

Hi Everyone,

Thank you to all the parents' who help out around the club each week. Please remember that each home game we require helpers in the Canteen. Your team should have a roster, so make sure you make a note of when you are on.

We appreciate any help to set up at the beginning of the day and pack up at the end. Please make sure that 1 net, flags etc. are placed in the wheelie bins provided for each ground and that equipment is packed away neatly in the storeroom. This ensures that all equipment is ready again for the next game.

Thanks as always to our coaches & team managers who do an excellent job each & every week.

Goal a thon - All team managers should have handed out tally sheets to each player. Start collecting as many sponsors as possible, then during the week of August 3rd to 7th, complete the special training drill your coach has created and kick as many goals as you can. The more goals you kick, the more money you can raise. Perhaps you will become our first "Strikers Superstar." Good Luck!!!

Social Night - **Saturday August 22nd at Ballam Park** – Sure to be a fun filled night.

Feedback Page – email in your feedback to editor@peninsula.org.au. Have your say about our club.

This Issue:

- Match Reports – Team Managers/ Coaches/Interested Parents – please put together a short report from each week's game and email to us: editor@peninsula.org.au by Tuesday 11pm. Great way to feedback results each week to all at the club.
- NEW: Inspirational quotes – this week the great Johnny Warren.
- Coach's corner – This week we are looking at the winger, the striker and the centre forward. We should acknowledge the material from this segment has come from: www.soccer-training-guide.com
- Goal a thon Flyer – Ask your team manager for details and a tally sheet.
- Senior Strikers Update.
- Summaries of last round's results and the upcoming round this weekend.

Overall remember to have fun, play hard but fair and support your fellow team mates.

Have a great round everyone ☺

Yours in Soccer, Grant and Kathy (Editors)

Match Reports – Round 11

12A Girls

Peninsula 2 vs Boroondara Eagles 1

Despite the fact we came into today's game with no substitutes, the girls ran hard all day to come out on top against a strong Boroondara outfit.

Hannah put on a top goalkeeping display with some huge clearances and some great movement on the ball, although injured in the second half, she declared, "My team needs me to stay on!" displaying some great courage and spirit.

Tash, Jazmin & Saskia were as reliable as ever up the back keeping the Eagles' attack at bay, whilst Bianca, Lauren & Nicole kept our midfield structure strong with some good passing and feeding of balls through to the attackers.

A great goal from Georgina, who positioned herself perfectly, took us to the break at 1 nil, and we were determined this would not be our downfall again.

Paige dropped back from the forwards to pick up their loose playmaker in the second half, and with some great marking basically played the girl out of the game.

Some great heading from Jordyn brought tears to most on the sideline.

A great second goal from Jamie took us to 2 nil only to concede a late goal minutes from the end. We knew we needed a 2 goal buffer to beat Boroondara and we got there!

So well done girls, you should be proud when the winning formula works.

Matt Gray

U15B Girls

Round 12 26th July 2009 vs Keilor 12.30 @ Keilor Park

Keilor
0

vs

Peninsula
1

After 4 straight losses and some seriously dented confidence, Peninsula took the field today against Keilor Park, where we had a grandstand seat of the Jets coming in low over the pitch every 2 mins on approach to Tullamarine (you felt like you could touch them they were so low!). In round 3 we suffered a heartbreaking 0-1 loss at home to this side after having the better of the game and failing to convert our chances, with Keilor scoring on a breakaway against the run of play with 1 minute to go.

We took the pitch today with just 12 players, with some players nursing injuries and colds. Keilor fielded a full squad, with subs to burn. As with the match in round 3, this match was a tough, physical encounter with our bench looking more like a battleground than a soccer pitch as player after player came off with an injury to nurse, recovering just in time to go out and replace the next injury.

One Peninsula girl literally went flying when a genuine hip and shoulder was applied in back play. I felt like I was at the AFL!

The first half was a great defensive struggle with neither side coming close to scoring, although Keilor had the better of the play. Peninsula hung on grimly and struggled to clear the ball out of the defensive area on occasions. For all that the Peninsula Girls matched the strength of their much bigger opponents, with our defence holding firm under great pressure. Seda was sensational in goals, stamping her authority on the game with some confident saves and organising the Peninsula defence. Not bad for a relatively new keeper at this level!

