

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

ROUND 12 @ SHARK PARK HENLEY SHARKS V PAYNEHAM NU

<u>U18 BOYS:</u> TOMORROW @ 3.00PM – HOME V BRIGHTON BOMBERS <u>035's:</u> TONIGHT @ 6PM – AWAY: LEDGER RD, WOODVILLE SOUTH V WOODVILLE SOUTH CATS

DATES FOR THE DIARY

Rd 12: Saturday 14th July

Henley Heroes Luncheon Virtual Horse Racing Night

Rd 14: Saturday 28th July

Sharks Family Fun Day

Rd 16: Saturday 11th August

Ladies 'PINK' Day – Fundraiser for the Oncology Unit at the Western Community Hospital

Cocktail Night

<u>Presentation Night</u>

TBA

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

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Mainair	
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Nova Vita Wines (Mark	North Virginia
Kozned)	NOVAVITA ADELAIDE HILLS WINES
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Cody HICKS	
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Andrew Pierson	0428 121 908
Dylan FRY	Teresa Davoren
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Rob Mckenzie Real Estate	
	rob mackenzie
Harrison MARTIN	Neil Martin General Builder
	Address: 12 Clarke St, Kingston SE SA 5275
Neil Martin General Builders	Phone: (08) 8767 2074
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·	TRANSPORT
Jack CHAMBERS	
Barrasa arta Hatal	
Ramsgate Hotel	
Jack ENRIGHT	Rod Hill
	ROG AIII
Jake FITZBERALD	Mir Illidant
Wildcat Diesel	DIESEL SERVICE
Jackson SMITH	
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Thompson Landscaping	THOMPSON LANDSCAPES & POOL COPING
Jake HYLAND	Lacepede Seafood
James LEAN	
JSR Plumbing And	PLUMBING & MAINTENANCE
Maintenance Jamie GROSSER	Off Centre Of Knowledge
Jeremy JOHNCOCK	Paul Caica
Joel HARVEY-FRIEL	Sascha Kitto
Joel METCALFE Jordan LAWLESS	Kym Metcalfe
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Kevin RAISON	Teresa Davoren
Kyle DALIDOWICZ	
Henley Heroes	HH ISTADA
Kyle NICOL	Dave Nicol
Lee STAPLE	CACLE
Sagles Constructions	SAGLE
Luke GRAY	
Bacchus Bar	BACCHUS Henley Beach, SA
Luke ILLMAN	
Niche Kitchens (Nick Meiers)	Niche KITCHENS
Matt HAWKINS	MI PRIGN MUNDO SIGNS
Brian Munro Signs	BRIAN MUNRO SIGNS
Michael GAUTESON	Michael Hicks
Mitch GOLDNER	Rod Hill
Ned HEATH	
Bacchus Bar	BACCHUS Henley Beach, SA
Peter ELFENBEIN	Adam Keenan
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Ryan Fry	
	RESOURCECO PROPERTY OF THE PRO
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Tom REICHSTEIN	
R&W Reichstein Agencies	R&Wagencies
Tom THUNIG	Teresa Davoren
Travis LANE	
The Cumberland Hotel, Glanville	CUMBERLAND HOTEL 76 Causeway Road - Glanville

LEADING EDGE PHYSICAL THERAPY

What is an ankle sprain?

Among the most common sports related injury is the ankle sprain. The term "sprain" is typically used as an umbrella term for a degree of injuries to a ligament. A sprain is an over-stretching of a ligament which is short of a partial tear or a full tear.

There are two ligament complexes in the ankle - one on the inside (medial) and another on the outside (lateral). When you "roll" your ankle, you stretch and injure one of these ligament complexes which can be made up of 3 to 4 different ligaments.

What is the most common type of ankle sprain?

The most frequent type of sprain is termed an inversion injury - when your ankle rolls inwards underneath the leg. This puts the outside of the ankle under considerable stress. Other sports such as basketball, netball and hockey

also experience high rates of this particular type of injury. This is largely due to the high demand for rapid changes of direction.

Less frequent are sprains on the inside of the ankle (termed eversion injuries). These rarely occur with just stretching/tearing of the ligaments alone, and often occur in conjunction with a fracture to the end of the **Grades of Ligament Sprain** tibia.

