

**THE**  
**Ressies Weekender**  
 Issue No. 001  
 \$2.50 or a VB  
 Saturday 12/08/17

**Exclusive**  
 how I found god, once Sunday morning recovery sessions became mandatory

**Questionable flashbacks -**  
 the time I took a hanga on Tony Lockett in the juniors

**Special Report:**  
 How spending 4 hours on a Saturday afternoon at "Bunnings" saved my footy career, but not my marriage.

**T.T – My on again off again relationship with Fitness**  
 T.T. exclusive interview – how I got fit, dropped off the wagon, got fit again, went on a bender and now back on the road to fitness.

**The wife whisper**  
 how to explain to the wife that you are good for another season

**Daniel Trinca – from throwing pies to making pies and why I gave away my promising cricket career to focus on footy**

**Mysterious injuries #34**  
 hamstring tightness in the fourth corner when the coach asks you to double up.

**Training Tips with Frex**  
 Hot Tip 47# cutting corners at training: how to ensure your first to the nearest cone. Plus the art of the jog walk, the visual impression of a jog while actually walking.

**Pearcey: how to be graceful on and off the field: the dying art of sophistication**

Next week's edition. Editors comment – how can I produce a magazine when the team keeps changing from week to week.





# The Pouch

**Tony Clifford  
 Memorial Day**

**Issue 8 Round 15 August 12th 2017**

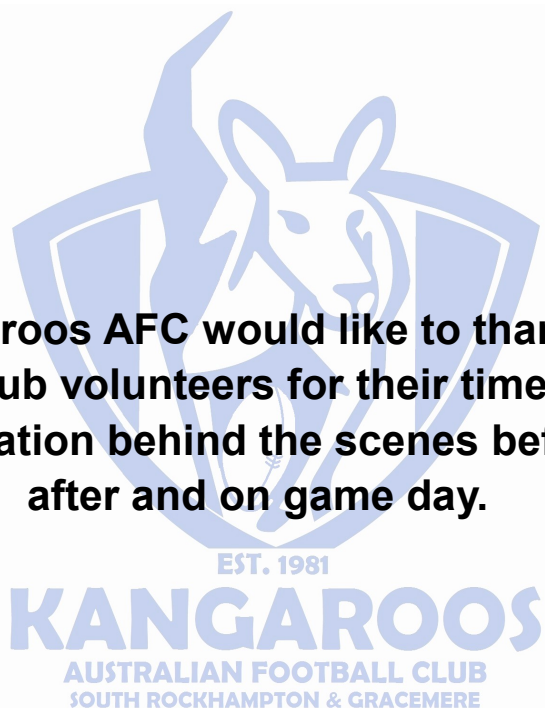
**Roos Vs Glenmore**



**2017 Major Sponsors**



Kangaroo's Australia Football Club recognises and acknowledges the Darumbal people, the traditional owners and custodians of the ground upon which we play today. We pay our respects to the elders, and all elders, past present and future.



Kangaroos AFC would like to thank all our club volunteers for their time and dedication behind the scenes before, after and on game day.

Tony Clifford Memorial Day Medalists Honour Board				
Year	A Grade	Reserve Grade	Women	
2009	Adam Williams	Trent Trinca	-	
2010	Scott Smithwick	Scott Ginnivan	-	
2011	Steve Smithwick	Cameron Wyatt	-	
2012	Scott Smithwick	Justin Stitt	-	
2013	Scott Smithwick	Wayne Clifford	-	
2014	Brent Wood	Cameron Wyatt	-	
2015	Luke Rumpf	Brad Matheson	Laura Shackleton	
2016	Matthew Jones	Peter Slee	Alira Spencer	
2017				

Big thank you to Power Forward and Brothers Social Coordinator Tom Shackleton for his tireless efforts in providing social outings and shenanigans for the club this year.

