



ROUND 15

Sunday 7 August 2022

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Presidents Report

It's hard to believe that we're nearing the end of season 2022. With only one home; away round remaining, it'll be the last weekend for all our teams on the field. Our Auskick; U8s wrap up with a gala day at Pennant Hills and our 9s and 10s finish of their seasons as well, along with the YG10s. With the last round here, a few teams are in need of a win to confirm a place in the finals, we will summarise teams placings in our newsletter next week.

Finals

The week 1 schedule should be released Thursday/Friday so we know which games are where/when and the AFL team should notify clubs of the confirmed games Monday afternoon or Tuesday morning. As soon as these are received, we will share details with coaches and managers for team distribution.

It's a big week for Madison Booyesen, who this week is in Adelaide, South Australia competing for NSW in the School Sports Australia, Australian Football Championships (12yrs under). Good luck Maddy, we are very proud of your selection!

Kieran Jack Medal - AFL Sydney Juniors have confirmed they are hosting a competition presentation night on Monday 29 th August at the Epping Club. In Youth Competitions U13s and up for Boys and YG14s and up, umpires vote for best players on ground after each game. A Kieran Jack medal is awarded in each competition/division. Any of our players who are invited to this presentation will be notified next week.

Westbrook Presentation Day – Details to be communicated very soon.

Looking ahead to season 2023 and 2024, shortly after the season finishes AFL Sydney Juniors will announce some changes to competition structures for 2023 and 2024.

In short:

2023

- Youth Boys U13/14/15/17 and Youth Girls 14/16/18 will shift to a Sydney Wide Division 1 competition.
- For Division 2; 3 there will be no Sydney Harbour and Western Sydney split, however teams will still play in a geographic aligned competition. The makeup of which is dependent on the number of teams nominated in each division.
- Junior competitions - There are no planned changes to U9/10/11/12 mixed/boys completion or the Youth Girls 10/12s

2024

- Will see a realignment in the Girls age classifications:
- Junior Competitions – U9/11
- Youth Competitions – U13/15/17 (Sydney wide Div 1 and geographic Div 2; 3)
(+probable introduction of an u19s female competition in the AFL Sydney Seniors Competition)

There will be more to discuss once AFL SJ have made their announcements.

Good luck teams with round 16 games and thank you all for your help and cooperation week-in-week out this season, it is truly appreciated

grade	home team	away team	playing surface	game date	game time	Setup	Canteen
SH10	Westbrook Blue U10	Hornsby-Berowra	Mike Kenny Top Oval	14/08/2022	8:30AM	2 people 745-830	
SH09	Westbrook Blue U9	Hornsby-Berowra	Mike Kenny Top Oval	14/08/2022	8:30AM		2 people 745-830
SH U12YG North Division 2022	North West Lightning U12YG Red	Forest Lions U12YG	Mike Kenny Top Oval	14/08/2022	9:40AM		2 people 11-1130
SH U12 Division 3 North 2022	Westbrook Bulldogs Red U12-3	Pennant Hills Demons U12-3	Mike Kenny Top Oval	14/08/2022	9:40AM		2 people 830-940
SH U11 North Division 3 2022	Westbrook Bulldogs U11 Red Div 3	Pennant Hills Demons U11 Div 3	Mike Kenny Top Oval	14/08/2022	10:55AM		
SH U12YG North Division 2022	North West Lightning U12YG Blue	Balgowlah Suns U12YG Blue	Mike Kenny Top Oval	14/08/2022	10:55AM		2 people 940-1050
GS U17 Division 1 2022	Westbrook/Hornsby Berowra U17 Div 1	East Sydney Bulldogs	Mike Kenny Top Oval	14/08/2022	12:40PM	Pack-up	1 person 1130-1230

Round 16 – 14 Aug 2022

Semi Finals 21 August 2022

Prelim Finals 28 August 2022

Grand Finals 4 September 2022

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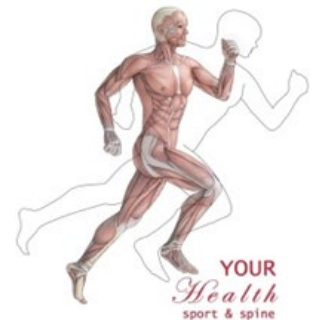
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MATCH REPORTS

ROUND 15 | Sunday 7 August 2022

Westbrook u8 Reds vs Hornsby Berowra – Rofe Park

Our U8 Reds were back at Rofe Park this week to wrap up our season.

