

Point Post

Round 6, 2016

Position Vacant

As we continue to improve the essential services at the North Ryde Dockers, the Executive Committee believe we are ready to have the Ground Manager as a paid position.

Essential requirements: 18 years old or over; Ability to work autonomously and to schedule; Availability outside working hours including weekends; Strong people skills; Proven time management skills; Experience working with the suite of Microsoft computer applications

Desirable skills: Sound knowledge of Australian Rules football; Experience working in an administration capacity

Location: North Ryde Dockers home games at ELS Hall Park.

Days: Sunday home games.

Duties include: Coordinating ground setup, checking amenities, liaising with match officials & umpires and off-field administration. **Payment:** \$25 per hour.

Successful candidates will be mentored in the position. Please contact Thomas on 0429 794743 or tajubb@bigpond.net.au if you are interested.

Auskick

A big welcome to Michael who has joined the coaching team. Michael has been actively assisting over the past few weeks and is heading out to do some extended coaching course this month to develop his learning to teach our Auskickers. This week he will be helping me out to run the training session – we welcome all parents to help out if they are available on the night.



We had a huge turn out on Sunday. The Auskickers are really starting to grow as a team, we are very proud of their efforts. There was great teamwork and plenty of goals to be had. The player of the week was Crosby who demonstrated some good skills in handballing in the last quarter of the game. Congratulations!

– Melinda Jenkins

U9 White

Yet another unusually balmy Sunday morning saw the Dockers back home at ELS for team photos and the Round 6 clash with the Hornsby Berowra Eagles Blues.

Much of the roster was a little bleary-eyed after special dispensations to stay up and watch the mighty Swans go down by a single point to the Tigers in an absolute nailbiter. That extremely physical match seemed to fire up our lads (and lass), who all hit the park running. Alex contested early for Captain Will to clear to Friyana, who handballed beautifully for Xavier to have a shot at goal which just fell short – a scramble in front of goal led to Tommy opening scoring with a behind for the Dockers.



Archie won the kick out and fed into Friyana, before Harrison fed Archie who scored a goal which

was downgraded to a behind as he wasn't wearing the forwards' armband. With play settled in the forward pocket, Aarish, Tom, Will and Nathan tackled their hearts out, and Tommy scored another brace of behinds.

A solid midfield mark to Lincoln offloaded to a charging Will, who kicked to Tommy for a mark and a goal. That finished a solid quarter for the home team.

The Eagles must have been inspired during the first break as they came out firing, opening their scoring and with dominant early field position. More even play gave the Dockers midfielders a chance to shine, and Aarish, Archie, Harrison, Jackson and Oliver fought hard against some committed work by the Eagles. Coby had a cracking shot at goal which fell agonisingly short, only for Harrison to clean up beautifully and slot the ball through for a major.

Will also had a long shot which was only just touched through for a behind. Archie continued his good work, and Lincoln took a long shot which hit the post for a behind. Excellent team work saw another mark by Aarish who kicked to Lincoln for a mark and long range goal.

The first half finished with the highlight of the day – Will took a hard contested mark deep and wide in the pocket, and while sceptical coaching staff and spectators gave him zero chance, he managed to shape a Franklinesque banana grubber which astonishingly snaked untouched through the Eagle front line for an amazing goal!

Kaelan started the second half with some fiery work on the ball and in the tackle, and Archie just kept plugging away like a small version of Plugger – tackling, kicking and fighting for the ball. Aarish, Lincoln, Oliver and Tommy kept busy, and Reid and Harvey provided solid support around the rucks.

In a concentrated period, Aarish and Archie seemed to form a really nice combination, with the ball moving seamlessly between them, culminating in a well-struck goal to Aarish. Showing he has all the skills, Aarish pulled off a nice smother, and Kaelan, Harrison, Oliver, Tommy and Aarish kept up the tackles, with several earning nice free kicks for the team.

Alex joined Archie in being everywhere in the final quarter, with tap outs, possessions and tackles. He was joined by Harrison,

Jackson and Reid, and Aarish pulled off another smother. The Eagles fought back with a couple of behinds, and Aarish prevented the second one from being a major by scoring a copybook rugby try... Will took a long range goal which was again downgraded due to the absence of an armband, and Kaelan was in everything up front before he converted his dominance into a nice goal. Oliver kept up the pressure and Xavier and Alex pulled off tackles which generated free kicks.

Another terrific effort by the Dockers.

Best on Ground: Archie

– Andrew Loadman

U9 Purple

The U9 Purples took on the Westbrook Blues and two evenly matched teams went hard at it for four quarters. In the first quarter our mids held their own, Brodie laid a couple of strong tackles and Callum picked up a few kicks and forward entries. Westbrook to their credit created plenty of forward line pressure and were rewarded for their efforts by a couple of majors.

