



**2016 OFFICIAL PROGRAMME**

**MEN'S CENTRAL LEAGUE**

**Stop Out v Western Suburbs**

**2.30 Saturday 23th July**



**STOP OUT SPORTS CLUB**

**ALTER ALTERIUS  
ONERA PORTATE**

[www.stopout.org.nz](http://www.stopout.org.nz)

Issue 16/7

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Wynton Rufer

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Chris Canton

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**Jnr Coaching Director:**

Adam Reynard

**Football Manager:**

Paul Commerford

**Club Manager:**

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[stopout.org.nz](http://stopout.org.nz)



Stop Out Sports Club (Official)



@redgoldblood

## The First Word

## My blood is red... and gold!

It's been a good couple of weeks for the club.

Firstly our second and third teams earned promotion for the 2017 season.

That sees Jase and Adam's youthful 2nds moving into Capital 1 next year. They need just one point in their last three matches to win the Capital 2 title and today they are the early game on Hutt Park 2 against Lower Hutt. It's been a stunning season and they have dominated this league from the very first match. And the youthful presence will only continue as more and more players from the U17 set-up continue to get experience in the senior leagues.

And Marty Dutton's charges also secured promotion a week ago with four matches still to play. They sit atop Capital 5 at present with a good chance of winning the title. Today they take on Tawa out at Onepoto for their seventh away game in their last eight. Try and figure that one out!

The first team have gone on a bit of a run with four wins on the trot. Still with our remaining fixtures being Wests, Lower Hutt, Napier and Olympic it means three of our last four matches involve teams chasing the title so that can only mean one thing— competitive and high intensity matches. And having three of those matches at the familiar surrounding of Hutt Park can only be to our advantage. Just an away trip to Napier in amongst them.

Many regulars will notice the improvement in the Hutt Park surface. We've had numerous opposition coaches and supporters saying it's the best they've ever seen Hutt Park! Nice reward for the effort that's gone in with limiting the total number of matches played on the surface plus we've worked very closely with our council and Downers to make it as good as any field around.

Today's opponents Wests are a good footballing side who look to play football and the first round match featured eight goals some of them spectacular. Expect an open and attacking match again. Welcome to Hutt Park and enjoy our hospitality!





<b>CENTRAL LEAGUE 2016</b>	P	W	D	L	F	A	GD	Pts
Olympic	14	9	3	2	32	22	10	30
Napier City Rovers	13	8	4	1	34	18	16	28
<b>Stop Out</b>	<b>14</b>	<b>9</b>	<b>1</b>	<b>4</b>	<b>34</b>	<b>24</b>	<b>10</b>	<b>28</b>
Miramar	13	7	2	4	33	27	6	23
Western Suburbs	13	6	4	3	33	18	15	22
Phoenix	14	5	2	7	32	35	-3	17
Wairarapa United	13	4	3	6	24	23	1	15
Lower Hutt	13	2	5	6	24	27	-3	11
Marist Palmerston North	12	2	2	8	24	39	-15	8
Petone	13	0	2	11	12	44	-32	2

