



Panther Patter 2016

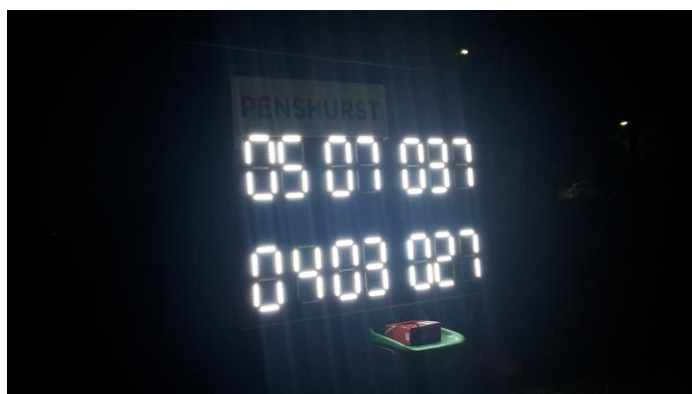
Issue Number: 3

A Weekly Bulletin for the Penshurst RSL Panthers JAFC

Fixtures: For Round 4 – 1st May 2016

Team	Opposition	Ground	Time
Auskick	Heathcote	Olds Park	08:00 am
U9 Green	Ramsgate Gold	Tonbridge	08:00 am
U9 White	Heathcote	Olds Park	09:00 am
U10s	Heathcote	Olds Park	09:00 am
U11s	Miranda	Olds Park	10:00 am
U12s	Maroubra Saints	Olds Park	11:30 am
U13s	Moore Park Tigers	Olds Park	10:00 am
U14s	East Sydney Red	Olds Park	11:30 am
U15s	Westbrook/Hornsby	Olds Park	1:00 pm
U17s	East Sydney Blue	Olds Park	2:30 pm

WOW!!! What a week for the Panthers!!! Not only did we hold the big local derby of our U9 white playing our U9 Green, we held the first ever Penshurst Panthers night game at Olds Park. This honour was taken by our U14s, closely followed by our U15s. Thank you to Dan Lee who put together an electronic scoreboard which I have been told could be seen for miles on Friday night. It's a great addition to our ground. With our grandstand full and the scoreboard in fine form 2 great games were played on the ground.



1st final score on our scoreboard on the first Penshurst Panthers night game at Olds Park



We are aiming to have at least 1 home game for each team this season. This can only be done by the HUGE number of volunteers around the club. Thank you to all who helped in the canteen, on the BBQ, by manning the scoreboard, running water, messages or the boundary as well as those who helped out by standing by for 1st aid. You are all truly appreciated and without you we wouldn't be as successful a club as we are.

Speaking of volunteers a HUGE thank you to all 15 people who attended the 1st aid course put on at Olds this week. Thank you for your time and thank you for helping out, without you our kids would not be able to play.



First Aid Course

On Tuesday 26th April we had our in house First Aid Course run by Emergency Australia, with a fantastic turnout of 15 volunteer parents. It was great to see such a large group and thank-you to all of them that attended and volunteered for the important role of First Aid for the home games.

Your awesome qualified First Aiders are:

Name	Age	
Andrew Guy	Auskick	ERC
Neridah Radnidge	Auskick	ERC
Sarah Parnell	Auskick	
Andrew Chant	Auskick	
Nick Knight	Auskick	
Brad Parkes	Auskick	
Stefanie S Harrison	U9	
Claire Corbett	U9	
Jeanette Marshall	U9/U14	ERC
Karen Barton	U9	
Clinton Allardice	U9	
Sarah Murray	U10	
Kajal Shah	U10	
Cath Sarojevic	U11	
David Aplitt	U11	
Mitch Ivanov	U12	
Michelle Carroll	U12	
Basil Linardos	U12	
Paula Firmstone	U13	ERC
David Gibson	U13	
Leesa Dunshea	U13	
Louise Grady	U14	ERC
Chris Grady	U14	ERC
Rod McQueen	U15	
Tas Aronis	U15	
Donna Aronis	U15	
Greg De Moore	U17	ERC
Justin Jarvis	U17	ERC

WET WEATHER

Sadly there is a forecast of rain for this weekend coming, hopefully it will disappear like last weekend. This is a good time to remind all that if there is ever rain leading up to or on a weekend please check out the website www.wetweathercheck.com. All you need to do is look up the ground you are playing at or look up the club you are playing against which will lead you to the ground details. The ground details will be either Open, Open TBC, Closed or moved. This is decided generally by 7pm Friday night (although some grounds like Olds 1 are not locked until 5:30 Saturday) My advice is if there has been rain over the weekend (after none on the Friday) check the website before you leave home as most grounds can be updated due to last minute rain until 7:30am on Sunday morning. Cross everything for a sunny, nice Sunday for us all.

