

The Marist Club (PN) AWARD WINNNG MAGAZINE



44th Year of Publication



2020 Upgraded Clubrooms

NOVEMBER 2019 ~ P.O. BOX 977, PALMERSTON NORTH, NEW ZEALAND

THE MARIST CLUB (PN) INC

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JUNIOR RUGBY

Chairman
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The Marist Club

GREEN & GOLD TIMES

Please send reports and advertisements to: pipsprepress@inspire.net.nz Next close off 30th September 2020

CLUBROOM BOOKINGS PRACTICE FIELD BOOKINGS Phone Paul O'Brien 021 422 455

Club Photographer: Brendan Lodge 355 2222

Club Caterer: Phil Metcalfe 0275 660 479

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Marist Life Members

- Kane Barry (Rugby)
- Malcolm Burr (Rugby)
- Peter Clark (Rugby)
- Terry Comber (Rugby)
- David Currie (Rugby)
- Sue Curtis (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)
- David Healy (Rugby)
- Pat and Bernard Higgins (Club) Andy Trow (Tennis)
- Murray Joyes (Rugby)

- Kevin Judd (Cricket)
- Mike Keenan (Cricket)
- Audrey Kendall (Tennis)
- Glynis Lye (Netball)
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- Glenda Mills (Soccer)
- John McOviney (Sports Club)
- Dave Meiring (Cricket)
 - Phil Metcalf (Rugby)
 - Phil Monk (Rugby)
 - Paul O'Brien (Rugby)
 - Beth Quigan (Netball)
 - Martin Skinner (Soccer)
 - John Sullivan (Rugby)
 - Matthew Toynbee (Cricket)

 - Keith Wedlock (Cricket)

HSOB Life Members

Mike Cross, Bruce Dilks, Murray Edgecombe, Howard Heap, Jim Lyons, Peter Marshall, Kevin Tod.

Photos of all our deceased Life members are proudly displayed in the Marist Club Boardroom.

CHAIRMAN'S REPORT

Where did that year go!

Last year I reported that the renovation work undertaken for the clubrooms had commenced. It is my great pleasure to report this work has now finished and the result has been outstanding.

Our opening St Patricks Day celebration proved to be a real boost and we have had some great feedback over the course of the winter about the upgrade. The result has been fantastic, and the clubroom utilization is high.

My special thanks again to those who made the reconstruction possible, including the New Zealand Community Trust, Lotteries Community Facilities (Department of Internal Affairs), Pub Charity, Mainland Foundation, Central Energy Trust, Sir Patrick Higgins & family, Gerard Gillespie & family, Bernard Higgins & family, Peter Gillespie & family, Robyn Higgins & family, John McOviney and Steelforth, Paul O'Brien, The Cathedral Parish, Colin Campbell, Peter Clark, Wayne Kitchings, Humphries Construction – Paul & Kane. I would like to acknowledge further the key drivers of this project at the board level, namely Gerard Gillespie, Paul O'Brien and Robyn Higgins and a special acknowledgement to Sue Curtis for all her help in assisting with the grant applications.

On a sad note, three life members have passed away during this year, namely Rose Tuohy, Paul Grimstone and Robin O'Neill. Life membership is not awarded lightly, all three contributed significantly and for an enduring period of time to the works of our club and will be sadly missed.

On the playing front, many of our codes as you will see from their reports have performed well. We have extensive playing numbers which are now complemented by a wonderful facility. Junior numbers in most codes remain at a high level, which is outstanding for the future of our club. One of our greatest strengths are the administrators, your work in having to maintain and grow the club is often hidden in the background, however, is always much appreciated.

I would like to thank once again Paul O'Brien for his day to day oversight of the club, the work he puts in and particularly during the renovation period was outstanding. A big thanks also to Phil Metcalf and his team for his oversight of the bar and kitchen area, your work is much appreciated!

Congratulations to the winter codes on your successful season. As I write this report, we are changing over to the summer codes. Play well!

Keith Wedlock Chairman





EDITORIAL

In 1976 in a farsighted move, Marist purchased an old Ice Cream Factory at 17 Pascal St, Palmerston North.

Lead by visionaries David Healy, Peter Gillespie and the late Michael Higgins, the securing of this strategic location next to Arena Manawatu (known then as The Showgrounds) meant that our Clubrooms were built in 1979 and opened in 1980 by then Mayor, Sir Brian Elwood.

40 years on we have a brand new refurbished club that has a multi-use focus that can be widely used by our 9 codes of sport and many other community users. Since we reopened the Clubrooms on St Patricks day in March there has been an outstanding amount of usage of this asset.

The other good news is the continuing developments by our partner, Arena Manawatu.

The Field 2 Turf is in use and Marist Football have introduced Friday Footy. There are many other enhancements being completed over the next few years and we at Marist will enjoy enhanced usage of these facilities.

Paul O' Brien Editor

CLUB CHAPLAIN

The Marist Sports Club continues to be a powerful presence in Palmerston North, providing active sporting participation for so many members, as well as a real focus of support for so many families, supporters and friends.

A highlight this past year was the completion of the extensions and renovation of the clubrooms. It was my pleasure to be present at the opening ceremony and to convey God's blessing on such a beautiful building and environment. My prayer that day was also in thanksgiving for those many generous people who worked so hard to achieve this wonderful facility which will serve many generations to come.



The Cathedral of the Holy Spirit Parish was privileged to support the project and to donate \$10,000 towards it!

On behalf of my co- chaplain, Monsignor David Bell, I extend congratulations to all members of Marist Sports Club and to all who administer and support it. It has been another successful year!

Blessings!

Monsignor Brian Walsh Chaplain

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THE SHAMROCK CLUB

Shamrock Club members continue to help create a funding pool to support Marist Sports Codes and well performed Manawatu sportspeople so that they can 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 Base Solutions Ltd, Tranzit Coachlines Manawatu and Triumph Homes Ltd.

Over the past year all Marist codes received assistance. The Hockey Club replied as follows:

"... we have decided this generous grant will be used for the development of specialist players and officials at our club. We have arranged for goal keeper training from a high performance coach to develop some very talented young people who have the ability to go far. We are also setting up umpire development programmes for our young officials". All codes have expressed their appreciation of the assistance they received

The Shamrock Club made a contribution to the clubrooms project last year. This year a contribution was made also to the Life Members dinner which was held at the clubrooms and will be repeated every two years.

The 2019 St Patrick's function took the form of a lunch which celebrated the opening of the renovated clubrooms as well as the presentation of the annual Marist Sports Club awards. We are always pleased to see so many sponsors attending with club officials.



Trustees of The Shamrock Club

The Shamrock Club Membership for 2019/2020

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** Norwood Paul O'Brien, Asteron Martin Engineering (PN) Ltd Vince Basile, Plumbing Nuview Wealth Solutions **CKS** Audit Silvester Clark Stephen Parsons, HOT **Higgins** Concrete Ricoh NZ Ltd Contel (Paul O'Connor) Coo-ee Dry Cleaning Devlin, Cameron & Hayes **Resonant Consulting Ltd** Orcus Print Solutions Chapple Architecture Marcus Prenter Decorator A R Short & Co ASB Commercial Banking

One Staff Alan Chard, Building Contractor Brendan Lodge Photography Manawatu Locksmiths Ltd Rangitikei Meat Distributors Ltd Manawatu Toyota Brushstrokes **B&M Flectrical Property Brokers Ltd** Aberdeen on Broadway Manawatu Golf Shop St Peter's College Guthrie Bowron Superstore SquashGvm **Cash Converters PN** The Frame Shop **Courtney Orthodontics** YORB Ltd Visique Navlor Palmer Ltd Telcospec NZ NZ Coating Specialists Towers Decorating **Robertson Prestige** Landmark Homes Manawatu Not Now James Catering The Hair Company Ltd

Cartown Tod Seeds **Chesters** Plumbing Blackmore Group Wenham Grain Broadway Accounting Solutions Ltd Ora3 Martin Beveridge Ltd John Fisher Roofing Gary Douglas Engineers Ltd McIntosh Brothers Engineers Ltd Harts Body Shop Capture Signs Ltd **Evevet Services Compressed Air Controls Ltd** Midway Flooring Xtra Scullys Home & Beauty CSG Konica/Minolta Base Solutions Ltd Tranzit Coachlines Manawatu Triumph Homes 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 Trustee 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

Chairman's report

2019 was a season to remember. This year we welcomed Peter Kemp to the club who developed our senior team into a winning unit in his first season. The skill and determination showed by the senior team both older heads coupled with young blood shows that our senior team will be competitive in years to come. The passion and commitment displayed by all was fantastic to see with the team falling short in the semi-final.

Peter and his team are a huge asset to this club and we hope to see him back in 2020.

The Senior B team again made the competition semifinals however couldn't replicate previous years but making the final four years in a row. Again the b's showed passion and commitment, With the majority of players back in 2020 this team will be hugely competitive. On a personal note I'd like to thank Warren chapman, Cam Smith, Shayne Turner and Graham Tanner for the efforts of assisting me coaching the team.

The Colts also had a fantastic season falling short of a semi final, however it was fantastic to see a number of new players in the club and Ian Harris a new coach to the club. Grant Christian was again a huge influence on that team, all in all a team that all should be proud of.

Again the club had a huge presidents team following again week in week out the presidents were competitive and represented the club well. I'm told 2019 will be the last for club stalwart "Igor" Who states that he was to be stepping aside for 2020 however we will see. If this is the case and be great to see Igor in the clubrooms.

Finally thanks everyone who makes the club the club is in particular the players, coaches, managers in the many many supporters. Like all clubs the club will be nothing without it administrators, It's not easy running a club like Old Boys Marist I thank members of the committee, there are too many to name, at times it feels like a thankless task however your efforts haven't gone unnoticed.

I wish everyone happy end to 2019 and a great festive season we will see you all in 2020.

Dave Wilson Chairman

Club President Report PNOBM Rugby 2019

I would like to start off with acknowledging and congratulating Mr Paul O'Brien and his many friends and generous sponsors who made the revamp of the Sports Club possible. It was certainly an exciting way to start the season with the senior side defeating Feilding Yellows [2019 Hankins Shield winners] and then having a celebratory drink or two in the new look clubrooms. Once again thank you Paul.

We had a new senior coach this year in the form of Peter Kemp who came to us with a very knowledgeable background of rugby and got the team to a credible 3rd place. Welcome to the club Peter, I hope you and your wife Sheryl enjoyed the year with us and we hope to see you both back in 2020. Thank you to all team coaches, managers, and physios – I know from personal experience that this is a very time consuming job and without you we would not have a game. A special thanks to senior manager Spike Milligan who is standing down as manager this year after many years with the club being involved with the senior 3rds, colts and seniors. We hope to see you around the club in 2020.

Congratulations to all the following rep players: Turbos – Rhys Pedersen and Ben Werthmuller U19s – Sam Stewart, Will Treder, Max Harris, Tyler Ludshower and Alex ODell. Horowhenua loan player – Matene Ruawai.

We had a very unfortunate incident in the club earlier this year which meant that Phil Metcalfe had to step up and take over the bar as well as the kitchen and with the help of his wife Rachel and staff member Lee carried out these duties to a very high standard. Thankyou Phil.

Finally I would like to thank all our very generous sponsors, our hard working committee, all our very loyal supporters and the committee and coaches and managers of our very successful schoolboy section and I hope to see you all back on the sideline in 2020.

Thank you all for making Old Boys Marist such a successful club.

Yours in Rugby

Murray Joyes President



Club Captains Report

2019 has been an interesting year for the club, again we managed to field four teams being Senior 1, Senior 2, Colts and presidents teams. All teams were completive in their respective graded with the Senior 1 and 2 competing in the semi-finals of the respective competitions and the colts under 21 team missing out on the semi-finals by a few points. As always out presidents were completive and represented the club well.

2019 also saw us welcome Senior coach Peter Kemp who added a wealth of knowledge and experience to our Senior Coaching team. Peter has immersed himself in the club and is a huge asset, we are proud of the efforts of all teams in particular our flagship Senior side and look forward to having Peter back in 2020.

At the end of the 2019 season Gary Milligan stood down as the senior A manager as we all know he has done a stellar job for a very long time managing the senior A team, his efforts haven't gone unnoticed and he is held in high regard within Manawatu Rugby. I would like to personally thank Gary for his efforts in his manager role and am thankful he intends to stay on in a committee member role.

I feel rugby is at an interesting stage in Manawatu at the present time, with dwindling player, administrator and coaching numbers, it takes substantial efforts from club administrators and coaches to get and keep teams on the field.

We have a committee within the club that has a desire to see the club succeed, all of us have other commitments and busy careers outside of the club and I thank each and every one for their efforts in making sure this club what it is.

