

Point Post

Round 2, 2016

Editorial

Another week of perfect footy weather! There are no games next week due to school holidays, with Round 3 being played on Sunday 24th. Following last issue's article on injury prevention, this issue has an article on injury management, kindly supplied by club sponsor Spectrum Healthcare. There's also a note on the Joint Venture with the Canada Bay Cannons for the U15s and U17s this year. But before we start with the match reports, here's the first trivia question for the year!

Trivia Question

We all know that the North Ryde Dockers play their home games at the ELS Hall ovals – but how did ELS Hall get its name? Was it:

- (a) Because it's named after famous golfer Ernie Els?
- (b) Because it was originally the site of an Institute for **E**ngineering, **L**aw and **S**cience, which was nicknamed ELS Hall?
- (c) Because Alderman E.L.S. Hall was a former mayor of the city of Ryde?
- (d) Because ELS stands for Eastwood Local Sports, with the grounds used for baseball, soccer, football and both codes of rugby in the past?

Answer at the end of this issue!

Auskick



U9 White

It was a lovely sunny autumn morning as the Under 9 Whites played their first home game this season against the Kellyville Rouse Hill Magpies U9 Camerons. For this match we were lucky enough to have Jeremy from the U9 Purples step in to help out.

The first quarter saw the team come out swinging with the centres and forwards doing a great job of keeping the ball moving towards goal. The backs also did a great job in clearing the ball out to the centre line.

The coaching team are obviously doing a great job as the boys kept the ball moving, hand-passing and kicking to their team mates, keeping that ball heading in the right direction.

There were some great marks taken as well as some strong tackles. By the start of the 4th Quarter the U9 Whites were doing so well the coaches decided to sit out Will, Jeremy and Aarish for part of the quarter in order to even out the teams.

In yet another strategic master-stroke, keeping the boys and coaches guessing, Matt supplied

the oranges at the first break, which again seemed to do the trick as the ball was ensconced in our forward line for the next quarter, and Lincoln in particular seemed to surprise Manager Judy by banging goals over from all over the park. Assistant Coach Mark of course was not surprised by that, but was surprised by Manager Judy's surprise!



A great job was done by Xavier, Will, Harrison, Aarish, Lincoln and Kaelen in kicking goals for the team. Of course this wouldn't have happened if not for the great support from their fellow teammates Thomas, Nathan, Coby, Reid and Jackson, who defended, marked and kicked their hearts out!

The U9 Whites would like to shout out a big thank you to Jeremy from U9 Purples for helping out and then going on to play an awesome match with his own team straight after our match!

A well deserved Man of the Match goes to Kaelen.

– Tracey & Steve Smart
(& Andrew Loadsman)

U9 Purple

This week the U9 Purple played the Kellyville Magpies. The game started with strong midfield work by Callum resulting in Ali kicking his first goal for the team and his first for the season. A short time later Brodie won a free kick after a strong tackle, a string of handballs followed and Hugo put the second goal on the board.

In the second quarter we lent a player to the opposition – thanks to Hugo, Callum and Ryan for playing for the Magpies for a quarter each. Good team-work resulted in another 2 goals being scored in the second quarter.

The half time break started awkwardly when our coach Kyle backed gently into a contest, lost his footing and landed on Hugo and

the leftover oranges. No one was hurt, the Purple's played another strong quarter, Scarlett winning a ball at ground level, and firing out a handpass which resulted in another goal. Jeremy won plenty of ball in the midfield, and good team effort saw the Purple's finish the game of well.

Good sportsmanship at the end of the game by all players, cheering the umpire and thanking the opposition politely.



Please parents take note that if you are listed for a task, such as Oranges, Time Keeping, Goal Umpire etc, we do rely on rotating volunteers to do that. Please arrange a swap with another parent if you are unable to complete your allocated duty.

– Andrew Darnell

U11



The U11s took on Kellyville.

U12

The U12s played the Lane Cove Cats Enright – see photo at the end of this issue.

U13

The U13's played our first home game for the season and it was perfect weather for it. Playing an improved Canada Bay Cannons, it was never going to be an easy encounter.

Unfortunately the game was marred by injury and shortened slightly with one of the opposition players having to leave the field in an ambulance after landing awkwardly. Thankfully, he has been cleared of any major injuries and will be back on the field soon. We

all wish him a speedy recovery.

The shortened game made the boys work for the win right up to the final quarter.

Locking the ball down our end is something that we need to keep working on and not letting the opposition take any chances and advantage of loose balls and mistakes. More pressure and consistency by the back six will help the boys up front become even more enforceable.



A solid game was had by our ruck man Flynn and some of great marks were taken out wide by Will, Lucas, and Ben. A special mention to

Nathan who we welcome aboard this week as a new player for the season. Nathan showed courage and determination and proved he has what it takes to become a valuable Docker in the future.

Another first for the week saw Will and Ben umpire their first official AFL game. They represented the club well through their professionalism and commitment. (More on umpiring in a future issue!)

An extra thank you to Archie who also made a cameo appearance and was a valuable asset in the defenders. A small break for the holidays will help so we can come back stronger when we return. Enjoy!

