

# HOWLER



EVERTON WOLVES JUNIOR AUSTRALIAN FOOTBALL CLUB

20th July 2016

## A VIEW FROM THE SIDELINES

Rhys Syrett Celebrated his 100<sup>th</sup> Game on Sunday. He started playing for the Wolves in 2011 when he was only 6 but footy had been a part of his life long before that as his older brother started playing at the Wolves 3 years earlier. When you have an older brother playing and you're as keen as Rhys it is always easy to get a few extra games in each season playing in your brother's team. But it was in 2013 when Rhys racked up 29 games in one season playing for the U10 and U11 teams that showed us that he lives and breathes footy. Last year he was our U12 Runner-Up Best and Fairest and this year was selected in the QSS Met North U12 Rep Team. Rhys currently plays in our U13 team and this year has also snuck in a game with the U15. We wish him all the best for the rest of the season.

CONGRATULATIONS RHYS and THANK YOU!



Ben Ashton from the U9 Gold team also celebrated his milestone 50<sup>th</sup> game on Saturday. WELL DONE BEN we can't wait to see you play your 100<sup>th</sup> in a few years time.

Have fun this weekend – Go Wolves!

**GOLD SPONSOR**

 **Gaythorne RSL**

## 2017 SPONSORS RAFFLE

We have started selling tickets for our 2017 sponsorship raffle. If you run your own business it is a great opportunity to win a \$1000 sponsorship package for 2017. Tickets are only \$20 each. Please email [evertonjafc@optusnet.com.au](mailto:evertonjafc@optusnet.com.au) to purchase tickets or speak to our Sponsorship Coordinator – Charles Tibbitts ph. 0401 647 511

**SPONSORSHIP RAFFLE**  
**1ST PRIZE - 2017 TEAM SPONSORSHIP**  
 valued at \$1000

- You will be listed on the sponsors' board as a Team Sponsor.
- You will be given the opportunity to provide a banner with your business name and/or logo to be displayed at the club.
- Your business name and/or logo will be displayed inside the club newsletter 'The Howler' distributed to all members weekly throughout the season
- Your business recognised on the Everton Juniors website as a Team Sponsor and a link to your business website in 2017.
- Opportunities for you to display your business and any products (as appropriate) prominently at club functions and game days.
- Your business logo will be included on all Polo Shirts ordered in 2017.

**\$20 PER TICKET**

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**1ST PRIZE - 2017 TEAM SPONSORSHIP** valued at \$1000

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- Your business recognised on the Everton Juniors

website as a Team Sponsor and a link to your business website in 2017.

- Opportunities for you to display your business and any products (as appropriate) prominently at club functions and game days.
- Your business logo will be included on all Polo Shirts ordered in 2017.

The raffle is limited to 100 tickets and with 35 already sold we only have 65 tickets still available. Please purchase tickets while you still can.

Thank you to the following business that have already committed to purchasing tickets

10 Tickets - \$200

My Home Building Group – ph 0416 088 142



Affordable Trophies - ph 3354 1730



5 Tickets - \$100

Midas Enoggera – ph 3855 9733



Fleet Crew - ph 1300 551 400



3 Tickets - \$60

Keperra Physiotherapy – ph 3855 1367



2 Tickets - \$40

McFillin & Partners – ph 3263 7030



## MATCH RESULTS

U13 Everton 2.0-12 defeated by  
Zillmere 7.10-52

U15 Everton 11.13-79 defeated  
Ipswich 4.4-28

## THIS WEEKS FIXTURE

### JUNIOR

U6 Blue Sat 23<sup>rd</sup> Jul v Kedron Blue  
8am at **Kedron**

U6 Gold Sat 23<sup>rd</sup> Jul v Ferny Grove Green  
9am at **Ferny Grove**

U8 Blue BYE

U8 Gold Sat 23<sup>rd</sup> Jul v Ferny Grove White  
10 am at **Ferny Grove**

U8 White Sat 23<sup>rd</sup> Jul v Mayne Black  
9am at **Mayne**

U9 Blue Sat 23<sup>rd</sup> Jul v Everton Gold  
9am at **HOME**

U9 Gold Sat 23<sup>rd</sup> Jul v Everton Blue  
9am at **HOME**

U10 Blue Sat 23<sup>rd</sup> Jul v The Gap  
10am at **The Gap**

U10 Gold Sat 23<sup>rd</sup> Jul v Aspley White  
9.30am at **Aspley – Brendale**

U11 Girls Fri 22<sup>nd</sup> Jul v Kenmore  
**6.30pm at Kenmore – Hepworth St**

### YOUTH

U13 Sun 24<sup>th</sup> Jul v Jimboomba  
10.30am at **Jimboomba – Glen Logan Park**

U15 Sun 24<sup>th</sup> Jul v Calamvale  
9am at **HOME**

## TEAM SPONSORS





# MATCH REPORTS

## U8 Blue Round 11 – Ferny Grove

First game back after the 2 week school holiday break and the boys started slowly out of the blocks with the opposition getting the jump on them.