The Dockers kids were a bit shell

shocked at quarter time. After the break, they re-grouped and the tackling pressure the Purples had applied over recent weeks to the opposition was now coming their way in spades. In the second quarter solid defending by Ryan in defence saved a certain Westbrook goal, Charlie E showed good skill picking up a half volley at his feet cleanly, and good work in close by Brodie saw Charlie E kick a goal shortly after.



Scarlett showed the way, going in low and hard for the ball and winning a free kick. Jeremy, Ali, Jack and Aiden all stuck strong tackles in the third quarter, Aiden was hurt laying another tackle, and showed great courage to play out the last after a brief stint on the sidelines. The last quarter was an arm

wrestle to finish the game, both sides tackling strongly all over the ground. Brothers Harry & Charlie drove the ball forward at every opportunity, Liam K was in the thick of it as well. John, too got into the contest late in the game with a long range shot at goal, but unluckily was just off target (next time mate). The Purples held up well against the best side we have played this year, but now that we've been really tested, our goal is to rise to the challenge and improve further.

The coaches are have full confidence in the kids ability to do that and we are very excited about the potential in our team, so let's make the most of it by ensuring we are all focussed and listening well at training. If we do that, we will see the natural talent in this team truly shine and have a lot of fun along the way. Go Dockers!

– Andrew Darnell

U11

Our round six fixture was a home game against competition heavyweights Westbrook Red. Playing at the later time of 11:20am allowed the boys (and their parents) a bit of a sleep in and more time to make their hair look

spunky, in preparation for the team photographs prior to the first bounce. Our boys were extremely confident and well prepared for the Westbrook lads who were five from five to date. The Dockers were coming off two consecutive wins and team management were hoping to keep the ball rolling and convert this one into a trifecta of victories. However, despite the constant pressure and relentless gusto shown by the Dockers, our boys eventually went down 81 – 17.

ELS Hall had really turned it on with great weather and solid crowd support for the mighty Dockers. Our lads started the first quarter well and matched it with Westbrook. Matthew took a great mark near the sticks, which he converted putting our first six points on the board. Jack L was so close to scoring off a free kick, however, he didn't let this missed opportunity get the better of him and was later able to add two behinds to the Dockers tally. Zack and Luke M were also in the thick of things and contributed to the scoreboard with their mighty and precise kicking.

Henry and Ned (amongst many great things) were able to pull off skillful intercepts and Jacob

showed much needed stamina in his defending. Charlie and Connor specialized in clearances on the day whilst Liam put his body on the line many times, surging for the ball. Dylan applied good pressure throughout the game and Jack C used his height and fortitude to his advantage winning many of the ball ups. Jack C (Jacko) and Jack G (Gilly) could have been dubbed Jacks-of-all-trades, with their kicking, marking and tackling efforts. Thierry and Luke T were the epitome of the game, never giving up and giving it their all.



Christian's powerful kicks and precise marks were fabulous, however, it was his team spirit and comradely which was most impressive. His words of

encouragement and reassurance throughout the game are to be commended.

Despite many unfortunate head clashes and painful injuries, it was clear that the Dockers were not only hurting physically but emotionally as well after the defeat. However Sean was able to remind them that although they lost a game of footy, the world's not over. They are merely on a journey and although at times it is tough, their lives will be greatly enriched because of it.

Many thanks to all the parents who are their boy's biggest fans; I'm sure you'd all agree that the deprivation of sleep-ins is worth it! To our team leaders, Matt, Sean and Trevor, your passion, skill, time and care is never unnoticed and we thank you immensely for guiding our boys throughout this great game we call AFL.

– Cath Gillies

U13

For round 6, the U13's played at home with a promising solid performance against the Penshurst Panthers with the Dockers coming out comfortably on top: 13.14=92 to 4.2=26



U12s in action against Westbrook

We were again not at our full strength however the strong club support and talent from the lower grades proved invaluable with help from Cameron, Harry and Tom.



The win came from solid defence, with outstanding performances again from Yianni and Matt who were both tireless in the ruck and through the midfield into the

forwards. Conor also had a great game getting to the ball on several occasions and supporting the boys. Sam and Will again combined well and found Fynn right in the goal square on several occasions.

There was some great work by everyone during the game, picking out the right play and the open man, and kicking with direction and purpose. The boys do need to work a little more going from defence into attack more smoothly and more efficiently especially when coming up against the stronger teams but something that will improve with training and time.



As of round 6, the boys are back on top of the table where we belong. Continued structure and commitment like we showed this weekend will ensure that we stay

on the top and remain a formidable force for the rest of the season.

– Bron Papandrea

U17

Canada Bay Dockers 6.7 = 43
defeated by Forest Lions 9.9 = 63

After a listless effort last Sunday and a lacklustre training on Wednesday I wasn't particularly confident going into this fixture. As it turned out we put in a commendable, gritty performance that periodically got the Forest supporters all rather nervous. Perhaps the ground manager DJ should have played the theme from Jaws at three-quarter time rather than the ear-bleeding cacophony of disco he did offer.

