



NEWSLETTER

RESPECT. FAIR PLAY. INCLUSION. TEAM WORK.

IN TODAY'S ISSUE:

- Round 1 recap
- 2026 Season Launch x ANZAC Day Eve matches 
- Updated events calendar
- Q&A with Anne Albon
- 'Here's what you missed on socials'
- Welcoming our new sponsors

ANZAC DAY EVE
 North Shore vs
 Newtown & Chilwell
 + our 2026 Season Launch

Friday, 24th April from 4pm onwards

Official opening of Windsor Park Pavilion Upgrade, 4:30pm

Football - Reserves 6pm, Seniors 8pm
 Netball - times TBC

ANZAC Service from Norlane RSL, 7:50pm

Bar & canteen open

COMING UP THIS WEEK:

SATURDAY 18th APRIL 2026

ROUND 2
 V LEOPOLD

WATCH US AT: Windsor Park (H)

Round 2 proudly sponsored by:
 Crossfire Group

SATURDAY 18th APRIL 2026

ROUND 2

WATCH US AT: Windsor Park (H)

Netball
 D Grade: 10.05am
 C Grade: 11.10am
 E Grade: 11.10am
 B Grade: 12.25pm

Football
 Reserves: 12.00pm
 Seniors: 2.10pm

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 equity 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 is a fantastic time to be at Windsor Park. We are already reaping the rewards of the incredible enthusiasm across the club, with growing numbers of new recruits, supporters, and volunteers.

The Transformation of Windsor Park

Our redevelopment has moved at a rapid pace, and the final product is something to behold. These upgrades—including brand-new football, cricket, and netball facilities—prioritize inclusivity with female-friendly change rooms across three areas.

The social rooms and rebuilt front veranda, complete with new stacker doors, create a brilliant alfresco area for us to enjoy the season together. We also extend a warm welcome to our new sponsors; your support is vital to our club culture.

Game Day & Events

As we head into our first home game against Leopold this weekend, let's carry the positive momentum from our successful pre-season social events. Get down to the ground and show your support!

Save the Date: Join us next Friday, April 24th, for our Season Launch and ANZAC commemoration. It's set to be a massive night as we officially kick off the year in style.

Lend a Hand

To keep things running smoothly, we are looking for:

Volunteer Barista: To operate the coffee machine from 10:30 am on home games (great for work experience!). See **Abbey** or **Vicki**.

RSA Holders: To help behind the bar throughout the season. Please contact **Abbey** or **Tom** if you have your RSA, or would like to get yours..

Merchandise

Check out the sample sizes in the clubrooms for new gear, and don't forget to grab one of our new tartan scarves, now available for purchase over the bar.

Let's support the club both on and off the field for a successful 2026.



President
Maryian Szponar
Phone: 0418 990 564
Email: maryianszponar@gmail.com

INVITATION



OFFICIAL OPENING WINDSOR PARK PAVILION UPGRADE



PLEASE JOIN

Member for Lara Ella George MP
Mayor Cr Dr Stretch Kontelj OAM and
City of Greater Geelong Councillors

Friday 24 April, 2026

Start time: 4.30pm

Location

Windsor Park
39 Rose Avenue
Norlane

for the official opening of the WINDSOR PARK PAVILION UPGRADE

Delivery of this project was funded by
the Victorian Government (\$2 million) and
the City of Greater Geelong (\$500,000).

Football Director
Simon Riddoch
Phone: 04202 721 258
Email: simonriddoch@hotmail.com



North Shore Football - Senior & U18 Update

It was a tough day on the road as both our Senior and Reserve sides took on St Albans away, with the results not falling our way. While it wasn't our day on the scoreboard, there were still plenty of positives to take from the contest as we continue to build and grow as a group.

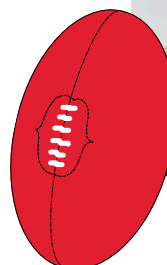
A major highlight for the Senior side was the introduction of eleven debutant players, a clear reflection of the exciting phase our club is in. These opportunities are invaluable, and the experience gained will hold us in great stead as the season progresses. A special mention to Xavier McGowan, son of club legend Jason, on making his senior debut, a proud moment for the family and the club.

