

The Marist Club (PN)

AWARD WINNNG MAGAZINE

GREEN & GOLD TIMES

40th Year of Publication



Marist Sports Club Life Members

THE MARIST CLUB (PN) INC17A Pascal St, P.O. Box 977, Palmerston North, New Zealand • Ph (06) 356-6322

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Website: www.maristsports.com



The Marist Club

GREEN & GOLD TIMES

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CHAIRMAN'S REPORT

It is my continued pleasure to report the club is in great heart, with numbers in particularly, the junior code areas, continuing to expand, and my congratulations go to all of those parents involved. Those junior members will be the future lifeblood of the club. It has been pleasing to note during the year we have been able to cement an association arrangement with Badminton Manawatu, in a similar fashion to Bike Manawatu. This should prove a beneficial arrangement for both organisations and is in keeping with our Marist aim of promoting affordable sport for all.

Paul O'Brien advises me we have in excess of 2,600 members, which includes 400 coaches, managers and administrators, which makes us one of the largest sporting clubs in the country.

Special thanks go to the New Zealand Community Trust, Eastern and Central Community Trust, the Lion Foundation, the Higgins Group of Companies and to the Shamrock Club and its individual members for your valuable support, it is very much appreciated, and I urge all members when considering who provides them with goods and services please make sure you consider Marist Supporters favourably.

In terms of Governance, the Council of Codes, made up of representatives from each of our codes, meets regularly throughout the year. There is great mingling of ideas and sharing of information amongst the various codes, and it provides valuable feedback to the Board. The Board itself meets 5 to 6 times a year, and provides oversight and support for the codes and the club room's facility.

The Board is actively considering the future development and possible expansion of the clubrooms as we look to future proof the club, and how we work with the Arena facilities.

In addition to normal after match functions, the club continues to hold very successful St Patrick day celebrations. This year on November 4 we are holding a club appreciation evening, which is a chance to reflect and enjoy each other's Company between the winter and summer seasons, and particularly to give thanks to sponsors and supporters for another successful Marist year.

Special thanks goes to Paul O'Brien for his continued and outstanding role in providing oversight and daily management of all club matters, James Edwards and his team behind the bar, and Phil Metcalf and his team in the kitchen for all the service you provide to club members throughout the year.

In conclusion I would like to acknowledge the passing of Bill Anderson a stalwart of Old Boys Marist Rugby, and Frank O'Brien who particularly upon his retirement gave so many years of loyal service in the administration of the club. Our club extends its deepest sympathy to their families, their loss is shared by us all.

Keith Wedlock, Chairman

Marist Life Members

- Malcolm Burr (Rugby)
- Peter Clark (Rugby)
- Terry Comber (Rugby)
- Ezra Drury (Rugby)
- Rick Field (Junior Soccer)
- John Fisher (Rugby)
- Jason Flynn (Soccer)
- Gerard Gillespie (Cricket)
- Peter Gillespie (Rugby)
- Mark Gleeson (Rugby)
- Owen Gleeson (Rugby)
- Paul Grimstone (Rugby)
- David Healy (Rugby)
- Pat and Bernard Higgins (Club)
- Murray Joyes (Rugby)

- Kevin Judd (Cricket)
- Mike Keenan (Cricket)
- Audrey Kendall (Tennis)
- Glynis Lye (Netball)
- Paul McRae (Rugby)
- Glenda Mills (Soccer)
- Paul O'Brien (Rugby)
- Robin O'Neill (Rugby & Tennis)
- Beth Quigan (Netball)
- Martin Skinner (Soccer)
- John Sullivan (Rugby)
- Matthew Toynbee (Cricket)
- Andy Trow (Tennis)
- Rose Tuohy (Tennis)
- Keith Wedlock (Cricket)

Photos of all our past Life members are proudly displayed in the Marsit Club Boardroom.

EDITORIAL

This printed (and on-line) award winning magazine, highlights the many and varied sports that come together under the Marist family umbrella.

The cover page photo was taken at our inaugural Life Members Dinner. What a great shot of these generous people that have given so many years of hard work.

To all the team administrators/managers/coaches that write the reports in this publication, a big thank you for this and all your many other voluntary duties. Enjoy a great read.

Cheers

Paul O' Brien



Manawatu Badminton wants to express their thanks for the use of the Marist Club rooms venue for our Junior Prizegiving in October. We had a great evening with all the kids and parents thoroughly enjoying the speeches and pizzas! Thanks again for hosting us and its great to be associated with Marist Sports.

Kind regards, Sandra Lynch



THE SHAMROCK CLUB

The Shamrock Club membership helps create a funding pool to support Marist Sports and well performed Manawatu sportspeople to compete and/or gain experience at a higher level either in NZ or overseas or to obtain specialist coaching.

This year we are pleased to welcome new Shamrock Club members Max Fashions, Chapple Architecture, Landmark Homes Manawatu, One Staff, Total Sheetmetals NZ Ltd, Compressed Air Controls Ltd, Café Cuba, Telcospec Ltd, Bubbles Champagne & Wine Bar, Flip City, The Coffee Club on the Square and Marcus Prenter Creative Decorator.

Over the past year Marist codes received assistance in addition to Bike Manawatu, Joshua Hartnell (World Masters Games), Caleb Satterthwaite (PNBHS USA Tour), and Molly Barnett (Manawatu Secondary School Girls Cricket Team tour to Australia). Contributions were also made to the Annual Golf Tournament, Marist Club Cocktail functions attended by Shamrock Club members specifically the St Patrick's Night celebration and Annual Award presentation and the Chairman's Cocktail event to recognize sponsors and support to Marist codes and teams.

St Patrick's Night continues to be a popular event. It is always good to see so many sponsors there with club officials. The Marist Club's annual celebration will be on Friday 4 November and Shamrock Club members are very welcome to be there. An invitation will be sent nearer the time.

The 2016 Marist Golf
Tournament in association
with the Shamrock Club
will be held on Sunday
13 November at the Manawatu
Golf Club. Further details are
available from Ezra or
John Sullivan.



Proceeds go to the Marist Sports Scholarship Fund

The Shamrock Club Membership for 2016/2017

The Shamrock Club's list of members is as follows:

The Coffee Club on the Square Fitzherbert Rowe Mediaworks Manawatu Steelfort Engineering Ltd Crombie Lockwood NZ Ltd Brian Green Property Group Humphries Construction

CB Norwood Distributors

Paul O'Brien

Martin Engineering (PN) Ltd Vince Basile, Plumbing Nuview Wealth Solutions

Cotton Kelly Audit Silvester Clark Stephen Parsons, HOT Higgins Concrete Ricoh NZ Ltd

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Gary Douglas Engineers Ltd McIntosh Brothers Engineers LTd

Harts Body Shop Capture Signs Ltd Eyevet Services Max Fashions

Bubbles Champagne & Wine Bar Compressed Air Control Ltd

We thank you for your support.

We welcome all new applications for membership. Membership for a year costs \$300.00. New members can be discounted for part year membership. If you wish, you can tag part of your donation to a particular Marist Sports code.

Shamrock Club Contacts:

Ezra Drury 357 4062, Paul O'Brien 350 0342, Bernard Higgins 027 4423 153, John Sullivan 021 448 176, Brian Ahern 0272 803 201, Mike Keenan 358 6318.

A Shamrock Club information and application leaflet is available from any of the above contacts.



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SENIOR RUGBY

Chairmans Report PNOBM Rugby 2016

2016 has been an other year on the improve for the club. Senior Development winner of the Senior 2 Comp, Senior A team top four but only a kick away from being in the final, two Colts Teams both competitive and showing the club has depth and the pressies still going strong and something new for the club an Under 13 team playing in PNOBM colours.

Off the field our new committee has been working well learning as we go but growing with the changes of what club sport has become for the community our use of our data base and working with sponsors and Multimedia has lifted us to be in communication with all our members and community groups.

We have become a club that players want to come and play for to enhance their chances at higher honours and to be coached and supported well by our coaching systems and management teams. Seeing all our players that have made rep team makes me feel proud to be part of this club. To help us get the the position we are in our members and sponsors have been the key Higgins, Humphries Construction, Gary Douglas Engineers, Fitzherbert Rowe Lawyers, Cafe Cuba, and the Daily being our team sponsors and all the businesses in the 500 and 200 clubs we would like to thank you all.

I will make a special mention to the Marist sports club and Shamrock Club for the work they do to keep us in having a club rooms to base from and the help they give with the extra things we need. Already having Reece Robinson appointed for 2017 as head coach I hope the continuity carries on and we grow the next step and be true finals contenders again for 2017.