Half way through the first quarter the boys sparked into gear bringing better intent to the contest and wrestled back the momentum finishing the quarter on even terms.

For the remaining 3 quarters the boys displayed excellent effort, team work and skills ensuring they got on top of their opponent at the contest before converting with numerous goals.

It was a great team effort by all players with a genuine even spread of input from everyone across the field making it our best performance of the year.

Our on field leaders Archie and Lincoln again displayed their talents across all positions.

Bill and James were rock solid in defence not allowing their opponents any space.

Tom, Luke and Liam often found space in the forward line creating many goal scoring opportunities.

Jacob played a great game kicking a goal which would be a contender for goal of the year and

Spencer our winner of the achievement award for the match was excellent all day displaying the most improvement especially with his kicking.

Great game boys cannot wait until next week.

Proud Coach - Jason Faull





## U8 Gold - Round 11 – Aspley 16 July 2016

This Saturday the boys played away to Aspley Purple. Whilst there was a little rain about, it was not enough to prevent the game from starting on time and without interruption. In fact the kids seemed to quite enjoy getting to play in the wet conditions, which doesn't happen too often.

The game was played in good spirits and both sides played some entertaining football, particularly given it was the first game back after the school holiday break. The Wolves started a little slowly and allowed at times a little too much space for the Aspley forwards and mids. This was addressed at quarter and half time and to credit of the team, they responded well in the 2<sup>nd</sup> half and paid closer attention to their opponents which resulted in more possession for the Wolves.

The boys continue to grow in confidence each week and there were great examples of this right across the ground from Wolves players showing determination to be first to the ball. Equally, the boys are quickly picking up the art of using run and carry to advance the football towards the end the Wolves are kicking to.

Hamish was our captain for the day and was a great example of the determination to be first to the ball and the run and carry mentioned. Well done Hamish.

Each side had periods of ascendancy and both teams managed to hit the scoreboard several times which was great to see. Nothing like celebrating a goal, hey Josh?

Jye Smith won our Player of the Week award. I am not sure it was the first game that he has kicked a goal this year, but I am pretty sure it was the first time he had kicked multiple goals. This was mainly attributable to positioning himself in space and being a great target for his team. Of course some

credit must also go to the rest of the team for getting the ball out of defence and the middle and pumping it into our forward line.

The Aspley team were well coached with some very good players amongst them, so it was a credit to the Wolves for not only matching them but at times also dominating play. Most importantly, the kids all seemed to enjoy the game which was evidenced by the smiles on their faces as they walked off the ground singing the club song!

Next week's game is once again at Brendale to take on Aspley Gold. The game starts at 10.30am on Oval 4. See you all at training on Thursday.

Coach Brett.





### U10 Gold Round 11 – Aspley

Friday night saw our Hungry Wolves take on Aspley in which was an “Epic Blockbuster” down at the Hornets Nest. The Wolves Lead by “Boots” Mahoney were gearing at the bit with some quality inclusions with Alan, Chris, Alex and the “Wonder Kid” Lucas ready to play.

The Wolves started the 1<sup>st</sup> quarter like warriors going into battle, and with the awesome foursome in the Middle the Hornets struggled to keep up early. “Pop up” and “Silk” managed to get some

amazing clearances getting the ball to Alex in the forward line where he managed to lock the ball in and get it out to Alan who Kicked Consecutive goals during the game.

The 2<sup>nd</sup> quarter was much like the first, The Wolves tackled in numbers and were hard at the ball frustrating the Hornets. Boots and Cottam Candy were Solid in defence defending the line and were terrific in bringing in the ball after a behind. The Highlight of the Qtr was Pluggers Solid Mark resulting into a FANTASTIC goal aswell as “Froggy’s” crumb off the pack and quick snap for goal.

