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# WELCOME TO ROUND 15

## OF THE 2021 SEASON

Blue Day was an absolute success and an event like that, the Yanchep Red Hawks Football Club would be proud to host year after year. From the new set of Blue Day jumpers, blue with red trim, to the excitement of raffles and big-ticket auction items. It was certainly a day to remember for all our members and spectators but certainly more so for the Smith family and our playing group. All players, from Men to Women, showed great heart and endeavour out on the field, playing good, hard and honest football. All playing groups made their club proud! We also had a few special guests attend and enjoy the festivities, City of Wanneroo Mayor Tracer Roberts and long-time supporter of the Yanchep community and Yanchep Red Hawks Football Club John Quigley, which in conversation shed some "Light on a brighter future".

- Sam Rees, YRHSFC President.

A recap on Saturday's Women's game. The Women were robbed in the dying seconds of the match on the weekend, we had the run, we had the possession and all the stats to show we were the better team, unfortunately, they got on top of us by sealing the winning goal 30 seconds before the final siren. Our midfield was a class in their own, running rings around the competition always getting the ball forward, with much thanks to our ruck Katie D'Lima who was overwhelmed by their ruck, absolutely carved up showing ferocity and valour in all contests. Our back line was hard and rough on their players ensuring no easy ball was had by their competition the whole game. Our run and carry from the backline were marvellous to witness which we have been working on, with our second efforts, effective shepherds and hard tackling, were admired by all. Our forward line was ample and dangerous at all times, working on leading into space then running out of that space which worked a treat so many times. Our forward pressure was also really good. Although our efforts may not reflect on the scoreboard, both players and coaches see that's it's just around the corner for all the with it being a special day, A few highlights for the day from me were; the moment silence held by both teams at the start of the match. Having "Dusty" (Evie Corcoran) getting a yellow card while gesturing the umpire and everyone on the sideline laughing. The best one, Shona Cranwell, she had just come on to the field from the bench, straight into a section of action, gathers the ball whilst being shepherded, gets space and sells candy to two opposition players all while Spencer, Shane and myself were screaming "KICK IT!!" unfortunately she had run to far and had to give the ball away. On that note, the entire time Shona was running and selling candy, she had the biggest smile on her face, you could see the pure enjoyment, excitement, spirit and most importantly, someone having fun with their mates around. That is AFL, that is the Yanchep Red Hawks!

- Michael Gould, Women's Coach.

Thank you  
The Yanchep Red Hawks Committee



# 2021 Fixtures

Date	Men's C4	Women's C3
24/07/2021	Roleystone @ Cross Park	BYE
31/07/2021	Bayswater @ Splendid Park	Manning @ Splendid Park
07/08/2021	Osborne Park @ Splendid Park	Bullcreek Leeming @ Peter Ellis Park
14/08/2021	BYE	BYE

## Want to Become a Member?

To become a member please message us on our social media pages or speak to Cassie Taylor, who is our membership co-ordinator. Our membership packs this year include - membership card, new Red Hawks polo, exclusive deals, promos, and discounts from our 2021 sponsors.

### Member fees –

Non playing member: \$70

Playing member - \$300 for Men, \$250 for Women



# Last Weeks Results

League C4	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	Final Score
Yanchep	2.3-15	3.4-22	3.5-25	9.8-62
Rossmoyne	5.2-32	7.3-45	9.4-58	11.8-74

Best Players – Neil M, Callan S, Blake G, Liam C & Tristan R

Reserves C4	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	Final Score
Yanchep	0.1-1	0.8-8	0.9-9	3.9-27
Rossmoyne	4.4-28	5.6-36	7.10-52	10.13-73

Best Players – Navarone F, Scott O, Mark A, Seth G, Isaac T & Dean J

Women's C3	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	Final Score
Yanchep	1.2-8	1.4-10	1.6-12	2.6-18
Ellenbrook	1.0-6	1.0-6	1.2-8	3.2-20

Best Players – Dixie C, Mia K, Evie C & Gorgie T

## 000 Award – Tristan Ravese



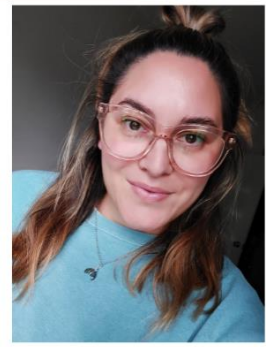
# STRETCH OF THE WEEK

Welcome to the weekly update from head trainer, Dr. Ash.

