



**ROUND 5**  
**SATURDAY MAY 9TH**

# RECORD

Community Bank · Gisborne



Melton Toyota



**Footy**  
grows  
here.



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Gisborne & District

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The better big bank

**B** Bendigo Bank



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# UPCOMING FIXTURE

## MEN'S & NETBALL

9 MAY 2026

STANDARD TIMES



VS



ROUND 5  
MACEDON RANGES SPORTING PRECINCT

9 MAY 2026

STANDARD TIMES



VS



ROUND 5  
TONY CLARKE RESERVE

9 MAY 2026

STANDARD TIMES



VS



ROUND 5  
ARNOLDS CREEK REC RESERVE

9 MAY 2026

STANDARD TIMES



VS



ROUND 5  
MELTON REC RESEVE

9 MAY 2026

STANDARD TIMES



VS



ROUND 5  
ROMSEY PARK

## WOMEN'S

9 MAY 2026

2:00PM



VS



ROUND 4  
HARCOURT RECREATION  
RESERVE

Community Bank · Gisborne

Bendigo Bank



## ACROSS MY DESK

by General Manager Operations Grace Bibby

The RDFNL have selected the Macedon Junior Football Netball Club to host Sit Down Round matches for all of their home games on Sunday, May 17th.

Other clubs are also encouraged to try the new initiative.

Macedon JFNC hosting incorporates six different matches of all different age groups including mixed, boys' and girls' matches as well as six different opposition Clubs.

- Under 9 – Macedon Blue vs Eynesbury Green
- Under 11A – Macedon vs Gisborne Giants Silver
- Under 13A – Macedon vs Kyneton
- Under 17A – Macedon vs Romsey
- Junior Girls – Macedon vs Melton South
- Youth Girls – Macedon vs Melton Centrals

AFL Victoria in collaboration with the 10 Metropolitan leagues and 10 Country regions are excited for the upcoming Sit Down to Coach Round across Victoria.

As we continue to help create better environments for all participants in our sport, players, umpires, volunteers and spectators, Sit Down Round will be hosted across Victoria for the first time on Saturday 16 May and Sunday 17 May.

On this weekend, Coaches and additional support staff in the coaches box (i.e. Runners, Trainers and Assistant Coaches) will be sitting down throughout the game. This comes off the back of the incredible success that South Australia has achieved through the SANFL Junior competition where they have seen much improved results in post game umpire ratings of the match day environments for them and the players on the field.

This initiative saw a reduction of 'poor ratings' (1 or 2 out of 5) from 165 in season 2023 before Sit Down Round was introduced to now 45 poor ratings in 2025 when Sit Down round was

implemented every week throughout the SANFL Juniors season.

To participate in this initiative: 1. Discuss as a club and ensure coaches are prepared to participate, please complete this [FORM HERE](#) to confirm the details of your club, the club contact and your local league/region.

2. AFL Victoria will provide you with social media collateral and also flyers and posters to spread around your club ahead of the weekends games.  
3. Ensure that your opposition clubs on the weekend are aware that you are participating in this and encourage them to do the same, by providing them necessary chairs for the games.

Please see below image to get a preview of what the game day environment would look like for coaches and support staff on the bench.





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## **MARK KOVACEVIC**

**213 RANKING POINTS**

**40 HIT OUTS**

**30 DISPOSALS**

**8 CLEARANCES**

**14 SCORE INVOLVEMENTS**

**1 GOAL**

# **PLAYER OF THE WEEK**

# KISS THIS

THE ULTIMATE **KISS** TRIBUTE SHOW



---

## FRIDAY 22 MAY

### ULTIMATE TRIBUTE SHOW

---

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# RDFNL FOOTBALL TEAM LISTS

Click the division for match details and team lists.



Seniors

Reserves

Seniors

Reserves

Under 19.5



Seniors

Reserves

Under 19.5

Seniors

Reserves

Under 19.5



Seniors

Reserves

Under 19.5

# RDFNL FOOTBALL RESULTS

Click the division for match details and team lists.