Symptoms include:

- Pain
- Swelling
- Bruising
- Instability

What can I do to avoid spraining my ankle?

It is very common for high level AFL players to have their ankles taped prophylactically - that is, their ankles are healthy and they are getting strapped to avoid an initial sprain. Henley Football Club trainers are trained to stabilise the ankle to reduce the risk of an initial injury or a subsequent ankle sprain. There are also a range of braces available which further act

to provide support to the sides of the ankle.

Additionally, strength and balance training are key in reducing the risk of both initial and subsequent ankle sprains. Strong muscles can assist in preventing the ankle being put in a compromising position,

How long do ankle sprains take to heal?

while balance training helps to fine tune the movements of the foot.

Recovery time for ankle sprains depends upon a variety of factors. These include the mechanism of the injury, the ligaments involved, the extent of damage to the ligaments as well as additional structures (e.g. bones) which may also be involved.

Low grade sprains may be able to me managed as you continue to train and play. Partial or full tears are much more serious and may see you sidelined for 3-6 weeks. Of course, if a fracture was to occur as a result of an ankle sprain, these can sometimes take 12 weeks or longer to recover, some requiring surgery.

If you have suffered an ankle sprain, please speak to club physiotherapist Nic Brown so that you may be assessed and an appropriate treatment plan can be arranged. Once you are back to playing and training, that is not the end of your ankle rehabilitation! Long term, you will need a specific strength and balance program to avoid chronic ankle instability.

Our physiotherapists are at trainings every Tuesday evening and are always willing to help with any issue you have picked up either on or off the field.





TRAINING

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

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 broas77@amail.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@henleysharks.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 **#henleysharks** 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



DATES FOR YOUR DIARY 2018



Rd 12: Saturday 14th July

Henley Heroes Luncheon

2008 B Grade Premiership Reunion

Virtual Horse Racing Night



Rd 14: Saturday 28th July

Family Fun Day

Rd 16: Saturday 11th August

Ladies 'Pink' Day – Fundraiser for Western Community Hospital Oncology Unit

Cocktail Night



Presentation Night details to come - STAY TUNED

'A NIGHT AT THE RACES' TONIGHT

7.30pm \$10 Entry includes Race Book & \$12k play money **RACE DAY ATTIRE/COCKTAIL**

Girls, don't forget your fascinators & Boys, don't forget a tie/bow tie &

Fashions on the field @ 9.30pm - Prize to be won so dress to impress







HENLEY SHARKS FOOTBALL CLUB

Ladies Day

SATURDAY 11TH AUGUST FROM 1PM

Come along to 'PINK' Ladies Day to help raise funds for the Oncology Unit at Western Community Hospital

\$25 per Ticket - Purchase on Arrival

Ticket Includes:

Drinks Package kicks off at 1.30 - 3.30pm & Grazing Board Nibbles

'Half Time' Fun & Raffles to be won! Metonia Makeup (Lip Sense) & Blossom Bay Jewellery are joining us! *Please wear a touch of PINK*

HENLEY HEROES



Dear Members,

ROUND 12: Henley Sharks V's Payneham N/U

Welcome to the Henley Heroes Annual Luncheon!
Welcome to Hawthorn Legend, 4 times Premiership Captain Michael Tuck

Attendance Draw at Half time, another bottle of "Scotch" to be won! Draw approx. 3:30.

100 Squares will not occur this week due to Luncheon!

M*VP Medal* will be held on Sunday 22^{nd} September 11:30 - 14:30, BBQ lunch and drinks all inclusive for Members!

Payment - 2 options, in person – South Henley Newsagency online – BSB **805-013** Acc.# **01315491** Ref:- Name or #

Lockleys Hotel is still offering HH members **20%** discount on meals Monday – Thursday 27th Sept, please support the Lockleys a major Club Sponsor.

Cheers, Trevor Sampson



















THANKYOU FOR YOUR SUPPORT!

