



ROUND 10

Sunday 19 June 2022



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Presidents Report

Football resumed after the Queen’s Birthday Long-Weekend, and it was a massive Sunday following a big week prior. Freeze MND fundraising, Team Photos, Player Milestones, Sunday had it all.

Sydney Swans Player visits

On the Tuesday prior to the break, we were lucky enough to be one of only a handful of Junior Clubs to welcome current Swans players to training. Angus Sheldrick and former Westbrook Junior Braeden Campbell spent 90mins with teams working on some drills and then had time for pictures and autographs. After a couple of seasons without player visits it was a welcoming site to have them attend. A big thank you to Angus and Braeden.



Freeze MND Fundraising



Thank you!!!

The club took cash donations of \$1200 on Sunday. This wonderful cause so very well supported by the Westbrook community and your generous donations will go a long way to help finding a cure for the debilitating disease. The club will contribute on top of this amount. To highlight the cause several the Westbrook community took part in the ‘ice bucket challenge’.

My thanks to:

- Ian Smith – U11s coach
- Belinda Nicholson – U12s coach
- Nathan Rayment – U12s runner
- Simon McDonald – U13s coach
- Olivia Morris – YG18s player and Girls Club Captain





Milestones

50 Games

Ryan Lauff & Cam Mitchell (U17s), Samuel Lean-Fore (U12s)

Some player shout-out's

- **Andrew Murdoch** – Made his Prem's reserves debut (as a 15yrs Old) and kicked 5 goals
- **Olivia Morris** – Made her Prem's debut this last weekend, and then backed up for freeze MDN and YG18s on Sunday. Oliva is also part of the Swans Academy 'futures' team competing in the NAB AFLW Development Championships
- **Cam Mitchell** – Selected in the Swans U17s 'Futures' game vs Giants last weekend
- **Cam Este & Lucas McNeil** – Played in Rd1 of the U16's national championships, Cam for the Swans and Lucas for the Giants. Lucas kicked 4 goals and was named as the Giants best player.

Well done to all of you!!.

Upcoming

Saturday 2nd July – Pennant Hills Seniors ‘Local & Loyal’ round. All juniors players who attend in their Westbrook (or Lightning) guernsey will get a free drink and sausage during the day. Women’s Prem’s commences 12:30pm and Men’s Prem’s 2:40pm. Junior players will also be able to form a guard of honour and listen in on pre/post game coach address.

School Holidays – No games on Sunday 3rd or Sunday 10th July

Round12 - Sun 17th July– remaining team photos

Good luck teams with round 11 games.

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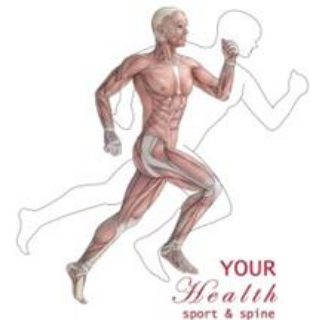
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MATCH REPORTS

ROUND 10 | Sunday 19 June 2022

Westbrook u9 Blue vs Lane Cove Cats – Mike Kenny Oval

After enjoying a short break over the long weekend, the team arrived at MKO to take on Lane Cove Stengle for our second game this season. It was a close contest last time we played, and with the Cats requesting a smaller field for this game it was set to be a tough and congested challenge.

Niki, Mitchell and Ryan started in the midfield and from the first ball up, Niki was able to tap the ball to his team mates who gathered the ball and worked together to move the game forward. With Michael and Blake ready to receive, they were able to penetrate the tough Lane Cove defence with Michael scoring our first for the game.

In the second, Lane Cove came out strong and with speed thanks to support from Blake and Michael who flipped jerseys for them this quarter. The Cats dominated the ruck winning most of the ball ups and were able to control the ball well, guiding it to their forwards. It wasn't long before they were on the scoreboard to reward their efforts. The doggies were determined to respond, and with some great skill Isaac, Rhys and Tyler were able to move the ball from our back line to Archie, Patrick and Harvey in the mid, who in turn found Ryan and Mitchell in our forward zone. Not stopping there, Niki took a great mark from Mitchell in front of goal, scoring for the team to reward the fantastic chain of play starting deep in our defensive line. Not to be outdone, Lane Cove responded and scored a quick goal before the half time siren to even the score.