<b>2016</b>	<b>Central League</b>					
Rnd 1	Sat 2 April	Stop Out	3	Wairarapa	1	Hutt Park 1 @ 2.30
Rnd 2	Sat 9 April	Petone	1	Stop Out	5	Petone Turf @ 3.00
Rnd 3	Sat 16 April	Stop Out	2	PN Marist	1	Hutt Park 1 @ 2.30
Rnd 4	Sat 23 April	Miramar	2	Stop Out	1	Dave F @ 2.30
Rnd 5	Sat 30 April	Stop Out	3	Phoenix	1	Hutt Park 1 @ 2.30
Rnd 6	Sat 7 May	Wests	5	Stop Out	3	Endeavour 1 @ 2.30
Cup	Sat 14 May	Island Bay	2	Stop Out	1	Wakefield @ 5.45
Rnd 7	Sat 21 May	Lower Hutt	2	Stop Out	2	Fraser Turf @ 7.30
Rnd 8	Sat 28 May	Stop Out	3	Napier	1	Hutt Park 1 @ 2.30
Rnd 9	Sat 4 June	Olympic	2	Stop Out	1	Wakefield 2 @ 5.45
Rnd 10	Sun 12 June	Wairarapa	4	Stop Out	1	Masterton Turf @ 2.30
Rnd 11	Sat 18 June	Stop Out	5	Petone	1	Hutt Park 1 @ 2.30
Rnd 12	Sat 2 July	PN Marist	2	Stop Out	3	Memorial (PN) @ 2.30
Rnd 13	Sat 9 July	Stop Out	2	Miramar	1	Hutt Park 1 @ 2.30
Rnd 14	Sat 16 July	Phoenix	0	Stop Out	1	Newtown 1 @ 2.30
Rnd 15	Sat 23 July	Stop Out		Wests		Hutt Park 1 @ 2.30
Rnd 16	Sat 30 July	Stop Out		Lower Hutt		Hutt Park 1 @ 2.30
Rnd 17	Sun 7 Aug	Napier		Stop Out		Park Island @ 2.00
Rnd 18	Sat 13 Aug	Stop Out		Olympic		Hutt Park 1 @ 2.30

<b>2016</b>	L Hutt	Marist	Miramar	Napier	Petone	Stop Out	'Rapa	Olympic	'Nix	Wests
L Hutt		1-4	1-3	13/8	4-0	2-2	4-1	1-2	23/7	0-0
PN Marist	3-3		1-7	16/7	28/5	2-3	30/7	2-3	3-5	13/8
Miramar	16/7	2-3		1-1	13/8	2-1	2-1	30/7	1-5	3-2
Napier	4-2	4-1	24/7		4-1	7/8	3-2	2-2	3-0	1-1
Petone	1-1	6/8	2-3	0-4		1-5	0-5	1-3	1-4	2-7
Stop Out	30/7	2-1	2-1	3-1	5-1		2-1	13/8	3-1	23/7
Wairarapa	2-1	1-1	7/8	2-2	24/7	4-1		3-3	2-1	0-2
Olympic	3-2	23/7	3-4	1-2	3-1	2-1	1-0		6/8	2-1
Phoenix	2-2	5-2	4-3	30/7	3-3	0-1	13/8	1-3		0-2
Wests	6/8	3-1	1-1	2-3	30/7	5-3	16/7	1-1	6-1	

## The 3rds are promoted—again!

Marty Dutton's Cap 5 side achieved their second promotion in two years and are now hunting another title. Here is Marty's view on the team's performance.

Saturday 2 July saw an away clash against Tawa AC, our long standing rivals since playing together in Capital 9. Stop Out had the upper hand of late, winning 2-1 at Hutt Park earlier in the season. At the start of the game, we were sitting top of the table by one point due to Island Bay dropping points against Brooklyn a week earlier. The second round against Tawa was played on a glorious sunny winter's day at Onepoto. Considering the time of year, the ground was in surprisingly good condition, if a little bobbly. This played into our hands; we started strong and dominated much of the early possession passing and moving the ball quickly to feet.

Much of the first 45 minutes were played in Tawa's half, and although they defended well, could not keep us from several close shots. Tawa were living on the edge, and were nearly behind when Marty rose to meet a perfectly delivered corner. The ball was heading for the top corner, but unfortunately it was headed off the line. We continued to break, virtually untroubled at the back. We were unlucky to not be awarded a penalty by the home referee when the defender slid in to make a challenge and the ball hit his raised arm. With 15 minutes to go, we were rewarded for our hard work when Steve had a long range shot which the Tawa keeper fumbled into his own goal; probably his only mistake of the match.



Tawa came out much stronger in the second half, which made it a much more even contest. Neither side could penetrate the others defence though. We only had 2 subs available, both of who had already played 90 minutes earlier in the day. Having started the second half with several injuries, and with just one goal separating the teams, we started to tire and the muscles started to tighten. Our subs came on to replace 2 injured players, but we still had 2 injured players left who had to see the final 10 minutes out without injuring themselves further. The strategy worked and in the end we ran out 0-1 winners. Nothing better than doing the double over our old rivals! That is until we got home and saw the other results which had all gone our way putting us 13 points clear of third place with 4 games and a maximum 12 points left to play for. Nothing better than doing the double over Tawa...and being promoted as a result!

