



# Knox United FC NEWSLETTER



No. 12 – 2025



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## Newsletter Highlight



### Undefeated Team!

Hitting off the season strong the O35 Division 3 team remain undefeated during the 2025 season. They currently have an undefeated streak of 9 game (6 wins, 3 draws) over 299 days. This team full of club veterans has been performing amazingly this season, continuing off their 2024 success winning the grand final the team remain top of the table and a force to be reckoned with. Good luck to the team this weekend as they face Lane Cove FC.



## **Junior Update**

### **ALMOST HALF WAY THROUGH THE SEASON**

These past few weeks have been an exciting time for our Junior and Mini-Roo teams. The U13's have worked hard to move up the table and the U14's are looking good to make a big stance in the second half of the season. Our two Mini-Roo teams are enjoying getting out on the field, kicking a ball with their friends and are making the most of all the game time they get.

U12's continually are working hard and both at training and on game days, ready to hit the ground running as we move along the season. The U16's have some tough games coming up both in the NSFA and in the NSW State cup. We hope everyone is having a great time playing and we hope the rain stays away for the remainder of the season.



## **Senior Update**

### **TOUGH GAMES, GOOD TIMES & GREAT TEAM SPIRIT**

These past few rounds have shown some amazing talent & great result throughout the club. The MAA PL teams are both sitting well on the table, with the first team drawing 2-2 to top of the table Kissing Point FC, who for the first time season have dropped some points. The squad is constantly working hard aiming to reach a the top 4, getting them into the finals. The squad is collectively at 5<sup>th</sup> in the MAA Premier League Championship table.

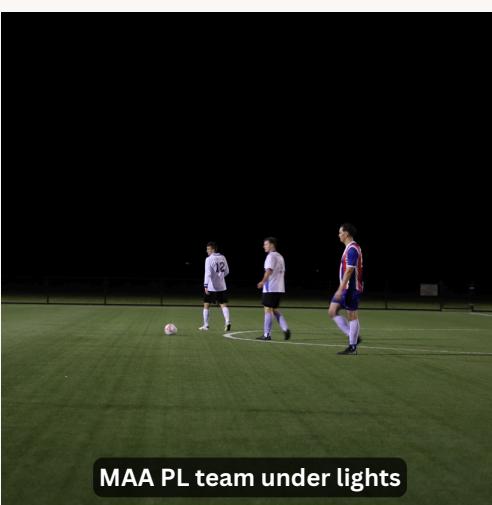
We currently have 3 teams sitting at the top of table in their respective divisions. O35 Div 3, O35 Div 5 and MAA Div 10. All 3 teams have been on a hot winning streak recently and are looking to maintain this for the remainder of the season. The teams have done some good recruiting in the off season, and it's looking to pay dividends.

Our WAA Div 2 team have had a bit of unfortunate luck with injuries and players being ill, which has resulted in players being unavailable to play. Regardless of this the team have banded together to push ahead, determined to make this an amazing season. While all the players are new to the club, they are enjoying playing in the white jersey and are keen to push up the table, making a top 4 finish.

MAA Div 8 and MAA Div 5 teams are sitting mid table but have their eyes set on some good wins in their upcoming games. With a never say die attitude the teams have been pulling together to overcome some difficult games and can find their way back to a draw or a win at full time.

The club's other squad, the MAA Div 3, still have their eyes set on promotion to Division 2 in 2026. Currently, they are in good stead to do this with the first grade being 2<sup>nd</sup> place but having a top of the table clash this weekend at the club's home ground of Kent Oval, which will be the squads first home game appearance this season.

As the club moves into Round 9, we start to look towards the Black Dog Retro Round which will occur during Round 13. Where the club helps raise money and awareness for mental health. Keep an eye on the club's social media for more information over the next few weeks.



