



ROUND 8

Sunday 29 May 2022

Sir Doug Nicholls Round



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Presidents Report

The Kennel was a hive of activity early Sunday morning with our 3 U8's sides all involved in early games. This year we have 3 U8s side playing in the North-West program, and great to, to see an all-Girls side.

A big thank you to Rachel/Daniel, Tim, Steve/David for helping out and managing these teams. Parent involvement at the formative years is so crucial. After our little ones kicked off the morning, most of our junior and youth boys teams and both our YG16's played at home. Catch up on some great results below.



Round 8 was part of Sir Doug Nichols Round. The Sir Doug Nichols Round celebrates and highlights the contribution of Aboriginal and Torres Strait Islander communities to the game of football and to our country.

The round celebrates the relationship between the game and Indigenous Australia by connecting AFL fans to Indigenous culture. Following consultation with the AFL we started small and will continue to build our recognition and engagement.

Representative news

Olivia Morris

Our [Westbrook Junior AFL Club](#) Captain Olivia Morris has been selected as one of 4 girls from Sydney, to join the U17 NAB AFLW futures team, to be held in Melbourne in June. Olivia is also a part of the Swans Futures (U17) playing in the Winter Series in the coming weeks.



Madison Booyesen

Madison has been selected in the NSW All Schools (Primary) team to compete in the School Sport Australia Championships in Adelaide in August. At the recent NSW PSSA carnival, Madison (along with Olivia Huggins) were part of the Championship winning Metropolitan East side.

A big congratulations to Olivia, Madison and Olivia.

No games Sunday 12 June

A reminder there are **no games on Sunday 12th June** due to the Queen's Birthday Long Weekend. Round 10 will be played on Sunday 19th June.

Good luck teams with round 9 games

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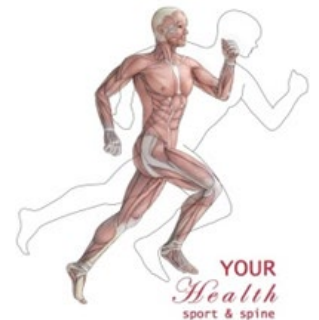
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MATCH REPORTS

ROUND 8 | Sunday 29 May 2022

Westbrook u8 Reds vs Westbrook u8 Whites

What a cracking morning for the first of our Westbrook derbies of the season. With all three u8 teams at home it was the boys teams Red v White that were the first to face off against each other.

The older and more experienced Red team took little time to show that they've got a few more games under their belts and kicked goals early before the Whites got on the scoreboard. However, the remainder of the match was a little bit more even in terms of competing for the ball and moving it forward. Goals were plentiful as were the smiles. Both teams played well and showed improvement from last week.

RED:

Jed - lead from the front and kicked some fantastic goals and passed off many as well.

Brody - used his height to advantage and proved very difficult to get around for the younger (and smaller) White team.

Oliver - read the ball really well and was often intercepting attacking raids when playing in the mids and backs.

Flynn - improving every week and kicked a great goal late in the game using his extra height to keep the ball away from the smaller defenders

Ethan S - Some great defensive pressure and movement with a positive approach to team play

Ethan J - Active throughout the game taking a great mark and involving his teammates

Edward - showed some great chase defensively and eagerness to find the ball when up forward and have shots on goal.

Mark - the quiet achiever was very lively up forward taking lots of marks and having shots from all over the forward line

WHITE:

Micah - tried his best to involve all his teammates and launched the ball into the forwards accurately

Quinn - made some great intercepts and ruck taps which gave the Whites a chance to go forward against their bigger opponents

Lachlan - another big improver and made some great defensive pick ups and runs

Luther - always full of energy using his speed to run and give handballs (also enjoyed waving the goal umpire flags when in defence)

Frankie - the little speedster got a lot of the loose ground ball and wasn't afraid to take on the bigger Red players.

Eddie J - Eddie started how he finished last game with plenty of positive ball movement and taking some great marks

Eddie C - Eddie's first game for the Whites and showed plenty of run and kicking skills to drive the ball forward

William - Another first gamer and the youngest on the field William didn't let that bother him with some booming kicks, one to watch in the future.