ANZAC March at Penshurst RSL

Thanks you to all our Panthers who turned up to represent our club at the Annual ANZAC Day March for Penshurst RSL on Sunday 17th April 2016. I can announce it was our U17s that had the most representatives and as such have earnt themselves a pizza night after training, more details to come for the U17s. Well done to all who turned up.



PHOTO DAY this Coming Sunday 1st May

WHAT A SHOT

SPORTS PHOTOGRAPHY

whatashot@hotmail.com.au

INDIVIDUAL

GROUP

MUCK UP GROUP

PACK A - INDIVIDUAL & GROUP -	\$20	
PACK B - GROUP ONLY	\$15	<div style="font-size: 2em; font-weight: bold;">TEAM</div> <div style="border-bottom: 1px solid black; width: 150px; margin: 0 auto;"></div>
PACK C - INDIVIDUAL ONLY	\$15	
PACK D - MUCK UP GROUP	\$15	

NB: MUCK UP CANNOT BE PART OF PACK A

Please find below the photo times.

So the day runs smoothly please try to have **payment pre done at training this week**

Therefore on the day, we can get the photos done promptly, so that managers can concentrate on the game.

Please note that there is a peak period between 9 – 10 as there are 50 auskickers, so please be patient.

Please note that all payments are to go via your managers so that all orders are on the one team sheet. The package is \$20 or \$15 for individual or extra photos.

Age	Photo	Playing
Auskick	9.20am	8.00am
U9G	9.30am (Olds)	8.00am (Tonbridge)
U9W	8.30am	9.00am
U10	8.40am	9.00am
U11	9.00am	10.00am
U12	10.30am	11.30am
U13	9.10am	10.00am
U14	10.40	11.30am
U15	12.00	1.00pm
U17	1.15	2.30pm

SALE NOW ON!!!

We will also be selling the green winter Panther jackets (sizes 10,12 or 14 only, left over stock) and Panther green kit bags this coming Sunday. Anyone who does miss out, in the coming weeks everyone will receive an order form which will allow you to order everything to kit yourself and your children out for the season. We will be selling everything from hoodies, bags, shorts, shirts, beanies, hats so keep an eye out for this order form.

A MESSAGE FROM OUR REGISTRAR



Round 4: Check List

Be Registered
See: www.penshurstpanthers.com.au






























Paid Membership Fees
Email: panthersreg@gmail.com if you have any questions

Having Fun
Being part of the mighty Penshurst RSL Panthers

PENGSHURST RSL PANTHERS EST. 1954

FOOTY TIPPING

Please make sure you get your payment \$10 in to the Canteen this weekend to make sure you are eligible for the end of year prizes. The ladder as it currently stands.

