



COMING UP

FOOT-e TIMES SA

ROUND FOUR ISSUE

FEATURE STORY

“WILL POWER RESERVES DOOM THE MAGPIES”

WHAT WE LEARNT FROM ROUND THREE

PLUS THE MOST COMPREHENSIVE

ROUND FOUR GAME BY GAME PREVIEWS

Out Friday Morning April 19th



A Crows Reserves Team in the SANFL?

SANFL Fans

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FOOT-e TIMES SA

Comprehensive Coverage of South Australian Football

2013 Round 3 Edition : Friday April 12 (Part 1)

ON THE BOARD!

STURT SECURE FIRST WIN FOR 2013



**AFL
Reserves
Survey
HAVE
YOUR SAY!**

Tim McIntyre celebrates the sealer . Images Peter Argent 0411 178 444



FOOT-e TIMES SA

FOOT-e TIMES SA OBJECTIVES

Important issues in South Australian Football will be covered in detail.

There will be a diversity of opinions with every club perspective covered.

Reader contributions will be encouraged

We will have the most comprehensive SANFL Game Previews

We will be a one stop shop for SANFL statistics and media coverage

There will be solid coverage of football beyond just the local SANFL league competition

We will ensure there is regular recognition of our state's football history & heritage.

THE FOOT-e TIMES SA TEAM

Phil Herden

Peter Argent

Phil Aspinall

Don Cooper

John Nankivell

CONTACT US

E-mail: footetimes@gmail.com

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All images courtesy of Peter Argent & available for sale.

2013 ROUND THREE EDITION

Friday April 12th 2013

CONTENTS

3) Welcome

5) Feature Story
—Degree of Difficulty by Don Cooper

19) The Pulse

20) What We Learnt

27) Milestones

30) Last Week Wrap

31) South v West Preview

34) North v Sturt Preview

37) Port v Glenelg Preview

40) Central v Norwood Preview

43) One Percenters

44) Team Stats Rakings

47) State of Play

48) Foxtel Cup

50) 2013 Schedule & Results



Peter LW Argent

Freelance Photojournalist

Managing Editor - Barracker Publications

pla.wordsmith@bigpond.com

0411 178444

(08) 82978448

Sports, travel & wine writer - award winning photographer
graphic design - book design & publishing - author

WELCOME



HERE COMES THE FOXTEL CUP

It probably won't raise a lot of local interest but this Saturday morning at 10.35am will be the start of the 3rd season of the Foxtel Cup when Queanbeyan play the NT Thunder in Manuka (Canberra).

The competition has been re-structured over the summer with play in qualification games for the NEAFL and Tasmanian teams, only two clubs from each league invited and an eventual move to a Tuesday night time slot once the quarter finals start.

All up, these are positive changes and its great to see at least the best two sides from South Australia last year agree to participate.

Indeed this time it's the AFL aligned state league champions such as the Brisbane Lions (NEAFL) and Geelong (VFL) who are missing.

If Norwood and West's SANFL form is anything to go by then the chance of a local team making the Foxtel Cup Final for the first time looks the highest yet.

Hopefully it will be a good showcase of state league football although the playing of matches in virtually empty stadiums still worries me.

State league footy is about community & I still think playing games at suburban grounds ...

provides a better product but I know this is a TV decision.

It will be interesting to see how the Tuesday night time slot goes and if the Crows & Power make their aligned players available for the matches.

Final Thought

Last week the only victorious "home" team was Sturt who were playing their match at Norwood. The other three hosts lost their games by a combined 197 points. Ouch!

See you at the SANFL!

Phil Herden
FOOT-e TIMES SA

AFL Reserves Teams in the SANFL?

SANFL Fans

Have YOUR say NOW!

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Norwood Football Club

Business Lunch with guest speaker Paralympic Gold Medallist: Matt Cowdrey

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NEXT GAME: NORWOOD vs CENTRAL
SATURDAY 13TH APRIL @ 6.30 PM PLAYFORD ALIVE



FEATURE STORY



DEGREE OF DIFFICULTY by Don Cooper

Match after match we are mesmerised. Week after week we are left in wonderment. Seemingly every time the siren sounds to commence a fixture of SANFL football, it signals another reel of highlights comprising deft touch, sublime skill and sheer brilliance from our competition's players who are able to excite, enhance and embellish the very thing which sets our game apart from all others - the humble goal.

