



SATURDAY 22 JULY

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W-LEAGUE



12.00PM, ALEX MOORE TURF

ROUND 10



3.00PM, FRASER PARK

ROUND 14



CENTRAL LEAGUE



**Mention North
Wellington FC and
save...**

MITRE 10

CROFTON DOWNS

Brendan, Warren and the rest of the Mitre 10 Crofton Downs team have come on board as sponsors for the 2023 season. Not only are they the principal sponsor for our Women's Premier side, but they are also getting behind all NWFC by offering an in-store promotion for all our members, their families, and friends.

Simply say "North FC" at checkout and you will save on a whole range of products. On top of that, Mitre 10 Crofton Downs will donate a percentage of sales back to the club.



PRESIDENT'S WELCOME

A very warm welcome is extended to all players and supporters at Alex Moore Park across the weekend as well as the wider North Wellington FC family wherever you happen to be.

Our feature match at home comes from the W League encounter with Petone at high noon on Saturday. Rachel and her Mana Coach Services W League women's team will find strong opposition in Petone but will be heartened by their close match against Taradale in Napier last weekend.

We wish our ladies a strong performance and a very successful outcome in this important weekend for women's football in Wellington.

Saturday morning also brings another Festival Day, and we hope for fine weather for the tournament for all our teams as well as our First

Kicks youngsters on the top field.

The Waiora hub on the top level at Alex Moore will be open for coffee on Saturday and Sunday mornings so please don't forget to make use of these fine facilities which are open across the weekend.

Have a lovely weekend everyone.

Best wishes.

Grant Stephen
North Wellington FC President





Capital
Football

UPCOMING COURSES

CHECK OUT THE UPCOMING COMMUNITY
COACHING NIGHT ON **THIS MONDAY!**

**FREE FOR ANY NORTH WELLINGTON COACHES
WHO WISH TO ATTEND**



**COMMUNITY
COACHING NIGHT**

FREE!

MONDAY 24TH JULY | 6:30PM - 8:30PM
ALEX MOORE PARK | NORTH WELLINGTON
RSVP | connol@capitalfootball.org.nz

COACH'S COMMENTS



Welcome to Petone to Alex Moore for Round 10 of the Women's Central League.

Last weekends result against Taradale was a hard pill to swallow. The girls gave it their all and fought extremely hard and I hope they'll take that into this weeks game against Petone.

Last time out against Petone we didn't give our best performance but now over half way through the season the girls have immensely improved and I hope that we show that this weekend.

We're ready to take points and show teams what we're capable of.

North Wellington vs Petone FC
Saturday 22 July, 12.30pm, Alex Moore Turf



Rachel Finlay
Women's First Team Coach



W-LEAGUE ROUND 10 PREVIEW



FIRST TEAM FIXTURE



NORTH WELLINGTON VS PETONE FC

Sunday 22nd July, 12.00pm Kick Off,
Alex Moore Turf

OTHER FIXTURES

RESULTS



**PN MARIST
vs SEATOUN**

Saturday 22nd July, 11.30am,
Arena Turf

-



**VICTORIA UNIVERSITY
vs WELLINGTON UNITED**

Saturday 22nd July, 11.30am,
Boyd Wilson Turf

-



**WATERSIDE KARORI
vs TARADALE**

Sunday 23rd July, 2.30pm,
Karori Park

-



W-LEAGUE ROUND 09 REVIEW



FIRST TEAM RESULT



4 - 3

OTHER RESULTS



0 - 0



**PETONE
VS VICTORIA UNIVERSITY**



0 - 1



**SEATOUN
VS WATERSIDE KARORI**



3 - 0



**WELLINGTON UNITED
VS PN MARIST**

LEAGUE TABLE

	P	W	D	L	GF	GA	GD	PTS
Wellington United Diamonds	9	7	2	0	30	3	27	23
Waterside Karori	9	7	1	1	27	9	18	22
Petone FC	9	5	3	1	23	9	14	18
Palmerston North Marist	9	3	1	5	18	20	-2	10
Taradale AFC	9	3	1	5	22	27	-5	10
Victoria University	9	2	2	5	9	25	-16	8
Seatoun AFC	9	1	3	5	6	18	-12	6
North Wellington FC	9	1	1	7	9	33	-24	4