The 3<sup>rd</sup> & 4<sup>th</sup> Quarter saw a switch in the Midfield amongst the likes of Alan, Chris, Alex and “The Wonder Kid”, they worked together really well managing to get some good supply to our forwards. Jackhammer kicked his 2<sup>nd</sup> goal for the season and it was great to see his celebration. Cottam Candy showed his Value up forward taking his time with his set shots kicking 4 goals for the game.

When the Siren Sounded.... The Wolves were proud.... All 13 Players had put in a 4 quarter Performance. Man of the Match awards went to Declan “Froggy”, The Fuse and Alex.

Well Done Team!

Chris Davies - Coach

### U11 Girls Round 11 – Zillmere

What a way to finish a week off with a game of footy.

With another new player in Neeve (Welcome) we took on Zillmere, the first team we ever faced and it was great to see the improvement in the team.

With Georgia leading us and with a 10 girl squad for the first time, things were looking up as this team continues to grow in skill and aptitude.

Amelia - always running and did a great deal of tackling and never gave up.

Ashika - some fabulous tackling from her and helped stop the bigger Zillmere girls from getting away with the ball. Was really great to see her in action in the backline.

Chloe - Continues to get better each week with her kicking handballing and general play. She and Mia create a lot of good feeling around the team.

Eliza - Had a great second half with lots of tackling and getting into the play.

Georgia - Led from the front and worked hard for her teammates. Was always on the lookout to make a contribution which is great to see.

Jess - Kicked her first AFL goal and combined well with Neeve a number of times and having to mark a smaller faster player for much of the game.

Kaitlyn - Got into space regularly and worked hard, got a number of good kicks away

Mia - Really enjoying your footy. Your passion is evident and your enthusiasm is a great asset to the team.

Nicole - Great running, getting the ball and handballing on the run. Really good to see

Neeve - What a game for your first. Kicked a goal, went airborne in a sling tackle and still kept going.

Please forgive this shortened version as the game overall was the best quality the team has produced. The best thing was seeing you trying to get running handball going which was really excellent. It shows how you are thinking about the game and how to get better as a group.

Charles Tibbitts - Coach

## U13 Round 12 – Zillmere

Our home game against Zillmere was always going to be a tough one given we were down again on numbers.

We started well with good solid defence and some positive attack. Up forward, Alyssa provided some good contest for the ball and Jahli pulled off a great tackle that was unrewarded. Doug was strong across the mid field, repelling their rebound with James M providing some good linking run from half back. Jacob made a good marking target with his run but the Eagles defensive pressure saw them go in to the break with a 2 goal lead.

The second we continued to tackle well and our attack improved. Andrew battled hard for the ball, winning it from the pack to set up Ethan for a deserved goal. Cameron, playing unfamiliar half back position worked hard, taking some important defensive marks and Grace had another good game with some great 2nd and 3rd efforts to win the ball. The quarter ended a goal each.

The Eagles came out strong in the third, hitting hard and applying the physicality we expected to try and intimidate the team given the pressure we had put on them. James A showed some great courage to put his head over and win the ball and Will C continued to provide great team play, tackling hard and supporting team mates. Sam had another good game, with a number of good smothers but the pressure was too much and they kicked 4 goals and took a strong lead into the final.

We went into the final quarter with a lot to do but the team was keen to win the quarter. Kyah provided a good target across midfield and Atticus made good pressure up forward to allow Andrew to snap a great pack goal. Luke and Tom were great in the last line, providing some great defence, both anticipating and intercepting the Eagles attacks to win the ball. Korbin made some great tackles and Rhys played well above his height at full back to limit their opportunities. We kicked the only goal and held them to 4 points to win the quarter.



It was a tough game and the team was low as a result. They should be proud though as they stuck with the task and played good clean footy. Tom, Will and Jahli all had strong games backing up Rhys who celebrated his 100 game as our best.

Sean Doolan - Coach









## U15 Round 11 – Ipswich



Blue and Gold upon our chest  
 We are here to do our best  
 Rules the Game  
 Wolves our Name  
 We are here to play the Game  
 W-O-L-V-E-S  
 Go Wolves!



## JUNIOR TROPHY PRESENTATION & FAMILY FUN DAY

Date: Saturday 27<sup>th</sup> August

This year we will be combining our Trophy Presentation with a family fun day so please keep the morning free. Plans are underway and we anticipate a few kids verse parent's game. Parents it is time to start practicing as the kids take these games very seriously.

