



MAA Division 3 after thier fitness training session

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## Newsletter Highlight



### Rain can't stop MAA Div 3

With all the rain we've had over the past week. Everyone should not be surprised that a vast majority of grounds have been closed by the council. Resulting in a lot of team's trainings needing to be cancelled as well. For the Men All Age Division 3 squad, the rain did not deter them!

Instead of meeting up for their usual training session at Golden Jubilee on Tuesday night. The available squad members met up at NTRA to do a fitness session running around the 3 ovals as a squad. What a great show of team spirit by finding ways to adapt their weekly training session. I'm sure the added fitness will pay off in the games to come.

# U13's Div 2 report

OLIVER GIBSON - U13'S DIVISION 2 COACH

Knox United U13's Season Start – Turning the Tide

2025 marks the first season together for our current U13 squad, and while the opening 2–9 loss to Northbridge FC looked grim, early goals from Edmund Zhou and Preston Jackson gave a glimpse of potential. With no prior training, the group showed the makings of a strong side. The following week at Kent Oval saw improvement, with a long-range equaliser from Max Haren against Hornsby Heights. Unfortunately, we faded late and lost 1–3.

Facing league leaders Berowra FC, the boys again impressed early. A sharp one-two between Preston and James Parker made it 1–1, but Berowra's quality shone through. An unlucky own goal and penalty scored by Ian Kim brought the score to 2–4 in another game where second-half stamina let us down.

Training focused on possession, movement, and decision-making, and it showed in Round 4. Against West Pymble FC, we created strong chances and were unlucky to lose 1–2, with Vivaan Gorasia scoring late. Then came the breakthrough:

Round 5 versus Willoughby Dalleys FC. Early dominance was rewarded by Edmund Zhou's opener. After a Dalleys equaliser, a slick corner led to James Parker's beautiful strike, before Preston sealed it 3–1.

With tighter defending from Ian Kim, Riley Brook, Callum Sweeney, Mitch Gower, and John Wastell, the boys managed their best second half yet. This win marks a real turning point – and it's only up from here for the Knox United's U13's.



Oliver Gibson



U13 Division 2 team



Kent Shop open for Junior Open Day

## 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/](http://www.knoxunitedfc.com/uniform-merchandise/)



# KNOX UNITED

## MAA PREMIER LEAGUE UNDER LIGHTS

**FRIDAY 23<sup>RD</sup> MAY 2025**

**CHARLES BEAN OVAL**

**RESERVE GRADE AT 6:05PM  
FIRST GRADE AT 7:45PM**



**KNOX  
UNITED FC**

*VS*

**LANE  
COVE FC**

**COME WATCH AND SUPPORT THE CLUB'S  
MEN'S ALL AGE PREMIER LEAGUE**

**For the first time this season, the squad plays under lights!  
Bring your friends, bring your family for what we expect  
to be a great night of football!**

