



THE FALCONS FLYER

THE OFFICIAL NEWSLETTER OF THE FERNY GROVE & DISTRICTS JUNIOR AUSTRALIAN FOOTBALL CLUB INC



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SAVE THE DATE

1 May 4:30pm – Lions players at our club!

PRESIDENTS REPORT

G'day Mums & Dads,

Well it's been an interesting start to the 2014 season. Firstly, thank you to Russ Nicholas for kick starting the season off as President. Russ did an enormous amount of work behind the scenes at the end of last year and the start of this one. You will still see Russ, Pauline and Zac around the club from time to time, it's just that because we weren't able to field older teams, Zac had to sign up with another club to get a game.

Unfortunately, he wasn't the only young man from these age groups that we had to say goodbye to. Lack of player numbers affected us greatly at the start of this season.

Hopefully, we can build our younger age groups and maintain numbers as they grow and enjoy their football. Allowing us to continue to field older grades in the future.

To introduce myself, we moved from Mackay in April 2013. Our son, Jayden played Under 11s last year for the Falcons and is in the Under 13 team this year juniors since 2008.

I have been heavily involved with AFL footy for a long time



and from my experience, I can't do anything about a concern you may have if I don't know about it, so if you have something on your mind, please feel free to come and talk to me, or any of our fantastic committee, about it (even the good stuff).

As the playing season approaches and grading has already started for our Under 12 and Under 13 teams, we look forward to more of what we do this for...our kids playing footy! "This is our game". It's about kids developing skills, playing games and having fun! Here's to a great season of football

Go Falcons!

Dale Robertson
President FGFC

THIS IS OUR GAME

There are over 150 junior leagues across Australia that provides opportunities for children and their families to participate in playing AFL every year. It is largely an army of volunteers in our club that run these teams and games for the love of the game and the enjoyment that it provides our kids.

It is our club's philosophy in being mentors that we adopt, the "this is our game" mantra to ensure all participating boys and girls in our club have a fun, safe and positive football experience that is suitable to their needs

We don't want to put our kids in adult environments too early and that includes large grounds, congested play, unnecessary physicality and an over-emphasis on winning when skill development is more important.

The Junior Football Match Guide aims to:

- 1 Provide clear direction to leagues and clubs for the provision of appropriate pathways for all boys and girls in safe and enjoyable environments.
- 2 Ensure that junior football is delivered in a uniform manner (consistent rules & regulations) across all States and Territories.
- 3 Maximise the recruitment and retention of players and umpires through programs and match rules appropriate to each age level (meets the needs of children – they are not little adults).

**DOWNLOAD
THE GUIDE BOOK**



FALCONS CLUBHOUSE AND TOILETS VANDALISED AGAIN

by Jason Jones

The club has again been hit by vandals. This is the fourth time in the last twelve months.

The toilet block was the worst hit area where a significant amount of graffiti damage concentrated in the male toilets. Our advertising board above the score board was also damaged and tagged.

Not only is this vandalism senseless, it costs thousands of dollars which, although paid for through our insurance or through BCC ratepayer dollars.

If anyone recognises the tags below or knows anything about the vandalism, please contact Ferny Grove police on 3872 1555.

BCC has recently rectified the graffiti damage in our toilet block.

A LION IN OUR CLUB

Don't forget we will have a surprise visitor from the Brisbane Lions attending the club on Thursday May 1, from 4:30 – 6:30pm. Don't forget to wear your Lions gear and bring your camera. All family and friends are welcome to attend.



AUSKICK 2014

by Chris Pike

Having not coordinated an AUSKICK program before I was a little unsure what to expect this season but let me just say it has been a lot of fun and my absolute pleasure.

I really have learnt valuable lessons in child management/wrangling and looked to improve our activity schedule from week to week.

This year I took what was traditionally a program for Primary school aged children to one that heavily involved parents, ensuring maximum hands on participation and family connection time.

A Pikey Quote; *"Now boys and girls remind your parents to bring their runners next week."*, (Guilt is sometimes a handy tool).

It is evident that parents enjoyed their game time with their children over the program. This was obvious by the smiles on their faces (most of the time).

Our AUSKICK program is certainly an excellent forum to network with other families and provides good role models for our future generation.

