



ROUND 16

Sunday 14 August 2022

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Presidents Report

We made it. After 2 disrupted seasons we've managed to get through a full home & away season, albeit minus 2 rounds due to washout. Below you will find a summary of final team placings with week 1 finals matches shown in the same table.

Getting through a whole season is a massive relief and to those teams who get to play again, all the very best. To those teams that missed out, heads up on what you did achieve throughout the season and use this as a launching pad for bigger things in 2023...

A season doesn't just happen. There are many people who help along the way Westbrook Committee – Phil, Sam, Jackie, Sarah A, Sarah W, Daniel B, Daniel G, Ian S, Ian F, Chloe, Phil, Jeff – You guys rock!

Sponsors

B4Real, Top Notch Renovations, Thermos, ZedCare – Your generosity and contribution is truly appreciated

Parents

Kids sport is a massive commitment, so a big thankyou to you for the countless hours spent shuttling kids to/from training and games

Coaches

Teams aren't allowed on the field without accredited coaches and there is so much time spent planning training and games

Managers

Behind the scenes getting stuff done without the fuss. Team sheets, player availability, game schedules, volunteer rosters, stats

Volunteers

Everyone! We are all volunteers with community sport, and it does take all hands-on deck to run a club. This season has been successful on/off the ground thanks to everyone's help along the way. We have some of the best volunteers going around!!

Final team placings and week 1 finals:

Girls		Boys	
YG18s	4th	U17-1s	3rd
Vs Balgowlah/Manly @ Balgowlah 235pm		Vs Glebe/Newtown @ MKO 230pm	
YG16-1s	miss finals	U15-2s	3rd
		Vs Macarthur @ MKO 1pm	
YG16-3s	2nd	U14-2s	miss finals
Vs St Ives @ ELS 2.30pm			
YG14-1s	miss finals	U13-2s	2nd
		Vs Pennant Hills @ EHO 150pm	
YG12-2 Blue	3rd	U12-2s	3rd
Vs Lane Cove @ MKO 1020am		Vs Balgowlah @ MKO 1140am	
YG12-2 Red	miss finals	U12-3s	miss finals
		U11-3s	1st
		Vs Willoughby @ MKO 9am	

It'll be a great day at the Kennel with 5 NWL/Westbrook teams in action and then a neutral U14-3 game on the bottom oval at 10am. We'd love to see as many as possible come down to cheer our teams on and build a great atmosphere.

Representative news

Congratulations to the following players on selection in GWS Development Squad teams for regional challenge games in Canberra on 10/11 September

U12s – Ryan Dinsmore & Samuel Lean-Fore

U13s – Felix Brisot, Harrison Ferns & Alexander Eason

U14s – Ryan Mardling, Henry Andrews & Noah Dinsmore

U15s – Cooper Smith

Upcoming Events

- Presentation Day

Sunday 18 th September in the Clubrooms (time schedule to be confirmed)

- Annual General Meeting

Date TBC (in the clubrooms)... We will lose a couple of key personnel at the conclusion of this season and will advertise the key roles on the committee. Please have a think about what you might be able to contribute next year and onwards. Help is valued in anyway and in any form but above all it is both a rewarding experience and valued immensely.

Good luck team playing in finals this weekend and if you're free head up to Mike Kenny oval to cheer our teams on.

Games and Duties @ Mike Kenny

Team	Game time	Help needed	time
U11-3s	0900 (far end)	3 x canteen 2 x ground setup	8am – 9am
YG12s	1020 (far end)	3 x canteen	9am – 1020am
U12-2	1140 (far end)	3 x canteen	1020am – 1140am
U15-2	1pm	2 x canteen	1140am – 1pm
U17-1	230pm	2 x canteen Pack-up post game	1pm – 230pm

2022 Final dates

Semi Finals 21 August 2022

Prelim Finals 28 August 2022

Grand Finals 4 September 2022

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MATCH REPORTS

ROUND 16 | Sunday 14 August 2022

Westbrook u9 Blue vs Lane Cove Cats – Greenway Park

The last round of the U9 season had us playing the Lane Cove Duncan team on our home turf. The team has really started to come together over the last few weeks and were looking to finish the season on a high, and the boys did not disappoint. Our previous games against the Duncan Cats have been close, and this one would not be an exception.