The famous July mud was nowhere to be seen, and so were many of our team - a third of our boys were wiped out with illness reasons including coach Dave.

Against the odds we locked the ball up early, thanks to diligence from Mark and Ed down back. Ed's brother Hayden entered the field to even up the numbers and he was muscling his way into every contest.

The field was set larger than normal, so when Oliver chipped the footy forward, Cruz and Ethan had some acreage to play with. Some smart running from Ethan helped him snap a few early goals and we were much closer than expected at the quarter time break.

When play resumed Flynn and Oliver were not bothered by some close attention from the Eagles, both piling on more goals as the match opened up. Cruz was leaping into every ruck contest and he was loving every minute.

In the second half, Ethan was making an impact everywhere- it felt like we had more than one of him out there. And Mark was playing like a machine at centre half back, leading well from kick-ins and landing his reliable grabs. Ed played the last quarter in the middle with brother Hayden which turned out to be a dangerous combination, winning almost every clearance.

Amazingly by the end Oliver had 8 goals, Ethan had a bag too. All the boys were in a very good mood but puffed out from the larger playing field.

Thanks to all players for the positive spirit all season and also to all the families helping each week.

Coach/ Report: Steve Toohey

Westbrook u8 White vs Lane Cove – Mike Kenny Oval

A season full circle

The u8 whites finished how they started with a game against Lane Cove. In vastly different conditions to round 1 we enjoyed a mild morning with full sun and a fast flowing, goal fest of a game.

Lane cove started quickly and kicked a handful of goals and heads dropped but as has been the case all year the pups quickly wrestled back a few quick goals and the smiles were back.

The rest of the game was very even and all the pups were showing what they've learned and trained for all year. Handballing on the run, kicking out in front and running past opponents led to some great end to end team goals.

As it was the last round we made sure the Cats got to experience the "Eddie J" end of game ritual of a packet of Natural Co lollies! What a great season and we will finish it off with a fun gala day this weekend.

Go Pups!
Tim Wolnizer

Westbrook u8 Blue vs Lane Cove Cats – Mike Kenny Oval

Westbrook u9 Blue vs Pennant Hills – Ern Holmes Oval

It was a perfect morning for under 9's footy and this week we took on the Pennant Hills Demons at Ern Holmes. With a later game time (most welcome by the parents!) and perfect playing conditions, the boys were up for the challenge and the larger Demons squad meant we did not need to share players this round.

With 14 players each on the smaller field, we were bound to see some congestion. The team's focus was to get first hands on the ball at every opportunity, and from the opening ball up they did just that. Mitchell and Jonny were able to gather the ball and pass to Michael and Spencer who repeatedly used their speed to move into open space and drive the ball to our forwards. Some great marking in the forward line from Rhys, Ryan and Niki saw each kick a goal in the opening term. The Demon's defence was pushed to the limit, and to their credit, were able to stop another 5 attempts, keeping these to minor scores.

After a very quiet start to the game in our defensive zone, William, Patrick, Archie and Blake moved midfield for the second quarter and continue to apply pressure and attack. There was some great handballs and teamwork to push forward and accurate kicking from Archie and Blake found our forward targets. Michael and Tyler were ready to receive and worked well together to evade the Demons defenders and kick three goals between them. The Demons were eager to try and shut us down, and some good intercepts saw them make a break forward however our backs jumped into immediate action to shut down their play, with only a minor scored in the first half of the game.

The third started with the same intensity as the focus remained on playing the ball and first hands. Again, our midfield play shone through this time with Leo, Harvey, Isaac in the zone. With both teams starting to tire, the play became very congested at times but the boys continued to apply pressure and refused to concede. These efforts paid off, with the ball cleared forward to find Jonny and Blake kicking a goal each this quarter. The Demons too were not willing to concede and some good clearances saw them gather the ball and surge forward, with a goal to reward their efforts.

After such a fast and physical game, both teams really started to tire in the fourth. It was probably the most evenly contested and most congested quarter of the game with the ball moving from end to end, however neither team were able to score.

This was by far the best game we have played this season and it's so great to see the improvement from all players as the season has progressed. Our communication on field has improved, and the boys are learning to read the ball and game much better, coupled with solid skills makes for some great chains of play and exciting games to watch. Well done team!