Seniors

Reserves

Under 19.5

Seniors

Reserves

Under 19.5



Seniors

Reserves

Under 19.5

Seniors

Reserves

Under 19.5



Seniors

Reserves

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ANDROID APP ON  
Google Play



# LOCAL FOOTBALL

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# DISPOSALS

## ROUND FOUR

MATT QUIGLEY  
1 50  
GISBORNE GIANTS

LANCIEFIELD  
WALTER KING  
37 5

NATHAN HROVAT  
2 41  
RIDDELL

MACEDON GALSERS  
JOSH GOVAN  
37 5

BRYCE WILLIAMSON  
3 39  
RIDDELL

MELTON CENTRALS  
WILLIAM KRITHARARIS  
36 8

OLEG MARKOV  
4 38  
CHICKENESSE BIRDS BURRAS

MELTON CENTRALS  
FABIAN BRANCATISANO  
35 9

BRENDAN BUTLER  
4 38  
HAWKS

MELTON CENTRALS  
DYLAN MCDONALD  
33 10



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# HARDWICKS



2026



# RDFNL Senior Mens Football Tipping

Each week throughout the 2026 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior football matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

Football Tipping							
NAME	Gisborne Giants vs Diggers Rest	Melton South vs Kyneton	Melton Centrals vs Lancefield	Romsey vs Riddell	Macedon vs Woodend Heskett	Last Week	Total
Brenton Knott	Diggers Rest	Melton South	Melton Centrals	Riddell	Macedon	4	14
Courtney Alexander	Diggers Rest	Kyneton	Melton Centrals	Romsey	Macedon	3	14
Terry Kernan	Diggers Rest	Kyneton	Melton Centrals	Riddell	Macedon	2	14
Brian McNabb	Diggers Rest	Melton South	Melton Centrals	Riddell	Macedon	4	12
Jordan Doyle	Diggers Rest	Kyneton	Melton Centrals	Riddell	Macedon	2	15
Richard Thwaites	Diggers Rest	Kyneton	Melton Centrals	Romsey	Macedon	3	15
Grant McMillan	Diggers Rest	Kyneton	Melton Centrals	Riddell	Macedon	4	17
Tara Murray	Diggers Rest	Kyneton	Melton Centrals	Riddell	Macedon	3	14
Ben Higgins	Diggers Rest	Kyneton	Melton Centrals	Romsey	Macedon	4	16
Grace Bibby	Diggers Rest	Melton South	Melton Centrals	Riddell	Macedon	3	16



Riddell District Football Netball League





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commentary team in 2025**



Riddell District Football Netball League





# RDFNL Senior Mens Previews

By Seth Cornish



Round 5 begins! These two sides are coming off very different weeks, but there's still plenty to like about what both teams bring. Gisborne may sit at 1-3 to start the 2026 season, but their form has been far more competitive than the record suggests. Many expected them to win last week against the centrals, but they went down by 22 points in a competitive effort. Matt Quigley continued his dominant form with his best game of the season last week collecting 50 disposals, 16 clearances and 204 ranking points in a huge game for him. He was supported by Connor Bills who had 27 disposals and 131 ranking points. If Gisborne can tidy up their pressure and convert more effectively going forward, they're not far off putting together a complete performance against these strong sides. As for Diggers Rest, they come into this game absolutely full of confidence after a massive statement win last week. Most probably predicted them to beat Macedon at home but a 79-point win was a shock to the competition. Markov showed his class once again this week being Diggers best player having 38 disposals, 8 marks and 150 ranking points, right behind him was last year's Bowen Medal runner up Marcus Calvaresi with 25 disposals, 11 marks and 4 goals. Diggers dominated basically every stat category against the Cats smashing them in the contested possessions (+50), Inside 50s (+41) and marks (+45). This shapes as a great opportunity for Gisborne to test themselves against one of the inform teams of the competition, and if they can bring intensity, they can make things interesting. However with Diggers Rest in the form they are in they look way to tough to beat right now.