#	TIPPER	1	2	3	4	ROUND 5	TOTAL SCORE
1	 Brad	6	4	6	14	7 (22)	37 (118)
2	 Magpie Man	5	3	16	6	7 (19)	37 (145)
3	 Adrian Buncle	7	4	8	7	8 (16)	34 (162)
4	 AC	7	6	6	7	7 (12)	33 (78)
5	 Louise Grady	7	5	7	7	7 (33)	33 (99)
6	 Dion Zissis	6	5	8	7	7 (7)	33 (146)
7	 MLE Armstrong	7	4	7	7	8 (7)	33 (151)
8	 Chris	7	3	8	7	7 (22)	32 (83)
9	 Barney Johnson	5	5	8	7	7 (10)	32 (121)
10	 Casey Buncle	7	5	7	6	7 (7)	32 (192)
11	 Bayley23	6	4	7	1	14 (47)	32 (203)
12	 Swandale	7	3	8	6	7 (14)	31 (96)
13	 Maccas	6	4	8	6	7 (17)	31 (99)
14	 Chris Maurer	6	5	8	7	5 (10)	31 (111)
15	 PaythePrice	8	4	7	6	5 (13)	30 (79)
16	 PStelz	7	4	8	5	6 (19)	30 (110)
17	 Cameron Lee	6	3	7	7	6 (11)	29 (112)
18	 jc	5	3	7	6	7 (11)	28 (117)
19	 Ian Rush	5	3	7	5	8 (22)	28 (117)
20	 Daniel Widders	5	3	8	5	7 (22)	28 (119)
21	 Arran Buncle	5	4	7	5	7 (17)	28 (134)
22	 Luke Marshall	3	5	7	6	7 (3)	28 (154)
23	 bouncycastle2015	7	3	5	7	6 (17)	28 (194)
24	 Leroy Maurer	8	3	7	5	4 (1)	27 (155)
25	 Malcolm Pass	7	0	7	6	6 (11)	26 (114)
26	 Dan_Vader	5	3	7	5	5 (28)	25 (150)
27	 Grunta	8	4	0	0	8 (13)	20 (184)
28	 Esra Star	0	5	5	0	4 (14)	14 (178)
29	 Mitch Ivanov	7	0	0	0	0 (3)	7 (136)

THE PHYSIO BLURB

Thanks to our sponsor BENCHMARK PHYSIOTHERAPY we have some more great info for you to read, this week about ACL injuries. Please contact them for all your physio needs and let them know you are a registered Panther to receive a great discount on all treatments.



The PHYSIO BLURB

THE WESTERN Bulldogs were dealt a devastating blow recently, with captain Robert Murphy requiring a knee reconstruction after suffering an ACL injury in the dying moment's of a loss to Hawthorn. In AFL this is a relatively common injury which is season ending. Why is this so and what really happens when an ACL injury occurs?.

WHAT IS AN ACL?

Ligaments are strong bands of tissue that connect one bone to another. The ACL, is one of two ligaments that cross in the middle of the knee, connecting your thighbone (femur) to your shinbone (tibia) and helps to stabilise the knee joint. (See the image below)

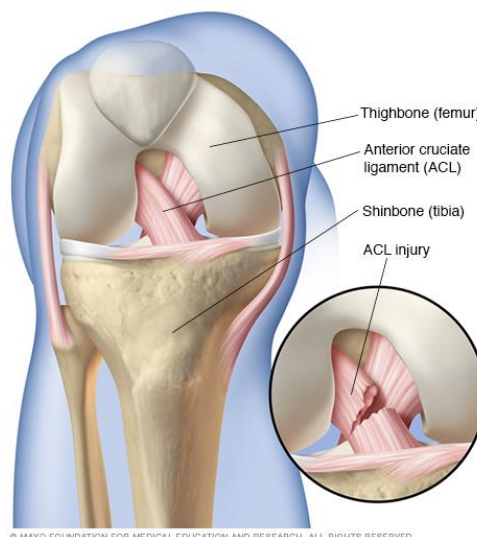
WHAT ARE THE TYPICAL CAUSES OF AN ACL INJURY?

It is estimated that 70 percent of ACL injuries occur without any contact from another player while 30 percent result from direct contact.

Typical ways to injure the ACL are:

- Suddenly slowing down and changing direction (cutting or stepping)
- Pivoting with your foot firmly planted on the ground
- Landing from a jump incorrectly
- Stopping suddenly
- Receiving a direct blow to the knee or collision, such as a tackle

When the ligament is damaged, there is usually a complete tear across the tissue. Occasionally partial tears occur or a mild injury may overextend the ligament but leave it intact.



WHAT ARE THE SIGNS AND SYMPTOMS OF AN ACL INJURY?

Most athletes who experience a full tear of the ACL describe a loud sound such as a 'pop' or 'crack'. This is often followed by a few minutes of extreme pain. A torn ACL is often accompanied by hemarthrosis (bleeding into the joint space) which is seen as a large tense swelling of the knee. Examination of the knee is more easily done within the first hour following the injury before the development of hemarthrosis. Presenting for medical assessment as soon as possible after injury is recommended even if significant swelling has occurred.

Athletes with a torn ACL often have severe restriction of movement, particularly when straightening the knee. Other knee injuries such as damage to the meniscus (knee cartilage), and the medial or lateral collateral ligaments may also accompany a torn ACL.

