



ROUND 14

Sunday 31 July 2022

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Presidents Report

Round 14 had many teams back at the kennel for home games. Our u12-2s and u17s had great wins to keep them in finals positions and our 13s and 14s maintained their finals positions. Big shoutout to our u17s who beat the ladder leading MacArthur Magpies in a great come from behind victory.

Read on below for more details on each of this weeks games.

Congratulations to current North West Lightning YG18 player, Olivia Morris who was last week named the AFL Sydney Women's Rising Star nominee for Round 15. Liv as she is known to her team mates has been playing in both the YG18s competitions and the women's premier division competition. For more details on the nomination read on here

<https://sydneyafl.com.au/2022/07/28/afl-sydney-womens-rising-star-round-fifteen-nominee/>

It's hard to believe that we have only 2 rounds remaining but we do remain on track for our first finals series since 2019. The majority of our teams are in contention to play Findlay's which is a great achievement. With Westbrook hosting in week 1, we will be able to share the schedule of games in next weeks newsletter.

The committee met earlier in the week to start planning end of season awards, yearbook and presentation day. Once confirmed these dates will be communicated via team managers, newsletter and social media.

Good luck with teams in round 15 games.

Round 15 – 7 Aug 2022

Round 16	14 August 2022
Semi Finals	21 August 2022
Prelim Finals	28 August 2022
Grand Finals	4 September 2022

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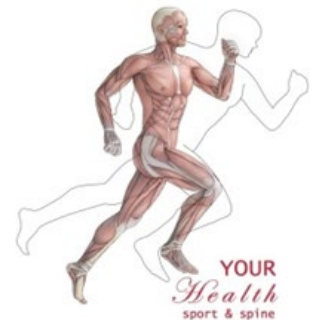
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MATCH REPORTS

ROUND 14 | Sunday 31 July 2022

Westbrook u8 Reds vs Westbrook u8 Whites – Mike Kenny Oval

The U8 Reds and Whites were back playing each other this week in a fast and flowing match.

Mitchell and Ed Joyce were stars for the Whites from the very first whistle, putting their heads over the ball and charging forward at every chance.

Brody struck the scoreboard early, followed by Jed at the other end. The footy was bouncing from end to end quite quickly and by quarter time every player was getting their hands on it.

In the second quarter it was Mark and EJ adding to the Reds highlights reel up forward, peppering the goals in tandem. Meanwhile Lachlan and James were spotting excellent passing options for the Whites.

The goals kept coming and when Jed landed a chest mark at centre half forward, another major was on the cards. Except Quinn had better ideas: he manned the mark with gusto and got a hand on the kick, then pounced on the loose ball.

The third quarter saw Flynn dancing around multiple defenders and kicking more goals. Ed Howells was bulldozing through every obstacle, and Cruz showed great composure with his some reliable hand passes under pressure.

Both teams were leading and marking with confidence, and avoiding the long bombs forward. The list of goal kickers was too long to to keep track of. Even some head knocks and squashed fingers couldn't dampen the mood.

It was another terrific game for both teams, with plenty of skills on show.

Coaches: Steve Toohey (Reds) , Paul Keating (Whites)

Report by Steve Toohey

Westbrook u9 Blue vs Hornsby/Berowra – Mike Kenny Oval

Westbrook u10 vs Hornsby/Berowra – Mike Kenny Oval

Finally!

Our team of pups began their competitive football journey at the commencement of 2021 against Hornsby-Berowra. It was quite the initiation as they were comprehensively outplayed by a much better team on the day. Since that time the boys, both individually and as a team, have grown and improved with each training session and match. After almost two full seasons they were able to demonstrate that improvement by not only matching, but outplaying the team that had up until now always had their measure.

The foundation of this improvement would have to be the contested play of the boys. During the match they were committed to winning possession and even when unsuccessful ensured they were very few easy wins for Hornsby-Berowra.

The boys were also dogged in defence, even when Hornsby-Berowra were able to break out into space there was a strong will to chase, close down space and force a turnover.

An example of this would be Hudson, despite being in a 1-on-3 in our defensive area, scrambling and forcing an error resulting in a stoppage. In another instance Evan chased down hard as an opponent was looking to clear the ball out of defence, and after several ensuing contests he was rewarded with a goal.