W-LEAGUE SQUAD 2023



1

**SIMONE
MCMANUS**

GOALKEEPER



4

**JAIME
EDWARDS**

FORWARD



5

**MOLLY
MILLS**

MIDFIELDER



6

**NIKOLA
SZENTIRMAY-ROSS**

FORWARD



7

**MADDIE
PORTEUS**

DEFENDER



8

**STEPH
MCDERMOTT**

MIDFIELDER



9

**EVE
MARTIN**

MIDFIELDER



10

**BETH
WHITESIDE**

MIDFIELDER

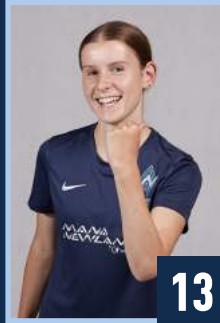
W-LEAGUE SQUAD 2023



12

**DEMI
VILJOEN**

DEFENDER



13

**LUCY
JURKE**

MIDFIELDER



14

**BELLA
THOMPSON**

DEFENDER



15

**TAYLA
BURDEN**

DEFENDER



16

**HAYLEY
GOTLIEB**

DEFENDER



17

**JADE
HEATHER**

MIDFIELDER



18

**ZENIA
KUPIDARA**

MIDFIELDER

PLAYER SPONSORSHIP AVAILABLE!

GET YOUR LOGO FEATURED ON SOCIAL MEDIA AND IN OUR MATCHDAY PROGRAMMES!

For more information, email Hugo Barber-Dale: assistantclubmanager@northwellingtonfootball.com



MAMA
NEWLANDS
by transdev

8. STEPH MCDERMOTT

PLAYER BIO

Nickname: Bulldozer or Steph
D.O.B / Age: 28 Years
Place of Birth: Wellington
Playing Position: Winger
Right / Left Footed: Right
Previous Clubs: Northern AFC (Dunedin) for a brief stint, otherwise I'm a loyal Norths gal

QUICKFIRE QUESTIONS

My favourite pro club is:
Man United (sorry)

If I wasn't a footballer I would be:
Someone with a lotta free time

One thing people may not know about me is:
I'm moving to London!

The country I've never been but want to visit:
Malta

The item on top of my bucket list is:
Doing the hike up to Everest Base Camp

My favourite sports team growing up was:
All Blacks

Most underrated movie or TV show is:
The Greatest Showman

Favourite place to dine out is:
The Snug Lounge

I was starstruck when I met:
Alice Cunningham

Favourite video game of all time:
Crash Team Racing

Q&A SESSION

What's your best football memory and why?

"THEY WANTED TO PLAY" if you know you'll know – or when all the sprinklers turned one night when we were playing Seatoun, and the ref tried to stamp them back into the ground saying we could still play.. entertaining.

Best advice you've ever been given?

Everything is hard before it's easy

What do your coaches often tell you?

"Do better" - Rachel Finlay

What advice would you give any young players playing your position?

I hope you like running..!

What are your goals and ambitions for the season?

Have a fun first round of the league and hopefully help the girls succeed with our 2023 season!

How would you describe yourself as a player?

Averagely speedy, not tricky at all, and maaaybe a little aggressive..

Who is the one team you most look forward to playing each season?

Probably Seatoun!

What non-football accomplishment are you most proud of?

Being selected for the rowing NZU Women's 8 to race against Australia in 2018 - was a fun campaign

If you could go to dinner with any 3 people (past or present), who would it be?

Would have to be my Dad, David Attenborough and Matthew McConaughey



Capital
Football

W-LEAGUE

NORTH WELLINGTON 2023 FIXTURES

H	01 VS WATERSIDE KARORI	SAT 22 APR	12.00PM	ALEX MOORE TURF
H	02 VS TARADALE AFC	SAT 29 APR	2.30PM	ALEX MOORE TURF
A	03 VS PETONE FC	SAT 6 MAY	11.00AM	PETONE MEMORIAL
H	04 VS WELLINGTON UNITED	SAT 20 MAY	12.00PM	ALEX MOORE TURF
A	05 VS SEATOUN AFC	SAT 27 MAY	12.00PM	SEATOUN PARK
H	06 VS PN MARIST	SAT 10 JUN	12.00PM	ALEX MOORE TURF
H	07 VS VICTORIA UNIVERSITY	SAT 24 JUN	12.00PM	ALEX MOORE TURF
A	08 VS WATERSIDE KARORI	SAT 1 JUL	12.00PM	KARORI PARK
A	09 VS TARADALE AFC	SUN 16 JUL	2.30PM	TARADALE PARK
H	10 VS PETONE FC	SAT 22 JUL	12.00PM	ALEX MOORE TURF
A	11 VS WELLINGTON UNITED	SAT 29 JUL	2.30PM	NEWTOWN PARK
H	12 VS SEATOUN AFC	SAT 5 AUG	12.00PM	ALEX MOORE TURF
A	13 VS PN MARIST	SAT 12 AUG	11.30AM	ARENA TURF
A	14 VS VICTORIA UNIVERSITY	SAT 26 AUG	12.00PM	BOYD WILSON TURF