Two of our current committee members and one previous committee member tonight are receiving life memberships, these memberships and the efforts that have gone into earning them is a testament to the people we have in the club something I am proud of. Congratulations to the three members.

I would like to thank all off the committee for their efforts in 2019, Committee members are already planning for 2020, the work simply doesn't stop, it's not easy to run a club such as OBM your efforts haven't gone unnoticed.

I understand Mrs Catherine Woller is standing down from the committee after tonight's meeting, Cath you have been a main stay in the committee for a number of years your involvement in the club, everything you do simply too much to list, leaves this club in a better state thank when you arrived, you will not be an easy person to replace.

Lastly to all the club members, players, committee members and supporters we have work to do in 2020 but for now have a safe end to 2019 and we look forward to seeing you all again in 2020.

Senior A



The 2019 Senior A season saw the beginning of a new era with Peter Kemp taking over as head coach.

The season can be considered a success with essentially a young team making its way to the semi-finals. The semi-final proved to be a step too far with the team being well beaten by a hardened and experienced Feilding Yellows line up. Hopefully the team, if they retain players, will be the better for the experience.

Again, a big thankyou is extended to the Development team who provided players when they were required to bolster the senior ranks. Player numbers for the Development team are a concern however, as this year on some occasions the Development team was actually reinforced with Senior A reserves, in order to supplement their numbers. On some occasions this proved detrimental to the A's in that their reserves had played too many minutes, reducing their impact when coming on for the A's. Recruiting of players must be a priority to ensure both teams can field teams successfully every week next year.

Congratulations to those players who made rep teams particularly captain Rhys Pedersen and Ben Werthmuller who made the Manawatu Turbos and NZ Marist.

Thanks to Peter, Dan (Asst coach), Daisy (Asst Mngr), Spot (medic/strapper), Ballie (Video analyst) and Munga (hydration & provider of choc milk & jet planes!).

Gary Milligan, Manager

OBM Development team – Senior B's

In 2019 the development team had a hard task again attempting to make the competition finals for the fourth year in a row.

With the majority of the 2018 team back however some stepping up to the senior A team It was always going to be difficult.

The team suffered a number of serious injuries in the early stages of the competition however managed to struggle on with a number of wins narrowly missing the first round competition cup.

With the second round the team continued to perform however struggled week in week out to put the same team on the field largely due to injuries both within the team and senior one team.

I would like to thank Peter Kemp and the senior a team for their efforts in assisting the development team putting a competitive team on the field week in week out..

Also my thanks to Warren Chapman, Graham Tanner, Cameron Smith and Shayne Turner for their efforts this season again the team wouldn't be anything without the management team.

Lastly thank you to the boys who fronted week in week out our regret not being able to make the competition final however making a place in the semi-final is no mean feat.

Hope to see you all in 2020.

Dave Wilson, Coach







SENIOR FOOTBALL

Committee Members

Chairman Jason Flynn

Secretary Megan Crawford Treasurer Michael Sheridan

Club Captains Jason Crawford Nicole

Nicole Robertson

Duncan Muir Sharleen Millward Fiona Low Belinda Warrington

Palmerston North Marist FC would like to thank the following charities for their ongoing support























2019 Season

It has been another fantastic year for senior football as our club continues to grow.

With 19 senior teams we had varying results on the pitch, picking up three league wins and three cups. We continue to focus on player development and recently appointed a Director of Football. Kenny joins us from Belgium where he has spent many years in coaching and administrative roles within clubs. His main focus will be to set up a youth academy in the Manawatu & also support the senior clubs' players and coaching staff.

The committee have worked tirelessly behind the scenes and the results of this have been enormous. We have run three school holiday programmes 'Footie FIX' a fun introductory course for 7–12year olds (over 100 attendees throughout the year) Summer 6-a-Side numbers are at an all-time high with 242 teams (adults and kids) registered and with the completion of the new all-purpose turf we now have a senior men's competitive league running on Friday nights during summer.

I must thank the committee, coaches, managers and all other volunteers for their continued support, hard work and passion for the beautiful game. 2019 saw us achieve many milestones and I cannot wait to see what 2020 brings the senior club.

Rachel Findon on behalf of Jason Flynn

2019 Prizegiving

JESTERS – Division 4 – Firth
Players Player – BRODY CLEMENT
Best Team Member – CALEB FEILDSEND
Most Valuable Player (donated by R.Findon) – SCOTT RICHARDS
SHAMROCK ROVERS – Division 4 – Third
Players Player – ANDY MASON
Best Team Member – PIERS HATTINGH
Most Valuable Player – JOHN MYSZCZYSZYN
INTER – Division 4 Winners
Players Player – MATTHEW SELLS
Best Team Member – RICKI SAMUEL LE MAR-WALKER
Most Valuable Player – CHARLES PARKER
RESONANT MASTERS – Division 3 – Fourth
Players Player – DAMON LIGGINS
Best Team Member – ALAN DINGLEY
Most Valuable Player – ALEX GASKELL
CELTS –Division 3 – Third
Players Player – HARRY BILLS
Best Team Member – RYAN SUTCLIFFE
Most Valuable Player (donated by B&M) – SUDE SUDE
GREENIES - Landmark Homes & Compressed Air Controls – Division 3 – Second
Players Player – DANIEL GALLIE
Best Team Member – JASON CRAWFORD
Most Valuable Player – MARK COOKE
-

FURY – Division 2 – Sixth Plavers Plaver – THOMAS OBRIEN Best Team Member - DAMIAN SCHILLING Most Valuable Player - CAIN BROWN LOVERS - Womens championship-Divison 2 - Fifth Players Player - SMIRITIKA GOSAI Best Team Member - GERALDINE TOOMAN Most Valuable Player – (donated by Watsons) – KERIANNE HIGGS AVENGERS - Womens championship-Divison 2) - Second Players Player (donated by M.Buchanan) - SARAH BUCHANAN Best Team Member – TINA PHILLIPS Most Valuable Player (donated by OneStaff) – LEANNE BLOEMENDAAL MYSTERIES Tranzit & Cross Country Rentals – Womens premiereship-Division 1 – Fourth Smith Cup – Players Player – SARAH HUGHES Best Team Member (donated by Compressed Air Controls) - LEAH TOMBLESON Vangionis Whiterhs Cup - Most Valuable Player - MIKAYLA JENSEN **BANSHEES** Mens championship – Fourth Aaron McCann Trophy Players Player – ADRIAN COLE Best Team Member (donated by Watsons) – BRENT JASLARZ Skinner Cup – Most Valuable Player – KENT STOCKMAN **MISFITS – Womens Premiership – Fourth** Players Player – CATHERINE ANDREWS Best Team Member (donated by KOA) - ANNA FRANCIS Most Valuable Player - JULIE MCNEILL **EVERGREENZ – Womens Premiership – Second** Players Player – KARENE WHITLEY Best Team Member - LISA SMITH Most Valuable Player – JANE ARCHER JOKERS - Mens Championship - Division 1 Winners Players Player - TJ MATENGA / ANDREW GILLESPIE Best Team Member – ROSS HEPDEN/KURTIS SHORTALL Most Valuable Player (donated by Watsons) – KANE RUSSELL MAYHEM – Chapple Architecture – Womens Premiership Division 1 Winners Players Player – KIRSTEN SHEARER Best Team Member – CHARLOTTE DONALD Most Valuable Player (donated by J.Hudson) – PAIGE CHARLTON **One Staff MENS RESERVES – Horizons Premiership – Sixth** Players Player – BEN VICKERS Best Team Member - TAIT NIELSEN Most Valuable Player (donated by Blocks Painting) - THOMAS LEAMY One Staff WOMENS Fed Team – Federation League Fifth Players Player – JESS ROBINSON Best Team Member – JESS ROBINSON Most Valuable Player - RENEE SCOTT/DEVYN CRAWFORD Watsons MENS FIRSTS - Federation League Third Players Player – JOSH CREMEN Best Team Member – TROYE AITKEN Baycorp Cup Most Valuable Player – JOSH CREMEN **Ricoh WOMENS FIRSTS – Womens League Third** Players Player – KATE BENNETT Best Team Member - FREYA PARTRIDGE-MOORE Most Valuable Player - MIKAELA BOXALL

PRE-SEASON TOURNEY

WOMEN – Mayhem MENS – Jokers

NZ MARIST TOURNEY WINNERS

WOMENS OPEN – Avengers MENS DIV 3 - Jokers

PLAYER ACHIEVEMENTS

NZ MARIST TEAM NZ U17 – Charlotte Lancaster SAMOA NATIONAL TEAM – TeeJay Lyne-Lewis WOMENS CENTRAL NATIONAL LEAGUE CENTRAL FUTSAL TEAM

CUP & LEAGUE WINNERS

Tingey Plate – MISFITS Tingey Cup – MAYHEM Neilsen Cup – JESTERS Bill Dyer Trophy – CELTS Federation League Golden Boot – NICK CARRICK (23)

CHAIRMANS AWARDS

CHAIRMANS AWARD 2019 - Video from Flynny

CLUB AWARDS

BELIEVE IT OR NOT (donated by A Smith) – MAEGAN WELSH FAIR PLAY (donated b A Smth) – MADISON BUCHANAN DEFENDER OF THE YEAR – Kirsty Dingley Cup – VICKY BROWN CLUB PERSONALITY (donated by A Smith) – CHRIS MUMFORD WOMENS GOLDEN BOOT – Jason Flynn Cup – PAIGE CHARLTON (35) MENS GOLDEN BOOT – CHARLES PARKER (25) WOMENS PLAYER OF THE YEAR – Adrian Smith Cup – MIKAELA BOXALL MENS PLAYER OF THE YEAR – Glenn Hewson Memorial Trophy – JOSH CREMEN COACH OF THE YEAR – RICHIE NIELSEN MOST SUCCESSFUL TEAM – Aiken Cup – MAYHEM GREATEST CONTRIBUTION – RACHEL FINDON

Marist Banshees – Manawatu Division One

Manager - Marcus Watson

Another fun season for the Banshees playing in Manawatu division one again. We certainly struggled for numbers this season with age catching up on us and plenty of injuries. I think we had two games this season where we didn't have to beg for fill ins from other teams to help us out. Not ideal really and we hope to have a fill committed squad next season. Thanks go to the Reserves, the Jokers, Nick



from the Fury and everyone else who helped the team out over the season! We ended up finishing fourth in the table out of eight teams, so we'll take that – top half. A notable game was taking the Jokers to a penalty shootout in the cup after a 2-2 draw where we were unlucky to lose due to some great goal keeping from Raydon.

Marist Mayhem – Womens Premiership – Winners

Coach – Richie Nielsen

"The Marist Mayhem Team, What stands out about this Is the word Team. The Mayhem ladies are a Great bunch of Talented footballers that enjoy playing football with each other. All of the girls enjoy the spirit of football and their friendshis with each other, They just enjoy each other's company and the fact that they play nice football is a bonus. Win or lose these ladies are a bunch of superstars



and have made it one of my most enjoyable years of coaching. I have been lucky over the years to have coached some outstanding human beings. This year I can add to that list. Thank you Mayhem ladies,"

Marist Greenies – Landmark Homes & Compressed Air Controls – Mens Division 3 – Second

Manager – Josh Houssenlounge

Marist Avengers – Division 4 – Second

Coach – Madison Buchanan



Marist Evergreenz – Womens Premiership – Second

Manager – Shellee Wood

This has yet again been another successful season for the family Evergreenz, 2nd in the Manawatu Premiership and 2nd at the NZ Marist National Tournament, not forgetting the New Zealand Masters Games placing? Overall. With the release of players to support the sharp end of the club in both the Central Federation and Wellington Ultra leagues, this left the team less than a full squad, so a



youth development program was employed – finding in 2019 Anna Fletcher who brings three more children to the growing family, plus this wonder of ever increasing number of children, Megan Bookers lovely little boy being born this year. With this year's additions the average age of the playing team is 40.1 years of age. An indifferent year with the coach only able the be at trainings, unable to make game days – "seems this could be for the best!" But the sideline support from the ever present Glen Whitley who deserves a big thank you. It is always great to see all clubs top teams winning and developing – but in teams like the Evergeenz you see the strength and depth of clubs player base – let's hope that we see this not forgotten and long may it continue.

Marist One Staff Womens Fed Team – Federation League – Fifth

Marist Internacional – Masters Division 4 – Winners

Chris Mumford – Coach

"At the start of the season we had every continent apart from Antarctica represented. Combining these different styles of football was pretty hard, however as the season went on we went from strength to strength. Not only did we play good football, we developed an attitude of when needing to grind out the results. Highlights of the year include going undefeated in both Marist derby, playing through the hail that almost freeze us to death and of course,



winning the division! The best thing we did was to remind ourselves that we wanted to play football, keep smiles on our faces and work hard to back each other. Great time on the field and many laughs off the field with some really good social outings together as a team. Enjoy this great night boys!"