In the second half Peninsula started to take control of this gripping encounter, combining strength and fearless attack on the ball with control and skill in passing. The momentum of the match started to turn in Peninsula's favour, and Keilor started to make the mistakes. Sensing Peninsula lifting and starting to threaten the small group of dedicated but very vocal parents started yelling encouragement from the sidelines, giving their all to the Peninsula cause and adding to the great atmosphere. With 5 minutes to go Jayde put a great pass through to Kristen, who unselfishly passed across the goalface for Adele who was in better position to tap a neat left footer past the despairing Keilor keeper's dive for the only goal of the game. Keilor then rebounded with desperate attacking. Britt defended brilliantly but conceded a penalty when the attacker tripped over her feet in the box. Seda controlled the goal space while the Keilor opponent's shot sailed narrowly over the cross-bar. Peninsula then hung on for a dramatic win.

Congratulations to the Peninsula side for a great character building win. You stood tall today after a bad run of games and showed you can match it with any side in the competition. Let's build it from here!

Well done to Seda for coming-of-age as a goalkeeper, to Jayde and Leyya for some great defence, to the midfield of Jamee, Beth, and Courtney for carrying the ball forward all day, and to Kristen and Adele up forward for some great finishing skills. But special congratulations go to Aly for some fearless and brilliant sweeping (she must have hit the dirt 20 times!), for Taylor and Britt who tackled and dispossessed anything that moved, and for Shannyn who was the best player on the ground with her fearless and brilliant tackling and counterattacking skills.

**Our season is back on track and the team song was sung with real gusto today!
Go Strikers!**

U16 Girls
Peninsula 1 vs Watsonia Heights 1

I am so excited about our gorgeous girls. Every week they have shown a wonderful team spirit and unity and their coach George Soler is very proud. The last three games have been exciting to watch, the girls have defended and attacked the opposition with confidence and vitality.

Keep up the good work girls. WE ARE ALWAYS WINNERS!!!!!!!!!!!!!!!

Team Manager
Lena Keri ☺

UNDER 11 KANGAROO REDS

ENDEAVOUR UTD V PENINSULA REDS SUFFER PREVIOUS GAME HANGOVER AT ENDEAVOUR

Football can be a cruel game, one week you're singing your teams praises, the next you're scratching your head from the low of a Nil all draw, against the bottom side. Players in any team need to realise, you & your team are only as good as your previous game, as the Kangaroo Reds quickly found out last weekend, at Endeavour.

Following a fantastic 4 – 1 win against Langwarrin the previous week where our team performance was faultless, this week's match report is full of lessons for not only our team, other teams can learn & take note from our own mistakes & misfortunes.

Endeavour 0 – Peninsula 0, a draw, one point, but why the negatives. Each week coaches spend hours with their individual teams or behind the scene's, though when it comes to game day, we wonder which player is going to turn up to play on the day?

Yes, these are junior players, learning their chosen game, but who is going to turn up on game day? The player, who works hard, chases, thinks, makes space, supports his team mates in attack & defence who play's a team game. Or will it be the player who didn't shower, who's still half asleep for the 9am kick off & just goes through the motions, their hearts not really in it, or, due to a late night, not eating correctly the day before, or on game day. Maybe they haven't consumed enough water, the day before, including game day and this can also add to players being drowsy. This might be the case, though we as coaches can only do so much in preparing players for there weekend game, the rest is up to the player & their parents.

I know our team learnt a valuable lesson on Sunday, after being confronted with some / all of these issues as noted above.

We didn't work hard enough, individually, we lost our structure in midfield, including players not playing in their correct positions, wandering too far forward, and not getting back in defence & so on. We played a team bottom of the table, until last Sunday they hadn't gained a point all season & had only scored one goal. Each of these, the point & the goal, were gained courteously from Peninsula. Sunday Endeavour only had 10 men & no reserves, which made it even more disappointing for you, as a team.

Then there is the Referee, you just cannot beat a referee who makes poor decisions disallowing a goal when the opposition has both a defender & keeper on the goal line & he calls it offside. Or a pass from your defensive half which finds an attacker in your attacking half, which is also called offside. At the end of the day / game, that's sport. But when you have opportunities that you just don't put away, this is the end result & what occurs, nil – Nil, sometimes even a loss.

