

WANT TO GET INVOLVED?

The Exiles are always looking for new people to get involved in the club, and not just players! So if you have a skill which you think may be able to help one of our sections, and you would like to contribute to one of the UK's best clubs, then please get in touch.

E-mail contactus@kentexiles.co.uk
Website www.kentexiles.co.uk

Phone
David Pester 07778 548488
Martin Jefkins 07944 730634

The Exiles run competitive clubs at four different levels of competition;

Junior Kitted For 14-16 year olds
Youth Kitted For 16-19 year olds
Senior Kitted For 19+
Senior Flag Non-kitted football for over 18's

We have training sessions three days a week;

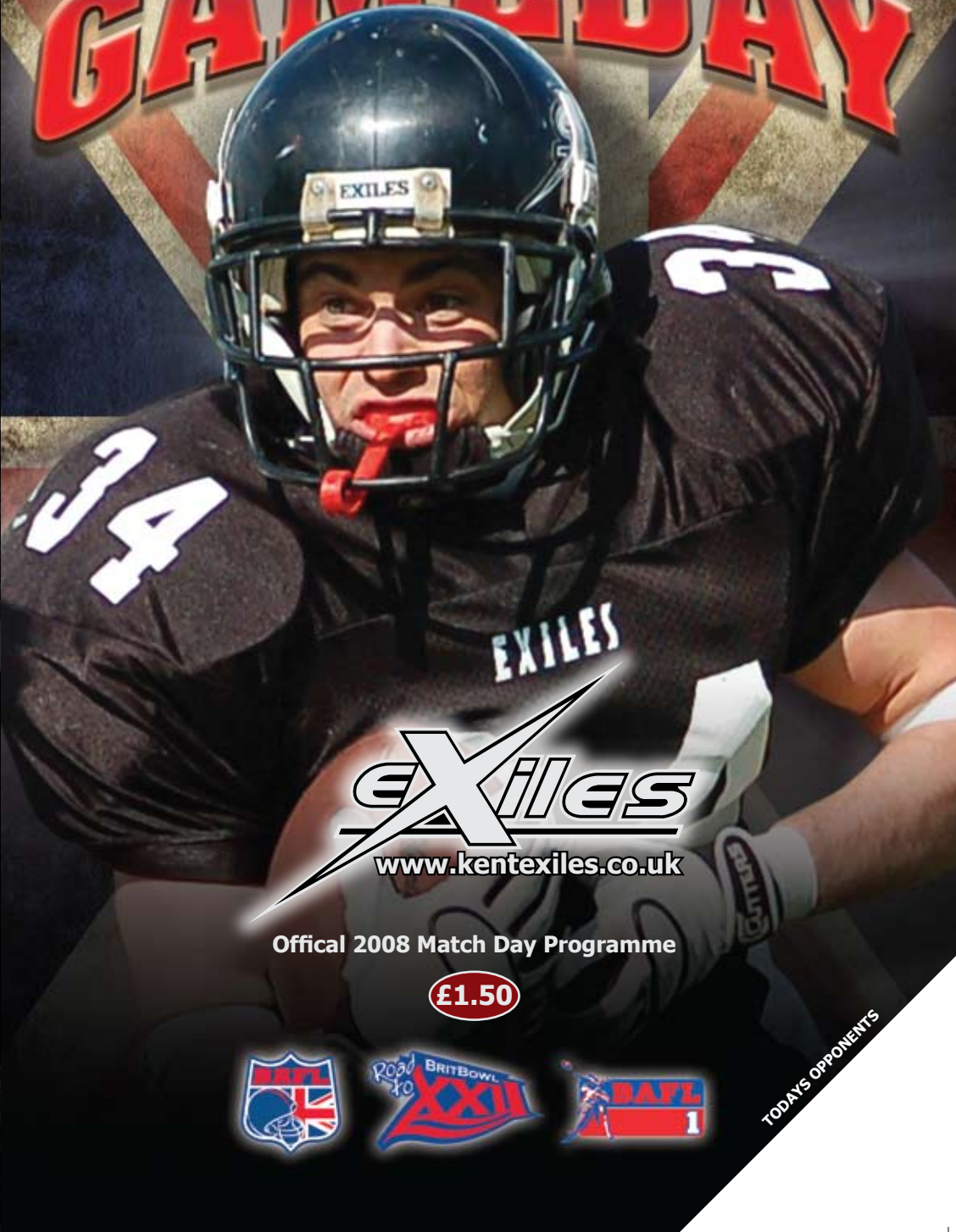
Sunday Senior Kitted 10am-1pm
Junior, Youth and Flag 1pm-3pm
Tuesday Senior Kitted 7.30-9pm
Thursday Junior, Youth Kitted 7.30-9pm