PLAYER PROFILE

Name: Brett Ebert

Nickname/s: Ebo, Mega

Married/single: Partner

Partners name: Amanda

Kids: 2 boys: Ethan 2yrs & Ollie 11 weeks

Height:.180cm Weight:.85kgs

Favourite Food Lollies

Pets/Name Dog: Sabah Lizard: Rexy

Hardest working team mate/s: Gat and Scooter Berry

Most annoying teammate: Lee Staple (never trains)

Sponsored by: Ebert Health + Fitness

Occupation/Employer: Personal Trainer and owner at Ebert

Health + Fitness

Biggest influence on career: Father

Achievements: Port Adelaide player 11 yrs

Career highlights: Being a part of the 2004 and 2007 AFL finals

campaigns.

Favourite moment in sport: Winning the Magarey Medal

Best advice given by mentor/coach: Enjoy your football and train as you

play.

Do you have a hidden talent: Phenomenal Dancer!

Three things you would like to have on a deserted island: 1: Lollies 2: Thongs 3: Fishing Rod

Hobbies: Fishing, playing with the kids, football.

Three people you'd like to share a meal with: 1: Bradley Cooper 2: Rose Byrne 3: Chris Brown

(Super Coach).

What are you enjoying about football at the Sharks in 2018? Best fun I've had in years on and off the football field. A great bunch of guys and a fantastic coaching group. Love being a part of the

family.





The recruitment of a player like Brett Ebert to the Sharks this year was a coup and was always going to make the team and especially the forward line, more dangerous. Anyone who has played 166 AFL games, kicked 240 AFL goals and won the coveted Magarey Medal will always bring invaluable skill and experience to an amateur league team at any level but it has been the off field and change room 'personality' of 'Ebo' that has proved really important to the team this year. His constant grin and upbeat personality has become his trademark and with Henley having one of the youngest squads it has had in a long time his value to the club is more than just his football abilities. His pre-season fitness work with the lads has also been vital and was delivered with the same energy he brings day in day out to his clients.

A GRADE MATCH REPORT

JARRAD PARKER ROUND 11 V PRINCE ALFRED OC

HENLEY: 4.8-32 PRINCE ALFRED OC: 10.13-73

Round 11 was back at home, sponsors day, beautiful weather and a chance to entrench ourselves in the top 5. With a few injuries we welcomed some young talent into our side with Jack Calabro and Luke Illman playing their first A grade games for the football club.

We had spoken about the importance of this week and had set ourselves for it but unfortunately some of the wind was taken out of our sails in the first minute as they got the ball forward, marked strongly and goaled. Our inside mids in Jack Enright and Corey Gray were working well with Harris Jessen to get the ball forward and we had a couple of good opportunities at goal but didn't take them. This was made even worse when PAOC took the ball down to the other end and kicked another goal from a strong mark. While we were battling hard we just didn't seem to be winning the important 50/50 contests and were then getting hurt on the outside in transition.

At quarter time we made some adjustments to ensure their loose player behind the ball wasn't getting it all his own way. But as hard as we worked we just couldn't get any fluency going forward and when we did, our last kick into the forward line wasn't hitting the target. We scrapped a couple of goals through Jamie Grosser and James Lean and through good defensive pressure we effected PAOC'S shots on goal. Michael Gautesen was back from a break and was straight back into his desperate style of football while down back Chris Schwarz was also attacking the ball hard. We went into half time only two goals down but felt we needed to lift to stay in the game.

The first 5 minutes of the 3rd quarter saw this lift. This was sparked by a trademark Harris Jessen burst out of the midfield and long shot at goal which unfortunately faded left. We had the next 5 forward 50 entries but failed to convert these into meaningful scores as we either kicked points, out on the full or to the spare defender. As seems to occur fairly often in football when you work so hard and don't take your chances the opposition take the ball to the other end and kick a goal. This is what happened to us. For the whole quarter we had as much possession as PAOC but we seemed to be scrapping for every forward movement while PAOC were moving the ball in space with ease and from their first 3 forward entries they kicked 3 goals. Along with Harris Jessen, Tom Thunig stepped up in the quarter and was trying to create some run for us while it was Ben Lodge and Brett Ebert who kicked our only two goals. PAOC were kicking goals from pockets and getting some friendly bounces which added to the frustration of the day.

The last quarter again was a scrap with no team really getting the ascendancy. PAOC kicked a couple of goals but they were a direct result of our turnovers. Chris Schwarz didn't give up on the day as he continued to run and try to create opportunities, Michael Gautesen doesn't know how to give up and Jack Enright and Corey Gray battled well under the packs all game. I thought Jack Calabro gave the effort we knew he would, especially when thrown into the ruck against a much heavier opponent.