Looking ahead, the Seniors now enter an important block with four consecutive home games, hosting Leopold, Newtown & Chilwell, Grovedale, and St Joseph's. This presents a fantastic opportunity to reset, respond, and build momentum in front of our home crowd.

Our Under 18s continue to impress, completing three strong practice match performances as they fine-tune their preparation. Focus now shifts to upcoming grading games against Newtown & Chilwell, followed by Anglesea at home, an exciting stretch as they look to set their season up.

As always, we stay connected, keep improving, and embrace the challenge ahead.

Football Director
Simon Riddoch
Phone: 04202 721 258
Email: simonriddoch@hotmail.com



NETBALL



Senior Netball

We made it to Round 1, and we managed to get a win on the scoreboard!
It's a little surreal to be heading into a 20-round season of netball, but here we are, and we're going in headfirst!

Round 1 -VS- St Albans went a little like this...

D Grade: 30 - 37 (W)

C Grade: 26 - 25 (L)

B Grade: 57 - 22 (L)

E Grade: 16 - 14 (L)

There are **SO MANY** things to celebrate in these results.

D Grade - getting up with their first (of many) wins on the board and one very proud coach to see the girls' hard work across pre-season and training pay off.

C Grade - only just going down by 1 goal in the last minutes of the game.

Important to note that there was a **broken wrist and a **very bruised nose** within the first minute of the game starting (from one of our goalers).

B Grade - we were lucky enough to have Eliza Kramer fly all the way down from the sunny Gold Coast to play for us in R1. Not only that, but can we take a moment to celebrate the fact that we have a B Grade **and** they made it onto the netball court for the 2026 season?

E Grade - only narrowly missing out on the four points. An incredible game of perseverance. Hats off to the E Grade girls for fighting through the wind, rain, sleet and the freezing cold weather conditions.



We're on the hunt for a standout goaler to complement our B Grade team.

Better yet, if you're a goaler who swings into the mid-court - we want you!

Get in touch, because we'd love to have a chat, and it's never too late to become a Seagal; the door is always open to those who are new and those who are ready to return to the blue and gold.

Junior Netball

We've had to make the heartbreaking decision to let go of our Junior Netball dreams for the 2026 season. But that doesn't mean that we're giving up!

Abbey and I are already planning to launch Junior Netball back at North Shore - properly, mid-season... so stay tuned, because we've got plans, and you're invited!



Vice President - Netball

Edwina Wilkens

Phone: 0421 653 944

Email: edwina.wilkens@canwill.com.au

SAVE THE DATE | ANZAC Day Eve

Clear your schedules, because on Friday, April 24th, we aren't just playing for points - we're officially opening our new & improved clubrooms, and celebrating our 2026 Season Launch.

We're hosting Newtown & Chilwell for a massive ANZAC Day Eve clash, and we want to see you there! Whether you're coming to see our impressive new facilities, watch the footy and netball, or to pay your respects, there is no better place to be!

WHAT'S ON

4:30pm - Official Opening of the Windsor Park Pavilion Upgrade by CoGG

6pm - Reserves Football

6:35pm - D Grade & C Grade

7:50pm - ANZAC Service (conducted by Norlane RSL)

8:00pm - Seniors Football

8:10pm - B Grade & E Grade

Let's (officially) launch the 2026 season in style and show Newtown & Chilwell what Windsor Park spirit is all about!

EVENTS



ANZAC DAY EVE

North Shore vs
Newtown & Chilwell

+ our 2026 Season Launch

Friday, 24th April from
4pm onwards

Official opening of
Windsor Park Pavilion
Upgrade, 4:30pm

Football - Reserves 6pm,
Seniors 8pm
Netball - times TBC

ANZAC Service from
Norlane RSL, 7:50pm

Bar & canteen open

2026 NSFNC EVENTS

24 APRIL	2026 Season Launch
2 MAY	Player Function
16 MAY	Comedy Hypnotist
22 MAY	Sponsors Breakfast
23 MAY	Colac bus trip
7 JUNE	REVERSE RAFFLE
20 JUNE	LADIES DAY
11 JULY	PAST PLAYERS DAY
25 JULY	Winter Ball
29 AUGUST	Season Vote Count
24 SEPTEMBER	Presentation Night



EVENTS

UPDATED EVENTS CALENDAR

Please note the events that have been shuffled around. Dates remain the same but we have pushed back Ladies Day and Past Players Day, and brought forward the Player Function.