The break gave the boys the opportunity to catch their breath from quite a physical first half, as did Lane Cove. The Cats knew they were in with a chance and were desperate to get first hands to the ball. With clean hands they were able to gather and move the ball effectively resulting in an early score. The Doggies tried to match their intensity, with some good tackles from Clive and Blake in defence to force turnovers. Eventually we found our feet and with some good support midfield from Leo and William we got the ball to our forwards Spencer, Archie and Patrick, with Archie kicking our only goal for this quarter. Lane Cove replied with a late goal, although there was some conjecture as it came from one of their midfield players.

The fourth continued in much the same way, with a lot of congestion around the ball, countless stoppages and a physical contest between both teams. Our efforts to move the ball forward saw a couple of shots at goal, however the Cats defence ensured these were limited to minor scores. The Cats were able to score a final goal this quarter to see them finish the game slightly in front.

A great effort by the team and they never gave up despite the pressure from Lane Cove (including many of our own players!). A big thank you to all the boys who played for the Cats each quarter (3) to ensure everyone was able to get maximum game time and for keeping the contest close.

Goals: Archie, Michael, Niki

Report: Daniel Greenwood (Coach)

Westbrook u10 vs Hornsby/Berowra – Mike Kenny Oval

Round ten for the under 10's presented another opportunity to measure their progress against the team that has been the benchmark for the age group. Up until now we had seen the pups show improvement on each occasion they played Hornsby/Berowra, so we headed into this match with great anticipation.

It would be fair to say that the first half of the match, whilst competitive, collectively the boys appeared a little tentative. Quarter one was even from a territory point of view, with neither team able to make the most of their opportunities. The second quarter was more one sided, with the ball spending a lot of time in the Westbrook defensive zone. The back four of Beau, Carter, Freddie and Tom were seeing a lot of the ball, while our forwards struggled to get a touch.

The half-time break had Coach Jarrod channelling his inner Barassi – well maybe not quite – but he did ask for more aggression at the ball from the boys. To their credit the intensity from the entire group lifted in the second half. As a result, Westbrook were dominant in the third term and able to translate this on to the scoreboard.

Reflecting once more on the progression of the team relative to Hornsby/Berowra, at three-quarter time it was 2 goals apiece. A little over 12 months earlier Hornsby/Berowra had completely dominated the boys in round 1 of 2021.

The final quarter was more even, with Westbrook probably slightly ahead in terms of time spent in the attacking half of the ground. Unlike the previous quarter however, the pups weren't able to find the goals, and it was only in the final moments of the match that Hornsby/Berowra were able to put the result beyond doubt at 3 goals to 2.

The match should provide the pups with confidence that they are a capable group, and with some motivation to keep learning and improving.

There were many good contributions from the boys, some of these included –

- Max tapping the ball out of the ruck directly to a teammate.
- Strong tackling from Andrew, particularly in defence.
- Great commitment at the contest from Freddie and Evan.
- Some big clearing kicks from Billy and Hudson.

Goals: Max (2)

Report by: Jason Welch, Team Manager.

Westbrook u11 vs Pittwater Tigers - Forfeit

Westbrook u12-2 (13.9-87) vs Lane Cove Cats (5.2-32) - Mike Kenny Oval

Round 10 was a big game for the U12 Div. 2 team. Not only was it Team Photo and the Westbrook Support MND Day which saw a brave Mark Lean-Fore (Westbrook President) and Nathan Rayment (U12 Div. 2 Runner) take part the ice bucket challenge, but this day also saw the first of our playing group reach the 50 game milestone – Congratulations Samuel on this fantastic achievement.

This round also saw us coming up against the Lane Cove Cats, and whilst they had a few players out with illness and injury resulting in them fronting up with a team of 13, as they had recently come down from Div. 1 they could not be taken lightly. We had 18 players available of the day, so we agreed to lend them 2 players per quarter to ensure as many players as possible got a fair run. I would like to express how proud I was that each player who went across to help the opposition continued to try their hardest – each of these players showed great integrity and sportsmanship that they are to be commended for, especially Leonard who kicked a goal for the opposition – well done boys and thank you.