From the opening ball up, the intensity and drive for the ball was intense from both teams. With Tyler, Michael, Spencer and Isaac in the midfield, they were challenged for possession but kept their cool and repeatedly worked the ball to our forwards, and restricted any entry to the cats forward zone. The cat's defence was strong, and although we had repeat forward entries, they were able to limit our score to a minor from Niki, while we kept them scoreless for the quarter.

The second term matched the intensity of the first, and with the fresh legs of Blake, Jonny, Patrick and William midfield, we were again able to dominate possession to keep the ball in our forward half. Working together with Michael, Rhys, Mitchell and Spencer in the forwards, the boys showed some good skill in moving the ball around cleanly, keeping the cats on their toes. The pressure paid off with Mitchell kicking our only goal in the first half whilst keeping the cats scoreless at half time.

We knew Lane Cove would not give up and would have a burst of energy after the half time break. We were not wrong. The cats had some strong players in the midfield which saw them dominate much of this quarter. Michael, Rhys and Ryan had their work cut out for them in our defensive zone but did well to repel the cats' forward entries, forcing turnovers and ultimately clearing the ball back to our mids. Persistence from the cats saw them score their first goal this quarter, however we were quick to reply. Leo, Tyler and Blake were determined to control the mid zone and with some good tackling from Clive, they worked together to gather the ball and drive forward. Patrick, Jonny and Niki were ready and waiting for the ball up forward, and once in possession, they too worked together to pass the ball and penetrate the cats defence, with Patrick scoring a goal to reward their efforts.

It was such a close contest and the fourth could've gone either way. Not willing to concede, the boys took to the field one last time with fierce determination. This last quarter was a little slower than the previous, with both teams tiring and many more stoppages to slow the game. Despite this, the ball moved from end to end involving all on field much to the delight of both the cats and bulldogs' spectators. The efforts from Lane Cove were rewarded with a goal close to full time, however it wasn't quite enough to stop the bulldogs from securing one last win at home, and enjoying a final rendition of the club song for this season.

Well done team on your efforts this season! It's been fantastic to watch not only your skills and game play develop, but to watch you come together as a team. We would not have enjoyed the season as much as we did without the support of the club, volunteers and parents who make playing each weekend possible. Enjoy the off season, and we look forward to seeing you all back at the kennel next year.

Goals: Mitchell, Patrick

Report: Daniel Greenwood (Coach)



Westbrook u10 vs Pennant Hills – Greenway Park

Westbrook u11 (5.11-41) vs Pennant Hills (3.2-20) – Greenway Park

A beautiful morning greeted the dogs on their return home to MKO against the old enemy the Penno Demons. Given the fact that both teams were sitting comfortably top 4 the match had a real finals feel to it and it did not disappoint. The Blue Dogs fielded a team of 16 against the Demons who fielded 13 and so the Dogs lent the demons one player for all quarters. Thank you to all boys who contributed

The first quarter resulted in an explosive start from both sides with both teams kicking a goal each to be even at half time. Certainly the club house end was the scoring end with a strong wind blowing that way. The Dogs played into it in the first term The second quarter again was an even contest with the Demons kicking 1 versus the Dogs with none but multiple behinds due to inaccurate kicking. The third quarter saw the Demons kick one against the Dogs with two against the wind and starting to gain some ascendancy.. The final quarter really saw the Dogs pin their ears back and kick 2 goals 4 against no score to run away victors and secure the minor premiership

Today was all about the ball, focusing on it, being first to it, winning as many 50/50s as possible and being as aggressive and clean as possible. It started with the work out of the middle (special mention to Christian 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 (special mention to Sam, James, Andre and Jai) and our desire to protect the ball was strong.

This week we had a quality umpire who really policed ball disposal well. This proved to be a really valuable situation who learnt about quick and early ball disposal and supporting the player with the ball. We also learnt about no moving on the mark. Kicking accuracy was good today with special mention to Jack hitting targets on the chest with consistency. Areas to work on before finals are marking and having a firm base from which to mark with and the fact with appropriate umpiring quick handballs are essential.

Overall though, really strong team game and a really good warm up to the semi final series.

