

TUGGERANONG HAWKS



Football Club HAWKS NEST



TFC Results

TFC RESULTS 22 & 23 JULY

Men's 1s

Queanbeyan Tigers 8.1-49 12.5-77 16.9-105 20.13-133

Tuggeranong Hawks 0.0 1.0-6 1.1-7 3.2-20

HAWKS Best: Ben Symons, Billy Toy, Luke Andreatta, Matt Ghirardello, Lochie Tilly,
Ben Andreatta

HAWKS Goals: Nathan Smith, Lochie Tilly, Billy Toy

Women's 1s

Queanbeyan Tigers 3.4-22 6.7-43 11.9-75 13.12-90

Tuggeranong Hawks 0.0 0.0 0.0 0.0

HAWKS Best Players: Holly Bartholomew, Kathryn Ghirardello, Kate Greenacre, Kate Davoren,
Nat Lockyer, Nikki Harvey

Mens 2s

Queanbeyan Tigers 7.1-43 13.12-90 18.12-120 26.14-170

Tuggeranong Hawks 0.1-1 0.1-1 2.2-14 2.2-14

HAWKS Best: Jaydon Bates, Antony Pezzullo, Ben O'Brien, Phil McDonald, Luke Petersen,
Kieran Monger

HAWKS Goals: Dion Cannon, Joseph Packer.

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Rising Stars

Queanbeyan Tigers 0.4-4 2.5-17 2.7-19 3.10-28

Tuggeranong Hawks 4.0-24 4.4-28 9.4-58 12.4-76

HAWKS Goals: Anthony Lupton 3, Joseph Dunn 2, Tom Gordon 2, Luke Adamson, Brad Hancock, Chris Liva, Dante Miller, Mitch Thomas

Under 17s

Tuggeranong Hawks 0.1-1 0.4-4 1.4-10 3.7-25

Eastlake Red 3.5-23 6.7-43 14.8-92 17.11-113

HAWKS Goal Kickers: Thomas Jones, Ethan Cross, Max Adamson

HAWKS Best Players: Tom Cargill, Sebastian Woods, Seth Welsh, Ben Walker, Jayden Riley, Liam Carroll

Women's 2s

Belconnen Magpies 3.3-21 5.5-35 7.9-51 9.11-65

Tuggeranong Hawks 0.1-1 0.2-2 0.3-3 1.3-9

HAWKS Goal Kicker: Kate Greenacre

HAWKS Best Players: Kate Greenacre, Nat Lockyer, Beth Matters, Nicole Sparks, Emma Beaumont, Annie Willox (ANU)

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Match Reports

Men's 1st Grade

“On Any Given Sunday”

Hawks V Tigers

On any given Sunday, the title of a 2001 movie, highlights the plight of an NFL team rebuilding itself via reliance on veteran players, 2nd chance players and existing list players who are battling to hold off relegation and save their club. Sound familiar? The theme that on any given Sunday you will win or lose based on the effort to a game plan. Their game plan was simplified but rigorously adhered to as all bought in and always gave of themselves regardless of any situation!! This may well be a movie where fantasy and reality get a little blurred but, it is close to the bone when looking at our season.

Not a great fan of Sunday games and despite some strategic planning during the week to negate the Tigers influence and give us a better competitive chance, it would appear our team is also not a fan of Sunday football and we did not turn up to play. After an 8 goal to zip first ¼ we were on the back foot and in crisis management mode for the rest of the game. For the rest of the game we showed some good patches, but the reality is that the Tigers still matched their 1st ¼ dominance with an average of 8 scores per ¼ for the next 3 whilst we only managed 5 scoring results for the entire game. Not a lot of positives come from these results but we, as an entire playing/coaching group, have taken responsibility for our performances and have a strong determination to improve quickly and get back to our season goals.