Regards

Phil Metcalf, Chairman PNOBM Rugby







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2016 Rugby Prizegiving

Presidents

Coach – Mark Izod Manager – Carolyn Richards, Andrew Johns Best All Round Player: Presidents Cup – Alastair Cadzow Most Improved Player Harris Meat Market Cup Patrick Guerin Best and Fairest Stephen Fecklington Memorial – Kent Higson "Big Jim" Memorial Cup Alastair Cadzow & Kent Higson

LD Colts

Coach – Hayden Hall & Roydon Miller Most Improved Back – O'Donnell Cup Blair Hannam Most Improved Forward – Attwell Sharland Cup Edward Mei Best All Round Player – Marist Sports Cup – Leighton Osgood

Colts Premier

Coach – David Wilson, Paul Sheehan Manager – Grant Christian Most Improved Back – Terry Warn Cup – Chad Kingi Most Improved Forward – Shannon Cup – Sam Roebuck Best All Round Player John Bird Cup – Dean Stafford

Senior 2

Coach – Brett Davis
Technical Advisers – Kany Barry, Dave Waru
Manager – Gareth Pringle
Best Back – Terry New Cup – Ashley Busher
Best Forward – Walker Cup – Jeremy Dobson
Best All Round Player – Junior Cup – Joshua Greer

Coach - Reece Robinson, Jason Temara

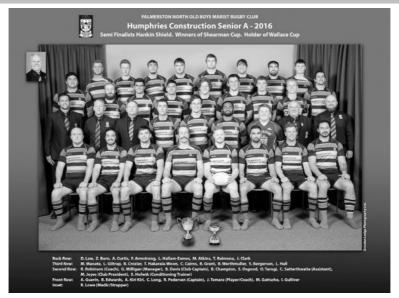
Senior 1

Managers – Gary Milligan and Murray Joyes
Trainer – Shaun Hofenk Trainer
Assistant – Caleb
Physio – Spot
Rookie of Year – Gleeson Cup – Liam Hallam- Eames
Most Improved Back – Brian Finlay Memorial Cup – Ben Werthmuller
Most Improved Forward – Brien Trehey Cup – Liam Giltrap
Best All Round Player – Houlahan Cup – Rhys Pedersen

OBM CLUB AWARDS

Best Team Performance – Biss Cup – Senior Development
Most Tries in Season – O'Callahan Cup – Jordan Clark 14
Most Points Off Boot – Robin O'Neil Cup – Jordan Clark 63
Most Promising Club – Person Marist Brothers Cup – Cathryn Woller
Player who contributes the most to the Club – Maurice Calcott Cup – Jason Tamara
Winner of 321's – Irvine Roberston Cup – Josh Greer
Supporter of Year – Oakley Cup – Bevan Busher
Club Member who contributes the most to the success and well being of the Club –
Rutherfurd Cup – Brett Davis
Player of Year – Freon Cup – Shadyn Osgood

Senior A



For many the 2016 season for the Senior 1 team will always be remembered for the 13 to 12 loss to Varsity, in the Hankin Shield semi-final match. Unfortunately, the ecstasy of scoring the winning try moments before was reversed with a penalty awarded within kicking range to snatch victory away in the dying seconds of the match.

While this was a major disappointment, the team needs to be congratulated on how they turned their season around earlier in the competition. During the first round the team, who had been widely touted as the title favourites struggled, losing some crucial games to teams where wins would have been expected.

A period of soul searching and goal setting saw the team go through the second round undefeated. Undoubtedly the performance of the year was the 29 to 8 victory over C.O.B on the oval. That day the team played at a level that showed what could have been had they played at that level more often. They completely dominated C.O.B in all facets of the game with a score line that could easily have been higher.

Although the semi-final exit was extremely disappointing, the season has to be seen as another successful one. The club has been well represented with a number of the team making representative honours in the Turbo's, the Manawatu under 19 team, and one player in the Manawatu Development team, so congratulations to all of those players.

Further to this the team participated in the Spillane Cup tournament again in March this year. This time the team won the Ham Cumings Cup, a great result to start the year.

I wish to thank the coaches Reece Robinson (Reebo) and Jason Temara (Slick) for all the time and effort they put into coaching and preparing the team from pre-season right through until the finals.

Lastly thanks to all our regular and loyal supporters who were there throughout the season.

Gary Milligan, Manager

Premier Colts



The season of the premier colts started with a large loss to Metro team. A new composite team entered into to the competition by the Wanganui rugby union.

The season continued with a win over our fellow Old boys Marist Lightning dolphins. As the season progressed it was clear that the team had a huge potential should players turn up to training and put in 100% effort.

After a few close losses we managed to reach the top six play-offs again beating our fellow lightning dolphins and Massey University ag colts to reach the top four. However losing the subsequent semi-final to the top university team.

Though not reaching out objective of playing the final the team developed a large number of players who were new to the club and played their first year of club rugby.

The Team showed huge potential should the majority of players return which is likely. **David Wilson and Paul Sheehan,** Coaches

Solid ROCK!





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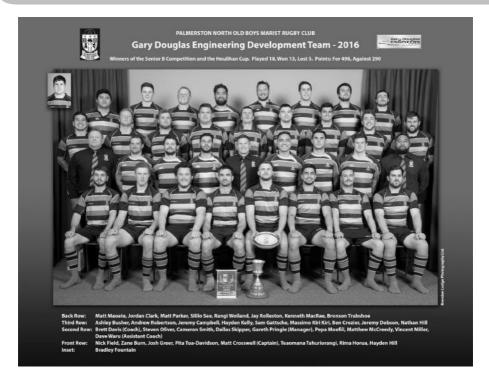


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OB Marist 'Gary Douglas Engineering' Development team



What a season from the Development XV. 2016 Senior B Champions – a first for the amalgamated club. An up and down start to the season, from a team that showed much promise, saw them qualify for the top 6 in 5th position. But with an unwavering amount of belief, and club spirit, there was never any doubt the D-Lo men would give the comp a right shake.

A very young forward pack, led by Josh Greer and Jeremy Dobson, rose to the occasion, with the help of the young at heart Solilo Sae and Pita Tua-Davidson. Hayden Hill directed the backline superbly and, with the experienced Cam Smith in the midfield, exciting youngsters Ash Busher and Jordan Clark terrorised the opposition. A never say die attitude saw several games won in the dying minutes, including the semifinal and final, where a turnover with time up on the clock allowed the winning penalty to create a proud piece of club history.

High enough praise cannot be heaped upon coach Brett Davis who, along with a dedicated management team around him, created the skill level and culture capable of such feats.

PNOB Marist 'Cafe Cuba' Lightning Dolphins Colts A team



In the true spirit of the game, a group of young mates fresh out of High School decided that they wanted to play together for their first year of senior rugby and the Old Boys Marist Cafe Cuba Lightning Dolphins Colts were born...there should have been a prize for just being able to say the name!

The lads had a great first year of Club rugby and were a pleasure to coach; they started the season well by winning the Colts 10s Championship and finished up with an honest 5th overall - not bad for a team that only trained once per week.

A massive thank you to Cafe Cuba and Manawatu Toyota for their sponsorship this season, as well as the families and supporters who made the pilgrimage each week to support the boys.

A special thank you to Peter Didham, Kim and Robbie Hannam and the countless others who pitched in to make it an enjoyable season.

Finally, to the Dolphins – what a great bunch of lads to be around, an awesome team culture has been created and I eagerly look forward to the seeing where these boys end up with their Code in the future.

Hayden Hall, Coach

SENIOR FOOTBALL

Chairmans report

The 2016 winter season has seen an incredible amount of change in the club which saw both the men and women compete at the top level for the first time along with outstanding performances by our development players and the club in general.

Scott Hales and Sadie Verity have been instrumental in establishing the high performance programme and along with Donald Piper, Scott Coleman and Shaun Palmer we have seen many notable performances by the top 3 men's teams.

In the womens side of the club Simon Lees and his team finished 3rd in their debut year in Central league with the reserves and development team battling out the top 2 places in the local first division.

There have been 4 notable national team selections this year with Johno Steele and Josh Margetts making the NZ Futsalwhites and Amber Phillips and Rose Morton being selected for the Under 17 youth world cup. Well done to all of you.

Off the park the committee has had to work super hard to sustain the growth that has Marist boasting a massive 17 senior teams in winter competition.

We are deeply grateful to all the sponsors who either joined us this year or have continued to support the club.

Congratulations also go to the womens First team for becoming NZ Marist champions and the Jokers who also won their league and cup competitions.

The club is certainly in good health and we will be looking forward to seeing the progress next year in both the men's and women's game in the region.

Jason Flynn

Some big news from our girls part of the club.

2 Palmy Marist girls are off to the Under 17 Football World Cup!!!

We now have 4 internationals including the 2 men playing for NZ at Futsal at Marist in 2016 and the Central League Golden boot.

Not a bad season.







Jason Flynn presenting chairman's awards

2106 Prizegiving

JESTERS - Manawatu Men's Div 4 - 4th place

BEST AND FAIREST Points Jonathon Robert PLAYERS PLAYER Players Vote Amory Yarwood

BEST TEAM MEMBER Most Valuable Player Aaron Hall

REMASTERED - Manawatu Men's Div 4 - 6th place. Nielsen Cup runners up - Medals

BEST AND FAIREST Points Charles Parker
PLAYERS PLAYER Players Vote Stacy Meehan
BEST TEAM MEMBER Most Valuable Player Jason Flynn

EMERALDS - Manawatu Women's Div 2 - 6th place

BEST AND FAIREST Points Jessica Ayson & Selena Bailey

PLAYERS PLAYER Players Vote Maria Lyne
BEST TEAM MEMBER Most Valuable Player Abby Sterling

MYSTERIES - Manawatu Women's Div 2 - 3rd place. Tingey Plate runner up - Medals

BEST TEAM SPIRIT Georgina Goulden

PLAYERS PLAYER Players Vote Laura Maber
BEST TEAM MEMBER Most Valuable Player Georgina Goulden

CELTS - Manawatu Men's Div 3 - 4th place

BEST AND FAIREST Points Kerry Rickard
PLAYERS PLAYER Players Vote Daniel Hamilton
BEST TEAM MEMBER – HOUSIE TROPHY – Most Valuable Player Duncan Muir

GREENIES - Manawatu Men's Div 3 - 2nd place of 8 teams

BEST AND FAIREST Points Wayne Gooding
PLAYERS PLAYER Players Vote Lachlan Hook
BEST TEAM MEMBER Most Valuable Player Josh Houssenloge

JOKERS - Manawatu Men's Div 3 - 1st place. Bill Dyer Cup Winners - Medals

BEST AND FAIREST Points Daniel Palfreyman
PLAYERS PLAYER Players Vote David Stewart
BEST TEAM MEMBER Most Valuable Player Simon Roebuck

MISFITS - Manawatu Women's Div 2 - 2nd place

BEST AND FAIREST Points Hannah Rankin

PLAYERS PLAYER Players Vote Monique Roberts & Sam Gillard

BEST TEAM MEMBER Most Valuable Player Monique Roberts

MASTERS - Manawatu Men's Div 2 - 8th place

BEST AND FAIREST Points R Killington & T Hermansen

PLAYERS PLAYER Players Vote Liam Scott
BEST TEAM MEMBER Most Valuable Player Alan Dingley

EVERGREENZ - Manawatu Women's Div 1 - 4th place

BEST AND FAIREST Points Karene Whitley
PLAYERS PLAYER Players Vote Kirsty Dingley
BEST TEAM MEMBER Most Valuable Player Glen Whitley

BANSHEES - 360 Logistics Manawatu Men's Div 1 - 8th place

BEST AND FAIREST – SKINNER CUP Points Adrian Cole

PLAYERS PLAYER Players Vote Nikolai Siers
BEST TEAM MEMBER Most Valuable Player Patrick Mansfield

WOMENS DEVELOPMENT - Manawatu Women's Div 1 - 2nd place.