We have already seen significant improvement this year in the ability of the boys to move the ball, looking for targets and hitting them. This provided the finishing touch to the good work done in defence and the contest. An instance of this was Andrew gathering a ground ball from a centre ruck contest, then hand balling on to Billy who was able to clear it into our forward zone. Similarly Max and Thomas cleared the ruck with successive handballs to Jake who was able to send the ball into attack.

But even improvement in the fundamentals of kicking came to the fore, as Will, who has improved markedly over the last few months, was able to kick a set shot goal in the opening quarter.

In the aftermath it was quite evident that the boys enjoyed the game immensely and gained great satisfaction from such a competitive performance – and so the song was belted out with quite some gusto!

Goals: Evan (2), Billy (2), Andrew (1), Jake (1), Max (1), Will (1)

Report by: Jason Welch, Team Manager.

Westbrook u11 – Win by forfeit

Westbrook u12-2 (6.10-46) vs Balgowlah Suns (5.4-29)

Round 14 saw an interesting nuance to our 2022 draw where the Westbrook U12 Div 2 team played Balgowlah Suns for the second week in a row. The good news is that, whilst we went down narrowly in last week's away game, we only had to wait 7 days before we had the opportunity to reverse this result, and this time it was on our home deck in dryer conditions more suitable to our game plan. This was an important game for us as, heading into Round 14 we needed to win 2 of the remaining 3 games to secure a spot in the finals.

Knowing that Balgowlah favour a long kicking and marking game style, our key focus for the game was:

1. Get 1st hands on the ball and be strong in the contest. Especially at the centre bounces to ensure we are able to get the ball into our forward line and go on the offensive first.
2. Restrict their game style by:
 - a. competing in the air at all times and not let Balgowlah get any easy marks; whilst
 - b. applying pressure on the ball carrier to affect inaccurate disposals

Our strategy was to always force the contest where we were confident our superior “1st hands on the ball” mentality would prevail.

The game started off in a very even fashion with only 1 point separating the teams to quarter time. However, I felt that we were on top in the general play, being harder at the contest both with our tackling and when the ball was in dispute. Along with Leonard in the ruck, our in-and-under mids in Ryan and Darcy were working hard to get the ball out to our running players in Samuel and Charlie. Meanwhile, Cory admirably restricted the influence of their most dangerous goalkicker in this term, whilst on our side Hayden was able to reward the team’s hard work with two valuable goals.

From then on, our physically over the ball, pressure and running game began to prevail. Cory moved into the ruck in the second quarter and continued to be a major influencer on the game, both at ball-ups and around the ground. Meanwhile Hayden, who was asked to take over Cory’s run-with role, Campbell, Riley, Jake and Ben continued to hold our defence solid, restricting Balgowlah to only 1 point while we added another 2 goals through Samuel, who was resting up forward, and Marcus to increase our lead to 15 points at the main break.

We knew, however that Balgowlah were not going to give up as they too were playing to secure a finals berth. The previous week they had come from behind to secure a narrow win, so we spoke at half time about needing to continue the same effort from the first half, maintain the pressure and not let them back into the game. And I am thrilled to report that we did just that. Whilst they narrowed the gap slightly to 11 points by three-quarter time, our continued intensity and desire restricted them to just 1 further point in the last while Luke put the game out of their reach with a 4th quarter goal.

Whilst there were many, I would like to highlight two examples of the intensity our players brought to the game consistent with the pre-game tactics we spoke about:

when Adam had a fee kicked paid against him at half back, the opposition player thought he could play on and run around him. Adam laid a desperate tackle to secure a holding the ball decision and reverse the momentum of play.

As Balgowlah looked to move the ball around the half forward flank, Josh bravely left his opponent to spoil what would have been a simple Balgowlah mark to a free opponent. Instead, his effort forced the ball over the boundary line where we were able to clear in the subsequent play.

Overall, the boys played a fantastic 4-quarter game and we were victorious in what was a physical and challenging encounter. I was also extremely proud of how our boys held their head and focus on fairly playing the ball for the entire day and were not drawn into the chatter from the opposition. This was an excellent dress rehearsal for what finals football will be like in a couple of weeks! However, our job is not yet done, we have 1 win to go to secure a finals berth and are looking forward to our game against Pennant Hills, another finals contender, next week.

¼ by ¼: Q1 2.3 v 2.2, Q2 2.3 v 0.1, Q3 1.4 v 2.1, Q4 1.1 v 0.1, FINAL 6.10-46 v 4.5-29.