**Prediction- Diggers by 70 points**

Both sides come into this clash with a point to prove after disappointing results last week, which sets the stage for a high-energy and intriguing contest. After a great start to the year against some less competitive sides Macedon will be upset with their performance against Diggers Rest last week losing by 79 points away from home. They seemed to have lost all momentum throughout the game being down by 50 points alone already in the first quarter. It was a massive game for both the Govan brothers who led the ranking points by a fair way for their side with Josh Govan having 37 disposals, 23 contested possessions and 168 ranking points and Hamish Govan collecting 31 disposals, 8 Rebound 50s and 125 ranking points. The cats lost every single disposal category against the Burras and were smashed in the contested ball, after they have been so strong in this all year they will want to respond against the Hawks this week. Woodend's consistency has been a massive issue for them this year after their close loss to Romsey by 4 points last week after beating the giants the week before. Andrew Macdonald was huge for his side in defeat with 30 disposals, 10 tackles and 130 ranking points, equally influential was his teammate Brendan Butler who had 41 disposals, 7 clearances and 127 ranking points. Woodend are going to have to be much better against an ever-stronger side this week, the Redbacks smashed them in the mark count (+23) and turnovers (-14). Expect both teams to be better than what they were last week but I think the cattery will be too good here and respond with a statement.

**Prediction- Macedon by 45 points**

# RDFNL Senior Mens Previews

By Seth Cornish



This matchup shapes as a big opportunity for Melton Centrals to continue building momentum, while Lancefield need to find something to turn their season around. Melton Centrals finally get their first win! It's been coming for them after a tough few weeks in some close games, but they've got their first win and can continue to roll now. Dylan McDonald was huge for the centrals in their win over the giants with 33 disposals, 7 marks and 162 ranking points, he was supported by Evan Donoghue who had 29 disposals, 13 contested possessions and 148 ranking points. Lancefield were unfortunately disappointing again last week losing to the Bombers by 115 points in their biggest loss of the year so far. There's not much going right for the tiges at the moment, and it seems most teams in the competition have a number on them. Young Walter King is a positive however for the Tigers as he continues to star every week with 37 disposals, 12 marks and 165 ranking points, Riley Omeara was also good again with 28 disposals, 6 clearances and 122 ranking points. I think the Centrals keep rolling here against a low confidence Tigers outfit and they get the job done easily.

**Prediction- Centrals by 70 points**



This is a really telling matchup for both sides and should give a strong indication of where they sit as the season starts to take shape now. Melton South have been solid without being spectacular so far, with their lone win coming in a tight contest against Centrals. Their fixture hasn't done them any favours, having already faced two of the competitions benchmark sides in Diggers Rest and Wallan. It gets even tougher for them this week against Kyneton but I wouldn't rule them out. Sam Darley has clearly been their best again this season averaging 34 disposals and 118 ranking points, behind him is recruit Blake Souter who's averaging 22 disposals and 113 ranking points.

Kyneton meanwhile, will be keen to respond after suffering their first loss of the season last week. They showed plenty early against Wallan, Jacob Grinter played well for the Tigers with 19 disposals, 9 contested possessions and 110 ranking points, alongside him was Danny Grmusa with 27 disposals, 6 marks and 106 ranking points. Melton South should come out fired up and ready to challenge, especially on their home deck, but Kyneton's should be able to respond to their tough loss and give them the edge in what shapes up to be a close one.

**Prediction- Kyneton By 5 goals**



Both teams are coming off very important wins in their outlook for the season as this looks to be another important game for these clubs. Romsey were outstanding last week, pulling off a win that not many saw coming after a slow start to the season. It was a real statement performance and showed what they're capable of when everything clicks. Jack Jedwab once again got it done for the Redbacks with 22 disposals, 15 marks, 5 goals and 140 ranking points, alongside him was Samuel Wilson with 30 disposals, 8 clearances and 136 ranking points. Riddell, however made an even louder statement with a huge win of their own, completely dominating Lancefield to secure their first victory of the season. Some massive performances followed up this huge win for Riddell including player of the week big man Mark Kovacevic who had 30 disposals, 40 hitouts and 212 ranking points, Bryce Williamson also had a massive game with 39 disposals, 17 marks and 188 ranking points. I think it's safe to say that Riddell are back now and heavy into their pursuit of a 3-peat and this may be the win that starts their surge. While Romsey will be more competitive I think Riddell will have a number on them in this one.

