head or neck. At half time we held a 4 point lead.

In the third quarter we knew we had to be more defensive around the contest as Uni's ability to spread from a stoppage was hurting us. But outside of that I encouraged the players to be bold with the football. We played a good quarter of football but unfortunately leaked a few too many goals from Uni into the breeze, albeit some under dubious circumstances. Jack Enright was playing another good game in the middle and due to a few injuries and yellow cards we released Brett Ebert into the middle, his voice and leadership in there was important. Lee Staple was again working hard at centre half forward, both as a target and by creating space for his team mates. We went into three quarter time with a 15 point lead but with the strong breeze we knew we would have to work hard in the last quarter.

We dropped the ball in the first 6 minutes of the last quarter as Uni kicked 3 goals in that time. To the boys credit they fought their way back and it was a hotly contested quarter. You could not question the players desire in the last quarter, but unfortunately we made a couple of key skill errors which thwarted otherwise positive movement into our forward line. After losing Travis Lane in the second quarter we also lost Brad Geddes and James Lean late in the quarter which tested our depth. However the players kept battling and in the last 20 seconds we had a tough opportunity to steal an unlikely victory, unfortunately it wasn't meant to be.

It was disappointing to lose a game at home but we were simply outplayed by Uni in a couple of key areas. We believe these are areas of our game that we have displayed previously and just need to work on executing each week. Fortunately we only have to wait 5 days before we get that opportunity to redeem ourselves.

Goal Kickers: J. Lean 3, B. Ebert 2, L. Staple 2, J. Grosser 2, J. Enright 2, J. Hyland, T. Thunig, M. Gautesen

Best Players: B. Geddes, J. Enright, J. Hyland, J. Lean, B. Ebert

ROUND 4 V PAYNEHAM

HENLEY: 6.9-45 PAYNEHAM: 14.11-95

After a disappointing loss to Adelaide Uni we travelled to Payneham and were looking forward to a chance to redeem ourselves. Unfortunately we had several key players missing but we still felt as though we had enough talent on the field to win the game if we played well.

In the first quarter we were a bit slow out of the gates which allowed Payneham to get the ascendancy early but to the boys credit they steadied and I thought won the second half of the quarter. What we were doing during the quarter though which was unfortunately going to set the tone for the remainder of the game was turn the ball over, which was putting our defence under a lot of pressure. Up forward Damien Rowley was back in the side and his tenacity around the contest at half forward was something we had missed the week before.

We started the second quarter well by winning the centre clearance but clearly the east-west oval was playing with our minds and we kicked a nice deep forward 50 entry.....for Payneham. This aside, the first 10 or so minutes were mostly played in our half of the ground but we couldn't seem to convert that to goals. Unfortunately, as always tends to happen, after all of our hard work for no result, Payneham took the ball down the other end and kicked a goal. After this point we became our own worst enemies. Our skills were simply not good enough and we continually turned the ball over by hand and foot. This caused us all to then be out of position defensively which put our defenders under the pump. Fortunately for us we had Jeremy Johncock, Scott Berry and Michael Gautesen back there who kept us in the contest.

As mentioned we were turning the ball over when we came out of defence and were being hesitant and predictable, so at half time we put the highly skilled Travis Lane to halfback so we could get some momentum. Unfortunately this was simply robbing Peter to pay Paul as Payneham got the ascendancy in the middle. In an 8-10 minute period Payneham kicked 5 goals and even though we made some changes to get the senior players back into the middle the momentum was well and truly theirs. Up forward Lee Staple was again working hard to make every ball a contest, he along with Kyle Dalidowicz were showing the others the attack on the ball we needed from everyone.

At 3 quarter time the game was all but over so the last quarter was about regaining some confidence in ourselves and not allowing Payneham to run over the top of us. I thought we won the quarter which was largely on the back of the captain Michael Gautesen in the middle. He showed the aggression needed and the others had no choice but to follow, one of whom was Jack Enright who had been consistent again all game. We started winning some clearances which allowed our forward line more of a chance to get some space. Scott Berry and Jeremy Johncock again were great in defence albeit in the face of a running wall of Payneham players at times. The scoreboard didn't really truly reflect our effort in the last quarter as we kicked 2 goals 6 to their 3 straight goals.

The game highlighted to the players the fact that in Division 1 football if your skills aren't up to scratch you're going to pay the price dearly. Again we got a few injuries but hopefully they won't mean we'll lose any other players this week as we come up against an old and respected rival, Goodwood.

