



IN TODAY'S ISSUE:

- President's Update
- Football & netball news
- **Ladies Day** →
- Q&A with Jas Knox
- 'Here's what you missed on socials'
- Celebrating our 10 and 15 year sponsors



QUICK LINKS:

- Members holding security access devices (FOBs) for the gym/main rooms at Windsor Park, PLEASE NOTE:
 - On June 30th, 2026, all FOBs will be reset, and no further entry will be possible with your device.
 - To reset your device you need to provide us with updated details for our records: [**Google Form**](#)
- Sign up to work in the canteen vs. Colac so our fabulous kitchen staff can enjoy Ladies Day! [**volunteersignup.org/MWF9E**](https://volunteersignup.org/MWF9E)
- We need volunteers for our fundraising BBQ @ Bunnings North Geelong on Saturday, July 11th: [**volunteersignup.org/FJY4E**](https://volunteersignup.org/FJY4E)

The North Shore Football and Netball Club would like to acknowledge the Traditional Owners of the land on which we train and play on, the Wadawarrung lands. We pay our respects to Elders past and present, and recognise that sovereignty has never been ceded.

North Shore Football and Netball Club provides equality in access to our club regardless of people's age, ability, gender, gender identity, race, religion or sexual orientation.





CLUB UPDATES

A Message from the President, Maryian Szponar

It has been another busy and exciting month at North Shore, with plenty happening both on and off the field.

Our Comedy Hypnotist Night was a fantastic success, providing plenty of laughs and entertainment for everyone who attended.

We were delighted to host our annual Sponsors Breakfast. Thank you to Nik for coordinating the event and to all our valued sponsors for their ongoing support of our club, we had a great morning enjoying delicious catering from The Aviary Cafe.

Our Reverse Raffle was another outstanding success. A special thank you to Pyley and Doogs for their hard work in organising the event, and to everyone who purchased tickets and supported the day.

Sadly, we acknowledge the passing of David Walmsley. David was a valued member of the North Shore community, and our thoughts are with his family.

On the football front, we are excited to welcome several new recruits to the club and continue to see positive growth across our playing groups. Our Under 18s have been in terrific form, extending their winning streak and playing some outstanding football. We were also proud to see Under 18 player Unuer represent North Shore during Indigenous Round at GMHBA Stadium.

Looking ahead, there is plenty to be excited about. **Ladies Day** is fast approaching, and we are seeking volunteers to assist in the canteen so the women can enjoy the festivities. Please sign up here:

<https://volunteersignup.org/MWF9E>

We also look forward to welcoming past players and supporters back to the club for Past Players Day when we take on Bell Park. In addition, we are seeking volunteers for our upcoming **Bunnings BBQ** fundraiser, with all assistance greatly appreciated Sign up here: <https://volunteersignup.org/FJY4E>

This Thursday, 11th June from 5pm, we welcome all the to the clubrooms to come and start the discussion for **centenary celebrations** in 2027.

Thank you to everyone who continues to contribute to North Shore Football & Netball Club. Your support, whether as a player, volunteer, sponsor or supporter, helps make our club a great place to be.



President
Maryian Szponar
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Senior Football - words from the coaches

FOOTBALL

Reserves

Our Reserves side continued to improve during the month of May with solid outings against St Mary's and Grovedale. In particular I was extremely proud of the teams performance against St Mary's, the boys made it a tough day at the office for the reigning premiers - putting together a four quarter effort that showed that the hard work is paying off. In particular, there were some fantastic individual efforts on the day from Ethan Huxtable, Declan Plozza and Luke Daffy. The boys are hitting the scoreboard more regularly as seen in our game against Grovedale, while a little inaccurate, the team is moving the ball around the ground much better, that puts us in the position to have shots on goal. In just his second game of the year, Lachlan Hayes benefited from this movement, kicking 3 goals while emerging leader Jack McQuitty snagged 2.

Training numbers are great, which is keeping pressure for spots on both sides high and driving overall improvement. I'm looking forward to what the next few weeks bring, I reckon something good is just around the corner.

Warren Bennett

Seniors

Although the group is yet to register a win this season, the morale and a want to improve amongst the players has been impressive.