**BBQ AND SOFT DRINKS  
AVAILABLE ON THE NIGHT**

**FOR MORE INFORMATION CONTACT**

**[KNOXUNITED@HOTMAIL.COM](mailto:KNOXUNITED@HOTMAIL.COM)**





# LAST MATCH RESULT

SENIOR'S ROUND 5  
JUNIOR'S ROUND 5

MAA Premier League - Firsts



Ethan Munday

MAA Premier League - Reserves



Own Goal

WAA Division 2



Ellie Saltmarsh

MAA Division 3 - Firsts



MAA Division 3 - Reserves



Aarav Massrani

MAA Division 5



Paul Nicolo

MAA Division 8



Harry Wilson

MAA Division 10



Sebastian Law, Austin Bogatez, Harry Parsonage

O35 Division 3



Tim Eastman, Spyridon Papadatos, Cameron Wills  
Roy Wethereld

O35 Division 5



Juan Pizurno, Gabriel Tang, Own Goal

U16 Super League



U14 Division 4



Terrence Liao

U13 Division 2



Edmond Zhou, James Parker, Preston Jackson

U12 Division 5



Milo Borgelt



# Player of the Round

MAA  
PREMIER LEAGUE



LACHLAN MARSH

WAA  
DIVISION 2



ELLIE SALTMARSH

MAA  
DIVISION 3



CHARLIE BALL

O35  
DIVISION 3



CAMERON WILLS

O35  
DIVISION 35



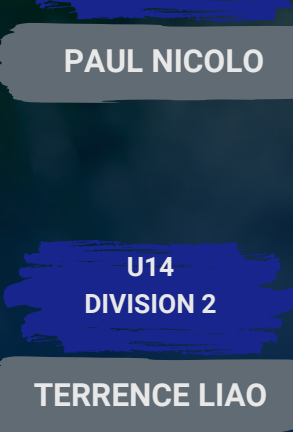
GABRIEL TANG

MAA  
DIVISION 8



HARRY WILSON

MAA  
DIVISION 5



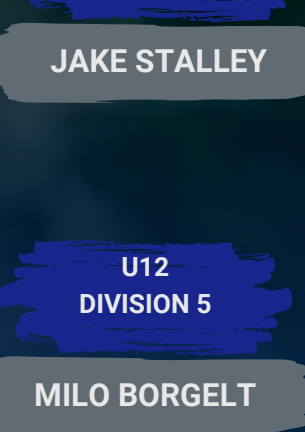
PAUL NICOLO

MAA  
DIVISION 10



JAKE HUENERBEIN

U16  
SUPER LEAGUE



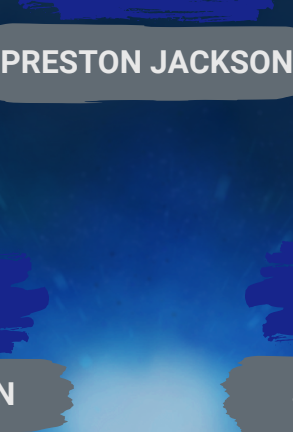
JAKE STALLEY

U14  
DIVISION 2



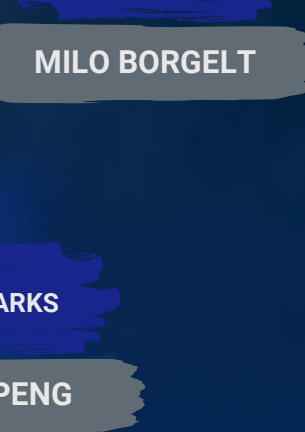
TERRENCE LIAO

U13  
DIVISION 2



PRESTON JACKSON

U12  
DIVISION 5



MILO BORGELT

U8  
BLUE RAPTORS



MICHAEL CHEN

U7  
BULL SHARKS



JUSTIN PENG



# Meet a Club Member



## Nick Kour

**Nickname:** Nick

**KUFC team for 2025:** MAA Division 3

**How many season have you played for KUFC:** 4 seasons

**Past KUFC teams:** 2017 - MAA PL, 2023 - MAA PL, 2024 - MAA Div3,

**Favourite Football Player:** David De Gea

**Favourite Football team:** Sydney Fc

**Best advice you've received:** Don't worry about it, you're not doing heart surgery

**Something your Coach/Manager always says:** Hands like feet

**What is a goal you'd like to achieve this season:** Score a goal that's not from the pen spot would be nice.



## Paul Nelson

**Nickname:** Pauly

**KUFC team for 2025:** O35 Division 3

**How many season have you played for KUFC:** 12 season2

**Past KUFC teams:** 2007-2013 MAA PL & Div 2, 2014 - 2018 MAA various celebrity appearances, 2024 O35 Div 3

**Favourite Football Player:** Patrick Viera

**Favourite Football team:** Arsenal FC

**Best advice you've received:** Head over the ball (still practicing this one)

**What is it that you love about playing with Knox United FC?s:**

Camaraderie and community