Runner Up – Tingey Cup

BEST AND FAIREST Points Kate Mori

PLAYERS PLAYER Players Vote Kate Watson & Kate Mori

BEST TEAM MEMBER Most Valuable Player Aniela Jensen

MENS DEVELOPMENT - Western Premiership - 9th place

BEST AND FAIREST Points Josh Scales
PLAYERS PLAYER Players Vote Sam Hickmott
BEST TEAM MEMBER Most Valuable Player Grayson Cooke

WOMENS RESERVES - Manawatu Women's Div 1 - 1st place. Winners - Tingey Cup

BEST AND FAIREST Points Alisha Darby

PLAYERS PLAYER Players Vote Renske Van Steensel

BEST TEAM MEMBER Most Valuable Player Larissa Stead

MENS RESERVES - LOTTO Federation League - 4th place

BEST AND FAIREST Points Kevin Keegan
PLAYERS PLAYER Players Vote Michael Webb
BEST TEAM MEMBER Most Valuable Player Kevin Keegan

WOMENS FIRSTS - Womens Central League 2016 - 3rd place

BEST AND FAIREST Points Teejay Lyne-Lewis
PLAYERS PLAYER Players Vote Brooke Argyle
BEST TEAM MEMBER Most Valuable Player Larissa Cable

MENS FIRSTS - Men's Central League - 8th place

BEST AND FAIREST Points Liam Outtrim
PLAYERS PLAYER – TAIT COMM. CUP – Players Vote
BEST TEAM MEMBER Most Valuable Player Rhys Galyer

CLUB AWARDS

BELIEVE IT OR NOT
FAIR PLAY AWARD
PERSONALITY OF THE YEAR
WOMENS GOLDEN BOOT – JASON FLYNN CUP
Tee-jay Lyne Lewis
Jamie Vos
Rachel Findon
Aniela Jensen (26)

MENS GOLDEN BOOT — JASON FLYNN COP Alliela Jensen (20)

MENS GOLDEN BOOT — Charles Parker (30)

MOST SUCCESSFUL TEAM Women's First - Central League

WOMENS PLAYER OF THE YEAR
MENS PLAYER OF THE YEAR
COACH OF THE YEAR
GREATEST CONTRIBUTION

Brooke Argyle
Wade Randle
Simon Lees
Duncan Muir

Marist Women's First Team

2016 was a very good year for the PN Marist Women's 1st team. They entered the Central League having achieved promotion last year knowing that this would be a huge challenge. There were a lot of new faces that joined the team which meant everyone had to work extremely hard to get as a unit.

The girls worked incredibly hard throughout the season and were right in the race for the title heading into the final 2 weeks. They finished the season third having only lost 3 games and desperately unlucky not to finish higher. A highlight was beating the defending champs 6-1 at home in a phenomenal display of attacking football. A big congrats must go to Amber Phillips in her selection for the NZ U17 team and to all the ladies that have made the Central team to play in the National League. The future is extremely bright and the title will be the goal next year!

Simon



Marist Joker's



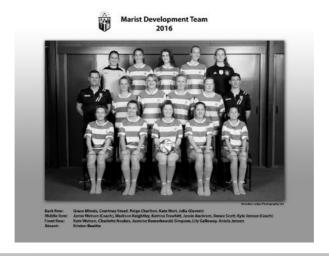
Women's Development team

The development team this year was a very young one. Almost all of the players are under the age of 17, but we showed we could compete at a good standard while playing nice football.

The battles with the Marist Reserve team throughout the league season were by far the stand out fixtures of the women's 1st division, and shows the depth of Marist as a club.

We capped off our season with a very deserved victory in the Tingey Cup final over Fielding, to go along with our admirable 2nd placing in the league.

Kyle Jensen



Marist Emeralds



Women's Reserves

The PN Marist Women's Reserves enjoyed a very successful season winning the Manawatu Division 1 title after a thrilling 2-1 victory over the PN Marist Women's Development side in the final game of the season.

The Reserves met New Plymouth Girls High School in Whanganui for the chance to win the Federation Cup. Unfortunately the school side proved too strong for the Reserves winning 3-1.



Marist Mysteries



SENIOR FOOTBALL SPONSORS



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Celts

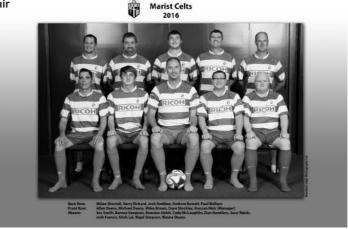
Yet another successful season for the Celts. Success for this team is defined by a couple of things: Stay safe from relegation, stay safe from promotion, and beat Richie Nielsen at least once during the course of the year.

Now, we didn't quite complete that final one this year but we certainly gave the Jokers a run for their money a couple of times this year.

A really strong run at the end of the season cemented our spot at the 'top of the bottom four' once regular season games had finished. This strong run was punctuated by a league high 12-0 win against Levin. This was an incredible result after heading down to Levin earlier in the season and losing 4-3 in a very close game which featured an infamous goal being scored off someone's face...

As always, it's an honour to organise a team that has such a rich history within the club. Bring on 2017!





Marist Masters



Western Premier

The Western Premier side had a role of development and feeder team to support the Federation and Central League Teams.

We were a new and largely young team with most players under the age of 19. This is with the exception of Terry Wood who is old enough to be some of the lads Grandfather!

The feeder team role undertaken by the Western Premier Team saw a large player rotation throughout the season with 46 different players turning out on the pitch.

We greatly appreciate those players within the Marist Club who assisted when needed to play both for the Western Premier team and there own team. We are also grateful for the other Coaches and Committee members who assisted in coordinating additional players and resources when needed.

As in any football team there were both the highlights and low points including season ending injuries during the season.

Some highlights for the Western Premier team include:

- Seeing the development of the younger players within the team to play at a higher level and confidently within the Federation team
- Leadership shown on the pitch when under the pump from opposition
- The fact that Marists 3rd and Development team were pushing, if not beating the opposition 1st teams
- Che's goal playing in the # 5 (left back position) against Levin
- Almost tipping over New Plymouth Rangers clearly the leagues top team when playing away
- The commitment to keep going and stick to the plan!
- The team banter on social media!

We would like to thank the Marist Club and our own Statistician for the support during the year.

We look forward to seeing you all back next season!

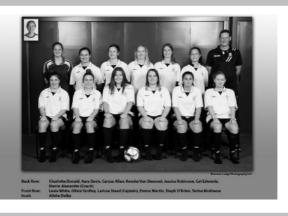
Marist Remastered



Marist Misfits



Marist Women's Reserves



Marist Banshees









capture@signs EZIBUY



CRICKET

Marist Cricket Club... is in good stead. We will be fielding 3 teams this year.

P1 team will be quite strong but will lose a number of players during the year to Black Caps, Central Districts and Manawatu duties so when they are no available the team will be a young mix of talented players.

P2 team should be a lot stronger this year with Neil Barnett and Rhys Hodge doing a lot of work with the players in the off season and continuing recruiting new players.

P3 team is a total rebuilt as we lost about 8 players from last year. Surjay is captaining the team this year and have now got 10 regulars and will be able to call on the P2 team for support in fielding a team each week.

Mark Gleeson again ran an academy for the younger players this year and got in a few x black caps to run batting and bowling trainings, Adam Miline and Chris Martin helped with the bowlers and Jamie How and Dave Meiring with the batting.

We have had great number to practise over the last 3 weeks. The season was to start last week but was rained out. So we are already to go once the weather clears????

2015 Prize list

CLUB AWARDS

- . CM Keenan Cup Most promising school boy
- 2. Gary Walker Memorial Cup Most promising player
- 3. Marist Cricket Club Shield Outstanding fieldsman
- 4. Bruce Murphy Trophy Most improved player
- 5. Regan Hardie Trophy Best match winning effort
- 6. B J Clifford Cup Best allrounder
- 7. Hardie Cup Best club spirit
- 8. Presidents Cup Best allrounder based on bonus points
- 9. Higgins Player of the year
- 10. Edith McMillan Trophy Best school boy

Connor Fluery
Mitch Renwich
Liam Scott
Connor Wilkinson
Imran Khan
Nic Carter
Mike Tunnecliffe
Connor Morris
Adam Miline
Connor Wilkinson

TEAM AWARDS

P₁

NZI Finance Cup – Batting Dave Meiring
Tony Penny Cup – Bowling Nic Carter

P2

Rex Tremaine Cup – Batting Liam Scott
G R Rodger Sheild – Bowling Connor Wilkinson

P3

Marist Brothers Cup – Batting Sujay Prabakar Marist Cricket Club Trophy – Bowling Sujay Prabakar

GOLF

On Sunday 15 November 2015 a field of 78 teed off at the Marist Golf Tournament held in association with the Shamrock Club. Everyone enjoyed a great day at the Manawatu Golf Club and appreciated the excellent facilities and wonderful service from the catering staff.