Result: Westbrook Bulldogs 5.11.41 v Pittwater Tigers 3.2.20

Goals: Jack, Sander, James and Sam

Best on Ground: Jack, Sam and Christian

Finger Bun Award: Sander
Report By: Manager Matt

Westbrook u12-2 (5.5-35) vs St Ives (4.3-27) – Acron Oval

Our final home-and-away game had the Westbrook U12 Div. 2 travelling out to Acron Oval to play St Ives. Having already secured 3rd spot on the ladder and a position in the finals following a great effort last week, we nevertheless were keen to continue our winning form into the finals.

It was evident that St Ives, playing their final match of the season, were determined to end on a high and the first quarter did not go as we would have liked. St Ives showed more determination and led us to the ball throughout this term and went into the quarter-time break with a strong 3 goals to 2 points lead.

To the boys' credit, they responded in the second quarter. We began playing our usual strong, contested style and upped the anti with our tackling. In this quarter we managed to close the gap to just 4 points, with our defence getting back on top to hold St Ives scoreless for the term while Mitchell Gryst and Tom Cooper each scored goals on our behalf.

St Ives however, continued to show great courage and determination not to let the game slip. The third quarter was a very even contest with each team scoring a further 1 goal 1 behind (our goal courtesy of Ryan Dinsmore) to keep the margin at a tense 4 points heading into the last.

Thankfully, our boys were able to repeat the efforts of the second quarter, keeping St Ives to just 2 behinds, while we were able to score 2 additional goals to win the game. Hayden Greenwood kicked the first crucial goal to put our noses in front before, in the dying minutes of the game Mitchell Gryst, in vintage Tex Walker fashion, took a strong contested mark just inside centre-half-forward, then before the opposition could react, immediately wheeled around to kick truly from long range to secure the result.

In hindsight, whilst it was a tense game with the result only being secured in the final moments of the game, it was a great challenge for our boys. They proved that, although things might not go their way at the start of the game, they have the fortitude to dig in, change the momentum of a contest and grind out a come from behind win. This experience may prove valuable in the coming week(s) as we embark on our 2022 finals campaign. On that note, well done boys, but against the other finals qualifying teams, let's aim to be the ones to get the fast start!!

¼ by ¼: Q1 0.2 v 3.0, Q2 2.0 v 0.0, Q3 1.1 v 1.1, Q4 2.2 v 0.2, FINAL 5.5-35 v 4.3-27.

Goals: Mitchell Gryst 2, Tom Cooper, Ryan Dinsmore, Hayden Greenwood

Best: Charlie Andrews, Darcy Gason, Jackson Lieb, Campbell Gason, Samuel Lean-Fore, Ryan Dinsmore, Mitchell Gryst

Report by: Peter Gason (coach)

Westbrook u12-3 (2.0-12) vs Pennant Hills (8.16-64) – Greenway Park

Westbrook/Hornsby Berowra u13-2 (11.7-73) vs Forest Lions (2.1-13) – Rofe Park

Westbrook u14 (6.6-42) vs East Sydney (6.9-45) – Dave Phillips South Oval

Heading to a blustery David Phillips Oval, we took on Easts in a game that would decide whether we got a chance to play finals or if our season was to end there.

With no real scoring end it became apparent that Easts had come to play from the first bounce. Simply wanting the ball more early, our defence was under pressure but responding really well. To the boys credit they upped their intensity, with our mids getting on top and our forward line being efficient in front of goal and locking the ball in. The second quarter was much the same, with the game ebbing and flowing, but our boys overall looking the better and going into half time in the lead.

The third quarter is the premiership quarter and for the second week in a row our intensity dropped and the opposition capitalised. Their mids were winning the ball out of the centre of the ground and our backs just couldn't respond to the ball coming in so quick. We were reaching for the footy and not getting our bodies behind the ball. In time we stabilised, but that 5 mins would end up being the difference.

The boys were great right across the last quarter and had their chance to steal back the lead, but to Easts credit they crowded our forward 50 and despite having all the territory, it wasn't to be and we went down by 3 points. As disappointing an end to the season as it was, the coaching team can't speak highly enough of each of the boys, the way they played, trained and came together.

Their improvement throughout the year was not far off "mighty ducks (read bulldogs)" level. Starting the season with 12 players, it was only through some amazing recruiting by our brilliant Manager, Jackie, that we even got a team on the park. Starting the year with 9 players that either had never played the game or were new to Westbrook, we went in wanting to play Div3 to be competitive and the chance of playing finals in Div2 looked like a one in a hundred long shot at best.