Round 7 saw us travel to Colac which is always a tough place to play but once again, it was an opportunity for the group to challenge a quality side. After a solid start for the first half we were outworked for the remainder of the game and with 1 player left on the bench the guys struggled and Colac took complete control.

A number of learnings for the group and also two first gamers for the club in Harper Curtis from Hepburn and Declan Plozza from Lara which was a positive.

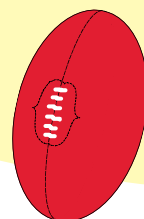
Round 8 we met Grovedale at Windsor Park which provided us with another chance to see where the group is at against a team who had showed improvement in the previous rounds.

Another solid start from the group but the 2nd half once again proved a struggle with their full forward taking control of the game and winning by 80 points.

It was exciting to welcome two more first gamers in Austin Harris (Port Adelaide) and Nick Mitzithras (South Adelaide) who both proved to be quality acquisitions.

Although the ability to score this season has been better, we have a clear focus as a group to lessen the margins and compete for longer periods in games. We continue to work hard at training and this was evident over the bye last weekend with the numbers showing up with a growth mindset. We look forward to taking on Leopold this week and thank everyone for their support so far.

Mark Hounslow



U18s Football - an update from coach Dean Rochow

FOOTBALL

Hello members, players, families, staff and supporters,

Our U18's program is now in full swing; we have made Division 2 which we nominated for and have completed 3 games (currently undefeated).

The team we have built and the quality of players and coaches we have is very high. I must say we are proud of everything we have achieved this far. Our best players are very hard to pick week to week, with lots of guys missing out on votes only by matter of opinion. We have had many contribute in different ways.

Jamie Beard and Oscar Denny are both playing inside mid roles and playing exceptionally well. Oscar is one of our captains along side Aydan Dando, these young men lead the team in a way our club is proud of. Aydan Dando is a defender/mid and plays a very attacking type from our half back line, intercepting and creating from half back making it hard for oppo to score.

Vice captain Riley Cotter has been exceptional also playing an outside mid role/pressure forward and has excelled in both roles. Blake Keating is our other vice captain and as a bottom aged player it is a big honour to have him back in the team next week against Leopold. Blake injured a tendon between his foot and ankle a month ago and is looking likely to return this week.

Noah Bewley got the first part of his clearance to return to no contact training after breaking his collarbone almost 6 weeks ago. He will be out for some time but he's on the mend. Noah is small forward whose craft has been greatly missed since injury.

James Gillifan has returned to training this week from a tare in the miniscus on one knee and a hyperextension of the other knee. James is a utility player, from inside mid, outside mid, wing and forward. We can't wait for him to be back and ready to take the field.

Luke House plays ruck/forward and has been a powerhouse for us in these positions, rarely losing a ruck tap and presenting from full forward, as well as getting on the end of a few nice goals.

Chase Johns came across from St. Mary's after the first game of grading and has fit in and played some excellent footy in the blue and gold already. A bottom aged player with plenty of potential - he will go a long way. Chase is an inside mid/small forward and gets plenty of the footy in both positions.

Cam Hase is a key defender who wins majority of the footy when it comes down back. He's an absolute general when it comes to leadership and communication. Directing teammates and giving advice to coaches from a player perspective. Without Cam we would conceive a lot more scores against us.

Guys showing massive signs of improvement have been Charlie Mileto, his creativity, skills and decision making have been elite. Archie Wells moves between forward and backline, he creates opportunities and brings teammates into the game and has been very impressive. Jai Archibald plays defense/wing and hits the ball hard and clean. One grab for ground balls at high pace which is very impressive for a little bloke.

Having said all that, the whole team as worked together extremely well, all filling their role and playing true to position. Each and every player has contributed over recent weeks to get to the point we are at now.

We have a good test in Leopold away this week and we can't wait for the challenge.

Dean Rochow

NETBALL

Senior Netball

More recruits and another win on the board for our D Grade Seagals!

We've been BUSY over at netball as we welcome more players to our senior playing cohort and dig deep as we gear up for the halfway mark of the 2026 netball season.

It takes a village over at netball to get the girls out and onto the court come game day.