Thanks Thomas



## Tony Clifford Memorial Day

Well what can I say. So many Successes this year. Under 13s have made the top 4, Under 15's have finished 3rd on the ladder and need to win to stay there at the end of the rounds. Under 17's have finished 5th on the ladder after a hard year of football, Ressie's must win this weekend to keep their finals hopes alive. A Grade look to have secured 4th on the ladder after their win last weekend. And finally, our Sisters have finished 3rd on the ladder.

Such a successful year on and off the field.

Our club is in good hands moving forward and I am over the moon with the number of players we have had this year. We had 22 Under 7's, 25 Under 9's 22 Under 11's playing in the Blue and White on a Friday Night. 23 Under 13's, 23 Under 15's 12 Under 17's playing on a Saturday Morning and 64 Senior Men and 27 Women playing Saturday Afternoons. Such strong numbers in each age group. Let's try to stay together and come back next year.

All community sport clubs exist upon the hard work of their dedicated volunteers. Brothers AFC is no different to any other local sports club and has its army of volunteers that make the club tick.

There are so many people that make Brothers AFC a great family and community club. There are numerous committee members, coaches, team managers, fundraisers, lines people, canteen workers etc. that contribute to the success of our club.

To these volunteers, we say thank you. If you are a player or parent, please be sure to say thank you to your coaches, team officials and canteen volunteers. Without these volunteers, clubs like ours wouldn't exist..

Joeys Presentation is on the 1st September at 6pm at the Ten Pin bowling alley

Juniors Presentation is on the 25th August at the Dreamtime culture centre.

Senior Presentation in the 26th of August at Flamingos.

head to the Facebook page for more info. Kangaroo's Australian Football Club South Rockhampton and Gracemere.

Good Luck to all teams in the Finals and I hope to see you all back next year in 2018.

Pamela Waine

Brothers AFC President

## Under 7's

Well what a year. With one week to go I am sad to see the end of our season. It has been a wonderful journey with all the players and families this year. I can honestly say all the kids have been great and have come a long way. From not being able to kick in the first few weeks to kicking goals each and every week.

Hope to see you all come back next year and be part of this wonderful club.

Keep up to date on our facebook page Rockhampton Brothers AFL Joeys.

Coach Pamela Waine

Team Managers

Elle Clifford

Renee Coldwell

- Eriz Szily
- Cash Fletcher
- Hatcher Cook
- Slade Carey
- Hudson Solly
- Taylor Power-Henderson
- Leyton Steinhardt
- Noah White
- Alexa Bazley-Waine
- Mason Solly
- Toby Bazley-Waine
- Naviah Cook
- Tyler Olive
- Ace Johnson
- Zander Brook
- Jaxon Campbell
- Ben Campbell
- Zahli Seabrook
- Jonathan Goodsall
- Suzette Goodsall
- Kayden Sinnamon

## Under 11's

Coach Ian Hutchieson

Team Manager



## 2017 FIXTURES

As voted for on 22nd July 2016



Game Start Times --> 13's - 8.30am 15's - 9.40am 17's - 11.00am Reserves - 12.30pm A Grade - 2.15pm Women's - 5.00pm  
Grand Final Day only --> 13's - 8.30am 15's - 9.40am 17's - 11.00am Women's - 12.30pm Reserves - 1.30pm A Grade - 3.30pm