H = HOME A = AWAY

MAMA
COACH SERVICES

ROUND 14 PREVIEW



FIRST TEAM FIXTURE



VS



PHOENIX RESERVES VS NORTH WELLINGTON FC

Saturday 22nd July, 3.00pm Kick Off, Fraser Park

OTHER FIXTURES

RESULTS



**WATERSIDE KARORI
VS NAPIER CITY ROVERS**

Saturday 22nd July, 12.30pm,
Karori Park

-



**MIRAMAR RANGERS
VS WESTERN SUBURBS**

Saturday 22nd July, 2.30pm,
David Farrington Park

-



**WHANGANUI ATHLETIC
VS STOP OUT**

Saturday 22nd July, 2.30pm,
Wembley Park

-



**PETONE
VS WELLINGTON OLYMPIC**

Saturday 22nd July, 3.30pm,
Wakefield Park

-

ROUND 13 OVERVIEW



FIRST TEAM RESULT



2 - 3

OTHER RESULTS



3 - 2



**WELLINGTON OLYMPIC
VS PHOENIX RESERVES**



1 - 3



**MIRAMAR RANGERS
VS NAPIER CITY ROVERS**



1 - 4



**STOP OUT
VS WATERSIDE KARORI**



0 - 1



**WESTERN SUBURBS
VS PETONE FC**

LEAGUE TABLE

	P	W	D	L	GF	GA	GD	PTS
Wellington Olympic	13	11	1	1	56	18	38	34
Phoenix Reserves	13	10	0	3	35	18	17	30
Western Suburbs	13	7	3	3	33	21	12	24
Napier City Rovers	13	7	2	4	38	25	13	23
Petone FC	12	6	2	4	29	24	5	20
Waterside Karori	13	5	3	5	32	29	3	18
Miramar Rangers	13	5	0	8	27	34	-7	15
Stop Out	12	4	2	6	22	33	-11	14
North Wellington	13	1	1	11	16	47	-31	4
Whanganui Athletic	13	1	0	12	14	53	-39	3



ZAK BROWN

PLAYER BIO

Nickname: Zakky
D.O.B / Age: 30 Years
Place of Birth: Blackburn, England
Right / Left Footed: Right
Previous Clubs: Miramar Rangers, Northbridge FC
Honours / Trophies: NSFA Premier Champions

QUICKFIRE QUESTIONS

My favourite pro club is:

Blackburn Rovers

If I wasn't a footballer I would be:

A football coach

One thing people may not know about me is:

I started out as a striker

The country I've never been but want to visit:

Brazil

The item on top of my bucket list is:

See aurora borealis

My favourite sports team growing up was:

Blackburn Rovers

Favourite movie or TV Show character is:

Michael Scott (The Office)

Favourite day of the week is:

Saturday

Favourite place to dine out is:

Satay Malaysia

I was starstruck when I met:

Ben Collins

I've been told I look like:

Tin Tin!

Q&A SESSION

What's your best football memory and why?

Winning NSFA Premier League with Northbridge FC in Australia - great players and set of lads.

Best advice you've ever been given?

If it's not enjoyable, what's the point?

What do you often tell your players?

"You're the oldest, so help the younger players!"

What advice would you give any young players playing your position?

Enjoy the challenge and lead from the back.

What is your pre-match routine?

I always check my blood sugars because I'm diabetic.

What are your goals and ambitions for the season?

Survival firstly, clean sheets and chip in with a goal!

How would you describe yourself as a Coach?

The talker of the team.

Who is the team you most look forward to playing?

I always enjoy the challenge of playing against Olympic.

Toughest team you've played against and why?

Tom Ince - the biggest defeat I've ever experienced and he scored 6 goals himself!