Call it what you like – a major, a six-pointer, a sausage roll, a kick which splits the high-diddle-diddle - but whatever the description, it's the goals of our game which ignite the players, coaches and above all the fans into a frenzy each time the post patrolling umpire delivers a two finger salute.

While we continually marvel at the seemingly expected goal scoring genius of those who play at our highest level, how often have we heard it hollered from the hill, shouted from the outer, or called out across the airwaves – questioning how a player has just

“missed an easy shot at goal”? But just what is an easy shot at goal? Or is it merely a myth?

No matter what angle you look at it, projecting an elliptically shaped leather orb by foot through an expanse

just 6.4 metres in width, at best – not much more than the average double garage - and often from more than 40 metres or more away to register a major score is exponentially harder than our stars of the SANFL make it look.



Michael Wundke
Images—Peter Argent 0411 178 444



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Add in such external factors such as swirling wind, angles of varying degrees - and for set shots, a player or players standing the mark attempting to distract the kicker with a version of the Harlem Shake - and the equation becomes even more problematic for a spearhead to solve.

This is not to forget either, that many shots are executed on the run and under enormous physical pressure - with the degree of difficulty raising the further out and further around from the full goal face the player is situated.

Underlined by the conversion rate of our competition's elite specialist full forwards - who averaged just below 77% for goals to points in season 2012 (excluding any which completely and confoundedly for all, missed the 19.2 metres of scoring space) - it becomes exceedingly clear the observations of such "grandstand experts" are somewhat on the harsh side.

Robbie Gray

Images—

Peter Argent 0411 178 444



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Round 3 Blockbuster Central v Norwood



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HOLDEN

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FEATURE STORY



being propelled at a space some 38 and a half times its size when launched from directly in front of goal, leaving over six metres of allowance and obviously affording the highest percentage chance of producing a six pointer.

However, with most forwards looking to lead out toward the boundary line in an effort to leave their opponent goal-side of the contest and minimise the chance of having the incoming pass intercepted, let's see what affect these angles start to have on reducing the amount of goal face at which to aim.

Starting with what is deemed by most in the playing ranks to be a "slight" angle of 30 degrees, the lateral space between the 'big sticks' reduces to 5.7metres, but let's move around onto a 45 degree angle now and take a look at how that impacts the aerial real estate on offer between the larger uprights.

The available space has now been reduced to 4.7metres, which equates to 26.56% less than what was on offer when lining up directly in

front. While heading around to 60 degrees sees the target area diminish to just 3.5metres, with only woodwork available by the time you are boundary-side and up against the goal line.

However, according to some of those whose craft requires threading the eye of a needle if required, the amount of space available for a set shot on goal may not factor in as much as we might think.

Take 2011 Ken Farmer

Medalist Michael Wundke for example, who explains a consistent and well composed approach to each set shot is the key to successful goal kicking.

"Really, if you just keep it all the same - no matter where you're shooting from - then you're going to kick more goals than you are going to miss!" says the sharpshooting number 8, who certainly did that last season, scoring 55 goals 18, at a strike rate just over 75%.



James Gowans last year

Images—Peter Argent 0411 178 444

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FEATURE STORY



With a theory of less is more when it comes to lining up for goal, regardless of the geographical location of the mark, the Panther's gun goal-sneak says, "I just try and keep it as simple as possible really."

I don't mark a spot (to kick from) and I don't have a set amount of steps I go back, but just make sure I give myself enough space between me and the man on the mark and always keep facing goal, so if there is anything that opens up I can pass off, but also to keep an eye on the man on the mark. Once I'm at the top of my mark, I just spend a bit of time there composing myself and tell myself that I'm going to kick this goal."

