



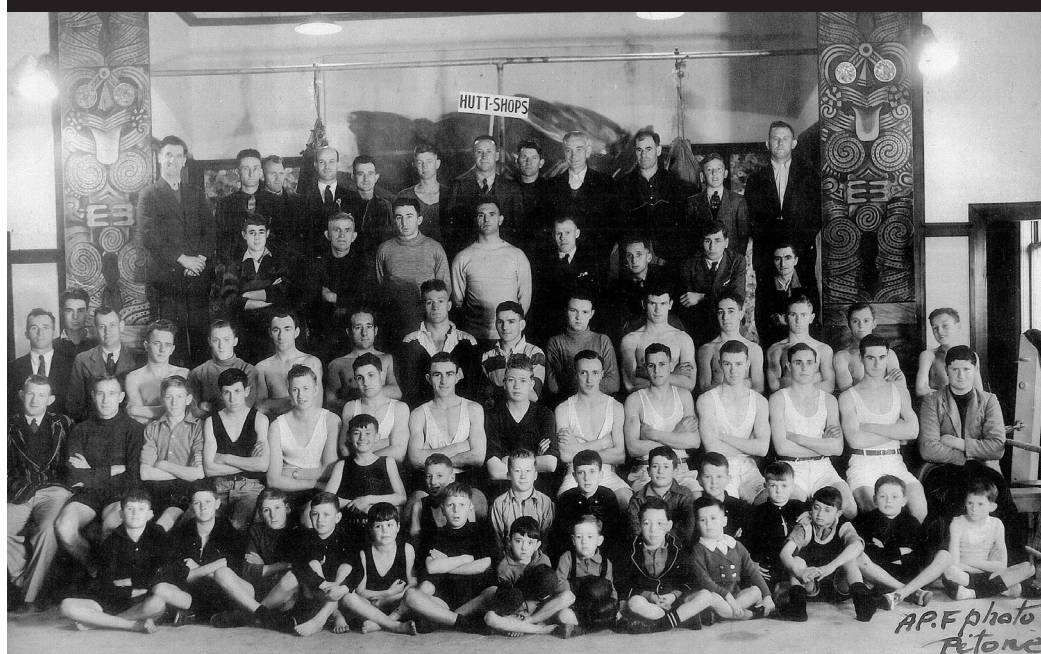
2018 OFFICIAL PROGRAMME

Men's Central League

Stop Out v Havelock North Wanderers

1PM Hutt Park, Monday 2ND APRIL 2018

FOOTBALL FOR ALL



PATRONS

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Scott Easthope

WOMEN'S DIRECTOR OF FOOTBALL

Shannon Smith

YOUTH DIRECTOR OF FOOTBALL

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JUNIOR COACHING DIRECTOR

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FOOTBALL MANAGER

Paul Commerford

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Tom Dunn, Peter Freidlander
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Stop Out Sports Club



@redgoldblood

Welcome to the first match of the 2018 Central League.

It seems just a blink of an eye since our last match here at Hutt Park to complete the 2017 season.

On that day we defeated the champions Western Suburbs and completed another top 4 finish - our 3rd in 3 years since our return to Central League.

And this season we retain the bulk of last seasons side. James Mc Peake, Jonno Steele, Kade Schrijvers, Brayan Heredia, Cherbel Khouchaba, Jerram Tuck, Micky Malivuk, Steven Gulley, Luke Grindlay, James Sharpe and Devon Batchelor. Jordan Martens returns after a season long Injury and Sam Pickering, James Sutcliffe and Luis Corrales return to Stop Out.

New signings include Taban Makoi Jnr, Jared Mitchell, Shikane Tuhoro and Lewis Jackson.

We also see the return home of Scott Easthope as Central League Coach. Chris Sambrooke will assist.

So all in all a quality group who will compete favourably with any team this season.

Today we welcome Havelock North who were thrown a lifeline with the withdrawal of Team Taranaki from Central League just a few weeks ago.

Full credit to Havelock for taking up the challenge with such short notice. Many have said Havelock were unlucky not to get a result in the Central League playoff games with Wharries so expect a tough contest today.

2018 is also a big year for the club as we prepare for next years centenary. It's such a momentous milestone for the club and one we will definitely celebrate throughout the 2019 season.

Enjoy the game and enjoy our Stop Out hospitality.