# LAST MATCH RESULT

SENIOR'S ROUND 8

JUNIOR'S ROUND 8

MAA Premier League - Firsts



Zac Harvey-Latham x2

MAA Premier League - Reserves



Milad Popalzay

WAA Division 2



MAA Division 3 - First



Dylan Millett

MAA Division 3 - Damian Miles Cup



Oscar Thomas

MAA Division 3 - Reserves



Lachlan Hiller

MAA Division 5



Caleb Allen

MAA Division 8



Daniel Loyzaga, Julian Yang, Jono Cole

MAA Division 10



Seb Law x2, Own goal

O35 Division 3



Paul Nelson, Cameron Wills, Mark Jennings

O35 Division 5



Bow Jia x2, Royce Wang, Jason Zhang

U16 Super League



U16 Super League - NSW State Cup



Aidan Walker x2, Will Quintana, Rowan Jayalath

U14 Division 2



Terrence Liao x2

U13 Division 2



Preston Jackson x2, Mac Pearson, Edmond Zhou

U12 Division 5



Lindfield

# McCarroll's

Automotive Group

## Player of the Round

MAA  
PREMIER LEAGUE



ED HARVEY-LATHAM

WAA  
DIVISION 2



JESS WICKS

MAA  
DIVISION 3



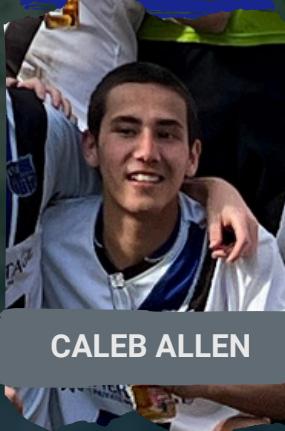
DYLAN MILLETT

035  
DIVISION 3



PAUL NELSON

MAA  
DIVISION 5



CALEB ALLEN

035  
DIVISION 5



BOW JIA

MAA  
DIVISION 8

JULIAN YANG

MAA  
DIVISION 10

SEB LAW

U16  
SUPER LEAGUE

AIDAN WALKER

U14  
DIVISION 2

TERRENCE LIAO

U13  
DIVISION 2

EDMOND ZHOU

U12  
DIVISION 5

JORDAN GATFIELD-DAVIS

U8  
BLUE RAPTORS

OLIVER NIU

U7  
BULL SHARKS

DYLAN DIBAJ

# Team Summary



U16's Team

## Under 16's Super League pushing for the NSW State Cup

What a ride it's been for our Under 16's team, after winning the NSFA Treasurers cup in 2024, the team were keen to push for a League cup win in the Under 15's Super League division, but due to number of available teams NSFA combined the U15 and U16 Super League divisions. This season the team have been going up against teams that are an age group older than them in the regular NSFA season, proving games to be more challenging than normal. Alas, the U15's NSW State Cup is another competition the team have set their eyes on in 2025.

Narrowly being defeated by Lugarno FC in the 2024 Quarter Final, 0-0 at full time and going down 5-4 on penalties. The team are in good stead bounce back and exceed their 2024 run. After defeating Epping Eastwood FC 4-2 last week, they now face Kellyville Kolts SC in the Round of 16 and if successful they would face Greenacre Eagles FC in the Quarter Finals.

The Quarter Final in 2024 was the furthest any Knox United FC team has ever progressed in a State Cup, it is so amazing to see the young talent the club has, coming up through the ranks in our junior program. We wish the team, under the guidance of coaches Mark Quintanna and Benji Cole all the very best in their upcoming games!

### Round of 16



### Quater Final



### Round of 128



SHELLHARBOUR  
JCF

3

### Round of 64



KNOX  
UNITED FC

2

### Round of 32



EPPING  
EASTWOOD FC

2



KNOX  
UNITED FC

4



PITTWATER  
RSL FC

0



KNOX  
UNITED FC

4

4



Black Dog  
Institute

# BLACK DOC

# RETRO ROUND

**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. At NTRA on the 5<sup>th</sup> of July, while the clubs MAA Premier League and MAA Division 3 squads are playing a food truck will be available and donating 15% of all profits to Black Dog Institute.

In addition to this, limited edition Black Dog football socks are available to purchase through a \$25 donation.



