



## UPCOMING DATES

Date	Event
Saturday, February 7th	2026 Planning Workshop, 9am-12pm - location TBC
Saturday, March 14th	Pre-season (football) game vs. Lorne @ Stribling Reserve
Saturday, March 21st	Pre-season (football) game vs. Ocean Grove @ Ray Menzies Reserve
Saturday, March 28th	Pre-season (football) game vs. North Geelong @ Windsor Park

## IN TODAY'S ISSUE:

- Looking ahead to 2026
- Football & netball pre-season updates
- Q&A with Mick Kramer
- 2026 Committee
- 'Here's what you missed on socials'
- Thanking our sponsors

## QUICK LINKS:

- [Football Registration](#)
- [Junior Netball Expressions of Interest](#)
- [Senior Netball Trial Registration](#)

*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

Welcome to our first newsletter for 2026. As I mentioned earlier in 2025, our club needed to focus on player retention while also recruiting new talent. I am very optimistic that this year will mark a continued rebuilding phase for the North Shore Football Netball Club, paving the way for a more successful season.

### Some general 'headlines':

We have only lost one player from our 2025 Senior football team.

Currently, we have recruited **nine** new players.

The Under 18s team has been revitalised and is on track for a successful year.

Netball is also thriving, with the addition of **three** new junior sides and an added senior team.

We are making plans to announce all social events for the upcoming season. The renovations are progressing well, with the change rooms expected to be completed by the end of January, and the social and netball areas slated for mid-March.

I aim to engage past players and supporters this year and next to foster new friendships with current players, coaches, and committee members. As we approach the start of the season, I will share more details about what lies ahead.



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### **Vice President - Netball**

Edwina Wilkens  
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# FOOTBALL

## Senior & Under 18s Preseason Update – 2026

The Seagulls are well and truly back in flight as preseason for 2026 continues to build strong momentum across both our Senior and Under 18s football programs.

## Senior & Reserves Program – Numbers, Energy, Buy-In

Our Senior and Reserve pre-season kicked off early, with the senior leadership group getting to work back in October, setting the standards and tone for what's shaping as an exciting year ahead. That commitment rolled seamlessly into our November–December pre-season block, and the response from the playing group has been outstanding.

So far, we've had 45 Senior and Reserve players attend training – a fantastic sign of buy-in, connection, and hunger to improve.

Leading the charge is **2026 Senior Coach Mark Hounslow**, with strong support from newly appointed **Reserves Coach Warren Bennett**, both working closely with:

- **Dave Matthews** – Strength & Conditioning Coach, keeping the group sharp, strong, and accountable
- **Mitchell Bone** – Development Coach, driving growth, standards, and individual improvement

The sessions so far have been competitive, well-structured, and full of positive energy – exactly what you want heading into the new year.

Pre-season will continue on Tuesdays and Thursdays at 6pm from January 20th.

## Under 18s – The Future Is Bright

Our Under 18s are off to a flying start, and there's plenty to be excited about.

Under the guidance of **Dean Rochow**, we already have 12+ players signed up, with stacks of young talent on show. The enthusiasm, skill level, and attitude of this group has been first class, and it's clear there's a strong foundation being built for both 2026 and beyond.

With strong numbers, committed coaching staff, and a great mix of experience and youth across the club, the early signs for 2026 are extremely positive.

This is what pre-season is all about – laying the foundations, building standards, and bringing people together. We can't wait to see what the next phase brings as we roll into the new year.

Up the Seagulls! 

# NETBALL

## **2026 brings a fresh start and a new pathway forward for North Shore Netball.**

With an enormous amount of work going in behind the scenes since August 2025, we've been working around the clock to ensure that we're putting ourselves in the best position possible to take the court in 2026.

New and returning coaches, new and returning players. We've said our goodbye at the end of the 2025 season and those that won't be returning to the netball court, but it's not a sad goodbye, it's exciting because it's making room for new talent, new development, and new connections.