Goals: Hayden Greenwood 2, Samuel Lean-Fore 2, Marcus Jayashekar, Luke Kay

Best: A fantastic team effort with every single player contributing to the result

Report by: Peter Gason (coach)

Westbrook u12-3 (1.11-17) vs Willoughby (6.5-41) – Mike Kenny Oval

Westbrook u13-2 (3.9-27) vs Canada Bay (0.2-2) – Mike Kenny Oval

Westbrook u14 (11.16-82) vs Canada Bay (4.3-27) – Mike Kenny Oval

Knowing that Canada Bay were going to come ready to play, we took the field at home needing the win to hopefully consolidate our chances of playing finals this year.

In the first half the boys delivered in spades, with some of the best football we have seen them play as a team. The run, the talk and the commitment to the contest right across the park was to the level we have been hoping for and working toward all year. With a decent lead in hand at half time, some of the pieces of the chessboard were moved to try a few things heading into finals. The levels dropped and we got sucked into playing Canada Bays game. But the effort was there and the leveling out of the scoreboard was more a reflection of the coach moving the chess pieces, and not the effort the boys were putting into the game.

Across the day though it was brilliant to see some players repeatedly stand up. Max, who I still can't confirm if he had scored a goal before today (he has been playing since U9s), but whatever his tally was before today, he scored three goals in the first quarter. Not sure if it was the buzz of kicking three goals early, but when back in the middle his attack on the footy and his clean hands below the knees were the best we have seen all year. He will most definitely be getting more time down forward. Boston, was another player who played his best game of the year. His attack at the ball, be it forward or on the wing, and his repeat efforts at the contest were back to the Boston of old and he had plenty of the ball as a result.

Liam was also a rock in defence. He is such a smart player and can really impact the game with good use of the footy. We also saw Tyler who is so good down back, that even after he had kicked a goal at Centre Half Forward, I had to shift him back to defence to stabilise the game. We also had Elliot back from a long injury layoff who fitted in seamlessly and reminded us all of how good he can be, pretty much anywhere on the ground. Then there was Ryan who ran himself off his feet, and played as a "sweeper" in the middle and won many a clearance, finally there was Noah who was again instrumental, hitting the scoreboard himself or by setting up team mates in a better position to hit the scoreboard.

It was a strong win and while we showed flashes of the footy we need to play to continue to push the stronger teams, from the first bounce next week we need to deliver on that style of footy for four quarters. The chess pieces will be kept more consistent, but we will need every player to play their role and play relentless, accountable footy if we are to again get away with the win.

¼ by ¼: Q1 5.0 v 1.0, Q2 4.7 v 0.0, Q3 2.1 v 2.3, Q4 0.8 v 1.0 FINAL 11.16 (82) v 4.3 (27)

Goals: Noah (4), Max (3), Henry, Isaac, Tyler, Isaak

Best: Henry, Noah, Max, Ryan, Isaac, Tyler

Report by: Sam Dinsmore (Coach)

Westbrook / Hornsby u15-2 (7.8-50) v Macarthur Magpies (5.7-37) – Greenway Park Carnes Hill

After another week off due to the bye we made our way to Greenway Park to take on the Magpies. The challenge this week was to bring the effort and intensity displayed in our last game against Miranda. With a 5pm start conditions were tricky with the sun going down and average lighting.

In the first quarter the boys were winning in general play but not getting adequately rewarded for all their hard work. Cooper and Lukas provided good options in the forward 50 and both manage a goal. Our onball brigade of Eamon, Lauchie, Matt and Mauro were working hard for each other and winning the majority of clearances. The second quarter was more of the same however we started to hit the scoreboard. Cooper kicked another nice goal on the run from 50 while Zac enjoyed a run forward with an accurate snap. Lukas also nailed a set shot from deep in the pocket to give us a handy lead at half time. Kian had a dominant first half winning plenty of ball on his wing.

The second half was used to take some the boys out of their comfort zone by giving them a run in positions they don't normally play. Lauchie has a run on the wing where he got plenty of the ball. Nic and Rohan played wing and half forward with Nic kicking a goal. Hunter kicked a straight set shot from 40. Cameron was given a job on one of the oppositions dangerous forwards and after conceding an early goal shut him down for the remainder of the game. He was well supported down back by Sam C, Akira, Jake, Hayden and Fin.