Q&A WITH ANNE ALBON

How long have you been at NSFNC? 54 years!

What do you love most about the club? All the great people whom I've met through the club and are life long friends.

What's your favourite club function? In the 80's it was the 'Player's Player of the Year' function. Now it's the Reverse Raffle and Ladies Day.

What's your go-to canteen order? A meat pie.

Favourite person at the club: My husband John/Ab

Highlight of your time at NSFNC: Receiving the Centenary Medal in 2003 for my contribution to Australian society which was put forward by North Shore. Also, to have been around John's and my brother Paul's premierships years, watching my 3 sons Shane, Mathew and Brent playing at North Shore starting in Little League, and of course receiving a life membership!

What emoji could you not live without? Not much of an emoji person but maybe the

What sport would you compete in if you had to be in the Olympics? Race Walking, I represented Victoria in my younger days.





Memberships Matter!

Our members remain our most vital sponsors. Each year, a dedicated group of just 250 people - including 73 Life Members - generates over \$15,000 for the club. It's an incredible foundation, but imagine the impact if all 1,200 of our past players, life members, and supporters who receive this newsletter joined in at even our entry level (\$50). The potential for the club would be off the charts - tripling our turnover and securing our future for years to come.

The momentum is already building! Last month, many of our regular Northern Lights Diamond Members renewed for another three years. We are also thrilled to welcome our newest Diamond members: **Paul Keating, Phil Oldham, Ian Beech, and Michael Dove**. Their contributions have officially elevated the Northern Lights Diamond tier to the status of a Silver Sponsor.

As we approach our Centenary Year in 2027, we have set an ambitious goal of reaching **27 Diamond Members** (a nod to our founding in 1927!). We have some fantastic incentives in the works, so stay tuned.

The Seagull Spirit is alive and well - we recently saw three past Presidents of the club renew their memberships, and we're proud to announce that our 1969 NSLL Best & Fairest winner, **Paul Whittington**, is officially back on board. Let's keep this growth going!

Seagulls Go Digital!

Thanks to our new website and database system, TidyHQ, your membership card is now available right on your phone. No more worrying about misplacing the paper version!

How to access your Digital Membership Card:

1. Log onto nsfnc1927.tidyhq.com (the same spot where you purchased your membership).
2. Use the drop-down menu to navigate to Memberships.
3. Select the Apple Wallet or Google Pay logo depending on your device.
4. Your Digital Card will now live in your phone's digital wallet for easy access.

Your Digital Membership Card is valid for entry at all home & away games. For those who prefer the traditional way, physical membership cards are still available for collection at the Club on game days or during Thursday night dinners.



HEALTH

The link between cramping and hydration

Cramping and hydration are closely linked because your muscles depend on a proper balance of fluids and electrolytes to function normally.

You lose fluids through sweat and not drinking enough, and you also lose electrolytes such as sodium, potassium, and magnesium. These electrolytes help control muscle contraction and relaxation.

Hydration isn't the only cause of cramps.

They can also come from: muscle fatigue and overuse; poor circulation, mineral deficiencies (magnesium) and certain medical conditions.



How you can prevent cramps:

- Drink water regularly throughout the day and during exercise.
- During heavy sweating, include electrolyte drinks, supplements, or food.
- DON'T wait until you're very thirsty!
- Before partaking in excessive exercise (game day), eat 'fuel foods' that include carbohydrates, and a balanced diet of bananas, leafy greens and nuts.
- Consider taking sodium (salt) and/or magnesium tablets pre-game.
- During games, use energy gels and electrolyte drinks.