All of our training sessions are held at Orpington Rugby Club, Leasons Way, Orpington. The ground is in easy reach of the M25, A20, St Mary Cray Rail and local bus routes.

Please get in touch if you would like to come down and join the team. Training times are subject to change depending on fixtures and other club events.

EXILES
www.kentexiles.co.uk

GAMEDAY



EXILES
www.kentexiles.co.uk

Official 2008 Match Day Programme

£1.50



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American Football – The Basics

Object of the Game

- The object of the game is to outscore your opponent by advancing the football into their endzone for as many touchdowns as possible while holding them to as few as possible. There are other ways of scoring, but a touchdown is the prime objective.

The Basics of a Football Team

- Each team is allowed 11 men on the field at a time.
- Unlimited substitution is permitted, but players may only enter the field when the ball is not in play.
- If team A has possession of the ball, they use their offensive team to attempt to advance the ball toward the opponents endzone.
- If team B has the ball, team A will use their defensive team to attempt to stop team B from advancing the ball.
- If a kicking play is expected, both teams will use their special teams.

Methods of Scoring

- The biggest goal for an offense, is to score a touchdown. To score a touchdown, a player must carry the ball across the opposition's goal line, or catch a pass in the end zone. A touchdown is worth six points.
- The team scoring a touchdown is given the bonus of trying to add one or two more points. These are called extra point conversion attempts. One point is awarded for a kicked conversion, and two points for a run or passed conversion.

- Another way for a team to score is by kicking a field goal. This is when they kick the football between the upright bars of the goal post in the opponent's endzone. A field goal is worth three points.
- A team can also pick up two points by tackling an opponent possessing the ball in their own end zone. This is called a safety!

Understanding Down and Distance

- Understanding down and distance is probably the biggest key to understanding football.
- Basically, a down is a play. From the time the ball is snapped (put into play), to the time the play is whistled over by the officials, is considered one down.
- A team's offense is given four downs (plays) to move ten yards toward the opponent's end zone.
- Distance is the number of yards a team needs to get a new set of four downs.
- If they make the ten yards needed within four downs, they are given a new set of downs. This is called getting a first down.
- If they don't make it the required ten yards, the other team's offense takes possession of the ball.
- The offence can also decide to kick the ball away on fourth down to avoid giving the ball to their opponents in good position, this is called a 'punt'. The opponents then take over where the punt is fielded.

After a Score

- After a team scores via a touchdown or field goal, they must, in turn, kick off to the other team, and the process begins all over again.

Sponsor a Player

This year we are giving you a unique opportunity to sponsor your favorite player for the season. All sponsors will have their name (or company name) appear in each copy of our gameday programme.

So for just £5 you can 'own' your favourite player.
Please see the merchandise stand for more details.