For the record Glenda Petre won the John Fisher Trophy with the best stableford and Leigh Thomas had the best gross score. Others to score well were Keith Pollock, Cliff Wilson, Rodney Thomas, Mark Spackman, Jamie How and Matt Kidby for the men and Frances Clark, Monica Wong, Pat Davey, Sue Burmeister, Angela Pivac and Christine Rose for the ladies. The top non-golfers were Brett Davis Ray Edwards, Jeremy Cotter, Shaun Donavan and Rick Morris.

Special thanks to the tournament sponsors who included:

Higgins Concrete, Steelfort Engineering, Rangitikei Meat Distributors, Silvester Clark, Wadham Goodman, Computercare NZ, Contel, ANZ Bank, Cash Convertors, John Fisher Roofing, Nuview Wealth Solutions, Morgan Laurenson, Kelly's Footwear, Ricoh NZ, Golf Distributors, Orcus Print Solutions, Manawatu Rugby Union, Brendan Lodge Photography and Vince Basile Plumbing.

Golf Distributors (the Vining Group) donated a golf bag and club which were auctioned off by John Sullivan. David Petre was the successful bidder. Also auctioned was an autographed rugby ball from the Manawatu Rugby Union and John Silvester was the successful bidder. The tournament proceeds amounted to \$2,048.35 for the Marist Sports Scholarship Fund.

Thanks to Ezra Drury, John Sullivan and Brian Ahern for their good work.













Photography courtesy of Brendan Lodge Photography



CYCLING

2016 kicked off with the 'Gravel & Tar' event, the first time this event has been run in our region. We had elite Men's teams participating from as far away as Australia and throughout New Zealand.

Mother's day on May 8th saw the return of the 'Manfeild 6 Hour Cycle Challenge' for the 5th year, attracting riders of all ages, school and recreational, from around the North Island. This event continues to grow and brings participants and supporters into our community.

The' Feilding Festival of Cycling', held on September 11th, inspires the locals to ride for the extra training required for Taupo Cycle Challenge, in the scenic greater Manawatu region of Feilding, Kimbolton and Apiti. 42 years on, this event is great for cyclists and local businesses alike!

Our next iconic event to take place this year for the 43rd time is the the 'Novice Tour of Manawatu', scheduled for December 3rd and 4th . This is a multi stage event, enticing young riders locally and Nationally to challenge themselves and experience what the region has to offer.

Bike Manawatu increased membership from 108 in March 2015 to 278 in September 2016, and are striving to continue this trend for our club.

Our goal is to provide more local based Challenges and create as much opportunity as possible for our young athletes to continue to achieve and make our community proud!

Kind Regards

Christine Christie Secretary/Administrator Bike Manawatu

ACHIEVERS LIST 2016

TRACK WORLD CHAMP REPS

Campbell Stewart 2 x Gold Michaela Drummond 2 x Silver Emily Shearman 1 x Silver

OCEANIA CHAMPS

Joel Yates, Libby Arbuckle, Emily Shearman, Carne Groube 1 x Gold

NATIONALS ELITE MENS

Simon Van Velthoven 1 x Gold, 1 x Silver Jordan Castle 1 x Silver James Cuff 1 x Silver

U19 MENS

Campbell Stewart 4 x Gold, 3 x Silver Carne Groube 1 x Silver Cody Simpson 1 x Silver

U19 WOMENS

Michaela Drummond 1 x Gold 1 x Silver, 2 x Bronze Libby Arbuckle 1 x Silver, 2 x Bronze Emily Shearman 1 x Silver, 2 x Bronze

U₁₇ BOYS

Dylan Simpson 1 x Gold

U17 GIRLS

Connie O'Brien 1 x Bronze Peita Ransom 1 x Bronze

U15 GIRLS

Zoe Croton 1 x Silver

MASTERS

John Stewart 1 x Gold

RACING OVERSEAS

George Roberts Alex West Robert Stannard Carne Groube















HOCKEY

2016 was a fantastic year for us with four of the seven teams making the semi finals, three playing in the finals and with two winning their grades. This was a very successful achievement.

We entered a Premier Reserve Men's team this year with them being one of the teams to win their grade, the odds we're against them as first year teams don't tend to finish in the top four, they also picked up Hockey Manawatu's award for Most Improved Team.

Now that's the 5th year in a row that Marist Hockey has had that award!

It was also the first year that we had a Women's Development team that played on Sundays. They also took out their grade.

We had 14 players with personal achievements, Jake Beeman that made the Central Under 21s, Hannah Williams Manawatu U18 A, Zane Illingworth Manawatu U18s, Hayden Mullen Central U18s, Kyle McGoldrick Manawatu U15 A, Caitlin O'Sullivan Manawatu U15 B, Isabella Wassilieff Wanganui U15s, Kyle Craven, Jake Beeman and Hamish Cranshaw played for Manawatu, Craig Hillbourne for Wanganui, Julius Cousins and Ben Gunn for Taranaki in the Central Hockey League over Queens Birthday weekend.

Julius Cousins played for Southland, Kyle Craven for North Harbour, Kieran Coughey for Counties Manukau and Craig Hillbourne for NZ Defence Force at the National Senior Men's in Whangarei.

Every year our number of rep players is growing, well done and congratulations to all.

I would like to thank the 2016 coaches, managers and committee members for all the time, work and support you have all given the club this year.

Marist Hockey is growing and we couldn't do it with out the help from you all. Last but not lest bring on 2017!!

Inez Belcher

2016 awards

MOST IMPROVED WOMEN

Lucy Marshall, Rebecca Tesidder, Rhonda Chenery

MOST IMPROVED MEN

Kyle Craven, Zane McGoldrick, Kyle McGoldrick, Nick Pincott

M.V.P WOMEN

Nicole Thompsom, Debbie Husband, Vanessa Godfrey

M.V.P MEN

Julius Cousins, Willie Cobham, Cameron Percy, Steffan Fastier

CONSISTENT JUNIORR

Catlin O'Sullivan, Annie Clark, Zane McGoldrick, Lachie Craven, Kyle McGoldrick

MOST DEDICATED

Alice Belcher, Kylie Jefferies, Mary-Anne Steer, Bram Beurger, Brian Pincott, Dave Lun, Kieran Coughney

BEST & FAIREST

Chris Herbert, Nathan Ryba, Jodie Alker, Hannah Williams, Fiona Brown, Charmaine Stevens, Chris Steele, Jason Edgecombe

CLUB SPIRIT

Ben Gunn, Duncan Gillespie, Inez Belcher, Karen Shepherd, Zane McGoldrick, Craig Kelland

TOP GOAL SCORERS

Michaela Greenwood, Josh Scott

TEAM PERSONALITY

Matt Hunter, Eli Bigwood, Alysha Trembath, Lorna Murrell, Vicki Tawhai, Di Kawana, Craig Fleury, Amo Albert



WELCOME TO THE MARIST TENNIS CLUB

Vautier Park, Puriri Terrace, Palmerston North

We guarantee both fun and sun, so come and play at the home of tennis in Palmy!

All ages and levels catered for:

- Junior Hot Shots Programme Beginner skills development programme for 5 – 12 year olds, runs on Saturday mornings and one of our most popular programmes with our amazing Hotshot coaches. Ring Big John to sign up and for more information.
- Junior interclub Saturday morning matches against local schools and clubs with a weekly Friday night practice at 4pm. If interested turn up to Marist Tennis Club at 4pm on Friday 14th October for grading.
- Senior Interclub Saturday afternoon play with a Thursaday night practices at 5.30pm starting on the 29th September. Social and competitive grades available. Competition starts on the 29th October.
- Social Twilight Tennis A brand new fun programme on Wednesday evenings! 5.30-6pm free doubles coaching, 6-7.30pm organised doubles play, 7.30pm onwards socialising and free nibbles with drinks that can be purchased. All levels catered for and equipment provided. This is a 8 week programme starting on Wednesday 19th October.

We are the club with the most number of courts in the Manawatu and the yummiest BBQ every Saturday morning!

Tennis is a great way to meet new people and have fun!

Visit our website for reqular updates: www.sporty.co.nz/maristtennis

Any queries about these programmes contact Big John on 0274808808, for Senior Interclub queries contact Darryn on 0221895406.

TENNIS

Presidents Report

The Marist Tennis Club has just completed another successful season. From operating a very popular Hot Shots programme for the new players through to many of our interclub teams making finals this year.

The Saturday morning Hot Shots programme caters for children aged 5-12 and develops their skills to ready them for future interclub play. The parents get involved each Saturday, helping set up, picking up the balls, and supporting the Coaches. The Hot Shot Coaches did an awesome job again this year, and a big farewell to Nathan Kara (who is one of our most experienced Hot Shots coaches). He is off to the army and we wish him all the best for his future.

The Junior and Senior interclub teams continued off where they left the previous season, producing consistent results each week with many of our teams featuring in the semi and final play offs. All of the teams were extremely well managed and the parental support was an important ingredient to the team's results. The senior interclub teams really appreciated the coaching the club provided on Thursdays, and all of the teams were a credit to the club.

Congratulations must go to Hannah Sutherland-Smith, Ella Marshall, Garfeild Mwarehwa and Jenna Bowie who made the representative teams throughout the season. The picture looks good for the future with many of our younger players also well on their way to representing Manawatu.

We have been advised by Tennis Manawatu that there is going to be no increase in the affiliation fees and also there will be a reduction in the interclub team fees this year.

The survival of our Club is still reliant on grant money and a "Big Thanks" must go to the Shamrock Club for their donation and their assistance towards our new storage room. Thank you also to Paul O'Brien and the Marist Sports Club for their support and assistance in applying to the New Zealand Community Trust for court hire, tennis balls, and senior coaching. We were successful in receiving the grant from the NZCT and sincerely thank them for their valuable and necessary assistance, also, much appreciation to Pub Charity for their assistance to junior coaching and the Infinity Foundation for tennis balls.

It must be mentioned that the results only come from a superb team effort. A huge thanks to my "dream team" committee who have put in endless supporting hours to run the club so smoothly again this year. A very special mention must go to Maurice and Colleen Barnes who this year, every Saturday, ran and cooked the best sausage sizzles ever. We were able to make a small profit but our goal was to create a enjoyable and social side to the Saturday tennis, the feedback from visiting clubs was very positive and encouraging.