**What is a goal you'd like to achieve this season:** Score more goals than Matt Feros



## Declan Bryant

**Nickname:** Deccers

**KUFC team for 2025:** MAA Division 3

**How many season have you played for KUFC:** 7 season

**Past KUFC teams:** MAA PL in 2019, 2020, MAA Div 8 in 2021, MAA Div 6 in 2022, MAA Div 5 in 2023, MAA Div 3 in 2024

**Favourite Football Player:** Ronaldinho Gaúcho

**Favourite Football team:** Liverpool FC

**Best advice you've received:** You may not be the best, but don't ever let someone tell you that you haven't given it your all.

**Something your Coach/Manager always says:** How can you affect the play  
**What are you excited for or about this season:** Reaching the finals for MAA Div 3, we were just short of it last year. And also looking forward to seeing the club grow and expand with all the players coming in.

**Next time you see one of these Members, make sure you say hello!!**





**Black Dog  
Institute**

# **BLACK DOG**

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# **RETRO ROUND**

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**Round 13 - 5<sup>th</sup> and 6<sup>th</sup> of July**

## **What is Black Dog Retro Round?**

It is Knox United's charity round that helps raise funds and awareness for mental health

## **What does Knox United do during the round?**

All senior teams wear a different club past jersey to help raise awareness. In addition to this all players are encouraged to purchase a limited edition Black Dog football socks with raise money.

## **How can you find out more information about Black Dog Institute?**

Check out their website at

<https://www.blackdoginstitute.org.au/>

for more information





## Football Quote of the Week!

**"Keep working even when  
no one is watching."  
- Alex Morgan**

*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. True or false. Brazil icon Pele once starred in a Hollywood movie alongside Michael Caine and Sylvester Stallone?
2. Which German multinational sportswear company is Messi an ambassador for?
3. What is the highest number of points achieved by a team in a single Premier League season?
4. What year was the A-League established?
5. How many times has Knox United won the Mallacoota Cup?
6. What is the longest undefeated run by a single team at Knox United?
7. Which country won the first women's World Cup?
8. What is the highest FIFA Ranking the Socceroos has ever had?
9. Who won the 2024/25 English Premier League?
10. In which season was the European Cup rebranded as the Champions League?





