



LANGWARRIN JUNIOR FOOTBALL CLUB

KANGA NOOS

Round 5 - 2026



FROM THE PREZ - BRAD MCNEILAGE

What a super start to our junior footy season so far, it's hard to believe we are 4 rounds in already! I hope everyone's having fun and enjoying their footy filled Sundays.

It's been so good walking the ovals at Lloyd Park and seeing so many players and volunteers displaying great sportsmanship both on and off the field. However there has been times where respect and sportsmanship have not been considered. From time to time it can be beneficial to stop and remind ourselves of the reasons why we bring our kids to play this great game and we as parents and guardians choose to be involved. We set our expectations very high here at Langy, not only do we want the best for our kids but we want the best for everyone who come to enjoy their Sundays with us.

So let's go Langy, there's no stopping us now! Bring on round 5 already and let's keep surging into season 2026!!



KEY DATES

Sunday 24 May - Round 5 and Awards night. Sunday Social open in Junior Rooms.

Monday 25 May - Coaches Meeting No.2, 6.15 - 7:45pm Junior Rooms.

Wednesday 27 May - Merch Shed Open 4:30pm - 6pm

Sunday 31 May - Round 6 - Reconciliation Round. Marram Medals to be presented.

Friday 19 June - Music Bingo event (Senior Pavillion)

16, 17, 18, 19, 22 and 24 June - Photo Week

Friday 10 July - LJFC Junior Disco (8-10 year old event)

Saturday 18 July - Sponsors/TMs/Coaches Day at LFNC v Dromana

Friday 7 August - LJFC Gala Awards night

WELL DONE COOPER!

We recently were sent an email from a parent of a Frankston Rovers team commending Cooper McVarnock from U16 Boys White. Take a read below at what she had to say:

Last Sunday my daughter's team (U12girls Rovers) played Langwarrin and I was on volunteer duty as timekeeper (for the first time ever). It was here that I had the absolute pleasure of meeting Cooper, a 16yo with a broken arm/wrist, who's love for footy and the club was palpable. He ended up staying with us the whole game and subbing in for the other guy at one brief point. He's the type of young guy that deserves a shout out for being such a team player and the club should be proud to have him & representing the club with kindness, cheering on the kids, and all sorts of facts!

Please do pass this onto his coach as I know he'll be missing much of his playing season but he absolutely deserves praise for being apart of the team and club as a whole!

Well done Cooper, we're lucky have to you helping out at the Club and still being part of the team through your recovery from injury.

U14 GIRLS V PARENTS BATTLE

To celebrate Mother's Day U14G Whites & Kangas combined their training session, to host a Kids V Parents match. It was an absolute blast, everyone got involved from mums to dads to siblings too. It was great to have 2 teams come together for some fun.



Get to know... **Stacey Smyth**

Stacey is the Team Manager Coordinator, Team Manager of the U14 Boys White team and you can often catch her doing a shift in the Merch Shed too! In 2024, the Smyth family were named Family of the Year at the LJFC Gala Awards

Stacey, you're back again Team Managing the U14 Boys but you're also the Team Manager Coordinator at LJFC. What does that role entail, what's involved?

My role is to support all our wonderful team managers. Doing my best to make sure they have the right equipment at the start of year and arming them with the correct information to do their role. Then just answering questions and supporting them throughout the season. Sending emails to keep them updated and just general information sharing.

When did your time at Langgy JFC begin? How many kids do you have playing at Langgy this year?

I can't remember if it was 2013 or 2014 when my younger twins began Auskick at Langgy. My older boys finished their junior careers in 2024 so I only have the one son playing this year.

How long have you been volunteering for the club and in which roles?