### **Senior Netball**

2026 Senior Netball will look like:

- B Grade
- C Grade
- D Grade
- E Grade

If you're keen or know someone who wants to be part of the blue and gold, pre-season netball kicks off Tuesday 20th January at the Windsor Park netball courts.

### **Final trials for senior team selections are as follows:**

Thursday 19th February, 6pm

Saturday 21st February, 9am

Tuesday 24th February, 6pm

### **Junior Netball**

2026 Junior Netball will look like:

- Under 13s
- Under 15s
- Under 17s

We're looking forward to meeting the junior netballers very soon! Junior trial and training dates will be confirmed in early February, so keep an eye on your emails and our social media channels for updates.

We are still looking for some more players! Anyone interested in joining an under 13, 15 or 17 netball team is encouraged to get in touch.

Keep an eye on our social media channels to keep up to date with everything that's happening with netball. We're itching to get back onto the court 

Any questions, get in touch with Edwina 0421653944



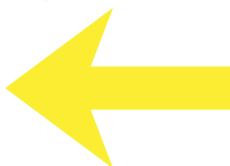
# EVENTS

## 2026 Planning Workshop

An opportunity for past & present players, coaches, members, volunteers and supporters to come together to set 2026 up to be another successful year.

9am-12pm, Saturday Feb 7th

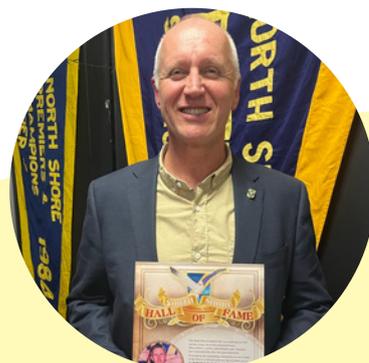
Location TBC



### Not to be missed - 2026 Planning Workshop

Stay tuned via email/social media for a location but in the meantime, make sure this is in your calendar!

## Q&A WITH MICK KRAMER



**How long have you been at NSFNC?** Nearly 50 years, played Little League (Blues) in 1973 & then came at the end of 1977 with schoolmates (Mick Todd, etc.), playing u17 in 1978.

**What do you love most about the club?** The Spirit/Culture of the people

**What's your favourite club function?** Annually, Reverse Raffle, or the Hall of Fame

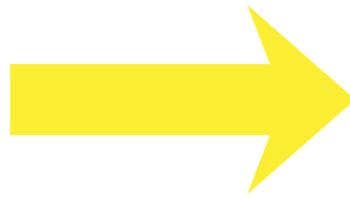
**What's your go-to canteen order?** Pav's potato cakes

**Favourite person at the club:** Tough call (might get in trouble for this), either my daughter Lizie (and all the other Seagals) or Vicki and her canteen team

**Highlight of your time at NSFNC:** Another tough call (might not be believed), either Lizie finally coming to play netball ... or our 4 Ressies flags from 1989-95

**What emoji could you not live without?** 🇺🇲 🇺🇲 🇺🇲 Caaaaaarn Shories! 🍌

**What sport would you compete in if you had to be in the Olympics?** Equestrian? But can I be the horse?



Scan the QR code or [click here](#)

### **Grab your membership today!**

Options are available for everyone, starting as cheap as \$50 for a Starter Seagull Membership. Really keen to show your commitment? Join the Silver Gull Supporters Club for \$315 which includes match day entry for every game, a club sticker, a cap or beanie, an embroidered polo and a stubby holder!

