



Knox United FC

NEWSLETTER



No. 2 - 2025



Players and Coaches at 2024
Juniors Open Day

INSIDE

Club Captain's Address

Meet the Coaches

Junior/ Senior Update

2025 Registration

New WAA and O55 teams

NSFA Select Team Results

Sponsors Spotlight

Football Trivia

Pre-Season Results

Want to be a Referee?

All Time Appearances

Health & Wellbeing

This Month's Highlights



Knox United's First Female Team

Knox United are proud to announce its very first female football team with the formation of a Women's All Age Division 2 team. Under the coaching guidance of Head Coach Dylan Millett, we are excited to see the team play their first trial game in the coming weeks.

Managed by Eve Whittiker, the team are still on the lookout for a few players to complete their ranks of a full squad. If you or know of anyone who would be interested in making history at the club by joining the team, please reach out to the club for more details. Welcome Knox United Women!



WAA Div 2 team training hard
for the up coming season



www.knoxunited.com



knoxunited@hotmail.com



[Kent Oval, Turramurra NSW 2074](#)

CLUB CAPTAIN ADDRESS

DANIEL RAHME IS CLUB CAPTAIN FOR A 2ND SEASON. THIS WILL ALSO BE HE'S 10TH SEASON WITH THE CLUB

The 2025 season marks a historic milestone as we celebrate our 30th anniversary. With a decade in the premier league, the launch of our inaugural women's team, and our men's all-age team's promotion to division four, alongside our thriving over-35s and junior programs, Knox United continues to grow stronger.

Our premier league squad's preseason has been exceptional, with the final squad announcement coming soon. Under new coaching leadership and driven by impressive trial performances, we're targeting top four finishes in both grades. This would be an incredible achievement, highlighting our ability to compete with the association's largest clubs despite the constant battle for resources.

Our club's foundation has always been its strong community spirit. In this anniversary year, we encourage everyone to support all our teams, from the Over-35s to our new women's squad and our Mini-Roos. We all wear the same jersey on the weekend!

As we enter our busiest administrative period, we ask for your patience with our committee and team managers who are working tirelessly to make this milestone year truly memorable for every member.



Visit the Club's Online shop

UNIFORM AND MERCHANDISE AVAILABLE

All the club's Uniforms such as Club Polo's, Training Jersey, Playing Shorts and Socks can be purchased at the KUFC online shop. Other various merchandise items will be available throughout the season. Keep an eye out for when these items become available.

KNOX UNITED SHOP

www.knoxunitedfc.com/uniform-merchandise/

Meet the Knox United 2025 Coaches

MAA PL Firsts Head Coach - **Dejan Lukic**

MAA PL Firsts Assistant Coach - **Milan Mrvic**

MAA PL Reserves Coach - **Yashwin Khanna**

MAA Div 3 Squad Coach - **Spencer Kaye**

WAA Div 2 Team Coach - **Dylan Millet**

WAA Div 2 Assistant Coach - **Declan Bryant**

Technical Director - **Max Couvret**

Mini-Roo Coordinator - **Oliver Gibson**

U16 SL Head Coach - **Mark Quintana**

U16 SL Assistant Coach - **Benji Cole**

U14 Div 2 Coach - **Ricky Chapagain**

U13 Div 2 Coach - **Oliver Gibson**

Mini-Roo Coach - **Roy Wethereld**

Mini-Roo Coach - **Lockyer Couvret**

Mini-Roo Coach - **Benji Cole**

Mini-Roo Coach - **Ricky Chapagain**

Coaching Ambassador - **Vince Cali**

The club is still looking to fill a few spots on the 2025 Committee, for the **Equipment Manager**, **Sponsorship Coordinator** and **Social Manager**. If anyone is interested in helping give back to the club and would like to get a bit more involved in helping the club grow and thrive, please email

knoxunited@hotmail.com



Dejan
Lukic



Milan
Mrvic



Yashwin
Khanna



Spencer
Kaye



Dylan
Millet



Declan
Bryant



Max
Couvret



Oliver
Gibson



Mark
Quintana



Benji
Cole



Ricky
Chapagain



Roy
Wethereld



Lockyer
Couvret



Vince
Cali

Junior Update

LET'S GET BACK ON THE FIELD FOR 2025

As trials for the Junior teams (U14-U12) got underway at the club's home ground of Kent Oval last weekend, it was a great turn out for all age groups with teams looking strong for the upcoming season.