"A lot of it is obviously technique, with regards to how you drop the ball onto the boot and the kicking action itself, but personally, the most important part of kicking for goal for me is spending as much time as possible at the top of my mark."

I was given some sound advice by a few coaches when I was in the AFL system, Darren Buick in particular, as to the importance

of not rushing into the kick, so when I'm at the top of my mark, that's when I just spend the time lining everything up, getting myself composed and set for the kick. Having done that my approach is quite simple I guess.

I always toss grass up as part of my routine and my run up isn't complicated - just five steps, a skip and then in I come and kick."

It's a system which comfortably works for the 24 year old, who admits to not spending anywhere near as



Justin Hardy Images—Peter Argent 0411 178 444

Friday April 12th

7:40 PM at Hickinbotham Oval
SOUTH **WEST**



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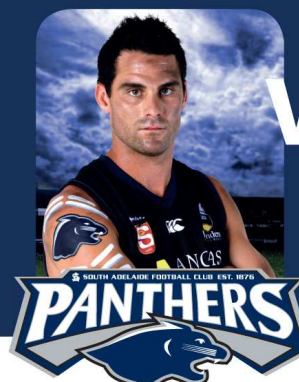
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FEATURE STORY



much time now perfecting his skill as in his formative years, stating, "These days with the number of kicks you have as a player on the track being carefully monitored.

I certainly don't do as much (goal kicking practice) as what I did through my developing years, but for the younger players coming up through the ranks, it's not just about spending time on your kicking, but making sure its being done right!

Also, do what's comfortable for them, rather than try and emulate the players they may see on the TV, because while that may work for some, it may not work for everyone."

And that's good advice especially for our younger readers aspiring to become a future forward – a position which, while it may be one of the more glamorous on the field of play, is also one which carries enormous responsibility, particularly when the two premierships may well be riding on your boot!

Tim McIntyre
Images—Peter Argent
0411 178 444

"Obviously every shot I have at goal is important, but the stage of the game and the score certainly comes into play mentally.

For example, if its half way through the last quarter and the match is in the balance it's important to keep things exactly the same and not let that impact on you," says Wundke continuing, "Footy in general is probably 95% above the shoulders and goal kicking is no

different there! A lot of it is mental and for me it's about keeping a good headspace and having confidence in myself to do the job.

I believe I've done enough work on my technique through my career thus far, to have the confidence when it comes down to the crunch that what I do works. And that's important for the players down the field who work so hard to get the ball to you, to know



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FEATURE STORY



they can rely on me to finish off that work.”

But as we see in the modern game, more and more of that finishing work is being carried out by players on the run - adding a completely different element to the mix, requiring core strength, balance and an innate sense of where the goals are.

And after navigating his way between two oncoming opponents and swinging onto his right boot to inspirationally manufacture a mercurial goal on the run during the Round 1 victory over Central District, the Blood's James Ezard is perfectly placed to speak about scoring a major in motion.

“Balance is the big thing in regards to kicking goals on the run,” says the 2009 Magarey Medalist, who is renowned for weaving some magic when inside the attacking 50 metre arc. “But also, one of the major points – as with any type of kick really – is the ball drop, which should really be as low as possible.

James Ezard
Images—Peter Argent
0411 178 444

I think one of the reasons I tend to have more success with shots on the run is because I do guide the ball onto the boot from lower down, whereas when I take a set shot, I seem to stand a bit more upright which causes the ball to drop from slightly higher up and increases the margin for error.”

Ezard recalls one coach, in particular, throughout his career was extremely emphatic about the importance of how the ball was held and guided to its launchpad. *“Choco’ (Mark Williams) was really big on that side of things and would pick out Shaun Burgoyne to highlight how low he held the ball - and how accurate*





FEATURE STORY

and effective his kicking was as a result. So he would have us all do some extra skill drill work on this by just walking along and stopping to reach down and place the ball on our foot as an example – and that's the sort of stuff that is great for younger players to work on to stand them in good stead."

In regards to the ever evolving nature of free running football we now witness, Ezard points to the Blood's increasing work being done on the track to enhance the side's conversion rate on the run, which is certainly paying dividends to date in 2013. "Kicks at goal on the run have been a lot more prevalent for us during this pre-season, and it's giving us more return for our effort by ensuring we get the maximum result from each shot as much as possible."

