



PERRY LAKES HAWKS NEWSLETTER

PRIDE | PASSION | PERSEVERANCE | RESPECT | LEADERSHIP



26th April 2024
Newsletter #2





HAWKS NEWS

Our WABL and domestic seasons have now started and we have our Under 8's starting on April 30th. It was great to see everyone back on court and the new E-Point system underway.

Don't forget to book a table for our Hawks Quiz night. It is a great night out and the club's only fundraiser for the year.

This Saturday night it is Anzac Round in in NBL1 West and we have our special Past Players night and presentations to retired players and volunteers thanking them for their years of service. Get along to a game and enjoy our elite Hawkies as they take on the Lakeside Lightning.



**PERRY LAKES HAWKS NBL1
MEMBERSHIPS**

GRAB YOURS NOW!

www.trybooking.com/1150644





NBL1 WEST

This weekend is ANZAC Round and our teams have another double header. Friday night they take on the Mandurah Magic in Mandurah and Saturday we are at home against the Lakeside Lightning. Both teams are dealing with some injury concerns going into another double header weekend.

ANZAC ROUND MEDAL



This week Mitsubishi Motors NBL1 is proud to be awarding an ANZAC Round Medal in every game during ANZAC Round right across the country.

The ANZAC Round Medal is awarded to the player adjudged to have best displayed the ANZAC Spirit by the Referees and Coaches. The Anzac Spirit can best be described as someone who displays the qualities including **endurance, courage, ingenuity, good humour** and **mateship**.

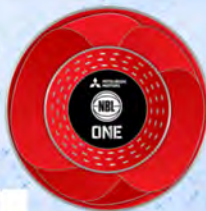
ASHLEIGH ISENBARGER
PERRY LAKES HAWKS

37	13	5
POINTS	REBOUNDS	ASSISTS

Foot Locker PLAYER OF THE WEEK

Congratulations to Ash who won is Last weeks NBL1 West Foot Locker Australia Player of the Week.

HAWKS NEXT HOME GAME



VS



SATURDAY APRIL 27TH

W 5.00PM
M 7.00PM



WABL

Week one of the 2024 WABL season kicked off last Sunday with our Hawks teams spread far and wide throughout the metro area. It was a solid start with 20 wins from our 36 teams. We saw many great team performances. There were some very close and exciting games including the U16 Champ Boys who unfortunately went down in overtime.

With the first week of Environment Points (E-points) for our WABL teams down, no Hawks teams lost any E Points due to behavior issues. E-Points is aimed at fostering a positive and respectful game day environment within our community. Keep up the Great work! 🙌🙌

The Portraits taken by Sports Imagery on Gala Day are now ready to purchase. The Team Photos aren't ready yet, we are in the process of adding all the athletes names to teams

We are looking forward to another exciting round this Sunday 28th April.

GOODLUCK TO ALL!

ALL INDIVIDUAL PRODUCTS ARE NOW DELIVERED DIGITALLY ONLY - PRINT YOURSELF AND EMAIL TO YOUR FAMILY

DIGITAL PHOTO

JPEG Image delivered straight to your email as is

\$20



DIGITAL PORTRAIT

JPEG graphic delivered straight to your email ready to print yourself at 8x10" size

\$30

DIGITAL SIBLING PORTRAIT

\$40



JPEG graphic delivered straight to your email ready to print yourself at 8x10" size



JPEG graphic delivered straight to your email ready to print yourself at 8x10" size

DIGITAL JERSEY PORTRAIT

\$30

PURCHASE ONLINE AT SPORTSIMAGERY.COM.AU/WABL



Junior Comp

We welcomed back all our returning and new junior domestic players from our 7 junior clubs last weekend for the commencement of our 2024 Junior Domestic Competition.

160 games played over Friday night & Saturday at Bendat & Lords and 14 games for our new Junior Development League at St Marys.

We also had several new white shirt referees hit the courts for the first time, after completing the Association Beginner Referee Course.

Thanks to all our referees for being available to ref and to our coordinators Eddie & Em for managing to roster referees on all our games.