PROGNOSIS

The natural history of an ACL injury varies from person to person and depends on their activity level, degree of injury and instability symptoms. Complete ACL ruptures usually require surgery as people are generally unable to participate in sports or activities which require changing direction, while others have instability even on normal activities, such as walking. The ACL when torn does not heal itself due to a damaged blood supply therefore surgery is nearly always required.

SURGERY

To repair a full rupture of the ACL it has to be surgically reconstructed using a graft to replace the torn ligament. The graft is usually taken from the hamstring tendons. Other options include patellar tendon and occasionally a synthetic graft referred to as a LARS procedure. Rehabilitation for a reconstructed ACL is conducted under the direction of an orthopaedic surgeon and the supervision of a physiotherapist. Rehabilitation usually takes between six and nine months.

**REMEMBER ALL REGISTERED PENSHURST PANTHER AFL PLAYERS RECEIVE
DISCOUNTED TREATMENT AT BEVERLY HILLS – KINGSGROVE
PHYSIOTHERAPY & SPORTS INJURY CENTRE**

(TO RECEIVE THIS DISCOUNT YOU MUST ADVISE OUR RECEPTIONIST THAT YOU ARE A REGISTERED PANTHERS PLAYER)

FOR MORE INFORMATION CALL US ON 9585 0039

NAB Sponsorship Program



For those who didn't know the NAB bank are major sponsors of AFL and especially the Auskick Program. They have a program called the NAB AFL Auskick Free Kick Initiative which allows Auskick Parents the chance to support the Panthers if they take out a home loan with the NAB. We are not telling you to go with the NAB but rather if you are looking for a home loan or going with the NAB for your home loan please click on the following link and check out this program which will see the NAB pay a percentage of your home loan back to the Panthers, allowing us to provide the kids with more and improve the club. Other AFL clubs have previously done well with this program so please consider.

http://afl.nab.com.au/auskick/free-kick?camefrom=EMCL_1048240_40663547

Match Results and Reports

Auskick Vs Ramsgate

Auskick round 3 versus Ramsgate at Tonbridge Park by Jodi

The weather turned perfect for the Auskickers , the rain had stopped and the ground was great to play on.

Both teams were great with their skills, the younger ones catching, hand balling and kicking with a lot more confidence.

The game was great, everyone kicking and hand balling, keeping their positions, having fun!!

The coaches as always making sure everyone was involved!!

U6 report by Sarah

Beautiful blue skied sunny morning (especially after that downpour yesterday!) at Tonbridge Oval today for the Panthers v Ramsgate. Panthers scored in the opening minute, Ramsgate scoring a behind shortly after.

Ramsgate played very well & tried to put up good defence however today was definitely the

Panthers 6's Day!!!

As almost everyone had bibs on I couldn't pick out players numbers other than my own son Evan, 79, who didn't get one. Well done to everyone today for giving it your all! Go mighty panthers!

U7 by Natalie

Leading into the weekend we were not sure that the weather would hold off for yet another great round of footy for the 7 year old Penshurst Panthers Auskick team.

Strong displays from all the players and lots of smiles on the field indicated that all the players had a great time. Some highlights were Thomas in the forwards, his enthusiasm and support for his teammates was at a consistently high level during the game. Harry in the centres, practising his splits and moving the ball around. Alex displayed great teamwork in the forwards even managing to kick a goal.

Another Thomas, in the coolest pair of yellow footy boots guided the team in the backs, Will kicked at least 2 goals and yet another Thomas provided the quote of the game, "I nearly kicked a goal from the centre"., Lewis ran around and managed a goal late in the game. There were too many brilliant displays to mention, all of the players showed such great skills and amazing teamwork.

It was such a pleasure on a Sunday morning at Tonbridge to see the next generation of Panthers showcase their skills and have a great time .



Under 9 Greens Vs Penshurst White

The block buster match of the round as the two U9's Penshurst teams went head to head on Olds 2. The capacity crowd wasn't disappointed with some quality football played in what became pretty windy conditions by the 2nd quarter. All the boys should be really proud of themselves with the spirit the game was played in. It was tough, competitive, fair but most of all the Penshurst sportsmanship stood out, making both coaches super proud.