Marist Jokers

Coach - Madison Buchanan



Marist Jesters - Masters - Division 4 - Fifth

Coach – Richie Nielsen

The Jesters had some new members come into our team in 2019. With new players came a new dynamic, and you have a period of settling in. Unfortunately, the settling in period took longer than expected.

I would say only at the back end of the season did we start to play the football that I knew we were capable of. We managed to win the Nielsen cup again, so back to back champs, Which is only a hint of what we are capable of if the team is all on the same page.

Marist Tranzit Mysteries – Division 1 – Fourth

The Marist Misfits have enjoyed their football this year and the results had them 4th from 11 teams in the round Robin and they maintained that position through the Div1 games. The team has played some outstanding football and the results have been as a consequence of this. The Misfits made the Tingey Plate final and after a competitive game against fellow Marist team the Mysteries we came

Coach - Dave Watson

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out on top 5–1. The team performed really well at tourney being unbeaten on the first day but succumbed to a strong Avengers side in the semi 1–. I would like to thank my captains Monique and Kristen for their input this year and also Ursula Wischott our Manager who also did an amazing job. Whilst the Misfits did very well I'm still not sure they know how good they are, so i am looking forward to 2020, go the Mighty Misfits.

Marist Clovers – Division 2 – Fifth

Coach - Chris Mumford

Two thousand and nineteen was a difficult season for the Clovers. It is not easy being on the receiving end of so many losses and at times, feeling drained from the defeat's frustrations boiled over however, the ladies showed great resilience and team spirit by picking each other up and supporting each other with words of encouragement when needed. They also showed their commitment



to training with great numbers turning up week-in-week-out, not giving up even in the face of defeat.

By the end of the season they were playing some nice football and even though they lost the last game of their campaign it was definitely their best in footballing terms.

Manager - Kerry Rikard

The Celts have silverware again! After a steady and consistent season we finished on a high, winning the Bill Dyer Trophy in convincing manner. This win, along with our 3rd place division finish, was built on an amazing team season. The Celts remain a team who work hard for each other on the pitch and a team culture that continues off the pitch. Everyone stepped up across the park. A young and athletic goalie, a strong and dependable defensive line, dynamic and creative midfield, and effective goal scoring front line. Thanks for a great team season lads. Bring on 2020.

Marist One Staff Mens Reserves – Horizons Premiership – Sixth

Manager/Coach – Matty Greig

The latest batch of young (and some old) reserves deserve nothing but the utmost praise. They have impressed me with their character, their commitment, their willingness to adapt and their ability to learn from their mistakes. These young (and some old) men have given their all for this club for no other reason than the enjoyment of being a part of this wider family, and that deserves every bit of respect I have for them. A massive thanks to Rhys, who has stood by us and seen the positives in everything we have tried to do, I value your support and commitment. Lastly.... same time next year lads?....Please....?

Marist Resonant – Masters - Division 3 – Fourth

Manager – Richie Morgan

This year the Resonant Masters had another solid season, building on the Masters ethos both on and off the field. With some stellar recruitment and the savvy experienced masters core of players they again done themselves and the club proud.

A 9 win 5 loss record placed them 3rd equal in the division, with some typical fun filled banter derby games against fellow Marist teams.

The only team to beat the division winners in the regular season, and a run onto Memorial park for the cup final meant #MASTERSPROUD is alive and well.

Bring on 2020!!

Marist Fury – Mens Division 2 – Sixth

Fury would like to thank marist football club for taking us on board this season. We had a hard season playing in div2 had a few wins and just a few more losses. We would like to thank madison and the jokers for letting us train with you guys we learnt alot. Fury would also like to thank all the other players that filled in for us during the season with out you guys we wouldnt have been able to field a team we no know what it means to bleed green.

Thomas O'Brien

Coach - Brian McMillan

The Marist Misfits have enjoyed their football this year and the results had them 4th from 11 teams in the round robin and they maintained that position through the Divi games. The team has played some outstanding football and the results have been as a consequence of this. The Misfits made the Tingey Plate final and after a competitive game against fellow Marist team the Mysteries we came out on top 5–1. The team performed really well at Tourney being unbeaten on the first day but succumbed to a strong Avengers side in the semi 1-0. I would like to thank my captains Monique and Kristen for their input this year and also Ursula Wischott our Manager who also did an amazing job. Whilst the Misfits did very well I'm still not sure they know how good they are, so i am looking forward to 2020. Go the Mighty Misfits.

Marist Watsons Mens Firsts – Federation League – Third

Manager – Rachel Findon

We knew we had our work cut out for us pre-season having lost a large chunk of our team to injury, abroad or other clubs. Our numbers were light and we did not have a coach on the ground, most weeks we struggled to field a team yet despite all of this we still managed to finish in third place and remain the best team in Palmy. Big thanks must go out to all the players who stepped up and helped us when we were short on numbers, to Adam who agreed to coach for a month but wound up giving us the whole season and last but not least to my lads, you pushed me every single week! Thanks for the laughs and teaching me a new language - G.O.D you are all G.Cs, eeskedit – Rach

Marist Ricoh Womens Firsts – Womens League – Third

Coach – Barry Scullion

I want to take this opportunity to personally thank everyone involved with the club, this has been my first year with Marist and it has been really enjoyable. As a squad we have been really well looked after throughout the year, thanks to Duncan for all his efforts as team manager, Erin for her physio advice, Max and Brandon for organising the ball kids and strip washing, and Kyle for his excellent coaching and humour. A huge thanks to all the team for their efforts throughout the year, we started to create a culture of excellence and high expectations and they rose to it. We achieved our goal of a top 3 finish and next year the ambition is to win the league and progress further in the National cup. This season is only the start of the journey. Marist abú

Marist Shamrock Rovers – Masters – Division 4 – Third

Manager - Jason Flynn

BADMINTON

Chairman's report

It's been great to see the Junior Development Committee grow this year, a lot more parent involvement than previous years which makes things so much easier for everyone and contributes to players having fun and being successful out there on court. Thanks to the entire committee for the work they do, without it all this simply wouldn't happen. Likewise, our coaches all give up their time to run our programme because they're passionate about badminton and love to see the progression players make through the years. We had 55 players in 2019 with 7 teams training weekly from March to September. Manawatu won the U17 and U19 Central Regions team events this year and came runner-up in U13,U15 and U19. The committee would like to congratulate three players that have been invited to the trial selection camps in their respective age group for the 2020 NZ Junior Squads. Well done and good luck Phoebe, Isabella and Christina.

We would also like to congratulate Lucas and Matthew for being part of the June Bevan team who competed in Adelaide earlier this year. This is a U17 Australasian competition that Central Regions sends a team or two to every year.

lan Stuart Chair of the JDC

Results

Central Regions U13 – Manawatu 1 = 2nd place U15 – Manawatu 1 = 2nd place U17 - Manawatu 1 = 1st Place U19 - Manawatu 1 = 2nd place U19 - Manawatu 2 = 1st place NZ Junior Team Championships U13 Team 1 = 7th division 1 U13 Team 2 = 6th division 2 (14th overall) U13 Team 3 = 7th division 2 (15th overall) U15 Team 1 = 8th division 1 U15 Team 2 = 8th division 2 (16th overall) U17 Team = 5th division 1

U19 Team = 2nd division 2 (8th overall)

CRICKET

Club Captain report

The Cricket Club had one of its most successful year in recent history. The clubs 3 senior teams all managed to get to their respective semi finals with the P1 team going on to win the one day competition and also the 2 day competition along with progressing to the Central Districts Club Champ finals where they lost in the final to Napier, who went on to win the National Final.

The Club is in very good shape thanks to the efforts of the Committee lead by Gerard Gillespie. The committee would like to thank Gerard for all his time and effort he puts into the club.

Grant McCaskie



Club Awards 2018/2019

CM Keenan Cup – Most promising schoolboy – Oliver Allan Gary Walker Memorial Cup – Most promising player – Jacob Edmonds Marist Cricket Club Shield – Outstanding fieldsman – Jack Gleeson Bruce Murphy Trophy – Most improved player – Arana Regan Hardie Trophy – Match winning effort by a player or players (batting) – Adam Milne BJ Clifford Cup – Presented by Marist Brothers Old boys Cricket club for best All Rounder. – Connor Morris Hardie Cup – Best Club Spirit – Jamie Connell Presidents Cup – Donated by A Penny awarded on bonus points – Connor Morris Higgins Club Player of the Year – Player who achieved highest Rep Level – Adam Milne – George Worker Best Academer – Connor Flurey

Team Awards 2018/2019

Premier 1 – NZI Finance Cup (batting) – Connor Morris, 370@30.83 Premier 1 – Tony Penny Cup (bowling) – Connor Morris, 33 wickets@ 13.36 Premier 2 – Rex Tremaine Cup (batting) – Imran Khan, 465@ 33.21 Premier 2 – GR Rodgers Shield (bowling) – Connor Bliss, 24@ 16.13 Special Mention – Jacob Edmonds, 371@ 28.54 22@ 15.77 Premier 3 – Marist Brothers Old Boys Cricket Club Cup (batting) – James Piltcher, 269@ 38.43 Premier 3 – Marist Cricket Club Trophy (bowling) – James Piltcher, 20 wickets@ 8.05

Premier 1 Team

The 2018/2019 season was another successful season the Premier 1 team. After a slow start in the one day season the team were able to qualify third after the regular season and win the semi-final against United CC. This meant a Marist v PNBHS final which we won convincingly by 222 runs, meaning that the Premier 1 team were back to back Manawatu One-Day champions.

In the Two day games, We once again made the final where we were matched with traditional rivals United CC. In a low scoring affair we were lucky to scrape through with a narrow first-innings win, which locked away the two-day trophy in the Marist trophy cabinet for the third year in succession.

The Premier 1 team fell short of the 'triple', losing the T20 final to United CC. The season saw the retirement of one of Marist Cricket Clubs greatest, David Meiring whose involvement with the P1 team has been immense as a player, captain and more recently in a coaching/mentoring role and a major contributor the P1 teams recent success. The P1 team would like to thank the club and its administrators for all their support.

Premier 2 Team

The team had a good season with solid numbers and was well led by Imran Khan.

Our 50 over season stretched from November to March and we played some excellent cricket. Unfortunately come March and a Semi vs arch rivals Old Boys we played poorly.

Our highlight would be our excellent team performance to beat eventual winners Fielding comprehensively at their home ground.

Seamus O'Reilly, Jacob Edmonds,Liam Gunning and Connor Bliss also played and performed well in the must win P1 Saturday Sunday game versus a full strength P1 Freyberg team which qualified P1 for the Final which they won!

Thanks to the Committee for their support.

Neil Barnett, Coach

Premier 3 Team

The Marist P3 team had a great 2018/2019 season recovering from a slow start early on to make it to the top 6 of the table. A tough game in the semi-finals saw us out of the competition again in what was another great season for the P3s. Craig Tichbon starred with the bat top-scoring, while Carl Mann and James Pilcher bowled brilliantly throughout the season.

Sujay, Captain

GOLF

On Sunday 11 November 2018 a field of 47 teed off at the Marist Golf Tournament held in association with the Shamrock Club. Everyone enjoyed a wonderful day at the Manawatu Golf Club and appreciated the excellent facilities and great service from the catering staff.

For the record Iain Waugh with a net stableford score of 59 won the John Fisher Trophy. Others to score well were Peter McRedmond, Brendan Hapeta, and Ryan Coombes for the men and Glenda Petre, Edna Short and Robyn Higgins for the ladies. The top mens non-golfers were Simon Roebuck and Alister Wood as well as the ladies Marlene Judd and Helen Weber.

Special thanks to the tournament sponsors who included:

Higgins Concrete, Higgins Contractors/Fletchers, Steelfort Engineering, Rangitikei Meat Distributors, the Clark Family, Silvester Clark, Wadham Goodman, Computercare NZ, Contel, ASB Commercial, Cash Convertors, John Fisher Roofing, Nuview Wealth Solutions, Morgan Laurenson, Kelly's Footwear, Golf Distributors, Orcus Print Solutions, Manawatu Rugby Union, The Coffee Club On The Square, A R Short & Co, The Coachman and The Fat Farmer.

Golf Distributors (the Vining Group) donated a golf bag and club which were auctioned off by John Sullivan. John Lundy was the successful bidder. Raffle prizes went to Keith Wedlock, Robyn Higgins and Marlene Judd. The tournament proceeds amounted to \$1,304.00 for the Marist Sports Scholarship Fund.















HOCKEY

That's a wrap! 2019 winter hockey season is over.