**Prediction- Riddell by 7 goals**

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# RDFNL Senior Womens Football Tipping

Each week throughout the 2026 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior football matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

Womens Football Tipping				
NAME	Mt Alexander vs Macedon		Last Week	Total
Brenton Knott	Macedon		1	4
Courtney Alexander	Macedon		0	3
Jacqui Green	Macedon		1	4
Jordan Doyle	Macedon		1	5
Grant McMillan	Macedon		0	3
Tara Murray	Macedon		1	5
Ben Higgins	Macedon		1	5
Grace Bibby	Macedon		1	5
Richard Thwaites	Macedon		1	5



## RDFNL SENIOR WOMESN RESULTS

Click the for match details and results



[Click Here](#)

## RDFNL SENIOR WOMESN UPCOMING TEAMLISTS

Click the for match details and results



[Click Here](#)



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## **MOLLY LIBARDI**

**108 RANKING POINTS**

**16 DISPOSALS**

**6 CLEARANCES**

**11 TACKLES**

**5 INSIDE 50S**

# **PLAYER OF THE WEEK**

# CLEARANCES

## ROUND THREE

KEELY WALLACE-KILBANE  
1 6  
RIDDELL

ALICE BROMLEY  
4 3  
LANCEFIELD

MOLLY LIBARDI  
1 6  
LANCEFIELD

JESSICA SPROULE  
3 7  
RIDDELL

EMMA CROFT  
3 4  
RIDDELL

EMILY OBRIEN  
3 7  
LANCEFIELD

LILLY BROMLEY  
3 4  
LANCEFIELD

BRITT LAYTON  
2 9  
RIDDELL

HARMONY CASSAR  
3 4  
LANCEFIELD

KIARA FASHAM  
2 9  
RIDDELL



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# RDFNL Senior Womens Previews

By Seth Cornish



This sets up to be a one-sided affair as top of the ladder plays the bottom. However, as we know anything can happen in footy. Mt Alexander are looking for their first win of the season here after starting 0-2 and unfortunately it doesn't get easier here. They're going to need to bring their best on their home deck against the benchmark of the competition. Ella Hayes has had a great start to her year probably being Mt Alexander's best player this season averaging 113 ranking points, 21 disposals and 10 clearances. She is also well supported by Amy Tacey who's averaging 18 disposals, 8 clearances and 95 ranking points. To be competitive in this game Mt Alexander are going to have to utilise their strengths well, through the midfield they average the most clearances and tackles in the competition by a fair way. They must utilise these strengths and continue to be strong if they want to win this one. Macedon have been elite once again this season, they've beaten Riddell and Lancefield and now have Mt Alexander to cross off their list away from home. They are the obvious benchmark averaging nearly 500 ranking points than any other team and averaging 40 more disposals per game than any other team as well. Ruby Watts is leading her team in pursuit of another flag and a best and fairest for herself averaging 34 disposals, one goal and 166 ranking points. Right behind Ruby is her ruck Brianna Woodburn averaging 26 disposals, 21 hitouts and 157 ranking points. I have the Cats here continuing their dominance against the Falcons in a blowout win.

**Prediction- Cats by 80 points**



# TACKLE YOUR FEELINGS

## 'Be a Champ'

- Tackle Your Feelings ambassador Nathan Buckley and social media larrikins the Shepmates have teamed up to create a humorous video celebrating local football club culture and encouraging players and coaches to help support the mental health of their footy mates
- Watch the video
- As part of the campaign, Tackle Your Feelings is looking to celebrate and recognise those local 'champs' who go above and beyond when it comes to investing in mental health
- Being referred to as a 'champ' is not always cast in a positive way, so Tackle Your Feelings is looking to reclaim the phrase and spin it around to celebrate these people who often don't get the recognition they deserve with the role they play at their clubs
- We want players, coaches, committee members, support staff and umpires to be a champ and book their club in for a Tackle Your Feelings workshop
- Clubs can register for a workshop at **tyfo.tackleyourfeelings.org.au/login/**.

Adam Baldwin, Program Manager said:  
"Clubs are beginning to understand their responsibility to create an environment which supports the mental health of their players. We want clubs to prioritise mental health in the same way they currently do physical health. Tackle Your Feelings is a free program that can help clubs kick-start the development of their own mental health game plan."