Mitchell - after recovering from a twisted ankle last game attacked the footy and had some great link ups through the midfield.

Westbrook u9 Blue vs Hornsby Berowra Blue – Mike Kenny Oval

The U9's arrived at Mike Kenny bright and early, ready to challenge Hornsby's blue team, the only team in our comp we haven't played so far this season. With a few boys away sick this week, our numbers were smaller than usual, although we still needed to give 2 players to Hornsby each quarter to balance numbers and to give the boys as much game time as possible.

After a tough game against Hornsby's Red team last week, they must have known it would be a tough contest at the Kennel. Hornsby started well, going straight on the attack to get the ball and confidently and quickly moving it forward through their players. Our backs Leo, Patrick and Isaac defended well with some great tackles and pressure to turn the ball over. When he had possession, there was some good ball control to move forward, but the Hornsby defence was strong with only a couple of behinds scored for each team.

The second quarter was much the same as the first. The pressure from both sides all in zones was evenly matched. Spencer found himself in the thick of the action midfield, making some great tackles and a couple of clearing kicks forward. Blake and Niki worked the forward zone together and tried to penetrate Hornsby's defence which was strong. Hornsby were talking to each other and working together, resulting in two goals for their efforts.

After a rev up at half time, the doggies found their voices and started working together. Clive relentlessly tackled for the ball causing numerous turnovers. With support from Jonny, they worked together to clear the ball forward to find Rhys and Patrick, with both scoring two goals for the term. Ryan, Mitchell and Harvey formed an impenetrable defensive line to keep the eagles scoreless for the quarter.

High from a strong 3rd quarter, and seeing the benefit of using your voice and working together, the last started with renewed confidence to attack the ball and not the player. Patrick, Rhys and Ryan worked to gather the ball, passing to each other and driving the ball down the line. Michael, Jonny and Blake spread out forward to give our mids some options. As the ball found our forwards, they too worked together and passed the ball around with confident hands. Their efforts paid off, with Michael scoring two for the team.

It was an interesting game for the boys and a good lesson in over-confidence. Once they started to use their voices and work together, they were unstoppable. A great effort from all players, especially in the second half, and well done to all the boys that played for Hornsby to create a fun and exciting game.

Goals: Michael (2), Patrick (2), Rhys (2)

Report by: Daniel Greenwood (Coach)

Westbrook u10 vs Pennant Hills - Mike Kenny Oval

After missing a week with ground closures, the pups were ready to pick up from where they had left off in their previous match. In what was clearly their best start to a game thus far the Bulldogs came out firing. The boys dominated territory in the first quarter, so much so that our defenders barely saw the ball. The forwards on the other hand enjoyed a plenty of opportunities, with the midfield of Beau, Evan, Jake and Thomas ensuring Pennant Hills were unable to move the ball past the midfield.

The second quarter saw a more even balance in field position, while the third played out much like the first, with Andrew, Beau, Carter and James providing the impenetrable wall in the midfield.

Territory in the final quarter was again more even, but not for lack of effort from the pups who played the game right out to the end.

The match provided some great examples of the boys putting into practice what they are learning at training. The focus in recent weeks has been for the boys to find space and provide options for the ball winners to move the ball out of the contest. Throughout the match quite a few of the boys were noticeably looking for, and then using options provided by their teammates. James demonstrated this a few times, winning the loose ball and immediately looking for a teammate, going on to handpass out and hit the target.

This more team focussed play also led to some impressive chains of possession where the boys worked with one another to transfer play from defence to attack.

Thanks to Will, James, Beau, Max, David, Thomas, Hudson and Jake who all played a quarter with our opponents thereby ensuring everyone was able to play the full match.

Goals: Archie, Carter, Evan (2), Max (3), Billy

Report by: Jason Welch, Team Manager.

Westbrook u11-3 (11.7-73) vs Manly Bombers (2.2-14) – Mike Kenny Oval

It was a beautiful sunny Autumn morning for a home game at MKO against Manly Bombers.