| Player | Sponsor | Player | Sponsor |
|------------------|-------------------|-------------------|----------------|
| Baron D'anyangwe | | Trevorr Matthews | |
| Stephen Johnson | Ricardo Moratalla | Sacha Conte | |
| Randall Smith | | Joe Alexis | |
| Kirk Beacham | | Russell Goodwin | |
| Damian Marshall | | John Curran-Coyle | |
| Tony Bainbridge | | Paul Pester | |
| Luke Sikkema | | Dave Maisey | |
| Ryan Kelly | | Stephen Keen | Gary Mewse |
| Richard Francia | | Dominic Joyce | |
| Stephen Johnson | | Malcolm Fell | |
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| Carl Cahoon | | Kevin McGlade | |
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| Reiss Bowen | | Harry Innis | |
| Rob Stewart | | Darren Durup | |
| Lloyd Boman | | Glen Boyle | |
| Paul Crawford | | Richard McHugh | |
| Owen Gough | | Robert Welling | |
| Stewart Muir | | Justin Tanega | |
| Steve Collison | | Sam Evans | |
| Mark Evans | | Adam Pearson | |
| Daniel Mearkle | | Olalade Balogun | |
| Marlon Smith | Gary Mewse | T Coleman-Brown | |
| Michael Omeru | | Mike Akande | Soothing Hands |
| Aaron Alexis | | Kerry Gray | |
| Mark Vickers | | Robert Miller | |
| Rob Osborn | | Seth Campbell | |

Welcome to the game.

Welcome to the Kent Exiles first game of the 2008 season. A special welcome to you if you've come along for the first time, we hope you enjoy the Exiles game day experience and come back again soon.

Today sees the Ipswich Cardinals visit the Exiles. We are old adversaries, having played each other nine times in the past. The Cardinals lead the series 8-1, so we are aiming to claw one back today. The Cardinals are pre-season favourites to win the division after their loss in the finals last season, and will no doubt be boosted once again by their close proximity to the US Air Force base at Mildenhall.

The Cardinals are also owned by former New York Giants and Philadelphia Eagles player Ian Allen, so if you see a huge guy with a Super Bowl championship ring wandering around today you'll know who he is!

The off-season has once again been eventful, and you'll see a lot of new faces on the sidelines today, so make sure you give them all a fantastic Exiles welcome and get behind them from the first whistle; it's amazing the difference you, as our 'twelfth man' can have, and how much you can lift the team.

The off-season also saw the formation of our fourth squad, as we can now also boast a senior flag team who have joined the inaugural season of the BAFL Flag League. The game is a 5v5 non-kitted version, and can be played by anybody over the age of 18. The team will be playing in at least 6 tournaments during the season. Anyone who has been to our annual Family Fun Days will know just how much fun flag football is to play, so if you want to play football why not give it a go, we guarantee you'll be hooked after one session!

Make sure you check out our brand new merchandise stand today, we have a few bargains on there as we are clearing some of last season's stock, and we'll be letting you buy our new ranges for the first time.

All Photos courtesy Vici Fell – www.picsbyvic.co.uk

***Our Next Home Games
17th May – Flag Tournament
25th May - Youth vs. London Blitz
and Seniors vs. Oxford Saints
KO's Noon and 2.30pm***

IPSWICH CARDINALS



Standings and Results

Kent Exiles Senior 2008 Schedule

| Date | Kick-off | Home | Away | Result |
|--------|----------|--------------------|--------------------|--------|
| 27-Apr | 2.30pm | Kent Exiles | Ipswich Cardinals | |
| 11-May | 2.30pm | Sussex Thunder | Kent Exiles | |
| 25-May | 2.30pm* | Kent Exiles | Oxford Saints | |
| 01-Jun | 2.30pm | Kent Exiles | Norwich Devils | |
| 08-Jun | 2.30pm | Oxford Saints | Kent Exiles | |
| 06-Jul | 2.30pm | Southern Sundevils | Kent Exiles | |
| 20-Jul | 2.30pm* | Kent Exiles | Southern Sundevils | |
| 27-Jul | 2.30pm | Ipswich Cardinals | Kent Exiles | |
| 17-Aug | Noon | Kent Exiles | Sussex Thunder | |
| 24-Aug | 2.30pm | Norwich Devils | Kent Exiles | |
| 07-Sep | TBC | Semi-Finals | | |
| 21-Sep | Noon | Div 1 Britbowl | | |

BAFL Division 1 – Southern Conference Standings

| Team | Won | Lost | Tied | PF | PA | Percent |
|--------------------|----------|----------|----------|----------|----------|----------|
| Norwich Devils | 0 | 0 | 1 | 18 | 18 | 0 |
| Oxford Saints | 0 | 0 | 1 | 18 | 18 | 0 |
| Kent Exiles | 0 | 0 | 0 | 0 | 0 | 0 |
| Southern Sundevils | 0 | 0 | 0 | 0 | 0 | 0 |
| Sussex Thunder | 0 | 0 | 0 | 0 | 0 | 0 |
| Ipswich Cardinals | 0 | 0 | 0 | 0 | 0 | 0 |