**Book a @tyf\_au workshop today.**



## What is Tackle Your Feelings?

- Tackle Your Feelings is a FREE mental health program for community football/netball clubs
- The program was formed by the AFL Coaches Association, AFL Players' Association and Zurich Insurance in 2018 following the death of Adelaide coach Phil Walsh
- The program is delivered by a local psychologist and aims to help participants gain the tools to Understand, Recognise and Respond to signs of mental ill-health.
- The program is based on the education delivered to the AFL industry and is led by high-profile player and coach ambassadors
- Since 2019, the TYF program has been delivered to more than 10,000 participants in every Australian state and territory and it's available to your club in 2024
- Quote from TYF ambassador Nathan Buckley: "It's an awesome program. It's so succinct and gives you really good strategies... it's a really good conversation starter."

To book a session in for your club contact **Grant McMillan via grant@rdfnl.com.au**



2026



# DIGGERS REST

## *Club Notes*



DIGGERS REST FOOTBALL NETBALL CLUB  
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Riddell District Football Netball League





2026



# GISBORNE GIANTS *Club Notes*



Last weekend we saw the opening of our brand new netball courts, and we celebrated with 5/5 wins! Well done and thank you to everyone involved in the process to construct the courts.

Congratulations to our 2 A grade netball debutants Emma and Ava.

Here's a snap of our iPod shuffle winners, Kiss!

Today we welcome Diggers Rest to the Precinct. Go Giants



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2026



# KYNETON

*Club Notes*



Riddell District Football Netball League





# Event STAGE HIRE



**As seen at all RDFNL Grand  
Finals in 2025!**



2026



# LANCEFIELD

## *Club Notes*



### SPONSORS & 500 CLUB DAY...

For all our valued sponsors and 500 Club members keep next Saturday May 16 free. We'll be holding our annual 'Sponsors & 500 Club Luncheon' in the Laurie Green Pavilion. We'll have a 2-course lunch with beer, wine and soft drink starting at noon. Expect some guest speakers, some big raffles and some good company.

There will be plenty of 500 Club members going home \$1,000 richer. Hang around after the lunch for the big Lancefield v Woodend game. If you don't win \$1,000 at lunch don't give up there, buy a \$50 ticket at the bar because someone will win \$5,000 in our big chook raffle after the game, see all the details below. It might be a bit chaotic and we aren't even sure it will work but someone is taking home \$5,000!

### AUSTRALIA'S BIGGEST CHOOK RAFFLE...

At Lancefield, not only are we going to run a chook raffle but, we are going to run the BIGGEST chook raffle in the country! Well, when we say the biggest, we mean the highest. Every chook will be numbered, we'll sell off the chooks, then we'll put them in a net, hook them up to a crane and send them as high into the sky as we can. Never before have chooks reached these type of heights! Then we'll pull the rope and let them make their way to the ground. Which ever numbered chook lands closest to the marker will win it's owner \$5,000!!! It's going to be a lot of fun and we're pretty sure no one has ever tried to do this before... and probably for good reasons. Tickets can be purchased from any Lancefield player or from the bar on game days. The big chicken drop will take place on Saturday May 16<sup>th</sup> after our seniors match against Woodend.



Riddell District Football Netball League





2026



# MACEDON *Club Notes*



Riddell District Football Netball League



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# MELTON CENTRALS

## Club Notes



A New Direction Under Ben Chapman

When Ben Chapman arrived at the Melton Centrals Football Club, he stepped into a challenge that needed patience, structure, and belief. Following a difficult 2025 season, the club made a bold move in appointing Chapman on a three-year deal, signalling a clear intent to reset and rebuild.

Chapman brings a wealth of coaching experience across some of Victoria's strongest local competitions, including the Western, Essendon District, and Northern Football Leagues. That background has given him exposure to different playing styles, club environments, and the demands of building competitive senior football programs. It's also shaped a coaching approach focused on standards, accountability, and development.

After a brief time away from coaching due to work commitments, Chapman returned with a renewed passion for the role. He was drawn to Centrals by the opportunity to help reshape the club's direction and build something sustainable for the future. From the outset, his focus has been on culture as much as performance, ensuring players understand expectations and buy into a team-first environment.