MEN'S CENTRAL LEAGUE



COACH

Scott Easthope

ASSISTANT COACH

Chris Sambrooke

MANAGER

Paul Commerford

PHYSIO

Proactive

STOP OUT SPORTS CLUB

GK 1	James McPeake
RGK	
2	Jono Steele
3	James Sharp
4	James Sutcliffe
5	Kade Schrijvers
6	Devon Batchelor
7	
8	
9	Jerram Tuck
10	Micky Malivuk
11	Taban Makoii
12	Lewis Jackson
13	Brayan Heredia
14	Luke Grindlay
15	Jared Mitchell
16	Sam Pickering
17	Steve Guley
18	Cherbel Khouchaba
19	Jordan Martens
20	Ami Lal



Our Men's pre-season preparations have been positive. With returning coach Scott Easthope at the helm, supported by Chris Sambrooke we've been able to achieve a successful result in the Hilton Petone competition.

A 3-1 victory against Lower Hutt in the final was a culmination of a solid pre-season campaign, where a lot of new combinations and formations were tried.

Goals to Jerram Tuck, Lewis Jackson and Micky Malivuk Gave us the win and a confidence boost for the season.



INTERNATIONAL CALL UP

Our own Justin Gulley was selected for the All Whites and their match against Canada in Spain.

Whilst Justin never got onto the pitch it's a wonderful achievement to be selected for your country.

And we're confident Justin will, in time make his debut.

A stand out this year as Team Wellington captain it is a richly deserved reward for his undoubted ability.



2018 WOMEN COACHES

We are delighted to welcome Shannon Smith as our W League coach and Phil Dobbin as our Women's Premier League coach for the 2018 season.

Shannon is a highly experienced and passionate coach, with a focus on player health and holistic development. Shannon has relocated from Palmerston North to pass on her knowledge and passion at Stop Out.

Phil has been involved in developing the female game at Junior and youth level for UHFC for the last seven years. For the past two years he has coached St Orans 1st X1. He brings passion, drive and a desire to make a difference.

Shannon is a footballer in every sense of the word, having played in the Women's Central league for several years, as well as refereeing men's Football, coaching and managing teams. Professionally she has been a nutritionist, personal trainer, sport scientist, massage therapist, lecturer and more recently as Operations Manager at Central Football and Injury Prevention Specialist with NZ Football.

She has put her skills to use supporting teams of all ages up to National League level, particularly with injury rehab, strapping and massage. She is currently a referees' assessor with Capital Football.

Qualifications:

- BSc (Sport Science)
- PGDipSc (Human Nutrition)
- Certificate in Pacific Nutrition
- Certificate in Relaxation Massage
- Graduate Certificate in Science & Tech
- NZF level 4 Referee Certification
- NZF level 1 Referees Assessor
- NZF level 1 Referees Instructor
- NZF level 2 Futsal Referee Certification
- NZF level 1 Futsal Coach
- NZF Senior level 2 Coach (assessment pending in 2018)

If you would like to further your development as a Footballer, then come and meet Shannon at Stop Out Sports Club.

*Free massages may or may not be included at trainings"

Contact her on 021 957 844



A MASTERFUL ART

One of the things about this long hot lazy summer is that there was time to think. The biggest bit of thinking was at a child's birthday party. A group of older football heads were under a tree seeking shade. Inevitably football came to the fore. A lot of chat was about Masters Football and how it was to still be playing at an 'older age'.

Some of the anecdotes pointed to the amount of passion that some of the older players in both the Men's and Women's games really have. One dad put it in terms of his fitness regime. He was saying that if he wanted to be fit he would just walk or run or swim. Football was a step away from that as it still added competition and 'camaraderie'. One mum gave two reasons for her continued involvement. She told us she loved limping in on Mondays, to work, and telling her night clubbing 'beer drinking' younger colleagues that whilst they were still in their Sunday beds she was 'still doing it'. Secondly, the physicality of it all made her 'feel alive'.

Given I do not play anymore I spent much of this listening but ended up reminded of an event at Wakefield Park in, probably, 1980. We, the fabulous Stop Out fourth team, had arrived early for our match. Coming out of the dressing room there was a Masters match and we stopped, at our coach's insistence, to watch. He asked us 'what do you see?'. Being young, and not really thinking, some of us just talked about 'old guys' playing football. One of our team even said that they

were 'embarrassing'. Our coach, then in his fifties, pointed out he would not to be around to see if we were being honest, or even right, and then asked "which of you will still be playing at their age?". Lots of banter followed and about half the team decided that they would. Thirty eight years later I know that four of that side went on to play Masters Football. From here, when I look at those players I can see that, even though their football never hit any heady heights, these players were passionate to a degree that the rest of us were not. Quietly passionate but passionate all the same.

Another dad then talked about the shock of realising that your pace was going. He is a fit thirty eight year old. His point was that he was playing against a 'guy from school' and was looking forward to showing his pace against him...based on the fact that he used to run against and beat the guy at school. The short version is that he never got near him all day. We asked him how it felt. He said it was sobering but afterwards rewarding. Rewarding in the sense that despite losing a personal battle he was still out there being competitive and giving it his 'best shot'.



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