It has been excellent to see that 3 of our local Ferny Grove boys from last years U13 youth team decided to come down and support our AUSKICK program. Zach, Rosey and Cody have consistently given their time and proved to be good role models.

I have loved mentoring parents in teaching basic footy skills and seeing the satisfaction on the boys and girls faces when they finally master a skill through hard work and determination.

I hope that the children and parents have learnt something about footy and most importantly about themselves and their family.

I am sure that our AUSKICK program will be the talk of the town and will grow in numbers for the 2015 scheduled program.

I can't wait to see many of our future AFL superstars sign up again next year.

Go Falcons!

Chris (Pikey)



Photos from the recent Auskick Gala night held on 28th March which saw around 200+ people including Auskickers at the Falcons Nest.

AFL SUMMER SKILLS FALCONS' MEDALISTS

AFL Summer Skills clinic at UQ St Lucia campus has finished for another season. It has now been running for 36 years and is widely known amongst the AFL community as an AFL skills institution, led by the iconic 'Happy', aka Keith Wallis - OAM. Several members of the Falcons club attended the clinics over the summer. Two members from our club were recognised and awarded medals and certificates in a dual placing within their age group.

Congratulations Flynn Randall and Josh Jones from our under 13's team.



Josh Jones and Flynn Randall from our U13 team



WHY AFL IS SO MUCH BETTER THAN SOCCER!





FIRST AID STATION - FUEL FOR THE GAME

From Holly McLucas (First Aid Officer)

AFL football takes a lot out of the body from depleting energy stores to the toll of physical contact.

Most AFL players prepare their body for the game by getting physiotherapy and massage to ease aches and pains but they also need to eat correctly before the game to ensure they have sufficient energy to get through a full game of AFL.

Why should you eat before the game?

Training day in, day out, can reduce the body's energy reserves especially carbohydrate stores. This is why it is essential to replenish these after every training session. But it doesn't just stop there, it is important that carbohydrate recovery is continued right up until the start of the game.

A pre-game intake of carbohydrate ensures that you have enough of this essential energy source to compete at 100% for the whole game and not run out of energy as the game goes on, which may happen if your carbohydrate stores are not fully loaded.

What should you eat before the game?

It is important that your pre-game meal is something you like! Most AFL footballers have a favourite pre-game meal that they will have regularly eat before heading out onto the field.

Usually the pre-game meal follows a few basic guidelines:

- High in carbohydrate
- Low in fat
- Foods you enjoy and are comfortable with
- Include a fluid choice with the meal

The timing of the pre-game meal is also an important consideration as eating too close to the game can cause an upset stomach, while having something too far in advance can mean you are hungry during the game

It is recommended that you eat your pre-game meal about two-to-four hours prior to the game.

This allows enough time for the food pass through the stomach and into the intestines where it can be absorbed for use. The exact timing of the meal will depend on how your body handles the pre-game build up.

Pre-game meal examples:

- Breakfast cereal or porridge and reduced fat milk
- Toast or muffins with jam/honey/peanut butter
- Baked beans or tinned spaghetti on toast
- Pasta with a low fat tomato based sauce
- Sandwiched or rolls
- Creamed rice and tinned fruit
- Rice or noodles and low fat stir fry

Low fat smoothies or liquid sports nutrition supplement (like Sustagen Sport)

Hydration is an important concern for AFL footballers and drinking enough in the lead up to a game is just as important as eating well. It is a good idea to consume fluid at your pre-game meal and in the hours leading up to the game.

Sports drinks provide the opportunity to kill two birds with one stone. By consuming sports drinks leading into the game you can ensure that you have carbohydrate for energy and also sufficient fluid and electrolytes for adequate hydration.