While skill factor rates highly, for obvious reasons, the livewire number 2 also believes instinct is a key component when taking mobile shots at goal – and

Ben Warren

Images—Peter Argent
0411 178 444

one which he explains works in his favour. "I'm probably a lot better at taking shots on the run as I don't have as much time to think about the process, as opposed to a set shot which

seems to give you too much thinking time."

Ezard also states, the ability to know where the big sticks are when an opportunity presents is another part



FEATURE STORY

of that instinctive nature.

"Good goal sense is a big part of being able to make the most of your chances from stoppages or a quick clearing kick, so I tend to make sure I keep an eye out for where they (the goals) are in case I get a chance to have a crack – and when I do, it just about

kicking right through the ball to a point behind the goals."

So as you can see, whether it be from either a set shot or one unleashed at electric pace, there are a few key elements involved to ensure the Burley sails through the big white ones more often than not – and

the above two players could well provide a master class of their own tonight for spectators at Hickinbotham Oval when the Panthers host the Bloods.

Because while there may not be an "easy goal" as such, rest assured this duo in particular can certainly give it that illusion!



The effect of James Ezard's successful running shot on goal last week

Images—Peter Argent 0411 178 444



ROUND 3

7.00PM TONIGHT

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V WEST**

6.00PM SATURDAY

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We want to know

YOUR THOUGHTS

On AFL Reserves in the SANFL

***What is the best option
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***How would any changes
affect your SANFL support?***

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Survey Closes Sunday April 28

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They sued Victoria (before suing was trendy) and even threatened invasion. Then in 1914, after more court hearings than Julian Assange, Victoria won the case and got to keep the disputed territory. And the whole town of Serviceton along with it.

Imagine that, one day you're South Australian, the next, you're Victorian. It's just not right. It's outright un-South Australian. Just think of all the people who've missed out on everything that makes our state great.

Denied the majestic shimmer of the Mall's Balls. Unable to enjoy the culinary genius of a double cut roll stuffed with two types of meat. Deprived of the relaxed South Australian attitude (let's face it, the only time we get stressed is during Grand Final week). And worst of all, they've never known the simple pleasure of South Australia's number one beer, West End Draught.

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WHAT WE LEARNT

WHAT WE LEARNT FROM ROUND TWO

PHIL ASPINALL

1.) It's not over until the final siren sounds.

In unique settings, playing a 'home' game at Coopers Stadium for the first time ever, the Double Blues tested the nerve of coaching staff and fans alike in their close win against Port, last Friday night.

Leading by as much as 62 points half way through the third term, Seamus Maloney's side were unable to put the final result beyond doubt.

From the 14 minute mark in the Premiership quarter, the Magpies slammed home a whopping 13 goals to 4 and, thanks largely in part to 7 goals from Graham Johncock, could have pinched the win if there were a few minutes left.

2.) Legs could go undefeated in 2013.

It's only the end of Round 2, but the Norwood Football Club is sending ominous signs to the rest of the competition in the fight for the 2013 flag.

The Legs have won their first two clashes of the year by a combined total of 138 points and are yet to field their best side. Skipper Kieran McGuinness had a faultless return to senior footy from his knee reconstruction, and the likes of Bryce Campbell, Matt Fuller, Michael Newton, Simon Phillips and James Aish coming back into the side will only increase the chances of an undefeated

season from the reigning premiers.

3.) Laird's Biggest Coaching Challenge.

After an unbelievable reign as senior coach in the past decade, including netting 7 League flags from 9 Grand Finals, Central boss Roy Laird has probably the biggest challenge of his tenure in charge at Elizabeth.

After losing a host of senior players in the off-season, the Bulldogs look to be blooding the next generation of players.

Having always had more experienced playing squads to work with, season 2013 will be a real test of Laird's coaching ability, working with such a young list.

Early signs aren't good, with Central dropping their opening two games of a new season for just the second time since 1990.