It's not a case of all players not giving effort as all players do give effort, but collectively we are just not performing to standards consistently over the duration of each ¼. Simple skill errors, and at times the mental and physical willingness to do the hard yards and stick to our game plan are probably the major areas where we need to stay stronger for longer. We have several players who consistently do the hard stuff and set the example and none more so than our skipper Ben Symons. His hard run both ways, repeated efforts at contests, sets a standard for all to follow. Foot Skills Simmo!!! The Andretta boys are not shy of the contest and consistently shape up to each game as does Billy Toy who shows no fear at the hard work required. Matt G made most of his limited opportunities and showed a strong work rate defensively. Pleasing was Mitty Ashers general game improvement and young Lochie Tilly is continuing to build on his performances. Several players showed good signs but need consistent 4 ¼ performances to turn things around. Great club culture was shown by our captain and leaders from reserve grade stepping up to give it a crack due to injuries etc. Great work Azza Ryan, Ben Dixon and Brownie we knew it was going to be a tuff task, but all gave it their best, Thanks.

Onwards and upwards this week against Belconnen at the Nest in Kippax this Saturday. They will be preparing themselves for the finals ahead in their campaign, so it will be a challenge. We have worked on all areas to prepare ourselves for a tuff assignment. Everyone has a strong resolve to put things right after last games disappointment and “On any given Saturday” your success is determined by your efforts to the contest both mentally and physically. Let's go HAWKS.

Women's 1st Grade

Tuggeranong Senior Women week 12

Our last interstate game for the year saw us line up against top and unbeaten Queanbeyan Tigers. A very talented and highly skilled team from one end of the ground to the other. The challenge for us was like last time, place pressure and bring our intensity to the game and really push them like they hadn't experienced since the last time we met. We were down a few players but had bought in some new blood and expected them to lift and learn about senior footy. Debutant Lily Hayter a last minute call up came in after a few games in our 2s, and her rising stars team to show us she's not lost in the big time. Eilish also came in after showing some good signs in the 2s.

This was a very important game for us to show that our last encounter was not just a great improvement from the 1st one but to prove that we could mix it with the best, and let them know they really had a game of footy on their hands. We had once again lost some important players from our side but this would not deter us from what we needed to achieve.

The 1st quarter was a hard fought affair, and we were on, we had brought our style to the game. They got a couple of early goals but they didn't come easy and they knew it. They continued to fill their forward fifty, wind assisted, with the footy but our pressure was so good we forced them to be off line more often than not. Only 3 goals 4 points in the 1st with a nice breeze was encouraging for us.

The 2nd was also a very tight tussle but we just couldn't get that score on the board and let them in for a couple. We were really not being protected or rewarded by the umpires for our hard and great tackling and many free kicks didn't fall our way. Disappointing to say the least because we worked sooo hard to bring those efforts. The 1st half came to an end and we had restricted them to only 5 goals 2 less than the last time we met. They once again walked from the field in disbelief that this side from Tuggers had no right to be doing this to them, let alone on their home turf.

The 3rd term saw them skip a bit with a stiff wind at their backs and although we were still pressuring really well they seemed to find another gear and create some loose players kicking 5 for the quarter. We were still working hard and also forced them to kick as many points as goals, so all in all did pretty well. They had 10 12 on the board going into the last and the concern was that we couldn't possibly continue the pressure and intensity we had given in the 1st 3 quarters.

The last kicked off and of course the wind dwindled and gave us no advantage whatsoever. The challenge for us was to stop them scoring 100 points and put in a huge effort ourselves. We had the ball in our forward line quite a few times but just couldn't convert. I was so proud of the whole team by the end of this term as we had restricted them to only 3 goals 3 for the last and kept them to only 90 points in total. This was by far our best effort against Queanbeyan and shows what improvement and just how far we have come since our first encounter. That was 160 points, the 2nd time was 117. A 70 point improvement, that's awesome. You should be all so happy with yourselves. Notwithstanding that they should be flying at this stage of the year, with the side they have.

They had 60 inside 50's for only 25 scoring shots, amazing defence. We made 76 tackles to their 30, which we deserved about 40 more free kicks I reckon. Just some of the stuff that are benchmarks for us to finish off the season in style over the next 3 games. Best Holly, Kat, Greeny, Dav's, Nat.