WELCOME YOUR 2014 COMMITTEE

Position	Member	Email	Mobile
President	Dale Robertson	dalemarie_robertson@hotmail.com	0432 221 430
Vice President	Andrew Atkinson	aatkinson@powerup.com.au	0403 061 704
Treasurer	Gil Tomczak	gktomczak@bigpond.com	0468 616 019
Secretary	Selinda Randall	fernygrovejuniors@aflbj.com selinda@inet.net.au	0435 977 500 0407 110 896
Communications Officer	Jas Jones	chewton24@gmail.com	0412 201 369
Grants	Sports Club Assist		
Capital Works	Sports Club Assist		
Club Delegate	Peter Randall	peter.randall@inet.net.au	
Canteen Co-ordinator	Selinda Randall	selinda@inet.net.au	0407 110 896
Social Co-ordinator	Vacant		
Sponsorship Co-ordinator	David Nelson	david.nelson@defence.gov.au	0431 484 608
Fundraising Co-ordinator	Neisha Bessell	neisha.bessell@optusnet.com.au	0424 261 117
Football Manager	Andrew Atkinson	aatkinson@powerup.com.au	0403 061 704
Coaching Coordinator	Jason Robertson	robbox5@optusnet.com.au	0421 324 985
Auskick Co-ordinator	Chris Pike	christopherpike_2@hotmail.com	0430 394 448
Umpire Co-ordinator	Sam Somerville	samsomerville@live.com.au	0433 408 599
Registrar	Jason Mayne	leoniejane@live.com	0407 949 706
First Aid Officer	Holly McLucas	holly.mclucas@gmail.com	0421 721 317
Equipment/Procurement Officer	Colin Speirs	col.speirs@gmail.com	0439 396 014
Groundsman	Damian Tebbett	damoroo29@hotmail.com	0406 675 058
Volunteer Co-ordinator	Vacant		

VOLUNTEER CO-ORDINATOR URGENTLY REQUIRED

We are seeking someone to urgently fill our volunteer co-ordinator position. This position requires someone who can maintain a register of people who have volunteered their time to help with club events and jobs throughout the season.

We envisage this position is not an overly labour intensive position and should not take up much time.

If you are interested or would like to know more about the position please email fernygrovejuniors@aflbj.com

**WE MAKE A LIVING
BY WHAT WE GET
WE MAKE A LIFE
BY WHAT WE GIVE**

- Winston Churchill



For every purchase you make at Amart Sports, they will give us 5% of your transaction in the form of an in-store credit to purchase new equipment.

When making any purchase at Amart Sports, mention you would like to nominate Ferny Grove Falcons as your club for point's allocation.

CLUB MERCHANDISE

Falcon stubby coolers are in stock. Remember to pick one or two up when you are next up at the canteen or email us if you would like one. \$8.00 each

fernygrovejuniors@aflbj.com



2014 TEAM COACHES & MANAGERS

Under 8 - Green

Coach	Rachel Warren	thegoobers@bigpond.com	0407 590 256
Assist. Coach	Trevor O'Neill	trevor.oneil@sandvik.com	0409 762 184
Manager	Linda & Matthew Hand	lindahand18@gmail.com	0414 798 306
First Aid	Jill Etheridge	jillyetheridge@gmail.com	
	Neil Purcell	neilp2012@hotmail.com	0414 301 545

Under 8 - White

Coach	Mark Wojcik	mad_sainter@bigpond.com	0417 606 632
Assist. Coach			
Manager	Narelle Barton	scrank7@bigpond.com	0409 550 592
First Aid			

Under 8 - Black

Coach	Ian Osborne	skye121@optusnet.com.au	0423 534 836
Assist. Coach	TBA		
Manager	Michelle Young	michelle@redshell.com.au	0411 204 692
First Aid	TBA		

Under 8 - Mt Samson

Coach	Aaron Nganeko	aaronnganeko@hotmail.com	0439 764 411
Assist. Coach	Peter Bishop	peter-bishop@hotmail.com	0418 772 542
Manager	Vacant		
First Aid	TBA		

Under 9 - Green

Coach	Col Speirs	col.speirs@gmail.com	0439 396 014
Assist. Coach	John Bawden	everybodypt@bigpond.com	0419 742 694
Manager	Sally Gunn	salgunn@bigpond.net.au	0408 126 483
First Aid	John Bawden	everybodypt@bigpond.com	0419 742 694

Under 9 - White

Coach	Andrew Atkinson	aatkinson@powerup.com.au	0403 061 704
Assist. Coach	Steve Bessell	modernresurf@optusnet.com.au	
Manager	Neisha Bessell	neisha.bessell@optusnet.com.au	0424 261 117
First Aid	Anthony Russo	Anthony.Russo@riotinto.com	0429 480 163