PHIL HERDEN

1.) There is no such thing as a sure thing.

I was sure Sturt's move to Norwood for a night game against the Magpies would bring a big crowd, and combined with the two Saturday night games at Elizabeth and the Bay we would see at least another 16,000 attend the round.

Alas the combined final turn up was just over 13,000, the three night games averaging less than 3,600 each. Given such a strong start last week and great

weather conditions a result which leaves a few club administrators scratching their heads this week.

2.) West Adelaide have defied predictions.

Unrated and derided for a defensive presentation last year despite making a Grand Final, the Bloods have been most impressive in their first two encounters.

To have kicked over 100 points in both matches and with their attacking style, they are showing a new level of self belief to back themselves that seemed so often missing last year.

An enthralling ANZAC Day clash at the Parade is already looming later this month.

3.) Michelangelo Rucci and I do agree on something.

His "Rucci's Rip", last Friday in *The Advertiser*, on the AFL reserves issue was spot on.

After being ignored as an option all through last year it is pleasing to see the SANFL reserves option starting to get some traction. For mine, it is the best of a complex issue for all parties.

And those who think this is an insult to the AFL, need to consider the physical damage playing newly drafted 17 year olds against the hardened bodies of SANFL veterans could do for their long term development.

Will Chris Schmidt get 3 votes in his 50th game?
Images—Peter Argent
0411 178 444

WHAT WE LEARNT



PETER ARGENT

1.) If Chris Schmidt in his 50th game didn't get the three umpires' votes from the clash between the Bloods and Woodville West Torrens, then the men in white were watching a different game.

The West Adelaide midfielder and vice captain had 37 disposals (21 kicks, 16 handballs), along with eight marks, six tackles and 10 clearances to be the dominant player in the clash.

4.) SANFL fans do have a voice.

We are only a few days in, but we have already received hundreds of feedback pieces from THE PULSE survey on the AFL Reserves issue.

The survey is open till just after ANZAC Day, but if you want to make your voice heard make sure you take part soon.

Click this link to have your say right now;
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WHAT WE LEARNT

2.) I've banged on about this plenty of times before, there is a difference between Sturt with their AFL contingent – Graham, Martin, Kerridge, Jaensch, Hombsch, Tambling and Riley – or without it.

The Double Blues are a very competitive unit with them, but I doubt whether the team's depth in the reserves will cover these players.

Seamus Maloney currently has one of the toughest gigs in SANFL coaching circles.

3.) Ziggy Vitkunas may just develop into one of the up and coming stars of the SANFL. He kicked four goals in Round One, and five more in the win over Port Adelaide at The Parade last Friday night.

The Double Blue's gain is the Panther's loss.

Vitkunas comes from Mount Compass and paid his dues last year, playing the majority of the campaign in the reserves.

The exuberant 22-year-old knows how to kick a goal and also knows how to celebrate.

4.) For a club that has done better than most on the recruiting front, the Eagles need to quickly find that key ingredient that makes a group of footballers a cohesive and functioning team.

There were a couple of strong individual performances in the opening two rounds, but not much unity.

More ZIGGY!

Images Peter Argent
0411 178 444

DON COOPER

1.) With the expectation that more light would be shed on where teams were really at following the opening round fixtures, Round 2 may well have just created more questions than answers – although some of those questions are quite rhetorical.

For example, how good has West Adelaide become in five months?

Will South Adelaide be able to regroup after the bye against the might of Andy Collins' Bloods?

How much better can Norwood get with a list of outs which could easily fill another side?

Are we seeing the resurgence of a true full-forward?

Have North Adelaide covered their list changes that well, or are Central District on the bus to struggle town?

Can the Eagles put together a four quarter effort sometime soon?

Is Sturt punching above their weight at present?

Are the boys from the bay side destined to fall by the wayside....again???

How close are the Port Adelaide Magpies to a win....really?

And then there are questions around the competition itself .



WHAT WE LEARNT



Will Coopers Stadium become the future neutral "home ground" for a number of SANFL teams in 2014 and beyond?