ROUND 1	ROUND 2	ROUND 3	
<b>Game 1</b> 22-04-2017	<b>Game 6</b> 03-06-17	<b>Game 11</b> 15-07-17	<b>1st Semi</b> 19-08-17
Panthers vs. Gladstone Glenmore vs. Yeppoon BITS vs. Brothers	Panthers vs. Gladstone Yeppoon vs. Glenmore Brothers vs. BITS	Gladstone vs. Panthers Glenmore vs. Yeppoon BITS vs. Brothers	3rd vs. 4th
<b>Game 2</b> 6-05-2017	<b>Game 7</b> 10-06-17	<b>Game 12</b> 22-07-17	<b>PRESENTATION NIGHT</b> 23-08-17
Panthers vs. Glenmore Yeppoon vs. BITS Brothers vs. Gladstone	Glenmore vs. Panthers BITS vs. Yeppoon Gladstone vs. Brothers	Panthers vs. Glenmore Yeppoon vs. BITS Brothers vs. Gladstone	
<b>Game 3</b> 13-05-2017	<b>Game 8</b> 17-06-17	<b>Game 13</b> 29-07-17	<b>2nd Semi</b> 26-08-17
Gladstone vs. Glenmore Yeppoon vs. Brothers BITS vs. Panthers	Gladstone vs. Glenmore Brothers vs. Yeppoon Panthers vs. BITS	Glenmore vs. Gladstone Brothers vs. Yeppoon BITS vs. Panthers	1st vs. 2nd
<b>Game 4</b> 20-05-17	<b>Game 9</b> 24-06-17	<b>Game 14</b> 05-08-17	<b>Preliminary</b> 02-09-17
Gladstone vs. Yeppoon Panthers vs. Brothers Glenmore vs. BITS	Yeppoon vs. Gladstone Brothers vs. Panthers BITS vs. Glenmore	Gladstone vs. Yeppoon Panthers vs. Brothers Glenmore vs. BITS	Semi 2_2nd vs. Semi 1_1st
<b>Game 5</b> 27-05-17	<b>Game 10</b> 08-07-17	<b>Game 15</b> 12-08-17	<b>Grand Final</b> 9-09-2017
Brothers vs. Glenmore Yeppoon vs. Panthers BITS vs. Gladstone	Glenmore vs. Brothers Panthers vs. Yeppoon Gladstone vs. BITS	Brothers vs. Glenmore Yeppoon vs. Panthers BITS vs. Gladstone	Semi 2_1st vs. Prelim 1st



RCG - Rockhampton Cricket GGames  
Sw - Swan Park, Yeppoon

SP - Stenlake Park, R'ton  
BI - Boyne Island

KP - Kele Park, R'ton  
CP - Clinton Park, G'stone

# Brothers Seniors would like to thank the following organisations for sponsoring players this season

Scott Smithwick



**ROMSEY STEAM & GENERAL ENGINEERING**



**SUN PALMS**  
HOTEL/MOTEL  
ROCKHAMPTON

Thomas Shackleton

Xavier Frost



Ethan Rose



**Under 9's, Coach Wayne Clifford. Team Manager Elle Clifford**

- |                    |                      |
|--------------------|----------------------|
| • Patrick Joyce    | • Archie Clifford    |
| • James Cassidy    | • Jay Gosper         |
| • Seton Brock      | • Hamish McWhirter   |
| • Nate James       | • Eden Hollier       |
| • Mathayus Mason   | • Kate Penrose       |
| • Ethan White      | • Libby McDonald     |
| • Rory Hetherton   | • Emmet Seabrook     |
| • Arlen Bellew     | • Billy Pove-Shields |
| • Tye Trinca       | • Tyler Muchow       |
| • Riley Olive      | • Deklan Leahy       |
| • Dylan Matthews   | • Bailey Price       |
| • Harrison Edwards | • Logan Price        |

**Under 11's , Coach Ian Hutchieson. Team Manager: Renee Coldwell**

- |                     |                   |                  |
|---------------------|-------------------|------------------|
| • Declan Steinhardt | • Addison Solly   | • Riley McDonald |
| • Shayla Matthews   | • Kristen Solly   | • Ryan Skuthorp  |
| • Patrick Dever     | • Thomas Tull     | • Sam Penrose    |
| • Aiden Harte       | • Zac Joyce       | • Finn Parr      |
| • Mason Waine       | • Jack Hutchieson | • Bryden Doolan  |
| • Kohan Seabrook    | • Will Hutchieson | • Oliver Dunn    |
| • Angelique Yasso   | • Logan Stoddart  | • Caden Ruff     |
|                     |                   | • Nate McQuillan |