Finally, we are proud to be a fun, family based club. I wish all the best for the club next season, knowing that we, the Marist Tennis Club, with the support of the Marist Sports Club, are providing many people of all ages and gender a real "feel-good" experience in the sporting community of Manawatu.

John Salisbury, President, Marist Tennis Club

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 Friday 6.00am-7pm, Sat & Sun 10am-6pm.

22 Linton Street, Palmerston North.
Phone 06 358 2421 ext 2. www.squashgym.co.nz

NETBALL

Netball has had yet another successful season. We had 10 teams again this year. We had a lot of interest at our trials and we ended up with 5 teams (more than we have at trails in the past), which left us scrambling to find more coaches. We had an amazing season with 8 of our 10 teams making semi-finals and 5 of them going on to finals. Unfortunately all our teams can out second best but only by one or two goals. So overall it was a pretty successful season.

Our club was also awarded Club of the Year from Netball Manawatu.

The club also held some social events for the teams, which were the quiz night and this year we had a dodge-ball event at FlipCity. FlipCity were amazing hosts and there was much fun had by all. Most teams got in behind these events and had some really interesting dress themes.

Prizegiving was a great night, with the theme being 'Mexican' which saw everyone dressing up again as Mexicans, mafia and much more. Players, partners, coaches, umpires and supporters celebrated the night with Mexican dinner, a few drinks, dancing and being serenaded by Gino our Mexican guitarist/singer. We had team awards for Most Valuable, Most Improved and Fair Play then the Club Award winners for 2016, these are listed below.

I would also like to make a special mention about our club patron, Beth Quigan, she is still strongly apart of Marist Netball for 40 years now, and she is invaluable and we are so lucky she and grateful to her for coming along most weekends, rain or shine, and helping us with her valid input on many matters throughout the year.

We must also say a massive thank you to our sponsors, Martin Beveridge Ltd and FlipCity and also to pub charity. Without them we wouldn't be able to provide for this many teams and keep the club growing. Also thank you to the committee who have helped organize and run events and helped keep the club running smoothly. And also to those who coached teams this year, thank you for giving your time to do so.

We look forward to an exciting 2017 season.

Cheers

Sam Roberts Club Captain

Netball Club Awards for 2016 are as follows:

- * Points Aggregate Cup Marist Prezzies
- * Fair Play Trophy Mollie Cartridge
- * Harnett Cup for Leadership Chelsea Millar
- * Butler Family Cup for Club Person of the Year Samantha Roberts
- * Scully's Sheild for Most Promising Player AShleigh Gulliver
- * Marist Netball Cup for Team of the Year Marist A4
- * Martin Beveridge Ltd Cup for Commitment Kat Malifa
- * Parkinson Cup for Service to Marist Netball Anna Bailey
- * Quigan Cup for Sportsperson of the Year Jordyn Rogers-Holden



Marist Netball A1's - 2016



Back Row: Middle Row: Front Row: Rylee Fafeita, Maya Jones, Natalie Nikora Anmetie Totoro (Coach), Phillippa Park, Ellette Cruden, Samantha Roberts, Kate Mo Jordyn Rogers-Holden



Marist Netball A2's - 2016



Back Rose: Middle Rose: Front Rose: Absent:

Ashleigh Teyfor, Molie Cartridge, Ruth de Jong Ashleigh Gullber (Captain, Biddy Rogers (Coach), Lesse Matthews, Rachel Hampto Alicia Nelder-McCormick



Marist Netball A3's - 2016



Back Rose: Middle Rose Front Rose:

Sarah Spicer, Lerna Stanley, Dayna Fleet Chelsee Fox, Senya Mundey, Nicole Yarrall, Siam Smith-Teddy, Chelsen Millar (Coach), Kelai Eccles Brittany Davidson



Marist Netball A4's - 2016



Back Row: Middle Row: Front Row: Andrea Anderson, Sarah Blaikie, Georgia Forrester Tegan Matey, Mollie Cartridge (Coach), Natalie Power, Bianca V

Lisa Penfold Amy Stent, Awhina Waimarama-Watson, Bromeyn Hughes, Sicbhan Hennessy





Marist Netball A5's - 2016



Back Row: Middle Row: Front Row: Absent: Lucy Bull, Holly Jenkins, Allish Thompson Helene low, Felicia Auli, Nissa Marshell, Renee Wallis, Sarah Spicer (Coacl Zoey Adlant)



Marist Netball Ball Busters - 2016



Back Rose: Middle Rose: Front Rose: Amy Cheung, Amy Whittaker, Claire O'Hara, Ashley Falloon Carey Churton, Rebecca Long, Kelly van Zyl, Lawron Gibb, Katherine Malife (Coech) Alice Gibson



Marist Netball Prezzies - 2016



Front Row Absent: Lucy Mora, Olivia Korte, Nicola Carse Chelsea Millar, Anna Balley, Emma Clarke Trina Cornelius, Nic Lean, Sarah Parkinsor



Marist Netball Mystic's - 2016



Front Row Absent: Amelia Dunnett, Ashley Ellmers, Lisa Smith
Nius Momoisea, Katrina Dever-Tod, Abby Carnegie, Dany O'Connell
Maline Khazra, Hannah McGirty, Charlotta Clode



Marist Netball Newbies - 2016



Back Rose: Middle Ros Front Rose: Lars Sheridan, Lauren Krieger Brooke Clark (Cosch), Rachael Hehir (Vice Captain), Chelses Culley, Jessica Jaggard Sammy Phillips (Captain)

JUNIOR RUGBY

2016 Marist Chairperson's Report

2016 was another great year for Marist Junior Rugby. With 353 players over 24 teams we were are the largest junior rugby club in town, with an increase of 30 players this season.

Running a club this size is a huge task. Every year we endeavor to keep our subs the same as they have been for the last 10 years. This would not have been possible this year without the support of our major sponsors. McDonalds Manawatu, sponsored our Player of the Day certificates and NZ Specialised Coatings continue to support the club with sponsorship and awards, their contribution is greatly appreciated. If you have the opportunity to support these local businesses please do so as they play an important part in the success of our club.

We are only as strong as our fabulous volunteers. Our coaches and managers who tirelessly give of their time to their teams are the backbone of our club. Finding coaches and managers for 24 teams is a daunting task but we are lucky to have a number of coaches and managers who return every year. This year we have introduced two new awards to recognise this group of volunteers, Coach of the Year and Manager of the Year. We called for votes for both categories from all of our families and were overwhelmed with the responses. We are also going to share some of the comments with our coaches and managers so they can read how much they are appreciated by their players and parents.

We also must thank all the parents, grandparents, and whanau who get players to trainings and games and provide encouragement on the sidelines. Your commitment to your players is vital to our success. Thank you also for supporting our Marist Hoodies once again this year. Over 500 players and adults are now sporting our distinctive hoodie. Personally I enjoy turning up to Ongley Park on a Saturday morning and seeing a sea of black hoodies with the large Marist 'M' on the front. They will be available again at registrations next year.

A big thank you to the fabulous committee. It is no small task to run such a big club and the efforts of this hardworking group is to be applauded. I appreciate all the time and effort you put into making us the best club in town.

To our players who are leaving to go to High School next year, we wish you all the best as you embark on your new school adventure and am sure the skills and sportsmanship you have learnt at Marist Junior Rugby will hold you in good stead for your high school rugby career. We look forward to seeing you back once you finish high school at Old Boys Marist.

This is my last season with Marist Junior Rugby and as Chairman of the Manawatu Junior Rugby Board. After 9 years being involved with the club, it is time to move on to new things. This year I am handing over to Kent Higson. Kent has spent the year working with me so he can hit the ground running next year. A passionate rugby player and OBM member the club is in good hands with Kent.

To all our returning players for 2017, have a great summer enjoying your summer sports and holidays. We look forward to seeing you in March next year for registrations.

Cheers

Mark Andersen Marist Junior Rugby Chairperson

Marist U6 Green

Wow what a year. At the beginning of the season 11 children who had never played rugby and a coach that had never coached came together. It was a huge learning curve for every one and without a shadow of doubt the kids all developed extremely well. From not knowing how to pass, where to run with the ball, how to rip, and to play within the confides of the field (you would not believe how many sets of 6 were spent running out over the side line, one after the other) to a group of kids that are starting to understand the game of rugby and develop a passion for the game. Our players ranged



in age from 3 ½ to 6 years meaning a vast difference in physical and mental abilities but every one gave it 100% which is all you can ask. Trainings were at times challenging with regard to keeping the kids attention after a long day at school but when focused skills were learnt that were displayed on Saturday mornings.

The season was made much easier to manage thanks to my support team Sharmian White (Team Manager), Richard White (Assistant Coach), Desiree Pearson (Equipment Manager) and all of the parents that turned up with their children week after week regardless of the conditions. Additionally the teams sponsors made the year much easier for everyone and provided the team with some treats at the end of the season. (Mobil Dannevirke, Mobil Taihape, Countdown Plaza, Zenith Fitness, The Plaza, Flip City and B&M).

Seeing the development of our players from the beginning to the end of the season where we placed 3rd in the Marist Junior 7's U6 grade filled me with pride. I look forward to the 2017 season where this great bunch of kids with further develop and grow as individuals.

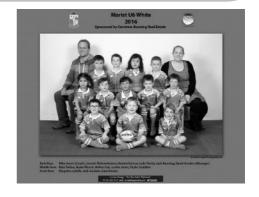
Kent Higson

Marist U6 White

Marist U6 White started the season as 12 eager, energetic and excitable young players - for most of them it was their first year giving rippa rugby a go, as well as the first year for the coach, so there was lots to learn.

We had a great time playing teams of varying abilities and had to battle through cold, wild weather during some games.