Only 3 games left for our Red Hawks teams, with our Women having a bye this week and all teams with a bye in the final round. Let's finish the season strong!

No doubt, after some tough games in tough conditions the body will be pulling up sore. Those little niggles that have been present in the season are knocking on the door of becoming an injury when fatigue sets in. This is why it's critical to support our bodies with good nutrition, movement and good hydration. Showing up to train or play after drinking or having a big night is putting your body at risk for serious injury and dehydration.

The best thing to do is make sure you're training, even with only a few games left. Get down on Tuesday and Thursday and put yourself into the best position to finish the season strong!



The Spine Studio Yanchep  
@Yhub Coworking space  
128 Yanchep Beach Road  
Yanchep

# Trainer's Insight

Welcome to the weekly update from head trainer, Dr. Ash.

## STRETCH OF THE WEEK: Ragdoll

No doubt your body will be starting to feel a bit tight and worse for wear as the season draws to a close. We need to be able to wind down and let our fascia - the connective tissue that surrounds every muscle, ligament and organ in our body - release and relax to initiate repair.

The beauty in this stretch lies in how long you can hold it for, the longer the better! This can also be done seated.

You want to let yourself 'hang' as much as possible. If starting to feel too tight, add a slight bend to the knees. When returning to an upright position, make sure to squeeze those glutes and take your time! Come and see me if you would like a demonstration.



As always, if you have any questions or concerns feel free to email me at [ashjones@thespinestudio.com.au](mailto:ashjones@thespinestudio.com.au)

