



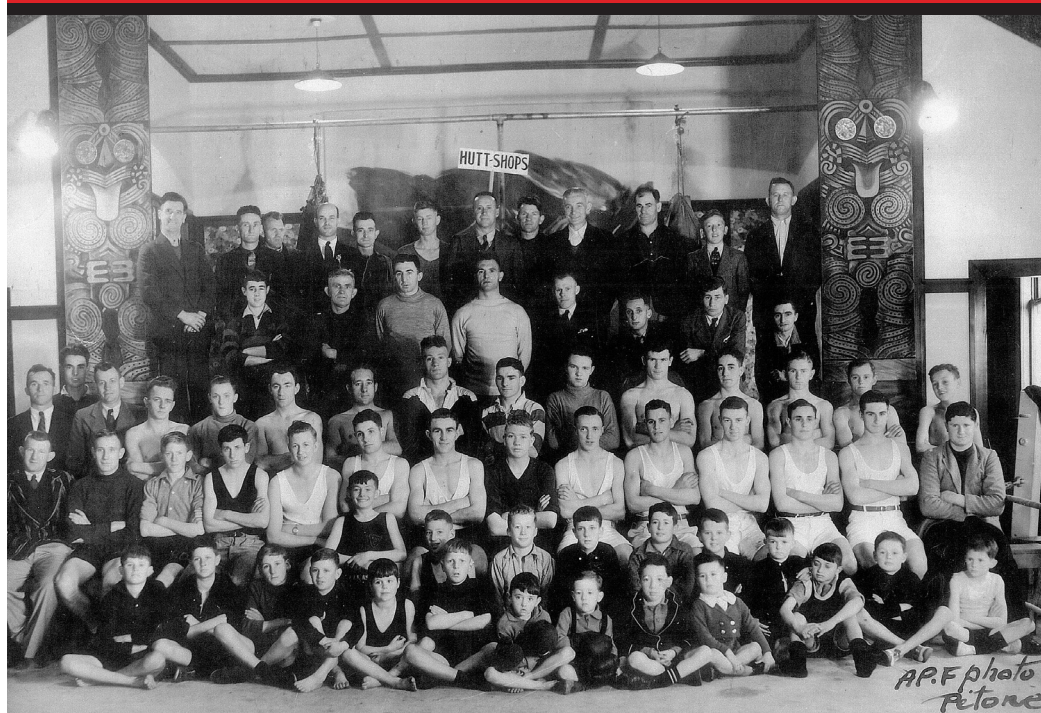
# 2017 OFFICIAL PROGRAMME

Men's Central League

**Stop Out vs Wellington United**

2:30PM Saturday 3rd JUNE 2017

# FOOTBALL FOR ALL



## **PATRONS**

Mayor Ray Wallace  
Wynton Rufer

## **PRESIDENT**

Chris Canton

## **CHAIRMAN**

Neil Kemp

## **TREASURER**

Donna Beech

## **CLUB CAPTAIN**

Andrew Beech

## **SENIOR LIAISON**

Pat Gulley  
Kath McGuinness

## **JUNIOR WORKING GROUP**

Tania Rook, Phil Marra  
Andrew Beech, Steve Eveleigh  
Gerard Watt

## **DIRECTORS OF FOOTBALL**

Chris Sambrooke  
Mike Gibbs

## **JUNIOR COACHING DIRECTOR**

Adam Reynard

## **FOOTBALL MANAGER**

Paul Commerford

## **COMMUNICATIONS**

Troy Peek

## **LIFE MEMBERS**

Jim Blair, Chris Canton  
Dick Dunn, Jimmy Dunn  
Tom Dunn, Peter Freidlander  
Brent Hamlin, Peter Hartstonge  
Dave Houghton, Ernie Gould  
Terry Killalea, Brendan Marsh  
Arie Molenaar, Jim McCreadie  
Carol McNie, Ron Weitzel

## **PHOTOGRAPHY CREDITS**

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



Stop Out Sports Club



@redgoldblood

# FIRST WORD

**MY BLOOD IS RED... AND GOLD!**

Today is the start of a double header weekend for the Men's first team.