We're self-sufficient in the way that we set up and pack down, sit on each other's benches and take on team duties. But what we would **really** love to see is some of our past players, supporters, and current cheerleaders digging deep and getting around the girls on game days. The more the merrier!

It's not just Junior Netball that we've already started preparing for - we've got **BIG** plans for Senior Netball in 2027, and we're keen to have everyone involved.

We mentioned last newsletter that we're hitting some incredible player milestones this year... stay tuned because we're going to be announcing them this month!

The best day of the year is approaching - **LADIES DAY** and it just so happens to be my birthday too! You're all invited to my birthday party, so don't forget to get your tickets, bring your dancing shoes and enjoy a day out with the gals.

Junior Netball

Are you looking for a club to join and develop your netball skills?

We're getting together to sit down and have a planning session for our re-launch into the junior space for 2027, and we'd love for you to be part of it. Do you have ideas? Do you want to be part of the change? Do you want to be part of the comeback story?

Get in touch, and we'll share the details with you.

Vice President - Netball

Edwina Wilkens

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Email: edwina.wilkens@canwill.com.au





EVENTS

TICKETS CLOSE NEXT WEEK!

Our annual Ladies Day is an event not to be missed. Cocktail specials, drag queen entertainment, guest speaker, lots of dancing and raffle prizes you won't want to miss out on.

Tickets here:

<https://thq.fyi/se/e92c1b09a44f>

Q&A WITH JAS KNOX



How long have you been at NSFNC? I've just recently started this year at the club this year!

What do you love most about the club? The culture and environment that the club have, being a new player it is really exciting to see who North Shore are as a club and I'm extremely excited for the future and what's to come for them.

What's your favourite club function? I haven't been to many club functions but I must say the Comedy Hypnotist was an experience and a half... one way to put yourself out there! But I'm also excited for Ladies Day to come.

What's your go-to canteen order? Need to try it next home game!

Favourite person at the club: I would say Eddy (Edwina Wilkens) - to see the amount of effort she goes to is something extremely beautiful and she's always doing it with a smile!

Highlight of your time at NSFNC: I have really enjoyed getting to know new people and creating new friendships, that's what clubs are about.

What emoji could you not live without? That's a really great question, I personally love the laughing emoji 😂

What sport would you compete in if you had to be in the Olympics? Basketball, I come from a basketball background so that would definitely be my go to!



EVENTS

Norlane Community Centre's Winter Solstice

Friday 19th June, 5:30pm to 7:30pm

Come along for free food, activities, live music and a fabulous fire twirling finale!

39A Rose Avenue, Norlane

2026 Reverse Raffle - Thank You for a Fantastic Day

The North Shore Football & Netball Club extends a huge thank-you to everyone who joined us and supported the club at yesterday's event. The atmosphere was outstanding, the rooms were full, and the Seagull spirit was on full display.

A Special Acknowledgement

We want to recognise the incredible efforts of the volunteers and contributors who made the day run so smoothly:

- **Steve Pyle** – leadership, organisation, and steady hands throughout
- **Brad McDougall** – support across the day and behind the scenes
- **Mick & Robyn Kramer** – outstanding work as MC and 'ball manager', kept the event flowing
- **Mick McManus** – putting in a huge day and exceptional service behind the bar
- **Steam Pocket** – for providing truly exceptional food that received nothing but praise
- **Sponsors** – we appreciate your ongoing support

From the first arrivals to the final whistle, the event ran smoothly, the rooms were buzzing, and the feedback has been overwhelmingly positive.

It's days like these that remind us what makes North Shore special - our people. Congratulations to our winners, showing great empathy sharing the prize!

We'll continue building on this momentum as we move through the season and into our upcoming events. Your involvement, support, and enthusiasm make all the difference. Well done, to our Seagull members and supporters – and thank you.



Membership Update

We're well into the season and the momentum is real. Our membership now sits at 332 - that's 50 more than this time last year, and a powerful sign that old and new Seagulls can see the work this club is doing and want to be part of it.

But we're not done yet.