Unfortunately it was a disappointing day for all of us, we were unable to get any run going and were caught napping by their forward run. This was a result of some poor execution but also shows I, as the coach, need to look at better ways to combat this in the future. Div 1 is so tight this year that every game from here on in is important, we look forward to retaining some senior players after the bye and getting back on the winners list.

Goal Kickers: B. Ebert, J. Lean, B. Lodge, J. Grosser

Best Players: C. Schwarz, M. Gautesen

C GRADE MATCH REPORT

CHRIS BROWN ROUND 11 V PRINCE ALFRED

HENLEY: 16.11-107
PRINCE ALFRED OC: 3.2-20

Round 11 saw Henley take on Prince Alfred Old Collegians at home. PAOC were third on the ladder at this stage and presented a very different looking team to round 2, apparently due to the availability of a number of younger players thanks to school (college) holidays. Henley on the other hand were being tested for depth probably more than any other game so far this year and started the game with two spots available on the bench and somewhere in the vicinity of 11 different players to the first time these teams met this year.

As has been the case for the Henley C's for a long time now though it does not matter who takes the field, they get the job done. This game was no different. Henley was on top from the start and finished the first quarter 5.2 (32) to no score. The second quarter saw PAOC with the wind but Henley finished at half time 9.4 (58) to 2.1 (13)

The second half continued much the same as the first and although PAOC attempted to reduce Henley's scoring with defensive tactics they allowed Dylan Fry to remain one on one with his opponent in the forward 50. This ended badly for PAOC and Dylan snagged 7 goals. At one stage Matthew Pierson considered helping the PAOC backman just to even things up.

The score at full time was Henley 16.11 (107) to PAOC 3.2 (20)

A forward in the C's this year is always going to get more opportunities than most players but that cannot happen without the hard work of the backs and mids. This game was no different. Ryan Fry dominated at centre half back and on the few occasions the ball got passed the half back line Josh Ettridge lead the full back line as he has done all season. Tom Shephard and Jake Butterfield continue to ruck against bigger opponents and yet still give first looks to the mids who don't let them down.

Highlights of this game were the return of Nick Thunig to senior football after a prolonged absence due to injury and he showed early signs of the form which has been spoken about amongst the players who witnessed his junior days. Another was the best game so far by Lachlan McDonald who easily amassed his career best 'hard ball gets' tally.

Goal Scorers: Dylan Fry 7, Brad Carey 4, Ryan Fry 2, Matthew Pierson 1, Tom Howlett 1, Shayne Hoogmoed 1

Best Players: Alex Newman, Dylan Fry, Tom Shephard , Ryan Fry, Lachlan McDonald, Brad Carey

A GRADE

B GRADE

C GRADE

	11 18												PTS
1917		Goodwood Saints	8	3	0	11	16	C's	10	0	0	10	20
Tea Tree Gully 7 3 1	11 15	Rostrevor OC	8	3	0	11	16	Adelaide University	9	1	0	10	18
Goodwood Saints 6 4 1	11 13	Tea Tree Gully Adelaide University	8	3	0	11	16	Prince Alfred OC	5	4	1	10	11
Port District 6 5 0	11 12	Adelaide University	8	3	0	11	16	Port District	5	4	0	9	10
A's 6 5 0	11 12	B's	7	4	0	11	14	Rostrevor OC	5	5	0	10	10
Prince Alfred OC 5 6 0	11 10	Port District	7	4	0	11	14	Goodwood Saints	4	4	1	9	9
Payneham NU 5 6 0	11 10	Athelstone	6	5	0	11	12	Athelstone	2	8	0	10	4
Athelstone 5 6 0	11 10	B's Port District Athelstone Prince Alfred OC	2	9	0	11	4	Adelaide University Adelaide University Prince Alfred OC Port District Rostrevor OC Goodwood Saints Athelstone Payneham NU Modbury	2	8	0	10	4
Adelaide University 5 6 0	11 10	Payneham NU	1	10	0	11	2	Modbury	1	9	0	10	2