Cap 5 2016	P	W	D	L	F	A	GD	Pts
Stop Out	15	12	2	1	41	12	29	38
Island Bay	15	11	3	1	52	24	28	36
Tawa B	15	8	2	5	27	18	9	26
Nth Wgtn M	15	7	3	5	26	23	3	24
Waterside	15	7	2	6	29	28	1	23
Olympic	15	7	1	7	28	35	-7	22
BNU	15	5	3	7	30	35	-5	18
Tawa AC	15	3	4	8	21	32	-11	13
Naenae	15	2	3	10	22	48	-26	9
North Wgtn W	15	1	1	13	23	44	-21	4

The day was capped off with our seconds (Capital 2) also securing promotion due to a strong 1-4 win over Seatoun. Another great season for Stop Out, and the possibility of both the seconds and thirds winning their respective leagues.

Marty Dutton.

**STOP OUT SPORTS CLUB PRESENTS:**

# **QUIZ NIGHT**



**FRIDAY 5TH AUGUST, 7:00PM  
@ STOP OUT CLUBROOMS**

**TEAMS: MAX 8 PEOPLE  
ONLY \$15 PER TEAM MEMBER  
FANTASTIC PRIZES & AUCTIONS**

*Happy Hour 6 - 7 pm*

**TO REGISTER EMAIL: [QUIZNIGHT@STOPOUT.ORG.NZ](mailto:QUIZNIGHT@STOPOUT.ORG.NZ)**

## Why Winning is Okay, But Winning at All Costs is Not

In sports, the goal is to win. Plain and simple. Let's be honest, it *is* about whether you win or lose, not just how you play the game.

But there is a line that many parents and coaches cross when it comes to winning. And that line is the difference between *winning* and *winning at all costs*.

### Why Winning is Okay

Besides the fact that winning in youth sports is absolutely fun, there are some other reasons that winning is really okay:

- It gives players a sense of accomplishment
- It gives them a reward for their hard work
- It helps teams see what happens when they play together
- It encourages kids to continue playing sports
- It gives kids motivation to seek higher goals

### Why Winning at all Costs is Not Okay

When winning becomes more important than the people who are playing, then the line has been crossed. Winning at all costs hurts players, parents and coaches because:

- It places more value on results than on effort
- It overlooks kids who give 100% even though it's not as good as another player's 50%
- It doesn't care who gets trampled on or left behind
- It ignores kids who work hard all season and never miss, and adores kids who show up late and miss way too much just because they've got super skills
- It worships the score board instead of caring about the development of each player
- It puts the win above the safety of youth players

It often pushes good players to think they have to carry the team just for a win and thus develops a selfish attitude in them

Winning at all costs may be a win, but it is never a victory in youth sports. Is your child's team striving to win, or to win at all costs?



#### Janis Meredith

Janis Meredith, sports mum and coach's wife, writes a sports parenting blog called **JBM Thinks** and is the author of the **Sportsparenting Survival Guide** series.





# Stop Out Sports Club

***Coach:***  
*Chris Sambrooke*

***Assistant Coach:***  
*Stu Pyne*

***Manager:***  
*Paul Commerford*

***Physio:***  
*Megan O'Riordan*

No.	Player
GK	 Chris Campbell
2	 James Sutcliffe
3	 James Sharp
4	 Khalid Razouk
5	 Lewis Francis
6	 Devon Batchelor
7	 Martin Packer
8	 Josh McEvoy
9	
10	 Miroslav Malivuk
11	 Andrew Abba
12	 Brandon Tai
14	 Luke Grindlay
15	Luis Corrales
16	 Jason Tipping ( c )
17	 Steven Gulley
18	 Sam Pickering
19	 Jordan Martens