This season was full of change not only within the club but also with the way Hockey Manawatu ran some of the grades.

AJ Scott who has been our Premier Men's Coach for the past 6 years stepped down as Head Coach to take a step back from hockey for the year.

Al Grieve who was the Assistant Coach stepped up into the role. Al has come to us with a very strong coaching, umpiring and playing background and we all look forward to working and learning from Al in the years to come.

We also had a new coach for the Premier Reserve Men. Lee Porteous replaced Al as coach of the seconds. Lee is another book of knowledge that we welcome to the club, No longer able to play at the very high level of hockey that she wanted too due to surgery Lee has now decided to put her time into coaching. With us having two extremely strong coaching team members on broad it makes me very excited to see what both men's teams can do in the next couple of seasons.

Our Division 3 ladies also got a new coach, Sam Scott. Sam is following in his uncle's footsteps and did a fantastic job with the woman's team.

Two more of our Wolverines reserved their blazers for playing 100 games at Premier level. Congratulations to Craig Wright and Hamish Crawshaw. Craig and Hamish join Josh Scott and Bram Beuger in the 100 Club. Well done lads.

Numbers this year grew on the women's side with us entering a second Premier Reserve Women's team into the comp.

Now with us having two teams we needed two coaches, one of our players from Division 4 kindly stepped up for half of the season until work took him back to Auckland. Lance Beamen who is one of our Premier players jumped into the coaching role after Nick left and did awesome job for someone that had never coached before. Thank you Lance

With HMI making a couple of changes to the Premier and Premier Reserve Men's comp that meant that they joined into three pools of 3 halfway through the season things didn't quite go our way. The Premier Men made it into the top 4 bracket but couldn't stay in the top two to make the finals.

Division 4 men saw the Marist Cavaliers make the semis and Division 3 Ladies Marist Orange also made the semis.

Family's played a big part this year not only with a increase in player numbers but with the amount of supporters. Mums and Dad's not only cheering on their children but also cheering on everyone else in the team.

Even through it wasn't Marists season points wise the support and club spirit was an all time high.

Thank you to each and everyone who came down and stood on the sideline sometimes in the rain to support our teams and a massive thank you to all the Coaches, Managers, Players, the ones that volunteered to umpire, the Committee and to Nathan Ryba and Kylie Jefferies our Treasurer and Secretary, that put in so much work behind the scenes. Without any of you we wouldn't have a Club.

Once again thank you to everyone and see you all back next season!

Inez Belcher, Club Captain

2019 Trophy winners

HMI Warren Banks Trophy – Most Improved Men's Player – Shayden Cowx Marist Hockey Clubs Trophies

Most Improved Men's Player Trophy – Shayden Cowx Most Improved Women's Player Trophy – Jenny Peat M.V.P Men's Trophy – Eddie Cousins M.V.P Women's Trophy – Debbie Husband Best & Fairest Trophy – Mitchell Brown Collis-Gifkins Trophy – Most Dedicated – Lance Beaman Consistent Junior Trophy – Jack Wylie AJ Scott Club Spirit Trophy – Renee Dunbar Holt Family Trophies for Top Goal Scorer's Men – Liam Simpson Women – Margie Menzies



Central Hockey had their Awards recently where Marist got Club of the year! We won it over clubs like Massey and College and Nathan got Volunteer of the year.

I couldn't be happier with how things are turning out for us! HMI have made the comment how we are not just about Marist and that we are about the bigger picture.

NETBALL

Club Captain Report

Wow, what a season! This year we have had 10 teams playing for Marist Netball. Out of our 10 teams we had 2 teams that won their grade, 1 team that came runner up, 1 team that came 4th, 3 teams can 5th and 3 teams came 6th.

We have had a great season with a huge turn out at all of our code events. Some of our highlights was the dodgeball competition at FlipCity, the amazing race around Palmerston North, code photos night, the quiz night at the Clubrooms and our last event of the season which was our prizegiving was also a huge success.

We would like to give a shout out to Beth Quigan, our Netball Patron, who is there every Saturday supporting all our teams and the committee. We all really appreciate it and are forever grateful.

We also want to thank our sponsors Martin Beveridge Ltd, Triumph Homes, \sqcup Hooker Palmerston North and Scullys for their support to Marist Netball.

Lara Sheridan Club Captain

2019 Awards

The awards from our season are as follows:

Netball Manawatu Awards Senior 2nd B Winners – Scullys A3 Senior Reserves A1 – Here If You Need

Club Awards

Dodgeball Winners – Madams/Presidents Amazing Race Team Winner – Madams/Presidents Quiz Night Team Winner – A2 The Wally Award – Ball Busters Points Aggregate Cup – A2 Marist Netball Cup for Team of the Year – A2 Fair Play Trophy – Gemma Reardon (A3) and Sam Bolton (A1) Harnett Cup for Leadership – Kelly van Zyl (Ball Busters) Martin Beveridge Ltd Cup for Commitment to Netball – Sam Roberts (A3 Coach) Parkinson Cup for Service to Marist Netball – Marian Bolton (A2 Manager/Treasurer) Butler Family Cup for Club Person of the Year – Lara Sheridan (A2/Club Captain) Scully's Shield for Most Promising Player – Erica Taylor (A1) Quigan Cup for Sports Person of the Year – Michelle Drew (A1)

Team Awards Martin Beveridge A1 Most Valuable Player – Sarah Holmes Fair Play - Sarah Parkinson	Most Improved – Erica Taylor
Triumph Homes A2 Most Valuable Player – Lara Sheridan Fair Play – Stephanie Luoni	Most Improved – Abbey Mahon
Scullys A3 Most Valuable Player – Tara Lepelaars Fair Play – Gemma Reardon	Most Improved – Emma Sanderson
A4 Most Valuable Player – Sarah Montgomery Fair Play – Hannah Gunning	Most Improved – Amy Wellwood
Presidents Most Valuable Player – Nicola Lean Most Im Fair Play – Anna Bailey	proved – Kyann Williams
Mafia Most Valuable Player – Railey Harrison Fair Play – Hannah Puts	Most Improved – Jess Scott
Here lf You Need Most Valuable Player – Marika Holloway Fair Play – Laura Bebarfald	Most Improved – Rebecca Sharp
Madams Most Valuable Player – Melissa Signal Fair Play – Kyla Wallace	Most Improved – Michelle Luke
Ball Busters Most Valuable Player – Sarah Skilton Fair Play – Claire O'Hara	Most Improved – Debra Howitt

Mixers

Most Valuable Player – Sheree Tiplady-Symes Most Improved – Brittany Ibbs Fair Play – Kelly Rangitakatu



Marist Netball Martin Beveridge A1's - 2019





Marist Netball Triumph Homes A2's - 2019



Back Row: Hannah Smith, Lara Sheridan, Tania Tiplady-Symes, Ashleigh Taylor Front Row: Kaltlin Petersen, Alicia Nelder-McCormick, Abbey Mahon, Stephanie Luoni, Aria Preston Absent: Danae Ihaka, Trina Sheridan (Co-Coach), Diane Gemmell (Co-Coach), Marian Bolton (Manager)



Marist Netball Scullys A3's - 2019





Marist Netball A4's - 2019



Back Row: Hannah Day, Jo Donaldson, Melissa Kiwara Front Row: Georgia Charles, Sarah Montgomery, Tracy Hutchins, Amy Wellwood, Alicia Nelder-McCormick (Coach) Absent: Hannah Gunning, Ash Hannam, Rinata West



Marist Netball Presidents - 2019





Marist Netball Here If You Need - 2019







Marist Netball Ball Busters - 2019





Marist Netball Mixers - 2019





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SQUASH

Club Champs Awards 2019

Most Improved (based on most points movement over a year):

First Year Female – Aimee Brewster – 425 points First Year Male – Christian Falloon – 345 points J Grader – Rohaan Thomas – 370 points Junior Female – Anabel Romero Gemmell – 715 points Junior Male – Josh Brownrigg – 520 points Senior Female – Pania Kawana – 485 points Senior Male – Regan Thomas – 435 points

Personality of the year (Based on nominations):

Woman – Crystal Cairns Man – Regan Thomas

Service (Based on nominations)

Junior – Jordan Bell Women – Katrina Gemmell Men – Victor Romero & Peter Read

Club Champs 2019

Doubles

Mixed – Allan Bailey & Courtney Trail Womens – Courtney Trail & Annaleise Faint Mens – Allan Bailey & Victor Romero

Handicap

Womens – Anabel Romero Gemmell
Mens – Allan Bailey
Masters:

Womens – Crystal Cairns
Mens – Victor Romero

Under 19s:

Girls – Annaleise Faint
Boys – Jordan Bell

Club Champs (Graded) J Grade (Shared Trophy) Girls – Lily McGonigal Boys – Matthew Chilcott

F Grade Womens - Bronwyn Clulow Mens – Rohaan Thomas E Grade Womens – Isla Sweeney Mens – Josh Brownrigg D Grade Womens – Claire Sweeney Mens – Patrick Watts C Grade Womens – Abbie Tankersley Mens – Connor Fortuin **B** Grade Womens – Anabel Romero Gemmell Mens – Jordan Bell Open Womens – Courtney Trail Mens – Victor Romero

Marist Junior Rugby wish to thank their sponsors – please support them

Placemakers Klassic Kiwi Tees Tremaine Energy Centre Te Whaka Farm Paul Claridge Electrical C & R Engineering Mike Pero Palmerston North Mobil Rangitikei Melody's New World Moreish Just Kiddina Malibu Fashion Aokautere New World AB Transport Te Aunteez Kai Kart Brush Strokes Turbine Residential 2014 uSG Boral Harveys Real Estate Nu View Wealth Solutions Mediaworks Manawatu Paterson Exterior Plastering & Decorating Tust Kids Bell-Booth Ltd McDonalds Manawatu Building Blocks Homeblocks Childcare Triumph Homes Ltd The Hassans Mobil Dannevirke New Zealand Specialised Coatings Butch Turgens Livestock Lumberland Awesome Art Innes Dean Tararua Law Ltd Sulvester Clark Vining Group Long Building Solutions

JUNIOR RUGBY

2019 Marist Junior Rugby Chairman's Report

The Marist Junior Rugby Club had a successful 2019 season, with 415 registered players across 28 teams. The club is in good health and has grown the numbers of registered players from 2018. We are particularly strong in the younger grades attracting many new players each season. With 14 rippa rugby teams we have a strong pool of players to ensure we will continue to put competitive teams on to the field in the years to come, across all grades.

The support of the Committee has also been greatly appreciated. The countless volunteer hours you have put in to the running of the club has been noticed. Thank you very much.

A club cannot run without sponsors. Our generous sponsors allow Marist Junior Rugby to keep the fees low, especially for a sport running across two school terms. NZ Specialised Coatings contribution to the running of the club and coaches awards is greatly appreciated. McDonalds Manawatu's Player of the Day Certificates, MediaWorks Manawatu for their continued support, New World Melody's support with BBQ essentials and 500 Club members; Butch Jurgens Livestock, Harveys Real Estate, New World Aokautere, NuView Wealth Solutions, Placemakers Palmerston North, Silvester Clark Consulting Engineers and Triumph Homes Ltd. The Shamrock Club and Property Brokers Manawatu for supporting the Family Club days. Additionally, the support from our team sponsors has also been greatly appreciated.

The heart of our club are the Coaches and Managers who give their time each week. The results our teams achieve, and the culture created with in the teams is a direct reflection of their hard work and dedication to the growth in the young men and women they coach. We are lucky to have a group of people that care so much for the growth and development of our children.

Thank you to the parents, caregivers and whanaū for your support this season. Winter sport can be a challenge given the weather conditions, but you turn up week after week. Again, this season the Marist hoodies were well supported, and the addition of the Marist drink bottles and corner flags has enhanced the Marist brand in our community. Your support has been appreciated.

We began the season with two skills and drills sessions for U8 to U13's. These sessions were well received with many children taking part. The Family Club Days were a great success again. This year we introduced a Coaches vs Coaches rippa game at our final Family Club Day which I'm sure will become an annual event. The registered players and their siblings were given a free fizz'n chips while the parents mingled in the Old Boys Marist clubrooms. It was great to see the kids all playing together creating memories they will remember for the rest of their lives. To finish off the season we held the Marist 7s tournament which attracted players from U6 to U13's. We were very lucky on the day with the weather and were treated to some great rugby.

Best of luck to the players that are leaving our Club and moving on to Secondary School. We hope to see you back at Old Boys Marist to continue your rugby career as a senior player.