Every membership - whether you're a past player, a long-time supporter, or a new family joining through our Under 18s - strengthens the club your kids, your mates, and your community rely on. Join today:

<https://nsfnc1927.tidyhq.com/member/memberships>

For our Under 18 parents, your support directly backs the program that's giving these young lads structure, coaching, belonging, and a pathway. This is your club too, and your involvement helps us keep building something special for them.

If you haven't signed up yet, even a Social Membership makes a real difference:

\$100 Social Membership or \$70 Concession

Your membership helps us plan, implement and keep delivering the environment our players deserve. Let's keep building together! Old members returning, new families stepping in, past players reconnecting - this is how strong clubs are built.

This is how we move forward.

Merchandise

May was a huge month with the introduction of the Royal Blue and Navy Polar Fleece, over 30 units sold with the second shipment sold out bar some odd sizes.

See them on display with the majority of the netballers buying the new look tops!

We've also introduced (by popular demand), a light weight mesh cap for wearing on the track, court, and just plain out for a walk. Check it out for just \$20!

As we move to our centenary year we are looking at new ideas like a Rugby Jumper and or other popular styles. If you have ideas, filter them through to the Club's membership email address: northshore1927memberships@gmail.com



Buy merch here: <https://promote-it.com.au/northshoreseagulls/>

'HERE'S WHAT YOU MISSED ON SOCIALS'



INDIGENOUS ROUND ❤️👉👈❤️

The North Shore Football & Netball Club proudly wears Indigenous-designed netball dresses featuring artwork by Kailee-Jade Kennedy, a Wadawarrung woman and inaugural Indigenous Art Scholarship winner. Her design represents the turtle's journey to First Nations lands.

Pictured are four E Grade netballers, all proud Aboriginal women: Jas Knox (Yamatji & Badimaya), Bridie Weir (Djadjawurrung), and Wadawarrung sisters Nat and Stephi Murphy.



OUR SPONSORS

The Club held its annual Sponsors Breakfast on 22 May. It was a valuable opportunity to reflect on how far we have come and to share the exciting direction ahead.

A clear message from the morning was the vital role our Club plays within the Northern suburbs, and our commitment to restoring it as a place of pride, inclusion, and opportunity.

This year, we were fortunate to have two special guest speakers:

Firstly, Michael King spoke about **The Good Neighbourhood Project**. Along with Simon and Kaylene Reeves, they are building an important service for the Northern suburbs. Please click the link below to learn more about the amazing work they are doing for the community, and feel free to donate to their cause: <https://www.thegoodneighbourhoodproject.org/>

He was followed by Jim Marendaz from the **Rotary Club of Geelong West**, another fantastic community group and proud sponsor of our U/18 football team. You can learn more about their dedicated members, who share a passion for community service and friendship, at the link below: <https://geelongwestrotary.com/>

Other guest speakers included Deputy Prime Minister Richard Marles, State Member for Lara Ella George, and City of Greater Geelong Councillor Anthony Aitken, whose hard work has helped us achieve significant upgrades to our facilities.

Finally, we recognised and celebrated our 10 and 15 year sponsorship milestones - an extraordinary commitment that we deeply appreciate:

Norlane Hotel - 15+ years

Canny Group - 15+ years

J.H. Stephenson - 15 years

Ray White Lara - 15 years

Triple P Logistics - 15 years

Avalon Airport - 15 years

Midway - 10 years

Viva Energy - 10 years

Shell Club - 10 years

RLJ Builders - 10 years



And a special thank you to the following who have become player sponsors over the past month. A great effort by our netball and football players in securing such strong support this year:

James & Janet Bailey

Surf Coast Mind Body Health

Tim Van Bakkum

Tim and Ken Ivermee

An extra-special thanks goes to Mark from Mow Me Mark Lawn Care, Brad from RAPLASTA and Tony from Belmont Fencing for generously sponsoring two players each.

And one last thank you to Shaun Burge, who increased his sponsorship by two tiers - an amazing show of support.



Want to see something else in our monthly newsletter?

Do you have feedback, or do you know of someone who would benefit from receiving our monthly updates?

Get in touch with Eliza: lizekramer13@gmail.com

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NORTH SHORE FOOTBALL AND NETBALL CLUB