Goals: Blake, Jonny, Michael (2), Niki, Rhys, Ryan, Tyler

Report: Daniel Greenwood (Coach)

Westbrook u10 vs North Ryde Dockers – ELS Park

Westbrook u11 (10.7-67) vs Pittwater Tigers (1.1-7) – North Narrabeen Sports high

A beautiful if not very early start greeted the dogs on the return trip out to North Narrabeen against the Tigers. After the previous weeks forfeit by the same side due to lack of numbers it was with great pleasure we were informed we were playing against 15. To say the track was light would have been an understatement as we played on the artificial surface and this allowed a free flowing fast moving style which suited the junior dogs perfectly. The Blue Dogs fielded a team of 16 with 1 reserve against the Tigers who fielded 17 with 2 reserves

Given the state of the ground, the concept of a quick hand ball out of congestion to an open running game was embraced and the blue Dogs hit score board in all quarters with multiple goal scorers. The first quarter resulted in an explosive start from the Dogs with 4 goals to none kicked and a commanding lead at quarter time. The second quarter saw a more even contest with the dogs only kicking 2 versus the Tigers with their only goal for the match. The third quarter saw the Dogs kick three more after some rearrangements in positions to take a handy lead into the fourth quarter. The final quarter really saw the result blow out with 5 more goals added and a commanding win obtained.

After taking a more match awareness and skills training sessions approach over the last few weeks we really saw some of the fruits of that labour come out today. It started with the work out of the middle (special mention to Flynn who ran out almost the entire game) and then the structure working and quick hand ball movement allowing us to get the ball moving forward quickly. When we didn't have the ball the tackling was solid and our desire to protect the ball and desire the ball was strong. Kicking accuracy was higher today and so was marking although this area could still improve. Areas to work on are marking especially in defence and playing in front of our opponent or at least attempting a spoil and also even though our quick handballs were better our ball use once we are out still needs improvement.

Overall though, strong game with one more to go before semi finals. Special mention to Jay Hickman for not only kicking his first official goal for the club but kicking 3 in total!!

Result: Westbrook Bulldogs 14.11.95 v Pittwater Tigers 1.1.7

Goals: Jax, Rohan, Aston, Sander, Jai, Jay, Hayden

Best on Ground: Rohan, Sander, Jack

Finger Bun Award: Jay

Report By: Manager Matt

Westbrook u12-2 (9.7-61) vs Pennant Hills (3.4-22) – Ern Holmes

The penultimate round of the Home & Away season saw the Westbrook U12 Div. 2 team front up to Ern Holmes oval for an away game against their old foe, Pennant Hills. Not only had Pennant Hills had the better of our encounters over the past few years, they were also positioned on top on the ladder leading into Round 15. Nevertheless, having shown strong improvement across the year, particularly over the past 3 weeks we went into the game quietly confident that we had the game style with which we could win with.

The pre-game address was focussed on ensuring we continued to execute the tactics we had focussed on all year, pitting our competitive, physical style against Penno's long kick, mark and run-on approach. I was confident that, if we were able to continually force the contest and thereby play the game on our terms, we could cause an upset.

The first quarter was an evenly matched affair with the ball moving between both teams forward lines. However, I felt that we were better set up across the ground, with Leonard getting on top in the ruck, our mids working hard at the centre bounces and around the ground and our whole team manning up effectively when they had the ball, thereby stifling their ball movement and continually forcing a contest. Whilst we went into quarter-time 7 points in arrears, from a general play perspective it was an encouraging start by our boys.

Through the 2nd and 3rd quarters, we broke the game open. Our ferocity in the contest began to prevail and, with strong tackling and intent around the ball, we forced the Pennant Hills players to rush their disposals and make errors. Cory, Campbell and Riley in particular were steadfast in defence, with Campbell & Cory attacking and winning the ball whenever it came their way, while Riley took countless marks to repel opposition scoring attempts and hold them to 1 solitary point across both periods. Meanwhile our forwards were successfully rewarding the teams hard work by kicking truly with Samuel and Mitchell adding a goal each in the 2nd, while Adam's dash was beginning to be too much for Pennant Hills to handle with him scoring both of our 3rd quarter goals.