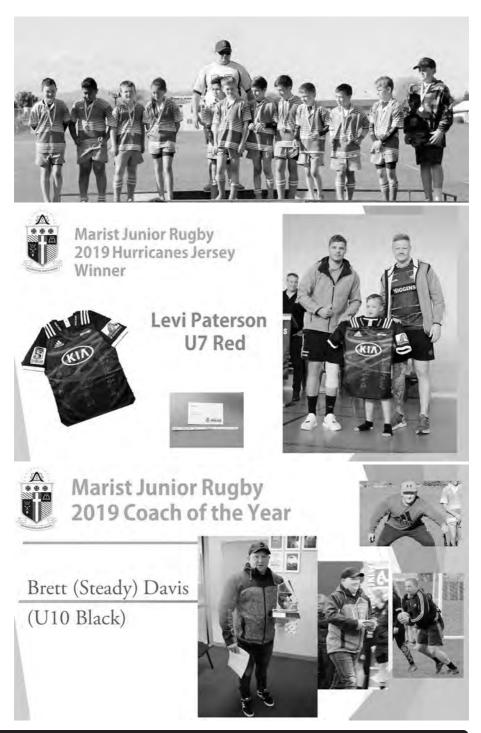
To all our returning families and players for 2020, enjoy the summer. We look forward to seeing you again in February next year for Marist Academies and registration.

Kind Regards Kent Higson, Marist Junior Rugby Chairman











Marist Junior Rugby 2019 Baker Shield Winner

Hannah Cadzow









Marist Andersen Shield Winner 2019

Cooper Furnell







Marist Junior Rugby 2019 Manager of the Year

Hilary Evans (U8 White)







U6 Black

2019 has been a great season for the Marist Under 6 Black. We started the year with 11 of the 13 players new to rugby, with 5 of these kids being 4 years of age. It has been awesome to see the entire 13 grow as not only rugby players, but individuals as well.

Having set out to not only teach the kids the basic skills of the game, but also to build confidence, sportsmanship and companionship within their team. I am happy to say we have achieved it all. The



constant improvement from game to game and seeing the difference in defending and attacking from the start of the year to now has been exceptional. Throughout the season we never had a set substitute policy, it was great to see the kids putting their hands up for a rest so their team mate could come on and have a turn.

Marist U6 Black has also been blessed to have a great group of supportive and fun parents who all get along. I would like to thank them all for the encouragement and support they have given not only to their own kids, but everyone else in the team. It's great to have both kids and parents creating such a great culture within a team.

I would also like to thank Ross O'Dea for taking over the coaching reins when I have been unavailable and everyone else who has helped the team on the side-line. I look forward to following the teams progression in the future.

Zach Stiven Coach

U6 Red



U6 White

2019 what a season of rugby U6 White. From the first practice these kids were switched on and have loved every moment of the game. Every one of these kids should be very proud of their achievements in growing as individuals and also team players. Our first game of not being able to get rips, to our last games getting multiple 6 rip turnovers, well done on a very successful season. You have all been a pleasure to coach thanks team!



Thank you to the Marist Junior Rugby Committee for the opportunity you have given our team and the ongoing work you do behind the scenes. To our Assistant Coach David Dill-Russell you have been perfect in everything you have done for our team. Thank you mate we couldn't have done it without you. Our Manager Deanna Bellamy, the unsung hero of the team, everything you have done behind the scenes has been on point, well done and thank you. I look forward to seeing you all back for the 2020 rugby season.

Adam Bellamy Coach

U6 Yellow

Being my first year coaching, I struck gold. I had an Assistant Coach, Manager and a backup Manager before even signing up. We ran the team with a lot of structure, and the parents have been gold, showing up on time and even taking turns bringing oranges.

The kids all love the fun and have all stuck it out, though some are likely to not play next year as it's really not their thing. We had a young team with only one boy having played before so there was a lot to learn.



As a team, the kids have learned the basics, and in the last 3 weeks we have managed to take them from resetting after each rip to passing from the mark with no stops. Our boy is likely to play next season and I will again put my hand up to coach, hoping to get as many kids as I can from this season. The progress made and relationships the kids have built is astounding.

Darryl Witton Coach

U6 Blue

This season has been an awesome season for Marist U6 Blue. We've had numerous players return from last years season and a couple of awesome new players.

Right from the beginning of the season, our team were keen to get out there and play hard. It was awesome to see the improvements the kids from last year had made since the end of last season. Our younger and newer players were a little shy and unsure on what was going on but after the first game. With



the experience from the older players to learn and watch from they picked it up fast and were able to run the ball in the right direction, score tries and make rips.

Maitlin Kakau

U6 Gold

What an awesome season of rugby! 2019 saw just a handful of returning players from last year's U6 Gold, with the bulk of the squad new to ripper or coming to Marist from another club. That being said, it was clear from our first training run that we had some very skilled players and were going to be a force to be reckoned with. We started the season with 13 players but guessed that number would drop once the weather turned nasty and the kids interested waned. Our



last game is just around the corner and we still have 13 players.

This is a testament to the commitment from the kids and hopefully means they have enjoyed their time this year. We have had awesome turn outs to all trainings and games which has made coaching a breeze. A big thank you to all the parents/caregivers for your support and for getting the kids to where they needed to be, with the proper kit, and with the right attitude. We're hoping to see everyone back for 2020. We'd also like to thank Hanna for doing an awesome job on the side-lines helping to manage the team.

Cheers, Craig Lowe and James Finnigan Coaches

U6 Green

The season for the Marist U6 Green side was an awesome one. With ages ranging from 3-6 and most players new to the organised facet of rugby, there was a great mix and they gelled immediately. The development signs were there from Day 1 and it was pleasing to see that by the end of the season, the support players were always there on attack and the boys started to enjoy the defensive side of the game.



There were ALOT of long-range tries

and it was awesome to see the confidence and awareness grow each week. We would like to thank the supportive/positive crew of family that were there at each game and of course to the Marist Club for all their support throughout the 2019 season.

Hayden, Craig & Matt Coaches

U7 Red

It's hard to believe that we have almost completed another season of Rugby. Time has flown.

For the majority of the U7 Red team, there will be the step up to tackle next year which I think for most of the kids seems exciting. It is hard to believe that we have just about completed our 3rd year coaching the Red team and I am equally excited that we are stepping up to tackle next year.

This season has been an enjoyable one



once again. We have come across some great level of skill this year and its cool to see the kids improving and 'clicking' with the game across most of the U7 teams we have played.

Our team has once again been able to step out of last years season and straight into this season without really missing a beat which is really pleasing, with some of the kids really starting to hit their stride. I have had a bit of trouble deciding on this years recipients of the trophies for prize giving due to the level that all of the kids have been playing at, and the team spirit they all show. It's also really cool to see the friendships within the team continuing too. A huge thank you to all of the assistants and parents who help make our Saturday mornings happen.

Once again, the Marist Committee plays a huge part in each individual players enjoyment of their Saturday morning games which is evident in the number of kids now playing for the club. A huge thank you to all of those involved.

James Paterson, Coach

U7 Gold

For the coaches of Marist Gold, with the exception of our own boys, it was a team of fresh faces this year. Love of the game fuelled by fierce banter on whether the Blues, Bulls or the Hurricanes would win the Super Rugby competition soon rubbed off on our protégés making for a very entertaining season.

Supported by an exceptional bunch or parents and supporters, the players of Marist Gold lived up to their team name setting a very high standard of play and



sportsmanship throughout the season. Highlights included many competitive games of bullrush at trainings, a steady supply of oranges every half time, a well-earned victory and slide in the mud while away to Te Kawau and the odd lolly scramble for good measure. All this being said, our team focus was on having fun, good sportsmanship whilst picking up sound running and passing skills along the way. One area where the players exceeded at times was defensive organisation, which can be a real challenge for players of this age.

Coach Pieter and I would like to thank Kent and Brenda for their support this year, our fantastic supportive group of parents who never shied from lending a hand and of course the players of Marist Gold who are all stars!!

Pieter Van Zyl and Hamish Sutherland, Coaches

U7 Green

The 2019 season was a very enjoyable and successful one. With a lot of the boys in their third and last season of Rippa Rugby it was fantastic to watch them every Saturday display all their skills and learnings. There were plenty of tries, rips and even try celebrations throughout the season.

A lot of fun was had by all and one of the highlights was winning five games in a row to make the final at the Bulls 7's tournament. We unfortunately went



down in the final, but the kids had a blast. I would personally like to thank all the parents for their help and support throughout the year getting the kids to practice and to games each week.

A special thanks to my co-coach Alastair Cadzow for all your help and my unofficial Manager Kylie Thompson for all your hard work on Saturdays, it was very much appreciated. Also big thanks to Kent and his Committee who do a fantastic job running the club and Brenda for all the awesome photos each week.

Tony Groube, Coach

U7 Blue

As first time coaches Mike and I have thoroughly enjoyed coaching this season. Five of our nine players were new to the game of ripper and it was fairly evident after just a few games we were going to be competitive throughout the competition.

We had a wide range of ages, abilities and personalities which all seem to complement each other and contribute to our season being a huge success! I'm very proud to be part of this team and it



is awesome to see the kids not only develop and make small improvements but also add value in their own special way to make 2019 a very memorable experience. Special thanks to our sponsor Harveys Real Estate. Taryn Brown our Manager, Mike Kemp and all the parents and supporters for bring the kids to trainings and games.

Nga mihi nui Mike Nicklin, Coach

U7 White

U7 white started off the season with a range of players in both skill level and experience. For over half the team, it was their first time playing Rippa Rugby. Basic skills were the focus at every training session and the kids quickly caught on about the basics of the game, eg passing backwards, not running out and side to side movements.

The experience was enjoyable, and the kids loved to get out on the field and above all else, hang out with their new



friends. The majority of games were fair with only a couple of blow outs but all Coaches were on the same page in regards to making the game enjoyable for all, and giving out a few 'confidence boosting' tries and runs.

Overall the team has grown in confidence and skill and have hopefully learnt some key skills in regards to both movement and team sports in general.

Jared Bron, Coach

U7 Yellow

Wow! What a group of little champions.

It's been an absolute pleasure getting to know you all over the Ripper season of 2019. We started out with only two kids who had played on the same team before and whilst training some days was akin to learning how to herd cats in a typhoon "we can all agree it's been fun"!

The development of the team and individuals through the year has been phenomenal whilst some found their



voice, others found blistering pace plus new and novel ways to keep hands warm on those cold Saturday mornings.

Mark Emerson my co-coach thanks mate, really appreciate it. And to all the awesome parents' thanks for the support and positive team spirit.

Kent, Brenda and the Marist establishment behind the scenes for junior rugby, you are inspirational in your dedication and on behalf of U7 Yellows, we thank you very much.

Dan Burton, Coach

U7 Black

The 2019 season saw the majority of last year's U6 team returning with the addition of a couple of new players and families. This year we kicked the season off with a team get together where everyone brought a plate and the players got the chance to have a run a round vs the parents. It was a great way for the existing players and families to re-unite and welcome the new families to the team.

The players were full of excitement and



couldn't wait for the first game of the season. The focus for this year was to try and get the boys to further develop their understanding of the game and develop their skill base. Playing on larger fields for the majority of the season allowed the team to play some great running rippa rugby with their stepping, support and passing improving vastly on last year.

One of the highlights for the team was getting the opportunity to represent Marist at the Bulls tournament where they made it through to the semifinals. It was great to have all the Marist teams set up in the same area and see all the kids having a great time.

As with previous years, we have again had fantastic support and encouragement on the side line from the players' parents, whanau and friends. It's great to see the positive impact the support has on the players. A big thanks to everyone who made the effort to come down and support the team throughout the season and help out. A special thanks to Tania Bennett-Davies for managing the team again this year.

Jared Wright & Gerald Bennett-Davies, Coaches

U8 White

2019 has been an enjoyable season for all involved with the team. All of the boys were in their first year of tackle, with about half in their first year playing rugby of any kind. This brought with it a wide range of strengths, skills and areas for the boys to continue to grow and develop as rugby players. We can confidently say that the boys who consistently showed up to trainings, were willing to listen and gave their all, have made advancements



as players this year. As a team, the boys should be proud of the way they have gelled, the respect they have shown to each other and the opposition and the way they play the game. Every boy gave 100% on Saturdays, it has been awesome to see individual, and team confidence grow as a result. The White team had a mixture of results throughout the season but one thing that was consistent was that the boys enjoyed their rugby and had fun.

The team has had fantastic support from whanau and friends throughout the season, who have embraced the clubs positive side line code of conduct. The boys manners in regards to thanking us as Coaches for our time has been wonderful. However, 7 and 8 year old boys are not the greatest at thanking those closest to them for all their hard work – transporting them to trainings and games, supporting them on the sideline, ensuring they have the essentials to play – so our thanks to you on their behalf. To those parents who have helped run subs, look after injured children and muck in as necessary, thank you. A HUGE thanks must go our Team Manager who went above and beyond in her role. Hilary will go down as the G.O.A.T. in regards to Under 8 Managers.