'HERE'S WHAT YOU MISSED ON SOCIALS'



WINNERS (week 5-9)

Week 5:

\$300 Simon Wolfe
\$100 Hayden Torney

Week 6:

\$300 Shane Pearce
\$100 Greg Dennis

Week 7:

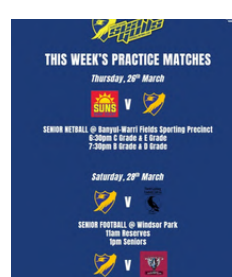
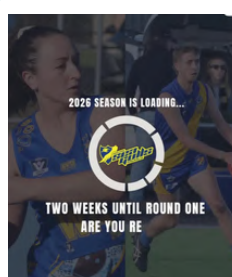
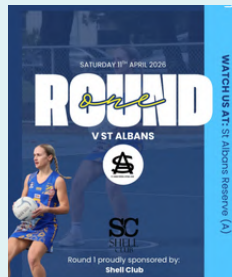
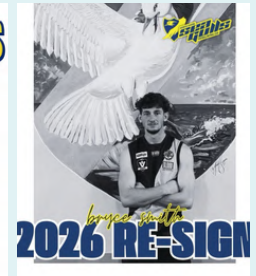
\$300 Col Riseley
\$100 Harry Purcell

Week 8:

\$300 - Julie Baker
\$100 - James Cumming

Week 9:

\$300 - Brandon Hynes
\$100 - Harry Purcell



OUR SPONSORS

We would like to extend a sincere thank you to all of our incredible sponsors who have recommitted their support, as well as those who have recently joined the club.

We are excited to share that this year is shaping up to be one of our strongest yet for sponsor support, currently tracking as our second-best result on record and on pace to challenge the 2018 total.

With the season only just getting underway, there are still plenty of opportunities for new and returning sponsors to get involved. In particular, player sponsorship remains a fantastic way to support the club while gaining great exposure.

If you're interested in coming on board or would like more information, please reach out to Nik at northshoresponsorship@gmail.com. We'd love to have you as part of our journey this season.

A big welcome to our latest sponsors!

RLJ Builders - 10 Year Partnership

Ron Watt - Player Sponsor

Christine Couzens MP - State Member for Geelong - Player Sponsor

Dove Architectural Blind Solutions - Player Sponsor

A&K Tucker Excavations - New Sponsor

Leanne and Rowland Bone - Player Sponsor

Andrew Wright - Player Sponsor

Belmont Fencing - Player Sponsor

Stockwells - Player Sponsor

Mow Me Mark Lawn Care - Player Sponsor

Gav's Tshirts and Signs - 2 Year Partnership

Eight Count Boxing & Performance Gym - Player Sponsor



Attention all players + future sponsors!

On the next page you'll find our 2026 Player Sponsorship form. Find a sponsor to reduce your membership fees and fill out the form below - you can either print this and send a photo once complete, or fill it in digitally and email through to Nik at northshoresponsorship@gmail.com





PLAYER SPONSORSHIP 2026

SPONSOR BENEFIT	\$1650	\$550	\$220	\$165
GROUND SIGN	✓	—	—	—
HOSPITALITY DURING HOME GAMES	✓	—	—	—
ADVERTISING ON CLUBROOM TV	✓	✓	✓	✓
MEMBERSHIP	✓ x 2	✓ x 1	✓ x 1	✓ x 1
INVITE TO SPONSOR'S BREAKY	✓ x 2	✓ x 1	—	—
INVITE TO SPONSOR'S DAY	✓ x 2	✓ x 1	✓ x 1	✓ x 1
PLAYER'S BENEFIT (amount taken off playing fee)	FULLY PAID	\$165	\$60	\$40

Please email the following information to northshoresponsorship@gmail.com
or text to 0422 127 567 (photos of completed form accepted)

Player's Name -

Business/Sponsor Name -

Contact Person -

Contact Email -

Contact Phone Number -

Sponsorship amount - \$

Optional Extra - Major Raffle ticket - \$100

Major Raffle ticket - ___ Ticket/s x \$100

Once the information has been received, an invoice will be sent to the contact email.
No cash payments accepted.





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



Windsor Park
Master Plan

*Copyright (C) 2026 North Shore Football and Netball Club.
All rights reserved.*

You are receiving this email as either a current or past player, member or supporter of North Shore Football & Netball Club.

Our mailing address is:
North Shore Football and Netball Club
Windsor Park
39 Rose Ave
Norlane, Vic 3214
Australia