Whilst we began the last quarter 17 points in front, we know Pennant Hills, with top spot and the minor premiership on the line, would not give up. As such, despite their ability to score 2 goals in the final term, our boys maintained the intensity and were able to respond with a match winning 5 goal effort, 2 more to Adam and singles to Tom, Ryan and Charlie. We eventually run out winners by 39 points and I can tell you that the team song was sung with an energy, enthusiasm and volume that I had yet to witness!

It was a truly sensational win by the Westbrook U12 Div. 2 boys against a quality opposition, and as a coach I could not be prouder of the each and every member of the team. Weeks of hard work, dedication and commitment to learn and improve at training, regardless of the weather, is really starting to pay off at the right end of the season. Not only did this win guarantee our place in the finals, it was also a great confidence boost to our boys, showing they can match it and indeed beat the best. We just need to continue to show the same endeavour, intensity, belief and most importantly teamwork and who knows how far we can go...

¼ by ¼: Q1 0.1 v 1.2, Q2 2.1 v 0.0, Q3 2.2 v 0.1, Q4 5.5 v 2.1, FINAL 9.7-61 v 3.4-22.

Goals: Adam Saddick 4, Charlie Andrews, Tom Cooper, Ryan Dinsmore, Mitchell Gryst, Samuel Lean-Fore

Best: An amazing team effort with every single player contributing to the result

Report by: Peter Gason (coach)

Westbrook u12-3 (3.2-20) vs Balgowlah Suns (7.8-50) - Balgowlah

Westbrook u13-2 (10.7-67) vs Forest Lions (1.1-7) – Lionel Watts

Westbrook u14 (2.3-15) vs Moore Park (6.16-52)

It has been said before and it will be said again, but AFL is a game of two halves. Our boys game against Moore Park on Sunday was almost two separate games. Going in at half time in the lead we were set to push the yet undefeated Moore Park all the way leading the game 14 to 13 but unfortunately, we couldn't maintain the effort and the second half scorecard read 0.1 vs 5.9.

The first half was characterised by the way we want to play. Being accountable, stepping-in and using our voice to be efficient at the contest. We were getting numbers to the ball and winning the one-on-one's. When Moore Park did go forward our backs were keeping up the pressure which meant that any attempts at goal were rushed and ineffective.

The second half we were simply out hunted. We allowed Moore Park to get their hands on the ball first and they

started to dominate the one-on-one contests. This meant we were overcommitting numbers to the ball which allowed Moore Park to use clean hands to clear the congestion and repeatedly push forward. The perceived pressure meant that when we did go forward, we were rushing the kicks and not giving an undermanned forward line a chance to compete.

At the end of the day, we simply didn't have enough winners in their positions to get away with a win. Henry Andrews played a big role for us on the day, keeping Moore Parks major goal scorer quiet while rebounding repeatedly from the half back line. Ryan toiled hard in the ruck all day and provided a marking option right across the ground. Isaak and Nicho used their pace to rack up plenty of possessions, with both also showing they are pretty handy in the air as well. While Isaac and Tyler worked hard in the middle and in the back line. Max showed courage coping a heavy knock in quarter 1 but playing out the game, despite being the worse for wear.

The loss, and an unlucky forfeit elsewhere in the draw, now means our finals start a week early. It is a simple equation for us. Win, we get to play finals with a strong chance of beating any team in the comp, lose and our season is done. With our opposition, Easts, being in the same situation it won't quite be Carlton vs Collingwood at the MCG, but it will make for an exciting end to the season no matter the outcome.

¼ by ¼: Q1 1.1 v 1.4, Q2 1.1 v 0.3, Q3 0.0 v 4.3, Q4 0.1 v 1.6 FINAL 2.3 (15) v 6.16 (52)

Goals: Noah, Isaac

Best: Ryan, Henry, Nicho, Isaak, Isaac, Noah

Report by: Sam Dinsmore (Coach)

Westbrook / Hornsby u15-2 (4.2-26) vs Glebe Greyhounds (6.7-43) – Greenway Park

After a week away we were back on our home deck to take on the Greyhounds. Unfortunately Matt, Kian, Hunter and Hugh were all unavailable due to illness, a cancelled flight and school trip.

The first half was a real arm wrestle with the ball constantly rebounding between the half back lines. Our defensive unit of Cameron, Sam C, Jake, Fin and Akira were doing an excellent job playing close to their man then rebounding forward. Jake and Sam C both had excellent games and Akira made a dashing run, bouncing his way from the back pocket to half forward. At half time we had a very even contest with each side kicking only one goal and the hounds holding a 2 point lead.