Goal Kickers: L. Staple 3, J. Grosser 2, S. Ferguson

Best Players: J. Johncock, S. Berry, M. Gautesen, L. Staple

B GRADE MATCH REPORT

SAM HEEPS

ROUND 3 V ADELAIDE UNI

HENLEY: 2.9-21 ADELAIDE UNI: 10.8-68

We today announced our leadership group for the remainder of the season with Matthew Tansell and Scott Newman named Co Captains and Jordan Lawless the Vice-Captain. Congratulations to these 3 young men all thoroughly deserve their opportunity to lead this group forward. Unfortunately that's where the positives ended on a dirty day for the B grade.

The game started as we would have liked with the ball spending the first 15 minutes locked in our forward half but our inaccurate kicking for goal and inability to find the target by foot meant we were unable to make the most of our efforts. Kicking 1.5 in the first 15 minutes left the door wide open for UNI and boy did they make us pay. We found ourselves a man down by quarter time with one of the captains Matthew Tansell sitting out the remainder of the game and subsequently he will miss the most part of the year with a fractured leg. We all wish you a speedy and issue free recovery. From that moment on we seemed to struggle with the intensity and pressure UNI applied and credit to them they absorbed early on and then dished it straight back.

The game became a real arm wrestle during the second and third terms with our skills and discipline not up to scratch. We found ourselves constantly turning the footy over coming out of our defence and when we did maintain possession and move the ball forward our lack of ground level pressure across half forward had the ball bouncing straight back and quickly. Some credit must go to our defenders with their effort to remain tough and defend first keeping us in the game and not allowing the flood gates to open.

Surprisingly enough even though we had only managed 1 goal till three quarter time we found ourselves still only 18 points down. We decided to roll the dice as what we had been trying simply had not worked. A few positional changes made and a licence given to the players to attack and create at every chance was the message given at 3 quarter time. The boys responded and kick the first goal to give themselves some belief but unfortunately that was short lived and the energy was sapped from the players. The last 10 minutes saw UNI pile on 4 unanswered goals and run out easy winners.

I would like to take this opportunity to apologise to all the supporters and sponsors as the lack of discipline and effort is not something we stand for. We will make every effort to bounce back next weekend and I can guarantee the players and coaching staff will not expect this type of performance.

Goal Kickers: J. Smith, S. O'Dwyer

Best Players: K. Raison, D. Marinoff, J. Pierson, S. Berry, J. Lawless

ROUND 4 V PAYNEHAM

HENLEY: 9.9-63 PAYNEHAM: 8.8-56

After a disappointing result last weekend, the boys really brought a fantastic attitude to training and the first thing I noticed Saturday morning was the steely resolve the group had before the game. They were switched on from the moment they arrived and that transpired to a fantastic team performance one which can be season defining and team building. After losing "Chiz" last weekend with a fractured leg the unthinkable happened with Scott Newman being carried off on the stretcher with what appears to be a serious knee injury. We wish Scott a speedy recovery and fingers crossed it's not too bad.

With a different look forward of the footy the pressure was evident from the start. The ball was being locked in and this giving our backs a chance to setup behind the footy gave us plenty of chances to hit the scoreboard. In what was a game of momentum at no stage could be break the game open again our skills were letting us down however out attack on the ball and player was fair better than the previous week.

Half time had us with a small lead but unfortunately down to one on the bench. The 3rd quarter was much the same with both sides struggling to put goals on the scoreboard. Jackson Smith was providing a fantastic target up forward and could gave our smalls a reference point to work from and with a little more polish going inside 50 we could have found ourselves in front at the last change but unfortunately we were 3 points down. We found ourselves down to none on the bench and again had to make some positional changes heading into the last.

After giving up the first goals and going 9 points down it would have been easy to be over run. The boys dug in deep and fought hard to gain the momentum again. The most pleasing thing was they continued to back themselves in and use the football with precision which had been missing for the past 3 quarters. The run and carry was super and the ability to work for each other proved the difference. Kicking the last 3 goals against the odds was brilliant and very rewarding for the lads.

The spirit and resolve shown is something this group will continue to build on. Another difficult opponent next weekend with Goodwood coming of a big win. I'm sure the boys will take some confidence out of the win and more importantly they have now set the minimum standard for the rest of the season. The buy in from all players this year so far has been great but it must continue and the players are now holding themselves to account and showing some real maturity.

Goal Kickers: J. Smith 3, J. Harvey-Friel, J. Stewart, J. Pierson, C. Bock, J. Lawless, B. Kitto

Best Players: C. Bock, J. Obst, J. Smith, K. Raison, J. Calabro

C GRADE MATCH REPORT

CHRIS BROWN

ROUND 3 V ADELAIDE UNI

HENLEY: 15.8-98 ADELAIDE UNI: 3.4-22

Round 3 saw the Henley C's take on Adelaide University at Shark Park in the Anzac Day round. The last time the C's played the Blacks was in the 2016 Grand Final which was also the last game Henley had lost and there was a strong determination that their record would remain intact, particularly from those players who participated in that game.