Under 10

Coach	Carl Houlihan	ckmp@inet.net.au	0447 774 177
Assist. Coach	Paul Gow	paulgow3@gmail.com	0466 746 464
Manager	Fiona Van Der Ark	tvda@bigpond.com	0412 152 516
	Julie Gooch	mj_gooch@bigpond.com	0433 405 708
First Aid	Drew Parker	arnie.parker@hotmail.com	0409 707 105

Under 11

Coach	Ian Daniels	ian@auroralogistics.com	0404 050 217
Assist. Coach	Nigel Miles	nigel@lnjoinery.com.au	0403 919 783
Manager	Keith Worrall	info@worrallfd.com.au	0423 394 784
First Aid	Keith Worrall	info@worrallfd.com.au	0423 394 784

Under 12

Coach	Ian Morris	iancmorris@hotmail.com	0404 466 602
Assist. Coach	Gen De Marte	imdemarte@gmail.com	
Assist. Coach	Paul Butler	paul.butler5@defence.gov.au	
Manager	Holly McLucas	holly.mclucas@gmail.com	0421 721 317
First Aid	Darren Phease	dphease@optusnet.com.au	0419 789 003

Under 13

Coach	Jason Robertson	robbox5@optusnet.com.au	0421 324 985
Assist. Coach	Anthony Young	anthony_young11@bigpond.com	0407 813 403
Assist. Coach	Adrian Koch	danny.butler@dva.gov.au	3351 4051
Manager	Kellie Ross	kellieross01@dodo.com.au	0413 648 330
First Aid	Thiery Tomczak	gktomczak@bigpond.com	0468 616 019

AFLBJ PLAYING GROUNDS LOCATION GUIDE

Name	Address	Map Ref.
Alexandra Hills - Keith Surridge Park	Keith Surridge Park Alexandra Hills 4161	K15 184
Aspley - Brendale (Oval1,2,3)	South Pine Sporting Complex Eatons Crossing Road / South Pine Road Brendale 4500	G12 108
Aspley - Graham Road	50 Graham Road Carseldine 4034	J1 119
Beenleigh - Dauth Park	Alamein Street Beenleigh 4207	D20 264
Burpengary - Moreton Bay Central Sports Complex No.1	Aquatic Centre Drive Burpengary 4505	
Calamvale - Calamvale Community College	2533 Beaudesert Road Calamvale 4116	F1 240
Carindale - Belmont Primary	79 Scrub Road Carindale 4152	A6 182
Collingwood Park - Redbank Plains Recreational Reserve	Redbank Plains Recreational Reserve Moreton Avenue Redbank Plains 4301	Q10 235
Coorparoo - Giffin Park	Giffin Park Coorparoo 4151	C16 24
Elimbah - Elimbah Sports Ground	Elimbah Sports Ground Rose Creek Road Elimbah 4516	
Everton - Enoggera Memorial Park	Enoggera Memorial Park Enoggera 4051	Q6 138
Ferny Grove	Tramway Street Ferny Grove 4055	L4 137
Forest Lake - C J Greenfield Complex	CJ Greenfield Complex Richlands 4077	E20 198
Griffith Moorooka - Alexander Park	Alexander Park Moorooka 4105	N2 199
Ipswich - Limestone Park	Selwyn Edwards Drive Ipswich 4305	H20 213
Jimboomba - Glen Logan Park	Cusack Lane & Henderson Road Jimboomba 4280	E15 302
Jindalee - Jindalee Recreational Reserve	Jindalee Recreational Reserve Jindalee 4074	K19 177
Kedron - EK (Ted) Anderson Oval	78 Sixth Avenue Kedron 4031	D4 140
Kenmore - Akuna Oval	Hepworth Street Chapel Hill 4069	A11 178
Kenmore - Western Districts Oval	Oxley Road East Chelmer 4068	
Logan - Tansey Park	Tansey Park Logan City 4128	F4 263
Mayne - Oxenham Park	Duke Street Nundah 4012	N1 140
Moggill - Bellbowrie Sport & Recreation Club	Sugarwood Street Bellbowrie 4070	J13 196
Morningside - Jack Esplen Oval	Hawthorne Park Morningside 4171	H16 20
Mt Gravatt - Dittmer Park	Dittmer Park Upper Mount Gravatt 4122	C7 201
Narangba - Findlay Street Sportsfields	52 Findlay Street Burpengary 4505	F14 68
North Lakes - St Benedicts Catholic Primary	St Benedicts Close Mango Hill 4509	A8 90
Park Ridge - Park Ridge High School	236 Crest Road Park Ridge 4125	B13 260
Pine Rivers Swans - Rob Akers Reserve	Robert G Akers Reserve Strathpine 4500	C11 99
Redcliffe - Rothwell Park	25 McGahey Street Rothwell 4022	E18 80
Redland - Casheezi Park	Ern Dowling Sportsfield Victoria Point 4165	F2 226
Redland - Ern & Elma Dowling Park	325 Colburn Avenue Victoria Point 4165	F2 226
Redland Bay - Redland Bay Primary	Gordon Road Redland Bay 4165	G17 226
Rochedale - Rochedale State School	Rochedale Primary Rochedale 4123	F20 202
Sandgate - Lemke Road Oval	120 Lemke Road Taigum 4018	E12 110
Sherwood	Chelmer Street East Chelmer 4068	K10 178
Springfield Central State High School	Springfield Central State High School Springfield Central 4300	
Springwood - Lowe Oval	Lowe Oval Underwood 4119	C13 222
The Gap - The Gap High School	The Gap State High School The Gap 4061	
West Juniors - Oakman Park	Oakman Park Toowong 4066	P20 158
Wilston Grange - Peter Butler Field	Babarra Street Stafford 4053	M7 139
Wynnum	300 Kianawah Road Wynnum West 4178	N6 162
Yeronga - Leyshon Park	Leyshon Park Yeronga 4104	K8 179
Zillmere - O'Callaghan Park	O'Callaghan Park, Zillmere Road Zillmere 4034	F3 120