Cameron Marshall started out the day strong and didn't stop all day. He was unlucky not to be awarded a great goal in the first quarter, unfortunately kicking it while playing in the centres. Drue keeps improving each week and kicked the first goal of the game, pegging back a strong start to the Whites.

2nd quarter there was lots of wind keeping the ball in our backline testing our defence. Our backs for the quarter, Drue, William and James, never gave up with plenty of chasing and William applying plenty of pressure to the whites with some great tackles and getting in trying to win the ball for the Greens.

Isaac lead the team out as captain for the day and showed some new found leg speed for 2016 with plenty of chase and support all game, with a few clearances out of the backs in the 3rd quarter, linking up with Riley who's showing his natural game sense for a first year AFL player.

Ryan, like usual never stoped trying all day, winning lots of ball and providing plenty inspiration for the team. Really proud to see Nicholas getting involved and supporting his team mates, applying lots of tackles and linking up with Josh and Dean across the backline in the 4th quarter.

The thing I like seeing the most is how the team keeps improving each week. It's great to see all the players getting involved and out there supporting each other. Keep up the great work Greens!



Under 9 Whites Vs Penshurst Green

Round 3 Vs Penshurst Green

The team knew we were in for a tough tussle coming up against our training partners and friends from the Penshurst Green.

Q1

The first quarter had the Green's kicking with the wind and they used it well, with our boys having to defend for most of the quarter. With some great determined work from Myles Corbett and a nice goal from Harvey Harrison helped keep us in the game.

Q2

After a slow first quarter the team came to life with strong play from Captain of the day Benjamin Lewis who kept pumping the ball into the forward line and bagged 2 goals himself. Lachlan Landy was everywhere and set up many scoring opportunities and Ethan Allardice was able to capitalise with 2 good roving goals as well.

Q3

The third quarter into the wind, was going to be tough but William Forster lead the way with strong runs and good team play. He was able to score 2 goals and set up Max Mason to bag a goal as well, while Maxwell Haigh defended well, repelling the Greens attack.

Q4

With the breeze at our backs the boys finished off strongly despite some solid defence from the Greens. Samuel Weightman was marking everything that came his way and set up numerous scoring opportunities where young Lachlan Ellis backing up for his second game of the day pounced on the ball and scored 2 goals to finish off.

Overall a good team performance against the tough Penshurst Green's.

Round 2 Vs Cronulla

The boys arrived looking tired and made comments that Cronulla look Big and Tough but after I made some comparisons with the small size of "Yoda" (Star Wars) and the kids agreeing that he indeed is very tough, they were ready to play.

1st Quarter

Myles Corbett was the Captain for the day and lead the team out in a torrid first quarter with fierce tackling from both sides being a feature. We only managed the 1 goal through great roving from Lachlan Landy, Ethan Alladice was also reeking havoc in the forward line and great defence from Max Haigh kept us in the game.

2nd Quarter

A much better quarter from all with great team work. Samuel Weightman who was at the bottom of every pack, with Max Mason and Maxwell Plummer propelling the ball forward for Benjamin Lewis to kick 2 goals for the quarter.

3rd Quarter

This was the toughest quarter with both teams desperate. Man of the Match Issac Filipo proved size doesn't matter as he made tackle after tackle against much bigger opponents and repelled numerous Cronulla attacks. Under 8/s back up player Lachlan Ellis made some great runs and Harvey Harrison read the play beautifully to keep us in the game.

4th Quarter

The boys defended for their lives this quarter, and backed each other up at every contest. Jai

Vandenborne continued to battle hard all game even though he had already played a game earlier and with William Forster kicking the winning goal (even though we don't officially keep score) from a tight angle the boys held on for a great result.

The effort from the team in this game could not be faulted and showed great improvement from the previous week.

Keep it up boys!

Under 10s Vs Ramsgate

It was a great game on sunday seeing the debut of 4 new players Sancho Alejandro, Hannah and Thomas all who played a great part in the game. This was topped off by Hannah scoring a great goal. Great teammanship was had by all with some great plays by mitchell. Looking forward to seeing how our new and improved team will go in the coming weeks to keep up our strong performances that the team has shown to date.



Under 11s Vs Cronulla Navy

A close game, sadly going down to Cronulla Navy 7.10.52 to 10.9.69.



Under 12s Vs Ramsgate

Under 12's V Ramsgate at Olds Match Report.