Another solid game by the boys. Hoping to see everyone at training this week as we prepare to take on the Hounds again at home.

Goals: Cooper 2, Lukas 2, Zac 1, Nic 1, Hunter 1

Report by Phil Irwin, Coach.

Westbrook / Hornsby u17-1 (7.4-46) vs Macarthur (6.2-38) – Mike Kenny Oval

A top of the table clash, 1 v 3 and the magpies had never been defeated by the Dogs since their introduction in the Div 1 comp. An academy centric super team, put together to push Sydney's finest and that they have, going from bottom of the table in 2021 to the top and The Dogs have been their bunny.

One hurdle of the draw: We face the top side 3 teams this season,

Game 1: The magpies embarrassed the dog with a mercy,

Game 2: Dogs dropped their head in the second quarter but stuck it to them for a 2 goal loss but a confidence building performance and the confidence grew as the show down approached. Because of a game dropped against the other magpies, this game was the game we needed to put us in a near unassailable finals position, but wasn't being put down as a win in the ladder predictor.

Game 3: The first quarter The DogEagles and magpies flew out of their Avery's and The talons were a bit sharper than the swooping beaks of the magpies with a solid 13 point to 6 point victory for the first game of the day. With the first sell from both teams minds, the Magpies hit back in the second with a 2 goal to 1 to shorten the lead of the Dogs to a single behind. The premiership quarter and down came the hammer of the Maggies, showing why they are top of the table, with pressure that made he Dogs look like 2 day old puppies, Westbrook couldn't hit the side of a barn from 2 meters away with a footy. A yellow card to both teams left more of a hole

for the Dogs than the Maggies and at the end of the 3rd, The Maggies had wrestled back the lead by a goal, out shooting the home team 2.2 to 1.1. From the first quarter of the 6 game of the season The DogEagles had stopped looking to the results of the day and focussed in on playing what was in front of them at that's what they did in the last, The Maggies and their supporters frustration was showing its ugly head due to the relentless pressure the Dogs were bearing down resulting in a red card halfway through the last, the dogs defence was impenetrable except for a lucky free and as the Dogs took the lead with a 2 goal 2 last to 1 major a free kick to Silk on the 50 looked like a "your dreaming" moment. As Silk shaped for a Torp from 50 due to 5 sec to go and a 2 point lead he let rip just as the ump paid him a 50. The players stopped and looked up, the ball bounced at the 30 meters, then the 10 and as the Maggies players blew up at the ump the ball dribbled over the line for the final coat of lacquer on the coffin, and to top it of the red card made it second appearance for the day.

WOW!!

What a win boys, a come from behind disciplined display of never give up.

¼ by ¼: 2.1 - 1.0 1.0 – 2.0 1.1 – 2.2 3.2 – 1.0

Goals: Silk 2, Merk, Cam M, Big Boy Corey, Captain Jack, The Lad Zander all with 1
Undisciplined Player of the game with a yellow: Stix "I should know better" Hardman

Report by: Jeff Coach



North West Lightning YG u10 vs Willoughby / Mosman / Lane Cove

North West Lightning YG12 Blue vs St Ives – Acron Oval

You know how the umpires do a fingernails check before each match?

This might be one of those games where we need to do the check afterwards - not for the players, but for the family and fans on the sidelines - to see if anyone still has some. Talk about a down-to-the-wire finish... the Lightning Blues were unlucky to get pipped in this one – it was a real tussle right down to the final siren. St Ives were a little short in number and benefitted from gaining a few Bolts along the way - thanks to everyone who pitched in for a quarter: Audrey and Harper, Ayesha and Asha, Madi and Savannah, and Evie and Khiara. It's always a bit of a challenge switching sides and knowing how hard to play. We really appreciate that you did and tried your absolute best - you should be very proud of what you did to keep this a competitive and fun game to play.



The Lightning struck early as they often do. Some quick scoring shots in the first quarter, and keeping St Ives bottled up in the second meant things seemed to be going our way. But then the Saints showed why they've developed a reputation for being effective closers. Having come off the only tie of the season with Forest last week, they were very practical and businesslike in making the most of the resources at their disposal to bring the scores back to near level pegging.