It was the Covid year - 2020. I got a random phone call from Kim (McVarnock) one afternoon telling me my darling husband (Shaun Smyth) had volunteered me to possibly team manage my youngest sons U8's side (what a lovely man he is) and would I be interested. I've been doing it ever since. I began assisting Kate (Smith) and Kim by helping only a couple of Team Managers in 2023, assisted Kate in 2024 and took over the role from Kate last year when she stepped into the Secretary role, so this is my 2nd year as the team manager coordinator. I've also helped out in the merch shed, organising social events and anything else I am able to help with.

As a Team Manager, what's your favourite part of the role? Do you have any tips for other Team Managers to consider this season?

My favourite part of this role has to be the players and families we meet along the way and getting to know them all. We have had some of the most incredible boys play in my teams over the years. It's so lovely to see them go out and play the game they love, being tough and competitive but also stay grounded enough to have manners and show respect towards the officials in their teams and their teammates. My biggest tip to other team managers is to have fun! Have a laugh and just enjoy the role. Communication is key. And no question is a silly question.

What do you enjoy most about being involved with the Club?

Hands down the friendships. This club has some of the most amazing, incredible people helping to run it and just members in general. I am so grateful to call many of them friends. We have made lifelong friends from this club over the years. It really is a great place to be.

What is your history in Langwarrin? Did you grow up and go to school here?

I didn't grow up in Langwarrin. I did go to high school here for a few years though. My husband and I bought our first home in Langwarrin in 2002 and have lived in Langgy ever since.



What sport did you grow up playing and do you still play?

I did play netball for a minute. I was more of a dancer as a child than sporty. These days I couldn't run to save my life, and I haven't danced in a very long time.

Favourite AFL team?

Is there anyone else? Collingwood of course

Favourite AFL player current day / all time?

It's too hard to pick just one. Back in the day, probably Bucks. These days, I can't go past those superstar brothers Josh and Nick but I do like watching Pendles play too.

What do you do when you're not at Langy JFC? What's your day job?

I work at a Bingo centre. I can do various roles there but mostly, I am a bingo caller.

Who would your dream team mates be for the next LJFC Trivia night and why?

My husband is number one, he is a very smart man. He did marry me after all...A celebrity I would take would be Pink. I think she is an incredible human.

Do you have a recommendation to share (a good book, restaurant, phone app, TV show etc?)

I'm a bit of a fan at the moment of the family wall calendar app. It can do so much more than I use it for. It's so good for anyone in my household to see what we have coming up.

You're given a free return ticket to fly somewhere for a holiday, where are you going?

If its free, I'm taking my family to America and stopping at Thailand on the way home.

What's your coffee order (note for us all if we see you on a Sunday morning)?

I'm a caramel latte girl. The bigger the better on a Sunday morning.

If you were going to be on a reality tv show, would it be Gogglebox, Master Chef, Survivor or Amazing Race?

I'll be honest here, I've never watched Gogglebox. I love Masterchef so I'll say that but I'd probably get booted before they are even ready to kick someone off.

What's your favourite movie?

You really do ask the tough questions. I'm going to say the Lion King. I've loved that movie since it came out. Or Beaches, I do love a soppy love story or good drama.





KANGA NOOS

MILESTONES ROUND 3



LANGWARRIN JFC
Parker Robinson
 U12 Boys Blue

CONGRATULATIONS
PARKER
50
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Sonny Ryan
 U16 Boys White

CONGRATULATIONS
SONNY
100
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Lucy Streeter
 U16 Girls Blue

CONGRATULATIONS
LUCY
50
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Mason Boon
 U13 Boys Kangas

CONGRATULATIONS
BOONY
50
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Kobee Chatfield
 U17.5 Boys Blue

CONGRATULATIONS
KOBEE
100
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Jai Hawker
 U14 Boys Blue

CONGRATULATIONS
JAI HAWKER
50
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Cody Rees & Nate Lea
 U16 Boys Blue

CONGRATULATIONS
REESY & NATE
100
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Archie Leaver
 U16 Boys White