We wish everyone and enjoyable summer and hope to see all the boys back playing footy in 2020!

Jason Moore and Anthony Reid, Coaches

U8 Black

Marist U8 Black had a 50/50 season, winning the hard-fought games and losing to the well-deserved. The improvement with every child on this team is unbelievable. It was comforting to watch these young players using the drills, skills and techniques that were taught to them in the games. The realisation of the players that the time we spend in training has helped them on the field and off the field. The first year of tackle was always going to be a tough



one to coach, but as a team we pretty much nailed it to be honest.

The level of commitment throughout the team was clear to see, those who showed up to every practice and every game reflected on the field, as they learned from their mistakes and pushed through to get to the end of the field to score that try.

As always in this grade, challenges are there to be faced either as a player, coach or parent. This year was mainly the weather, and numbers showing up to training, yet we tackled the challenges we faced and we usually did extremely well as a team.

Those that were picked to go on tournaments and away games are very much appreciated and have shown they deserve to be picked. And subsequently displayed their large amounts of talent on and off the field.

Thank you to the support on the sidelines either from parents, grandparents, aunties, uncles or siblings, these kids that you come along to support keep doing what they are doing because of what you are doing.

Thank you to our team manager Sarah, for her strong communication system through email, text and Facebook posts - no-one had the excuse of 'I didn't know'.

Unfortunately, this is my last year with this team as a Coach, as I am continuing my studies in the Waikato next year. I wish all the best to Cameron next year preparing these kids to be the best players they can be and helping them reach their goals in the sport of rugby. Goodluck to the players we have taught well.

Natalie Baker and Cameron McIntosh, Coaches

U8 Green

What a fun successful season in our first year of tackle. We had a number of returning players and new players to the team. As a group, the children gelled well as a team and friendships have developed.

The first training was a bit of a shock with the realisation of how much was needed to be taught to get the children ready for tackle rugby. All of the players developed throughout the season and with hard work and determination we



formed a competitive team on Saturday mornings. Everyone contributed and gave their all.

What I enjoyed most is when the team started putting phases together and truly worked as a team as we move away from the solo style of play in rippa, to a passing game where we need to compete for and recycle the ball at every tackle. Where the team is now will put us in a great position in the U9 grade. I really look forward to seeing all the players develop further and learn game management with out a Coach on the field.

All the young men and woman have been fantastic this year. A big thank you to all the parents for getting your children to practices and helping out at both the practices and games on Saturday mornings. It truly is a team effort. Thank you to Bridget and Desiree for Managing the team, Nick for your help coaching, Desiree and Nick for keeping our gear bags clean throughout the season, Amanda and Scott for bringing the drink bottles to every practice and game and Pasi for the amazing action shots during the season.

I look forward to seeing everyone back in 2020.

Kent Higson (Coach)

U9 White

U9 White had a great year, building on their skills learnt last year and developing a more mature approach to the game. Their tackling and breakdown capability got better and better as the season went on, and they took everything on with such great focus, attitude and spirit. We had an amazing bunch of kids always positive at games and at training and they were always excited to learn and develop, which was great to see.



I would like to thank all the parents for

all their support at training and on the side-line every week, and say an extra thank you to our Manager Alana, we couldn't have had such a good season without her. Also, a big thanks to Craig for all of his help and his willingness to help out the kids and teach them new strategies and skills.

I have had a great time coaching this season and really value the opportunity to help young kids grow a passion for the game and set them up for the seasons to come.

Brad Ritchie, Coach

U9 Green

U9 Green had another fantastic season. We had 14 from 15 return from last year which put us in good shape from game 1. The team has worked hard in all aspects of the game. Our team motto was "Do the mahi, get the treats", simple but effective. We knew if we did the hard work upfront at the start, the game would get easier and it did. Big thanks to all the parents for bringing their children day in and out. Coaching is easy when you have great kids willing to learn but also have FUN!!



Achievements of the season: -1st place Bush 7s Tournament -1st place Bulls 10aside Tournament (3rd year in a row) - 2018 (unbeaten) 2019 (unbeaten)

Dave Towers, Coach

U9 Gold

2019 was a tough season for U9 Gold, with 7 new players it took a bit for the kids to gel, but as the season progressed so did the team.

It was really cool to see each individual player grow into their position and although we often found ourselves on the end of some big defeats, against some very sharp teams, our kids never gave up. It was great to see the kids keeping their heads high and boosting



each others moral which showed great team spirit.

We put a lot of time at practice into learning tackling techniques and securing the ball which I think really started to stand out. There were big smiles and lots of laughter which means a successful season for the kids.

A special thanks to Vince and Eddy for their help after I took on the coaching role mid-season. A big thanks to Hannah for organising the team, and communicating with the parents. Looking forward to next season.

Ben Gunning, Coach

U9 Black

It has been an awesome season for the kids this year, with majority of the team returning from last year and gaining a couple extra kids who have added a lot of strength to our team.

The kids have improved as the season has progressed by getting more confident in their role on the field and knowing their team is right behind them showing support in their bridging and great blow over skills.



The highlight for me is seeing the improvement from each of our boys and girls from the start of the season until now, their dedication to trainings and games has really paid off. The kids have done a fantastic job in keeping a positive mind-set and staying focused and we have had many memorable moments to celebrate this year.

A big thank you to Justin who helped assist at every training he could and all the other dads for helping in trainings and the Saturday morning warm up, everyone was keen to grab a hit pad and help out. Thank you to Gareth for being our ref, Kelz for her great photography skills that capture the kids in action and to Larissa for managing the team and keeping on top of all communications.

I have really enjoying coaching these kids and seeing them grow each year. I am looking forward to another season next year.

Jesse Ngapeka, Coach

U10 White

Another great start to the season for the team, we had three quarters of the team return from last year and they all got off to a flying start. Twelve a side was new and worked well. Four new faces arrived in the team for the 2019 season with one having played the game before and three new kids to rugby. All four had an impact and have enjoyed the environment the team created over the year.



They all advanced hugely from the

previous year and understood their roles within the team. They have started to settle into their positions, and everyone was able to play in a couple different positions throughout the year. All the kids averaged three quarters of a game each week.

This season has been rewarding for players, coaches and supporters as we have continued to improve throughout the year with consistent performances which have resulted in nine wins, one draw and a lost. (this was written before the last game). We played in two tournaments this year and found these a challenge, great learning for the team.

As coaches we couldn't have been prouder as they started to bring the skills they had learnt and practised into their game, this was a year where we feel every team member has improved some part of their game. The hardest year for us as coaches to pick awards. A great group of kids.

A big thank you to Nicky as team Manager this year doing a great job organising the weekly trainings and games and running the team Facebook page. Stu, Sheridan and I had a great year coaching and the summer will bring us together earlier to prepare the team for 15 aside. Thank you to all the parents for their help throughout the season and our supporters for being there each week.

Anthony Stephenson, Coach

U10 Green

This year we had a good returning core of players, with some of last year's stars who had moved on.

Additionally, we welcomed 2 players who juggled soccer and rugby duties as well as several new club members who, for the most part, were brand new to competitive rugby. After our first game it was evident that the previous players had progressed, the new recruits were able to handle the contact and skill set of



club rugby, and we were on track to progress as a group and enjoy our season.

Early on we had some major setbacks. Form players suffered serious injuries which for some, were end of season setbacks. That also meant we missed our soccer boys who were amongst our best players and, due to scheduling issues were only available for half games at best.

We did recruit well and managed to bring in several new players during the season which is a positive for the club as we believe they will stick around. One new player in particular broke his foot after his third game but showed enough to be one of our strongest, hopefully he will be back.

All drama aside Marist U10 Green played with great spirit and sportsmanship throughout the season and had a very accepting, inclusive attitude. All the parents involved came together as a group and were supportive and always positive.

We are proud of the effort of Marist U10 Green and the environment we have set for these lads, and look forward to seeing them step up to the next level of their rugby lives...

Thank you so much to all the crew involved in Marist U10 Green 2019. Especially those who ran the Marist Junior Rugby programme, you know who you are. Go the All Blacks WC 2019. Bring on 2020 rugby season.

Fraser, Coach

U10 Gold

Five seasons in, and 3 new players this season who have bedded in well to our culture. Third year of tackle and tactics have been interesting, but the legends have risen to the challenge and learnt well. Even though we haven't had a lot of wins this season you have all played with heart right to the last whistle. The games have been hard, but you have given your best.

We have had some tough games and been out sized on a few occasions, ruffed



up on a couple of occasions, but you have kept your discipline, rocked on through, stuck to the basics and grown to where you are today. Much Respect.

To the legends you have made me, Carl, Tiki & Mark feel very privileged for having been part of another awesome season. Thank you to all the parents and extended family for their positive encouragement and side-line behaviour which has been exemplary. Letting us get on with the coaching job at hand and supporting us with our disciplines. Thank you also for getting the boys to trainings and games on time, you made it a rewarding and enjoyable season. The team certainly improved throughout the season and this showed as they learned some key skills and disciplines.

Big ups to Mark our Manager, who has kept us all informed and updating our own Facebook page. Carl, thanks for all the reffing at our home games, you are a legend. As well as Tiki, you have both supported me with the coaching role, training forwards and backs and the juggle to get the right mix, this has showed in the results we have achieved

for the season. Great sportsmanship and fabulous teamwork. Overall tackling and keeping them below the arm pits – we got there. Well done legends!

To the Marist club organizers, awesome work guys for all your efforts, we really appreciate it. The gear and kit supplied this year is awesome

Poppa Rat, Coach

U10 Black

This 2019 season has been one to remember, I've never coached a team that has improved so much, both individually and as a team. The Players have given it 100% and accepted the challenge that under 10's rugby brings!

The introduction of 5 new players to the squad saw the established players step up, include and help guide the newbies through the challenges. Our new players bought a welcomed eagerness to learn and to perform. All the comradery and hard work paid off as we won the 'Bulls



10 aside Tournament' and Nate Davis was named player of the tournament.

Thank you to Lance Malcolm for assisting me with the coaching. Lance and myself had a lot of welcomed help from an awesome and supportive group of parents. I can't thank our parents and supporters enough for how they positively encouraged and supported the side every week. Unfortunately, we have to say goodbye to a very popular member of our side, Monty Cavanagh. Monty is heading to Huntley School next year and we wish him all the best.

PLAYER PROFILES.

Tahu Aumua – Elusive on attack! Show him space on the outside at your peril. First-class finisher.

Monty Cavanagh – A physical player that often came out of the dark with the ball in his hands.

Nate Davis – Matured into a leader. Lead the team around the field with precision and flair.

Tavita Fuiono – Easily our best tackler! Has a skill set beyond his years.

Kingston Haitana – Our go-to man to get us over the advantage line. Plenty of Ardie Savea like runs!

Riley Hanson – Tries his heart out every week. Shows true spirit towards his peers and the game.

Koen Henderson – Koen's strength and speed has really improved. Easily can play in the forwards or backs.

Liam Jurgens – A natural sportsman that excelled when asked to play halfback. A very fit player that has vision and pace.

Lincoln Malcolm – Determination is the best word to describe this very popular member of the team. Numerous half field runs to score tries. Has a big future.

Lachlan Mexted – Our quiet but very effective achiever. Countless try saving tackles and ball steals in the tackle. Trains and plays as hard has as can every week.

Poppy Milligan – Balanced and confident player. Always backs her abilities. True competitor.

Christopher Mitchell – The hardest person to tackle when he's on the run! NEVER gets tackled first up. Balanced both on attack and in defence.

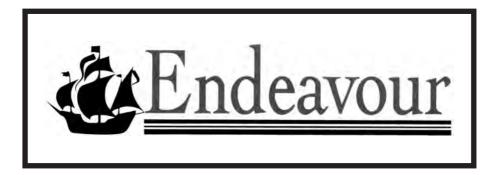
Brooklyn Murphy – Amazing improvement for her first year of rugby. Brooklyn listens and is eager to learn. A welcomed addition to the team.

Kobe Taiaroa – Understands the game and leads by example. Forwards or backs Kobe never let us down. Cleans out the ruck accurately and effectively.

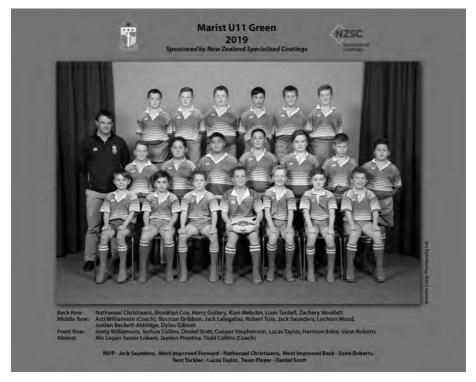
Ace Ta'ufo'ou – Shocked the opposition many times with his deceptive pace. His skill level is off the chart!! Infectious smile that lifts the team. Got smashed by the coach in the best tackle of the season.