After a couple of big losses early, the boys worked hard to become a team that went the distance with every team in the competition. We were the only team in the competition to lead Moore Park (previously Div1) at half time and had the smallest losing margin to them at 4 points (their percentage finished the year at 330%). We beat two teams that had previously beat us by 10 goals or more being Cronulla and Easts, and if it wasn't for good drainage at Mike Kenny and one week where we simply didn't show up against Pennant Hills, the boys could have genuinely come close to winning the comp. It really was an amazing effort, and the coaching team has their fingers crossed that we get every one of the boys back for a bigger and better 2023.

A massive thank you to our families for supporting the team with duties every week and more importantly cheering and supporting from the sideline. You have made it a very enjoyable season.

¼ by ¼: Q1 2.0 v 1.3, Q2 2.1 v 1.3, Q3 2.3 v 4.1, Q4 0.2 v 0.2 FINAL 6.6 (15) v 6.9 (52)

Goals: Noah (3), Huddy, Ryan, Tom

Best: Ryan, Tyler, Henry, Isaak, Noah, Max, Nicho

Report by: Sam Dinsmore (Coach)

Westbrook / Hornsby u15-2 (4.3-27) vs Miranda Bombers (11.8-74) – Waratah Oval

An early afternoon match against the Bombers saw us leaving home before dawn to make the trek to Sutherland. It was going to be a tough day at the office without Cadel (wish you a speedy recovery) and Lachie out, as well as Super Coach Phil who spent the two hours during the game texting for score updates. With the amount of texts received, I suspect Phil may be in danger of missing this week with RSI of the index finger!

Thankfully Matt K. answered the call and stepped up and took on coaching duties for the day. In a bold move he immediately changed things up by challenging the rule book and the umpires interpretation of it. Matt issued instructions to the manager to find the correct rule book so our game plan could be followed. Unfortunately, I couldn't find the appropriate rule book (or enough cash to fix the problem) so Matt adjusted his game plan accordingly.

The game wasn't our best of the season as we came up against a highly motivated Bombers outfit who were too good on the day. First quarter saw us trail by 11, after the Bombers hit 4 straight. 2 goals from our boys plus a behind kept us in touch. The effort was there but we just couldn't get the ball out of the middle or much past the centre square. Miranda applied strong attack to keep us firmly camped in our own 50.

Second term was a much better defensive effort and saw Miranda add 1.4 to extend their score to 34. But they managed to keep us scoreless with a solid defensive effort. Again, we struggled to progress past our own 50m line.

The 3rd quarter was solid with two goals added, but it was also Mirandas best quarter for the match which saw them adding another 4.2 for the quarter. We had a couple of great passages of play that reminded this Lions fan of some of the magic that Voss, Black and Akermanis displayed in the early 2000s. It was great to see and should give the boys some confidence as they head in to the first week of the finals.

In the last quarter we ran out of legs. Coach Matt gave all the boys plenty of game time with consistent rotations through each quarter. A tough day at the office that can only be used as motivation to improve for the finals. A huge thank you to Matt K. for throwing on the blue bib for the day and mentoring the boys for the afternoon as well as the training session last week. Also a big thank you to Matt Macauley for taking on the runner duties while Scott was working on his handicap, and to Sam Macauley for the one throw in he did as Boundary Umpire, it was worth the drive Sam.



Goals: Jake L(2), Cooper (1) Sam B (1)

Report by Richard Jones - Manager 15/2



Congrats to Rohan Hecker's on his 100th game

Westbrook / Hornsby u17-1 (14.10-94) vs East Sydney (3.4-22) – Mike Kenny Oval



**North West Lighting YG u10 (8.6-54) vs
Willoughby/Mosman/LaneCove (2.1-13) – Rofe Park**

North West Lightning YG12 Blue (5.1-41) vs Balgowlah Suns (2.0-12) – Greenway Park

North West Lightning YG12 Red vs Forest Lion – Greenway Park

**North West Lightning YG14 (0.0-0) vs Maroubra Saints (10.12-72) –
Ern Holmes Oval**

**North West Lightning YG16-3 (0.0-0) vs East Sydney (3.12-30) – Ern
Holmes Oval**

**North West Lightning YG16-1 (0.0-0) vs Maroubra Saints (9.6-60) –
Ern Holmes Oval**

**North West Lightning YG18 (4.7-31) vs Barker College (3.4-22) –
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 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*