The Mini-Roos are eager to start having their kick arounds leading up to the season. We are so excited to bring new coaches to the clubs who have a wealth of experience and can help guide all players and teams in their development.

Helping Max take charge of the Mini-Roos is our new Mini-Roo Coordinator, Oliver Gibson. He will be able to assist players at trainings and any parent with questions throughout the season. As we move into March, pre-season trainings will begin for all Junior and Mini-Roo teams, please keep an eye on your emails for all upcoming information.

For anyone wanting to play in the 2025 season, please scan the QR code to ensure you are kept up to date with all pre-season activities.



Senior Update

NEW WOMEN'S AND O55'S TEAM JOINING THE FOLD

The club's now 11 senior teams are all starting to prepare themselves for the upcoming season. Whether this be organising trainings, trial games or social events. Our Knox United teams are keen to take on the 2025 season.

Men's Premier League had their 3rd pre-season game under the new direction of Head Coach, Dejan Lukic who is helping the team grow and improve with each session. The Men's Division 3 is also getting well prepared for the season, as their first trial game this Friday. Along with the other All Age teams, they are always looking for some extra players to help the team.

The Over 35's teams are hard at work on and off the field to ensure they both reach the Grand Final this season. The club's second longest standing pre-season competition, the 'Old Boys Cup' will be played by the O35 Division 3 team, keep an eye out on the socials for more information.

The club's two newest teams are gearing up to hit the ground running the Women's All Age Division 2 and the Men's Over 55's Division 2 teams are keen to be a part of the Knox United community. Welcome to all new players joining the club.



2025 Registration IS OPEN

Knox United's Registration is now open for all Senior and Junior Teams. Register now to secure your sport in the team.

For more details and information check out the clubs website at:

www.knoxunitedfc.com/registration/

For any questions or inquiries contact:

knoxunitedregistrar@hotmail.com

Scan the QR code or follow
the below link to register with
Knox United for the 2025
season.



KUFC Registration



For assistance registering yourself click here:

<https://support.playfootball.com.au/support/solutions/articles/22000283765-2025-registration-system-participant-how-to-self-register>

For assistance registering on behalf of someone else click here:

<https://support.playfootball.com.au/support/solutions/articles/22000283767-2025-registration-system-participant-how-to-register-on-behalf-of-someone>



WOMEN'S ALL AGE DIV 2

Come join the club's first WAA Division 2 team. The team is looking for a few extra players to join the ranks. Coached by Dylan Millett, this new team will be focusing on some key aspects of football.

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ General fitness
- ✓ Fun atmosphere

Knox United is committed to developing its Female Football Program with the formation of this new team. Be a part of history by joining the club's first women's team!



TRAINING SESSIONS

Every Sunday
5PM- 6:30PM

LOCATION

Kent Oval, Kent Road, Turramurra 2074

Registration Link

[Knox United Registration](#)

More Information

www.knoxunited.com/female-teams/



KNOX UNITED FOOTBALL CLUB

OVER 55 PLAYERS NEEDED

Looking for players to join our new Men's Over 55 Division 2 team. Come join this fun team and play some fun great football amongst friends. Get back into football or just try something new to help you stay active and fit, join this amazing team of players.



WHY SHOULD I JOIN

- SATURDAY AFTERNOON LOCAL GAMES
- TEAM SOCIAL EVENTS
- TRAINING WITH FRIENDS AND MATES
- JOINING KNOX UNITED COMMUNITY

Contact the club for more details at:
knoxunited@hotmail.com

All are welcome to com join and play



NSFA



**NORTHERN
SUBURBS
FOOTBALL**
EST. 1957

Select Team

After the 2 games played by the NSFA Select Men's Team, NSFA were able to walk away with 50% of the silverware. Defeating Northwest Sydney Football Association is a great achievement in the inaugural Tri Association Competition. Zac and Eddy did both the NSFA and the club proud.

Sadly, when the team played ancient rivals Manly Warringah Football Association a win was not on the cards. Playing hard the game just didn't go NSFA's way, the game was ultimately won by the opposition. Regardless, the team played an amazing game and look forward to reclaiming the trophy in 2026.