# NEXT FIXTURES

SENIOR'S ROUND 6  
JUNIOR'S ROUND 6

## MAA PL - FIRSTS

AWAY



VS



**NORTHBRIDGE**

**SAT - 17/05**



NORTHBRIDGE  
OVAL

**3:00 PM**

## MAA PL - RESERVES

AWAY



VS



**NORTHBRIDGE**

**SAT - 17/05**



NORTHBRIDGE  
OVAL

**1:15 PM**

## MAA DIV 3 - FIRSTS

AWAY



VS



**LANE COVE**

**SUN - 18/05**



BLACKMAN PARK  
FIELD 2

**3:00 PM**

## MAA DIV 3 - RESERVES

AWAY



VS



**LANE COVE**

**SUN - 18/05**



BLACKMAN PARK  
FIELD 2

**1:10 PM**

## MAA DIV 5

HOME



VS



**NORTH SYDNEY  
BOYS HS**

**SAT - 17/05**



KENT OVAL

**3:00 PM**

## MAA DIV 8

AWAY



VS



**NORTHBRIDGE**

**SAT - 17/05**



NORTHBRIDGE  
OVAL

**7:00 PM**

## MAA DIV 10

AWAY



VS



**ASQUITH**

**SUN - 18/05**



ASQUITH OVAL

**3:00 PM**

## WAA DIV 2

HOME



VS



**CHATSWOOD  
RANGERS**

**SUN - 18/05**



KENT OVAL

**3:00 PM**

# NEXT FIXTURES

SENIOR'S ROUND 6  
JUNIOR'S ROUND 6

## O35 DIV 3

HOME



VS



LINDFIELD

SAT - 17/05



KENT OVAL

1:00 PM

## O35 DIV 5

HOME



VS



TURRAMURRA  
UNITED

SUN - 18/05



KENT OVAL

1:00 PM

## U16 SL

HOME



VS



LANE COVE WEST

SUN - 11/05



KENT OVAL

11:30 PM

## U14 DIV 2

AWAY



VS



NORTH SYDNEY  
UNITED

SUN - 18/05



CAMMERAY  
OVAL

11:30 AM

## U13 DIV 2

HOME



VS



NORTHBRIDGE

SUN - 18/05



KENT OVAL

9:00 AM

## U12 DIV 5

AWAY



VS



NORTH SYDNEY  
UNITED

SAT - 17/05



NORTHBRIDGE  
OVAL - HALF 1

10:00 AM

## U8 BLUE RAPTORS

HOME



VS



ST IVES

SAT - 17/05



CARRINGTON  
PARK - MIDI 1

9:20 AM

## U7 BULL SHARKS

AWAY



VS



WEST PYMBLE

SAT - 17/05



KARUAH OVAL  
- MINI 1

10:10 AM



# ***Thank you to our Sponsors***



**HERITAGE**  
PRIVATE WEALTH

 **zdesign.**

**Walker**

**LAW GROUP**



**O K G A**



**Physiotherapy Centre**

**Experts in Physiotherapy  
& Sports Rehabilitation**



**Black Dog  
Institute**

LEAGUE TABLES - ROUND 5

MAA PREMIER LEAGUE - FIRST TEAM							
POS	CLUB	PL	W	D	L	GD	PTS
1	KISSING POINT FC	5	5	0	0	11	15
2	LINDFIELD FC	5	4	0	1	8	12
3	HORNSBY HEIGHTS FC	5	3	0	2	6	9
4	BEROWRA FC	5	3	0	2	-2	9
5	WEST PYMBLE FC	5	2	1	2	0	7
6	WILLOUGHBY DALLEYS FC	5	2	0	3	3	6
7	NORTHBRIDGE FC	5	2	0	3	-2	6
8	KNOX UNITED FC	5	2	0	3	-3	6
9	CHATSWOOD RANGERS SC	5	1	1	3	-11	4
10	LANE COVE FC	5	0	0	5	-10	0

MAA DIVISION 3 - FIRST TEAM							
POS	CLUB	PL	W	D	L	GD	PTS
1	NORTH SYDNEY UNITED FC BLACK	5	4	1	0	7	13
2	KNOX UNITED FC	5	3	1	1	4	10
3	ST MICHAEL'S FC	5	3	1	1	1	10
4	NORTH SYDNEY UNITED FC RED	5	3	0	2	1	9
5	LANE COVE FC	5	2	2	1	4	8
6	HORNSBY RSL FC	5	2	2	1	3	8
7	NORTHBRIDGE FC	5	1	2	2	2	5
8	LINDFIELD FC	5	1	1	3	-9	4
9	CHATSWOOD RANGERS SC	5	0	2	3	-6	2
10	BEROWRA FC	5	0	0	5	-7	0

MAA DIVISION 5							
POS	CLUB	PL	W	D	L	GD	PTS
1	LINDFIELD FC	4	3	1	0	8	10
2	ASQUITH FC	4	3	1	0	3	10
3	UTS FC	4	2	2	0	8	8
4	ST IVES FC	4	2	2	0	7	8
5	TURRAMURRA UNITED FC	4	2	2	0	6	8
6	ST MICHAEL'S FC	5	1	2	2	-3	5
7	NORTHBRIDGE FC	3	1	0	2	-6	3
8	GORDON FC	4	1	0	3	-7	3
9	KNOX UNITED FC	4	0	0	4	-7	0
10	NORTH SYDNEY BOY HS FC	4	0	0	4	-9	0

