

July 2024

The Demon Dispatch



GM's Desk

The 2024 season is now on the downward run, with 6 home and away games remaining before finals commence. The run home into finals will see the Demons take on Gungahlin (Round 10), Queanbeyan (Round 11), Ainslie (Round 12), Tuggeranong (Round 13), Queanbeyan (Round 14) and Belconnen (Round 15), with round 10 and round 14 being the only two home games for the remainder of the season.

The Demons will be looking to continue building into the 2024 season and position itself across multiple grades to be peaking at the right time of the season come finals.

2024 has already seen one individual bring up a playing milestone with Kathleen Johnson playing her 100th senior game with the Demons and in doing so joins her sister Melissa in the 100-game club and becomes the 12th female player to reach the milestone of 100 senior games, congratulations Kathleen on achieving the feat of playing 100 senior games.

This week will see another individual in Jono (Oily) Painting bring up the milestone of 200 club games. If there was ever an individual that epitomises what a true club person is, then you need to look no further than Oily. Oily first played with the Demons in 2010 and has played across several grades throughout his playing history and has endured several setbacks with injury, but even through his playing adversity you can always guarantee that Oily will put his hand up to assist in whatever manner he could for the betterment of the club. On behalf of those that have had not only the pleasure of playing with Oily, but also getting to know him as a person, congratulations on the milestone of 200 club games.

Also celebrating a milestone is AFL Canberra, 2024 represents the centenary of Canberra football and as part of the festivities AFL Canberra has incorporated a centenary round which is scheduled for round 11 (12th July) at Manuka Oval, which will also coincide with Manuka Oval's centenary. The Demons will take on Queanbeyan on Friday night with the First Grade Women playing at 6:00pm and the First Grade Men playing at 7:45pm. The centenary round will see all other Demons grades having a bye that weekend.

We are only two weeks away from the EFC Business Luncheon and three weeks away from the Eastlake and Manuka Hall of Fame function. The seven individuals that will be inducted into the Eastlake and Manuka Hall of Fame are Alan Ware (Manuka), Neil Conlan (Manuka), David Grubb (Eastlake), Ken Grigg (Manuka), Stephen Wilson (Southern District and Eastlake), Graham Glenn (Manuka and Eastlake), and Rebecca Hall (Eastlake), refer to the events page for further details.

I look forward to seeing you all at the footy and Go Demons!!!



Seniors Roundup

Mens -

To The EFC Faithful,

Whilst it's been less than a month since the last round up it certainly feels like a lot of water has gone under the bridge and the old saying, 'it's never as good as it looks and it's never as bad as it seems' certainly comes to mind.

We were 5-1 and playing some terrific footy a month ago and all of a sudden, we were 5-3 and doing a major amount of soul searching after back-to-back losses against Ainslie and Belconnen. Both losses were tight losses on the scoreboard, having lost a second time against Ainslie by the margin of 4 points and then going down to Belconnen by 16 points after getting within 4 points on two occasions in the last quarter. The small margin being noted, no one is trying to pull the wool over anyone's eyes and the whole group were in agreement that we were well below our best during these two games.\

To Ainslie's credit, on two occasions they have now drawn-out poor performances from us and at no stage has it felt like we have played our Eastlake brand of footy for any sustained period in both of these losses. We continue to live and to learn and we now must show a degree of urgency to get it right against Ainslie before the numbers start to go in their favour. I am certainly confident we can and will do this however I note, it is not about what we feel but about what we do

the next time we meet the Tri-Colours. After beating Belconnen smartly in our last game against them and having a tremendous team on paper, we were very confident that we could head to The Nest and right the wrongs from the week before. Of course, in preparation, we were incredibly respectful to Belconnen, and they deserve this respect as the reigning premier. This being said, our performance was far from respectful and whilst not wanting to dramatise the situation, I hope we never have to feel the way we did in the sheds post-game again this season – our performance was substandard in so many areas and we own this and use it as fuel to ensure it does not happen again. Before we move on, I will of course give credit to Belconnen who on the day were led superbly by their senior core who gave their young talent energy and belief on the day.

The week post Belco was somewhat of a reset week. Again, not being dramatic but we hope to almost see this game as 'rock bottom' for our season and this provided us with the ability to go back to our



minimum standards and values and build from the group up. Some readers may be surprised that we would call this rock bottom and I will clarify that no one around the club is or was acting as if it was all doom and gloom but rather, we are holding ourselves to such high standards during the 2024 season and beyond that we are comfortable holding ourselves accountable when we fall short.

As part of this reset it was important to find some of our best footy and get our behaviours right against Tuggeranong and I thought we did exactly this. Whilst we acknowledge that Tuggeranong are in a development phase whereas we are pushing for the ultimate success, it was plain to see that we had turned the corner back to the way we want to be going in a performance I'd describe as positive and refreshing.

