

**NOTE FROM THE EDITOR**

Heading into last week's fixture, the game that looked the most difficult for the Sharks was clearly the Reserves. Our boys have had a couple of disappointing losses over the last few weeks and, after a strong start to the year, found themselves fighting for their season as they lined up against last year's premiers. As it turned out, that wasn't the case at all and our Reserves came out with great intent from the first bounce and never looked back as they easily accounted for Devon. It was a great, and well deserved, result for the boys and one that we hope will spur them on as we move deeper into this season.

The game that turned out to be the toughest on the day was in the Seniors. The Sharks never really got going last week and the Devon boys looked to have our measure for the majority of the game. While we fought back hard in the final term, it was all too little too late as we ended up two points short in one of the most disappointing results this season.

In the other footy match played last week, our Under 19s kept on their winning way with another thumping win to the tune of 100+ points. In a sign of just how tight it is up the top of the ladder this year, that margin wasn't enough to keep the boys at the top of the perch as Red Hill overtook them on percentage.

As for the netballers, the Under 17s had another great win and are now a game clear on top of the ladder. We say it almost every week, but we really are so impressed by the girls' performances this year and really excited about the future of the netball club. Unfortunately, our Senior girls had a really tough week against Devon who were simply too strong for us on the day. Despite not getting the rewards on the scoreboard, our girls continue to improve every week and we're all hoping that the hard work will soon pay off for them with a few wins.

In other news, the Under 19s were lucky enough to get a personal tour of the Melbourne FC facilities at AAMI park a couple of weeks ago, thanks to super-coach Luke Tapscott who organised the trip for the boys. From all reports, it was a great trip and will no doubt continue to inspire the boys throughout the rest of the season. Thanks Tappy! Make sure you check out the special report from Mitch Towers at the end of this newsletter for more detail.

This week we are park at Shark Park for the third time in a row and we are certainly hoping that it will be third time lucky as the boys try to notch up three wins. It is all set to be an absolute belter of a contest this week. Frankston are sitting in the top five in all divisions and are on top in the Seniors which means that it is going to be a real battle for the Sharks for the entire day.

Given the disappointing loss they had last week, our Seniors really can't afford to drop another one and will be giving everything they have this week to try and come away with an upset. The Reserves also desperately need to notch up back-to-back wins this week if they are going to be able to muscle their way back into the five. As for the Under 19s, despite their great form this year, they absolutely cannot afford to become complacent and will need to make sure they bring their A-game on the weekend.

We pride ourselves on making Shark Park a really hard place for away teams, but we haven't lived up to that ambition over the last few weeks so let's hope we can turn it around this week. Look forward to seeing you all there!

Go Sharks!!!
Julian

SORRENTO**SHARKS**

Shark Bites

News from the

Sorrento Football Netball Club

Round 10, 2016

CURRENT FOOTBALL LADDERS

SENIORS**RESERVES****UNDER 19s**

Team	%	Pts	Team	%	Pts	Team	%	Pts
Frankston	164.36	28	Rosebud	280.90	32	Red Hill	512.11	36
Hastings	152.78	28	Somerville	171.39	28	Sorrento	499.60	36
Somerville	139.35	24	Red Hill	142.82	28	Somerville	337.32	32
Sorrento	135.61	24	Rye	145.58	24	Rosebud	220.00	28
Red Hill	116.47	24	Frankston	117.10	22	Frankston	137.26	20
Rosebud	117.42	22	Devon Meadows	91.02	22	Crib Point	104.60	20
Rye	94.84	22	Sorrento	115.82	20	Devon Meadows	81.65	12
Dromana	91.82	16	Crib Point	103.45	16	Hastings	44.54	12
Devon Meadows	88.70	16	Hastings	67.48	14	Pearcedale	40.65	12
Pearcedale	70.67	12	Dromana	99.81	8	Tyabb	61.46	8
Crib Point	67.16	4	Pearcedale	29.44	4	Dromana	42.70	4
Tyabb	40.48	0	Tyabb	48.93	2	Rye	8.75	0

