

A tough day at the office for both teams against Kananook yesterday. Injuries and late withdrawals left the Seniors well below strength, although the heroic efforts on the field weren't reflected on the scoreboard.

Best players: Chris Green, Jono Kha, Taz Toussaint, Dominic Favorito, Josh Synot, Andrew Villiers, Kelvin O'Connor (until injured).

The Reserves game showed the difficulties for FIDA in providing an equitable competition.

Kananook's Reserve side is a powerful unit, made up of the players who haven't made the Senior side, while our Reserves is basically a development squad of under 21 players. Never-the-less, the Seagulls side stuck to the task as the weather deteriorated into some of the coldest squalls seen for a long time.

Best players: Sam Belden, Jake Tomasic, Hassan Dennaoui, Kim Plummer, Lyndal van Es, Dean Zavattiero, Chantelle Gordon (2 goals).

No training on Wednesday July 4.

No game on Sunday July 8.

State game vs South Australia on Sunday July 8. Kelvin O'Connor, Ray Causon in the squad.

AFL 9s game at the MCG on Sunday July 8. Kim Plummer, Lyndal van ES, Chantelle Gordon invited to participate.

All our players make our club proud.