Hopefully we will bounce back with a win next week, however that's up to you, team.

A Lesson for all players & teams in our Club!!!

The U14B team had the majority of the possession during this match against bottom placed Hampton and recorded their eighth clear win of the season in 11 matches.

Final Result: **PSJFC U14B 3** Hampton 0
Goal Scorers: Joel Wilson, Matthew Davis, Daniel Methakul
Strong performers: Nathan Shaw, Matthew Davis, Joel Wilson

Playing bottom placed teams can be difficult; there is the inevitable expectation to win convincingly, the need to ensure that all points are gained and the stress we place on ourselves to play well. In the first half the team found it difficult to play to their normal standard and the game was, at times, a little scrappy. Despite this, the 14B's had 70% of the possession and numerous half chances in front of goal that were not converted.

Joel Wilson had put Peninsula into an early lead following a cross from the right by Matthew Davis. Other highlights of the half included good crosses from Nathan Shaw and Oscar Dellit moving forward to head the ball at goal from corner kicks.

The second half was a different game with Peninsula playing with the breeze and again dominating the game with most of the possession. Ball control was much improved and touch passing was sharper from all on the field. Matthew Davis released several strong shots at the Hampton goal. The numerous quick reaction saves of the keeper stopped an avalanche of Peninsula goals. The final two goals came from excellent midfield passing moves between Daniel, Matthew, Joel and Duncan. Matthew Davis, scoring with a shot and Daniel Methakul taking the scoreline to **3:0** with a close range goal.

Nathan Shaw again stepped forward to take players on and shoot at goal in the second half. Meanwhile our defence were well organised and Captain Luke Cliffe made a number of excellent well-timed tackles to disarm the Hampton attackers.

Having played two thirds of the season, the 14B's are to be congratulated on their record. With 8 wins from 11 starts they are within striking distance of the top of the table. This is despite losing a number of key players mid season and struggling to field 11 on the ground for matches against the strongest opposition.

The team must look to winning their final five games, a tall order but very achievable. Whatever the outcome, they must play their hardest and always walk off the field with their heads up knowing they have given everything.

Enjoy the game!

INSPIRATIONAL QUOTES

Johnny Warren (1943 - 2004)

Former Australian soccer captain Johnny Warren was the face of soccer in Australia for three decades. Warren played in Australia's only appearance in the World Cup finals in 1974.

He represented Australia on 42 occasions between 1965 and 1974, and was captain for eight years. Upon his retirement in 1974, he became a coach, administrator and eventually commentator with SBS, and was an ambassador for the game at all levels, including being an integral part of the establishment of the A-League, having contributed to Soccer Australia's official inquiry into the state of the game in this country.

The Johnny Warren medal is awarded to the best player in the A-League.

Below are some "Pearls of Wisdom" from the great man.

ALWAYS KEEP YOUR HEAD UP, READY FOR ACTION.

JOHNNY SAYS: "Everything in soccer comes back to practice. Get to know the ball - how it feels, what happens when you touch it. If you practise your ball skills to the point where you can control the ball by feel, without even looking, then you can keep your head up to watch the play around you and you'll have so much more time to choose the BEST moment and the BEST play."

DONT TRY TO BE A STAR

JOHNNY SAYS: "There's no point having a whole team of David Beckhams, if you can't pull together as a team.....if the opposing team's defence is good, they will keep your star player out of the game. Remember: a champion team will **always** defeat a team of champions."

IT'S SKILL, NOT SIZE THAT COUNTS

JOHNNY SAYS: You don't have to be a giant to succeed at soccer: some of the greatest soccer players in the world have been small & lean. Speed, strength and stamina are all important, but it's skill that really counts.

HAVE A SHOT

JOHNNY SAYS: On wet or windy days, don't be put off. Always take a shot at goal if you have the opportunity, as it might be worth the risk – the goalkeeper might drop the ball, or the wind might carry the ball past his or her hands.....and in!

Taken from the novel: Jasper Zammit Soccer Legend #2 - The Striker.

Written by : Deborah Abela & Johnny Warren.

COACHES CORNER

The Winger

In order to succeed as a winger you need to be fast, have great dribbling skills and ability to score goals. If you can run 40-50 yards up and down the field about 10-15 times per game without even receiving a pass from your team mates then this soccer position might be the right one for you.