U18 BOYS

TEAM	W	L	D	Р	PTS
Flinders Park	12	0	0	12	24
Goodwood Saints	9	2	0	11	18
Port District	8	4	0	12	16
Sacred Heart OC	6	5	0	11	12
Broadview	6	5	0	11	12
Brighton Bombers	3	8	1	12	7
Tea Tree Gully	3	8	1	12	7
18's	3	8	0	11	6
PHOS Camden	1	11	0	12	2

U18 GIRLS

TEAM	W	L	D	Р	PTS
Hope Valley	13	0	0	13	26
Goodwood Saints	9	4	0	13	18
Tea Tree Gully	8	5	0	13	16
Mitcham (Women)	5	8	0	13	10
U18 Girls	2	10	1	13	5
Blackwood	1	11	1	13	3





ROUND 12 A GRADE

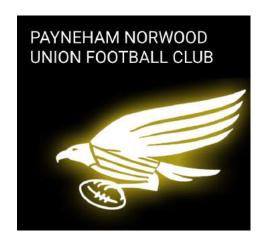


Henley Payneham NU 40 J. Calabro 15 B. Ancell 46 D. Cardone 13 D. Auciello 12 B. Ebert 20 C. Bower 44 T. Elfenbein 1 J. Bower 26 J. Enright 26 L. Davis 30 S. Ferguson 8 W. Drummond 13 M. Gautesen 22 T. Egglestone 7 B. Geddes 11 A. Forster 47 M. Goldner 10 J. Giannini 14 C. Gray 14 M. Haynes 22 J. Grosser 32 M. laleggio 19 C. Hicks 25 N. Jolly 25 H. Jessen 4 P. Lowe 52 B. Kennedy 7 M. Nye 19 D. Pippett 24 J. Lean 42 B. Lodge 20. Pride 23 R. Pederson J. Richards 6 D. Rowley 3 K. Roocke 27 C. Schwarz 21 P. Sanzo 17 J. Smith 9 P. Seymour 53 T. Thunig 12 T. Wagner





ROUND 12 B GRADE



Henley

15 J. Clark

66 B. Dobson

C. Egel

34 L. Gray

54 C. Haddock

61 J. Harvey-Friel

L. Illman

J. James

. Kitto

38 B. Kitto

64 D. Marinoff

5 A. Martin

43 H. Martin

S. Newman

55 K. Nicol

36 S. O'Dwyer

J. Obst

32 J. Pierson

18 N. Pierson

29 K. Raison

56 D. Wilksch

Payneham NU

T. Altomare

24 M. Caruso

21 C. Costanzo

15 A. Crettenden

P. D'Antiochia

11 M. Darrington

18 S. Dilliway

C. Durack

26 S. Edsall

M. Golding

10 D. Hamann

22 M. Hodges

17 G. Kalafatis

13 A. Marotti

4 J. Nelson

3 K. Stringer

1 T. Theodorakopoulos

32 M. Traianos

16 M. Wagner

44 T. Whyte

9 A. Zeni





ROUND 12 C GRADE



Henley

- 3 G. Ashton
- 13 J. Biddle
- 22 J. Butterfield
- 5 B. Carey
- 10 B. Deussen
- 49 H. Egel
- 54 J. Ettridge
- J. Fitzgerald
- 20 D. Fry
- 19 R. Fry
- 4 B. Galletti
- 11 C. Haddock
- 6 S. Hoogmoed
- 17 S. Jarman
- 17 J. Jai illali
- 29 D. Loveder
- 2 A. Newman
- T. Reichstein
- 9 T. Shephard
- 15 D. Thomas
- 16 N. Thunig
- 12 L. Wilksch

Payneham NU

- M. Allison
- 11 A. Barbara
- 8 M. Dal Santo
- 6 Z. Donaldson
- 5 C. Eitzen
- J. Feeney
- B. Ford
- 30 A. Fragomeni
- J. Gauvin
- T. Hellewell
- J. Highfold
- M. Horvath
- 23 J. Lloyd
- M. Lymberopoulos
- 50 G. McIntosh
- D. Rigon
- J. Roder
- W. Saad
- M. Stutz
- M. Sullivan
- 41 R. Viscione
- C. Walker
- 47 J. Watson