After the photos, ice bucket challenge and Samuel had run through his milestone banner, the game commenced at 11am with Cory Mardling as acting captain. Leonard Watson quickly asserted his dominance in the ruck contests in the first quarter, enabling us to win the ball out of the middle and go on the offense. As a result, the ball spent the most time in our forward line, which we were able to capitalise on, taking a 3 goals to 1 lead at quarter-time.

To Lane Cove's credit, the game evened up in the second and third quarters. They began to win the ball out of the ruck and in to contest and, with their running players finding space and being taken advantage of with some effective ball movement, they matched the two goals we scored in both the second and third quarters. This ensuring they remained uncomfortably in touch at the beginning of the last quarter.

The 3-quarter time message centred around ensuring we 1) regained the ascendancy on the contest, which is usually our forte; 2) win the ball out of the middle 3) keep the forward line open to give our forwards room to work in; and 4) stay accountable for our direct opponent when they had the ball to stifle their ball movement. To the boys' credit... they responded in emphatic fashion. With fast ball movement out of the middle, aided by Samuel Lean-Fore's run and carry and long kicking, we scored 6 goals to nothing in the last. Hayden Greenwood kicked 3 of these to end up with 5 goals for the day in a fantastic individual effort.

It is always hard to recognise individual players in what is a great team result. However I would like to recognise the efforts of a few:

- Josh North, who played his best game of the season. By directly attacking the footy when it came into his area he not only contributed two goals of his own, but his valuable use of handballs ensured hi set up a couple of others as well.
- Adam Saddick was given the task of tagging their prime mover of the first half which he did effectively. Whilst his direct impact on the game was lessened, indirectly he contributed a massive amount to the end result by taking this damaging player out of the game, matching his run to ensure he could no longer be used at a loose link-man.

- Ben Rayment keeps improving with every game. In our last game he was tasked with the responsibility of kicking out after a behind which he did with great accuracy and impact. This week he followed the directions around manning up tight, ensuring he was right next to his man at all times and winning the majority of contests that came his way.
- Samuel Lean-Fore played a fantastic 50th game. His run and carry all over the ground was a huge asset to the team and he was also able to celebrate his milestone game with a goal. We also trialed him at full-forward when he was resting off the ball (a move inspired by Dustin Martin) and there were glimpses that, in time, this move could really be a game-changer within his next 50+ games.

Overall, the boys thoroughly deserved the 55-point win, but as revealed above it was not as easy as the scoreboard suggests with the game in the balance right up until three-quarter time. However, we now go into the last 6 rounds knowing that we are capable of teaming up to kick a big score as we aim to secure a top 4 spot to qualify for finals as the end of the season.

¼ by ¼: Q1 3.4 v 1.0, Q2 2.0 v 2.2, Q3 2.2 v 2.0, Q4 6.0 v 0.0, FINAL 13.9-87 v 5.2-32.

Goals: Hayden Greenwood 5, Josh North 2, Ryan Dinsmore 2, Charlie Andrews, Samuel Lean-Fore, Leonard Watson, and Mitch Gryst

Best: Samuel Lean-Fore, Hayden Greenwood, Ryan Dinsmore, Darcy Gason, Ben Rayment, Cory Mardling, Campbell Gason, Josh North

Report by: Peter Gason (coach)

Westbrook u12-3 vs Balgowlah Suns - Forfeit

Westbrook Hornsby/Berowra u13-2 (21.13-60) vs Glebe Greyhounds – Mike Kenny Oval

Congratulations to the heart and soul of the team Caleb Oliver on reaching his 50 games for the club. Caleb has been instrumental in the team's success. His courage in and around the ball along with his pressure acts and endeavour to never stop competing is the core fabric of our team and this young man delivers every week.

Well done Caleb!



This week we played some of the best football of the year! As a group we were able to deliver on all the fundamentals that we take pride in, structures that we put in place and our skill level this week was a feature of our game.