Firstly we welcome Andy Hedge's Phoenix side for the start of Round 2 of the Central League. Plenty of upheaval in both sides recently but for us it's probably the first time this season we can call on our strongest squad.

There may be a bit more on this game with Cherbel Khouchaba and Justin Gulley having spent time in the Phoenix system. And it's also a welcome home to Justin Raffan, a long time Stop Out Coach and Manager who is still very closely linked with our club. Rafa is a different man to a year ago and has had a remarkable turn around on the health front.

Our first round match against the Phoenix seems like it was played just a few weeks ago and with such a short season, there is growing interest in 12 team leagues within our Capital Football Leagues.

It's fair to say that football is expensive. For players at all levels to have a more meaningful football experience, playing more games is a simple answer.

Yes we know there's a limited football season around ground allocations but nothing's insurmountable and who wouldn't want to play and watch more football. More games also means clubs can build club spirit and camaraderie.

On Monday again at Hutt Park, we welcome Palmerston North Marist. Since our 7-0 first round win Marist have improved markedly. Whilst still anchored at the bottom of the Central League they are a dangerous side with some talented players. And Cup games always have an ability to throw up some interesting results.

*Enjoy the football and our Stop Out hospitality.*





MEN'S CENTRAL LEAGUE 2017				P	W	D	L	F	A	GD	Pts
1	Wairarapa United			9	7	0	2	35	18	17	21
2	Western Suburbs			9	6	2	1	17	10	7	20
3	STOP OUT			9	4	2	3	21	16	5	14
4	Wellington United			9	4	2	3	26	25	1	14
5	Miramar Rangers			9	4	1	4	22	20	2	13
6	Napier City Rovers			9	3	2	4	25	24	1	11
7	Team Taranaki			9	3	2	4	8	17	-9	11
8	Wellington Olympic			9	2	4	3	18	20	-2	10
9	Lower Hutt City AFC			9	2	2	5	21	24	-3	8
10	Watson Real Estate PN Marist			9	0	3	6	13	32	-19	3

SEASON FIXTURE: STOP OUT (MEN'S CENTRAL LEAGUE 2017)

Round 1	01/04/17 (SAT)	14:30	Newtown Park	Stop Out   4	vs	Wellington United   0
Round 2	08/04/17 (SAT)	14:30	Hutt Park 1	Stop Out   1	vs	Team Taranaki   1
Round 3	14/04/17 (FRI)	15:00	Fraser Park Turf	Stop Out   3	vs	Lower Hutt City AFC   2
Round 4	17/04/17 (MON)	14:30	Hutt Park 1	Stop Out   7	vs	Palmerston North Marist   0
Round 5	22/04/17 (SAT)	14:30	David Farrington Park	Stop Out   0	vs	Miramar Rangers   4
Round 6	29/04/17 (SAT)	14:30	Hutt Park 1	Stop Out   3	vs	Napier City Rovers   2
Round 7	06/05/17 (SAT)	14:30	Hutt Park 1	Stop Out   2	vs	Wellington Olympic   2
Round 8	21/05/17 (SUN)	14:00	Endeavour 1	Stop Out   0	vs	Western Suburbs   1
Round 9	27/05/17 (SAT)	14:30	Hutt Park 1	Stop Out   1	vs	Wairarapa United   4
Round 10	03/06/17 (SAT)	14:30	Hutt Park 1	Stop Out	vs	Wellington United
Round 11	11/06/17 (SUN)	13:00	Yarrow Stadium	Stop Out	vs	Team Taranaki
Round 12	17/06/17 (SAT)	14:30	Hutt Park 1	Stop Out	vs	Lower Hutt City AFC
Round 13	08/07/17 (SAT)	14:30	Memorial Park (PN)	Stop Out	vs	Palmerston North Marist
Round 14	02/07/17 (SUN)	14:00	Park Island	Stop Out	vs	Napier City Rovers
Round 15	22/07/17 (SAT)	14:30	Hutt Park 1	Stop Out	vs	Miramar Rangers
Round 16	29/07/17 (SAT)	17:45	Wakefield 2	Stop Out	vs	Wellington Olympic
Round 17	05/08/17 (SAT)	14:30	Hutt Park 1	Stop Out	vs	Western Suburbs
Round 18	12/08/17 (SAT)	17:30	Masterton Memorial Turf	Stop Out	vs	Wairarapa United