## Under 11's

Whilst working with the juniors at Brothers Roos, I guess we are always looking forward. However the T.C. Memorial Day is a very important day for ALL members of the club to reflect on the contribution of those members past and present. The 'soul' of a club is built upon the blood, sweat and tears of members of the past, and it is vital that we stop and appreciate this and tell some stories about days gone past. Some sometimes those stories become folklore. One of my fondest memories one year was watching Wayne 'Shimma' Clifford in the dressing room (at about 9pm), with around 10 to 15 young players hanging off every word, about some magnificent Grand final win somewhere in the 90s (wink). There is no doubt that Brothers is a very proud club, with loads of tradition, and hopefully some more of those great stories will be told today and tonight, and become folklore. To all the great players and club-persons of the past – thank-you and RIP.

Last Tuesday, Peter YOUNG kindly took the under 11s in a training session, focussed on kicking and at the end some fun good footy talk. The kids soaked up his every word, and a big thanks to Peter for taking the time to impart some of his footy knowledge onto our kids.

## CONGRATULATIONS

Congratulations to our Sister players, Chelsea, Laynii, Macey, Jordan, Sara-Jane, Alexis, Caitlin, Katelyn, Ella, Holly, Chelsea, Claudia—whose TCC AFL team beat the Mackay and Cairns finalists to make it to State Finals.

Good luck in October girls!



Brothers AFC would like to thank everyone for such a fantastic 2017 season.

To all our players—thank you for your commitment week in and week out. There has been some great football played this season.

To all our coaches—thank you for your guidance and the endless hours you give the club.

To our committee members and volunteers—thank you for ensuring a successful 2017.

To our supporters—without you there is not Brothers. Thankyou for coming down every weekend. Bring on 2018!



A photo of the group listening to Peter Young.

On Friday night again Yeppoon who are always a very tough challenge, our under 11s had their finest game of the year. The teamwork was brilliant and some of the passages of play were truly great to watch. There is no doubt that this group is coming together great as a team, and we absolutely belted out that club song at the end.

Have a great day everyone !

Cheers Ian Hutchieson (coach under 11s).

## Under 13's

What a second half of the season from the kids! A fantastic effort both on game days but also at the training field has seen some amazing results from our team. This rapid improvement of skills and teamwork has seen us overcome a number of hurdles including the loss of our Captain and one of our Vice Captains over the past weeks.

There has been a number of senior kids who have really increased their effort and concentration at training. It's hard to fathom the difference from these kids at the start of the year, where all they wanted to do was run around with their mates and be silly. Now these same kids are the ones who are helping drive the positive behaviour.

I've mentioned it before but the influx of new players after week 5 has made us more competitive. New members are the life blood of any club, it has been fantastic to see so many new faces. Many of whom have Brothers and Sisters who will potentially stay with us for many years to come. I hope their parents and family felt as welcome as their kids were.

This week is the Tony Clifford Memorial day, who was instrumental in forming this club. For newer people who have joined the club recently including myself and the kids that have come through the AusKick program, this legacy is continued by his son, Wayne "Shimma" Clifford. The award of the Clifford Medal being a huge honour in the final home game of the regular season.

Looking forward, we have an opportunity to show how much we have improved. Our win last week against Panthers at their home ground saw us lock in a finals berth. We will have beaten whoever we play in the first final, BITS or Panthers, at their home ground with the past few weeks. This should give us a lot of confidence, plus the extra weeks of training will ensure we will be very competitive. The ultimate challenge however, if we are good enough to make it that far, will be the Swans.

To wrap up the final Pouch article, I would like to once again thank all the Kids, Parents, Volunteers, Umpires and League Officials. Without your time and efforts the year would not be as successful as it was.