A Spark New Zealand Company



# Western Suburbs

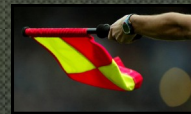
No.	Player
GK	James McPeake
RGK	Andrew Withers
2	Riley Kelliher
3	Nando Pijnaker
5	Tyler Lissete
6	Will Walker
7	Ben Sippola
8	Matt Walker
9	Noah Billingsley
10	Harry Edge
11	Elijah Just
12	Ahmad Mohammadi
14	Owen Parker-Price
15	Daniel Harford-Silas
16	Jessie Edge
17	Xavier Green
18	Callum McCowatt
19	Tinashe Marowa
20	Ihaia Delaney



*Coach:*  
*Declan Edge*



*Referee:*  
*John Rowburry*



*Assistants:*  
*Robert Fleetham*  
*Mark Hewitt*





## 1st team match reports

Stop Out 2, Miramar Rangers 1, Hutt Park

With Hutt Park looking a picture we welcomed Miramar Rangers for a match we knew would be a challenge and be a marker of where we wanted to finish in the league. Miramar, coming off a great extra-time win away at Napier in the Cup, lost at home to the Phoenix Reserves the following week, so we were expecting a strong backlash from that result.

In the first half we struggled to really get going, we created a few half chances but didn't really assert ourselves into the game. Miramar certainly had the better of the early stages but some strong defending kept the sides level at half time. We were the happier of the two sides going into the break as we knew if we could pick our game we had a great chance to secure points.

The second half had barely got started when a cross from the by-line struck Jason Tipping's hand from close range and the referee pointed to the spot. The penalty was converted but the goal didn't really throw us off too much and as the half progressed we started to build into the game. Midway through the half a superb Malivuk header levelled the game and the lads really got the sense that a result was there for the taking. Within 10 minutes we were ahead with Grindlay climbing highest to head us into the lead.



Into the final 10, Miramar took a gamble with three at the back and pushed numbers forward. We missed a few chances on the counter to seal the win and in injury time Chris Campbell made a superb reaction save to secure all 3 points.

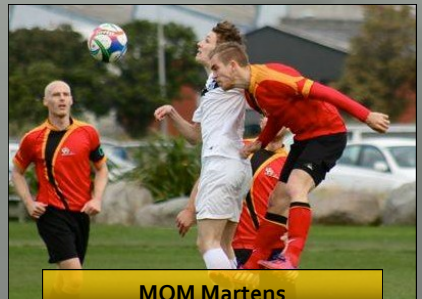


The winning goal from 2 angles

Scorers – Malivuk, Grindlay  
MOM – Jordan Martens



Great save Chris Campbell



MOM Martens

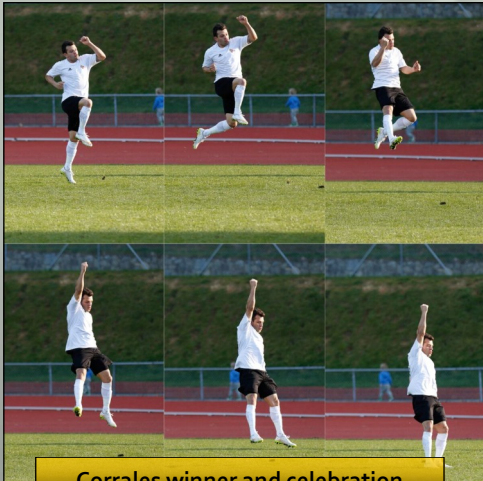


## Stop Out 1, Wellington Phoenix Reserves 0 – Newtown Park.

After a great win against Miramar Rangers next was another tough fixture against the Phoenix Reserves at Newtown Park. It was great to see Justin Raffan making a speedy recovery to be at the game cheering both teams on.

We started the game brightly, we moved the ball well and spent the first 10 minutes camped in their half and created a few good opportunities without converting. The next 20-25 minutes we were dominated and we were a little rattled and lost some patience

defensively. When trying to win every ball in the challenge the young Phoenix players moved the ball well and opened us up. Our back four kept a good line and caught the Phoenix boys off-side on a regular basis. The final part of the half we got back into the game and started playing well. We started to press a little higher up the park and Luis Corrales caught the centre back in possession broke free, rounded the keeper and slotted home to give us the 1-0 advantage at the break.