Each week the C grade team has an average of 7 to 10 changes from the week before but the pleasing thing for a long period of time now is that each week whoever dons the Shark jumper gets the job done. Round 3 was no different. Henley dominated from the start and was consistent over the four quarters with solid performances by all players.

The ruck and midfield combination of players such as Sean O'Dwyer, Jake Butterfield, Brett Dobson, Nick Meiers, Harley Egel and Tom Bingham gave first use to Henley forwards majority of the game. Once in the forward half the Henley forwards such as Brad Carey, Matt Pierson, Kane Fry and Luke Wilksch were super-efficient and their ground level work in particular saw them cause plenty of headaches for the Blacks defence.

On the occasions that Adelaide University were able to move the ball into their forward half the Henley defence, led by Josh Ettridge and Matt Hawkins, rarely let them score and continued to thwart their attempts. It was rebounded quickly and the aforementioned mids or dominant wings of Jordan Kitto, Gary Ashton and Joel Metcalfe would establish another forward entry.

It was another great team performance by the C's who continue to show the depth of the Henley Football Club and play an entertaining brand of football. The test now is to remain disciplined and focussed to avoid any lapses in form against Payneham in round 4.

Quarter by quarter scoreline:

Henley:	4.2	8.3	12.5	15.8 (98)
Adelaide Univeristy	1.1	2.3	2.3	3.4 (22)

Goal scorers: Brad Carey 6, Matt Pierson 4, Kane Fry 2, Luke Wilksch 1, Brandyn Galletti 1, James Salisbury 1

Best Players: Sean O'Dwyer, Brett Dobson, Brad Carey, Matt Pierson, Josh Ettridge, Tom Bingham

ROUND 4 V PAYNEHAM

HENLEY: 21.19-145 PAYNEHAM: 5.3-33

Henley travelled to Payneham for round 4 and as always the C's set themselves to get the day started right for the Sharks. Making predictions based on previous results is risky at any level but even more so at C grade. In round 1 PNU easily accounted for Goodwood. In round 2 Rostrevor easily accounted for PNU and in round 3 Goodwood spanked Rostrevor. Making sense of that was like trying to find a male who wasn't questioning his own sexuality at the Miss Henley Parade Saturday night....

Round 4 also saw some very handy inclusions for the C's. Jake Fitzgerald made his return to Henley after a four year break. Cody Egel played his first senior game above under 18 level and Glen Dunning made his debut for Henley after a forced absence from the game due to injury. All three performed exceptionally on the day and reinforced the depth of the Sharks squad.

The game was a bit of an arm wrestle in the first quarter but Henley were showing good signs and it was already obvious that leg speed and fitness would have them gaining ascendancy as the game wore on. The quarter finished Henley 4.3 to PNU 2.1

Henley really got on top in the second quarter and signs of PNU players resorting to heavy body contact to counteract Henley's fitness was beginning to creep into the game. Despite this the Henley players remained focussed and at half time led 9.7 to 3.3

The third quarters for Henley are proving to be consistently dominant and the opposition have been unable to trouble the scorer for the last two games. The entire backline was on top with Ettridge, Neilson, Luke Gray, Hawkins, Fitzgerald, Thomas, R Fry and Haskard all combining at various times to hold PNU at bay. Add dominant midfielders feeding potent forwards and Henley kicked 8.7 to finish the third quarter 17.14 to 3.3.

The last quarter saw the fitness of the Henley's mids continue to stretch the lead and Meiers, H Egel, Deussen, C Egel, Kitto and Ashton continued to feed the dangerous forwards in Carey, Pierson, Dunning and Galletti. Jake Butterfield rucked most of the day and despite being outsize he gave first use more often than not. His real strength on the day was his ground level work. Once the ball came to ground it was like Henley had an additional midfielder. Another standout performance was displayed by Matt Hawkins whose big body and work ethic had him winning plenty of contested balls.

It's sometimes hard to be original in these reports but that's because the C's are consistently performing the basics well with winners all over the ground. The key position players are winning their positions but it is the 'swing men' who are often rotated through various roles that ensure Henley perform well on the day. A great example of this is Luke Wilksch who for two seasons now has performed various roles on game day with skills that have earned him the nickname 'silk'.











