

Point Post

Round 1, 2016

Editorial

Welcome to the first Point Post for a new season! Each week we include match reports and photos provided by managers, coaches and parents, together with the occasional item of news from the Club.



U9 Purple in action

Auskick

We had a great start to the season with 31 participants attending. So many new faces, and they were super keen to get straight into it. We started off with a game of rob the nest, then some kicking,

handballing & goal kicking skills. As soon as there was a mention of a game there was a big cheer, with everyone eager to get on the field and take their positions. We saw plenty of team-work and celebrations when goals were kicked.

Coach Andreas & I were both so impressed with the participation and enthusiasm by everyone & feel that we have many stars in the making.

– Melinda Jenkins

U9 White

Unseasonably warm weather greeted us for the first game of the year, which saw us away to Pennant Hills Demon U9 Blue. And the boys needed a quarter or two to shake off the cobwebs from the offseason, as we were outplayed at first. Aarish helped out the Demons, who were short of players, and defended beautifully, which made it hard for our team to score in the first quarter. Things started to improve quickly during the second and Harrison, Reid, Jackson and Lincoln pulled off some great tackles and clearances.

Coach Naushad gave an inspirational half time talk, and, in a tactical masterstroke, Manager Judy decided to hold off the oranges until full time. The boys came out firing immediately, with the centres all playing really well to feed the ball up into the forwards. Tommy pulled off some solid tackles and kicks, and Coby kicked a couple of good goals. Having returned to our side, Aarish made some great runs, as well as unselfishly passing to his fellow forwards, with Aarish, William and Coby taking full advantage to score.

Harvey, Kaelan and Nathan all defended really well, and Nathan courageously took a nasty knock to the head blocking a clearance from the Demons. Mikah found form as a forward, twisting and turning and kicking an excellent goal.

After a slow first half, an excellent second half saw the Dockers finish well in what was a really great effort from all the team.

Special thanks to Aarish, Lincoln, Tommy and Jackson, who all played a quarter for the Demons.

Dockers Man of the Match: Tommy

– Andrew Loadman

U9 Purple

The U9 Purples travelled to Kanebridge Oval to take on the Kellyville Rouse Hill U9 Camerons.



U12

It was great to see the entire team at Gore Hill Oval on time and ready for to take on the Willoughby Wildcats with nails trimmed & the correct boots/studs.

The Dockers started out strong, with plenty of possession and peppering the opposition's goal several times but unfortunately with no 6 pointers. Tom, Cam and Kato were strong in the rucks and when they got a good ball out to either Ash or Adam, their acceleration & pace had the ball into the forwards quick smart, only

to be foiled by very strong defence. Our defence with Matty in control combined with Luke, Mitch, Lachy Basically had the first quarter arguably at 50/50.



During the second quarter the Dockers started to have several injury issues, including blisters from new boots, a bloody nose and minor sprains. Thankfully we had Mike on hand to look after the issues and most importantly provide the coaches with accurate info, so the boys' health and safety was looked after in a professional and timely manner. We conceded several goals in the second & third quarters but in both quarters we showed great spirit and took control late in each quarter.

In the last quarter the boys were

fired up and focused. Congratulations to Luke the Greek for a great mark and goal. In Summing up our players that are new to AFL they did very well as did our existing players.

Craig and I would also like to thank Amanda, Nick, Steve & Mark for their help on the day.

– Graeme Economos



U13

The U13's started the season against Penshurst Panthers at Olds Park, a ground that has great memories of our premiership win last year. The magic continued as if we hadn't left with a convincing win to kick off the 2016 season.

An encouraging team performance was on display, where everyone

pitched in and supported each other. Led from the front by Matt who was on fire kicking six goals, followed by Yianni and Sam also breaking through to score three goals each.

The points didn't stop there with Fynn, Tamas, Alexander and Jayden starting the season off in great style, also coming away with points. The midfield didn't disappoint either, moving the ball quickly down the ground. The defenders weren't truly tested however they did keep Penshurst to only four goals, so a solid start. In the weeks ahead they will need to keep showing pressure and determination against the stronger teams and not leaving opposition players free in the goal square.



The victory was bittersweet as we said farewell to Rhys who is moving to Western Australia. Remember, Rhys, you leave us as a premiership winner and we wish you all the best with endless possibilities awaiting you. Maybe you will even

be a real "Fremantle Docker" someday.

The coaching team are looking forward to another successful season with lots of room still to grow and learn, especially when we hit our full team in the coming weeks. Can't wait to see what the season holds after such a great start. Final score Penshurst 4.4=28 def by Dockers 18.15=123.

– Bron Papandrea

U17

It was a disappointing opening day of the season for the U17s. We travelled to Weldon where I have naught but bad memories in multiple sports, multiple teams and multiple years. After parking somewhere slightly to the east of Sydney Heads and an invigorating walk to the ground we gathered and made sound preparations. However things didn't look good from the opening bounce and by the end the scoreboard was a shellacking; it was also a fair representation of the game.

In the face of a team who did the basics and ran and handballed and ran and created space and held their marks and played competent football... we were startled as if

caught in a spotlight. The team were largely mute and played without self-encouragement or cohesion, though there were flashes of quality and endeavour to cheer the supporters in the Purple Haze. As usual the boys individually toiled to the end.

We are better than that, but also we are going to have to work a lot harder to achieve it.

Thanks to the Trojans of the Purple Haze in Scott, Andrew and Peter who performed the essential field operations. I'm sure they could use some extra help in future rounds.

We have the services of a professional physiotherapist in 2016 through club sponsor Spectrum Healthcare. We gave Simon more than enough to work with on the day although my mail is that the injuries are soreness rather than structural damage.

Next week we are at home so we'll try to get the ship back on keel against St Ives.

– Graeme Durrant

And, right on cue, here are some helpful and timely suggestions from Jane at Spectrum Healthcare.

Injury prevention and care

As the football season starts, so do the aches and pains associated with playing AFL. The most common injuries are bruises, sprains and pulled muscles. This is a quick guide on preventing these injuries and what to do if they do occur.

More injuries are caused in the first four games while the body adapts to the different stresses of contact sport.

To assist in reducing injuries, everybody needs to ensure they warm up to prepare the body for game day situations. A correct warm up increases blood flow and flexibility prior to the demands of AFL.

Stretching helps to encourage the lengthening of the muscles as they become shorter with exercise. When muscles are shorter they are not as effective and can lead to potential injuries.

Warm ups should be a gradual progression to prepare the body. Complete a light jog then dynamic stretching (moving as you stretch) like leg swings or lunges before increasing the intensity and speed to simulate game day scenarios.

Handy hint – Sweat before you stretch so muscles are warm and less likely to tear

Cooling down after the game is just as important, as muscles become looser after having tightened during exercise. This is where you should hold the stretches in one position for 60 seconds.

Handy hint – Stretching reduces the risk of experiencing post activity soreness

If you are unsure about anything or have any questions please come down and see one of the Spectrum Healthcare team on game day!

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