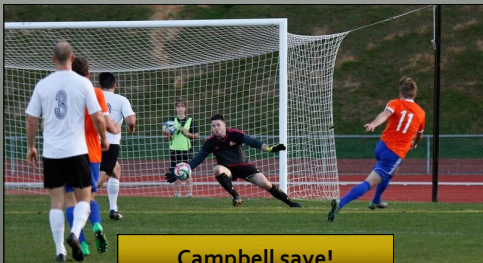


Corrales winner and celebration

The second half was well contested. Both teams had periods where they dominated possession and territory without really looking dangerous. Our back four and midfield did a great job in organising themselves and winning the challenges when required. Like the Miramar game the Phoenix had one good chance late on but again Chris Campbell pulled off a great save to give us a clean sheet and another 3 points.

Scorer – Luis Corrales

MOM – James Sharp



Campbell save!



Photos courtesy of:  
Cam McIntosh @photomac  
Michael Welsh @yomcatshoots  
Dave Webster @journeyfan  
Mike Moran @eyeshotphotography  
Mike Sullivan



## The Reserves earn promotion

As long as I have been involved at Stop Outs Sports Club, the reserve team has been in Capital 2. Five to six years have gone by with the team somewhat challenging for promotion, and somehow always falling short. This year when Jason and I took over, this was not going to be the case. The plan was simple; earn promotion and never look back.

The reserve team is full of young and very talented football players, but like the old adage goes; hard work beats talent if talent doesn't work hard. This was our ethos - to instil the values of hard work, and dedication to the task. To show these players that their best right now, was only a fraction of where they could be.

Pre-season began with mixed results due to players coming in and out of the squad and being spread across the first team and reserve team. However the hard work we were putting in to establish our style of play was starting to pay dividends with some well worked goals in the early games. This was the beginning of our groundwork.

Rhys Glover and Tom Paul joined the club, both as well established footballers and they really added quality and experience to our ranks. The club was also excited to welcome back club stalwart James Houpt and old boy Angelo Ritossa. Young talent Josh McEvoy joined us from Lower Hutt and has proven to be an electric player, with technique and pace to burn; a great pick up! Along with new players joining from other clubs, club youngsters Caleb Williams, Liam Reeve, and Griff Edward established themselves as regulars in our team.

Capital 2 is often known to be a difficult league to get out of but due to our style, desire, and dedication, we knew we had what it would take to gain promotion. After the first round of games (one of which was postponed), we had taken 21 points from a possible 24. The task was looking set to be completed but we were not about to rest on our laurels. We have fought hard in each and every game of the second round and our style of play and dedication has not wavered. After 14 games with only one loss, I am excited to say that the Stop Out Sports Club Reserve Team has earned promotion to Capital 1 from Capital 2. An outstanding achievement from all involved.



<b>Capital 2 2016</b>	P	W	D	L	F	A	GD	Pts
<b>Stop Out</b>	<b>15</b>	<b>13</b>	<b>0</b>	<b>2</b>	<b>46</b>	<b>19</b>	<b>27</b>	<b>39</b>
Waterside	16	10	1	5	35	28	7	31
Wainuiomata	15	9	3	3	33	20	13	30
University	16	7	1	8	40	39	1	22
Waikanae	15	6	3	6	25	20	5	21
Lower Hutt	16	6	2	8	38	36	2	20
Seatoun	16	6	2	8	24	31	-7	20
Island Bay	16	4	4	8	28	37	-9	16
Wellington United	16	4	3	9	26	40	-14	15
Douglas Villa	15	3	1	11	21	36	-15	10





Stop Out juniors (and now seniors) Hought and Ritossa

This is only the beginning. We aren't going in to Capital 1 expecting anything to come easy, and are willing to work hard and develop as a squad in order to earn the right to compete.

The season is not over and we will work hard in our remaining three games which are sure to be tough encounters against Lower Hutt and Wainui twice.

