



Mt Barker YMCA Gymnastics Club Under 8 Level 1 National team which took victory in competition held earlier this month ... (from rear) Abbey Taylor, Sterre Depree, Molly Summerton, Summer Henderson, Mary Blacker, Shae Windle and Stephanie McGoran.

Images courtesy Morven Henderson.



Finishing on top of their competition were Mt Barker YMCA Gymnastics Club's Under 7 State Stream Level 1 combination of (from left) Mia Hutchins, Grace Holaj, Jasmine Henderson, Stephanie Holmes, Amelia Richardson, Chloe Davis, Abbey Carman, Jamie Gordon and Gracen Blieschke.

Gymnasts in early form

Mt Barker YMCA Gymnastics Club members have made a productive start to the 2014 SA competition season.

The club competed in the Levels 1-3 Pennant 1 competition over August 2-3 with the Level 1 State Stream team and Level 1 National team winning pennants after both placed first overall.

The Level 2 State Stream team placed second while Level 3 finished third. Mt Barker's Level 4 State Stream team previously competed in pennants 1 and 2 competition during June and July, respectively registering third and second placings.

Several gymnasts have placed first, second and third individually and it is great for all of the gymnasts to reap the rewards of hard work and dedication.

The gymnasts, head coach Morven Henderson and her assistant coaches are all feeling motivated and excited to continue the success at upcoming competitions, in particular the State championships to held later this month for the Level 4 State Stream team, and in October for Levels 1 to 3.

MT BARKER DISTRICT SQUASH

Lions bare claws

The Lions displayed top form to register a 4-0 victory over the Tigers in last Friday night's Mt Barker District Squash encounter at the Adelaide Hills Recreation Centre.

Lions top seed Paul Kinlough defeated Joe White, 15-10, 13-15, 15-6, 19-17.

Beautiful shot play from both athletes created an entertaining match, however, unforced errors led to White trailing 2-1 before the fourth game proved a titanic struggle with an epic tie-breaker, in which the cleaner hitting of Kinlough enabled him to sneak over the line.

Jason Penniment held sway over Keith Bridgman to grab a 15-7, 15-11, 15-11 win.

The opening set was more evenly matched than the score implies, as Penniment's well placed serves and finely executed drop shots took the first away from Bridgman.

Game two was intriguing with changes of fortune for both players – initially Penniment dominated with clever high placed serves, but Bridgman fought back with some very fast paced rallies.

The third and final game was a close, fluctuating affair in which Penniment's serve was the deciding factor.

Peter Moore ground out a 15-11, 15-12, 15-9 result against Michael Buckley.

The opening stanza was a close battle, and Moore's solid movement around the court after his recent shoulder injury proved surprising for some spectators.

Buckley played good depth throughout the second game, though ultimately it was Moore who closed out the match in the third. Sam Todd outlasted Julie Reece for a 15-5, 10-15, 15-7, 16-14 win.

Some mid-week coaching from a couple of the experienced campaigners within the club paid dividends for Todd, who took the opening game.

Reece played well with some sweet drives to the rear of the court, coupled with pixel-perfect drop shots throughout the match.

It was Todd's new serving style which eventually enabled him to overcome his veteran opponent.

The Jackals were able to laugh again in defeating Leopards by a single game – 7-6

– after rubbers were tied at two apiece in the evening's other match.

Lok Nethercott suffered a 2-15, 8-15, 12-15 defeat to Alison Skinner.

Nethercott was outpaced on Friday night by Skinner's superior squash.

Skinner read the play exceptionally well, and made very few errors throughout.

Nethercott improved as the match progressed and he demonstrated what is required to compete with a strong number one player.

Steve Wilkinson lost to Hans Gielen, 14-16, 10-15, 15-4, 12-15, in a great match between two fit men, with both players chasing hard during testing and lengthy rallies.

A point-for-point opening game set the stage well with the players mixing up their shot making with loopy lobs into the rear corners, and tight drops into the front.

Gielen won the initial two games but Wilkinson come out firing in the third and took it easily.

The fourth game almost became a tie-breaker, similar to the first, but Gielen pulled a tight front drop shot from behind his back in a dazzling display and Wilkinson was so amazed he missed the next couple of shots to gift the match to Gielen.

Kaye Lucas defeated Shane Paterson 16-14, 15-9, 15-6.

A closely fought first game was followed by frustration for Paterson who succumbed to Lucas' phenomenal placement of lobs serves and terrific drops.