Pete

Women's 2nd Grade

Tuggeranong Hawks Women 2 week 11

Another week rolls around and we're off to the dark side once again to do battle with the Belconnen Magpies. The last couple of times we've met there hasn't been too much between us, but we haven't been able to notch up a win against them as yet. Things were looking up early Saturday morning for a change with numbers, as we had about 18 prospective players on the board, something a bit unheard of this year. We had a 12 O'clock start, but by the time we arrived at around 11am numbers had dwindled to 16 with the opposition having about 22. As usual they were happy to play 16 aside with us not having a bench and fielding 7 senior team players to help out before they doubled up the next day.

This Belconnen side was not the same type of team we had encountered before with many of their players quite well talented and caught us by surprise with their ability to move the ball so well around the ground with their skills and cohesion. Before we could really get into gear they had 3 or 4 goals on us so we had to react fairly quickly. We did restrain them somewhat by the end of the 1st quarter ending up about 5 goals down.

We made a few changes at the break to stem the flow, and during the early part of the 2nd quarter pulled them in a bit and restricted their ease of scoring. Our players were starting to gel a lot better and we were starting to move the ball much better towards our goals, only to be denied on several occasions by the luck of the bounce and some desperate work by their defence. We went into the main break about 40 points down but a bit happier with our efforts.

The second half was much the same as the 1st but with a move to CHF for Greeny we had a great target and she killed them with her contested marking up the ground and ball movement, she created many opportunities for players around her which lifted everyone, then chipped in with a good goal. We just couldn't capitalise on many of our forward movements and the game slipped away. It was very difficult once again without any interchange players, as against them with 6 on the bench.

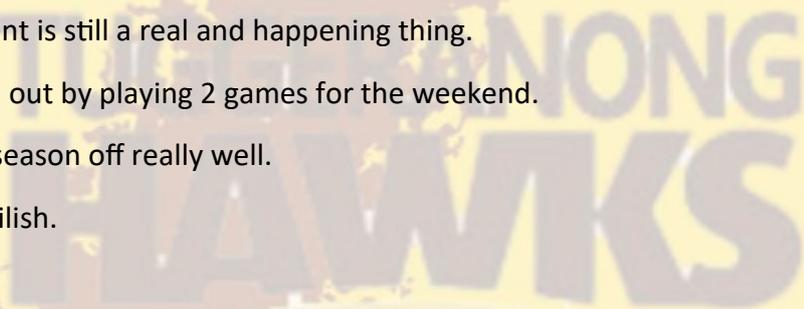
It was a fine effort by everyone and the improvement is still a real and happening thing.

Well done to all and thanks to all those who helped out by playing 2 games for the weekend.

Two games remaining so let's all try and finish the season off really well.

Awards to Greeny, Nat, Sparky, Beth, Steph. and Eilish.

Pete.



Rising Stars

We approached our Round 16 clash against Queanbeyan intent on keeping focus on doing what we do best, playing great football and dictating the game. Knowing that the Tigers could not make finals we braced ourselves for a physical encounter and expected some niggling tactics to try and get us off our game.

Queanbeyan had most of the play for the first 5 - 6 minutes of the 1st quarter, but due to some great

defensive pressure, were unable to capitalise on the scoreboard. After weathering the early storm, the boys kicked 4 goals straight to go into quarter time with a nice lead on the scoreboard.

The 2nd quarter proved to be the big test for the boys with the opposition really trying to rattle us with some off the ball tactics, which worked for a period as they kicked 2 goals to our none for the quarter. At the half-time address we reiterated our earlier message to the team, to keep the focus on playing hard, tough, aggressive football and to ignore the off the ball incidents and that this would be the best way to quell the niggle from the opposition. The Hawks responded perfectly, playing some outstanding physical football and kicked 5 goals to none for the quarter. Needless to say, the fight and the chat went out of the opposition pretty quickly.