All throughout the game our ability to get first use of the ball and hold it up in our forward line with constant pressure was spot on. Holding our structures making it so hard for the opposition to get any game flow going. When they did our attack and rebound from our backline was stoic, not allowing the opposition to score. Our running game and ability to move the ball with skill and efficiency was a highlight and the best we have looked all year. Players taking the game on breaking lines and bursting through tackles is very exciting to watch not to mention the confidence we see building when you do it. Keep taking the game on! Constant pressure relating in turnovers or free kicks and quite of few resulting in goals. 13 individual goal kickers for the game.

It was an all round team performance that you should be proud of! Mercy rule at half time and then playing 13 v 15 we were able to our score what we achieved in the first half with 2 less players on the ground! It was good to win the way we did but now we must take these actions and game play and produce it against more capable opposition. We know you can do it!

Westbrook / Hornsby 21 Goals 13 Behinds v Glebe Greyhounds doughnuts.

Best: Team everyone contributed

Goals: 4 Callum, 4 Gabe, 3 Caleb, 1 Chase, Dilshaan, Felix, Harrison, Hayden, Isaac, Jake, Kristian, Lachie, Max.

Westbrook u14 (9.8-62) vs Cronulla (5.9-39) – Mike Kenny Oval

On a cracking afternoon, the boys took on a team that is second on the ladder and have dominated us the last two times we played them. Despite some big losses, the message to the boys was that the gap between us and them was far smaller than the previous results suggested and that if we play as a team and every player plays their role, we were more than capable of coming away with the win. The siren sounded and Cronulla got away early, with a goal in the first minute. We thought it might another footballing lesson we were about to be taught, but to the absolute credit of every single player on the field, from that moment the bulldogs “stepped-in” and finally played to their potential.

First to the positional changes. Ryley, in only his second game for the bulldogs, stepped into the middle of the ground, playing ruck and used his strength to repeatedly give the mids first use. Max playing full forward for the first time ever, used his speed and straight-line attack to get first hands on the footy and bring the ball to ground. Nicho, went into defence and did such an amazing job to shut down Cronulla’s best forward, that they moved him into the middle just to get him away from Nicho! Tyler, playing full back for the first time, excelled. He is so strong beneath the knees and makes the opposition accountable at every contest. Isaac, playing off one leg and at full forward when Max was in the ruck, managed to score two goals in a game for the first time ever. Liam playing back pocket, is so smart with ball in hand and makes good footy decisions every time. Lastly Hudson, playing an attacking wing role, relished a bit more space when drifting forward and was courageous and with second efforts at every contest in the middle of the ground.

From there we had guys that simply played out of their skin. Isaak, in his first season and second game playing mids, again showed his pace, but more importantly showed real defensive pressure with second efforts at the opposition all day. Oscar, who is becoming a very, very good key defender, showed game sense of players with 50 games under their belt, not one season, to earn possession after possession. Boston, playing forward and wing, has so much potential and was back to his running best with brilliant attack on the footy and a team first attitude. Tom, playing with one lung, was brilliant when in defence, never getting beaten one on one and by season end will genuinely be a player to watch. Aaron, playing forward, bringing the ball to ground when in the air and impossible to move off the ball when his head is over the footy. Finally, massive shout out to Will. His attack and courage to get first hands on the footy was his best all year, but more importantly he played a true team first role, sacrificing his own game to play to the game plan and repeatedly bring his teammates into the game.

Then, we had players like Luke. The way he can beat opposition in contests where he has no right to, was fun to watch. He closes space and beats outnumbers every single time. Ryan, who can run all day, take a mark, has football smarts, and use his left foot to damage the opposition anywhere on the park. Henry, a running machine with pace to burn, who plays team first every week, makes the right decisions with ball in hand and knows where to be on the ground. And Noah, who is so damaging with the ball in hand and on both sides of the body. He really has a sixth sense, not just for scoring a goal himself but also assisting his teammates to hit the scoreboard.

Overall it was a brilliant win and a truly a team effort. We are in with a chance of playing finals this year, and if the boys continue to play team first, selfless footy week in week out the goal will shift from not just playing finals, but to winning finals.