## Women's

What a year it has been, the injection of young talent from the Cathedral College's senior girls AFL side has really forged with the women's playing group from last year. Consequently we are now joining the men in the finals for the first time in a long while. This was my first time taking on a coaching role and I have definitely learned a lot from it. I must thank all of the girls and women who put their bodies on the line week in and week out to get us through this season with many wins on the board! I am looking forward to today's game against the benchmark of the competition. If we are serious about our footy this year we need to really perform against the best! Let's hope our ladies can get the job done today on this special occasion!

Paddy O



## **Brothers AFC Women's Team List**

Fay, Nora

Carroll, Chelsea

Fay, Emma

Cotton ,  
Wynonna

Zielke, Jordan

Williams, Alexis

Waine, Pamela

Wagstaff, Ella

Tull, Whitney

Zielke, Macey

Spencer , Allira

Shiel, Ashleigh

Pollock, Katherine

O'Grady, Sara-  
Jane

Horwood, Jessica

Gasler, Corrina

Fay, Victoria

Fay, Shinnoah

Our league covers a large area with travel a regular commitment, it has been great to see everyone involved in the U13's get out of bed on a Saturday morning bright and early and set the scene for a full day of footy. There is some much that needs to happen for a successful day and there is a number that have committed a lot of time to the club.

I would also like to thank Sarah, Fiona, Daryl and Ian who have helped organise the kids at training and game day. Finally I would like to thank the club, particularly Scott Smithwick for giving me a go during the Suns Summer Training Camp and our previous President Brad Matheson for inviting me to coach the kids, it has been very challenging at times but it has been a real honour trying to coach your kids, I hope they got as much out of it as I did, but most importantly, they had some fun!

All the best for the rest of the season and I will see you next year.

Scott Szulc

U13's Coach



Brothers Seniors would like to thank for following organisations for their player sponsorship this season.

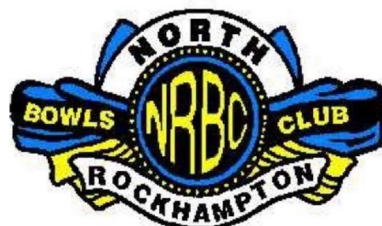
## Daniel Trinca



## Joel Harris



## Brent Wood



## Brothers AFC Senior Squad Team List

Bethune, Lachlan	Clifford, Wayne Shimma
Chellingsworth, Conor	Walkingshaw, Ashley
Donovan, Jarrod	Frost, Xavier Thomas
Gosper, Aaron	Harris, Joel
Johnstone, Luke	Kane, Jarl
Matheson, Bradley	May, Jarryd
Miles, Terry	O'Grady, Denver
O'Shaughnessy, Patrick	Phillips, Benjamin
Rankine , Alex	Shackleton, Thomas
Smithwick, Scott	Trinca , Daniel
Wolfenden, Tony	Wood, Brent
Anwyl, Brayden	



## Seniors

I started the season with the goal of unifying the seniors group by improving the culture of the team. Every coaching course, clinic and book I've studied up until then spoke of the importance of a strong and positive culture. What they can't teach you is the pride that builds in a team when the players buy in 100%. Which is what I have witnessed happen this year. At the beginning, in the presentation room of the Sun Palms, I discussed the 'Wolf Pack' mentality. This come from an old All Blacks saying "The Strength of the wolf, is the pack." I wanted all the players to know they had individual strengths—but without the team unifying on the field and becoming a pack, each individual becomes redundant. The coaching also followed this mantra, I took advice from everyone willing to give it and as a collective some really good decisions were made

The players brought this attitude to Tuesday and Thursday night training sessions where we were able to manifest a game plan that used all of our packs ample talent. The standard you walk past is the standard you accept. Through these solid training sessions we've been able to apply these skills to game day, resulting in the first finals series for the senior team in many years.