NSFA Select Team Results

GAME 1



NSFA

1



0



NWSFA

Lachie Marlin (KPFC)

GAME 2



MWFA

3



0



NSFA

Congratulations again to Zac and Ed Harvey-Latham for your back-to-back selection in the squad and on the win for game 1

SPONSOR SPOTLIGHT



LAW GROUP



As a proud sponsor of Knox United Football Club, **Walker Law Group**, founded by **Steve Walker** in 2013, stands as a beacon of legal excellence, practicing exclusively in personal injury law. With a team of dedicated professionals and over 156 years of combined experience, Walker Law Group are committed to providing quality legal advice, assistance and representation.



Eligible injured worker are able to access these services at NO COST due to the funding provided by Independent Review Office which is an independent statutory office backed by the NSW Government. Further, Walker Law Group run personal injury compensation claims on a no win no fee basis and are committed to transparent and straightforward communication when discussing fee policy. Knox United take great pleasure in welcoming Walker Law Group as a continued Major Sponsor for the 2025 season and we look forward to building a strong partnership in future.

If you are seeking personal injury law services, please contact the Walker Law Group Head Office based in Manly

E-mail: enquiry@walkerlawgroup.com.au

Phone: **(02) 8046 9700**

Address: **Level 1, 22 Darley Road, Manly NSW, 2095.**

For more information, please visit the Walker Law Group website at: www.walkerlawgroup.com.au



KNOX UNITED FC 2025

Sponsorship Expression of Interest

Knox United FC are always on the lookout for additional sponsors. There are a great many ways at which the club is able to provide beneficial Sponsorship to aiding business.

Along with the club's 300+ members, the club reaches a vast number of people through its social media, newsletter and affiliated association.

If you are interested in sponsoring Knox United FC please reach out to find out more information regarding the types of sponsorships available. Contact the club at knoxunited@hotmail.com

PRE-SEASON RESULT

MAA Premier League - First



1

VS

1



WEST
RYDE

Zac Harvey-Latham

MAA Premier League - Reserve



3

VS

4



WEST
RYDE

Oliver Gibson x2, Ryan Gilfoyle

MAA Premier League - First



2

VS

2



ST
AUGUSTINE

Zac Harvey-Latham, Oliver Gibson

MAA Premier League - Reserve



1

VS

2



ST
AUGUSTINE

Tom Tadcliff

MAA Premier League - First



2

VS

1



HARBORD

Oscar Walker, James Bradford

MAA Premier League - Reserve



2

VS

1



HARBORD

Chris Watts x2



Football Quote of the Week!

"Football is more than just a game. It can bring hope and joy to people's lives."

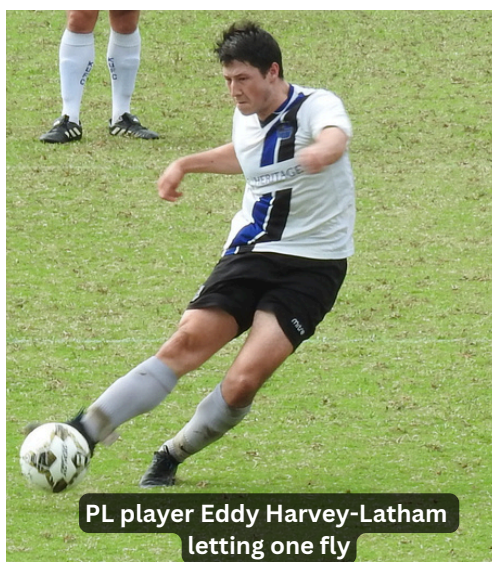
- Didier Drogba

Answers to the Football Trivia can be found on the second last page of the Newsletter.

Football Trivia Quiz

How many can you get right?

1. How many laws of the game are there in football?
2. Which country has won the most Men's FIFA World Cup, which how many titles?
3. Who is the most capped Australian Footballer?
4. Who is the highest Australian scoring footballer?
5. How many clubs are there in NSFA?
6. How many club honours has Knox United FC won?
7. What is the oldest football competition in the world, and when did it start?
8. In what year did Knox United FC first play in the Men's All Age Premier League?
9. Who is the 10th club president of Knox United FC?
10. Who am I? I have only played for 3 clubs my entire professional career, making the first team for my professional club when I was 16, I have never been sold or bought by a club and moved only on free transfers, I have won a FIFA World Cup.