1st Qtr.

Off to a great start! Casey was off to a flyer showing some classy play, we Put the scores on the board and set the game up, Jez Orlando Tom & Damian were outstanding coming halfback.

2nd Qtr.

Continued to put score board pressure on the opposition running hard and played their roles. Damo hitting his straps to go onto a man of match performance. Dylan bursting thru packs and really getting some confidence with the game. Yanni James Lockie & Jez Rory stepped up with a massive Qtr showing some outstanding play.

3rd Qtr

We fell asleep and started to get out run and let them back into the game. We gave away to many easy balls, we must control the ball better boys we control the ball we control the game, everything else is perfect.

4th Qtr

Credit to the boys to get back and back into control our senior guys stood up jezza Orlando holding strong back half and jarrod getting us the ball first in the centre with every boy stepping up we managed to keep hold of ramsgate with a welcomed victory

Aaron Pete & I r so proud of you all

#WeSungTheSong. 😊🏉

Big thanks to Mitch - water carrier. Aaron - Runner. Fadi - Goal umpire

Massive Thank u to;

Yanni.

Rory.

Lockie.

Orlando.

Casey.

DamO.

Jezz.

Adam.

These boys stepped up to 13's & made us all so proud they matched it with the 13's I can't stop smiling.

I'm over the moon. Well done boys.

Michael. Aaron. Pete.

#TeamOfChampions. 🏉👏👏👏

Under 13s Vs Forest Lions

A tough game for all but you played strong and fair, and comments from the sidelines were all about how great your skills were. Keep your heads up and on to an even better game this week.

Penshurst 5.1.31
Forest Lions 8.11.59

Under 14s Vs Willoughby Mosman

What a great way to start our night games with a win by our very Brave boys. It was a top of the table clash with the better team winning on the night. It was close as it should be but I can say I'm proud that you played well, fairly and tough. Keep it going boys!!

Penshurst 5.7.37
Willoughby Mosman 4.3.27



Under 15s Vs Heathcote

Olds Park under lights... wow, what a great sight! And a great credit to those at the Club with the vision and execution capability to make this happen.

With just 10 (...that's not a typo) true-age players available the result was (again) inevitable, but not really the point this evening. We set out to develop our work around contests, ball movement, and working defensively. It was hard work but we took some positives away in all these areas. All our players gave their best and great credit is due to Mark, Noah, Cameron, Harry B, Harry T and James who for the second time in three rounds have had to deal with this regrettable situation with numbers and displayed considerable character in the process. Ditto for Ben who not for the first time in his Panthers career emerged from the field bloodied and exhausted with a big smile

on his face. All players had their moments from a football perspective, Harry B's rising star type performance was noteworthy on the night.

A big thank you to the 14s & 13s - Brad, Luke Marshall, Matt M (...2nd time this season for this trio) along with Arran, Declan and Matt U who all backed up after a willing game of their own. We'd have forfeited otherwise. Appreciated your collective efforts and the composed goal from Arran. I hope this was a good learning experience from playing a very strong opponent, and for those who haven't done it regularly, playing up an age group.

In the end a good win to Heathcote... but our effort and character prevented it from being as easy as it might have been! Not sure you could ask much more.



Under 17s Vs Westbrook/Hornsby

24 April 2016, Round 3

Under 17s, Division One

Penshurst Panthers v Westbrook-Hornsby

Another wonderful performance today from our under 17s. After a stormy night we drove to Cherrybrook fearing rain and mud. Instead the sun shone and the day was a beauty for our Anzac round. Having 31 players on our list is proving to be a winning edge. We had 22 boys available today and all our players have now had a chance to shine. Westbrook only had 18 players today; fatigue curbed their play.

From the first couple of minutes the Panthers' desire and skills led to several goals and by quarter time we were up 30 points. The ball in the first half barely entered Westbrook's forward line. In the second half the game was tighter. It was, at times, a tough contest and cool heads just as important as hard-won balls.

So many of our players combined well but Daniel Widders up front with his elastic leaps and superb kicking always gave our team something to aim for. Great stuff all round. On to next week.

Penshurst Panthers 12-12-84 to Westbrook-Hornsby 2-3-15

We thank the following sponsors for their support in 2016 and recommend them to you for what they do best!



Penshurst RSL

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