As a winger you'll be forced to perform well both in defence and offence which requires a lot of energy. Your main duties will consist of serving your forwards and strikers with quality crosses, score goals and of course participate in your team's defence when your opponents are in the possession of the ball.



Strength is not crucial for this position as it is for the other positions (e.g. fullback or defensive midfielder). However, you need to be fast, both with and without the ball. As I mentioned above, you will often need to perform long runs up and down without even having the ball at your feet.

However, once you receive the ball you need to have enough power to perform a maximum run and sprint away from your opponents. But, you still need to keep the ball under control while maintaining your speed. It may look easy on TV but in reality it is one of the most difficult things to master.

Being fast with the ball is very efficient against any defence and if you do things right you will often leave your opponents languish in their dust and create yourself a free road towards the goal.

But, as with any other soccer position you need to keep in mind to play simple. If you study some of the world's best players (e.g. Cristiano Ronaldo and Messi) you'll notice that these players really like to challenge their opponents with quick and tricky moves. However, they are also able to decide when to pass the ball and let it do the job instead.

So, is this position right for you? Well, the only way you can find out that is to play on it. And do not be afraid of failing because only on that way you will be able to learn from your mistakes and avoid them in the future.

The Striker

Your mission as soccer striker is simply to score on every offensive attack. This is of course impossible, but you should try to score as often you can. To increase your goal scoring you must always think and be faster than your opponents.

Running fast as soccer striker is a big advantage but of course there are successful strikers in today's soccer that do not run with the ball under 12 seconds but they are few.



Comparing to a forward, your job as perfect striker doesn't mean shifting your sides so much. Instead, staying in the middle and near your opponent's 18 yard box is the ultimate position for a striker. Well, you don't need to run from side to side chasing the ball as a forward needs to do, instead, focus and save your power to score on every chance you get in front of your opponents goal.

Playing as a soccer striker doesn't mean that you don't have any defence responsibility. One of your defence tasks is to attract your opponent's defenders when they have the ball, and stress them to make mistakes. As soon as you or your teammates conquer the ball you must be in front of your opponent's goal and try to score.

Forward

Comparing to a striker, your job is not only to score goals every time you have the ball, instead, you need also to help your midfield in defence. If your team prefers to play with 2 forwards, (common in a 4-4-2 formation) both of you need to be in conjunction.

Keeping distance between each other is important because you have opportunity to work the ball more effectively while you pull opponents defence apart. It may sound easy but to perform this task well you need to have good stamina and be a fast runner. Do not chase the ball every time your opponents have it. Spare your energy and wait for the right moment to score, or use it to help your team mates in defence.

The most important skill when playing forward must be the ball handling. You simply must have a good technique because your opponent's defenders will try to stop you whatever it takes.

Some of the most popular striker ever is Van Basten who was a good runner, had a great stamina, and was almost unstoppable in a heading duel. When talking about forwards it is impossible to mention the great Pele who led his Brazil to three World Cup winnings.

The Centre Forward

Playing as centre forward requires a brave tough and aggressive mentality combined with 100% focus. You also need to be prepared to work hard without even receiving the ball. The thing is that the game without ball is equally important as the game with the ball.

Just because you don't have the ball at your feet doesn't mean that you should jog around while watching your team mates chasing the opponents. Instead, you must always put your opponents under pressure and cut passing alternatives in order to force them to mistakes.



One of the most important skills you need to pose as forward is being able to dribble past your opponents as it will often decide the outcome of a game. In fact, it can be enough with a small body feint and suddenly you'll find yourself in an excellent scoring opportunity. However, just because you are playing as forward doesn't give you the right to dribble every time you receive the ball.

If you study some of the best forwards in soccer today you'll notice one common thing; their ability to play the ball on first touch. This is probably the most efficient way of beating a tight defence and if you do this right you'll be able to celebrate a lot of goals. So, utilize this strategy efficiently and you will immediately have an advantage on the opponents.

Another thing you need to get use to is pressure. You will often be under high pressure with several opponents around you which means that being able to control the ball under these circumstances is a must. You must also be able to score goals for a variety of angles and in a variety of situations while also keeping an eye on the opponents that will do everything they can to clear the ball away.