Learning the rules and how to work well as a team were important skills to practice and the players definitely made major improvements throughout the year, with mastering the art of following the ball and passing to score more trys!



The kids showed great sportsmanship to both the opposition and their own team members. By the end of the season they had gelled really well and become great friends, who enjoyed nothing more than some good old wrestling at the end of training.

Big thanks to the families for their support and enthusiasm. Most importantly thanks to the players of U6 White for their awesome attitudes, fun times and great 2016 season. Hope to see them all next year!

Mike Jones

Marist U6 Black

It was a season of firsts for all involved with Marist U6 Black. A season that started with not a lot of direction at the first catch up on club day. For the kids, it was their first time playing ripper and being involved in a team sport, for the coaches, their first time coaching junior sport. With the help and support of the parents we made it through to our first practice.

What the kids lacked in ripper knowledge, they made up for in energy and excitement. With each practice they improved their skill set and understanding of the fundamentals



of the game and what it meant to be a part of and work together as a team. With a wide range of abilities and confidence, it took a few games for the team to gel, but it wasn't long before their confidence grew and everyone wanted to take the field without the quiet encouragement of their whanua and coaches.

With each game, all the kids made improvements, both individually and as a team which resulted in some fantastic ripper to be a part of and watch. Just how much the team had improved was evident during the Marist 7's tournament, where the kids out did themselves making the final. This was a huge thrill for the players and supporters alike and a fantastic way for all involved to end their first season of ripper.

There were many highlights throughout the season, but the standouts were watching the kids gain confidence and belief in themselves and the genuine excitement of wanting to play the game.

Jared Wright & Gareth Pringle

Marist U6 Gold

We put up our hands, not knowing what we were in for. Had no experience in coaching or Rippa rugby in general. Our first encounter with the team resulted in a couple kids crying and a eager bunch of kids wanting to learn.

Our focus this year, was for the children to build their CONFIDENCE, learn about TEAMWORK and have FUN. They certainly gave there all at trainings/games and thats all we could ask for. Their performance reflected our season, with only 2 losses.

Although it was challenging, we certainly felt a sense of achievement when a child would 'have a go', whether it be getting on the field, catching/passing the ball, running with the ball or making a rip. We could see that same feeling amongst our families as they cheered.

Thank you to the families that came out to support our children, week in and week out. We loved the commitment you lot displayed even in the wet and cold. I hope your future stars enjoyed the season as much as we did and decide to give it another go. Also thank you to Mark and Paula for organising everything behind the scenes - we wish you well on your future endeavour's. Team call ' CHEESEBURGERS'.

Whanda Leota & Waisea Qiokata

Marist U.6 Gold 2016 Sponsored by McChendy Manuscust Mod Since. Mod Solida Codd's Shifted Habert Habert Solida Shifted Habert Habert Share Shifted Habert Share Share

Marist U6 Red

With 24 years of playing rugby, I thought it was time to focus on coaching especially with my 2 boys starting through the grades. There's was a lot more to coaching than I expected especially through the managing side. I found this challenging but very rewarding.

Our team consisted of mostly new players and a couple of returning players. I was surprised at how quickly each child adapted in a team environment and learned key skills in the practises which they showed off on the paddock each Saturday. My key focus of the year was to teach the basic skills of rugby in a fun and relaxed to the skildron would look forward to training



way so the children would look forward to trainings and game day.

Each and every player has improved so much throughout the season not only in their ability but also in confidence and understanding of the game from a couple of kids not taking the field throughout the season to all getting out there having fun with big smiles.

I cannot wait to see these superstars in action next year and look forward to watching them grow and improve further.

David Towers

Marist U7 Green

2016 was another great season with most of this team now in their third year of rippa and making so much improvement. The majority of the senior players now ready for the step up to tackle next year.

The team has had a great season, lots of laughs, tears and enjoyment. Once again, both players and coaches are a much improved team since the start of the season.

Many thanks to Marist for their support this season, our sponsor and the parent's commitment to turning up to coaching and games each week.

Mike Singleton, Luke Jurgens & Dave Hayne



Marist U7 White

This year's team was a large group from last year and a few new comers. Our first goal as coaches was to teach them to pass multiple times and to defend in channels. This didn't take too long and very quickly the older players took the lead and the younger ones followed. From this point we were able to focus on more of the set play type combinations.

It was great to see the confidence grow in our players – this was more obvious once they started to link up as a team and score team tries. All of our games were really close in score. As the season progressed, we were



more competitive and confident and came out with many more wins.

We both enjoyed coaching these young players this season and see them progress over the season. We look forward to taking them into the game of tackle next season.

We would firstly like to thank Balfours Cleaning (Stu & Kate Balfour) for your sponsorship. Also thank you to all the parents for their help throughout the season and our supporters for being there each week.

Anthony & Stu

Marist U7 Black

Thank you to the tight group of players, parents and supporters for making it a rewarding and enjoyable season. The team certainly improved throughout the season and this showed with 5 wins in pool play and a 1 point loss in the semi-final at the Marist 7s Tournament. A fair bit of controlled aggression started to appear later in the season and this will hold the boys in good stead for tackle next season.

Thank you to all the parents and extended family for their positive encouragement on the side-lines, and for getting the boys to trainings and games on time. A special mention to Brian Beale, his help with the



management of the team certainly made my job as coach a lot easier. Thanks to all the sponsors and the work the committee does behind the scenes.

Tommy – Beat many a defender with his right foot step! Good eye for the corner.

Alex – Most improved Ripper in the team.

Jarrod – A natural ball runner, once he identifies the space he's away.

Ryder – Straight hard runner, his pace has really improved.

Nate - Gives 110% every Saturday. Made plenty of outstanding try saving Rips!!

Koen – A great support player and loves the game.

Monty – Often beats the first defender and gets the team going forward.

Wiremu – Deceptive pace and very fit. The silent achiever.

Lachlan – Massive improvement this season especially with his defence. Great Ripper!!

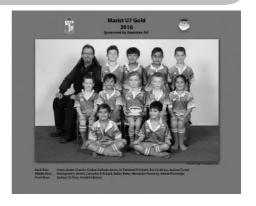
Tahu – Ball always in two hands and he glides across the surface. Has a great attitude.

Tavita – Dynamic with ball in hand. Great eye for the gap and often looks to pass to a player in space.

Brett Davis

Marist U7 Gold

2016 was a great season for Marist U7 Gold, the team dynamics were strong from the beginning with seven players continuing with Coach, Poppa Rat, from 2015. Our new players quickly contributed to the team spirit and supported those making their ripper rugby debuts. Speed and strength were already on our side, the coaches spent trainings building up skills and communication amongst the players. Whilst listening was a challenge, the game 'Simon Says' seemed to help. The games were all very close and watching the skill levels develop over the season has been very rewarding for the effort put in.



The team would like to extend a big thanks to the parents and caregivers for giving up their time for trainings and games, and to all our supporters (big and small) thank you for your cheers and encouragement throughout the season. Thanks also to the additional 'assistant coaches' who helped out during trainings and on game days, I know our coaches were most appreciative of the extra set of hands. We would like to thank McDonalds for sponsoring the Player of the Day, the certificate and trophy were a much enjoyed added incentive to an already enthusiastic group of kids.

As team coaches and manager we have had a hugely rewarding year and wish to thank all the players and families for their commitment to the team. Also a big thank you to Tane for stepping up at the end of the season to help coach. This enabled us to work with smaller pods by matching skill, attitudes and personal levels into small groups allowing us to grow the younger players for the future. This year we also entered the Marist 7s Tournament. This was an eye opener and a great experience for the team. We were impressed at how well we did and will back again next year to give it another go.

Finally thank you to the Marist Family, Paula, Mark and the committee, we value the brilliant job you do behind the scenes and look forward to seeing you all again next year.

Owen Jarett, Carl Baker & Zandra Turner

Marist U7 Red

2016 saw the return of half of the team from last years under 6 red team. Most of the players could have still played in the under 6 grade but we all stepped up together. 2016

also saw another coach (Corey) join the team. We had a couple of new players to Rippa (including a 4 year old), and although they were shy to start off, over the first half of the season their confidence grew, and by the middle of the season, they were raring to go.

As a team, we had some great performers every week that showed the way for the younger or new players. And some of the younger players from the U6 team with a year under their belt were very solid. Overall, we had a very good mix of ages, experience, confidence, and enthusiasm which made for



a very good season. We pushed a lot of the older and experienced sides and everyone enjoyed their Rippa.

Thank you to all of the whanau that brought and supported their kids during the year, thanks to the other teams in the comp for the good games, thanks to the committee for all of their organisation and communication, and thanks especially to the players in our team. We should all be very proud of each other as we have seen some terrific tries, fantastic rips, great sportsmanship and fabulous teamwork. Well done team!

Nathan & Corey

Marist U7 Blue

A brand new team this year, with two first time coaches and two others parents helping regularly.

We had a good mix of experiences, ages and athletic ability, with one disabled child playing and competing with the rest. There were three players in a squad of 12 who stayed back for another year of Ripper who lead the team and helped the younger players. All players were stripped and played each week in a substitution system. This meant



confidence improved quickly and all the players achieved a good level of awareness and grasped the basic idea of how the game is played.

There was involvement at training and at game day by any parent that wanted to, and we had good buy in and fairplay standards on the field and the side-line.

It was a tough season weather-wise, especially for this age group, but we were well informed and supported by Marist, and the communication for cancellations and ground availabilities and other club related things was very good so thanks to all those



involved in the Marist Junior Rugby Committee behind the scenes.

As a new group we gelled well and the kids enjoyed each other's company and are keen to stick together for next year.

Special thanks to our manager Irene Davidson who kept us well informed and organised, who always turned up positive.

Thanks to all the parents and players of the Marist U7 Blue from the coaches

Jason Walker & Fraser Donaldson

Marist U8 Green

2016 has been a rewarding year with a great squad of 15 players, all in their 1st year of tackle other than 1. Five of the team were new to the team with the remaining having played in the ripper team under 7 grade in 2015. The team won all games other than 2 for the 2016 season.