Kent Exiles Youth 2008 Schedule

| Date | Kick-off | Home | Away | Result |
|--------|----------|---------------------|-----------------|--------|
| 04-May | 2.30pm | London Blitz | Kent Exiles | |
| 25-May | Noon | Kent Exiles | London Blitz | |
| 15-Jun | Noon | Farnham Knights | Kent Exiles | |
| 22-Jun | Noon | Kent Exiles | London Warriors | |
| 29-Jun | 2pm | London Warriors | Kent Exiles | |
| 13-Jul | 2pm | Peterborough Saxons | Kent Exiles | |
| 20-Jul | Noon | Kent Exiles | Farnham Knights | |
| 10-Aug | 2pm | Kent Exiles | Bristol Aztecs | |

Please note: This schedule is subject to change. Please check the website for full details

* Double Header, game will kick-off 30 minutes after finish of the Youth game

Player Profiles - Offence



Name – Russell Goodwin

#59 Offensive Line

Age – 29

Height – 6'1"

Weight – 250lbs

Years playing - 4

Previous club – Loughborough Aces



Name – Luke Sikkema

#8 Wide Receiver

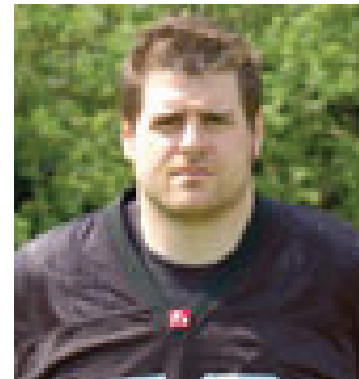
Age – 26

Height – 6'2"

Weight – 185lbs

Years playing - 8

Previous club – Coventry Jets



Name – Paul Samartin

#15 Running Back

Age – 29

Height – 6'1"

Weight – 240lbs

Years playing - 12

Previous club – Austin College, TX



Name – Damian Marshall

#6 Quarterback

Age – 29

Height – 6'3"

Weight – 210lbs

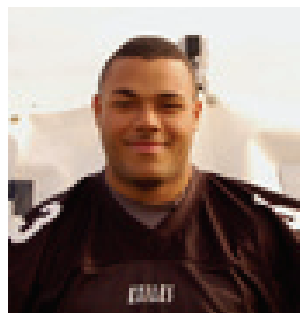
Years playing - 9

Previous club – Manchester Titans

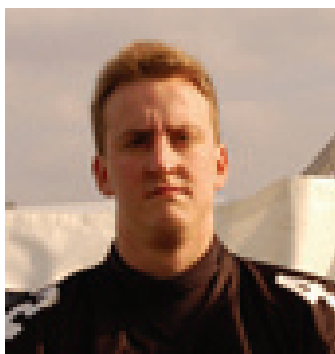
Player Profiles – Defence



Name – Kirk ‘Widget’ Beacham
#5 Linebacker
Age – 29
Height – 5’7”
Weight – 203lbs
Years playing - 17
Previous club – Essex Spartans



Name – Trevorr Matthews
#53 Linebacker
Age – 23
Height – 5’10”
Weight – 225lbs
Years playing - 2
Previous club – Maidstone Pumas



Name – Daniel Mearkle
#42 Defensive Back
Age – 28
Height – 6’2”
Weight – 190lbs
Years playing - 9
Previous club – Derby Braves



Name – Robert Miller
#98 Linebacker
Age – 22
Height – 6’0”
Weight – 208lbs
Years playing - Rookie
Previous club – None

Meet the Coaches

Coach Norman Navarro – Head Coach

Coach Navarro is a familiar face to Exiles fans, as he played for the Exiles in 2004/5 before retiring and then returned to us in a coaching role last season. His breadth of experience and people skills are paying dividends with both training sessions and games being much improved upon from previous seasons.