¼ by ¼: Q1 2.0 v 1.0, Q2 3.4 v 1.2, Q3 2.1 v 1.3, Q4 2.2 v 2.4 FINAL 9.8 (62) v 5.9 (39)

Goals: Noah 5, Isaac 2, Ryan 1, Hudson 1

Best: The whole team

Report by: Sam Dinsmore (Coach)

Westbrook / Hornsby u15 (3.4-22) vs Glebe Greyhounds (8.4-52)

Q1 - It was a depleted u15 side that took MKO on this sunny Sunday to face the Glebe Greyhounds. Unfortunately, through illness and injury we did not have our full team to face the task ahead. And what a task it proved to be.

From the outset we were on the backfoot when the ball made it to our end for a minor score straight into their forward 50 for the first goal of the match. Our backline boys were under the pump and working so hard from the umpires first whistle and ball up to the 50 that was paid to the Greyhounds just before the quarter time siren.

Westbrook 0-1-1 Glebe 3-0-18

Q2 - Although we started the quarter better with the boys putting together a few marks in a row, we were making some mistakes and getting frustrated. Our best skills were not on display today. Again, our defence was under the pump and the boys tried so hard. Of note was Cam, under the weather but trying so hard for the team. Our first goal of the match came to Lukas via an Eamon delivery from a free kick. At least we were on the scoreboard with a major. Hotly contested footy with much hard running and pressure in this quarter. We managed to keep Glebe scoreless in this quarter which was a small win for us going into ½ time
Westbrook 1-3-9 Glebe 3-0-18

Q3 - Glebe came out with an intensity our boys could not match. They scored two goals in quick succession and our boys had to control themselves against a feisty fired up Glebe team. Of note, was Mauro who was everywhere, running hard and taking marks all over the ground. Mids Cooper and Matt were also giving their all as they do each week but unfortunately Glebe won the quarter and kept us scoreless in the process which signalled how the rest of the game was going to go.
Westbrook 1-3-9 Glebe 6-2-38

Q4 - Westbrook pain continued through the last quarter with Glebes skills superior on the day. Most of their disposals made their intended destination whereas our skills were lacking. There was a great goal via Matt in the fourth which gave the crowd something to cheer about. Perhaps this game will give the boys something to think about going into the bye this week so that when we meet them next time, hopefully our full team can bring their Bulldog bite to Greyhound territory.

Goals: Lukas, Hunter, Matt

Westbrook / Hornsby u17-1 (9.12-66) vs Penshurst (3.4-22) – Mike Kenny Oval

Congratulations to Ryan Lauff and Cam Mitchell on celebrating their 50th Club game for the Westbrook/Hornsby Dog Eagles, we look forward to celebrating Cam Este's milestone next week.

In the past 4 weeks, the attitude and game plan has been unrecognisable when comparing the same team to the first 4 rounds of the season. From their arrival to the victory song, football players have replaced the chatty little kids that once filled the change room.

I must start by giving the Swans Academy a big "What Tha", across the competition U16's were pulled out of team's and competitions 3 to 4 hours before the bounce, poor form and a total show of disrespect to those that develop "their" players.

Sickness and last minute pull out's didn't affect the willingness of the boys to get their happy snaps done and with a newly formed war cry the highlanders slapped on their war paint and entered the coliseum. All that could be heard prior to the bounce was the 4 knots of breeze blowing against the tartan pattern Dog Eagles feathers.

In the first the Panthers had left their fangs across the bridge and seemed yet to have woken from their slumber as it was a long journey from down south. Every time the southerners attempted to pick themselves up they were met with a wall of screaming Hills folk repelling their advances and the first and second battles ended the same way, With a focus on each 16 minutes of footy ahead of the boys, tunnel vision allowed the men to focus on the immediate task at hand, downing the invading forces from the South and de-Clawing the hissing beast's that now looked more like kittens in a cat breeding factory in Wuhan.

The main break was an OH&S nightmare with wounded and beheaded lowlanders everywhere causing trip hazards, but the 4 legged Eagles were as sure-footed at the break as they were during the battles just won. 13 scoring shots to 4 was reflected appropriately on the score cards and a non-relenting smirk covered the faces of the Bulldogs knowing the 29 point lead was going to be hard fought to keep but easily increased with discipline.

Accuracy in the third didn't allow the Dogs to extend their lead as much as they could, 2 minors was the difference in the third, but this allowed for the 3rd slaughter of the day and now with The hills folk war paint being replaced with feline blood and with Cat pelts for jumpers ONE LAST GAME WAS TO BE DOMINATED, commonly know as "The final Quarter".