## **2026 COMMITTEE**

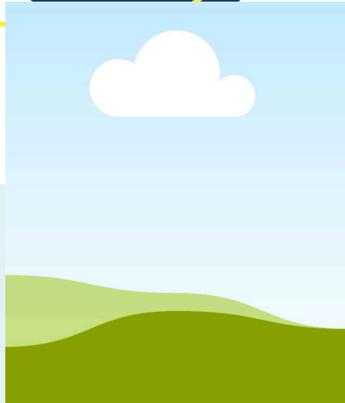
Following our AGM, we are pleased to officially announce the 2026 NSFNC Committee:

- **Executive committee:** Maryian Szponar, Abbey Watt, Edwina Wilkens, Greg Dennis & Tom Bauer
- **General committee:** Eliza Kramer, Vicki Endrei, Kaye Pinchbeck, Harry Purcell, Robert McManus, Heidi Uwland, Kate Stephens, Brian Ward, Rhys Jameson and Kristi Washington

We would also like to extend a massive thank you to outgoing committee members Mel Pavic, Brad McDougall and Robert Richardson. Your time, effort, and behind-the-scenes work have been invaluable, and the club is stronger because of your contributions.

# SOCIALS

# HERE'S WHAT YOU MISSED ON SOCIALS



**2026 SENIOR NETBALL TRIALS**

THURSDAY 19<sup>TH</sup> FEB - 6pm  
SATURDAY 21<sup>ST</sup> FEB - 9am  
TUESDAY 24<sup>TH</sup> FEB - 6pm

All attendees must register

POV:  
you're nervous north shore is coming for you

**REGISTER NOW!**

2026 FOOTBALL REGISTRATIONS ARE OPEN

**2026 RE-SIGN**

*Joeli Washington*

FROM OUR TEAM TO YOU  
**MERRY CHRISTMAS**  
AND A SAFE NEW YEAR!

**2026 RE-SIGN**

*Devin Clark*

**U18s ASSISTANT COACH**

*Adam Jarvis*

**2026 SENIOR NETBALL RE-SIGNING**

LOCKED AND LOADED

*Alma Wallbridge*

**2026 RE-SIGN**

**NEED A LAST MINUTE CHRISTMAS GIFT?**

**GRAB A 2026 NORTH SHORE FNC MEMBERSHIP!**

#NORTHSHOREFORSURE

**2026 SENIOR NETBALL RE-SIGNING**

LOCKED AND LOADED

*Hannah Goodhall*

**2026 RE-SIGN**

**U18s new recruit**

**HAYDEN RAYNER**

On behalf of everyone at the club, we would like to sincerely thank all of our sponsors for their support throughout the 2025 season.

At the start of the year, there were real uncertainties about whether the club would even be able to participate in the league. Under those circumstances, it would have been completely understandable for sponsors to step away. Instead, they chose to stand by us without hesitation.

Their support quite literally kept the club alive, and for that we are truly grateful.

Below is a list of the fantastic businesses that supported us during this challenging time. We encourage all members to support them whenever possible and to thank them for backing our club when it mattered most.