The team also had great support from the parents and in particular Anna Stephenson (manager/coach) and Todd Collins (backs coach) and key sponsor from NZ Specialised Coatings Limited.

The boys bring a mix of abilities and talent which make us a good all round team week



in week out. This combined with the dedicated parents, coaching and management personnel create an enjoyable team culture to be part of. All the boys have had a great attitude and have been a pleasure to coach with every player improving their skills considerably.

One of the key objectives for the season was to have fun and have everyone involved, other than the weather the coaching team have thoroughly enjoyed the 2016 season and look forward to being involved with the boys in the future.

Astie Williamson & Todd Collins

Marist U8 White

2016 has been a great season for U8 White. It has been a bit of a stop/start season with ground closures, school holidays and a bye. But this is out of our hands.

We had 6 new players to our team this year, many first time players with everyone contributing to our team, bringing a different individual skills. Being the teams first year of tackle rugby everyone stepped up to the challenge and there were some great try-saving tackles every game.

It has been a pleasure to coach these young players of the future and watching their

Special Section 1 Section

improvements throughout the season. I look forward to being involved again next year.

A big thanks to Marist Junior Rugby Committee for their hard work and support through

the season, also thanks to Hotel Coachman for sponsoring our Team. We had a 3,2,1 system every game to find our player of the year.

A big Thanks to the positive support and encouragement of all the Parents &

A big Thanks to the positive support and encouragement of all the Parents & Grandparents on the sidelines, the help at trainings and also getting boys to games and training.

Stu Power

Marist U8 Black

2016 has been a fun & interesting season with plenty of fun, lots of smiles & a few tears. We gained 8 new players this season and we had 6 players returning after last season in the U7 Rippa grade, with everyone excited about 'TACKLE'. We had a mix of 10 boys and 4 girls.

The early days of training were all about learning the correct tackling technique. Some of the players quickly gained the confidence in their own tackling ability and for others this took a little longer to develop. There were tears and excitement from some as they received their first battle scars from a tackle. Whilst our defence improved throughout the season, we



had some great attackers in the side, some with speed and others with a step – those getting up there running in support were often rewarded with an easy try. In the second half of the year the pass out of the tackle, or from the ground, was fantastic to watch. Teaching 7 & 8 year old kids the rules at the breakdown – now there's a challenge in itself.

There was a drop off in players toward the end of the season which was both disappointing & challenging. However, for those who endured, the kids couldn't do it without the support of the parents & grandparents with their commitment to get the kids to training and games every week – so thank you to you all.

Further, I would like to acknowledge & thank those parents who helped out at training, helped run the subs on a Saturday and generally made my life easier! Finally thanks to the Marist Junior Rugby Committee for all the work behind the scenes.

For the record, we played 12 games - had 5 wins, 6 losses & 1 draw.

Alastair Cadzow

Marist U9 Green

2016 has been a year built on hard work from every member of our team, from the kids themselves right through to the parents and staunch supporters at every game. As coaches our two goals this year were 1/ train and prep ready for U10s, fitter, more skills and preparation and 2/ Have every child who "wants" to play rugby absolutely enjoy their season so they are fired up and ready to come back next year.

We as a group knew that to compete with other clubs we have to do more than previous years, this included starting our training weeks before the start of the



season, we trained through the holidays and ran 1.5 hour trainings each week and the kids loved the amount of rugby they got to play and train with their mates. The only holdback to this amount of training is time but we had an amazingly committed group of parents and supporters and generally saw only 1 or 2 kids if any ever not at a training or game. Part of this was due to the amazing culture within our group from our sponsored gear through to the absolute inclusion of everyone involved. This culture and structure rubbed off as by the middle of the year we had players from 2 other teams one outside of our club training with us which created some amazing training sessions and ended with an awesome family day with a game of touch and then tackle with all parents and family wanting to join involved followed by awards, bbq and then off to the Lido as a thank you to the boys for all of their hard work.

We would like to say a massive thank you to the huge amount of support from the U9 Green parents and supporters it was truly one of the reasons we had such a great year. All the work and training in the world is great but the kids as a team still have to have a measure of resolve to win and this group of boys showed so much grit and guts and never dropped their heads in any game, from a 4 try win after being down by 5 trys at half time to an incredible performance winning a game by 6 trys against a team unbeaten in several years they did themselves absolutely proud.

A big thank you again to everyone who got in behind and supported this awesome group of kids this year we are immensely proud of what they achieved.

Marist U9 White

2016 has been a great season for the boys in Marist U9 White - it is their 2nd year of tackle & they have all really stepped up a level from last year. We gained 5 new boys this season, who along with their parents seamlessly fitted into our team and culture.

Results this year have seen us win more games than we lost but more importantly we have improved in every game, the boys willingness to listen and learn has been impressive. Some of our first half rugby is as good as we've see and next year we'll be looking to take that through the entire game.



The Marist U9 White team can be summed up by the spirit and inclusiveness of the whole team, this particularly includes the parents and extended family, this group of people are wonderful to be associated with. Always supportive, reliable, respectful, willing to help and positively supportive of our entire team and the game of rugby, thank you!!

Thank you very much to Case and Anne-Maree for their help during the season and a BIG thanks to "the kitbag man" Damien O'Hara for all his working during the season.

Blair Cottrill

Marist U9 Black

Our boys had a good season showing huge improvements game to game. Whilst we did not always get the results on the scoreboard, the boys always turned up to training with a keen attitude and a smile on their faces.

Key areas in the game that we saw the boys improve on were their catch and pass, their ball into contact and knowledge of the ruck area. Near the end of the season we saw them clearing rucks and then clearing the ball out and connecting in the backline. The next step for this team would be to focus on their tackling technique which is



understandable given they are not long out of ripper.

We are very proud of this team and the progress they made over the season. We would like to thank all of the parents for helping us out throughout the year, and the boys for working hard and never giving up. We look forward to seeing these boys develop as rugby players and as young men.

Issac, Floyd & Chad

Marist U10 Green

Marist Green were in the fortunate position of retaining nearly all of our players this season. This allowed the team to start the year with a hiss and a roar, enabling the players to gel quickly and work effectively together.

The team has played extremely well over the season and with one game remaining, are undefeated, having won 8 and drawn 2. They have often played against teams with a bit more bulk, but that hasn't deterred this lot! Huge tackles (the bigger they are, the harder they fall), along with two man tackles got round this, resulting in some very strong defence.



Marist U10 Machine consisted of the following young greats:-

Josh and Andre - our hooking specialists showing great skill in bursting forward through the oppositions forward pack.

Lara, Jake and Sam - our fabulous front row showing great work at the breakdown securing possession with some fantastic classic forward attacks.

Ta and Harrison - game-breaking play and unstoppable runs combined with a never say die attitude

Judah and Fletcher - showing great aptitude and position flexibility with their steely determination to get the job done $\frac{1}{2} \int_{\mathbb{R}^{n}} \frac{1}{2} \int_{\mathbb$

Lachie and Zac - nippy halfbacks/ centre backs, quick to the breakdown with lightning passes

Jacob and Ryan - our centre back work horses with elusive runs and fantastic agility in defence

Alex and Harry - with their speed on the wing and great, solid cover defence

Parents & supporters are the back bone of all great sports teams and our parents have been nothing short of exceptional this year. The number of times they step up and help the coaches take drills and warm ups, their valued positive support on the side-line during the game, along with their encouragement to the team before & after each game has been greatly appreciated. They prepare our kids for practice and games in the weekend, rain hail or shine, organise their rugby gear, mouth guards & drink bottles, not to mention the oranges each week. The season has been extremely wet, so thanks also to Aunty Persil for getting all the jersey's sparking for the upcoming week. At the end of some of our recent games, parents were unable to identify which child was which, and I'm sure it wasn't until after a good scrub in the tub that it was discovered the wrong player had been brought home!

Strangely, we do have a collection of drink bottles, sweatshirts and even boots which have been found remaining after practices and games. Thanks to the families who funded all this additional gear currently filling up the kit bag!

Tournaments have been well equipped, with a luxuriously set up home base being the envy of all the other teams - we have been able to call on the services of Mr Craw, professional Coffee Connoisseur, and Mr Harrison, Head Chef, who have done a fantastic job keeping kids, parents and supporters well nourished & hydrated.

Huge thanks go out to the parents & family who have supported and helped mould this great team of ours, the Marist Under 10 Green Machine! Thanks also to the Marist Rugby Club for their great organisation of the season.

Marist U10 Green parents / kids & coaching team - awesome effort & a great season! We look forward to 15 aside next year!

Carl, Mike & Karen

Marist U10 White

2016 has been a great season for the boys in Marist U10 White. Every year it seems to be a big step up from the previous season, where we all face new & exciting challenges. The boys have trained & played with our mantra in mind - "be your best, never give up & have fun" - as a result strong performances followed.

We have been very lucky this year to have had Greg Fleming - Manawatu Rugby Academy Manager & Rhys Archibald - Turbos Assistant Coach, each attend a training to help us to continue our improvement in tackling, straight running, body position in

contact, as well as our skills of catching and passing.



Our season was very enjoyable because of the positive support & encouragement of all the parents, grandparents, family & friends on the side-line. A special mention to Warren Bebb for being a great referee & Brendon Harrison for all of his support throughout the season, thanks men!

To our Marist Junior Rugby Committee, who give up their time to support all the teams & coaches, our thanks goes out to Mark, Paula, Trace, Brenda, Kent, Jared & Lisa. All the very best to Mark & Paula who are standing down this year, your commitment & support over the years has been amazing.

We'd also like to thank Justin & Keli Leck of McDonalds Manawatu for theirsponsorship of Marist U10 White & 'Player of the Day'. The boys love the recognition with the certificate, a great keepsake.