Kaden Te Huna – Also new to rugby Kaden is developing into an all-round player that has the potential to reach higher honours. A strong ball carrier.

Brett Davis, Coach



U11 Green



2019 has been a rewarding year with all 2018 players returning plus the additional players from Marist Black and 2 new to rugby players. The team continued with great support from the parents, with special mentions to Anna Stephenson (Manager/Coach), Alastair Cox (Referee), Todd Collins (Coach) and our key sponsor, NZ Specialised Coatings Limited (Tash and Todd Collins).

Going to 15 players added some challenges both defensively and on attack. There were some hard battles fought, the boys should be proud to have come 3rd in the competition out of 12 teams.

Most of the boys have now played together for 6 years and the culture and friendship continues to grow for the players, coaches and parents. A massive thanks to all involved, including Marist Junior Rugby for a great season, thank you.

Astie Williamson, Coach

U11 Black



The 2019 season started off with 4 teams from U10 last year merging to make 2 new teams as the kids moved up to the full field, 15-a-side game. As well as bringing a squad together as a team, we had 6 players come into the team during the season, who were new to rugby, so there was plenty of learnings for these kids.

In the early part of the season fitness was a big focus, but also looking at the bigger picture, Tony and I put a big emphasis on team work, ball skills and having fun. Seeing the development of the players, as they learnt about playing 15s rugby on a full size field, has been incredibly rewarding.

The overall development, through the season, was clear to see with the forwards working well as a unit, delivering good ball to our backs, who had plenty of pace and power. We were lucky to have great support and encouragement from all of the parents, grandparents, family & friends on the side-line – all super positive, which is great for the kids.

A huge thank you to Nikki Kagei, our manager and Stu Power, our team referee. Thanks to everyone who helped out during the season and a special mention to Gareth who helped out with coaching the team. Thank you all for your commitment to our team.

To the Marist Junior Rugby Committee, Kent and team, thank you for your work, support and commitment.

We look forward to having all the kids return in 2020 for the U12s.

Alastair Cadzow & Tony Groube, Coaches

OBM Intermediate



It has been a challenging but enjoyable season for the Old Boys Marist Intermediate Team. We had a brand new team, with a good mix of U12 and U13 players in 2019. Our goals at the start of the season were to win some games, make some new mates, continue to learn how to play rugby and have some fun.

We had a mix of results, some games were close, we had a couple of wins and a few score blow outs not in our favour. However, despite our lack of success on the field, we reckon we have achieved all of our other goals.

Congrats to Junior, Cooper and Moe for making their age grade Manawatu Rep Teams. Awesome effort men! Thank you to all our whanau/families and Friends for your positive attitude and unwavering support. It makes a massive difference with you all cheering us on through thick and thin each weekend.

Thank you to our sponsors Placemakers, Klassic Kiwi Tees, Tremaine Energy Centre, Te Whake Farm and Paul Claridge Electrical. Thank you to Craig Loach for coming on board as co-coach and really improving our backline as the season progressed. Thank you to Carl, Brendon and Van for their input at trainings. And to Damien for always lending a hand when ever and where ever required. Thank you to Beach and Natalie for reffing our games. Thanks to my wife Lisa for managing the team and keeping us all in the loop each week.

Thank you to Marist Junior Rugby Club and Committee for all their support over the 9 years Lisa and I have been involved in the club. Special mention to Mark Andersen and Kent Higson for their leadership. Lastly thank you to all our young men who proudly represented our club this year. We hope you all stick with rugby, come back to your club next year and after high school, continue to learn and improve how you play the game, make great mates and have some fun.

Ngā mihi, Willie, Craig - Coaches and Lisa - Manager

MARIST JUNIOR FOOTBALL WOULD LIKE TO THANK THE FOLLOWING SPONSORS ...





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JUNIOR FOOTBALL

2019 Marist Junior Football Chairperson Report

2019 was an amazing season, our numbers have increased from last year in fact I believe the female player side tripled and we had 21 tea™ms within the club. This is a trend I would like to continue as the growth of football continues in our region. We were able to field 5 all girls' teams and had 3 of them playing in an all girls league that was trialled by central football this year. We have across the broad from ages 8–13 have strong representation in the Federation Talent Centre (rep football). So a big congratulations to all those players that have worked hard to make those teams.

We as a club a trying to bring back the family community by helping all children from first touches to the very elite get equal opportunities to play football.

We had children this year ranging from the ages 4–13 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.

Our 13th grade team winning 1st place in the cup for the second year in a row.

This year the Junior club ran a first kicks football skills programme on a Friday evening for ages 4 to 6 year olds, this went really well. Thanks to Ian Trewhitt for running this for us this year you did an amazing job and we are glad to have you locked in already for next season.

We are in the middle of rolling out our new strip to help mirror what our senior players are wearing in the top leagues. This gives our kids more of an identity and relatable to players that they watch within the best leagues around town.

We had a great disco for the junior children during the season. This has now become an annual event. We also ran a quiz night that with the assistance of Jack Tankersley and the Committee was very successful. Thank you to all sponsors and parents that donated to this event.

We are slowly becoming the biggest Junior Football Club in the Manawatu again and cannot do this without the support for the Marist Club from all the volunteers, parents, sponsors and most importantly the children who are at the fields every Saturday to play this wonderful sport. 2020 is just around the corner and I know the committee have already started to put some exciting things together.

Regards Belinda Warrington Chairperson Marist Junior Football Club

2019 Prizegiving

First Kicks in conjunction with Mortgage Link Ltd.

Coordinator – Ian Trewhitt Coaches – Rebekah Trewhitt, Christina Trewhitt, Aimee Erskine, Honey Grace Hancock, Jess Hodson, Marama Winchcombe Most Valuable Player – Grace Hannan Best Team Member – Athena Walker Most Valuable Player – Oliver Moore Best Team Member – Blake Raymond

7th Grade

Marist Lions - Coach - Seth Tavendale
Most Valuable Player - Bhavish PediredlaBest Team Member - Oliver DuffMarist Panthers - Coach - Riley Cody
Most Valuable Player - Alijah O'BrienBest Team Member - Maxwell HansenMarist Tigers - Coach - Sam Drummond
Most Valuable Player - Emma FrankBest Team Member - Eleanor Adams

8th Grade

Marist Falcons – Coach – Ken Okawa/Ben Davis Most Valuable Player – Cruze Kauri

Best Team Member – Jimmy Okawa

Marist Saints – Coach – Seth Tavendale Most Valuable Player – Rocco Tavendale Best Team Members – Finn Bellhouse and Ignacio Sandoval-Anderson

Marist Meerkats – Coach – Belinda WarringtonMost Valuable Player – Isabella MoorBest Team Member – Lizzie Field

Watson Real Estate Eagles – Coach – Belinda Warrington Most Valuable Player – Olivia Watson Best Team Member – Freya Drew

 Marist Lone Star Lightings – Coach – Matthew Argyle

 Most Valuable Player – Kian McVicar
 Best Team Member – Stellan Lawrence

Marist Phoenix – Coach – Juan Carlos Garcia Ramirez Most Valuable Player – Tane Garcia Best Team Member – Jonte McCorkindale

9th Grade – Championship Marist Stallions – Coach – Jono Letts

Most Valuable Player – Kayden Milligan

Best Team Member – Joseph Guy

9th Grade – Premiership Marist Higgins Hawks – Coach – Kerri Mills Most Valuable Player – Wynton Oldfield Best Team Member – Fletcher Mossman		
10th Grade – Championship Marist Pumas – Coach – Jon Moore Most Valuable Player – Nathaniel McNamara	Best Team Member – Ryder Beale	
Marist Leopards – Coach – Mark Bellhouse Most Valuable Player – Emma Congreave	Best Team Member – Ryan Short	
10th Grade - Premiership Marist Property Brokers Bears – Coach – David McCorkindale Most Valuable Player – Cameron Smillie Best Team Member – Jayden Field		
11th Grade – Championship Marist Wildcats – Coach – Dwayne Reynolds Most Valuable Player – Jacob Reynolds Best Team Member – Charlotte Hendry		
12th Grade – Championship Marist Brendan Lodge Vipers – Coach – Brandor Most Valuable Player – Luke Smillie	n Climo Best Team Member – Isaac Buttar	
Marist Emeralds – Coach – Belinda Warrington Most Valuable Player – Aimee Powick	Best Team Member – Ella Payton	
12th Grade – Premiership Marist United – Coaches – Brent Jaslarz/Adrian Most Valuable Player – Charlie Kemp	Smith Best Team Member – Brock Piper	
13th Grade – Championship Marist Im-Press Pros – Coach – Josh Cremen Most Valuable Player – Honey-Grace Te Rauna Best Team Member – Mackenna Chittenden		
Marist Titans – Coach - Matt Farrelly Most Valuable Player – Tyler Mauchline	Best Team Member – Akash Dharma	
13th Grade – Premeirship Marist Rovers – Coach – G Whitley Most Valuable Player – Lachlan Trask	Best Team Member – Matthew Davis	

4th-6th Grade – Black Panthers



4th-6th Grade – Captain America



4th-6th Grade – Team Thor



4th-6th Grade – Hulk



4th-6th Grade – Super Girls



4th-6th Grade – Wonder Women



7th Grade – Lions

Coordinator: Seth Tavendale

Most Valuable Player: Bhavish Pediredla Best Team Member: Oliver Duff

What a great bunch of kids we had this year, we had a huge amount of team members the boys just kept coming!!! We had enough for two teams!!!

What I was most proud of as a coach was that everyone gave their best and improved every game. We had some great wins and I'm sure we had a fun season.



A huge thank you to Stu and Raewyn who helped out with the subs, I couldn't have done it without you. See you all next year.

Thanks.

7th Grade – Panthers

Coach: Riley Cody

Most Valuable Player: Alijah O'Brien Best Team Member: Maxwell Hansen

What a fantastic year the Panthers had. All of the team got involved, had plenty of time on ball and they all improved. It was a big team with nine players and they all took turns subbing on and off like professionals.

Thanks to their parents for helping rotate players. There are many players



in this team with natural abilities and I am know we will see some of them go onto to play at the highest level in a few years' time. The best thing was they made new friends and enjoyed the games.

7th Grade – Tigers

Coach: Sam Drummond

Most Valuable Player: Emma Burt Best Team Member: Eleanor Adams

This was my first year of coaching and I've loved every minute of it. The team has improved dramatically over the season with every player showing huge improvement.

Each team member has individual strengths which have developed considerably over the season.



The girls have all developed friendships and play together so well as a team. It's been great watching all the girls improve over the season and I've enjoyed being a part of the team.

8th Grade – Watson Real Estate Eagles

Coach: Belinda Warrington Most Valuable Player: Olivia Watson Best Team Member: Freya Drew

This is another all girls team with all but one player coming from Kairanga School. Most of these players played together last year which has paid off.

We can see the great work they do as a team and have gone from winning one game last year to winning almost all their games this year. They even came home



with medals and a trophy for winning their grade at the one day festival.

We have even had one of our players Elyse making the under 10 FTC program. These girls have started to learn all positions on the field and are always keen to share the goals. Sophia's confidence is growing in tackling players. Freya loves to just get right into it and dart around kicking the ball. Greer likes to use tricks in the game to pop the ball backwards. While Maija and Livvy read the game so well and use it to make some great passes. Alysha uses her speed and power to make some great saves from close possible goals and Elyse has the ability to play in every position.

8th Grade - Meerkats

Coach: Marama Winchcombe Most Valuable Player: Isabella Moor Best Team Member: Lizzie Field

This year the 8th grade Meercats are an all girls team full of new players apart from one. The way these girls have bonded so well and have learnt so much already, is a testimony to their beautiful nature. It's been amazing to watch them. They have had some ups and downs in the games but come back each week keen and smiling.



They did so well at the one day festival learning to stay in their positions and coming third even beating one of the hardest teams in the grade. Trinity has come out of her shell and getting involved in the game. Amelia is getting better at tackling with George our little pocket rocket in Defence.

Kauia has a way better understanding of the game and with Lizzie and Bella's skills on the field the girls are going to be going from strength to strength and have a great future in the sport. I am so proud of this team and look forward to seeing these girls next year.

8th Grade – Phoenix

Coaches: Juan Carlos Garcia Ramirez Most Valuable Player: Tane Garcia Best Team Member: Jonte McCorkindale

It was a privilege to coach you guys during this season. You are amazing kids and very talented football players. I love watching you all every Saturday morning, doing your best and enjoying yourselves in practicing this beautiful sport. You all are so passionate, dedicated and skillful that my amazement stays speechless.