How soon can we eradicate the bounce and the "Slip and Slide" rule?

And will the grandstand lights be left on long enough after a match at Gliderol Stadium in the future to allow both the opposition and commentary teams to pack up without the need for a swag of Dolphin torches?

All this.....and more!

2.) - In reference to some of the above queries, let me say this. West Adelaide was as devastating as Norwood was demoralising, and already both these clubs have signalled their intentions for 2013.

The Bloods have wasted no time in showcasing their aggressive style, which ticks all the boxes in regards to strength, structure, desire and delivery.

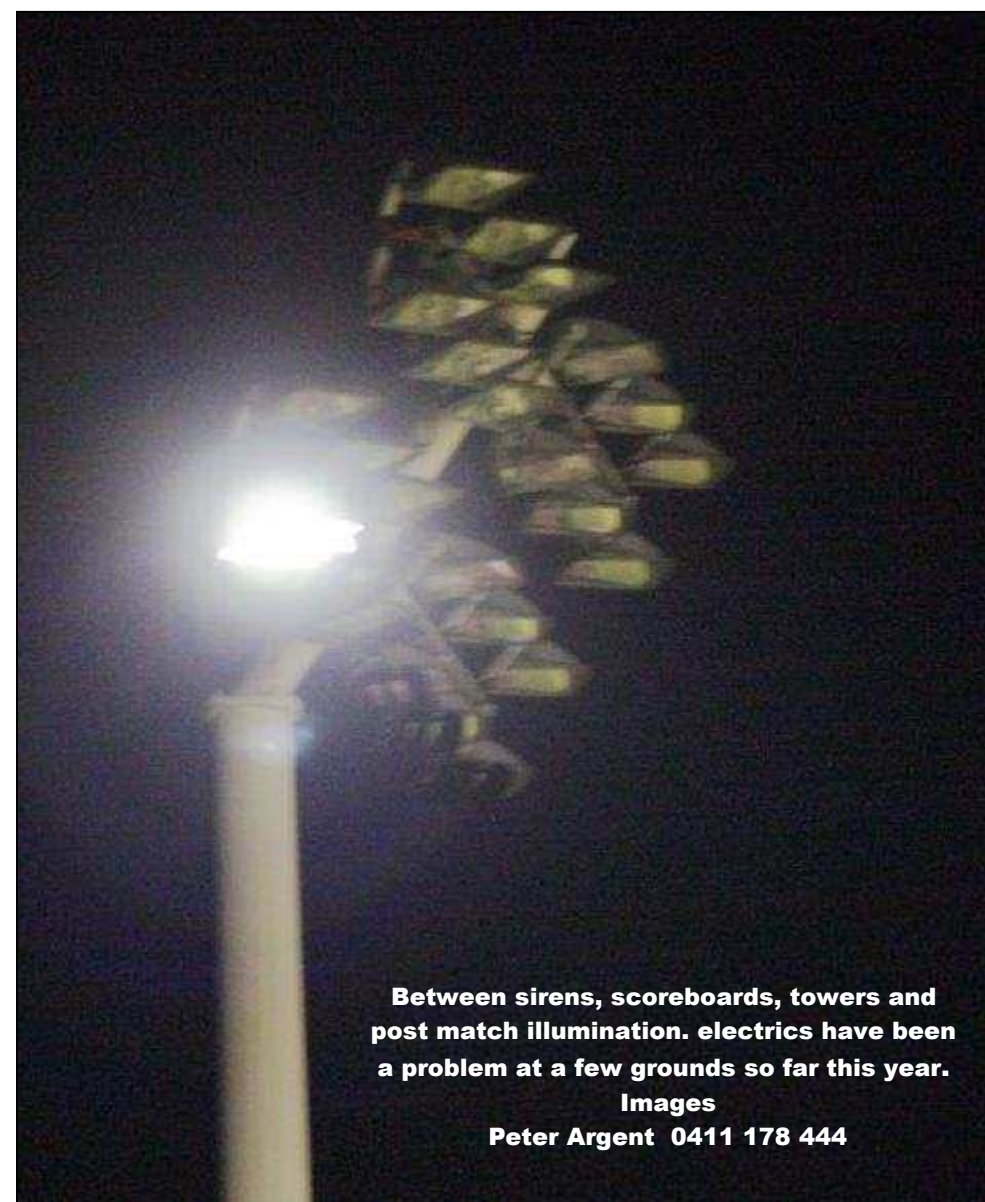
And if the 'Legs stamped themselves on the competition in the opening round, then they brought a white hot branding iron to Brighton Road Saturday night!