### Help raising money for Black Dog Institute

To help the club raise funds for this amazing cause follow the link or scan the QR Code [www.teambblackdog.org.au/fundraisers/  
KnoxUnitedRetroRound2025/knox-united-retro-round-2024](https://www.teambblackdog.org.au/fundraisers/KnoxUnitedRetroRound2025/knox-united-retro-round-2024)



How can you find out more information about  
Black Dog Institute?  
Check out their website at  
[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)  
for more information

# Meet a Club Member



**David Kokolich**

**Nickname:** Koko

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

**How many season have you played for KUFC:** 5 seasons

**Past KUFC teams:** 2020-2024 MAA PL, 2025 MAA Div 3

**Favourite Football Player:** Ronaldo Nazario

**Favourite Football team:** Manchester United FC

**Best advice you've ever received?:**

Perfect strategy is useless without perfect execution

**Something your Coach/Manager always says:** Play it simple.

**What is a goal you'd like to achieve this season:** Gaining promotion to MAA Division 2

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



**Francesca Barrington Molloy**

**Nickname:** Frankie

**KUFC team for 2025:** WAA Division 2

**How many season have you played for KUFC:** First Season

**Past KUFC teams:** N/A

**Favourite Football Player:** Alessia Russo

**Favourite Football team:** Brentford FC

**Best advice you've received:** You don't score if you don't shoot (works for football and for life!)

**Something your Coach/Manager always says:** Use your vision and play your way

**What is it that you love about playing with Knox United FC?:** The local, community feel.

**What is a goal you'd like to achieve this season:** For our team to reach its full potential!



**Ronan Kennedy**

**Nickname:** Pres! Comes with the job

**KUFC team for 2025:** MAA Premier League

**How many season have you played for KUFC:** 5 Seasons

**Past KUFC teams:** 2021-2024 MAA Premier League

**Favourite Football Player:** Steven Gerrard

**Favourite Football team:** Liverpool FC

**Best advice you've ever received?:** We're going deep! I always liked our old headmasters line - "start the way you aim to finish". Feels relatable for footballers too!

**What is a goal/target you'd like to achieve at KUFC in 2025?:** Top 4 would be huge! I don't believe we have ever made it...

**What are you excited for or about this season:** Would love to score a goal one day...

***Thank you to our Sponsors***

# McCarroll's

*Automotive Group*

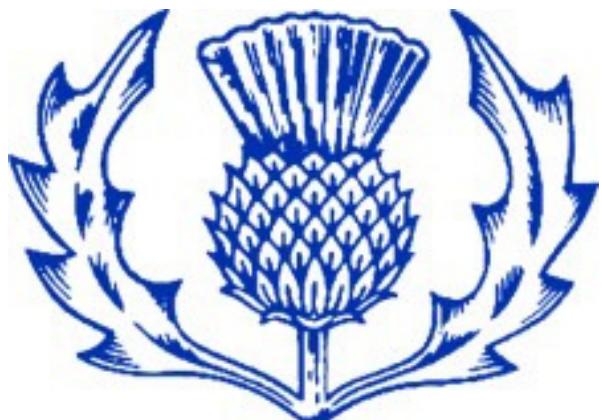


**HERITAGE**  
PRIVATE WEALTH

**OZdesign.**

**Walker**

**LAW GROUP**



**OKGA**

  
**Hornsby**  
**Physiotherapy Centre**  
Experts in Physiotherapy  
& Sports Rehabilitation



**Black Dog**  
Institute



## Football Quote of the Week!

**“The secret is to believe in  
your dreams; in your  
potential that you can be  
like your star, keep  
searching, keep believing  
and don’t lose faith in  
yourself.”**

**- Neymar Jr.**

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



## Football Trivia Quiz

**How many can you get right?**

1. Which team won the first Bundesliga title in 1963-1964?
2. Who has scored the most goals in a season for Knox United?
3. How many panels are there on a traditional soccer ball?
4. What year did the Socceroos first qualify for the World Cup?
5. Which Knox United team has scored the most goals in a season?
6. How many senior teams are there in the 2025 season at Knox United?
7. How many clubs are there that competed in NSFA?
8. When was the first year of NSFRA?
9. What is the software App called that team sheets are submitted in NSFA?
10. What are the different types of referees available in NSFA?



**KUFC Mini-Roo Teams**

# KNOX UNITED

## OVER 35'S DIVISION 5

### UNDER LIGHTS



**FRIDAY 6<sup>TH</sup> JUNE 2025**  
**BLACKMAN PARK - FIELD 2**

**KICK OFF AT 6:15PM**



**KNOX  
UNITED FC**



**LANE  
COVE FC**

**THE CLUB'S SECOND FRIDAY NIGHT GAME THIS SEASON**

This time round the club's Over 35's Division 5 team are playing the prestigious Friday night game. Sitting at the top of the table, its sure to be a good game! Head down to watch and support the team!