It was a great opening quarter with Westbrook coming out firing for 5 scoring shots to nil. We finished the quarter 3.2 and showed great improvement in ball movement from last week's game.

The second quarter was more evenly matched on the score board with 1 goal and 2 behinds each. The team were falling into the trap of following their opposition players and consequently flooding the midfield. The congestion made it difficult to get the ball out and into space but the Dogs were rewarded on the scoreboard when they did.

The momentum continued our way through the second half. Great to see most of the boys improve their effort rate and hunger for the ball.

We loaned players each quarter to the Manly Bombers. The whole team should be commended on their adaptability and willingness to switch their jerseys around and play for our opposition when asked each week. Well done Boys.

Player of the Week Fingerbun Award: Owen - Congratulations on your first AFL Goal!

Goals: Jack (2), James (2), Hayden (1), Sam(1), Owen(1), Jai (1), Sander(1), Rohan(1), Andre(1)

Best: Jack, Sam, Hayden, Rohan

Report by: Team Manager Ang

Westbrook u12-2 (5.9-39) vs Balgowlah Suns (4.9-33) - Mike Kenny Oval

Round 7 saw a rematch of our Round 3 game against Balgowlah Suns, however this time it was to be played on our home turf. Whilst we were not victorious in the initial encounter, we had won the last 3 quarters and went into the game knowing that it was imperative that we did not let them get off to a fast start again.

The Balgowlah team had unfortunately been struck heavily with the flu and were only able to field the minimum 12 players, and since we had 18, we agreed to lend them 3 players per quarter to ensure all players got a fair run, otherwise we would have had 6 on the bench with some players only playing half a game. 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 – well done boys and thank you.

The game commenced at 10.10am with Mitch Gryst winning the toss and wisely opting the kick with the wind in the first quarter. Unfortunately however we were not able to capitalise fully on this advantage. Whilst much of the play was forward of our half back line, we seemed rushed and were not able to link up through effective disposal to move the ball as in previous weeks and, with a congested forward line we struggled to convert our forward entries into goals. As such, the match at quarter time was evenly poised.

In contrast to us, in the second quarter, Balgowlah seemed to use the wind advantage more effectively, kicking long into their forward line and putting pressure on our defenders. Whilst our backline battled hard, the number of forward entries were just too much to manage and they scored two goals in this quarter. However, all was not lost with Charlie Andrews getting us on the board with a strong goal on the run, ensuring we stayed in touch at the half time break.

The third quarter was largely played in our forward half, yet with six shots on goal we were able to only convert one through Darcy Gason in general play. This was mainly credited to the opposition's tactic of sacrificing a forward to play a spare player in defence, whilst those remaining in their forward positions pushed up the ground, making our forward half very congested and difficult for our players to find the space necessary for effective disposals. What really hurt was the fact that on a couple of occasions, they were able to get the ball into their forward line and find players who had run into the open and counterpunch with two goals against the wind.

At 3-quarter time we were up against it, kicking against the wind and 10 points in arrears. However, the upside was that we had not played at our potential and the boys were challenged that, if they wanted to win this match, they needed to show greater endeavour and teamwork. To the boys' credit... they responded. We managed to win more of the ball at the contest and out of the middle. We were suddenly able to find our outside runners in Adam Saddick, Samuel Lean-Fore and Charlie Andrews whose ball carry and long kicking meant we were able to get quick forward entries, where, with space to work in our forwards were able to expose the opposition defence. In doing so we managed to kick 3 goals to move ahead on the scoreboard. However equally as impressive and important were the defensive efforts in our backline, in particular Riley Lam who, in a two on one contest on the last line of defence, showed fantastic determination to rush a behind from what looked to be a certain goal.

Overall, our 6-point victory was a tenacious, come from behind win that the boys should be very proud of. In addition to those I have already mentioned, I would also like to call out Cory Mardling who not only rucked for most of the day but also competed admirably around the ground and Campbell Gason who, in defence, intercepted many of the opposition's forward movements.