This has been an incredible experience for me and all the people around you. Your parents deserve credit for this. Thanks for your support. I take this opportunity to thank also other people that are behind the stage but make things to happen. The girls of the committee, Belinda, Lisa and the rest of the committee, thanks for your commitment and make things running during the season and after, and also my coach assistant, Ana-Maria, for seeing things that I don't. Go Phoenix!!!

8th Grade - Falcons

Coaches: Ken Okawa/Ben Davis Most Valuable Player: Cruze Kauri Best Team Member: Jimmy Okawa

For a team comprising seven members that have never played soccer before, no permanent coach and a commitment to half time lollies instead of oranges Marist Falcons have had a great year.

The boys and parents have really got along which has made every Saturday enjoyable. There is even talk of a casual



summer get together to keep the boys sharp for next season. Now that's commitment!

The team has benefitted from some natural athletes and only lost one game in the entire season. All the boys have developed their skills as the year has progressed and are looking forward to next season already.

8th Grade – Lonestar Lightnings

Coach: Matthew Argyle

Most Valuable Player: Kian McVicar Best Team Member: Stellan Lawrence

It has been an absolute privilege to be the coach of the Lightnings 8th Grade team for 2019. It has been great to see the boys develop both their football skills and their friendships across the year, becoming a tight knit unit.

As the season progressed there was a real development in their passing and use



of space on the field leading to some great team goals and also some quality defending and reading of the play to anticipate where they should be. Their sportsmanship with the other teams has been outstanding.

A highlight for me was the 8th grade tournament, where we lost only one game and finished 3rd overall. A huge thanks to the families who were on the sidelines week in week out, helping with substitutions during games and always encouraging the team. The boys should all be extremely proud of the way they have represented Marist this year and I look forward to watching them develop as they move through the grades.

8th Grade – Saints

<text><text>

Coach: Seth Tavendale

Most Valuable Player: Rocco Tavendale Best Team Members: Finn Bellhouse / Ignacio Sandoval-Anderson

The 8th grade Marist Saints were a late addition to the compitition, but from game one improved immensely...

We had 3 young players from the 7th grade who stepped up and played with the big boys, although we were out muscled sometimes we battled back and

proved that we were worthy of being in the 8th grade comp.

It was a pleasure to coach you boys and I wish you all the best in your futures. Every game you boys were calm, fair, and honest (even when the ball went out off you)..!! (Toby) hahaha

I am proud to say I was the coach of the Saints this year. Thank you all for your effort this year. Also a huge thank you to Brian for the help with the subs!! Love your work.

Cheers, Seth

9th Grade - Higgins Hawkes

Coach: Kerri Mills

Most Valuable Player: Wynton Oldfield Best Team Member: Fletcher Mossman

It has been a privilege to be entrusted with the role of coaching the 9th grade Higgins Hawkes. In this vital year of self discovery on the pitch. I can say we all learnt an awful lot.

I want to firstly thank the players, for showing up, being respectful and consistently working hard.



To the parents, your support has been endless and fantastic. I am most proud of our team for working together and learning how to loose graciously and to win gracefully. Congratulations on a fantastic season!!!

9th Grade – Stallions

Coach: Jono Letts

Most Valuable Player: Kayden Milligan Best Team Member: Joseph Guy

All of the Stallions players can be proud of their attitude and efforts throughout the season. As the season progressed the players grew to play more as a team, understanding basics of attack and defence.

I was impressed with how each player embraced the roles they were given, and

always strived to do their role well for the team.

The great attitude of each player to myself, their teammates, their opponents and the game itself is a tribute to them and their parents. I also acknowledge all the parents support of me and the team. Their input also contributed to an environment where the players could grow in their knowledge and skills

10th Grade - Leopards

Coach: Mark Bellhouse

Most Valuable Player: Emma Congreave Best Team Member: Ryan Short

The Leopards had a strong start to the season winning our tournament group stage, before being knocked out in a very close game against the eventual cup winners, and we only improved from there.

Well done for trying new positions and learning new skills, you should be proud



of the hard work you've put in and how much you've improved. Thanks to Robert and all the parents and everyone who helped and supported us so we could train, play and have lots of fun.

Congratulations to our MVP Emma Congreave, who took control of our defense whenever she was on field, and well done to our best team player Ryan Short, who showed great sportsmanship – he was always there to look after any player who took a tumble or was injured in any way.

Leopards, you're a talented team of boys and girls, I hope you've enjoyed playing as much as I've enjoyed coaching, and we hope to see you back next season.



10th Grade – Property Brokers Bears

Coach: David McCorkindale Most Valuable Player: Cameron Smillie Best Team Member: Jayden Field

The Marist Bears team competed in the 10th grade premiership and quickly became an exciting team to watch. Capable of playing attractive attacking football creating lots of chances, the team scored in every single game this season bar one.

When the team put away their chances



they were devastating as shown by their 9-1 win over Red Sox early in the season. The goals were shared right across the team, with every single player including the goalkeeper scoring during the season.

Overall the team enjoyed a strong season with some impressive results in the league. The team performed valiantly in the 10th grade tournament and had the misfortune of losing in the semi finals in a penalty shootout.

Congratulations to Connor Fraser, Jayden Field, Lennox Kirk, Luca McCorkindale, and Cooper Robinson on being selected for the Manawatu 10th Grade rep team. The team is looking forward to the opportunity to step up to playing 9 aside in the 11th grade next year. With some excellent improvement made during this season, next year promises to be another exciting season.

10th Grade - Pumas

Coach: Jon Moore Most Valuable Player: Nathaniel McNamara Best Team Member: Ryder Beale

The Pumas had a great season with everyone contributing strongly as a team. It was wonderful to see all of the players supporting and encouraging each other.

There was some solid improvement as the season went on. Max, Gibson and



Nathaniel kept the goals coming. Alex, T, and Dom anchored the midfield and Sean and Alex kept us strong in defense. Ryder was amazing both saving and scoring goals.

Thanks to the parents who came out rain or shine. Go Pumas!

11th Grade – Wildcats

Coach: Dwayne Reynolds

Most Valuable Player: Jacob Reynolds Best Team Member: Charlotte Hendry

The Wildcats had a great season, winning 10 of the 14 games played. They started the season strong with a 9-1 win, and finished the season with the most goals scored. A total of 76 goals in 14 games!

A highlight for the Wildcats this season was winning the Plate Final



at the Marist 11th Grade Tournament after an exciting game against Ruahine.

It has been a pleasure to coach the Wildcats this year, they have all developed as players and should be proud of their achievements. I would like to thank the players for the effort they put into each game. They are a great bunch of kids who are keen to learn, and make fun their number 1 priority.

I would also like to thank all the parents for their support this season, and a special thanks to Matt Lynch for refereeing and supporting me as coach. Thanks for a great season!

12th Grade – Brendan Lodge Photography Vipers

Coach: Brandon Climo Most Valuable Player: Luke Smillie Best Team Member: Isaac Butler

There were many new faces to the team this year. After only a couple of preseason trainings finishing fourth at the 12th grade tournament in the second tier. Fantastic start to the season with some great early wins.



After a couple of unlucky breaks to players, results were a bit harder to come by, but the team stuck together and continued some good form. They finished the season with a great hard fought win over top of the table for their last game. 8 wins, 1 draw and 5 losses meant a commendable fourth position.

Thank you to all the players for their commitment over the season to games and trainings and it will be good to see them hopefully stick together for their last season with the club before moving onto school teams. A massive thank you to all the parents who helped out throughout the season with nets, drills, warm ups and player of the day awards. Also to Mike Trail for stepping up and assisting to coach the team as a big squad made it harder to keep them focused at times. Thank you team for making my job this season hard and very easy at times.

12th Grade – Emeralds

Coach: Belinda Warrington

Marist Emeralds 12th Grade - 2019 Most Valuable Player: Aimee Powick Best Team Member: Ella Payton Wow what a season it has been for this amazing all girls team. Most of these girls were new to the club this year and they have definitely proven to be a great bunch of footballers. They started the

games all season. The way they have composure on the field and use their football minds to make some great decisions has been noticed by many opponents and coaches this season. I feel blessed to have had the chance to coach such great upcoming football stars and know that we will see some of them go very far in the sport. They are dedicated and respectful of how the game should be played. I can't thank this amazing bunch of girls and their parents enough for making this season an absolute pleasure to coach.

It has been a difficult decision to name a best team member but this year as they all worked hard at trainings and games. So this year I'm giving it to Aimee Powick she was always there on time didn't muck around and showed leadership when required and our players player was actually split with a 3 way tie so it then came down to who I felt grew the most over the year and that is Ella Payton.

12th Grade, Division One - United

season by winning the plate at the 12th Grade tournament and only lost two

Coach: Brent Jaslarz/Adrian Smith

Most Valuable Player: Brock Piper Best Team Member: Charlie Kemp

We had the privilege of coaching Marist United, who were a group of 10 and 11 year olds selected to play in the 12th grade division 1. Our focus was about development, both as a team and individuals and by playing in a higher league we hoped to challenge that development.

Marist United

It was an exciting season with some outstanding performances against some very strong teams. What pleased us the most was hoe the lads never gave up and overcame opposition by playing simple, stylish football. They played great footy throughout the season and should be very proud of their achievements, losing only once on the way to winning the league. We have enjoyed coaching this great bunch of boys and look forward to seeing them again next year out on the big field in 11 a-side.

13th Grade – Im-Press Pros



Coach: Josh Cremen

Most Valuable Player: Honey-Grace Te Rauna Best Team Member: Mackenna Chittenden

Firstly, I'd like to thank all the parents and other coaches who helped and supported me through this season. You were all a huge help, especially with this season (the especially with this) being my first year of coaching and although I have played the game for many years, many aspects of coaching were new to me. I really enjoyed coaching the girls and witnessing the changes in skill and confidence they made throughout the season.

My aim this season was for the girls to compete with a mostly boys mixed division, to help solidify their basic technical skills, further ground their understanding of the game and introduce them to a better tactical game of which I believe we made some good progress not only as a team but also with the players individually.

Although we finished second to bottom with 5 wins, 1 draw and 9 losses, scoring 41 and conceding 52, the girls definitely had many memorable moments throughout the season and should be proud with how their season went.

I hope that, what they have learnt this season, they can apply and grow further in future seasons and I wish all the girls well in their football and/or other sporting futures.



Coach: Glen Whitley

The Marist Rovers are a team of talented U12 boys identified to play in the Manawatu U13 Premiership.

Our season began with pre-season games against the New Plymouth Rangers U13 and U12 teams. The boys played on Yarrow Stadium (a full size pitch) and fought hard for two draws (3-3 and 1-1). The Rovers then went on to win the Manawatu U13 pre-season tournament - undefeated.

The regular season provided great opportunities to continue the work on their technical and tactical skills. They were successful in recording 8 wins and 2 losses, maturing with each of these results. Overall these U12 boys finished second in the 13th grade premiership (Div 1).

I am immensely proud of all the Rovers. They always put in their best, it is pleasing to see them reap the benefits of their hard work. All but one of the boys (who elected not to trial) were selected into the Manawatu U12 FTC squad.

Although the regular season has concluded we are continuing their football journey. Games are being organised against a Kapiti Academy, with more to follow against other Wellington academies.

To the boys off to high school, best of luck. To the ones still eligible - see you next year for another big Rovers season!!

13th Grade – Titans



Coach: Matt Farrelly Most Valuable Player: Tyler Mauchline Best Team Member: Akash Dharma

Marist Titans proved to be a strong team in 2019 with a few players who had the skill and drive to play in First Division even though we were in Second Division or the Championship. Despite our strengths we had many challenging games and lost 2, drew a few and won more. Overall, we were the champions in our grade. It was difficult to coach in that I was not available for most Saturday games, as I also coach a secondary school team with a kick-off time which was also 10:30am. Therefore I'd to thank all the parents who helped out on Saturday's with substitutions, the nets and corner flags and also with coaching.

We had the ideal number of players for most of the season (13) which meant players had maximum time on the pitch with occasional substitutions. However, we played 2 games with 7 and 8 players respectively (due to players being sick) and played with determination and drew and won those games. This was a credit to those players present. In choosing the two awards for Most Valuable Player and Team Player, our team has chosen players who worked hard in the midfield or were more defensive players, which is a credit to our team ethic. Unfortunately someone has to always miss-out, and it was a close vote. However, it is good to reward all the hard work that takes place on the pitch, not just the lucky players who get to kick it in the goal. Our MVP is Tyler and Team Player Akash. Thank you everyone at Marist (especially Lisa and Louise) and enjoy your summer football or futsal before Christmas.



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The sports person's drinking guide

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

Sav "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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