Are we already looking at a rematch of the 2012 playoff for the 2013 title? Only time will tell of course, but while each will be "taking it just one week at a

time", rest assured both will be eagerly awaiting the ANZAC Day clash in a fortnight's time! (Thank goodness the SANFL has maintained the GF replay for this occasion!)

3.) - I've said his name once (yes I know, it was only last week)...and I'll say it again (and possibly again and again). Ziggy Vitkunas!!!

What a star in the making - and hasn't he given both the Eagle's



Between sirens, scoreboards, towers and post match illumination. electrics have been a problem at a few grounds so far this year.

Images

Peter Argent 0411 178 444

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and Magpie's defences a real case of the Double Blues in his two outings to date, returning a modest 9.1 thank you very much!

The way he has announced himself onto the SANFL League scene simply oozes class, and while the 22 year old may have been able to sneak under the radar in his first couple of matches this season, he is sure to command plenty of attention from rival camps for the remainder.

He certainly would have been a "write your own ticket" proposition at the start of the year for a certain medal, but could now be lining up as an early favourite.

4.) - If you were lucky enough to be at Gliderol Stadium last Saturday night, I hope you were focussed on the field of play when one of the kicks of the year – and one of the best I have ever seen - was delivered by Norwood's Matt Suckling in the third quarter.

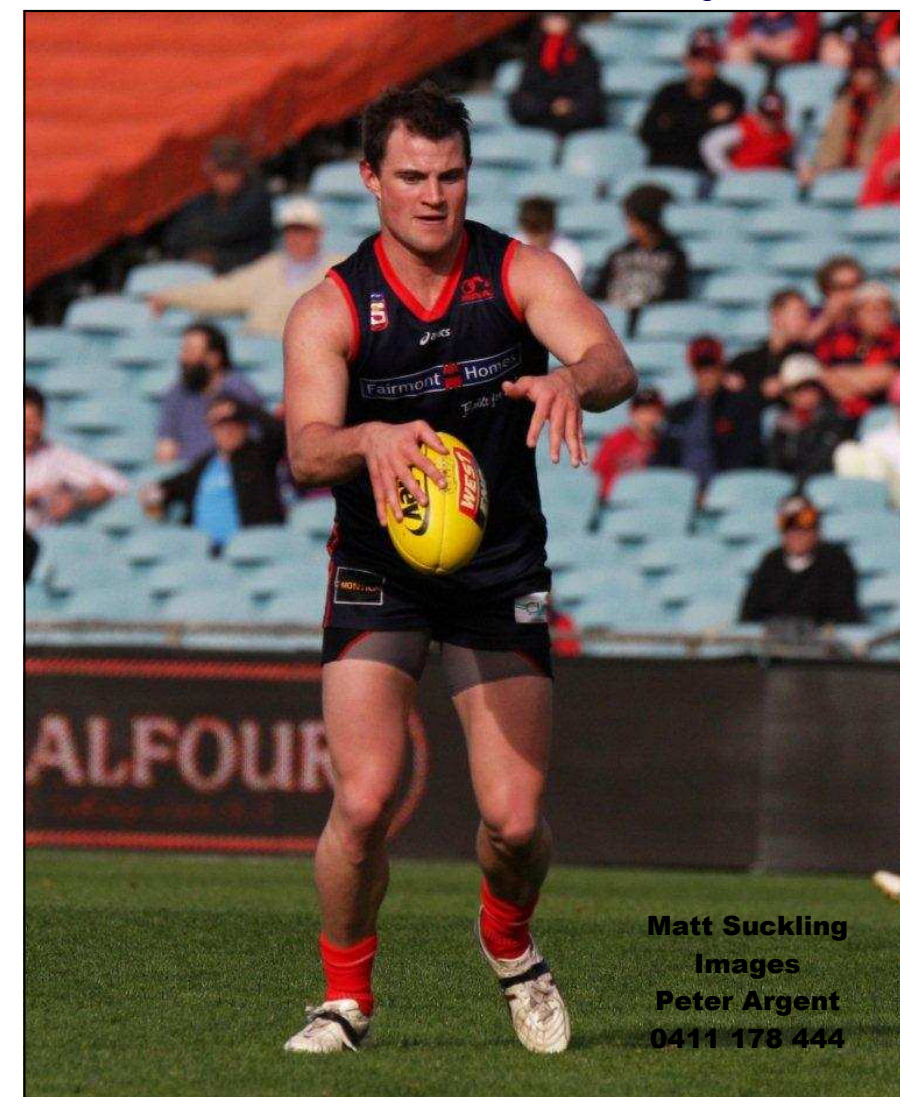
Somewhat corralled on the grandstand wing by Glenelg opponents and stifled of obvious targets, Suckling calmly lifted the eyes and drilled a pinpoint pass through traffic at hyper