Finally, I would like to extend my gratitude to a few people. Over the past 2 weeks I have been under Covid Protocols as a close contact and, to be safe, decided not attend training or our Round 5 match against Manly (which we won). My sincere thanks to Maryanne Lean-Fore, Nathan Raymond and Jackie Mardling for stepping in to manage and coach the team, acknowledging that Jackie took on the Team Manager role in addition to her ongoing commitments with the U14s. I would also like to thank Mark Lean-Fore and especially Daniel Benson who gave up their own time to take the two Tuesday evening training sessions that were scheduled during my absence, preparing the team for the game ahead. I know the boys got a lot out of these sessions and I think it is great that they got to hear from different coaches with a different perspectives and drills, this can only improve their overall ability.

¼ by ¼: Q1 0.0 v 0.4, Q2 1.3 v 2.1, Q3 1.5 v 2.1, Q4 3.1 v 0.3, FINAL 5.9-39 v 4.9-33.

Goals: Charlie Andrews, Darcy Gason, Tom Cooper, Samuel Lean-Fore and Adam Saddick

Best: Charlie Andrews, Cory Madling, Samuel Lean-Fore, Adam Saddick, Campbell Gason, Riley Lam

Report by: Peter Gason (coach)

Westbrook u12-3 (4.3-27) vs Lane Cove Cats (11.10-76) -Blackman Park

Westbrook u13-2 (9.6-60) vs Manly Bombers (0) - Mike Kenny Oval

Firstly congratulations to Chase James. Chase played his 50th game for Westbrook on Sunday. Chase is a big part of this team's success. Whatever he is asked to do he delivers and always competes! His fitness and skill development, especially over head, has really come along over the passed 12 months. He never misses training and the reason he his a member of our leadership group voted on by his teammates. Well done mate!

Newly promoted Manly from Division 3 up to Division 2 would provide a new test. Manly has been winning most of their games invoking the mercy rule or near to it.

Through the week we had met with the parents and players to ask about their progress, where they would like to play and where their best positions within the team. Just to give the coaches a better mind set of the boys and to enable us to play the boys in the preferred position should we get the chance. Thanks to as we got a lot of value and constructive discussions as to players roles within this team.

In the end it was a comprehensive victory. It was a muddled affair with a lot of players around the ball and with the ground conditions not conducive to our running game I found we played Manly's congested style of game for most of it. We did at times move the ball really well. It was great to see Caleb back playing his best game for the season contributing heavily linking up many plays with fantastic handballs, kick a goal and going hard around the contest. Lachie continued his great form being in the thick of everything and kicking a goal of his own. Callum as he dose every week competing hard around the contest, kicking 3 goals and setting up a couple more was his best game this year. Forwards better watch out. Felix went forward for a couple of quarters and finished with 3 goals of his

own. Mercy rule implemented at 3 quarter time. With many people being played out of position for most of the game it was an easy kill. Balanced effort and not allowing a score!

One aspect I would like to see improvement is with the players who want to play in alternate areas. When given the chance do everything in your power to consolidate! Make the play! Don't wait for thing to happen! Give us a reason to keep you there!

Best: Callum, Lachie, Kael, Caleb, Harrison, Dilshaan, Felix

Goals: Callum 3, Felix 3, Hayden 1, Jake 1, Caleb 1, Harrison 1, Kael 1, Lachie 1.

Report by: Simon (coach)

Round 7: Westbrook u13 (5.5-35) vs Cronulla (6.8-44)

This was another big test going up against Cronulla who were undefeated and had come back down from Division 1 where they played last year. We started off a little over whelmed by the size of some of their boys and showed on the fold with most avoiding going for the hard ball. Being second to the ball and giving them space to use their skills we found ourselves down by 26 points at half time.