Since his arrival, there has been a noticeable shift around the club. Energy has lifted, standards have improved, and there is a stronger sense of unity within the playing group. New faces have joined the program, and existing players have responded to the increased demands placed on them.

Chapman's philosophy is centred on long-term growth rather than quick fixes. He is focused on developing individuals, improving team structures, and creating consistency in performance. Early signs in 2026 show steady improvement, including competitive performances and a breakthrough win that reflected the group's growing belief.

Looking ahead, Chapman's impact at Melton Centrals is expected to extend beyond results. His experience, leadership, and clear vision provide the club with a strong foundation as it works towards becoming a more competitive and consistent senior football program in the seasons ahead.





2026



# MELTON SOUTH

*Club Notes*





2026



# MOUNT ALEXANDER *Club Notes*



Riddell District Football Netball League





2026



# RIDDELL Club Notes



We are stoked to announce the launch of our new and improved website, take a look today!

<https://riddell-fnc.myclubcms.com.au/football>

A place where you will find all club history, easy links to access relevant websites, full team lists and much much more!

Don't forget to save the date for all of the events on our 2026 events calendar!  
[events calendar.jpg](#)

**2026 EVENTS CALENDAR**

2 MAY	IPOD SHUFFLE	18 JULY	LADIES DAY
8 MAY	SPORTSMAN'S DAY	18 JULY	FUNCTION
20 JUNE	FUNCTION	8 AUGUST	JUNIOR DAY
5 JULY	LAST MAN STANDING	1 AUGUST	FUNCTION
		18 SEPT	PRESENTATION

THURSDAY NIGHT PUB DINNERS AT RIDDELLS CREEK HOTEL

7 MAY 28 MAY 25 JUNE 30 JULY

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GREYHOUNDS  
- THE MEADOWS -



2026



# ROMSEY

## *Club Notes*





# WALLAN *Club Notes*

Last weekend was the Pat Cronin round, Be wise, let's end the coward punch! It was a great day at Kyneton with Kyneton opening their wonderful new netball facilities.

We had a great day on the netball court and football field with some hard fought wins, some by the barest of margins.

This week most of our club will enjoy the bye but the Club 18s will be in action at home on Friday night against Bacchus Marsh. Good luck everyone playing this weekend, the committees, volunteers, umpires and officials, without you we wouldn't have this great league.



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# WOODEND HESKET

## Club Notes



Round 5 takes us on the road to face Macedon, and there's always something special about a local derby. The Macedon Cats are fierce competitors on their home patch, and our Hawks know it's going to be a contest from the first bounce and first whistle.

Away games are a test of character, and this group has plenty of it. Our netballers across all five grades and our football sides, U19.5s, Reserves, and Seniors, have been building week by week, and Round 5 is another chance to show the competition what Woodend Heskett is made of.

If you can make the trip to Macedon, do it. There's nothing like a sea of brown and gold in enemy territory to lift our teams. Let's make some noise and bring home the points!

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### COMING UP

Round 6 – Woodend vs Lancefield away. Round 7 – Home vs Riddell at Gilbert Gordon – Women of the Nest tickets available now <https://bit.ly/WHFNC2026WomenOfTheNest> - Saturday 23 May 1pm onwards. Get ready for a BOLD & BRIGHT afternoon! Grazing Tables, Live Music, Raffles, Local Wine & Great Company  
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## RDFNL TRIBUNAL RESULTS

Cameron Freake - Gisborne Giants - Striking - Five Weeks  
Mathew Higgins - Lancefield - Striking - One week



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# NETBALL MANAERS REPORT

by General Manager Operations Grace Bibby

What can we do to help our players ensure they're switched on and ready to put strong netball out on court in the opening minutes of a game?

Here are a few simple ideas worth considering.

## BUILD THROUGH THE WARM-UP

This is arguably the most common contributing factor in teams that consistently start games slowly

- they're simply not ready to go, and it all stems from the pre-game warm-up.