Cross Park, Saturday 24th of July 2021, 2.30pm

Roleystone vs Yanchep Red Hawks

Coach: Max McDonnell

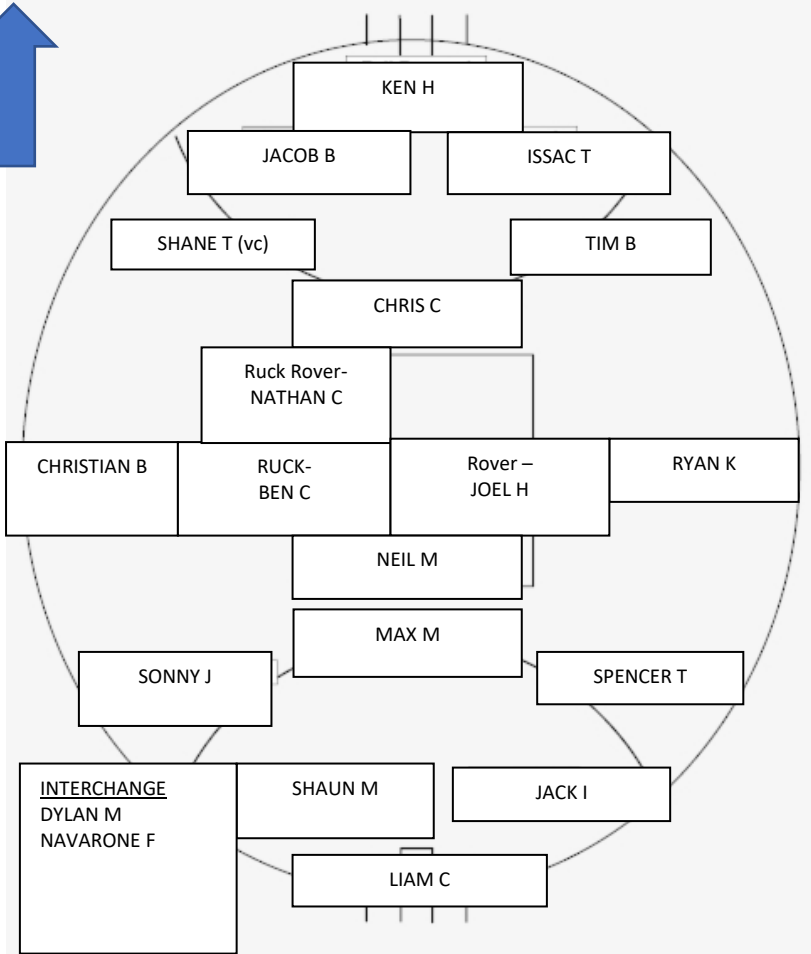
Colours: White, Red & Blue

Goals Points

1	Max McDonnell	
5	Spencer Todd	
6	Jack Ingram	
7	Chris Chambers	
9	Nathan Corkin	
12	Christian Barry	
14	Tim Bradshaw	
17	Kenneth Hicks	
18	Shaun Martin	
19	Navarone Faull	
22	Shane Tweed (VC)	
25	Isaac Tolhopf	
33	Neil Martin	
36	Sonny Jones	
37	Dylan Mayers	
40	Liam Cockman	
44	Jacob Blurton	
49	Ben Cope	
40	Joel Hicks	
20	Ryan Koch	

Team	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Final
Roleystone				
Yanchep				