This would not last long to our credit we finally found our mojo starting with Dilshaan in the middle, we're able to kick the next 3 goals thanks to Gabe who would end up with 3 for the game and Kristian chiming in with one we found ourselves down by 9 points going into the last. We kicked the first and then had the ball locked in our forward line for most of the quarter. We had numerous chances to take the lead by just couldn't consolidate. Max having his best game for the team battled hard to get us over the line. They were able to transition the ball late and deliver the final blow just before the siren to hold the 3 quarter time advantage of 9 points. Gutsy come from behind effort, with our fitness being a standout reason why we were able to get back into the game.

To put things into perspective. Cronulla was promoted back to Division 1 last week. Played Maroubra Saints who were in 3rd place and only went down by 4 goals.

Best: Alex Bayliss, Lachie, Callum, Gabe, Dilshaan, Alex E, Max T.

Goals: Gabe 3, Max 1, Kristian 1.

Round 6: Westbrook u13 (7.10-52) v Penshurst Panthers (2.2-14)

Up against a side we had never matched up against. This was a well balanced right across the board. Backs were stoic keeping a very tall and at times hard hitting side to just 2 goals for the game. While the forwards all contributed. Both Alex Bayliss and Aiden had their best games for the team. Everyone played their role.

Best: Felix, Alex B, Alex E, Lachie, Aiden, James.

Goals: Isaac 3, Kristian 2, Harrison 1, Kael 1.

Westbrook u14 (12.10-82) vs Canada Bay (3.1-19) - Mike Kenny

Oval

Before we get into the report a couple of shout-outs. Firstly thank you to Dilshan who played up from the 13s, played a great physical role for us forward and on the wing. Secondly, thank you to Ryan, Cory and Charlie from the 12s who stepped in to help the opposition with numbers. They all showed some real class and courage against the bigger bodies and managed to give their older brothers a bit of a football lesson or two. Finally a massive thankyou to Zac who has played quite a few games for us this year already, stepping down from the 15s. Not sure we will see him again this season due to restricted player lists, but he is a true footballer. Consistently shows courage to get his over the footy, shows speed to break away from the contest and is really smart with the ball in hand. Alright onto the report.....

Having not played Canada Bay before we didn't know what to expect, but any thoughts of an easy game went out the window in the first 30 seconds with Canada Bay winning the first clearance and going forward to score the first goal of the match. With a few players either out, or playing on one leg with injuries, and our Runner on Holidays in Port Macquarie, it took a while for the boys to settle into the game. Eventually the work rate of our mids and their ability to talk and split their roles between attack and defence meant we got on top and finished the quarter ahead.

The remainder of the game saw our boys maintain control despite playing well below their best. We were able to get away with things today that won't happen against the better teams and we need to get back to that level if we are going to continue to grow as a team like we have in the last few weeks. There was too much "highlight reel" footy today and not enough making decisions that result in team success. We also reverted back to crowding the contest and being found stationary around the ball resulting in blind kicks and wasted possession.

Pleasingly we are still seeing our new players continue to progress. Oscar and Ziad both spent some time in the middle today and played some really good football, with Ziad scoring his first ever goal! Isaak continues to go from strength to strength and continues to show blistering pace and great endurance. Arthur was an absolute champion, playing crook and stopping us from being down a man. Liam is starting to show some real strength as a defender, reading the play better than his opposition, Aaron was unlucky not to get rewarded with a goal, from multiple efforts to get first hands on the footy and Tom showed absolute guts copping a heavy late hit and bouncing straight back up to go at it again.

We got away with the win today and showed snippets of team first football, Aaron and Noah assisting other players in the forward line, Tyler bringing the ball to ground in the air, Hudson tacking the tackle to give his team first use.

With some focussed work at training I'm sure we will get back to the right style of football next week.

¼ by ¼: Q1 3.3 v 1.1, Q2 3.2 v 2.0, Q3 2.3 v 0.0, Q4 4.2 v 0.0 FINAL 12.10 (82) v 3.1 (19)

Goals: Hudson (3), Noah (3), Ryan (3), Ziad (1), Isaac (1), Zac (1)

Best: Henry, Noah, Isaak, Ryan, Hudson, Tyler, Ziad

Report by: Sam Dinsmore (Runner)

Westbrook / Hornsby (5.9-39) u15 vs Cronulla (3.6-24) - Mike Kenny Oval

It was a day for footy- sunny with a slight breeze and a lunch time game for the boys. They knew they were in for a tough match after the last time we met in Shark territory we scraped in with a two point win. We were three team members down so had some help from the 14's.

