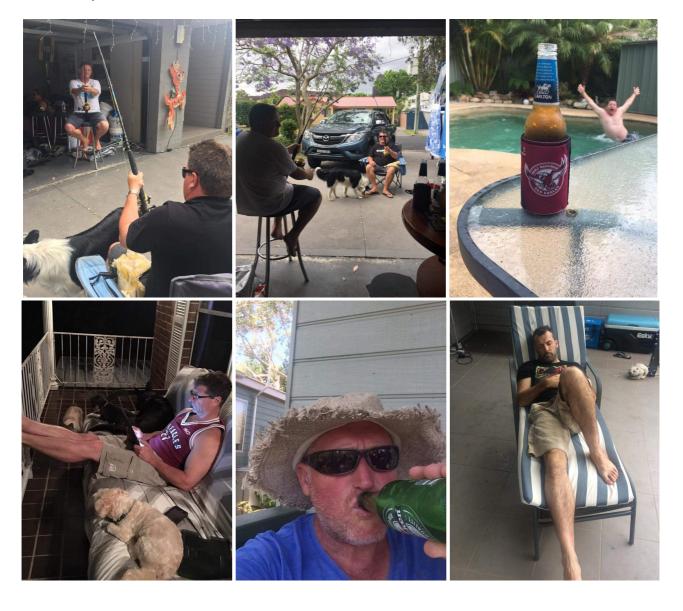
8th April 2017

Words: Andrew Kennedy-Schultz | Photos: Ngari Kennedy-Schultz

PRE-SEASON REPORT

OFF-SEASON TRAINING

If you thought after narrowly missing the top four last year that the Wyoming's 35CN squad would be spending the past few months working on fitness and vigorous training drills to write the wrongs of 2016 ... well you'd be wrong. So slack were the majority of the boys over the off-season that they couldn't even co-ordinate an end of season trip away. What a disgrace !! Most just sat around in swimming pools or fishing boats - at times not even leaving the driveway (Flanno) - drinking and whining about the heat via facebook posts.









To be fair, some made an effort to at least get out of the house: Stew and Mark crossed the seas for home visits. Stew to New Zealand, Mark to Hobbiton; Aaron and family ventured on a lengthy road trip to Queensland; Chris took the O'Connor clan on trips away seemingly every weekend; and Andy spent big taking his missus up to Budgewoi for lunch.

Not all were bad on the fitness front. Gregg continues to keep one foot away from retirement villages by staying fit with soccer 5 games whilst Luca found a new love: thai boxing. When he wasn't tearing calf muscles or bruising bones, the Italian stallion was busy losing an incredible 15 kgs \parallel - and no this wasn't by means on any leg amputations nor the weight of the beard he chopped; Andy was spotted jumping fences at the Football school to practice his over-the-crossbar shots at goal; Stevie G got the arms moving at least by fixing the door to remove the hole his head made; Brad let his fingers do the walking by finally typing his way into creating a facebook account despite the horror stories of Chris's account being hacked and Meady bemoaning the many posts he was tagged in that politically incorrectly teased his OCD affliction. To say Dave spent the summer practicising sliding kicks into the goal mouth would just be a lie; Fordo spent some time researching how to fish - we are hoping his next read focuses on how to kick a ball; and Jason focused more on the mind than the body, attending several community college classes on how to administer referee love ... oh fine, that's a lie too.









On the injury front, Meady whined about his hamstrings throughout the off-season. No sympathy for him. The team's manager was a no show at the Club Presentation opting to take part in a Zombie run instead. He was done for when he encountered a hill thinking it was a save haven ... zombies can climb hills, idiot!! Poor Aaron finally got over his rib injury only to get hit with a six-week long bout of man-flu. How he was not honoured at the Australia Day services for surviving such an ordeal is beyond me; and whilst not physically injured, Andy succumbed to a bout of mind manipulation. He has since vowed to never accept invitations to committee xmas parties ever again after being lured by club officials to sign his life away in blood and become the club's new web administer.

THE RECRUITMENT DRIVE

As the new year kicked in and registrations opened, it soon became evident not all would be returning. Tony Crecca, Ross Heydon and Frank Van Gestel all announced they'd be hanging up the boots due to family commitments. Scott Howison meanwhile would return to the Rams for perhaps his final year as a player before he hits 40! Meady knew that with these losses there wasn't much talent left in the remaining squad of 14 so his first mission was to write a polite letter to the CCF board requesting a relegation to the DN competition declaring we were now pretty much a team of duds. His request was granted. Now, the easy part, recruitment !! Well so it seemed. Some former teammates were the first port of call. Paul Ashton! Surely he'd seen the error of his ways in sneaking off to the A's last season and would return. Like a seasoned sports star at a press conference being interviewed about his future, Paul wasn't giving anything away on where his loyalties lied but it didn't matter anyway - he'd dislocated his knee last season and with the healing process delayed, he's opted to sit this year out. Singo had made some claims last season he'd be keen on returning but when push came to shove the big fella has opted to stay seated and laugh at us clowns from the sideline again this year. Chris almost lured Elton out of retirement but as crunch time approached to sign up, the team's former prized boxer and lucky charm, felt the pull of the hook from the missus and reneged. New recruits were saught out. There were interested parties but again when it came to officially signing up they vanished in one way or another, possibly blocking Meady's number in the process. So, at this point in the time we remain with only 14.