# League's Predicted Line-up





Cross Park, Saturday 24th of July 2021, 12.30pm

Roleystone vs Yanchep Red Hawks

Coach: Ken Hicks

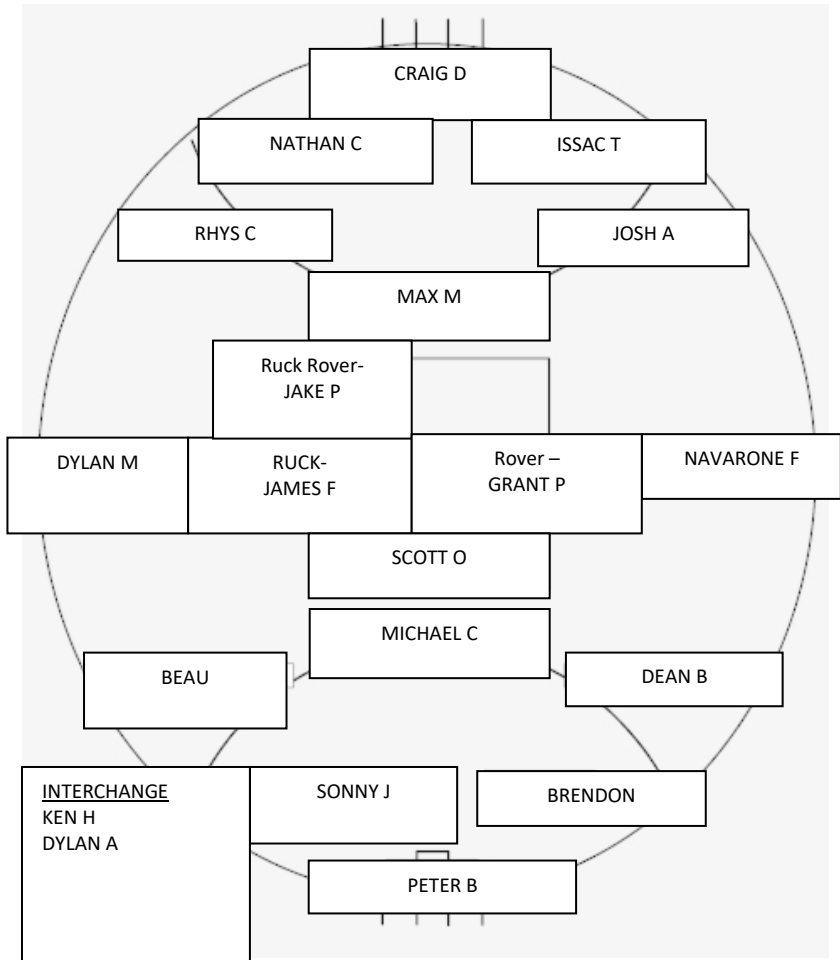
Colours: White, Red & Blue

Goals Points

1	Max McDonnell	
6	Scott O'Driscoll	
8	Dean Bruce	
9	Nathan Corkin	
15	Josh Attwood	
17	Kenneth Hicks	
19	Navarone Faull	
21	Craig Darby	
25	Isaac Tolhopf	
36	Sonny Jones	
37	Dylan Mayers	
43	Dylan Axford	
46	Grant Pianta	
47	Michael Cox	
50	Peter Bowers	
58	Jake Portrais	
45	Rhys Chivers	
56	James Ferguson	
53	Beau Graham	
55	Brendon Allen	
42	Russell Mayers	
11	Tyler Mayers	

Team	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Final
Roleystone				
Yanchep				

# Reserves Predicted Line-up



# League Photos



# Reserves Photos



# Women's Photos



# Yanchep Senior Red Hawks Breast Cancer Awareness Event 31st July



Join the Yanchep Red Hawks Senior Football Club and the Yanchep/Two Rocks community in supporting a great cause at their annual event of the season, Pink Day. By wearing pink we celebrate women and men who have survived breast cancer and support those who are currently battling this disease.

Everyday more than 50 Australians will be told they have breast cancer. It is expected 164 men will be diagnosed with breast cancer and many are also affected through the diagnosis of a partner, mother or friend. Being told you have breast cancer changes lives in an instant and has a ripple effect through families, workplaces, sporting clubs and the community.



When: Saturday 31st July 2021  
Time: 1.00pm – 5.30pm  
Where: Splendid Park (Red Hawks Reserve)  
Dress: Where something pink, the players will be!



\$25 per ticket with access to our event, guest speakers, grazing table, and a drink on entry included!

Tickets will be available on the door but can be prebooked by inboxing our Facebook page.

\$2.00 raffle tickets will be available for purchase with some fantastic prizes being donated from club members and local businesses. The raffle will be drawn at the completion of the games.

All proceeds from ticket sales and the raffle and will be donated to Breast Care WA and Two Rocks Yanchep Assisted Cancer Travels Inc, (TRYACT). So dig deep and join us in celebrating women and men in our community!

This event is proudly supported by LJ Hooker Two Rocks - thank you.



# 2021 Ladder

<b>League C4</b>	<b>P</b>	<b>W</b>	<b>L</b>	<b>D</b>	<b>%</b>	<b>PTS</b>
Stirling	11	11	0	0	245.17	44
Roleystone	11	10	1	0	158.27	40
Noranda	12	9	3	0	162.06	36
Forrestdale	10	6	4	0	170.85	24
Osborne Park	10	5	5	0	103.45	20
Rossmoyne	11	4	7	0	89.08	16
Bayswater	10	2	8	0	53.07	8
Armadale	10	1	9	0	47.62	4
Yanchep	11	0	11	0	33.51	0
<b>Reserves C4</b>	<b>P</b>	<b>W</b>	<b>L</b>	<b>D</b>	<b>%</b>	<b>PTS</b>
Forrestdale	10	10	0	0	297.9	40
Stirling	11	9	2	0	218.40	36
Rossmoyne	11	8	3	0	130.98	32
Osborne Park	10	7	3	0	227.75	28
Noranda	12	6	6	0	120.95	24
Roleystone	11	4	7	0	116.54	16
Bayswater	10	2	8	0	44.19	8
Armadale	10	1	9	0	30.78	4
Yanchep	11	1	10	0	24.47	4
<b>Women's C3</b>	<b>P</b>	<b>W</b>	<b>L</b>	<b>D</b>	<b>%</b>	<b>PTS</b>
Hamersley Carine	10	8	2	0	605.63	32
Ocean Ridge	10	6	4	0	271.54	24
Coolbinia	10	6	4	0	135.92	24
Bullcreek Leeming	10	6	4	0	115.03	24
Ballajura	10	5	5	0	86.63	20
Manning	10	5	5	0	73.01	20
Yanchep	10	2	8	0	49.84	8
Ellenbrook	10	2	8	0	21.97	8

The Yanchep Red Hawks

Wish To Make A Special Thank You To  
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