Q1 - Lots of errant kicks and a hotly contested footy after several inside 50's for us with no score, Cronulla scored the first points of the game with a minor, not long after scoring the first goal of the match. Our boys, although trying hard were making mistakes and couldn't seem to pick up the ball off the ground. At one point Phil yelled "It's not soccer!"

When asked what was notable about quarter one, the comment from the crowd was 'Phil's blood pressure'... Quarter time score Westbrook 5- Cronulla 6

Q2 - Whatever Phil said to the boys at quarter time worked, with us kicking the first goal of the match early in the quarter with a dribble kick from the boundary line going through for another major. A bit of luck on our side. Westbrook 18- Cronulla 8

Q3 - Great start to the quarter with quick movement of the ball resulting in a mark inside 50 and a goal to us. Boys were tireless in defence rushing through a couple of kicks on goal for minor scores. Our fitness was tested with boys running the ball out of the backline and down the wing. Some excellent passages of play in this quarter. Westbrook 38 – Cronulla 11

Q4 - A real team effort resulted in a win for the mighty Bulldogs. No individual names mentioned here, as it was a hard fought team win with everyone contributing. Best and fairest would have been a tough job today. FINAL SCORE Westbrook 5-9-39 Cronulla 3-6-24

Goals: Sam 1, Eamon 1, Lachlan 1, Akira 1, Zac 1

Westbrook / Hornsby u17/1 - Bye

Bye

North West Lighting YG u10 - BYE

Bye

North West Lightning YG12 Red (3.2-20) vs St Ives Saints Blue (7.10-52) – St Ives Village Green

The NWL YGU12 Red squad met the St Ives Saints under sunny skies on Sunday at the St Ives Village Green. The conditions were great for footy- still a bit muddy under foot but the field had dried up since the exhibition match against the Saints in week one. The Reds had a few injury/illness concerns heading into the match so had their roster bolstered by some eager and willing Blues. Thanks to Olivia, Annabel, Evie, Lyla, and Brownie. They were backing up after a hard slog up in Curl Curl vs the Manly Bombers earlier in the morning.

Coach Eammon was on hand to lead the girls through the warm-up drills. We had a special guest runner today with Coach Daniel on hand to help. The girls clearly have a keen sense of camaraderie. They enjoy their time together at training and on game day. They are becoming a very cohesive team and it shows on the field through the support and encouragement they give each other. The coaches, managers and parents could not ask for more effort from the girls once they get on the field.

The Saints got off to a quick start which put the Lightning on the back foot early. They showed great resilience and hard work to stay in the game and steady the ship. Arlia, who was one of the best on the ground was always in the contest and worked hard all match. Other defensive standouts were Alyssa, Holly and Shiori. Agnes is showing significant improvement in the ruck. Ava, captain on the day, showed great urgency around the ball all game before limping off late in the game. Olivia, Brownie, and Kate were solid through the midfield transitioning the ball from defence to the front.

As with other matches this year the team shows great improvement and focus late in the game to stem the opponent's offense. They let in a couple of late goals this week but were competitive across the pitch for most of the game. There is much to work on, but the girls can be proud of their effort and improvement across the field.

The Lightning Red team have a home game (Rofe Park) vs the Balgowlah Suns (Blue) on Sunday

North West Lightning YG U12 Blue (5.1-31) vs Manly Bombers (7/10-52) – Weldon Oval

From the furthest reaches of the North West they came, from Kellyville, Maroota, Berowra, Wahroonga and, yes, Cherrybrook. And they all had one thing in common on this Sunday morning. They were all at Manly and it was eight o'clock on a Sunday morning. On straight enthusiasm you could not fault the YG12 Blues who had journeyed across the city for this Round 8 matchup against the Bombers.