Does your team spend the first 10 minutes of warm-up chatting, doing their exercises at half-pace

and stretching poorly, followed by more chatting while they warm up their passing, and then eventually lifting their heart rate a little when they move into a team drill?

If players have barely broken a sweat in warm-up, how do we then expect them to step out on court

and instantly go from 0 to 100?

Try thinking of your warm-up as an extension of the game - the first of five quarters. Build the intensity through the warm-up, aiming to hit close to match intensity (both physically and in voice) in the last five minutes before the players step on court.

Encourage your players to get to the courts five minutes earlier and get their chatting out of the way before warm-up starts. Once you're in warm-up mode, try to ensure that any chat is game-specific.

As the coach responsible for a group of young players, it's up to you to set the tone.

## ·MIX IT UP

While there's certainly value in having a set, structured team warm-up, changing

up a drill or two every so often is a good way to ensure players aren't just going through the motions every week.

## HAVE A SET PLAY

Ever had a team you have coached who had a habit of always conceding 3-4 goals before they'd

finally wake up and put one on the board.

Find a set play your team can execute consistently and effectively.

## ENCOURAGE YOUR PLAYERS TO THINK

Often there's a good chance your players will know some of their opposition, and particularly later

in the season once you've already played most teams.

Before the game, ask your players to tell you something about the other team or an opponent they

might be playing on - a strength they'll need to combat or a weakness they can look to exploit. For some players, it will be enough to help put their brain in game mode, and get them firing early.

## PRACTICE THOSE GOOD STARTS

While it can be hard to replicate your match night at training, finishing a session with some matchplay scenarios that replicate the start of a game is a concept worth trying.

Pick four attackers in positions, and tell them they have five centre passes in which to score 3-4


goals (depending on their age and ability).

After five centre passes, change the combination and start again.

This is definitely one for the coaches and we hope you have found it useful.



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## RDFNL NETBALL RESULTS AND TEAM LISTS

Click the division for match details and team lists.

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# RDFNL Netball Tipping

Each week throughout the 2026 season, a panel of RDFNL staff, executive, sponsors and media will submit their tips for the weekend's senior netball matches, which will be featured in the footy record. See how your tips stack up against the RDFNL experts each week!

Netball Tipping							
NAME	Gisborne Giants vs Diggers Rest	Melton South vs Kyneton	Melton Centrals vs Lancefield	Romsey vs Riddell	Macedon vs Woodend Heskett	Last Week	Total
Brenton Knott	Gisborne Giants	Kyneton	Lancefield	Romsey	Woodend-Heskett	5	14
Krissy Clement	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	5	16
Ben Higgins	Gisborne Giants	Melton South	Lancefield	Riddell	Woodend-Heskett	2	10
Tara Murray	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	5	15
Jordan Doyle	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	4	17
Grace Bibby	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	5	17
Grant McMillan	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	4	12
Courtney Alexander	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	3	13
Richard Thwaites	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	4	13
Lauren Nolan	Gisborne Giants	Kyneton	Lancefield	Riddell	Woodend-Heskett	4	15



Riddell District Football Netball League





# RDFNL Netball Previews

By Grace Bibby



Kyneton have had improved results this season but not many have gone their way. This weekend will be a good opportunity to change their fortune when they meet a struggling Melton South line up.

Fresh off the bye and a better performance against Wallan they will have a bit of confidence but if they do not start well the Tigers will take the game away from them pretty quickly.

Kristiana Manua is really settling into the black and yellow and giving Kyneton plenty of leadership along the way. Sometimes high quality players float in and out but it's clear to see Manua has bought in to what Kyneton are trying to achieve and she is up for the challenge.

Bourke was promising last week as was Kelsey McColl so there is plenty of talent they just need to pull it together for four quarters. In the third quarter Kyneton struggled to get any opportunities forward of centre and score just four goals. There isn't too many games of netball in this competition that that won't prove costly. In this match up last year Kyneton showed no mercy and that will no doubt be in the back of both teams minds coming into the game.

Melton South will be playing for a bit of pride while Kyneton want to really announce themselves as a finals threat with a big win.

Prediction: Kyneton to win this one comfortably but hoping for some positive signs for Melton South so they continue to have a platform to grow from.