2014 SPONSORSHIP OPPORTUNITIES AVAILABLE NOW

SPONSORSHIP BENEFITS

- Sponsorship and donations may be tax deductible for your organisation and provide you with a way to give something back to your local community.
- The Ferny Grove Falcons offers four levels of major sponsorship, plus other promotional material opportunities for supporters to promote their business. The club welcomes other sponsorship proposals or opportunities from local businesses.
- Your sponsorship will help to provide children in our local community with the opportunity to participate in healthy outdoor activities and build their fitness, teamwork and community spirit.
- Our club is proud to be part of the local community and it plays an important role in the long-term growth and development of AFL in Brisbane.

Contact David Nelson for more information or email fernygrovejuniors@aflbj.com

Level	Platinum	Gold	Silver	Bronze
Sponsorship/ goods and services in kind	\$2,000	\$1,000	\$500	\$250
Number of Sponsors Sought	1	2+	5+	5+
What is included:				
Club website	Logo on homepage 80 word business description (on sponsor page) Plus: <ul style="list-style-type: none"> • Website link • Email link • Contact details and address 	Logo on homepage 40 word business description (on sponsor page) Plus: <ul style="list-style-type: none"> • Website link • Email link • Contact details and address 	Logo on webpage 20 word business description (on sponsor page) Plus: <ul style="list-style-type: none"> • Website link • Email link • Contact details and address 	Business name on webpage <ul style="list-style-type: none"> • Website link • Email link • Contact details and address
Email communications	Logo in monthly newsletter. Six individual communications to members	Logo in monthly newsletter. Three individual communications to members	Logo in monthly newsletter. Three individual communications to members	Name in monthly newsletter. —
Field signage locations	Main field score board, or sponsor choice	Field 3 x 1m sign	Field 3 x 1m sign	Field 3 x 1m sign
Man of the match naming	Award naming	—	—	—
Duration	1 year	1 year	1 year	1 year

Contact David Nelson for more information or email fernygrovejuniors@aflbj.com

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1/39 Queens Road, Everton Hills,
Brisbane (07) 3353 1455



Dale Shuttleworth MP

STATE MEMBER FOR FERNY GROVE

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