Keep in mind that nothing in soccer comes for free; you have to earn it on some way. You should therefore always do your best no matter what conditions you are plying in. Only on this way you'll be able to reach your goals and become a feared centre forward.



Dribble-a-thon
&
Goal-a-thon



During training in the first week of August, all players will take part in special drills designed to test their dribbling and goal-scoring skills.

The players have been given sponsorship forms to ask family and friends to sponsor them for this event. We ask that you would encourage your child to take part, enjoy the special event at training and help raise some much needed funds for our club, Peninsula Strikers Junior FC.

R U a Strikers Superstar?

The player raising the most for the club will be recognized as our first "Strikers Superstar"



Our senior boys suffered a disappointing loss to Croydon City away last week. Losing, 4 Nil.

This week they play Berwick City at home in the local Derby so come along and support our "Big Boys."

Round 17 - Saturday August 1st

Strikers V Berwick City at Home - Centenary Park, McClelland Drive.

Kick Off - Reserves 1pm & Seniors 3pm.

Free Entry to Strikers Members.

Editors Note: Apologies to Kangaroos U11 Reds who were mascots for the Seniors last home game. Photos of the U11's with the Seniors were not included last newsletter. Sorry Guys - K ☺.

Check out the photos below.



Results Round 12

SSF South 10 Joeyes Green (Sat)	12	25 Jul 09 9:00AM	Casey Comets	-	Peninsula 3	Comets Stadium
SSF South 10 Joeyes Green (Sat)	12	25 Jul 09 9:00AM	Peninsula 2	-	Berwick City 2	Ballam Park
SSF South 10 Kangaroo Green (Sat)	12	25 Jul 09 9:00AM	Peninsula 1	-	Doveton	Ballam Park
SSF South 10 Kangaroo Red (Sat)	12	25 Jul 09 9:00AM	Baxter	-	Peninsula 1	Baxter Park
SSF South 10 Joeyes Green (Sat)	12	25 Jul 09 10:00AM	Hampton Park Utd	-	Peninsula 1	KM Reedy Reserve
SSF South 10 Joeyes Red (Sat)	12	25 Jul 09 10:00AM	Mornington 2	-	Peninsula	Dallas Brooks Park
SSF South 10 Kangaroo Red (Sat)	12	25 Jul 09 10:10AM	Casey Comets	-	Peninsula 2	Comets Stadium
SSF South 10 Kangaroo Green (Sat)	12	25 Jul 09 11:00AM	Berwick City 2	-	Peninsula 2	Jack Thomas Reserve
Boys South 11 Kangaroos Green	12	26 Jul 09 9:00AM	Brighton	0 - 1	Peninsula	Dendy Park
Boys South 11 Kangaroos	12	26 Jul 09 9:00AM	Endeavour Utd	0 - 0	Peninsula	Reema

Red							Reserve
Boys South 11 Joey's Orange	12	26 Jul 09 9:00AM	Beaumaris	5 - 3	Peninsula		Beaumaris Reserve
Boys South 11 Joey's Green	12	26 Jul 09 9:00AM	Peninsula	0 - 9	Dandenong City		Ballam Park
Boys South 12 B	12	26 Jul 09 10:10AM	Peninsula	0 - 8	Dandenong City		Ballam Park
Boys South 12 D	12	26 Jul 09 10:10AM	Baxter	4 - 0	Peninsula		Baxter Park
Girls Metro 11 Purple	12	26 Jul 09 10:10AM	Peninsula	1 - 0	Ringwood City		Ballam Park
Girls Metro 12 A	12	26 Jul 09 10:45AM	Boroondara Eagles	1 - 2	Peninsula		Macleay Park
Boys South 13 A	12	26 Jul 09 11:20AM	Doveton	10 - 0	Peninsula		Waratah Reserve
Boys South 13 D	12	26 Jul 09 11:20AM	Peninsula	0 - 1	Carrum Utd		Ballam Park
Boys South 14 B	12	26 Jul 09 12:30PM	Peninsula	3 - 0	Hampton		Ballam Park
Boys South 14 C	12	26 Jul 09 12:30PM	Beaumaris	5 - 2	Peninsula		Balcombe Park Reserve
Girls Metro 15 B	12	26 Jul 09 12:30PM	Keilor Park	0 - 1	Peninsula		Keilor Park Reserve
Girls Metro 14 C	12	26 Jul 09 12:30PM	Peninsula	1 - 2	Brighton		Ballam Park
Boys S/E 15 Super League	12	26 Jul 09 1:45PM	South Melbourne	0 - 0	Peninsula		Princes Park - Caulfield
Boys South 15 C	12	26 Jul 09 1:45PM	Peninsula 1	1 - 1	Keysborough		Ballam Park
Boys South 15 C	12	26 Jul 09 1:45PM	Sandringham City	0 - 1	Peninsula 2		Sandringham Secondary College
Boys South 16 A	12	26 Jul 09 3:15PM	Peninsula	0 - 2	Dandenong Thunder		Ballam Park
Girls Metro 16 B	12	26 Jul 09 3:15PM	Peninsula	1 - 1	Watsonia Heights		Ballam Park