Macedon have had their woes with player injuries and unavailability as have Woodend Heskett. When both teams are at full strength they are equally as impressive. Last week Macedon were easily able to counteract Diggers Rest. Their height was too hard to match up on in attack and the Burras were strong enough to break through the defence of Izzy Clarke who stepped up in Janelle Birch's absence and Katie Clarke.

The Cats also welcomed back Chelsea Kemp which was fantastic to see. Anyone that knows Chelsea's story would be so happy to see her not only back on court but back at the highest level which is incredible. Tamika Bishop also made her debut after winning the C grade best and fairest in 2025. Another incredible achievement. Despite being depleted Macedon cruised to victory and that will no doubt leave a pep in their step to take on Woodend Heskett.

Woodend Heskett made light work of Romsey last weekend. Ty Coppinger threw the bibs around in defence to give Jess Martin a run. Martin is a strong defender who has learnt so much of Coppinger since joining the senior program. With the experience of Coppinger, Bowkett and Hayley Rogers down her end she was always going to be in safe hands. Kayla Stanton of Woodend Heskett and Katie Clarke will be a match up to keep your eyes on. Both have similar physiques are similar in terms of their netball resumes and have no doubt played on each other before. Down the other end it will be a youthful Cats trying to take it up to the leagues best defence.

Prediction: Woodend Heskett to be too strong for the Cats.



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# RDFNL Netball Previews

By Grace Bibby



You couldn't tip either team with any level of confidence.

Romsey have lost their star player in Charlize Bellette but Savannah Forbes is doing a good job as her replacement. Lizzy Crump is also stepping up to the plate. Last week we saw the return of Emily Miles to the midcourt. Romsey would love to see her back in the red and black consistently this season but she is likely to continue her netball journey in the Bendigo Football Netball League. Without Miles in the midcourt the Redbacks lack depth and experience to help link the two ends held up by Emma Grech and Laura Neo.

For Riddell Hayley Brown took a hold of her opportunity in Holters absence and dominated the attacking end along side fellow young gun Tilly Allen. The Bombers are playing a fast paced fearless brand of netball this season and while it may be inconsistent it is exciting to watch. Riddell led at half time against Lancefield and it was only the third quarter that let them down before they fought back and won the last. One quarter of taking your foot off the gas and it proved costly. Riddell will be without Brianna DeHaas who looks to have hurt her lower leg and will be on the sidelines for a number of weeks.

Prediction: Riddell to win in a close one.

In the attacking end Imogen Sexton continues to shine and looks the goods in both a holding goal shooter role and a more active goal attack role. Romina Barbuto is the one consistent performer in the mid court while there is a lot of pressure on Hayley Hill in defence. This week they come up against an undefeated Lancefield.

Lancefield haven't dropped a game yet this season but nothing has looked all that convincing. Last week it was a narrow win over Riddell.

Shanae Brundell and Lilly Florence are starting to combine nicely in attack and Bridget Dodd was again amongst the best players. If Lancefield want to be a team that pushes for a game on grand final day this is a game they need to win and win well. Prediction: Lancefield to record their biggest win of the season against the Melton Centrals.



Gisborne Giants have been in good form without setting the competition alight but they should be too strong in this one.

Last week we saw a memorable moment for the Gisborne Giants as Ava Craske made her A grade debut alongside her sister Olivia and her father Adrian. Emma Joyce also made her debut who has been a young star of the junior competition and rep program. The win came on the back of a strong player of the week performance for Malia Seumanutafa. It's been a dominant start to the season for Seumanutafa and she won't make it easy for Diggers Rest.

Diggers Rest went down to Macedon and really struggled to stop the influence of the bigger goalers. Seumantufa will be another difficult test this week. Diggers Rest rely on their athleticism and reading of the play mainly through coach Anica Scherer. Their attacking end battled hard but they didn't have the fire power to match the Cats and the Giants is a step up again.

Prediction: Gisborne Giants to record a strong win.



Melton Centrals have had a disappointing start to the 2026 RDFNL campaign. They just cannot get going and continue to have difficulties getting players on the court. The loss of Avana Hobson who was their tree in defence is proving pivotal as they have lacked height in the early stages.



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