## YOUTH TROPHY PRESENTATION

Date: To Be Advised

With both of our youth teams currently looking like making the finals a date will be set hopefully some time after the grand final.

## GOODSPORTS CLUB

We are a proud *Good Sports* accredited club. Check out the *Good Sports* Facebook page to stay in the loop with what other Good Sports clubs are up to around the country.

**Facebook.com/GoodSportsClubs**



## VOLUNTEER AWARDS

Volunteers and coaches are the lifeblood of Australian football. Without them, we simply would not have a game. They work for the love of football, not pay checks or praise.

Our Club Volunteer Awards provide the opportunity to recognise outstanding contributions to the club. Nominations are now open for the following awards

- Volunteer of the Year
- Coach of the Year
- Manager of the Year

You can also nominate our Jones/Watt Goodsports player/person of the year. This should be someone who lives and breathes being a Wolf.

Please use this link <https://www.surveymonkey.com/r/BMZFW7> to register your nominations.

Make sure you tell us why your are nominating this or these people.

## WIN A SIGNED LIONS BALL

This ball includes SIMON BLACKS signature so pick your lucky number to win. \$2 per number, 100 numbers to choose from PURCHASE YOUR TICKET AT THE CANTEEN.



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## WATER BOTTLE SPONSORS



## AMART COMMUNITY KICKBACKS & REBEL SUPPORT YOUR SPORT

Our club has been selected to participate in the Amart Community Kickbacks and Rebel Support Your Sport Programs. Under these programs, the club can earn 5% of your purchases at Amart Sports and Rebel Sports as in-store credit to spend on our sports program.

All you need to do is join Team Amart and/or Rebel Season Pass on their websites, select Everton Districts Sporting Club Inc. in your account profile under "My Season Pass" as the club you support and remember to **renew this every year**. Then swipe your loyalty card every time you make a purchase. You'll receive access to great member prices and other initiatives and the club will receive a 5% credit.

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# Eating for Junior Sport

## **BEFORE** *Focus on foods that fuel*

Carbohydrates supply the best fuel for muscles and brain. Good choices are low fat, nutritious carbohydrates. Avoid 'over-fuelling' with large portions and high fat foods. Remember to drink water leading up to sport.

### Pre-Sport Meals (3-4 hours before sport)

- Breakfast cereal, reduced fat milk/yoghurt and fruit
- Pancakes, dash of honey and fruit
- Baked beans/tinned spaghetti on toast
- Rolls/sandwiches/wraps
- Pasta with low fat tomato sauce
- Baked potato with filling
- Rice/noodle based dishes

### Pre-Sport Snacks (1-2 hours before sport)

- Crackers, reduced fat cheese and tomato
- Fruit smoothie (reduced fat)
- Fruit
- Yoghurt or reduced fat custard
- Creamed rice (reduced fat milk)
- Pikelets with scrape of jam/honey
- Plain, non-iced fruit bun/ fruit bread
- Low fat fruit or savoury muffins

## **DURING** *Drink water*

Drinking enough water helps you stay hydrated, particularly in hot weather. Staying hydrated helps maintain concentration and co-ordination during sport.

## **AFTER** *Have a healthy meal and snack*

Consume your next usual healthy meal or snack within 2 hours after sport. Choose foods that are good sources of carbohydrates to refuel, protein to recover and water to hydrate.

### Tasty Post Sport Meals

- Rolls/sandwiches/wraps
- Toasted sandwiches or savoury jaffles
- Homemade style burgers
- Soup and toast
- Pasta with low fat tomato sauce
- Rice/noodle based dishes
- Jacket potatoes

### Tasty Post Sport Snacks

- Fresh or dried fruit
- Reduced fat yoghurt/custard
- Reduced fat milk
- Popcorn
- Crackers
- Savoury mince rolls

Portion sizes will depend on individual dietary needs, age and activity levels.

## **EVERY DAY** *Eat a balanced varied diet to help you stay strong*

Drink water regularly and choose foods from each of the 5 food groups:

- Vegetables and legumes/ beans
- Fruit
- Grain (cereal) foods
- Lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes/ beans
- Milk, yoghurt, cheese and/or their alternatives

Visit: [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au) for more sports nutrition information.

Visit: [www.foodsmartschools.org](http://www.foodsmartschools.org) for more meal and snack ideas for children.