Coach Scott Rowe – Defensive Co-ordinator

Many of the team already believe that Coach Rowe will prove to be the clubs most influential off-season signing. He is a vastly experienced player, and with a resume far too long to print here. His knowledge of defensive football has his unit well drilled, and believing they can take on anybody.



Coaches Navarro, Rowe, Clement, Jefkins and Pester

Coach Alan Hands – Running Backs

Coach Hands has over 20 years of playing experience, and has been coaching at the Exiles for the past three seasons.

Coach Lee Nash – Wide Receivers

Coach Nash is another experienced player with over 15 years experience, this is his first year as a coach.

Coach David Pester – Offensive Line

Coach Pester boasts 20 years of playing experience, and several coaching years. Coach Pester is also the offensive line coach for Team England Youth.

Coach Richard Clement – Defensive Line

Coach Clement is back for his sixth season coaching at the Exiles, and returns to his duties with the defensive line.

Coach Martin Jefkins – Defensive Backs and Special Teams

Coach Jefkins has over 15 years playing and 10 years coaching experience. Coach Jefkins moves from coaching wide receivers last season.

Coaches Sacha Conte and Aaron Alexis - Linebackers

Coach Conte joins us in 2008 having played for Great Britain and the London Olympians for several years, a true linebacker, and now teaching others how to hit! Coach Alexis is a man whose knowledge cannot be ignored. Having played for Great Britain he has learnt from the best, and is now passing on that experience.

Kent Exiles

Black Jerseys, Black Pants, Black Helmets

Coaching Staff

Norman Navarro – Head Coach
 Scott Rowe – Defensive Co-ordinator
 Richard Clement – Defensive Line
 Martin Jefkins – Defensive Backs
 Sacha Conte – Linebackers
 Aaron Alexis - Linebackers
 Dave Pester – Offensive Line
 Alan Hands – Running Backs
 Lee Nash – Wide Receivers



| | | |
|----|------------------|----------------|
| 1 | Baron D'anyangwe | Defensive back |
| 2 | Stephen Johnson | Tight End |
| 3 | Randall Smith | Linebacker |
| 5 | Kirk Beacham | Linebacker |
| 6 | Damian Marshall | Quarterback |
| 7 | Tony Bainbridge | Quarterback |
| 8 | Luke Sikkema | Wide Receiver |
| 10 | Ryan Kelly | Wide Receiver |
| 12 | Richard Francia | Quarterback |
| 13 | Jonathan Weller | Quarterback |
| 14 | Aaron Griffiths | Quarterback |
| 15 | Paul Samartin | Running Back |
| 20 | Marc Mulgrave | Defensive back |
| 21 | Xavier Heckel | Running Back |
| 23 | Dan Young | Defensive back |
| 24 | Carl Cahoon | Defensive back |
| 26 | Steve Walby | Defensive back |
| 28 | Reiss Bowen | Defensive back |
| 30 | Rob Stewart | Running Back |
| 31 | Lloyd Boman | Defensive back |
| 32 | Paul Crawford | Running Back |
| 33 | Owen Gough | Defensive back |
| 34 | Stewart Muir | Running Back |
| 40 | Steve Collison | Linebacker |
| 41 | Mark Evans | Defensive back |
| 42 | Daniel Mearkle | Defensive back |
| 44 | Marlon Smith | Defensive back |
| 45 | Michael Omeru | Running Back |
| 50 | Aaron Alexis | Linebacker |
| 51 | Mark Vickers | Linebacker |
| 52 | Rob Osborn | Offensive Line |
| 53 | Trevorr Matthews | Linebacker |