2017	LHC	MPN	MR	NCR	SO	TT	WaiU	WO	WelU	WS
Lower Hutt City		10/6	8/7	3-3	2-3	0-0	1-2	1-3	5/8	22/7
Marist Palmerston North	3-4		3-5	2-4	8/7	3/6	5/8	22/7	1-1	2-2
Miramar Rangers	4-3	1/7		2-2	4-0	17/6	3/6	5/8	2-3	2-3
Napier City Rovers	3/6	18/6	30/7		2/7	6/8	3-4	4-1	2-6	1-2
Stop Out	17/6	7-0	22/7	3-2		1-1	1-4	2-2	3/6	5/8
Team Taranaki	13/8	1-0	1-0	1-4	11/6		23/7	9/7	30/7	1-3
Wairarapa United	29/7	7-1	4-1	9/7	12/8	5-1		10/6	1/7	2-1
Wellington Olympic	1/7	1-1	1-2	12/8	29/7	1-2	4-3		17/6	3/6
Wellington United	4-6	12/8	10/6	22/7	0-4	3-0	5-4	4-4		8/7
Western Suburbs	2-1	30/7	13/8	11/6	1-0	2/7	18/6	1-1	2-0	

# OLD TIMERS DAY

Old Timers Day last weekend was a very special day. Apart from a fantastic turn out but our past players, administrators and supporters it was also the unveiling of our new Honours Board.

Driven by Jim Blair and the Stop Out Supporters club (SOS), players and family members of the club's internationals were present for the official opening as well as receiving their own personal memento of the achievement.

Club patron and Mayor Ray Wallace was on hand to help present the plaques and share some stories with our Old Timers.



# WYNTON RUFER TOURNAMENT

Congratulations to our 11th Grade Alliance Black team who were victorious in the A division of Wynton Rufer on Sunday.

Not to be outdone our 11th Grade Alliance White

team made the final in the B Division.

A fantastic achievement and it shows how well the Stop Out Eastbourne Alliance is working and it is now flowing through with success on the park.





# GET TO KNOW THE 1<sup>ST</sup> TEAM!



*THE BOYS SIT DOWN AND ANSWER A RANGE OF QUESTIONS FOR US.*

## DEVON BATCHELOR

Devon was given a chance with the 1st team after a stellar 2016 season, helping the reserve team to promotion and playing a key role in the U19's campaign. He brings an excellent passing range and a fierce shot to the squad. Get to know "Dev" a little better.

Name: **Devon Batchelor**

Squad Number: **6**

Position: **CM**

Previous Clubs: **Upper Hutt**

What is your most memorable moment in Football?

**Going to Argentina**

What was the best Football advice you were ever given?

**"1st Challenge, let him know you're there"  
Cherbel Khouchaba**

Who is your favourite Football Player and why?

**Daniel de Gans – special mention**

Favourite Football Club?

**Manchester United**

You have just been awarded a penalty in the 90th minute against Lower Hutt. Scores are tied at 1-1, who from your team do you want taking the penalty to win Stop Out the game?

**Steven Guley or Cherbel Khouchaba**

One word to describe you?

**Daddy**

Who was/is the biggest influence on your Career?

**Father**

# MEN'S CENTRAL LEAGUE



## COACH

Chris Sambrooke

## ASSISTANT COACH

Steve Guley

## MANAGER

Paul Commerford

## GK COACH

Chris Campbell

## PHYSIO

Proactive

## STOP OUT SPORTS CLUB

GK 1	James McPeake
GK 20	Chris Campbell
2	Jono Steele
3	James Sharp
4	Scott Henderson
5	Kade Schrijvers
6	Devon Batchelor
7	Martin Packer
8	Justin Gulley
9	Jerram Tuck
10	Micky Malivuk
11	Andrew Abba
12	Daniel de Gans
13	Brayan Heredia
14	Luke Grindlay
15	Cole Peverley
16	Jason Tipping
17	Steve Guley
18	Cherbel Khouchaba
19	Levi Mcfarlane