MAA PREMIER LEAGUE - RESERVE TEAM							
POS	CLUB	PL	W	D	L	GD	PTS
1	LINDFIELD FC	5	5	0	0	13	15
2	WEST PYMBLE FC	5	3	1	1	6	10
3	WILLOUGHBY DALLEYS FC	5	3	1	1	5	10
4	KISSING POINT FC	5	3	1	1	4	10
5	CHATSWOOD RANGERS SC	5	2	1	2	0	7
6	HORNSBY HEIGHTS FC	5	2	0	3	-3	6
7	LANE COVE FC	5	1	1	3	-6	4
8	BEROWRA FC	5	1	1	3	-10	4
9	NORTHBRIDGE FC	5	0	2	3	-4	2
10	KNOX UNITED FC	5	0	2	3	-5	2

MAA DIVISION 3 - RESERVE TEAM							
POS	CLUB	PL	W	D	L	GD	PTS
1	ST MICHAEL'S FC	5	5	0	0	14	15
2	LINDFIELD FC	5	4	0	1	11	12
3	HORNSBY RSL FC	5	4	0	1	4	12
4	NORTH SYDNEY UNITED FC RED	5	3	0	2	2	9
5	NORTH SYDNEY UNITED FC BLACK	5	2	0	3	0	6
6	CHATSWOOD RANGERS SC	5	2	0	3	-2	6
7	BEROWRA FC	5	2	0	3	-4	6
8	KNOX UNITED FC	5	1	1	3	-11	4
9	LANE COVE FC	5	1	0	4	-7	3
10	NORTHBRIDGE FC	5	0	1	4	-7	1

MAA DIVISION 8							
POS	CLUB	PL	W	D	L	GD	PTS
1	UTS FC	5	4	0	1	10	12
2	ASQUITH FC	5	4	0	1	7	12
3	GREENWICH SC	5	3	1	1	2	10
4	LINDFIELD FC	5	2	1	2	-2	7
3	ST IVES FC	5	2	1	0	2	6
6	KNOX UNITED FC	5	1	2	2	2	5
7	HORNSBY HEIGHTS FC	5	1	2	2	-2	5
8	KISSING POINT FC	5	1	1	2	-1	4
9	NORTHBRIDGE FC	5	1	1	3	-7	4
10	BEROWRA FC	5	1	0	4	-12	3



LEAGUE TABLES - ROUND 5

MAA DIVISION 10							
POS	CLUB	PL	W	D	L	GD	PTS
1	KISSING POINT FC BLUE	5	4	0	1	10	12
2	KNOX UNITED FC	5	4	0	1	5	11
3	ASQUITH FC WHITE	5	2	1	2	-4	7
4	KISSING POINT FC RED	5	2	0	3	5	6
5	UTS	5	2	0	3	2	6
6	ASQUITH FC BLUE	5	2	0	3	-4	6
7	LINDFIELD FC	5	2	0	3	-6	6
8	GORDON FC	5	1	1	3	-8	4

WAA DIVISION 2							
POS	CLUB	PL	W	D	L	GD	PTS
1	UTS FC	4	4	0	0	22	12
2	HORNSBY HEIGHTS FC	4	3	1	0	17	10
3	LINDFIELD FC	3	3	0	0	27	9
4	CHATSWOOD RANGERS WHITE	4	2	0	2	-2	6
5	ST MICHAEL'S FC	5	2	0	3	-16	6
6	NORTH SYDNEY UNITED FC	3	1	1	1	1	4
7	KNOX UNITED FC	4	1	0	3	-9	3
8	ASQUITH FC	4	1	0	3	-12	3
9	CHATSWOOD RANGERS SC BLUE	5	0	0	5	-28	0