It wasn't pretty, but we got a trench battle in which eventually Forest's superior skills overcame Docker's pace and determination. The big difference was discipline in defence.

After a now characteristic slow start we settled and in a hard fought quarter our single goal gave us the lead at the first change. Forest responded with a four-goal burst in the second quarter which proved to be the match winner. In

the third we roared back into the contest so emphatically that to dull the effect GM decided not to put our goals on the scoreboard. But lapses allowed Forest to jag back a couple and to take a goal lead into the last quarter. In the increasing gloom I think the boys smelt that an upset was possible but overgassed their endeavour and Forrest's tired but cooler heads took the game away from us.

We won two quarters and while they have a couple of handy individuals I'm not sure Forest can improve much on that performance as a team. With some diligence we might be able to combine some structure with our endeavour and give them increasing headaches. That is the old basics of kick/handball to our advantage and hold our marks. We will probably play them at least three times more.

Defensively we were a rusty as nails, though Ehsen gave his usual virtuoso performance. But anytime he was drawn out of position nobody realised the necessity to fill the gap created. We bled soft goals because we couldn't man-up. Midfield toiled gallantly, without particularly good cohesion and our kicking to position lacked precision. Layton was given a difficult

assignment and did it well. Tyler & Michael were dynamic as usual. Close to goal we were effective, Matty K took a lot of marks, but we had a lot of wild shots from well outside effective range.

Given our numerical advantage, (Forest had 16, we had 20) we ran out the game much the better. With more composure we might just have pinched it. Would have been even more stark if we'd played quarters of 17 minutes rather than 15. Mind you we'd have needed to play that last quarter with yellow footies.

The Five Dock Volkswagon "Played strong, done good award" went to Oscar.

Friday night game

As alerted, playing at night under lights at Drummoyne poses certain challenges to go with the experience. Getting there by 5:15pm is one. On the other side, post-game Canada Bay will be providing pizza for the two teams.

Re-divisionalisation:

An unusual event was that, after losing by 20 goals last week we went from #3 on the ladder to #2! The reason is that Cronulla and Pittwater/Manly have been promoted. The re-divisionalisation

leaves six teams in Div3. Over the next 10 rounds we play 7 at home (4 at ELS, 3 at Drummoyne), with an away trips to Barden Ridge, Acron and Gore Hill.

Jumpers outstanding: With reps training and being taken due to injury, jumpers 15, 18, 47, 51 & 53 are out “on loan”. Can they be returned either at Wednesday training or on Friday at Drummoyne please.

Photos: Erratum, mea culpa, oops, smeg-up. I have provided mixed dates for the U17 team photographs in past two newsletters. It is **Wednesday 25th May 7:30pm @ ELS**. I will distribute envelopes at training this week and at the game on Friday.

Teamer message for round 7 (scheduled v Willoughby/Mosman @ Drummoyne Oval) is due to go out early this week.

– Graeme Durrant

What is Osgood-Schlatters?

Osgood-Schlatter disease is a common cause of knee pain in adolescent athletes and more commonly occurs in boys. Although it is termed a ‘disease’, there is no need to be alarmed as it more of an

over-use injury rather than a disease itself and quiet often resolves in a 12—24 month period.

During activities that involve a lot of running, jumping or changing direction the muscles in your thigh — the quadriceps, pull on the tendon that joins the kneecap to your shin (patellar tendon). The constant pulling of the quadriceps causes repeated stress to the growth plates, just below the knee and may cause the patellar tendon to pull away slightly from its attachment onto the shinbone.



As a result the athlete will experience pain and swelling at the front of the knee. The body tries to repair the knee by laying down new bone to fill the space caused by the patellar tendon pulling away from the shin, which can result in a bony tender lump felt just below the kneecap.

The pain associated with Osgood-Schlatter disease typically varies

from person to person. Some will only experience mild pain during prolonged periods of running and jumping while others experience more pronounced pain.

Treatment is quite effective for this condition and is usually the difference between recurring pain and proper recovery. There are many self-management strategies that you can trial at home, which are simple and effective. These include:

- Stretching the quadriceps and the hamstrings can help reduce the tension at the front of the knee.
- Rest the knee. Limit the amount of time you spend doing activities that aggravate the condition, such as running and jumping.
- Icing the area can help with pain and swelling.
- Sports taping. Strapping techniques will anchor the patellar tendon and help distribute force away from the painful area.

If you are proactive in managing Osgood-Schlatters and are adopting the appropriate self management strategies there is no

reason you should miss out on any game time.

However, you should seek professional assistance if the knee pain is interfering with your ability to perform daily activities or if you are experiencing locking or instability of the knee joint. Moreover, if the knee is consistently swollen and red, we recommend you seek your GP or your physiotherapist.

The team at Spectrum Healthcare are at ELS every Sunday to answer any questions, tape any limbs or have a friendly chat. Looking forward to seeing you at game day!

– Christie @ Spectrum Healthcare

Acknowledgements

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