SORRENTO**SHARKS**

Shark Bites

News from the

Sorrento Football Netball Club

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CURRENT NETBALL LADDERS

A GRADE		B GRADE		C GRADE		UNDER 17s	
Team	Pts	Team	Pts	Team	Pts	Team	Pts
Crib Point	36	Somerville	36	Devon Meadows	36	Sorrento	36
Tyabb	32	Tyabb	32	Crib Point	28	Rosebud	32
Somerville	24	Devon Meadows	26	Somerville	24	Dromana	32
Devon Meadows	24	Crib Point	26	Tyabb	24	Devon Meadows	28
Red Hill	24	Frankston	24	Pearcedale	22	Red Hill	24
Rosebud	22	Red Hill	20	Rye	20	Tyabb	20
Dromana	20	Rye	20	Frankston	18	Rye	16
Rye	16	Dromana	14	Red Hill	16	Crib Point	12
Pearcedale	12	Rosebud	14	Dromana	14	Pearcedale	0
Frankston	6	Pearcedale	4	Rosebud	12		
Sorrento	4	Sorrento	4	Sorrento	4		
Hastings	0	Hastings	0	Hastings	2		

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News from the

Sorrento Football Netball Club

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SENIORS

Reserves

Round 10

Round 10

Sorrento (12.16-88) v Devon Meadows (13.12-90)

So close yet so far. At the half way mark of the year and winning 6 on the trot we faced Devon Meadows at home with a terrific opportunity to move to 7-3. Unfortunately, we were unable to get the job done and missed the opportunity to move to 2nd on the ladder. We now sit in 4th spot with games against 1st and 2nd over the next few weeks.

On a positive, it's been great to see the next generation come into the senior team and be exposed to the level that is required to not only survive but to thrive. Joey Bose, Marcus Gardener, Chad Harris, Jack Grant, Shannon Gladman, Max Kleverkamp have all played under 10 games of senior footy yet showed signs they are going to be very good players for our club over the next 10 years. Danny Stephenson is also developing nicely into his role at half forward after playing early games in the midfield. A couple of our 20 year olds have really stepped up to the plate with Zack Burns working through the midfield very nicely and James Brigden has been sensational holding down a key back position. Watch this space for a couple more to make their mark in senior footy.

Nick Corp has been super up forward for the majority of the season giving us a terrific target. His contested marking and tackling has been the highlight. He has really embraced the club and already committed to playing with the Sharks in 2017. Luke Tapscott, after shaking some early season niggles, has bounced back and shown that he is the most damaging goal kicking midfielder in the competition. His work rate around stoppages is very high and certainly helping develop the kids that go through the middle with him.

It's been a funny season with all teams beating each other so our destiny is in our own hands.

Regards
Nick

Sorrento (17.12-114) v Devon Meadows (3.3-21)

Team first football wins games.

Never been more evident than the team performance by the Urban Tones twos against Devon.

From the first bounce to the final siren the boys worked relentlessly for each other.

Every player had a real dip and the enjoyment that comes from hard work was there as they belted out the song at games end.

Team First.

RIP John Goss

Flip

SORRENTO



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News from the

Sorrento Football Netball Club

Round 10, 2016

UNDER 19'S

Round 9

Sorrento (22.27-159) v Rye. 0.1-1

The 19s started off the long weekend with a great win. Unfortunately, Rye were only able to field 15 so they were well undermanned.

Well done to the Shark boys that donned a Rye jumper and played for them to make an 18v18.

As good as our win was having over 50 scoring shots it's the second week in a row that we have been very inaccurate in front of goal. We will be working on it to make sure we don't kick ourselves out of games in the future.

Our best players consisted of most of the team. Two that stood out well above were Jack Gipp kicking 5 goals and passing off another 4 and Jay Blair who marked everything and kicked 3 himself.

The boys are looking forward to putting in another great effort against Devon Meadows this week.