LUCA tries to steal some Mariners players / AARON attempts to lure former stars / NIGE gets dirty on the lookout





LUCA and MARCO search LONDON for possible recruits.

THE TRIAL GAME

The boys did manage to align for one outing, a trial game against the Wyoming 35DS squad on a 30 degree day in early March. Only eleven players were available. The absentees were: Mark Wallace, Dave Stanbury and Aaron Quill. The latter was too busy out on a boat fishing. With those slackers out and therefore no options on the bench, Luca kindly brought along his cousin Leonardo. As it turned out, he was the fittest player on the field and would be a perfect addition to our regular team ... if only he wasn't 29 years old! It took only a couple of minutes from kick off for the DS squad to take the lead courtesy of Kenny Melvin - but surprisingly an equaliser wasn't too far away. Leonardo had made a nice run across the goal mouth. He managed to get a pass across just before he was fouled. The referee allowed play to continue as Andy was at the receiving end of the pass. He swiftly slotted it into the top corner to the surprise of all. It was no surprise in the second half though when his shot angled high above the crossbar. "Welcome back!" quipped goalie Meady who'd swapped the gloves with Stevie G for the second half. Andy would have his revenge for such a comment when soon after he angled a shot at goal with the utmost precision from the left edge that taunted the DS's goalie Wegie by curling just inside the left goal post ... okay fine, it was sheer luck!! The lead the DN held however didn't last for long. It could've been 3-1 after a nice cut in pass from Brad towards Stewie resulted in a swing and a miss by the Kiwi. Then, a quick counter attack saw Scott James picking up their equalizer at the other end. Beyond this, Meady found himself doing a lot of squats and stretches. Not because he was injured or working on his fitness. It was from learning into the goal net to retrieve the ball. In the final 10-15 minutes, the DN squad putt four more away including two more for Scott and belter from Damon Ainsley. If it weren't for the referee pulling up nearly every line break through as offside and missing a sure penalty when Meady took down Ken in the first half, the score line could've been much worse for the DN boys. Nevertheless a good hit out. Luca was particularly happy to get a run as he was bound to Europe a couple of weeks later. The off-season fitness paid off as he was in fine form today as was Stevie G at the back.





KEN MELVIN puts the DS in front.



LEONARDO plants the seed for ANDY's first goal



ANDY's flukish second goal !!



SCOTT JAMES kicks open the flood gates



DAMON AINSLEY learns to hit below the crossbar.























































ROUND ONE CRISIS!

With Luca gone for the month, Brad and Jason having to serve one-game suspensions from the final game of last season, coaching commitments and injuries, Meady was faced with the grim reality that the team list for Game 1 was looking very slim ... 6 players!! The potential recruits had either bailed or hadn't responded. Would we have to forfeit?? Contact was made to the DS and ES squads and Ben Wilko from the latter managed to rally up 5-6 players to help out. They were scheduled to play at the same venue, the same after ours. Nevertheless, Meady performed a naked rain dance on Wednesday evening as a contingency. As Thursday arrived, the heavens opened up and drenched the entire coast. He'll probably get a bill from SES services in the coming weeks. Whilst the sun returned on Friday, it's rays weren't bright enough for Alan Davidson to recover. That afternoon, the fixture was announced as postponed. We dodged a bullet. Added bonus, it means Luca will only miss two games now. It doesn't help the cause for Brad and Burkey though.





THE LUCA & ZIGGY PITCH REPORT



We have all been there at least once!!! When you are half way through mowing the lawns and you run out of petrol! Have a great start of the season everyone!





WEEK 1 (ROUND 1)								
	HOME		AWAY		GROUND	DATE	TIME	
0	TUGGERAH	VS	KILLARNEY	4	Eastern Rd Oval 1 (Bateau Bay)	April 1	12:15	
2	TERRIGAL	VS	TOUKLEY 3		Harry Moore Oval 1 (Toukley)	April 1	12:15	
1	BERKELEY	VS	KANWAL	1	Chittaway Oval (Berkeley Vale)	April 1	13:30	

CENTRAL COAST FOOTBALL	CENTRAL COAST - 35DN 2017								
WEEK ONE									
		Р	W	D	L	F	А	PTS	Differentials
1st	SILLARIUS 18772	1	1	0	0	4	0	3	4
2nd	8	1	1	0	0	3	2	3	1
3rd	Willes Com	1	0	1	0	1	1	1	0
4th		1	0	1	0	1	1	1	0
5th	(8)	0	0	0	0	0	0	0	0
6th	Outro 1007 Ball C	0	0	0	0	0	0	0	0
7th		1	0	0	1	2	3	0	-1
8th	3 39	1	0	0	1	0	4	0	-4

WEEK 2 (ROUND 2)								
	HOME		AWAY	GROUND	DATE	TIME		
	WYONG	VS	TUGGERAH	Eastern Rd Oval 1 (Bateau Bay)	April 8	13:00		
	KILLARNEY	VS	TERRIGAL	Edsacc North Field 2 (Bateau Bay)	April 8	13:30		
	KANWAL	VS	WYOMING	Kanwal Oval 1 (Kanwal)	April 8	13:30		
	TOUKLEY	VS	BERKELEY	Harry Moore Oval 1 (Toukley)	April 8	13:30		

Cya Saturday!!