The boys finished the game out, winning the final quarter and really sending a message out to all that were watching as to who the superior football team were.

As coaches we were really proud of how the group went about playing this game and didn't get sucked into the opposition's niggle tactics. A great sign of maturity.

Next week we have Belconnen at The Nest & after 2 average performances against them, we will be really looking to make a statement against them on their home turf.

Cheers,

Ricci & Woody

Men's 2nd Grade

No Repot

Under 17's

No Repot

TIGGERANONG
HAWKS



THIS WEEK'S GAMES

TFC Games this week – SATURDAY 3 August 2019

U17s v Marist at 2:15pm at Gordon 102

2s Women v Eastlake at 12pm at Holt 102

Rising Stars v Belconnen at 9:30am at Holt (Adero Law Nest)

2s Men v Belconnen at 11:20am at Holt (Adero Law Nest)

1s Men v Belconnen at 1:15pm at Holt (Adero Law Nest)

1s Women v Belconnen at 3.45pm at Holt (Adero Law Nest)

Weekly Awards

Awards will be held at the Tuggeranong Southern Cross Club at 7pm on Saturday 3 August.
ALL WELCOME

CONGRATULATIONS

Congratulations to Kate Greenacre who will play her 50th 1st Grade game on Saturday 3 August



Congratulations to Lily Hayter who made her 1st grade debut last weekend



Congratulations to Jayden Lumley who played his 50th Club game last weekend



R U OK? Awareness Round



R U OK? Awareness Round

Date: 3-4 August 2019

Find out more at ruok.org.au/AFL

Proud initiative of



“Got a niggling feeling that someone you know or care about isn’t behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they’re just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you’ve noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow the conversation steps to show them they’re supported and help them find strategies to better manage the load. If they are ok, that person will know you’re someone who cares enough to ask”

<https://www.ruok.org.au/how-to-ask#preparingtoask>

Tuggeranong Hawks – Squads for 3 August 2019

Rising Stars v Belconnen at 9:30am at Holt

(Adero Law Nest)

Backs	5. Andrew Ryan (VC)	16. James McIntyre	30. Sam Lewis
H/B	25. Lachlan Bryce	21. Joseph Dunn	1. Ash Laing (C)
C	3. Tom Gordon	8. Brad Hancock (VC)	17. Anthony Marando
H/F	12. Connor Ashcroft	13. Mitch Thomas	11. Luke Adamson
Fwds	9. Adam Walker	23. Liam Shallies	19. Anthony Lupton
Rucks	18. Ryan Kennedy	32 Andrew Grieg	2 Tom Scrivener
Int	22. Jaiden Puglisi-Mott	14. Ed Collins	6. Nathan Gibbons
	7. Ollie Synnott	60. Dante Miller	24. Brad Crowe
Emerg	29. Noah Le Lievre	4. Ben Walker	

Men's 2s v Belconnen at 11:20am at Holt

(Adero Law Nest)

Backs	2. Aaron Ryan (C)	52. Jason Symons (VC)	57. Phil McDonald
HB	69. Ben O'Brien	41. Tim Shafron	58. Aden Cotterill
C	11. Ben Dixon	44. Luke Petersen	64. Phil Balding
HF	46. Dion Cannon	54. Michael Sangston	31. Justan Fuller
Fwds	Tijs Lejeune	Cameron Strickland	Steve Whisker
Rucks	Kieran Krogh-Neumann	Terry Pink	Dante Miller
Int	R/Star	R/Star	TBA
	TBA		

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Men's 1st Grade v Belconnen at 1:15pm at Holt (Adero Law Nest)

Backs	33. Cody Kickett	21. Ben Andreatta	14. Peter Ashcroft
H/B	25. Michael Lovett	48. James McCabe	27. Mitch Asher
C	16. Logan Gray	8. Luke Andreatta	40. Billy Toy
H/F	7. Joseph McGrath	13. Will Prowse (V/C)	29. Jaydon Bates
Fwds	1. Matt Ghirardello (VC)	9. Daniel Johnson	59. Lochie Tilly
Rucks	17. Matt Channon	5. Jack Adamson	4. Ben Symons (C)
I/C	66. Dean Harris	12. Tim Cleaver	3. Nathan Smith
	18. Ben Cleaver		