The tides are turning and this team looks set to achieve even bigger things in the years to come. Keep working hard and pushing the limits lads. Well done.





# Football quotes

"IT'S NOT ABOUT THE NAME ON THE BACK OF THE JERSEY. IT'S ABOUT THE BADGE ON THE FRONT."

- David Beckham



I WON'T SAY WE HAVE TO WIN  
I WON'T PUT THAT PRESSURE  
BUT WE CAN'T LOSE

JOSE MOURINHO

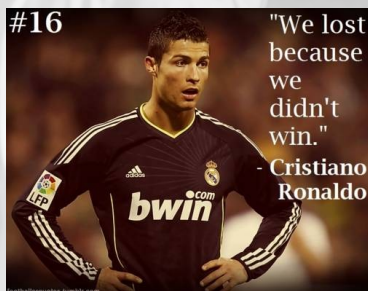


You can change your wife, your politics, your religion, but never, never can you change your favourite football team.

— Eric Cantona —

AZ QUOTES

#16



"We lost because we didn't win."

- Cristiano Ronaldo

The Premier League Team of the Year cost a combined £49m, the same amount as Raheem Sterling.

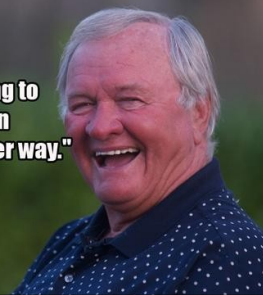


Footballing.com



Brian Clough:  
"I wouldn't say I was the best manager in the business. But I was in the top one."

Big Ron: "I'm going to make a prediction - it could go either way."





## The Last Word!

### Food and Football

Conversations on football sometimes take odd turns.

Last week whilst watching Portugal play France conversation turned to our best and worst food experiences whilst watching matches. It was funny how many times the words 'hot chips' came up. That said, some serious points did get made. There is the steaksandwich that is de rigeur at Barcelona's Nou Camp. I had first heard of this in the queue outside the stadium box office. Sounded huge and heart attack material so I paid no mind to the fan telling me about it. Three hours later I took my seat and the guy in front of me took his seat with quite the biggest baguette style piece of bread I have seen with an enormous slab of steak in it. Took him, I swear, the entire first half to get it down. To this day I still cannot shake the image.

Personally, I still think the best stadium food I have had was grilled corn, a frozen strawberry yoghurt and an apple at Baba Yara (Kumasi Sports Stadium) in Ghana. Not sure if it was the place, the match or the company but that went down a treat. Mind you, a sugared doughnut filled with chocolate at the Olympic Stadium in Rome comes a pretty close second. For my worst, and I am entirely serious here, was a goat stew at Stade Léopold Sédar Senghor in Dakar, Senegal. Certainly not a highlight. I do not eat meat and even if I had this particular stew might would not have tempted me. Dave, my companion, bought a portion and this disappointment on his face was spectacular. For my part it was the look. There was a certain element of fail about it.

Anyway, our conversation so often went back to the hot chips. At a match in London, a long time ago, my friend who was with me was going for a hot dog layered in onions. A fan next to us offered this, 'before you eat that ask your self why you never see any dogs around here' then pointed meaningfully at the hot dogs. Jeff bought the hot chips instead. Fans also provide.

Two strong taste memories here. First, a freezing winter day watching Wimbledon play Sunderland and I was with the Sunderland fans. The fan next pulled out a bag of something scone like. He offered me one, saying 'wife bakes them'. They were good, memorably good. Second, on the train, to Liverpool, after a match in London. Young guy next to me produced a high quality set of both savoury and sweet pastries. One word, amazing. It seemed as if his sister baked them for a living.

More locally, was in the Stop Out clubrooms in the late 1970s. Pies were sold after National League matches. These never seemed to go too quickly. At the end of the night there were always a couple left. Why? The pies were excellent. Something to truly savour.

*Life-long Stop Out fan Mike Barton gives us his perspective on the beautiful game!*





**brendan foot**  
supersite