And yes, it was true that the Bombers' reputation had loomed over the competition for a few weeks. But in the half-



shadow, half-sun of a chilly Weldon Oval, we were there to show them what we were capable of too.

It was goal-for-goal in the first quarter as the Lightning showed they could confidently match it with the Bombers. The message was clear - Manly would have to fight for every point and every goal. The second term too - quick and determined defence limited the scoring shots, and put the Bombers under real pressure. Emily B and Alyssa H showed real strength with some seriously committed tackling.

In the third term Coach Daniel put the Blues to the challenge. Mixing up the field put players into roles where they're often not seen. Challenging? Definitely. Tough? Sure. but experience counts - and the lessons learned will burnish skills as we head into the second half of the season.



The fourth quarter showed just how evenly matched these two teams were, with the unbowed Lightning plugging away with confident scoring and plenty of pressure right up to the final siren. And when it rang out, the scoreboard showed it was

the Bombers' day - and congratulations to them on a great effort. But those who came and played and watched know that the Lightning are every bit as determined and capable - and having seen the Bombers in action, we're filing away our lessons learned for Round 15

Quarter by Quarter:

Q1: 2.0.12 | 2.2.14

Q2: 3.1.19 | 4.5.29

Q3: 3.1.19 | 6.8.44

Q4: 5.1.31 | 7.10.52

Report by: Shane McLeod

Goals: Emily B (2), Annabel (1), Madison (1), Olivia (1)



North West Lightning YG14/1 (4.2-26) vs East Sydney (8.5-53) – Trumper Oval

North West Lightning YG16 Div3 (7.11-53) vs Newtown Swans (3.1-19) – Mike Kenny Oval

It was good to be back to watch this Lightning team perform after a couple weeks away. Many thanks to the Newbury's for helping out! The Swans for looking for helpers too as they were down on players, and we even needed a last minute volunteer umpire before the game got underway.

1st Quarter – With the teams and umpire all ready the game began under a lovely winter sun. The Lightning girls getting on top early and pressuring the Swans defence. An early goal to Halle gave

them the lead but multiple missed chances gave the Swans hope. They surged forward and a clever hand pass from Erin found Trinity in space and she kicked her first goal (playing for the opposition). Both sides celebrating! The Lightning led by a slim 4 point at the first break.

2nd Quarter – The Lightning came out firing again with the wind at their backs. The Swans repelled many attacks before Nikki picked up the ball, ran around into space and kicked a beautiful goal. More high pressure footy in the goal square saw Rachel kick a goal from right in front. Lightning defence held strong and kept the Swans scoreless going into the main break. Lightning led by 19.

3rd Quarter – The Swans came out rejuvenated after the break and as legs tired scoring became much harder. Ari got on the score sheet early on after some clever work in the forward line. A handful of behinds before the Swans fought back through a great goal to Halle (playing for the opposition) gave them hope going into the final quarter. Lightning led by 22.

4th Quarter – Monique was forced off in the 3rd after a heavy tackle but thankfully it wasn't too serious and she took to the field in the final quarter. The Lightning wanted to make up for a quiet quarter and they came out with extra energy. Nikki did what she does best and muscled the ball clear and found space to kick her second. Then Ari showed her skills with an outside of the boot kick that curled in from a tight angle and the score was looking good. Until the Swans bounced back with a rebound play that moved the ball swiftly into the forward line and finished with a fantastic goal.

Not to be outdone, the Lightning regathered their composure and worked the ball to Rachel who closed out the game with a sensational kick from distance. Thank you to all those who played (and scored goals) for the opposition. Great sportsmanship. A strong game that will build confidence going into a bye and long weekend break. Looking forward to seeing what these girls can accomplish in the back half of the season. Go Lightning ⚡

Goals: Rachel – 2, Ari – 2, Nikki – 2, Halle – 1

Report By: Jared Quick

North West Lightning YG16/1 (6.9-45) vs St Ives Saints (6.2-38) – Greenway Park

North West Lightning YG18 (0) vs Willoughby/Mosman (5.8-38) – Gore Hill 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 premierships 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*