Women's 1st Grade v Belconnen at 3:45pm at Holt (Adero Law Nest)

Backs	11. Beth Matters	28. Sabrina Sanchez	27. Nat Lockyer
	5. Kathryn Ghirardello (C)	30. Kate Greenacre	
C	17. Em Larkin	14. Nikki Harvey	19. Nicole Sparks
Fwds	33. Hayley Dunn	21. Charlie McDermott	18. Steph Lahey
	22. Mel Bodsworth	20. Jackie Bryant	
Rucks	10. Kate Davoren	26. Holly Bartholomew	29. Erin Walsh
I/C	2. Sarah O'Hehir	31. Taylah Bacon	9. Tess Bernasconi
	1. Steph Koutsoupas		
Emerg	24. Kaiti Primrose		

Women 2s v Eastlake at Holt at 12pm

Unfortunately the Women 2s needed to forfeit

End Of Season Events

AFL Canberra have provided the below information to allow players, families and clubs to plan end of season events. More detailed information will be provided for the individual competitions.

PRESENTATION FUNCTIONS				
Event	When	Where	Cost	Attire
Community and Regional Presentation Evening	Monday 19 th August	Southern Cross Club, Woden	Approx. \$75	Cocktail
Mulrooney & Bainrot Medal	Monday 2 nd September	Southern Cross Club, Woden	Approx. \$100	Formal
Actew AGL Junior Presentation Evening	Wednesday 11 th September	Southern Cross Club, Woden	Approx. \$30	Club Polos

FINALS SERIES – GRAND FINALS		
Event	Start	Grand Final Day
Community and Regional Competitions	Saturday 17 th August	Saturday 31 st August
The Tradies Senior Competitions	Saturday 24 th August	Saturday 7 th September
Actew AGL Junior Competitions – Mixed and Boys	Saturday 31 st August	Saturday 14 th September
Actew AGL Junior Competitions – Youth Girls	Sunday 1 st September	Sunday 15 th September

TUGGERANONG HAWKS



SATURDAY 10 AUGUST

FINAL HOME ROUND

FAMILY DAY

*Bring your kids & family members,
keep warm & cheer on the Hawks
from inside the Pavilion.*

Greenway Oval

Rising Stars - Bye

Women's Reserve Grade - 9.30am

Men's Reserve Grade - 11.20am

Men's 1st Grade - 1.15pm

Women's 1st Grade - 3.45pm

A NIGHT AT THE PAVILION

*Awards, Pizza & Drinks,
Lucky Door Prizes, Games & Music*

Pavilion, Greenway Oval

7.00pm till late

\$20 (includes pizza & snacks) - pay at the door

\$15 under 18 years of age (players & children)

Drinks available for purchase





The Suburban Footballer

Proudly brought to you by the
Tuggeranong Hawks Football Club

AFL Canberra Grand Final Lunch

Friday, 6 September 2019

Woden Southern Cross Club

12.00pm – 3.00pm

Tickets \$140

Table of 10 for \$1,300

Guest Speaker:
Stand Up Comedian
The Suburban Footballer
(Tom Siegert)

**From the Melbourne Comedy Festival
and the AFL Footy Show**

Includes 2 course meal & drinks

**Email events@tuggeranongfc.com.au
to purchase tickets**

TUGGERANONG HAWKS



30 March

Season Launch

Greenway Oval, 6-8pm

Football Club

13 April

ACTAFL Seniors First Round & Sponsors Day

Greenway Oval

Awards 7pm upstairs TSSCC

Book a table for dinner
downstairs 8.30pm

27 April

ANZAC Weekend

Games at Queanbeyan

Awards 7pm TSSCC. Stay to

watch Swans v Giants & book a
table for dinner downstairs TSSCC

25 May

Indigenous Round

Greenway Oval

Awards 7pm TSSCC. Stay to
watch Richmond v Essendon & book a
table for dinner downstairs TSSCC