FOR MORE INFORMATION CONTACT

**KNOXUNITED@HOTMAIL.COM**



# NEXT FIXTURES

SENIOR'S ROUND 9  
JUNIOR'S ROUND 9

## MAA PL - FIRSTS

HOME



VS



HORNSBY  
HEIGHTS



NTRA  
SYNTHETIC

SAT - 07/06

1:50 PM

## MAA PL - RESERVES

HOME



VS



HORNSBY  
HEIGHTS



NTRA  
SYNTHETIC

SAT - 07/06

12:00 PM

## MAA DIV 3 - FIRSTS

HOME



VS



NORTH SYDNEY  
UNITED



KENT OVAL

SAT - 07/06

3:00 PM

## MAA DIV 3 - RESERVES

HOME



VS



NORTH SYDNEY  
UNITED



KENT OVAL

SAT - 07/06

1:00 PM

## MAA DIV 5

AWAY



VS



UTS



CHARLES BEAN  
OVAL

SAT - 07/06

5:00 PM

## MAA DIV 8

HOME



VS



KISSING POINT



KOOLA PARK  
FIELD 4

SAT - 07/06

3:00 PM

## MAA DIV 10

AWAY



VS



GORDON



SAIALA PARK

SAT - 07/06

3:00 PM

## WAA DIV 2

HOME



VS



BYE

-

# NEXT FIXTURES

SENIOR'S ROUND 9  
JUNIOR'S ROUND 9

## O35 DIV 3

HOME



VS



LANE COVE

SAT - 07/06

1:00 PM



KOOLA PARK  
FIELD 4

## O35 DIV 5

AWAY



VS



LANE COVE

FRI - 06/06

6:15 PM



BLACKMAN PARK  
FIELD 2

## U16 SL

HOME



VS



NORTH SYDNEY  
UNITED

CAMMERAY  
OVAL

WED - 04/06

7:15 PM

HOME



VS



KELLYVILLE  
KOLTS

BERNIE MULANE

SUN - 08/06

9:00 AM

## U14 DIV 2

AWAY



VS



KISSING POINT

SUN - 08/06

10:15 AM

## U13 DIV 2

AWAY



VS



HORNSBY  
HEIGHTS

MONTVIEW  
OVAL FIELD 1

SUN - 08/06

11:50 AM

## U12 DIV 5

AWAY



VS



NORTHBRIDGE

SAT - 07/06

11:30 AM

## U8 BLUE RAPTORS

HOME



VS



PRUILLE

SAT - 07/06

8:30 AM



CARRINGTON  
PARK MIDI 1

## U7 BULL SHARKS

AWAY



VS



PRUILLE

SAT - 07/06

8:30 AM



KARUAH OVAL  
MINI 3

# NEXT FIXTURES

SENIOR'S WASH OUT ROUND  
JUNIOR'S WASH OUT ROUND

## WAA DIV 2

HOME



VS



NORTH SYDNEY  
UNITED



KENT OVAL

MON - 09/06

1:00 PM

## MAA DIV 5

AWAY



VS



GORDON



SAIALA PARK

MON - 09/06

1:00 PM

## MAA DIV 10

AWAY



VS



ASQUITH



FOXGLOVE OVAL  
FIELD 2

MON - 09/06

3:00 PM

## O35 DIV 5

AWAY



VS



KISSING POINT



COMRENARRA  
OVAL

MON - 09/06

3:00 PM

## U16 SL

HOME



VS



CHATSWOOD  
RANGERS



CURAGUAL  
FIELD 2

SAT - 07/06

9:30 AM

## U12 DIV 5

AWAY



VS



LINDFIELD



BRYCE OVAL

SUN - 08/06

12:00 PM

30 YEARS

EST 1995

# Health and Wellbeing



Proudly supporting

**Black Dog  
Institute**

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**



## Support Groups

[\*\*Read Me\*\*](#)

Support groups from around the country to help connect you to other people living with conditions like depression, anxiety or bipolar disorder.

Football Trivia Answers: **1. FC Köln**, **2. Christ Stokes**, **46**, **3. 32 panels**, **4. 1974** in West Germany, **5. MAA Division 5 – 1995**, **6. 10**, **7. 30**, **8. 2024**, **9. DRIBL**, **10. Center Referee, Assistant Referee, 4th official**