

SORRENTO



SHARKS

Shark Bites

News from the Sorrento Football Netball Club

Note from the Editor

After a couple of disappointing weeks, we headed over to Pearcedale knowing that we had to come away with a good result if we were going to have any chance of making an impact in the latter parts of this season.

The under 19s have been the shining light for the club so far this season and came into this match only having dropped one game in the first seven matches. Despite being severely undermanned, they started well and went into the main break up by three goals. Unfortunately, the lack of numbers proved costly in the second half as the boys ran out of legs and came up just short in the end.

The reserves put in a great performance and came away with a convincing win that has allowed them to sneak back into the top five. We hope that they will be able to take that form into this week's match against Frankston who are sitting one spot above them on the ladder.

The seniors were disappointing once again in the first half and went into the long break neck-and-neck with Pearcedale. The boys seemed to respond well to Troy's rev-up at half time as they came out firing in the second half and came away with a convincing win that may be a turning point in their season.

On the netball court, the girls put up a great fight once again, but were unable to come up with a win against Pearcedale. The B-grade team were the closest to sneaking a win this week as they were even right up until the last

few minutes, but Pearcedale were able to come home strong in the dying moments to secure the win. The C-graders and under 17s also performed well, but were unable to make it count on the score board and were eventually overcome by the home side.

On the injury front, Ryan Jeffery suffered a serious knee injury on Saturday that will keep him out for the rest of the season. It's a terrible result for "Rizz" who has been a great contributor, both on the field and around the club, since coming down to Shark Park three years ago. Our thoughts are with you this week Rizz and we hope that you make a speedy recovery and have the opportunity to continue your career next year.

Aside from that injury, last week was a more positive week for the club and we will all be hoping that the boys can carry some of that form into this week's match against Frankston. It is crucial that all three teams get a good result this week so that they can each move towards securing a spot in the top five.

We look forward to seeing a big crowd at Shark Park this week supporting all the teams, both on the footy field and on the netball courts.

Go Sharks!
Julian

We do it for Kicks

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Coaches Report – SENIORS

Pearcedale 6.7-43

Defeated by

Sorrento 14.5-99

For those who made the journey out to Pearcedale Saturday we thank you firstly. Secondly, if you were close to our rooms at half time I apologise for a bit of bad language. I think the "S" word might have been dropped once...!

Let's forget the first half where we were poor. The rev at half time seemed to have an impact as after the break we were hard, relentless, tough and we moved the ball with purpose forward where we got 1 on 1s and strong contests.

Pearcedale did not score a second half goal as we put on 10.

Our better players were Treeby (again), Brigden, Head, Poholke, Barnes, Stevenson. This week sees us at home against Frankston. Should be a great contest and we look forward to seeing everyone at home again.

On a sour note we lost Ryan Jefferies on Saturday to a season ending and possibly career ending knee injury. He was basically running and twisted the wrong way with his knee buckling and his ACL rupturing. Rizz is a ripping bloke who has given his all for us for 3 years. Living in Melbourne he would often make the drive down on his own and very rarely missed training. We will miss him on the field, but he will still be around the club.

See you all Saturday.

Coaches Report – RESERVES

Pearcedale 2.9-21

Defeated by

Sorrento 11.19-85

Sorrento Reserves travelled to Pearcedale, who were sitting on the bottom of the ladder.

We were confident on winning, and focused on some key areas of our team game to improve on from last week. Those areas were goal kicking accuracy, stoppage structures and instructional talk on the ground during play. We ticked two of the three off, but goal kicking once again let us down.

We finished the game booting 11.19 - 85, although our improved play meant we restricted Pearcedale's ability to apply scoreboard pressure as they finished with 2.9 - 21. You would consider a 64 point victory in any game, but later in the season against top quality opposition 11 goals 19 points will not get the job done. With some specific training geared towards goal kicking, I'm confident we will improve in that area and start accumulating big scores.

Other than that, I was very pleased with our four quarter performance. We led at every change and were never really in any danger of dropping the match. Our team work and willingness to run in numbers meant we had many great passages of play. This win is sure to give our playing group some confidence leading up to a huge game against Frankston. Our big contributors on the day included Brodie Webb on the wing, James Pitcher who has had a terrific season so far, Lochie Croad and Heath Connolly in defence.

We do it for Kicks

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**Coaches Report – UNDER 19s****Pearcedale 8.15-63**

Defeated

Sorrento 8.3-51

No report provided.

Netball Report

| B GRADE | C GRADE | UNDER 17'S |
|----------------------|----------------------|----------------------|
| Pearcedale-51 | Pearcedale-44 | Pearcedale-37 |
| defeated | defeated | defeated |
| Sorrento-45 | Sorrento-12 | Sorrento – 17 |

Last week we trekked over to Pearcedale with the girls excited to play after some tough competition against them last year.

For the U17's, the first two quarters were extremely competitive, with both teams going goal for goal. However, we lost momentum in the second half and Pearcedale came away with the win.

Jemma played a consistent game in WD, trying her hardest to stop the ball getting down Pearcedale's end. Britt also showed how athletic she is by running out a strong game in centre.

The B's came out firing and we knew we were in for a great contest. Sophie applied constant effective pressure on the ball. Beth and Sophie had hands all over the place, making some good intercepts. Mikkea came on in the

second quarter and, teaming with sister, shot some beautiful goals. Tiahn took some great rebounds and strong catches with great movement in the circle.

Centre court responded to the consistent use of a press with short passes breaking through that press each time and leading to some amazing feeds into the circle by Jenae.

It was even score one minute into the fourth quarter, but Pearcedale just took it out in the last three minutes to win.

C grade struggled against Pearcedale's strong defence over the ball, with goals tough to come by. Meg worked really hard driving through the circle and mid court and combining with Jen who is really showing her newly learnt skills in defence and again made some great intercepts.

Unfortunately, Jemma took a big tumble and, despite trying to play, was unable to finish off the game. Pearcedale ended up with a convincing win.