



On the Track

Pre-season

With pre-season officially over it gives us the playing group an opportunity to really thank everyone that has helped prepare all of us for an exciting 2017 season. Over the pre-season we had a very successful pre-season camp over 2 days in Shepparton where we trained very hard and set our 2017 team goals. We have also managed to raise enough money due to player, club and individual donations for our club room gym facilities which look great, be sure to check it out next time you're in the rooms.

Senior Captain

Ben Bingham was announced as the senior football captain for season 2017. Ben is 24 years of age and has been at that club since 2009. During the day Ben is an A Grade electrician with Byers electrical, with over 70 United senior games up his sleeve and previous leadership roles as Vice-captain with the Murray Bushrangers where he played 19 games. Ben will be hoping to have another taste of success as he did in 2013 as a United reserves premiership player. Ben will be supported by a leadership group consisting of Shane Sali, Matt Dibella, Beau Caia and Reid Crowe the leadership group is right behind Luke Lowden assistant coach and Peter Sheehan Senior Coach in pushing the club onwards and upwards on and off the field.

Reserves & Under 18's Captains

The Reserves will be captained for the 2nd year by Tom Cook, also a member of the 2013 reserves premiership side, with Michael Thomas the Vice Captain.

The Under 18's will be led by co-captains, Lachlan Holthuisen and Lachie Bogdan, with Mitch McGrath vice captain, all 3 of these boys were members of last year's successful premiership side and products of our junior program.

Round 1

Good Friday night football at Deakin Reserve against cross ground rival Shepparton!! Doesn't get much bigger than that!! What an opportunity for the whole club to get off to a flying start Friday night. Everyone has now done everything they can before the massive game Friday night and it is so important that all supporters get behind the whole club. Friday night will see a great mix of senior and junior experience with some of our local talent set to make their club debut. This is an exciting time for the club with at least 5 u/18 eligible players playing senior footy! the junior talent is exciting and throughout the year supporters will get their chance to witness future stars

Rd1 – v Shepparton @Deakin

Rd2 – v Rochester @Deakin

Rd3 – v Mansfield @Mansfield

How can you help this season?

As the saying goes many hands makes for light work and if you feel you can help the club in anyway then please make sure you make yourself known to a club official or player. Club functions are a massive part of a successful club so be sure to check out our social calendar with our first function on the 22nd of April after the Rochester game

See you at the game 😊

UnitedasOne



On the Court

An update on how things are going from the Netballers.

Ins & Outs in 2017

We have said good bye to some United Legends, with Tanya Clohesy and Jac Limosani retiring at the end of 2016 after stellar careers at both United and Shepparton East! Their departures have provided an opportunity for a new brigade of demons to move up from our 2016 Netball Association U17 premiership side into this year's B Reserve team along with some additional passed players that have returned to the club. We also sadly sent B Grade players Bec Dunkley, Emma Gunn and Sarah Heard packing as they all headed off on different sea-change adventures, these girls have all been massive contributors to the success of the club over recent years both on and off the court! Thank you, ladies, and all the best for your adventures! Similar to the football sides our netball teams are thriving with an injection of youth this season, so watch out for a very exciting year ahead! In the A Grade we welcome Jessie Barnes to the club from Rumbalara FNC, who has already fitted in extremely well with the group and bringing a lot of intensity and motivation to trainings with the girls.

Pre-Season

Our netball coaches couldn't be happier with the girls lead up to Round one. After successful campaigns at the Rochester Invitational saw our Under 17's Squad take out the championships, and our Senior Squad find their way to runners up losing in the final to Eaglehawk in what was a physically challenging day for everyone. We continued our successful preseason against Golden Square over in Bendigo on the 1st April. With U17's, B Reserve, B Grade and A Grade all travelling over to take the court. It was great to see some of our new and existing players having a run together and even more pleasing to see the hard work from pre-season trainings starting to pay off with 3 out of 4 wins.

Training so Far

We have been training at Deakin and VISI stadium on Tuesday and Thursday nights. It was great to be able to run trainings as one squad during February and March, and pleasing to see our young juniors fitting in really well with the intensity of training with the seniors. The squad has now split into its respective teams and has been working on consolidating group strategies in the lead up to the start of the season.

Round 1

With our round one clash getting ever closer we are excited to face the bears in what will be an anticipated first game of an exciting season. As is always the case with our cross-town rivals there will definitely be a lot at stake round one so keep an eye on the netball court and feel free to wonder over and support the girls on Good Friday.

Something to Ponder

The funny thing about really great athletes.

Being better than everyone else doesn't make you great. Your athleticism and talent have nothing to do with being great. What really puts you in the GREAT category, what separates the truly great athletes from everyone else is that they make everyone around them better. A winner makes his/her teammates better. He/she brings up their level of play. He/she makes them feel better about themselves. He/she understands that for a team to be successful everyone must play their role to the best of their ability. Therefore the champion treats his/her teammates with respect and importance. He/she values their contribution to the team regardless of how small their role may be.

Good luck to all the Senior and Junior sides for their first round matches over the coming weeks!