We look forward to seeing the boys back again in 2017, to do the Marist Jersey proud & develop & grow their skill levels, this time on a full sized field with 15 players a side.

Willie Furnell & Paul Humphries

Marist U10 Black

It's been a very challenging and rewarding season for coaches Ramon & Pete and the players themselves this year. With a combination of players, ages, talents, concentration and 'green' as coaching team we formed a team that evolved into a good unit with lots of improvement from all the players. Our new players who were new to rugby this year have shown the most development during the season. The Marist 7's Tournament showed this and the cohesion as a team brought us some wins and draws to balance out the losses.

Our biggest focus was to grow the players so they felt confident enough to get out and play. The coaching sessions where all based around growing good sports people with good basics. This showed through in the players attitude when playing. Yes we lost a lot of games and some games where really rough, but the players got up, shook it off and went back for more. Also coaching, persistence and encouragement got unsure players onto the field eventually.

We sourced Reece Robinson – Reebo, to assist us and the coaching team picked up some very helpful tips and activities during the



training at the start of the season. It helped the coaches engage the children, keep their interest in playing, and showed the players good skills to make them better players.

Many thanks to Marist for their support this season, thanks to our parent's for their commitment to the team, ensuring the the players get to training and the games each week.

The team has had a great season, lots of laughs, tears and enjoyment. Both players and coaches are an improved team since the start of the season.

Ramon Jarrett, Pete Barnes & Alisha Campbell

Marist U11 Green

The first year of competition grade rugby proved to be a year of learning for U11 Green this year. The U11 grade saw us move onto a full field with fifteen aside. It would be fair to say that a mixed season would be one way to describe how the team went this year. There were new challenges to overcome with adjusting to the game being played on the full field, there were some good wins and also some defeats that left coaches and parents scratching their heads at times.

Fifteen aside is a completely different game to ten aside and I think we struggled at times with that. Full size fields, kids playing in proper positions, and just general other rules that



come into play in fifteen aside all take some time getting used to and at times we didn't cope well with that.

Now that the team have the fundamentals of the fifteen aside game we need to move into next year with a focus on continuing to build on our skills and focus on our tackling. This is a definite area for improvement, a number of our tackles were going way to high and getting bumped off.

Big thanks to all the Marist committee for all the hard work you put in during the year, best of luck to Mark and Paula and thanks for all you've done for the club and last but not least thanks to the parents of our team for your support throughout the season.

Jason, Marcus and sometimes Dave

Marist U11 White

This season began with a change from 10 aside rugby to fifteen aside. This brought with it an influx of new players to add to our team from the previous year. We started the season with an enormous squad of 23 players, of which 10 were new to our team. This created some challenges throughout the season trying to give all players a good amount of time on the field.

We had an enthusiastic bunch of boys who were mostly dedicated to training and who always turned up for games, with no less than 6 reserves minimum every week. This made it hard for the team to get a good rhythm going as there were always a lot of substitutions.



The season got off to a great start with 2 wins in a row and then a 50% win loss record from there on in. In a season that was interrupted by weather a couple of times the team did well to finish the regular season in 5th place. Unfortunately we were beaten in the quarterfinals but a great result anyway.

Four members of the team were selected for the Manawatu U11 rep team, congratulations to Ihaia Mulholland, Wayne Farrell, Ethan Boyd and Liam O'Connor.

Brendon, Tony & Mike

Marist U12 Green

The 2016 Marist Under 12 Green Team battled bravely throughout the season in the Competition Games, winning one of the matches against a Feilding team, but losing the others narrowly.

The forward pack was capable of competing against most opposition, however, their fitness let them down and opposition forward packs rolled over our forwards as the game progressed. Ryan Lyver moved from the backs to the forwards this season and was the most effective and combative player up front throughout the season. He was ably supported by Sam Lalagafau and Carlo Finlayson in terms of getting on the front foot and being aggressive in defense and attack.



With several wet days of rugby we weren't at our best, however, on a dry day all the players contributed up front in most capacities. All the forwards could deliver the basic skills in patches when they applied themselves and there was some energy in the play. The back line struggled for continuity, and only individual brilliance from Angus Lyver kept the scoreboard ticking over and his improved tackling saved many points this year. Sam Lahmert and Riley Eaton-Palmer improved throughout the season and were rewarded with some excellent tries. Jack Gordon tackled consistently and tirelessly in the inside backs, displaying the best low tackling technique again.

The boys must be congratulated for their attendance at training's and thank you to the parents for getting the boys to and from rugby every Wednesday and Saturday. For many of the boys, this is their last year in Marist Junior Rugby and I wish them all the very best in their high school rugby. Enjoy your summer boys.

Phil

OBM U13

How best to describe our team is valiant, our team played 1 year above their grade. We did struggle and at times confidence was low. The boys found it hard to adjust to an older level of Rugby. However, the positives to take from this year are:

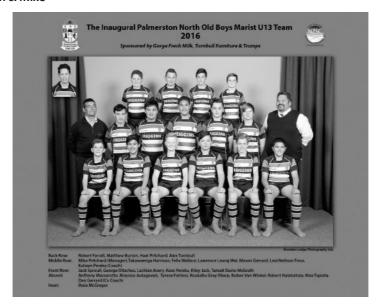
- They learnt to play well as a team.
- They learnt perseverance.
- They made great friendships.
- We had 8 boys put forward for reps, with 3 of them making it into the Manawatu's Representative U13 Team.
- The team played absolutely awesome and took it to a lot of these other teams, at times only going down by a few points.
- Looking forward, the boys will be in this league next year with many of them going
 onto High School, they will find this league really easy now that they are used to that
 standard of rugby.

'We had an alright first game the boys weren't that happy about it... I think we did all right the rest of the games? We had some hard trainings (to get better at tackling... and fitness), we won a couple of games with Felix's tries and the rest we just lost by a little bit' (Team Captain Kees Pereka).

As coaches it was a joy to coach this team and as a father's a tremendous privilege. The lessons that these young men have learnt and taught each other will be memories that will never leave them and guide them as future as leaders, fathers and friends. We wish them all the best for the next stages of their lives.

'OLD BOYS MARIST!!!!!!!!!

Kal, Dan & Mike



MARIST JUNIOR SOCCER

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JUNIOR SOCCER

This year we had an amazing season with a lot more The club is slowly growing in numbers again and the quality of our coaches is improving with the club encouraging and paying for them to do the coaches courses that are put on in our region and taken on the new structure being put in place by New Zealand Football.

We had children this year ranging from the ages 31/2-13 and over 15 teams watching them run around in the Marist Uniform was a pleasant sight to see. We ran two successful tournaments 13th and 11th Grade which our teams did very well in.

We had a great disco for the children during the season. This has now become an annual event.

We are one of the biggest Junior Football clubs in the Manawatu and could not be a success if it wasn't for the Marist club all the volunteers, parents, sponsors and most importantly the children who are at the fields every Saturday to play this wonderful sport. On Behalf of the Club we would like to give a big thanks to all of them.

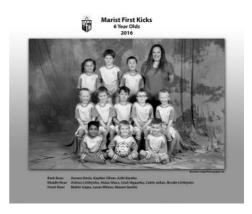
It is with great sadness that we will be losing our secretary Shellee Wood her wonderful child will be moving on to senior levels. Good luck guys and all the best.

This year the junior club ran a Mini Ball Movers football skills programme on a Friday evening for ages walking toddlers to 4 year olds this went really well and had a waiting list to join. We hope to run this again at some stage during the summer.

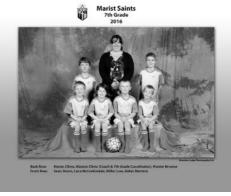
Regards

Belinda Warrington. President

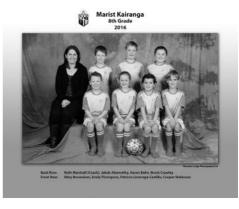
















Marist Brendan Lodge Photography 9th Grade 2016



Bock Rove: Lostitis Jurgelei (Couch), Jared Innes, Hamoon Huff, Katelyn C Middle Rove: Cameron Feldbord, Nabel Edual, Kortez Hamana Front Rove: Jacob Stunn, Jacob Reymolds

Marist Mortgagelink 9th Grade 2016 Bod Rive. Bred Julian Kansi, Valentinis Jamesa, Galdel Criss Dhen Derby Fred Rose: Fred

Marist Galaxy
10th Grade
2016



Back Row: Josen Physin (Asol, Coeth), Tracy Salley, Clivia Maddaford, Christopher Brider, Robyn Brider (Coeth/Menager) Middle Rive: Jorga Mitchell, DJ Bassa, Assan (Mosen, Georgia Hendry Fried Row: Doer Pards-Osferan, Ask Phys. Cerbas Rolled







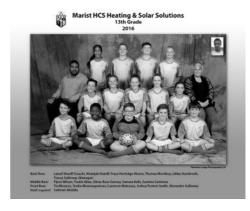
Back Fon: Moven Woods, Lucas Chizvaldi, Cele Current/Feld Widdle Rose: Santh Key (Managers, Alex Key, Nick Rose, 198th MacKey, Center Resett), Mile Weeds (Coach Food Rose: Ooser Haisen, S. P. Ledd, Culen Oornen)















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The sports person's drinking guide

If you take your sport seriously here's the sensible way to approach alcohol.

Say "when" 24 hours before

Give your body a chance to metabolise any alcohol in your system by avoiding alcohol 24 hours before playing or training.

Put first aid, first

If you've been injured, don't drink alcohol until you've had treatment.

Re-hydrate with juice or water

After hard exercise it's important to top up with non-alcoholic beverages first. Alcohol will just dehydrate you further.

Know when enough is enough

Research shows the body's limit in a single session is about 6 drinks for a man, 4 for a woman (one drink being approximately a small glass of wine, a single measure of spirits or a half-pint of beer). Over a week, the limits are 21 drinks for men and 14 for women.



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