O35 DIVISION 3							
POS	CLUB	PL	W	D	L	GD	PTS
1	KNOX UNITED FC	5	3	2	0	10	11
2	ST MICHAEL'S FC	5	3	1	1	0	10
3	WEST PYMBLE FC	3	3	0	0	20	9
4	NORTH SYDNEY UNITED FC	5	1	3	1	-7	6
5	HORNSBY HEIGHTS FC	5	1	2	2	-2	5
6	ASQUITH FC	4	0	2	2	-3	2
7	LINDFIELD FC	4	0	1	3	-8	1
8	LANE COVE FC	3	0	1	2	-10	1

O35 DIVISION 5							
POS	CLUB	PL	W	D	L	GD	PTS
1	KNOX UNITED FC	4	3	0	1	5	9
2	BROOKLYN SC	4	2	2	0	3	8
3	GORDON FC	4	2	1	1	3	7
4	NORTH TURRAMURRA FC	5	2	1	2	2	7
5	ST IVES FC	3	2	0	1	2	6
6	KISSING POINT FC	4	1	1	2	-3	4
7	LANE COVE FC	5	0	2	3	-8	2
8	TURRAMURRA UNITE DC	3	0	1	2	-4	1

U16 SUPER LEAGUE							
POS	CLUB	PL	W	D	L	GD	PTS
1	LANE COVE WEST FC	5	4	1	0	14	13
2	NORTH SYDNEY UNITED FC 16	5	4	1	0	13	13
3	LINDFIELD FC 16	5	3	1	1	13	10
4	NORTHBRIDGE FC RED	4	2	2	0	4	8
5	LINDFIELD FC 15	4	2	0	2	-1	6
6	HORNSBY HEIGHTS FC	5	1	1	3	-7	4
7	LANE COVE FC	5	1	1	3	-17	4
8	NORTH SYDNEY UNITED FC 15	4	1	0	3	-3	3
9	CHATSWOOD RANGERS SC	5	0	2	3	-9	2
10	KNOX UNITED FC	4	0	1	3	-7	1

U14 DIVISION 2							
POS	CLUB	PL	W	D	L	GD	PTS
1	LANE COVE WEST FC	5	4	0	1	29	12
2	KISSING POINT FC	4	4	0	0	8	12
3	LANE COVE FC	5	3	1	1	10	10
4	LINDFIELD FC	5	2	1	2	-1	7
5	WEST PYMBLE FC	4	1	1	2	-7	4
6	KNOX UNITED FC	5	1	1	3	-12	4
7	BEROWRA FC	5	1	0	4	-8	3
8	NORTH SYDNEY UNITED FC	5	1	0	4	-19	3

7 8 5 4 29

6 9 5 3 27

U13 DIVISION 2							
POS	CLUB	PL	W	D	L	GD	PTS
1	NORTHBRIDGE FC BLACK	4	4	0	0	24	12
2	BEROWRA FC	5	4	0	1	15	12
3	HORNSBY HEIGHTS FC	4	2	0	2	2	6
4	WILLOUGHBY DALLEYS FC	4	2	0	2	-1	6
5	WEST PYMBLE FC	5	2	0	3	-8	6
6	KU-RING-GAI PHEONIX FC	5	2	0	3	-15	6
7	NORTHBRIDGE FC THNGDER	4	1	0	3	-7	3
8	KNOX UNITED FC	5	1	0	4	-10	3

## Health and Wellbeing



Proudly supporting  
**Black Dog  
Institute**

### Understanding Anxiety

[Read Me](#)

Feeling anxious is one way our bodies keep us safe from danger. But sometimes we can become overly worried and if it affects daily life, it may be an anxiety disorder.

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*Football Trivia Answers: 1. True, 2. Adidas, 3. 100 points by Manchester City (2017-2018 season), 4. 2004, with the first season in 2005-2006, 5. 4, 6. 651 days – O35 Div 3 2021, 7. United States of America, 8. 14th in December 2009, 9. Liverpool FC, 10. 1992-93*