With Our fearless leader watching from his balcony, The ravenous Highland Dog Eagles looked to Caesar Lean-Fore for the inevitable signal, and as his thumb turned from the sky's to middle earth, It had been spoken, so it was to be done. Send these southern heathens back south. With a lapse of pressure on the bared throat of the now withering prey, The pussies scored a miner while the big dogs once again stood tall and ' FINISHED THEM' as instructed. In a show of good faith The kittens were allowed to collect their dead while listening to the victory chants, howls and Screeches from The highlanders.

Attitude continues to drive These men above and beyond, BUT there is still a long road to March down to get us to Rome my Highlander Gladiators.

¼ by ¼: 2.4 - 0.2 3.4 - 1.1 2.2 - 2.0 2.2 - 0.1 9.12.66 – 3.4.22

Goals: Silk 2 1 each to Ethan H, Pat, Lunna, Squid, Corey, Drew, Brad

Report by: Jeff Coach



North West Lighting YG u10 - BYE

North West Lightning YG12 Red - BYE

North West Lightning YG U12 Blue (5.3-33) vs Balgowlah Suns 3.1.(19)

A glorious sunny day greeted Team Blue and the Lightning families making their way to the Peninsula - and possibly Sydney's prettiest ground - to take on the Balgowlah Suns. After the rain and mud of early rounds a dry pitch and warm weather was welcomed by all. Players' nerves were taut ahead of the game - some from last year's YG10s would remember the trip to Balgowlah as one of the more physical matches of the season.



From the first quarter it was clear that the girls are really taking on board everything they're learning at training and the 'tacklefest' drills are really paying off. The Lightning were dominant - keeping the the ball in their half for the whole period despite Balgowlah piling on the defence. Special mention to Savannah who was the player on the spot throughout – showing great skill and presence. Brownie put the first points on the board with a goal in the 11th minute. The second quarter saw the Lightning again dominate play with Lyla smashing through her tackles to keep control of the ball, and goals from Olivia and Emily Hall and behinds for Savannah and Olivia taking the Lightning out to a three goal lead from a scoreless Balgowlah.



At half time the clouds began to gather - and the match tempo changed. Balgowlah started the third quarter strongly to put the Lightning under pressure. Three quick goals to the Suns reminded team Lightning that you can never take it easy and assume you've won until the final siren sounds. Annabel kept the pressure on with a goal in the 4th minute and the team worked hard to keep hold of their lead.

As the whistle blew to start the final quarter the temperature dropped and dark clouds gathered but the Lightning flashed their skills and kept the Suns at bay. A goal from Lyla sealed the result for the Lightning with the final score



Quarter by Quarter:

Q1: 1.0.(6) v 0.0.(0)

Q2: 3.2.(20) v 0.0.(0)

Q3: 4.2.(26) v 3.1.(19)

Q4: 5.3.(33) v 3.1.(19)

Report by: Gillian Bennett

Goals: Emily B (1), Emily H (1), Annabel (1), Olivia (1), Lyla (1)

Photos by: Shane McLeod

North West Lightning YG14 (1.3-9) vs Cronulla (7.6-48) – Mike Kenny Oval

North West Lightning YG16/3 (7.9-51) vs East Sydney (5.4-34) – Trumper Oval

North West Lightning YG16/1 (5.5-31) vs Forest Lions (3.5-23) – Ern Holmes Oval

North West Lightning YG18 (2.1-13) vs Balgowlah Suns/Manly Bombers (6.14-50) – Ern Holmes Oval

WESTBROOK CLUB SONG

*Good old Westbrook forever,
We know how to play the game.
Side by side we stick together,
To uphold the Bulldogs name.
Hear the barrackers a shouting,
As all barrackers should.
Oh, the premiership's a cakewalk
For the good old Westbrook.*

NORTH WEST LIGHTNING CLUB SONG

*Girls of Northwest
Yellow, Red and Blue
Hornsby, Penno, Westbrook
Lightning through and through
With a lightning flash, a lightning strike
We'll give our very best
You can't beat the girls from the lightning team
The mighty girls of Northwest*