Sponsor Spotlight

ID ATHLETIC

ID Athletic is a proud Australian owned and operated company offering a full range of custom apparel and promotional products.

Born in 2011 in the heart of Western Australia our company has grown from its local roots to become a trusted name across the nation. ID Athletic has unparalleled experience in manufacturing quality performance sportswear ensuring everyone can look, feel, and perform at their best.

ID Athletic has built successful partnerships with sporting organisations and clubs across Australia providing apparel for professional and state teams, high performance programs, events, administration staff and supporters.

At ID Athletic, we understand that every client has unique needs. Whether you represent a sports club, a school, a corporate entity, or you're making an individual purchase, our team is equipped to provide personalised solutions that help your Build your identity through custom apparel.

For more information speak to one of team on the live chat or give us a call on (08) 6336 8200 or email sales@idathletic.com.

Alternatively you can visit the Showroom at 84 Howe Street, Osborne Park WA 6017.



ID ATHLETIC

APPAREL AND PROMOTIONAL ITEMS -

WHAT TO EAT AND DRINK



BEFORE EXERCISE

Fuel up two hours before exercise with the right choices;

- ✓ water
- ✓ porridge
- ✓ cereal with milk
- ✓ toast
- ✓ eggs on toast
- ✓ fruit salad
- ✓ pancakes with fresh fruit



DURING EXERCISE

Keep the tank topped up with healthy snacks and stay hydrated by sipping on water.

- ✓ water
- ✓ fresh fruit
- ✓ muesli bar
- ✓ trail mix



AFTER EXERCISE

Rehydrate with fluids, Refuel with healthy carbs, and Rebuild with protein!

- ✓ small flavoured milk
- ✓ fresh fruit and yoghurt
- ✓ wraps or sandwiches
- ✓ cheese on crackers
- ✓ chicken with rice and vegies
- ✓ baked beans on toast
- ✓ healthy hamburger
- ✓ rice paper rolls
- ✓ toastie
- ✓ sushi



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HEALTHY TIPS?**

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healthway

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Go & Play.



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interpro
property services

IDATHLETIC

GOLFBOX 
WE OUTFIT EVERYONE

CLUB PARTNERS

REVO
FITNESS



* **Ascend**
Physiotherapy

Playbookx

 **stirling**
PARTNERS

Aqualyte
High Performance Hydration

PEOPLE • PASSION • PROFESSIONALISM



**GAME
GUARDIAN** 





CORPORATE Partners

WABL TEAM PARTNERS



U12 Championship Girls



U12 Championship Boys



U12 -2 Boys



U12 -3 Boys



U12 12-4 Girls



U14 Championship Boys



U14-3 Boys



U14-4 Boys



U14 Championship Girls



U16 Championship Boys



U16 -2 Boys



U16 Championship Girls



U16-2 Girls



U18 Championship Men



U18 Championship Women



U18-2 Women



U18-3 Men



U20 -2 Men





Hawks NBL1 West PLAYER SPONSORS



5



MIA SATIE



6



ALIRA FOTU



8



JORDI PERRY



10



GRACE STONE



20



MADDY DENNIS



23



MILLIE MCCARTHY



24



LIBBY HUTTON



25



ASH ISENBARGER



6



AJ NOBENSI



14



LUKE PHILLIPS



20



MATT LEARY





IMPORTANT DATES 2024

27th April	Hawks NBL1 Home Game	Hawks V Lightning W 5.00pm M 7.00pm BBC
30th April	U8's	U8's start at BBC
3rd May	Hawks NBL1 Home Game	Hawks V Senators W 6.30pm M 8.30pm BBC
10th May	Hawks NBL1 Home Game	Hawks V Suns W 6.30pm M 8.30pm BBC



ONLY 7 NIGHT



**HAWKS PRESENTS
LACHY REID &
CHRIS MURPHY**

25TH MAY

DOOR OPENS: 6.30PM

Tip Off: 7-10PM

VENUE: Ellis Room, BBC

COST: \$250 Tables of 8-10

THEME: The Olympics

BYO Nibbles Only

Fully Licenced Bar

TICKETS ON SALE

trybooking.com/CPHDO



ROCK N ROLL & SPORTS