In the second half the game began to open up ever so slightly. Glebe had some big bodies in the centre bounces and it was one of the few times this year we had our colours lowered out of the centre. This is an area of our game we will continue to work on for the remainder of the season. Cooper kicked 3 of our 4 goals, one an excellent long range shot from 50 to top of his best game of the season. Lukas was our most consistent performer close to goal winning many one on one contests and Lauchie played another solid game, topping it off with a great goal from a tight angle in the last quarter.

I couldn't question the boys effort throughout the four quarters. We stayed with the Hounds until the last 5 minutes when they kicked clear with the last couple of goals of the match to take out a tight contest. It was an improved performance on our first encounter with Glebe and with some troops to come back into the side there is still plenty of upside for when we next meet.

Goals: Cooper 3, Lauchie 1

Report by Phil Irwin, Coach.

Westbrook / Hornsby u17-1 (8.4-52) vs Penshurst Panthers (10.6-66) – Olds Park



North West Lightning YG u10 vs Forest Lions – Lionel Watts Oval

North West Lightning YG12 Blue (1.1-7) vs Manly Bombers (11.1-67) – Ern Holmes Oval

The Lightning Blues squared off against the Manly Bombers in the penultimate game of the regular season. The Blues numbers were bolstered by the inclusion of a few Reds who had played Balgowlah earlier in the morning.

The girls got to take full advantage of the new team rooms at Ern Holmes- the canteen is pretty good, too! They had their pre-game talk in them and ran out onto the field, led by the day's Captain, Audrey, to the cheers of the crowd. When the game got underway the Bolts were under the pump early. It was clear to see why Manly is leading the competition.

Aliyah had many tough tackles and demonstrated intensity in the contests across the field. Brownie showed good quickness and moved the ball through the midfield. Asha was run off her feet and was always around the ball. Olivia, Emily H and Kate C provided forward momentum throughout the game.

Whilst the final score favoured the Bombers- and congrats to them on a great season – the Blues managed to maintain the work ethic until the end. Coach Daniel stressed to the girls that it was a time to take as much out of the game as they could and continue to grow as a team. This was evident when everyone cheered on Lily as she scored her first goal of the season!

There were some positive comments from Bombers staff and parents about the positive play and attitude of our Bolts. There is much to be proud of for the players and indeed all their supporters as we head towards the end of the season.

Goals: Lightning: Lily
Match report: Brian Hurd



North West Lightning YG12 Red (0.4-4) vs Balgowlah Suns (3.12-30) – Ern Holmes oval



It was an early start for the penultimate round of season 2022 for our reds today at The Ern. Thank you to all the families who rocked up early to assist with the ground setup – all the hands made light work. And a special shout out to all the parents who helped at the barbecue throughout the day! We had reports of awesome bacon and egg rolls!

The sun was shining, and it was looking like a marvellous day-after a season marred by rain it is nice to see the sun! The new clubrooms were operational, and we were able to conduct our pre-game pep talk inside the rooms. Then we ran out through an U8 Westbrook/Penno guard of honour – it won't be long before these kiddos are following in our girls' boots. The team was led out by captain for the day, Sama. Sama joined the team late in the season but has shown great skill!

We had a solid squad of 16 today (thanks Blues for crossing over) which meant plenty of rotations. The Reds started well but Balgowlah got an early lead, and we just couldn't claw it back. Strong ruck work from Agnes and Sarah saw us get it out of the middle and breakaways by Abbie and Olivia got the pill down our end but we just couldn't slot that elusive 6 pointer.

Balgowlah were good and were able to string a few back-to-back marks which got them in front of the big sticks on more than one occasion. Our defensive pressure in the third term by Alyssa (player of the match), Kate, Jaimee and Luella were electric and we kept the visitors to minor scores only.

In the end it just wasn't our day, but all the girls can hold their heads high - they never gave up. Congrats to Balgowlah on a well-played contest.

Match report: Megan Robson

North West Lightning YG14 (0.1-1) vs East Sydney (9.7-61) – Ern Holmes Oval

North West Lightning YG16-3 - BYE

North West Lightning YG16-1 (2.0-12) vs Forest Lions (3.16-34) – Lionel Watts Oval

North West Lightning YG18 (12.8-80) vs Baulkham Hills (3.2-20)

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