V



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## WELLINGTON UNITED

<b>GK</b>	Keegan Smith
<b>GK</b>	Zac Dean
<b>2</b>	Oliver Valentine
<b>3</b>	Jake Williams
<b>4</b>	Liberato Cacace
<b>5</b>	Sam Phillip
<b>6</b>	Ben Mata
<b>7</b>	Tinashe Marowa
<b>8</b>	Ollie Whyte
<b>9</b>	Willem Ebginge
<b>10</b>	Sarpreet Singh
<b>11</b>	Sam Sutton
<b>12</b>	Luke Johnson
<b>13</b>	Noah Tipene
<b>14</b>	Tuyi Byamana
<b>15</b>	Liam Wood
<b>16</b>	Tommi-Joe McIndoe
<b>17</b>	Luke Tongue
<b>18</b>	Liam Moore
<b>19</b>	Thomas Raimbault
<b>20</b>	Jack Henry Sinclair
<b>21</b>	Ruairi Cahill-Fluery
<b>22</b>	Nick Lane
<b>23</b>	Owen Smith
<b>24</b>	Ben Waine



### COACH

Andy Hedge

### ASSISTANT COACHES

Paul Temple, Weijie Lim,  
Grayson Harwood  
Justin Raffan

### REFEREE

Mark Whithead

### AR1

Andrew Amies

### AR2

Derrol MacDonald



### FIRSTS GO AGONISINGLY CLOSE AGAINST LEAGUE LEADERS

Another week of U17 action saw all teams travelling away - the First team travelled out to the immaculate Endeavour Park, our Reserves went up to Maidstone Turf, while our Reds and Golds clashed at Fraser Park. The week had been a productive one at training and the group were keen to build on last week's efforts.

Our Reserve team had an incredibly tough encounter against the Upper Hutt Firsts on the turf at Maidstone. Our young side came up against a more experienced and more physical side, but that didn't daunt the Jamie Rybinski led side. We took an early 1-0 thanks to good work from Jack Wilson, who is in a rich vein of goalscoring form. The hosts hit back with two quickfire goals, before an Abbas Abdullahi free kick struck the crossbar and bounced down to skipper Rybinski, who made no mistake with his head to bring us level. Upper Hutt took the lead once again on the stroke of halftime. A valuable lesson was learnt as a slow start to the second half saw the score blow out in the opposition's favour, and we found ourselves on the wrong end of a 5-2 scoreline. Despite the negative result, plenty of positives came away from the game. Rybinski and Wilson stepped up and led the young boys superbly, while Jordan Diamond-King impressed once again at the back. Oscar Hazlewood showed his quality with another fine display in midfield as he continues to grow. A tough day at the office but an invaluable

experience against an older side that will certainly stand us in good stead for the future.

Our in-form First team faced a daunting challenge of playing against league leaders Western Suburbs Red. Inspirational skipper Kieran McInnes was missing from the side today, in an otherwise unchanged lineup. Our hosts are currently leading the A grade off the back of impressive wins against the likes of the Wellington Phoenix so the lads knew we were in for a tough encounter. Ole' started the game well, controlling the tempo of the opening stages and showing all the benefits of being in a full time set up. We struggled to get into the flow of the game, and it resulted in us facing a 0-2 deficit after 25 minutes. To the boy's credit, they stayed positive and a surge of intensity saw none other than Jack Antonopoulos capitalising on an error from the opposing GK to notch yet another goal in a stellar campaign. This saw the balance of the game swing back into our favour; we grew in belief and as such began to dictate the game. Stand-in skipper Callum Brooker



was immense at the heart of defence, while Li Parmenter impressed in an unfamiliar wing back role. The second half was much of the same story, as both teams looked to play good football on a perfect surface. The boys were really taking the game to our opponents, disrupting their flow with a passionate and committed display. We were finally rewarded for our intense pressure with the equaliser, as Antonopoulos showed his killer instinct – following up a parried shot from the tireless Diego Rodriguez. Sensing an upset was on the cards, we continued to harass and disrupt Ole', while Sam Wright made some key stops in another momentous performance. With the game hanging in the balance, the opponents managed to score a late winner against the run of play. A heart-breaking way to finish the game and an overwhelming sense of disappointment amongst the group. On reflection, there was an even more overwhelming sense of pride in the way we played today. We more than matched our more fancied opponents and certainly deserved something out of the game. The progress we have made in such a short space of time is nothing short of remarkable and is a testament to the commitment and talent of the players.