 <b>VIVA</b> Energy Australia GOLD PARTNER <a href="http://vivaenergy.com.au">vivaenergy.com.au</a>	 <b>SC SHELL CLUB</b> GOLD PARTNER <a href="http://shellclub.com.au">shellclub.com.au</a>
 <b>CROSSFIRE</b> GOLD PARTNER <a href="http://crossfiregroup.com.au">crossfiregroup.com.au</a>	 <b>GeelongPort</b> SILVER PARTNER <a href="http://geelongport.com.au">geelongport.com.au</a>
 <b>VIKON</b> GEELONG SILVER PARTNER <a href="http://vikon.com.au">vikon.com.au</a>	 <b>Jenny's</b> Early Learning Centre KEEPER PARTNER <a href="http://jennyselc.com.au">jennyselc.com.au</a>
 <b>Canny.</b> BRONZE PARTNER <a href="http://cannygroup.com.au">cannygroup.com.au</a>	 <b>Oppy's</b> BRONZE PARTNER <a href="http://norlanehotel.com.au">norlanehotel.com.au</a>
 <b>Steeline</b> JH STEPHENSON BRONZE PARTNER <a href="http://jhstephenson.com">jhstephenson.com</a>	 <b>RayWhite</b> LARA BRONZE PARTNER <a href="http://raywhitelara.com.au">raywhitelara.com.au</a>
 <b>TRIPLE LOGISTICS</b> BRONZE PARTNER <a href="http://triplelogistics.com.au">triplelogistics.com.au</a>	 <b>rlj builders</b> BRONZE PARTNER <a href="http://rljbuilders.com">rljbuilders.com</a>
 <b>Midway</b> BRONZE PARTNER <a href="http://midwaylimited.com.au">midwaylimited.com.au</a>	 <b>Tuckers</b> Funeral & Bereavement Service BRONZE PARTNER <a href="http://tuckers.com.au">tuckers.com.au</a>
 <b>JEZ</b> BY TIRE AND TIRE BRONZE PARTNER <a href="http://jez.com.au">jez.com.au</a>	 <b>thornton</b> Depend on it BRONZE PARTNER <a href="http://thorntoneng.com.au">thorntoneng.com.au</a>
 <b>Geelong</b> Greyhound Racing Club BRONZE PARTNER <a href="http://geelong.grv.org.au">geelong.grv.org.au</a>	 <b>Ella George MP</b> LABOR MEMBER FOR LARA BRONZE ADVERTISER <a href="https://facebook.com/EllaGeorgeMP/">facebook.com/EllaGeorgeMP/</a>
 <b>The Grogguy</b> BRONZE PARTNER <a href="http://thegrogguy.com.au">thegrogguy.com.au</a>	 <b>SKILLED FIRE PROTECTION</b> BRONZE PARTNER <a href="http://skilledfireprotection.com">skilledfireprotection.com</a>

Continues on the following page

**Keen to jump on board as a sponsor for the 2026 season?**

Reach out to Nik Pavic at [northshoresponsorship@gmail.com](mailto:northshoresponsorship@gmail.com) for more information!

# OUR SPONSORS

 <b>GAV'S</b> T-SHIRTS & SIGNS	<b>BRONZE PARTNER</b> <a href="http://gavsigns.com.au">gavsigns.com.au</a>	 <b>The Travel Boutique</b> SEELONS	<b>BRONZE PARTNER</b> <a href="http://thetravelboutique.com.au">thetravelboutique.com.au</a>
 <b>GENERAL PUBLIC</b> EAT DRINK BOWL & PLAY	<b>BRONZE PARTNER</b> <a href="http://generalpublic.com.au">generalpublic.com.au</a>	 <b>geelong reprographics.</b>	<b>BRONZE PARTNER</b> <a href="http://geelongreprographics.com.au">geelongreprographics.com.au</a>
<b>QUEEN OF THE WEST</b>	<b>BRONZE PARTNER</b> <a href="http://queenofthewest.com.au">queenofthewest.com.au</a>	 <b>Ber's Butcher</b>	<b>BRONZE PARTNER</b> <a href="http://www.facebook.com/bersbutcher/">www.facebook.com/bersbutcher/</a>
 <b>HiTech</b> ELECTRICAL SERVICES	<b>BRONZE PARTNER</b> <a href="http://hitelectrical.com.au">hitelectrical.com.au</a>	 <b>BFT</b>	<b>COURT PARTNER</b> <a href="http://bodyfittraining.au/club/geelongnorth">bodyfittraining.au/club/geelongnorth</a>
 <b>Stockwells</b> Moving you bright forward	<b>BRONZE PARTNER</b> <a href="http://stockwells.com.au">stockwells.com.au</a>	 <b>Domino's</b>	<b>BRONZE PARTNER</b> <a href="http://dominos.com.au/store/vic-geelong-west-98875">dominos.com.au/store/vic-geelong-west-98875</a>

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

**Got feedback, submissions or know someone who would like to be added to the newsletter mailing list? Email [lizekramer13@gmail.com](mailto:lizekramer13@gmail.com).**

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