– Bron Papandrea

What are these Joint Ventures?

This year the Dockers have entered into a Joint Venture with the Canada Bay Cannons, who are themselves a Club Alliance between the Drummoyne Power and the Concord Giants. In 2016, the North Ryde Dockers have aligned with the Canada Bay Cannons to field three joint teams – one in the U17s and two in the U15s. This is a one-year

arrangement. The U15 Div. 1 team is known as the Canada Bay Cannons; the U15 Div. 3 and the U17 teams are known as the Canada Bay Dockers. The U17s play in Dockers' playing kit. As well, there are several Dockers players who are playing under permit for the Cannons in the U14s.

U17

With playing strength down due to injury Dockers hosted their first home game against St Ives. We had 19 versus their 20. St Ives were coming off a thumping win the previous week while we'd come up a long way short.

Our thanks go to workers of the Club Exec and the 13s and 14s who'd flattened out the deep ruts in the surface caused by some local hoons doing donuts overnight. Coming from the Ute Capital of the World (Deniliquin) I thought the quality of their circle-work was pretty average.

The opening 3 minutes were a collective "Oh no, here we go again" from the coaching panel. Lax marking, no talking, no energy. But then we got the ball forward, took a steadying mark in front of goal and a straight kick. A different team

in purple came out of their shells. We attacked, held possession, created chances and converted them. We finished the quarter 3 goals to the good for the unfortunate loss of Ben Riley just after he'd held a classy mark

We were now without a bench and to get home from here would need character as well as skills. We began the task well, winning an arm wrestle in the second quarter and just stretched our lead.

They came back at us hard in the third and our backline lost its cohesion. They kicked three straight to get within a couple of points. Then came our first candidate for play of the season. A St Ives centre break allowed a long bomb to an unmarked forward in the St Ives goal square. Looked for all money like shut the gate. But the indefatigable Ehsen not only managed to somehow get back in time but to take the mark running back with the flight Riewoldt/Brown style.

But there was more. Sound backline play worked the ball came back through the corridor to half forward. Out of congestion some precision handballs got the ball to Jack with half a metre of room. He sold an exquisite dummy, exploded

through the gap he'd created and dobbed it between the big sticks from 40m. Would have made the producers on Fox Footy's list for play of the week. It stopped the St Ives momentum in its tracks.



We won a tight last quarter and after the siren nearly lifted the roof of the clubhouse with an exuberant rendition of "Join In the chorus".

James in the engine room showed great leadership. Big Haz continued his rapid improvement around the ground including some deft handballs and must have won 65% of the ruck contests. Our two

wingmen Tyler and Michael showed endeavour at high speed for four quarters. Up front Oscar looked much more at home and Kotsy provided a marking target that was as good a performance as he's ever played. Harry worked very hard, made contests and nailed the chances he had. In defence Lachie showed some creative edges that causes premature balding in the coaches box, but also some signs of a solid defender. Macca and Layton found a bit more room and will improve with the run. Still plenty of room for improvement in skills, fitness and structure, but a sound win to lift the Purple & White spirits.

The round 2 "Played strong, done good Award" went to Michael in a close decision. Final scores:

Canada Bay Dockers 9-7 = 61
defeated St Ives 6-1 = 37.

– Graeme Durrant

[Injury management](#)

Following last week's article on avoiding injuries, this week we focus on injury management. With AFL being a contact sport it may be difficult to avoid injuries completely however, if they do occur we can aim to get you back on the field quickly with the tips below.

- Try to rest from vigorous activity for 48 hours.
- Elevate the affected area above heart level to assist with reducing inflammation.
- Ice the affected area for 20 minutes between 3-6 times a day, for the first 72 hours.
- Following the first 72 hours, heat (using, e.g., a wheat bag) can be used to stimulate the blood flow, which relaxes the muscle and eases pain.
- Apply a compression bandage to reduce swelling.

If the pain does not settle or increases in severity it is best you seek professional help. Your Doctor or your club Physio can assist in treatment or heading you in the right direction.

Finally, it is important to remember that with soft tissue injuries (bruises, swelling, muscular strains etc.) receiving Physiotherapy treatment in the first 2–3 days following the injury can speed up the healing process.

If you are unsure about anything or have any questions please come down and see us on game day!

– Simon from Spectrum Healthcare

Acknowledgements

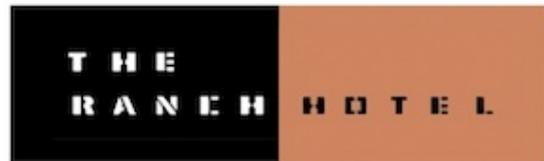
Thanks to managers, coaches and parents for match reports, Amanda Jubb for photos, and to Club sponsors for their support. Angela Phippen is thanked for help with the trivia question, and the Drummoyne Power website is also acknowledged for details of the JVs.

Trivia Question Answer

The correct answer is (c). Alderman E.L.S. Hall was mayor of Ryde in 1948 and from 1960 to 1962. His given names were Edward Lester Septimus!

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The U12s played Lane Cove at ELS Hall.