Cheers
Luke

Round 10

Sorrento (18.15-123) v Devon Meadows 3.4-22

No report

ENTO



RKS

SORRENTO



SHARKS

Shark Bites

News from the

Sorrento Football Netball Club

Round 10, 2016

NETBALL REPORT

Round 10

Sorrento v Devon Meadows

Under 17's game this week was another good one! With 2 our key layers missing, all the girls came out as their strongest and played beautifully. Devon Meadows came out strong with the first couple of minutes being goal for goal but as the game went on, Devon dropped down and our girls only got stronger resulting in a 23-point win.

C Grade had a very tough game this week for the girls coming up against the top of the table. Devon were clean all day with their game plays and extremely smart defence and our girls were quite intimidated by that. Some silly mistakes up our attacking end made the numbers on the scoreboard pretty small but overall the girls had a good crack and hope to have better luck after a good training session next week.

The B Grade girls played another fantastic game this week showing more improvement as a team. Well done to Jen who swapped her defending for goals, and Anna and Emma who had some really strong shooting. We welcomed Meg back from injury and her and Nova worked really well in the defence end with continuous intercepts. Ours mid-courters Emily, Kirra, Ruby and Jemmah did an amazing job of getting to ball down into the goal ring.

A Grade girls tried their hardest but could not match the Devon girls as they were a much stronger and better team. Next week we face Frankston and a hoping to bring everything we have and really play some good netball. Well done to all the girls for staying positive and up holding a great level of sportsmanship.



**SPECIAL REPORT****THE UNDER 19s TRIP TO MELBOURNE FC'S AAMI PARK FACILITIES**

On Queens birthday on the 13th of June, the under 19s team was lucky enough to get a personal tour of the Melbourne Football Club's facilities at AAMI Park. Once we arrived at the venue, we were greeted by Rob Jackson, a weights and performance coach for the Dees. He then took us inside the facilities, where we got our first look at the gym, and the huge floor space which it occupied. The thing that stood out to me was the vast variety of weights and machines which they had available to them, including a single anti-gravity treadmill, and a high altitude room with limited amounts of oxygen. All of the equipment enabled the players to always be doing some sort of weight training, despite injury.

Next we moved on into the hydrotherapy room, which consisted of ice cold plunge pools, hot spas, and a single 25-lap pool. When we walked in, we were even lucky enough to see one of the Melbourne players getting in some last minute therapy before the game later that day. To me, this made clear the level of commitment that these professional athletes possess at making sure their bodies are right for not only game day, but training sessions as well.

After that, Rob quickly showed us the auditorium. Despite the great facility, Rob explained that this room wasn't used very much by the football club, as their change rooms were all the way over the other side of the venue.

Finally, we walked back into the gym, where Rob spoke to us for around 30 minutes just about life inside an AFL club, and the commitment required from every player to ensure they're always performing at their absolute best.

Finally, we walked back into the gym, where Rob spoke to us for around 30 minutes just about life inside an AFL club, and the commitment required from every player to ensure they're always performing at their absolute best. At this time, we were also able to ask any questions that we had about the facilities and the football club itself.

It was a great experience, with everyone taking something from it. I believe the whole team now realises just how important training is, and that if we want to improve our match play, we have to put the effort in on the track. "You play how you train" is a motto that is still used at the professional level. From what I have seen the last week, the rest of the group has actively taken this on board, and is lifting their intensity at trainings, and therefore game day. Something that I took out from the experience is the true importance of recovery. Whilst Rob was speaking to the group, he explained just how much effort by the players is made towards to recovery, and to make sure their bodies are 100% fit for training, so they can improve their craft. This really struck a chord with me, as I now realise how much it can actually help improve my football. It is something both myself and the rest of the team should aim to do every week after games.

On behalf of the whole Sorrento under 19s side, I would like to thank Rob Jackson for taking time out of his day to show us around, and being such a great bloke in the process. I'd also like to thank our coach Tappy for organising that day!

Go sharks!

Mitch Towers