CONGRATULATIONS
ARCHIE
100
 GAMES

Round 3
 2026

Victoria's
 McGrath
 Scandia

LANGWARRIN JFC
Tyler Zuydwyk
U13 Boys White

CONGRATULATIONS
TYLER
50
GAMES

Round 4
2026

50 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

LANGWARRIN JFC
TJ Gatiss
U14 Boys Kangas

CONGRATULATIONS
TJ GATISS
50
GAMES

Round 4
2026

50 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

LANGWARRIN JFC
Sutton Hogan
U14 Girls White

CONGRATULATIONS
SUTTON
50
GAMES

Round 4
2026

100 GAMES

McGrath Scandia

Victoria's

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LANGWARRIN JFC
Sonny McWilliams
U11 Boys White

CONGRATULATIONS
SONNY
50
GAMES

Round 4
2026

50 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

LANGWARRIN JFC
John Nisbet
U14 Boys Kangas

CONGRATULATIONS
JOHN
50
GAMES

Round 4
2026

50 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

LANGWARRIN JFC
Harrison Spencer
U17.5 Boys Blue

CONGRATULATIONS
SPENNA
100
GAMES

Round 4
2026

100 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

LANGWARRIN JFC
Hudson Forsyth
U11 Boys White

CONGRATULATIONS
HUDDO
50
GAMES

Well Done!

Round 4
2026

50 GAMES

McGrath Scandia

Victoria's

Like us on Facebook @langwarrinjfc

Sunday Social is back this
Sunday 24 May 2026
From 5pm in the Junior Clubrooms

Footy on the TVs
Bar Open
BYO Food!

Come and hang out and wind down
after a day of footy

DUCKS AND KANGAROOS - WITH BEN (MOJO) CROWE

For anyone that is a fan of the awesome trilogy known as the Mighty Ducks, you'll love this story. Under 17 Boys Blue coach Brad Wakeling. At the start of this season Brad bought each player a copy of Ben Crowe's book 'Where the Light Gets in'. For those that don't know, Ben Crowe is well known for his work with athletes including Ash Barty, Dylan Alcott and Trent Cotchin. The Mojo Crowe team shared a blog about Brad and the boys recently. You can read the blog below:



An email arrived in our inbox this week from a brilliant coach at Langwarrin Footy Club. Reading his words sent us straight back to our earliest memories of team culture through sport, the journey of figuring out who you are through play, and what it means to be part of something bigger than yourself.

Remember The Mighty Ducks?

Few movies capture that journey better than this cult classic. And if you cast your mind back to the nineties (or fancy a nostalgia watch this weekend), you'll (re)discover that it was never just about the hockey.

One of our favourite moments in the film comes when young Charlie Conway stands at the penalty stripe with the game on the line. Coach Bombay could have piled on the pressure. He himself had been in that exact spot as a kid, and his own coach had told him he'd let the whole team down if he missed. Instead, Bombay first advocates for Charlie in front of the entire team, then pulls him aside for a quieter moment:

"You may make it, you may not, but that doesn't matter. What matters is that we're here. I believe in you. Win or lose."

It's a moment that captures the hero's journey this coach goes on across the trilogy, from someone who only cared about the scoreboard to a leader who understands that how you play, and who you become in the process, is the whole point.

Now, what makes things so exciting for the Langwarrin under-17s is that their coach isn't simply following Bombay's lead. He's already ahead of the game and leaning into that I to We mindset from the first bounce the rooms.

Before this season's first bounce, Brad sent his players a survey. Not to assess their ability, but to ask them what standards they wanted to set for themselves, and what they were each willing to commit to if change was needed.

"We spent a few minutes unpacking the survey results, agreed on some standards (rather than expectations) then invited the parents in to share more broadly about what my goals and hopes were for the year."

DUCKS AND KANGAROOS - WITH BEN (MOJO) CROWE



Then came their recent jumper presentation night. Each of the twenty-four players received a copy of *Where The Light Gets In* and a highlighter. The jury is still out on how thrilled a group of sixteen and seventeen-year-old boys are about being handed a book to read, but we certainly are 😊 That's exactly why this book exists – to help people of any age find their way from fearful to playful, from fitting in to truly belonging.