Due to the second weekend of Wynton Rufer Tournament, our Red and Gold sides were faced with playing their keenly-awaited contest at Fraser Park. This was another good test of our ability to adapt to unfamiliar surroundings, and allowed us to be more appreciative of the first-class facilities we have at Hutt Park. The clash was an enjoyable one, as both teams enjoyed taking the pressure off and playing amongst their friends outside of

a normal training night. A key cornerstone of our programme is not having set squads during the season; our group trains together and we allow for movement of players throughout all four of our teams. The reasoning behind this is simple – the stage of development that these players find themselves at is one that is challenging and not without the odd speed bump. We reward players for good work, but also challenge players with new objectives when required. The results are obvious to the coaches involved, as we see an excellent camaraderie amongst the players and a heightened awareness around what is required to improve. As is the case with almost every footballing philosophy, it is certainly not without its challenges! What sets us apart is our commitment to continual development, and an open mind to feedback – both coach and player. An even matchup saw the Gold's narrowly take a 1-0 win for their first win of the season, with the exciting Andres Hurtado scoring on his debut for the club.

Football can take on many different forms, and take on many different priorities. What this club provides is any opportunity that a player may seek, be that a social or competitive one. Either way, there is the same result; each young man that is a part of our programme is highly valued and develops into an outstanding individual.

Our standards remain high and our quality remains even higher.

**#stopoutmental**





Stop Out vs Victoria University Accies - Wakefield Park

The Men's Third team took on the 'Uni Accies' at the interesting time of 7:40pm on a Monday, out at Wakefield Park. Our normally youthful side had an older look about it with most of our team tucked up in bed by kick off time!

We raced out to a three goal lead courtesy of goals from Chopper, Jack Griffiths and Rhys 'I played for the First Team' Glover. Despite not playing anywhere near our full potential we managed to get in at half time with a 3-0 advantage. We were fortunate enough to have an in-form Luke Pynenburg in goal, a 2016 U17 graduate who made several key saves.

The second half was a rather quiet affair, with chances at both ends and both keepers in good form. Uni reduced the deficit with 20 minutes to go, while the usually reliable Cam van Baarle had a penalty saved! Special mention must go to Josh Tendeter who continued playing for the

last five minutes with a broken boot, as well as Coach Yatesy who made his obligatory cameo appearance off the bench. Man of the Match simply has to go to Luke Pynenburg, who made 7 or 8 unbelievable saves to keep the scoreline in favour. A great response from the young keeper and it speaks volumes of his character and commitment.

We continue our good run and head into a few key games which could really define our season. The league title is certainly the aim and we have every confidence in the group of players at our disposal.

Final Score: Stop Out 3 vs Victoria University Accies 1

CAPITAL 4 2017		P	W	D	L	F	A	GD	Pts
1	STOP OUT	8	6	1	1	31	15	16	19
2	Island Bay FC	8	5	2	1	26	9	17	17
3	Island Bay Dreamers	8	5	2	1	23	11	12	17
4	Just Paterson Real Estate NW 3rd XI	8	5	2	1	25	14	11	17
5	Victoria University Accies	8	3	1	4	18	17	1	10
6	Tawa Bulldogs	8	3	1	4	24	26	-2	10
7	Seatoun AFC	8	3	0	5	14	22	-8	9
8	Wainuiomata	8	3	0	5	9	23	-14	9
9	Waterside Karori Magpies	8	2	0	6	12	23	-11	6
10	Marist 2nd Team	8	0	1	7	9	31	-22	1

## Stop Out vs Victoria University Raiders - Nairnville

The Fourths suffered an unfortunate setback on Saturday. With other results going our way, a win would have seen us sneak into second place in time for the mid-season promotion/relegation reshuffle. Unfortunately, after leading 1-0 until the 90th minute, we conceded an equaliser from the last kick of the game, meaning we miss out on promotion on goal difference.