| | | |
|----|-------------------|----------------|
| 55 | Sacha Conte | Linebacker |
| 56 | Joe Alexis | Linebacker |
| 59 | Russell Goodwin | Offensive Line |
| 60 | John Curran-Coyle | Offensive Line |
| 62 | Paul Pester | Offensive Line |
| 65 | Dave Maisey | Defensive Line |
| 66 | Stephen Keen | Offensive Line |
| 67 | Dominic Joyce | Offensive Line |
| 68 | Malcolm Fell | Offensive Line |
| 69 | Carl Alexis | Defensive Line |
| 70 | Jerry Hughes | Offensive Line |
| 71 | Ian Hills | Defensive Line |
| 74 | Stephen Morrison | Defensive Line |
| 75 | Chris Stenson | Defensive Line |
| 79 | Adam Chapman | Defensive Line |
| 80 | Kevin McGlade | Wide Receiver |
| 81 | Sean Starwind | Wide Receiver |
| 82 | Harry Innis | Wide Receiver |
| 83 | Darren Durup | Wide Receiver |
| 84 | Glen Boyle | Tight End |
| 85 | Richard McHugh | Wide Receiver |
| 86 | Robert Welling | Tight End |
| 87 | Justin Tanega | Defensive back |
| 88 | Sam Evans | Running Back |
| 89 | Adam Pearson | Wide Receiver |
| 90 | Olalade Balogun | Defensive Line |
| 91 | T Coleman-Brown | Linebacker |
| 96 | Mike Akande | Linebacker |
| 97 | Kerry Gray | Defensive Line |
| 98 | Robert Miller | Linebacker |
| 99 | Seth Campbell | Defensive Line |

Game Day Staff

Claire Pester – Game Day Manager
 Julius Hobbs – Statistician
 Vici Fell – Photography
 Kieron Hyams
 Mandy Taylor
 Grace Brewer

Cathy Meares
 Angela Meares
 Gill Vickers
 Stuart Vickers
 Peter Jefkins

Ipswich Cardinals

Burgundy Jerseys, Burgundy Pants, Gold Helmets

| | | |
|----|---------------------|-------|
| 1 | Ian Girling | WR |
| 3 | Chris Jackson | QB |
| 5 | Eddie Gray | QB |
| 9 | Heath Johnson | QB |
| 10 | Vic Williams | WR/DB |
| 12 | Byron Washington | WR/DB |
| 20 | Stefan Cracknell | DB |
| 22 | Adrian Baines | LB |
| 23 | Matt Nicol | DB |
| 25 | Steve Wells | WR |
| 26 | Jonathon Decola | TE |
| 27 | Nick Gordon | DB |
| 28 | Don Laisure Jr | DB |
| 29 | Maxwell James | DB |
| 30 | Ian Goddard | DB |
| 31 | Paul Liley | DB |
| 32 | Tim Styles | RB |
| 33 | Stuart Brereton | RB |
| 34 | Luke Box | LB |
| 35 | Daryl Seabridge | LB |
| 38 | Ben Gladwell | DB |
| 39 | Paul Borstel | RB |
| 42 | Colin Woollacott | DB |
| 44 | Adam Van Der Zanden | LB |
| 45 | Ryan Chambers | RB |
| 50 | Kelvin Peachey | DL |
| 53 | Danny Thompson | LB |
| 54 | Karl Baumann | DL |
| 55 | Sandijs Jansons | DL |
| 56 | Peter Moore | LB |
| 57 | Howard Borstel | OL |
| 58 | Craig Read | DL |
| 59 | Simon Clark | LB |
| 62 | Fred Crenshaw | OL |
| 64 | Andy Cook | OL |
| 68 | Luke Clarke | OL |
| 69 | Marcus Woolf | OL |
| 74 | Ben Powner | OL |
| 75 | Alvin Henderson | OL |
| 76 | Shaun Rapley | DL |
| 78 | Nigel Jackson | OL |
| 85 | Lee Watts | WR |
| 86 | Lindsey Stewart | WR |
| 88 | Ryno Stridem | WR |
| 89 | Dave Flack | DB |
| 90 | Ben Firman | TE |



Coaching Staff

Sandy Francis - Head Coach
 Don Laisure Snr - Backs Coach
 Miles Innes - Defensive Line

Game Day Staff

John Goode
 Ruth Cheesley
 Ralph Alexander
 Jan Alexander
 James Alexander

SCOREBOARD

| <u>Quarter</u> | <u>Exiles</u> | <u>Cardinals</u> |
|----------------|---------------|------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |

Roster taken from Cardinals Website