"I wanted to create the language about perspective and dig into the above the line/below the line thinking to prime them. Fun relieves pressure. Less pressure = better performance.

I also spoke with a number of families after about the option of just dipping into [*Where the Light Gets In*] one chapter at a time, or even just the first 40 pages to understand the fundamentals.

I walked away hopeful and optimistic that there is a curiosity from enough of the families that we will be able to share some of our ideas throughout the year from the book." - Brad Wakeling

Perhaps best thing of all is what Brad has committed to saying at the close of every pre and post-game address this season: *I love watching you play. No matter what.*

This is what it looks like to put the human-being before the human-doing. It's not to say that kicking goals doesn't matter, this is a team like any other that wants to win.

But these words can remind an entire club that they have permission to play freely, to explore their potential, and be part of something that means far more than a premiership.

The best teams build their culture through storytelling, belonging and trust. The Langwarrin Kangaroos are already on their way, we look forward to watching their season unfold!

Awards Nights!

Awards nights are back in 2026 for our teams to come together, share a meal and recognise the teams performances. These awards nights are hosted in the LFNC Senior Pavillion and catered by The Corner Pantry. The list of teams and dates is below:

24 May - Round 5

U8 Boys White, U10 Boys White and U12 Boys White

31 May - Round 6

U8 Girls, U10 Girls Blue and White

14 June - Round 7

U11 Boys Blue, White and Kangas

21 June - Round 8

U12 Girls Blue, White and U12 Boys Blue

12 July - Round 10

U13 Boys Blue, White and Kangas

19 July - Round 11

U14 Boys Blue, White, Kangas and U15 Boys Blue

26 July - Round 12

U16 Boys Blue, White and Kangas

2 August - Round 13

U14 Girls Blue, White and Kangas

9 August - Round 14

U16 Girls Blue and White



THE CORNER PANTRY
PRESENTS

LANGWARRIN JUNIOR FOOTBALL
SUNDAY NIGHT AWARDS MENU

STARTERS

CHEESY GARLIC BREAD	\$9
BOWL OF FRIES	\$10
WEDGES, SOUR CREAM, SWEET CHILLI	\$12

ADULT MEALS \$23

HOUSE PANKO CRUMBED CHICKEN PARMA, FRIES, GARDEN SALAD + GRAVY \$2
SEAFOOD BASKET, FRIES, TARTARE SAUCE, GARDEN SALAD
BBQ PULLED BURGER, SLAW, SLICED CHEESE, MAYO, FRIES

KIDS MEALS \$13

DINO NUGGETS & CHIPS
CHEESEBURGER & CHIPS
FISH & CHIPS

DESSERT \$10

CHURROS STICKS, CHOCOLATE SAUCE, VANILLA ICE CREAM
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Round 5 - 2026



LJFC 2026 SPONSORS

Langwarrin Junior Football Club is incredibly grateful to our sponsors who have jumped on board for Season 2026. The Club values the support of all of these important partners, and where possible, asks members to support those that support the Club. A full list of our 2026 partners is below.

PLATINUM

Victoria's Pizza 'n' Beyond Langwarrin
McGrath Real Estate Langwarrin
Scandia Group

GOLD

Langwarrin Family Chiropractic - NEW!
Peninsula Private Hospital
Twista Sis Spuds & Poffertjes
Whip It Up Ice Cream
Acacia Park Early Learning Centre

SILVER

Caddyman - Cadilac Occasions
BGM Gardens Pty Ltd
Pindara Insurance Advisors
Utow Caravans
MBS Plumbing
Signature Plaster
True Blue Home Loans
Mirage Landscapes
Coffee in a Dee Cup
Tyrepower Frankston
Paul Mercurio Member for Hastings
Sunarch Pool Cleaning

BRONZE

Coffee on Q
Langwarrin Lawn Coring