



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

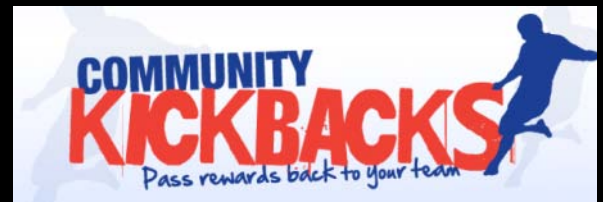
We are seeking someone to urgently fill our volunteer co-ordinator position. This position requires someone who can maintain a register of people who have volunteered their time to help with club events and jobs throughout the season.

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@ljinjoinery.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

Our Contact Details

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