speed into the safe hands of Ben Warren – right in front of the "Snouts Louts".

Standing at ground level, the connection of boot to ball was as sweet a sound as you will ever hear and gave just another example of the quality of footballer

we have running around in the SANFL.

Suckling spent most of last season being overshadowed by the likes of Jaryd Cachia and Nathan Batsanis, but with their departure, opportunity has knocked – and he's wasted no time in kicking the door down!



Matt Suckling
Images
Peter Argent
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WHAT WE LEARNT



JOHN NANKIVELL

1.) Strange things happen when I go to Norwood.

In 2011 I saw a light tower's globes blow out in the south eastern pocket, which caused a sizable break in the game and a 40 minute first quarter ensued.

Last year in the same pocket, an unfortunate patron broke his leg when jumping the fence to leave the ground after the half time interval, this resulted in a 50 minute half time break.

On Friday night during the historic Sturt v Port Adelaide match we again had light trouble. Firstly, they weren't turned on until ten minutes before the start of the game before the north west tower shut down at quarter time causing a lengthy break in play before they got it going again.

Yes, strange things happen when I go to the Parade and they usually involve lights.

2.) Norwood and West Adelaide are the early form teams of the competition.

While I don't like to read too much into early season form, I can't help but be impressed with the performances of the 'Legs and the Bloods. Both teams have recorded impressive starts to their respective seasons and at this very early stage look very good indeed.

While most of us predicted Norwood to win this year's premiership, we were a little less certain about how the Bloods would fare. So it is pleasing to see last year's grand finalists up around the top of the ladder again.

3.) Kieran McGuinness has certainly picked up on where he left off.

The Norwood skipper cruelly missed last year's premiership with a knee injury, but showed that there were no ill effects when he returned to the field last Saturday night at the Bay.

McGuinness's dominant defensive display was a key to the Redleg's big win, and he was rightly placed high up in the best players on the ground by most people who saw the game.

With plenty more talented and experienced players still waiting in the wings for Norwood; it is a bit scary when you stop and think just how good this team could get.

MILESTONES



Brett Zorzi (Norwood)

150 Games This Week

(If selected)

The man that lifted the premiership cup with coach Nathan Bassett last year, Brett Zorzi played upwards of 100 VFL games with the Northern Bullants before coming across to The Parade.

He has seen the Norwood Football Club go through lows and high's, always being a reliable and dependable performer for his club since arriving back in 2005.

This is testified by state representation, dual club best and fairest trophies and the versatility which can be seen in him playing at either end of the ground or in the midfield rotations.

Likeable and approachable, now 33, the 183cm, 89 kg evergreen veteran still plays with the same desire and commitment SA football fans first saw when he arrived in town in the middle of the last decade.

- Peter Argent



Making an impact on Grand Final Day
Images—Peter Argent 0411 178 444