Why not be a Referee this season!



LEVEL 4 REFEREE COURSE DATES



~~SUNDAY 23RD FEBRUARY~~ ~~WARRIMOO OVAL~~ ~~9AM-3PM~~

SUNDAY 2ND MARCH MONTVIEW OVAL 9AM-3PM

SATURDAY 8TH MARCH TBC 9AM-3PM

SUNDAY 16TH MARCH WARRIMOO OVAL 9AM-3PM

SATURDAY 29TH MARCH WARRIMOO OVAL (FEMALE ONLY) 9AM-3PM



Each year the Northern Suburbs Football Referees Association (NSFRA) trains around 100+ new referees, both senior and junior.

New registration for a Referee joining the NSFRA, whether qualified or not, is \$120.

Returning NSFRA Referees registering for the 2025 season must pay the \$100 registration fee.

If you have any questions about becoming a referee or the registration process, please contact the NSFRA Referees Manager, Peter Plant, by emailing referees@nsfra.com.au.

To register for a Referee Course

[Click Here](#)

Why should I referee?

There are so many different reasons to become a referee. It's a great way to:

1. **Earn some extra money** ([NSFRA Ref fees](#)).
2. Give back to the game you love
3. Stay fit and active
4. Build quality leadership skills like effective communication and decision-making.



**PLAY
FOOTBALL**

JOIN OUR TEAM!

SIGN UP NOW

Referee Football



ALL TIME CLUB APPERANCES



Pos	2024 Team	Player Name	Goals
1	035 D3	Lachlan Wills	664
2	035 D3	Mark Jennings	568
3	035 D3	Cameron Wills	531
4	035 D3	Matthew Feros	502
5	MAA PL	David Guthrie	289
6	MAA PL	Ryan Gilfoyle	314
7	-	Nicholas Olson	311
8	035 D3	Christian Brook	303
9	MAA PL	Tom Radcliff	290
10	035 D3	Chris Wiseman	276
11	035 D3	Scott Chappel	275
12	MAA D5	Tom Abraham	265
13	035 D3	Graydon Chong	231
14	-	Todd Collinge	226
15	035 D3	David Stone	219
16	MAA PL	Ben Drury	216
17	-	Jack Basley	212
18	MAA PL	Daniel Rahme	207
19	-	Derek Walker	200
20	-	Nicholas Bozic	180
21	035 D3	Robbert Clisdell	180
22	035 D3	Craig Bolger	176
23	035 D3	Daniel Reynolds	175
24	MAA PL	Ethan Munday	173
25	-	Stephen Carpenter	166
26	-	Lee Jordan	160
27	-	James Bassam	157
28	-	Thomas Legg	151
29	MAA PL	Tom Lilley	151
30	MAA D5	Paul Nicolo	142
31	MAA D3	Declan Bryant	141
32	-	Josh Chapman	140
33	-	Lachlan Stott	140
34	MAA D5	James de Meyrick	135
35	MAA PL	Luke Chapman	131
36	MAA PL	Ed Harvey-Latham	125



Health and Wellbeing



Ben Drury, the clubs Health and Wellbeing Officer is open to talk or lend an ear to all members of the club on:

0439 850 879

ben.drury2@gmail.com

Please remember, if your life is in immediate danger, dial **000**.

Alternatively, crisis support is available through Lifeline: **13 11 14**

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A free online self-help program for people with mild to moderate depression, anxiety and stress, and people who want to build good mental health.

[Read Me](#)

myCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress, and people who want to build good mental health.

*Football Trivia Answers: **1.** 17, **2.** Brazil with 5 titles, **3.** Clare Polkinghorne with 169 Capps, **4.** Sam Kerr with 69 goals, **5.** 30, **6.** 52, **7.** The FA Cup (Football Association Challenge Cup) with it's first title in the 1871/72 season (154 years ago), **8.** 2004, **9.** Ronan Kennedy, **10.** Lionel Messi*

Thank you to our Sponsors



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PRIVATE WEALTH

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LAW GROUP



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**Experts in Physiotherapy
& Sports Rehabilitation**



**Black Dog
Institute**