This Week's Games - Round 13

FFV:SSF South 10 Joey's Green (Sat)	13	1 Aug 09 9:00AM	Peninsula v Hampton Park Utd	Ballam Park
FFV:SSF South 10 Joey's Green (Sat)	13	1 Aug 09 9:00AM	Peninsula v Peninsula	Ballam Park
FFV:SSF South 10 Joey's Red (Sat)	13	1 Aug 09 9:00AM	Peninsula v Berwick City	Ballam Park
FFV:SSF South 10 Kangaroo Green (Sat)	13	1 Aug 09 9:00AM	Peninsula v Peninsula	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	13	1 Aug 09 9:00AM	Peninsula v Baxter	Ballam Park
FFV:SSF South 10 Kangaroo Red (Sat)	13	1 Aug 09 11:00AM	Berwick City v Peninsula	Jack Thomas Reserve
FFV:Boys South 11 Kangaroos Green	13	2 Aug 09 9:00AM	Peninsula v South Eastern Piranhas	Ballam Park
FFV:Boys South 11 Kangaroos Red	13	2 Aug 09 9:00AM	Peninsula v Sandringham City	Ballam Park

FFV: Boys South 11 Joey's Orange	13 2 Aug 09 9:00AM	Peninsula v Hampton	Ballam Park
FFV: Boys South 11 Joey's Green	13 2 Aug 09 9:00AM	James Cook FC v Peninsula	James Cook Reserve
FFV: Girls Metro 11 Purple	13 2 Aug 09 9:00AM	Sandringham City v Peninsula	Spring St Oval
FFV: Boys South 12 B	13 2 Aug 09 9:45AM	Endeavour Utd v Peninsula	Reema Reserve
FFV: Boys South 12 D	13 2 Aug 09 10:10AM	Peninsula v Langwarrin	Ballam Park
FFV: Girls Metro 12 A	13 2 Aug 09 10:10AM	Peninsula v Brighton	Ballam Park
FFV: Girls Metro 16 B	13 2 Aug 09 10:40AM	Bye v Peninsula	
FFV: Girls Metro 14 C	13 2 Aug 09 11:00AM	Heidelberg Utd v Peninsula	Olympic Village
FFV: Boys South 13 A	13 2 Aug 09 11:20AM	Peninsula v Sandringham City	Ballam Park
FFV: Boys South 13 D	13 2 Aug 09 11:20AM	Cardinia United Junior Soccer Club v Peninsula	Lakeside Reserve
FFV: Boys South 14 B	13 2 Aug 09 12:30PM	Langwarrin v Peninsula	Lawton Park Reserve
FFV: Boys South 14 C	13 2 Aug 09 12:30PM	Peninsula v Lyndale Utd	Ballam Park
FFV: Girls Metro 15 B	13 2 Aug 09 12:30PM	Peninsula v Boroondara Eagles	Ballam Park
FFV: Boys S/E 15 Super League	13 2 Aug 09 1:45PM	Peninsula v Beaumaris	Ballam Park
FFV: Boys South 15 C	13 2 Aug 09 1:45PM	Peninsula v Bayside Knights FC	Ballam Park
FFV: Boys South 15 C	13 2 Aug 09 1:45PM	Hampton v Peninsula	WL Simpson Reserve
FFV: Boys South 16 A	13 2 Aug 09 3:15PM	Langwarrin v Peninsula	Lawton Park Reserve

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