



Zebmail



28 July 2011

Round 18

Sandringham v Werribee @ Sandringham

Sunday July 31

Reserves – 11am, Seniors – 2pm

The game is to be broadcast live online. Join Peter Marcato, Nigel Carmody, Mark Erwin and Mark Stone from 1.30pm. You can tune in at www.vfl.com.au (Aussie Digital – SEN2) or via Brett Phillips Media at www.bpmmedia.com.au

Last time - Round 9, 2011 @ Werribee

Sandringham - 24.11.155
Werribee - 17.10.112

Zeb's History V Werribee

Played: 47

Won: 25 – Lost: 22 – Draw: 0

Presidents Lunch before home games

Sandringham Football Club holds a Presidents Luncheon before every home game at Trevor Barker Beach Oval. \$30 includes a 2 course meal with drinks at bar prices. We also welcome you to stay inside the renovated social club and watch the game in warm comfort.

Upcoming home games

Sunday July 31 vs. Werribee

Sunday August 14 vs Box Hill Hawks

We extend an invitation to all members and visitors to attend - Bookings are essential, contact the club on 9598 8629 or sandyfc@bigpond.net.au

Round 17 Wrap Up

2011 VFL Seniors

Port Melbourne 5.5 7.6 9.10 13.16 (94)
Sandringham 1.1 4.4 8.8 10.10 (70)

GOALS: Boland 5, Michaliades 2, Curren, Lourey, Archer

BEST: McQualter, Boland, Blake, Marigliani, Baker, Gardiner

2011 VFL Reserves

Port Melbourne 4.1 5.1 5.4 9.6 (60)
Sandringham 2.1 3.4 5.6 7.7 (49)

GOALS: Dore 4, McMahon 2, McBain

BEST: Dore, Cathcart, Meehan, Plostins, Andrews, Andreoli

Brett Lovett says



"The effort and the work rate came back, we'd been working on our ball movement."

"In the previous two games we'd probably been a bit too predictable, going down the line a bit much, so we just tried to create a bit of run and get some numbers around the ball and switch the ball a bit more."

Benbow Bounces Back

By Troy Snow



If you ever want a story to demonstrate commitment, dedication, determination and courage Nick Benbow is your man.

Benbow, 26, has had his football career cut drastically short through a serious of terrifying hamstring and back related injuries but come this weekend he will officially make a long awaited return to football when he runs out for Sandringham reserves.

"It has been a long couple of years that is for sure," Benbow said.

"I first did my knee at Frankston when I was 21 and then it has been the back and hamstring injuries that have kept me grounded."

When you look at the numbers it reads 10 injury hampered games over the last three years, three football clubs, numerous football specialists, four to five injections.

It seems like a lot of work and effort for ultimately no result and there would be no one who would hold a grudge if he threw in the towel.

"I love football and love being around football clubs," He said.

"When I first got injured I thought my best football was ahead of me, and I still think that."

He is the first to admit that he thought his promising career could have been over but is determined to make the most of this opportunity. "There were a lot of times when I thought what am I doing and it was time to pull the pin," he said.

But he credits his move to the Sandringham Football Club as to one of the reasons why he is so excited about this weekend.

"I was at Frankston and I was not happy with everything that was going on there at the time," Benbow said.

"I originally got in contact with Andy Lovell and he got me in contact with the St Kilda physio and was really good."

"I can't fault the Sandringham Football club they have been amazing since I walked in the door and I am privileged to be a part of such a great club."

Benbow recalls the days when he played against the Zebras as a Frankston player and admits Sandringham was the club everyone wanted to be at.

"Everyone used to be in ore of Sandringham, they use to be the club you wanted to be at," He said.

"They really do look after everyone here."

Benbow has been a regular senior player at VFL level in the past but will make his comeback through the reserves this weekend but if you ask him it is as good as playing in the AFL.

"I don't really care where I play or who I play with I am just very excited to get back out on the park and have a kick," he said.

"If someone told me that I would play footy for the rest of the season it wouldn't matter if it was VFL 2's or back in the country, all I want to do is play footy."

Although you can tell Benbow's excitement heading into his comeback match he is keeping a bit of a lid on everything at the minute as he has been here on numerous occasions only to breakdown once again.