There have been some fantastic displays of footy this year and some real friendships forged. I would like to thank every player in the Senior teams for your support, commitment and time. I would like to mention our young guns coming through the reigns this year. The likes of Conor, Jarrod, Denver, Jarryd May, Tony, Joel, Jack and Blayze. This gives me great enthusiasm for the years to come. Thanks boys for often backing up twice on game day. Also a few of the old heads Frex, Foo, Budgie and Terry who have been great leaders and agents of change. Shout out and a big thanks to my assistants through the year Barbs, Sculley and Salga who despite season ending injuries found ways to help the team. Thank you to Mike Griffen for running the super coach points and his unwavering enthusiasm for Brothers AFC this season.

It has been a fantastic season that I am proud to be a part of. Bring on finals footy! The Roo's Boys are back in town.

Michael Rose .

## *Presentation Night* 2017

*Players, family and friends are all invited to*

*Brother's Senior Presentation night*

*Saturday the 26th of August at 7:00pm*

*Flamingo's On Quay*



**KANGAROOS**  
AUSTRALIAN FOOTBALL CLUB  
SOUTH ROCKHAMPTON & GRACEMERE

## Under 15's

***"Fear is not real. It is a product of thoughts you create. Do not misunderstand me. Danger is very real. But Fear is a choice"*** – Will Smith

Will Smith was standing on the edge of plane ready for his first tandem sky dive when fear came over him. He had two choices to allow his fear to consume him or make a choice and jump. Our Brothers (Under 15) team are on the edge of the finals we have a choice; to fear the opposition and allow our thoughts to beat us or believe in ourselves to win the flag.

How do you change the thought process of being afraid or fearful, I think it comes from changing the way you talk to yourself or what people call "your self-talk". If you change that language you speak, you can change your behaviour. Seeing yourself as capable of being the best, by telling yourself **"you can do anything", "Fear is not real!" "Just do it" and "I was born to be a winner"**.

I believe that if we don't control our fear, we let fear control us. Which can lead to regret, in game 2 of this year's State of Origin, NSW had Qld; we had a wounded JT and Qld on the ropes looking down the barrel of a NSW victory. They only people that didn't know they were going to lose were the Queensland players themselves. After that game Joey Johns (a NRL immortal) was visibly upset, attacking the current NSW players, they began to question themselves and if they were good enough yet on paper they had a pretty good side. However history will reflect that Qld won the series 2-1, going to win 11 of the past 12 series.

I have no doubt we have the ability and the talent to win the flag, we just need to believe in ourselves and change our self-talk.



## Reserve Grade

Remembering the past is as important to the fabric and soul of a club as looking forward to the future and this weekend since 2013 has been our biggest celebration. To all the former roos who have travelled specifically for this day, welcome back and feel free to listen into the huddles and addresses for the day.

Having had a family association with the club since 1994 (my old man Shane is a past B&F winner, 1995 premiership player, player's player, multiple time leading goalkicker in both grades, and was reluctant to play me in reserve grade in 2000 because I wasn't exactly Dean Rioli sized) I could go on about some of the stories over the years, but that would be stealing Wayne's thunder! After all, not many can say that they've been yellow carded on their A-Grade debut, or kicked a goal in a reserves finals match in 2000 which was the only one we kicked all day (it was bucketing down and a typical RCG slop), or were a part of the 2007 disaster when to keep the club alive almost everyone played 2 games a weekend, one of those against a tall skinny soccer convert playing for Glenmore who now with his ruckwork feeds a 3 time premiership star and (much to Woody's chagrin) probably the best player in the comp.