What non-football accomplishment are you most proud of?

Travelling and settling overseas.

If you could go to dinner with any 3 people (past or present), who would it be?

Sean Lock, Peter Crouch and Rachel Riley.

Do you have any secret party tricks?

I'm a bit of a pool shark...



CENTRAL LEAGUE

NORTH WELLINGTON 2023 FIXTURES

H	01 VS WESTERN SUBURBS	SAT 25 MAR	3.00PM	ALEX MOORE TURF
A	02 VS MIRAMAR RANGERS	SAT 1 APR	2.30PM	DAVID FARRINGTON
A	03 VS WHANGANUI ATHLETIC	SAT 8 APR	3.00PM	WEMBLEY PARK
H	04 VS WATERSIDE KARORI	SAT 15 APR	2.30PM	ALEX MOORE TURF
H	05 VS PHOENIX RESERVES	SAT 22 APR	3.00PM	ALEX MOORE TURF
A	06 VS WELLINGTON OLYMPIC	SAT 29 APR	3.45PM	WAKEFIELD PARK
H	07 VS PETONE FC	SAT 6 MAY	3.00PM	ALEX MOORE TURF
H	08 VS STOP OUT	SAT 20 MAY	3.00PM	ALEX MOORE TURF
A	09 VS NAPIER CITY ROVERS	SUN 28 MAY	2.00PM	BLUEWATER STADIUM
A	10 VS WESTERN SUBURBS	SUN 11 JUN	2.00PM	ENDEAVOUR PARK
H	11 VS MIRAMAR RANGERS	SAT 24 JUN	3.00PM	ALEX MOORE TURF
A	12 VS WATERSIDE KARORI	SAT 1 JUL	2.30PM	KARORI PARK
H	13 VS WHANGANUI ATHLETIC	SAT 15 JUL	3.00PM	ALEX MOORE TURF
A	14 VS PHOENIX RESERVES	SAT 22 JUL	3.00PM	FRASER PARK
H	15 VS WELLINGTON OLYMPIC	SAT 5 AUG	3.00PM	ALEX MOORE TURF
A	16 VS PETONE FC	SAT 12 AUG	3.30PM	PETONE MEMORIAL
A	17 VS STOP OUT	SAT 26 AUG	2.30PM	HUTT PARK
H	18 VS NAPIER CITY ROVERS	SAT 2 SEP	2.30PM	ALEX MOORE TURF

H = HOME A = AWAY

TOP 3 TEAMS AND WELLINGTON PHOENIX RESERVES (AUTO-QUALIFICATION)
QUALIFY FOR NZ NATIONAL LEAGUE

UPCOMING PROGRAMMES



REGISTRATIONS OPEN - Term 3

Skill Centre/Fun Football

Join us In Term 3 for our Skill Centre and Fun football programmes we will be introducing a new programme and structure to these sessions focusing on skill development outcomes for kids!

Skill Centre Days: Tuesday 4:30pm - 5:45pm,

Skill Centre/Fun Football Wednesday 4:00pm - 5:00pm

Location: Alex Moore Park

Cost: \$80 for one session per week \$160 for two sessions per week

8 Weeks - Begins July 25th/26th - Finishes September 12th/13th





YOUTH LEVEL 2 COACHING AWARD



SUNDAY 30TH JULY | 10:00AM - 3:00PM | \$60
RAROA NORMAL INTERMEDIATE | JOHNSONVILLE
REGISTRATIONS OPEN | capitalfootball.org.nz



JUNIOR LEVEL 2 COACHING AWARD



SUNDAY 23RD JULY | 10:00AM - 3:00PM | \$60
RAROA NORMAL INTERMEDIATE | JOHNSONVILLE
REGISTRATIONS OPEN | capitalfootball.org.nz

NORTH WELLINGTON CLUB SPONSORS



The club would like to extend a massive thank you to the following sponsors who continue to generously show their support for our club. Please choose to support them where possible, in the same way they choose to support you here at North Wellington FC.

SENIOR PREMIER TEAM SPONSORS



JUNIOR SPONSOR



DESIGN PARTNER



PRINTING SPONSOR



Interested in becoming a club sponsor? Great!

For all sponsorship enquiries (senior, junior, club or player sponsorship), contact:

Hugo Barber-Dale; assistantclubmanager@northwellingtonfootball.com