"I am just taking it as it comes this time, I suppose you could say I am keeping a bit of a lid on it," he said.

"I am more confident this time around though and hopefully I am on top of it."

At the tender age of 26, Benbow is still in his prime and although he is taking small steps to begin with he has no intention of hanging up the boots just yet.

"As I said I wouldn't have done this if I didn't think my best footy was in front of me," Benbow said.

"I am only 26 so there are definitely a few years left but all I want to do is take one step at a time and gradually work my way back."

His goal starts with playing out this season regardless of whether it is in reserves or seniors, when he ticks that box off he will move to the next goal as that is the type of person he is.

But with his determination, courage and dedication I would be very surprised if he is not running out with the senior side in the not too distant future and wouldn't it be a great story for everyone involved.

Troy Snow is a Journalism Graduate writing stories for SFC on a voluntary basis; Thanks to Troy for giving up his personal time to write this.

Zebras on Social Media



The Zebras have their very own Facebook page and Twitter feed. If you're on Facebook or Twitter or both follow the Zebs for up to date, News, Photos and Event Info!

FB: www.facebook.com/SandyZebras

Twitter: [@sandyzebs](https://twitter.com/sandyzebs)

VFL I-Phone Application

Want your one stop shop for everything VFL? Then the official app of the VFL is all you need. Check fixtures, results, news, match previews, the latest from twitter - Head to the link below, or simply search VFL app.... and the best news is it is FREE

<http://itunes.apple.com/au/app/official-vfl-app/id424513429?mt=8>

Looking for a new suit??



Peter Jackson Melbourne is the VFL's Major sponsor so if you're in a market for a new suit contact the club to arrange up to 30% discount on in store items!!

Coterie Lunch – Fri 19 August @ 12pm

Guest Speaker – Jason Akermanis



Jason "Aker" Akermanis played 325 games, kicked 407 goals, was 4 time All Australian, 2001 Brownlow Medalist and triple AFL Premiership player in 2001, 2002 and 2003. Aker is now a highly sought after keynote speaker. He splits his time between morning radio with MTR, the Herald Sun as an expert columnist and professional speaker/MC.

Aker's experiences will have you understand what it takes to conquer the demons within and some of the monster obstacles that life can throw at you.

This isn't a story about football but of the journey through life and its many twists and turns.

Friday 19 August – 12.00pm

Tickets: \$70pp (including 3 course lunch)

Dress: Smart Casual



Barloworld Motor Bayside – Proud Sponsors of the Sandringham Football Club

This is your chance to check out all the latest from Mercedes this weekend!

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To see the stars of the show, visit Barloworld this weekend.

www.mbbarloworld.com.au

Best in show at Barloworld

Enjoy Barloworld's hospitality this weekend during our best in show opening hours:

Friday 29th July 8:30am – 6:00pm

Saturday 30th July 9:00am – 5:00pm

Sunday 31st July 10:00am – 4:00pm

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SFC Injury List

| Name | Injury | Status |
|----------------------------------|----------|--------|
| Josh Patira | Shoulder | Test |
| Jessie Plostins | R ankle | Test |
| Chris Irving | Abs | Test |
| Nick Porebski | Shoulder | 1 week |
| Dylan Jones | Sternum | 3 |
| Neal Smith | Knee | 3 |
| James Siakavelis | Ribs | 3 - 4 |
| Daniel Sands | Knee | Season |

VEOLIA/LEADER NEWSPAPER Player of the Year

The winner of the Seniors player of the year will receive \$1500 and the winner of the Reserves will receive \$500 courtesy of Leader Newspapers and Veolia Environmental Services who are sponsoring the award for the 5th year running!

Seniors Round 17

3 – A.McQualter
2 – M.Gardiner
1 – M.Boland

Reserves Round 17

3 – B.Dore
2 – R.Cathcart
1 – J.Plostins

Senior Leaderboard

14 – A.McQualter
12 – J.Magner
9 – T.Simpkin
7 – R.Clarke
5 – T.Lynch

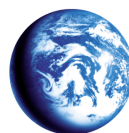
Reserves Leaderboard

10 – R.Cathcart
8 – M.Boland
7 – T.Curren
6 – C.Michaliades, M.Andrews
5 – B.Dore

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