From there it quickly became a seesawing affair. Formidable, relentless defence stopped the gap growing larger. Special mention to Khiara, and to Georgia - whose persistent presence up close & personal with the St Ives forwards was a highlight. Gutsy efforts from Olivia, Aliyah, Madi, Browney and Savannah kept the Blues in the game.

It looked like the Lightning might just keep hold of this one - but then St Ives managed to snap one through with just a few minutes to go. Despite the Bolts turning the dial up to 11, we just weren't able to get back in front.

Having been up and down along the way, it was a tough one to have slip through our fingers. But as Coach Daniel remarked at the end - it's one game of footy in a season where we've all developed so much. We'll take our lessons from today and remember how we can push ourselves even a little bit more next time. Congrats to St Ives on the win.



Quarter by Quarter:

Q1: St Ives 0.0.0 v Lightning 2.5.17

Q2: St Ives 0.5.5 v Lightning 2.7.19

Q3: St Ives 2.5.17 v Lightning 2.8.20

Q4: St Ives 4.6.30 v Lightning 3.9.27

Goals: Savannah 2, Aliyah 1, Madi 1

Report by: Shane McLeod



North West Lightning YG14 (2.0-12) vs St Ives (4.8-32) – Acron Oval

North West Lightning YG16-3 (1.2-8) vs East Sydney (5.7-37) – Mike Kenny Oval

Summary of Game

It was a chilly early morning game for the Lightning against the Bulldogs at Mike Kenny Oval. Last time these two teams met it was a tough contest with the Lightning coming out on top. With finals just around the corner, both teams were looking to make a statement.

1st Quarter

Right from the first ball up, the Bulldogs looked hungrier for the ball. Their midfield was up on their toes, agile and fast. Immediately our defence, which has been strong all year, was going to get tested. An early shot at goal was rushed behind, still the Bulldogs attacked and quickly made amends with a goal.

Sienna worked hard in defence and laid a strong tackle, earning a free kick. Unable to make the most of it, the Bulldogs pushed forward. They grabbed another behind and goal to really put the

Lightning under pressure.

The Lightning didn't give up, they found some rhythm and worked the ball forward. The Bulldogs defended strongly and caused a stoppage close to goal. The resultant ball up was tapped nicely by Lila and TC pounced, as she always does, guiding the kick through the big sticks for a Lightning goal. The Bulldogs took an 8-point lead into the first break.

2nd Quarter

The Lightning have come from behind a couple of times this year in great comeback games. Today they gave it everything in the second quarter but the Bulldogs always had an answer. Our defenders and midfielders worked hard to limit chances. Despite this the Bulldogs kicked 2 behinds and a goal, while keeping the Lightning scoreless. Desperately defending they were unable to find the players and space needed to counter-attack successfully, usually a trademark of the Lightning attacks. Down by 16 points at the main break, the girls looked exhausted and a little flat. This was unfamiliar territory for the league leaders.

3rd Quarter

The second half started much like the first, the Bulldog midfielders were zipping around, finding space and time to be damaging with the ball. Early pressure on our defence gave up a behind and another goal before a mini moment of brilliance gave some hope. Caitlin marked the ball after a quick clearance out of defence and kicked it towards Erin. Taking the ball in her stride she ran into the forward 50 and kicked a great kick over the head of the defender to Zoe. Turning and collecting ball, Zoe kicked, the ball flying towards goal before just hitting the post, very unlucky after a classic Lightning counter attack.

4th Quarter

Down by 22 points, the final quarter was more about finding chances to delight the crowd over winning the match. Trinity, Sienna and all the defenders did a stellar job limiting the Bulldogs score as much as they could. In the fourth, try as they might, the Bulldogs managed a goal and 2 more behinds. Nikki tackled strongly in the forward half, earning the ball and kicking a huge kick goal bound. Narrowly missing it seemed to sum up the Lightning charge today as they went down by 29 points.

With a bye next weekend, the Lightning can recharge and learn from the loss. They'll come back stronger, fitter and smarter, ready to take on the final few challenges. Let's go girls! I know you can do it!!!!

Go Lightning ⚡⚡⚡⚡⚡⚡⚡

Score: Northwest Lightning 1.2.8 vs East Sydney Bulldogs Red 5.7.37

Goals : Tara - 1

Report by Jared Quick

North West Lightning YG16-1 (0.1-1) vs East Sydney (9.7-61)

North West Lightning YG18 (1.1-7) vs Southern Power (5.5-35) – Heathcote 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