Goal Scorers: Brad Carey 5, Glen Dunning 3, Matt Hawkins 3, Matt Pierson 3, Brandyn Galletti 3, Ryan Fry 1, Gary Ashton 1, Jake Fitzgerald 1, Cody Egel 1

Best Players: Jake Butterfield, Matt Hawkins, Brad Carey, Luke Wilksch, Luke Gray, Jake Fitzgerald

A GRADE

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










B GRADE

TEAM	W	L	D	P	PTS
 Tea Tree Gully	4	0	0	4	8
 Henley	3	1	0	4	6
 Rostrevor OC	3	1	0	4	6
 Athelstone	3	1	0	4	6
 Goodwood Saints	2	2	0	4	4
 Port District	2	2	0	4	4
 Adelaide University	2	2	0	4	4
 Prince Alfred OC	1	3	0	4	2
 Payneham NU	0	4	0	4	0
 Modbury	0	4	0	4	0

C GRADE

TEAM	W	L	D	P	PTS
 Henley	4	0	0	4	8
 Prince Alfred OC	3	1	0	4	6
 Adelaide University	3	1	0	4	6
 Goodwood Saints	2	1	0	3	4
 Athelstone	1	3	0	4	2
 Rostrevor OC	1	2	0	3	2
 Payneham NU	1	3	0	4	2
 Modbury	1	2	0	3	2
 Port District	0	3	0	3	0

U18 BOYS

TEAM	W	L	D	P	PTS
 Flinders Park	5	0	0	5	10
 Goodwood Saints	4	0	0	4	8
 Port District	3	1	0	4	6
 Brighton Bombers	2	3	0	5	4
 Sacred Heart OC	2	2	0	4	4
 Broadview	2	2	0	4	4
 Henley	1	3	0	4	2
 PHOS Camden	1	4	0	5	2
 Tea Tree Gully	0	5	0	5	0



V



ROUND 5

A GRADE

Henley	Goodwood Sai...
35 S. Berry	16 T. Anderson
23 C. Bock	51 T. Barry
46 D. Cardone	15 N. Burgess
1 K. Dalidowicz	6 A. Burns
12 B. Ebert	14 H. Byrne
44 T. Elfenbein	3 J. Carter
26 J. Enright	28 T. Carter
13 M. Gautesen	5 M. Crump
47 M. Goldner	2 A. Dempsey
22 J. Grosser	7 M. Duncan
19 C. Hicks	18 H. Evans
16 J. Hyland	10 Z. Galit
41 J. James	26 T. Gehling
25 H. Jessen	11 L. George
21 J. Johncock	4 J. Heitmann
39 T. Lane	31 S. Oakley
42 B. Lodge	23 S. Ovens-York
51 J. Obst	20 J. Pinto
27 C. Schwarz	13 J. Pressler
8 L. Staple	19 A. Skara
53 T. Thunig	1 L. Whitelock



V



ROUND 5

B GRADE

Henley	Goodwood Sai...
40 J. Calabro	26 S. Brooks
B. Dobson	6 H. Burns
30 S. Ferguson	19 B. Chant
9 D. Fry	2 N. Crockart
K. Fry	M. Ellis
B. Galletti	5 D. Evans
14 C. Gray	4 A. Gillett
34 L. Gray	17 A. Good
M. Hawkins	C. Hankinson
50 L. Illman	8 J. Maslen
52 B. Kennedy	32 C. Matthews
38 B. Kitto	T. Oliver
2 J. Lawless	13 I. Place
5 A. Martin	15 D. Quinn
43 H. Martin	14 M. Read
55 K. Nicol	J. Reardon
36 S. O'Dwyer	22 A. Schiller
18 N. Pierson	20 M. Siviour
29 K. Raison	10 J. Slape
31 C. Smith	9 L. Stanton
17 J. Smith	12 D. Trussell



V



ROUND 5

C GRADE

Henley

3 G. Ashton
 7 T. Bingham
 22 J. Butterfield
 5 B. Carey
 21 J. Chambers
 10 B. Deussen
 28 C. Egel
 49 H. Egel
 54 J. Ettridge
 8 J. Fitzgerald
 19 R. Fry
 11 W. Haskard
 6 S. Hoogmoed
 17 . Kitto
 1 N. Meiers
 27 J. Neilson
 14 M. Pierson
 25 T. Reichstein
 23 J. Salisbury
 29 T. Shephard
 37 S. Skinner
 15 D. Thomas
 9 D. Wilksch
 12 L. Wilksch

Goodwood Sai...

8 A. Bayliss
 N. Bonetti
 J. Carrick Smith
 1 M. Cecere-Palazzo
 C. Cronin
 18 A. Davis
 22 M. Eleftheriou
 24 G. Finck
 31 J. Fleming
 J. Geddie
 7 B. Georgeson
 R. Hankinson
 9 W. Lillecrapp
 30 C. McGregor
 14 B. Monks
 A. Nicholls
 C. Robert
 32 W. Shooobridge
 A. Sordillo
 21 R. Staker
 M. Wright