Final Score: **Stop Out 1 vs Victoria University Raiders 1**

CAPITAL 7 2017		P	W	D	L	F	A	GD	Pts
1	Petone Stonecutters	9	8	1	0	29	6	23	25
2	Seatoun AFC	9	4	2	3	23	14	9	14
3	STOP OUT	9	4	2	3	14	13	1	14
4	IBU Marmosets	9	4	1	4	13	10	3	13
5	Waterside Karori Glory	9	4	1	4	18	18	0	13
6	Victoria University Raiders	9	4	1	4	15	17	-2	13
7	Victoria University Amigos	9	3	2	4	20	17	3	11
8	Porirua Saint-Germain	9	3	2	4	18	26	-8	11
9	Tawa ACU 2	9	3	0	6	18	35	-17	9
10	North Wellington Marauders	9	1	2	6	10	22	-12	5

### Stop Out vs Parapine ITM Upper Hutt City - Hutt Park

Let me start off by saying this was a great result after coming off a one sided game the week before.

During the week we worked on pressing and winning the ball back as quickly as possible after losing possession and this definitely upset Upper Hutt's flow as we had hoped and not allowing them to score for 23 mins into the game which came from a corner kick and defensive errors from us.

Although UH scored a second goal from another corner before half time we had our own chances but failed to capitalise on them.

In the second half we kept the pressure on as in

the first half and in the 60th minute it paid off with Heather scoring a nice goal.

With the score at 2-1 Upper Hutt made 5 subs at once putting 10 fresh legs on the field and to the credit of the ladies only conceded 2 more goals one from a corner and one from the out field but as in the first half we had our chances but couldn't capitalise on them.

A good result keeping top of the table Upper Hutt to 4-1.

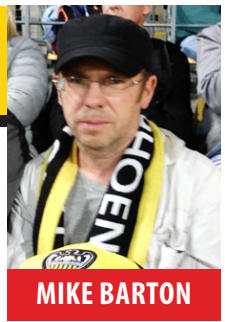
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Final Score: **Stop Out 1 vs Parapine ITM Upper Hutt City 4**





# PRESSURE IS?



**MIKE BARTON**

The wind turbines, above Makara, wafting slowly in the breeze are almost hypnotic in their effect. That is, until you glance down at your phone, read a message, and see that the piece for the programme was due yesterday and not next week. Breathing changed, muscular contractions started the 'fight or flight' response had kicked in. With the sudden onset of pressure, the muscles tense up all at once, and then release their tension when the stress passes. Those people that suffer from chronic stress, it seems, stay tensed up all the time. That being the case it is not wonder that 'stress is a killer'.

As soon as deadline missed came into mind I thought, given that I am feeling pressured, what is it that is really stressful in football? The immediate thing that came to mind is taking penalties. It is extraordinary how taking penalties changes the mindset...and the physical. Pressure can cause the rapid breathing, or hyperventilation, that can bring on a panic attack in someone prone to panic attacks. In my football memory, I have never heard of anyone on the field reduced to panic. One or two off the pitch is probably a near certainty.

In my youth, I watched a very good striker despatch chance after chance. Simply, he scored from some ridiculous chances. Then an old head, a man with years of coaching experience, told me to watch what happened when it came to penalties. The striker never went near one. As it happened I got friendly with the striker and eventually talked about taking penalties. He told me that with other chances there was not the time to think and his response was almost instinctive. Alongside this, his father has encouraged him to draw a breath when he had sight of goal. Much like a snooker player does before potting. However, with

penalties, there was too much time to think and despite trying the breathing trick he just could not manage a penalty. Turns out, of those that he taken up to that point none had gone in. The sympathetic nervous system had generated fight or flight in him and flight seemed appropriate. Flight better described as avoidance.

The other thought is why are some of us so much better at dealing with pressure than others. Even, why does the same person respond so differently depending on what the pressure is? A friend was talking about a penalty shoot out with me, one evening, in a London restaurant. He was waxing lyrical about the confidence of some of the players. His line was, pretty much, that he could never do that. Sounds reasonable. This, though, was a television cameraman, mostly, who on the border of Iran and Afghanistan had interviewed an angry, and armed, Taliban commander. During the interview, he had seemed poised and professional. When I asked had he not been nervous he replied that there had not been time to think and his interview was almost instinctive. Say no more.



# STOP OUT

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