Since 1999 I have been coached by, played with, umpired and even coached club legends (most of the top 10 in games appearances), sons and even daughters of club legends (Thomas Laycock, Jacob Carroll), brothers of sons of club legends (pick a Trinca, any Trinca), the hearing impaired (Anthony Welburn, reserves player in 1999/2000), men whose shirt size is bigger than our biggest jumper available (Brock McDonald, Andrew Quigley, Luke Frenken), boys who needed to tape jumpers so they weren't parachutes (Joel Robinson, Ethan Rose, Duane Adams) and countless others who don't fit into those categories yet are as much a part of the history as the men whom we commemorate today. The players who take the field today are as much a part of the legacy started in the early 1980's, cultivated in the 90's and 2000's and celebrated today and into the future. Everyone is equal in the jumper, from the oldest (Wayne again), to the youngest (the likes of Jack Uebergang, Kyle Taylor and Blayze Chalson), those who've played years of footy (Cameron Wyatt, Peter Slee) to those who are mature aged first year players (Ben Swadling, Dylan Hughes, Ryley Schofield, Josh Kerr), as well as any other player on the team sheet.

It's one of those days on the calendar where emotion plays a big part, when names of the past invoke the deepest emotion from the toughest of men. Controlling it and executing on the field is something that will go a long way to success on the field today, so we can hopefully sing the song in front of the old boys to give them a little joy from the day. Heck if results go our way, we may just even play again next week!

Mick Jeffrey

Reserve Grade Coach, Son of Shane

P.S: Unfortunately, I have other commitments in Perth that will prevent my attendance at the presentation night this year, but rest assured anyone who wins an award has my approval and admiration. Whether I return next year as a coach won't be known for some time, but I can assure you it's been a very interesting year that I wouldn't trade for any other.



## Brothers AFC Reserve Grade Team List



Adams, Joshua	Phillips, Samuel
Cameron Wyatt	Kyle Story
Kyle Taylor	Duncan, Melavi
Rankine, Ray	Peter Slee
Nelson, Trent	Sam Phillips
Jack Uebergang	Patrick Hartley
Trinca , Trent	Matthew Trinca
Schofield, Ryley	Robinson, Joel
Tom Laycock	Dylan Hughes
Robert Corkin (first game back!)	

## Brothers AFC Under 15's Team List

Jumper No	Player
9	Connor Cilento
18	Blade Cox
4	Damon Dessent
10	Caesar Duncan
11	Caylen Dunne
3	Telmen Fargher
17	Sam Guerin
16	Aidan Harrison
19	Tom Hutchieson
24	Jake Kenealy
13	Samuel Kenealy
1	Eylie Larry-Debney
5	Jai Leach
2	Rohan Mace
23	Caydon Matthews
14	Dylan May
8	Clayton Smith
7	Brandon Waine
6	Jackman Yasso
12	Braithen Yoren

### **Brothers AFC Under 17's Team List**

Jumper no	Player
12	Lewis Bartlem
17	Blayze Chalson
11	Connor Cilento
8	Blaed Cox
9	Jacob Dalley
6	Damon Dessent
14	Christian Halberstater
23	Joel Harris
18	Owen Harrison
16	Adam Hooper
5	Jai Leach
4	Adam Ubergang
10	Jack Ubergang
7	Brandon Waine



## *Under 17's*

Last round of the year for 17s boys. We ultimately ended the season with a loss to Panther, we had sort stock for our last outing due to players having other commitments outside of footy. The loss aside, I set a team goal to apply pressure around the ground. I was impressed with what the boys offered giving the fact we were missing our "Big Three Pressure Players" Adam Hooper, Lewis Bartlem and Conner Ciento, in their stead Joel Harris, and Matthew Kendall who provided the most pressure acts around the grounds. Matthew Kendall had a strong first half earning votes on merit, his game ended suffering a neck injury after copping a dangerous wrestling style throw/tackle, but we applauded his courage.

My Best on ground went to Joel Harris with his pressure acts, strong hands in his marking, dominating in the back-line and then doing well when pushed forward and into the midfield. Second best was Blazye Chalson who rounded out his impressive season with another strong performance also scoring most votes from onlookers earning him the Tony Clifford medal. Since Glenmore has forfeited under 17's, and was decided after the Panther match but will be awarded on the prestigious day.

Well done under 17's boys you have shown great improvements in their footy abilities, I hope you guys continue playing this great game in the future.

Lachlan Bethune (under 17's coach)