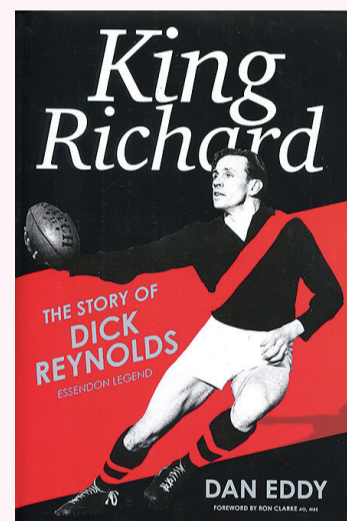
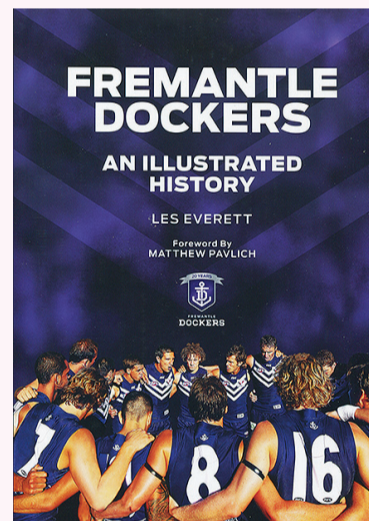
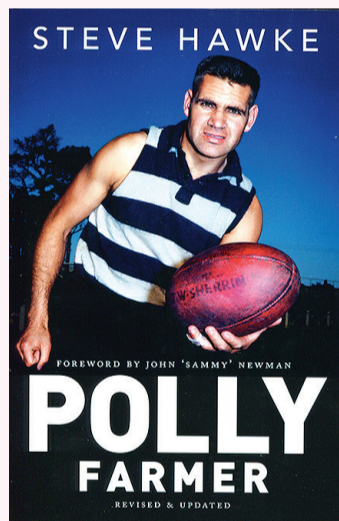
Paterson refused to give in though, using all parts of his racket to rip some great winners and force Lucas to break out of character and run.

Lucas' consistency and poise prevailed in the minimum three games.

Raice Kincaid defeated Wendy Pope 15-6, 15-11, 15-10, as Kincaid's placement proved too much for last seasons' champion number four Pope.

Kincaid's serves and lobs made returning serve near impossible, however, Pope's pace in the second game nullified some of Kincaid's shotmaking, creating tighter second and third games.

A brief spurt of unplayable serves by Pope got her back into the contest but it was Kincaid who emphatically replied with her own ace serves to close out the match.



Prime time releases

With the 2014 AFL finals on the horizon, Slatery Media Group has taken the opportunity to release some great books on Australian Rules football.

Author Steve Hawke has provided a revised and updated version of his 1994 biography *Polly Farmer*, reflecting the inspirational account of Graham Farmer, considered by many as the game's greatest ruckman.

Growing up in a WA home for Aboriginal children, Farmer set himself the goal of reaching the highest echelons of Australia's most popular 'home grown' sport, and through hard work and sheer determination – together with remarkable talent – he climbed to the very pinnacle of Australian football.

Farmer became the first player to use handball as an offensive weapon, changing the very nature of the sport forever, and was named as one of the official Legends of the Australian Football Hall Of Fame inauguration in 1996.

Dedicated to the staff, board members and supporters of Farmer's charitable organisation, The Graham Farmer Foundation, *Polly Farmer* is not only a tribute to one of Australia's sporting greats, but has also helped contribute to realising one of his dreams, developing programs to support Indigenous Youth in achieving their full potential.

The revised edition gives new life to the moving biography of a man who achieved his aspirations, and is perfect for football fans, sports historians and dreamers from all walks of life.

The career of another outstanding player is captured in *King Richard – The Story of Dick Reynolds*.

King Richard is the biography of the man deemed the greatest player ever to don the Essendon Football Club jumper.

Through his deeds on the field during the 1930s and 1940s, Dick Reynolds transformed the once struggling Bombers into a powerful force within the Victorian Football League, while personally winning three Brownlow Medals.

King Richard tells the story of a true legend described by many as, not only Essendon's but also Australian Rules football's greatest player.

Told in the most comprehensive, and humorous of detail by author Dan Eddy, the book pays tribute to the ultimate gentleman of football, and one of the game's finest servants, in what is a must read for Essendon, and all football, supporters.

In 1994, the Fremantle Football Club joined the AFL with little financial help and just one instruction ... 'dare to be different'.

The club has certainly lived up to that edict.

Fremantle Dockers: An Illustrated History traces the rich history of this young club, from its earliest days through to its first AFL grand final appearance in 2013.

Club historian and past Dockers board member Les Everett has penned an account which features profiles of Fremantle's greatest players and coaches, headline-grabbing moments, the innovations and controversies, the elating victories and the crushing defeats, all enhanced by stunning photography.

Marking 20 years since the club first entered into the national competition as the decided underdog, the book depicts Fremantle's hunger for success and never-say-die attitude, including a rousing foreword penned by current captain Matthew Pavlich.

All three publications are available now at bookshops and newsagencies and will make a perfect gift for any fan of football.

– Jeff Pistola

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