During these 3 games we have seen two club debutants that represented completely different ends of the scale firstly with former AFL star Josh Bruce making his club debut. It was a pleasure for us to witness Josh's brother and club games record holder Aaron present him with his Guernsey pregame. The second of our debutants was Keanon Patron who has now been an exceptional performer in the Rising Stars for 2 seasons and it was terrific to be able to reward Keanon for his efforts to date.



So we go back to the opening quote: 'it's never as good as it looks and it's never as bad as it seems'. We weren't going as well as we thought and whilst I do not believe we got ahead of ourselves we certainly learnt that we have plenty of work to do. Despite the disappointment of the two losses, there was never any panic and despite some soul searching to try and understand the 'why' of our performances the situation was never as bad as it felt. We have another opportunity to continue to rebuild against the developing Gungahlin and then we have two huge challenges against Queanbeyan and Ainslie waiting for us in two games that I feel will give us a true indication of where we stand and how we are situated as we enter the business end of the season.

As always, I can't wait for what lies ahead and I hope to see continued support from the Red & Black army on the journey!

See you at the footy,

Regards,

Jeremy Rowe

EFC Men's Co Coach.



Womens -

After 9 rounds the senior side sits in 4th spot with a 4 win, 5 loss record. The past couple of matches has seen a focus on contested football and we are starting to see improvement with that strategy as we work through the winter months towards the pointy end of the season. Particularly pleasing has been the form of some of our younger players including Gianna Ghirardello, Ava Mooney, Julia Bassett, the Kearney sisters – Laura and Hannah - and Nikki Aumont who have all come through our junior program and are now established senior footballers.

The past two weeks have also seen growth in our u18s and reserve grade side – the latter tasting victory for the first team this season with a tough win over Tuggeranong on Saturday.

Congratulations to another product of our junior program, Ryeli Fleming, who has been named in the NSW/ACT representative side to take on Tasmania later this month. Ryeli is having another outstanding season playing both in the forward line and the ruck and we wish her well as she makes the trek to the Apple Isle.

This week the group plays Gungahlin at home before a Friday night match v Queanbeyan at Manuka Oval on July 12 which kicks off the Centenary Round celebrations for the league. The final four is a realistic goal for the senior side and these two games are important steps on our journey.

Chris Maher

Head coach



Juniors Roundup

As we enter the crucial final stages of the home and away season, it's been a joy to witness the significant growth in our players' skills and confidence. Gearing up for the final stretch of the season, I am confident that our players will continue to build on their hard work. All our competitive grades look well-positioned to make finals!

Congratulations to our Junior Dees who have made the ACT School Sports rep teams:

- U15s: Indira Peak, Isabelle Geysen, Emily Duyzer, Matilda McCormack, Ben Kopievsky, and Lachlan Westcott.
- U12s: Isla Borowski, Emily McCann, Alexandra Crooke, Aaliyah Aitken, Audrey Carberry, Maddie Reid, Imogen Birrell, Lachlan Brayshaw, and Mitch Swarbrick.

We extend our best wishes to all our players and to our Senior Women's captain, Kate Greenacre who will be coaching the U12 girls in the upcoming championship.

The junior club is also thrilled to announce the launch of our "girls only" Auskick program! Building on the success of last season, our U18s superstars, Aaliah Battisson and Bethan Pitt, will lead this initiative starting July 28.

It's been a joy to see more young girls in the community taking up footy, and we're fortunate to have such dedicated female role models leading the way. For more details about the program, please contact us at juniors@eastlakefc.com.au.



Upcoming Events



EASTLAKE
FOOTBALL CLUB

2024 Business Luncheon

Friday 19 July 2024

RSVP Friday 5 July 2024
Arrive at 12pm for a 12:30pm start
Venue at Eastlake Football Club
3 Oxley Street, Griffith, ACT 2603

\$180pp
Table of 10 people for \$1,700
Includes three course meal and premium drink package

RSVP
shaun.young@eastlakefc.com.au

Guest Speaker
Owen Wright
Surfer

mgj | joyce dickson



EASTLAKE
FOOTBALL CLUB

Saturday 27th July @ 6:30pm

Eastlake and Manuka Hall Of Fame

Eastlake Football Club
Black Tie Event
\$90 Per Ticket

To purchase tickets please click the following link for our Hall Of Fame event;
<https://EFCGroupFunctions.functiontracker.com/registration/v4/102826168584062>

White Ant Corner

Some of us have walked this earth since well before St Kilda's only premiership and we have journeyed along the road of radio, black and white then colour TV, computers, mobile phones, internet etc. And now we have every form of streaming, podcasts and social media at the touch of a button. These recent tech creations have enabled opinion and information immediacy. Such immediacy has many social, scientific and health pluses. Think bushfire/flood warnings and the treatment of diseases that plague our world.