SOCIAL CALENDAR 2019

1 June

Women in Sport

Greenway Oval

Women in Sport

Cocktail Event

7pm, Yacht Club

10 August

Something for Everyone

Celebrating our families, Greenway Oval

Trivia Night

7pm, Woden Southern Cross Club

16 June

Socket2MND

Motor Neurone Disease

Greenway Oval

22 June

We Can't Do It Without You

Celebrating our

Support Staff & Volunteers

Greenway Oval

6 July

Heritage Round

Greenway Oval

Reunion Dinner

7pm, Yacht Club

TUGGERANONG
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Football Club

6 September

Grand Final Lunch

Woden Southern

Cross Club

11 October

End of Season

Celebration

(Juniors & Seniors)

6.30pm, Woden Southern Cross Club





TUGGERANONG HAWKS TOYOTA GOOD FOR FOOTY RAFFLE

Buy a raffle ticket and 100% of the proceeds go to Tuggeranong Hawks. You'll also go in the draw to win 1 of 10 amazing prizes, including a brand new car! Now that's good for everyone.

PRIZES

1st Prize - 2019 Toyota Kluger 2WD GX 3.5L Petrol (RRP: \$50,175.00)

2nd Prize - 2019 Toyota Camry Hybrid Ascent 2.0L Petrol (RRP: \$34,693.00)

3rd Prize - 2019 Toyota Corolla Ascent Sport Hybrid 1.8L Petrol

4th Prize - 2.5 hour coaching clinic with an AFL Star at a Club's ground in Australia

5th Prize - 2.5 hour coaching clinic with an AFL Star at a Club's ground in Australia

<https://toyotagoodforfooty.raffletix.com.au/tuggeranongfc?>



Tuesday is Schnitzel Night

Tuggeranong and Jamison

What a deal!

Tempt your taste buds every Tuesday night at Tuggeranong and Jamison. Enjoy our crumbed chicken schnitzel served with chips and salad for just \$11.90.

Make your meal extra exciting with your choice of topping for an additional \$2 – choose **Parmigiana** or one of our exciting new flavours.

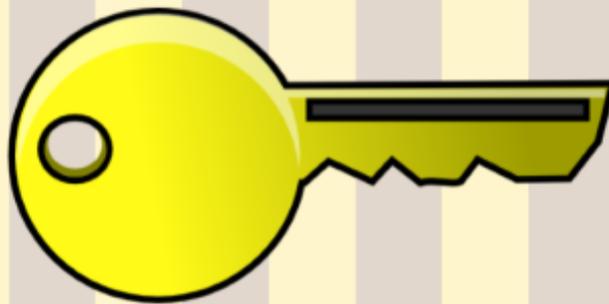
Introducing **Wild West Parmigiana** – premium chicken breast schnitzel topped with bacon, chorizo, spicy salami, smokey BBQ sauce and melted cheese – and **Garlic Prawn Schnitzel**, premium chicken breast schnitzel with five freshly grilled garlic prawns, topped with hollandaise sauce (extra \$5 for prawns).

Every Tuesday night at Tuggeranong and Jamison

*Members Price.

Available at Tuggeranong and Jamison on Tuesday nights.
Members pricing only.

HawKeys Cash



**Do you hold the Key
to \$5000?**

**Keys are \$20 each
Only 1000 available**

**Try your key on Saturday 10th August at Greenway Oval
Second Chance Draw of \$500 cash on the day**

To purchase a key,
contact the Hawks at
Secretary@tuggeranongfc.com.au
or call Kristie on 0432 685 146

All money raised goes to the
Tuggeranong Hawks Football Club
assisting with rent, AFL levies and
player insurance

Thanks to our Player Sponsors



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As individual
as you are



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Capital
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