On the downside this immediacy means all of us have access to providing opinions before our brain says 'don't do it'. Some of this can be good and a lot of it is harmful. In our footy world what this immediacy has done is create a world of opinion makers who are increasingly under pressure to be noticed which in turn gives rise to the need to come up with something new and controversial. There is a sea of commentators out there and there is no doubt attention deficit pressure to be provocative. So every week someone will cop it, from Ken Hinkley to John Longmire, Darcy Moore or Fred Twooodlehead at Yackandandah. And of course the mandatory pre, during and post game analysis complete with footy jargon brings on selected hearing loss. My favourite blah blah at the moment is the week by week analysis of the likely premier. The Swans have been the go all year but suddenly they get beaten and now Carlton are the team to beat. If the Yack get up this week they'll be favourites.

Speaking of jargon, Daisy continues to froth at the mouth as he swallows his footy Thesaurus. This week he mentioned the "fat side runner". Not sure if he was having a go at the physical condition of a runner or perhaps the player concerned was trying to, as Richo mentioned 29 times, offer a good "connection".

One of my favourite sounds as a kid was at the local footy when someone plucked a screamer. The whack of the leather into hands was implanted in my brain. At the weekend the thunderous sound of Josh Bruce's vice like hands hitting the leather was exhilarating. I should do a podcast about it.

Finally a mention of Mick Maher who passed away recently. Mick was a passionate supporter of our club and had such a bubbly personality he could lift you out of the doldrums in a minute. A great man and our thoughts are with his family.



Ladders

1ST GRADE MEN

Pos	Team	P	W	L	D	B	%	PTS
1	Queanbeyan Tigers	9	7	2	0	0	225.93	28
2	Ainslie Tricolours	9	7	2	0	0	188.91	28
3	Eastlake Demons	9	6	3	0	0	238.99	24
4	Belconnen Magpies	9	6	3	0	0	183.43	24
5	TVAFNC	9	1	8	0	0	27.27	4
6	Gungahlin Jets	9	0	9	0	0	17.34	0

1ST GRADE WOMEN

Pos	Team	P	W	L	D	B	%	PTS
1	Queanbeyan Tigers	9	9	0	0	0	695.83	36
2	Ainslie Tricolours	9	7	2	0	0	320.13	28
3	Belconnen Magpies	9	6	3	0	0	337.02	24
4	Eastlake Demons	9	4	5	0	0	109.16	16
5	TVAFNC	9	1	8	0	0	46.51	4
6	Gungahlin Jets	9	0	9	0	0	1.01	0

2ND GRADE MEN

Pos	Team	P	W	L	D	B	%	PTS
1	Eastlake Demons	9	8	1	0	0	542.51	32
2	Ainslie Tricolours	9	7	2	0	0	304.15	28
3	Queanbeyan Tigers	9	6	3	0	0	189.32	24
4	Belconnen Magpies	9	5	4	0	0	122.02	20
5	TVAFNC	9	1	8	0	0	20.66	4
6	Gungahlin Jets	9	0	9	0	0	4.99	0

2ND GRADE WOMEN

Pos	Team	P	W	L	D	B	%	PTS
1	Queanbeyan Tigers	7	7	0	0	2	710.81	28
2	Belconnen Magpies	7	4	3	0	2	87.27	16
3	Ainslie Tricolours	7	3	4	0	2	81.01	12
4	TVAFNC	8	3	5	0	1	67.27	12
5	Eastlake Demons	7	1	6	0	2	52.86	4

3RD GRADE MEN

Pos	Team	P	W	L	D	B	%	PTS
1	Cootamundra Blues	8	7	1	0	1	165.69	28
2	Yass Roo's	6	5	1	0	2	184.44	20
3	Goulburn Swans	8	5	3	0	1	133.11	20
4	Murrumbateman Eagles	8	4	4	0	1	149.59	16
5	Eastlake Demons	8	3	5	0	1	114.04	12
6	Southern Cats	6	2	4	0	2	46.15	8
7	Belconnen Magpies	8	0	8	0	1	26.50	0



RISING STAR MEN

Pos	Team	P	W	L	D	B	%	PTS
1	Eastlake Demons	9	8	1	0	0	202.92	32
2	Belconnen Magpies	10	7	3	0	0	253.74	28
3	Marist College	10	7	3	0	0	157.77	28
4	Ainslie Tricolours	10	5	5	0	0	141.85	20
5	Queanbeyan Tigers	10	2	8	0	0	51.19	8
6	Batemans Bay Seahawks	9	0	9	0	0	13.38	0

RISING STAR WOMEN

Pos	Team	P	W	L	D	B	%	PTS
1	Ainslie Tricolours	8	8	0	0	2	409.77	32
2	Queanbeyan Magpies	8	5	3	0	2	173.30	20
3	Belconnen Magpies	8	4	4	0	2	91.60	16
4	TVAFNC	8	3	5	0	2	80.70	12
5	Eastlake Demons	8	0	8	0	2	13.64	0



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EASTLAKE
FOOTBALL CLUB
2024

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