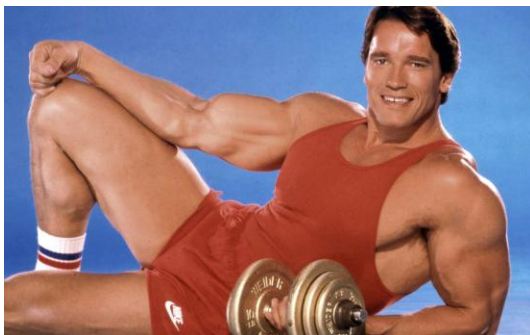




Pre-preseason training

Good news for blokes and ladies looking to improve their beach-bod in time for Christmas: Pre-pre-season training will be commencing on Tuesday, November 11 and will run every Tuesday and Thursday until the final session on Thursday, December 18.

And as a parting gift from the outgoing Head Coach, Cliffy has provided a tough fitness program sure to whip players into shape. A venue will be advised on email as soon as one is confirmed.



Happy Griffmas!

Get into the Griffmas spirit with a free keg at the Hellenic on Friday December 12 at the Hellenic Club in the city.

Head down from 5pm and enjoy some end of season drinks with your teammates. Partners, families, friends most welcome.



Schit bloke returns

The Griffin Tale catches up with Greg Oberscheidt who will be returning as solo Senior Coach for the Griffins in 2015.

Hey Greg, good to have you back in the coach's box mate. What changed your mind about taking on the gig?

There were a few factors at play but ultimately it came down to unfinished business. As far as we've come as a group in the last four years, we haven't lifted the cup in the Seniors and the opportunity to achieve that with a great bunch of mates is a big driver.

You guys received some great personal recognition in winning the Div 1 'Coaches of the Year' award in what proved a challenging season for the seniors. What did you take out of this year in coaching terms?

I personally learned a lot about what my true focus points should be as a coach and that whilst the playing group as a whole is the ultimate focus more work is needed on an individual basis in order to get the best results. It's all well and good to have structures and strategies in place but everyone needs to be on board and understand their role. The team is only as strong as its weakest link.

What do you see as the specific challenges for this squad in 2015? What will you be looking to focus on?

I see the biggest barrier to our success being getting the most out of our limited time on the training track. We learned last year that being a step off the pace is more than enough to keep you out of the game.

What brand of footy do you envisage an Oberscheidt-coached team playing?

Moulded in my own image? Without giving too much away I see the side playing footy much the same way as we always have. Uncompromising at the contest with the capacity to transition the ball with pace and purpose.

What's the best way to manage serial pests like Brent Ritchie? And what's your Earl-Spurr management plan?

Ritchie's not too bad to deal with. I've perfected the nod and smile while replaying episodes of Archer in my head. That way he gets a laugh every now and again which keeps him happy. The Duke can be a handful but the lads have had a whip around and we've bought him an alarm clock so that'll solve a big issue. In all seriousness, it's these sort of characters that make a footy club and the place wouldn't be as much fun without them. Imagine if all we had were Seed Bennett and Sammy Bish clones...You'd do your nut.

And finally Greg, what's a pass mark for season 2015? What would be your expectations for the side, and the club more broadly?

With a bit of uncertainty surrounding the makeup of the competition next year it's tough to set realistic expectations with regard to ladder positions, finals and so on. I'd prefer to quantify my expectations by the continued improvement of our entire playing group. If we can finish the season as better footballers than we began then we'll be right in the mix with the best sides in any competition.



Top team: Senior coach Greg Oberscheidt with new president, Caitlin Rov.

New president gets to work

Hey head Griff! Big congrats on the president's role. What's your preferred title? Madam President? El Presidente?

Thanks, it's an honour! I'm not sure anyone knows who Caitlin is, so I'm happy to stick with 'Roy'.

How are you feeling about the job so far? And what are your goals for the Griffins while president?

Hermie has done a great job as President for the last 3 years which has made the transition easy. I'm really looking forward to 2015 and the new committee has already started planning for the season. The main focus for me will be around building a stronger Griffin community at games and social events.

How long have you been with the Griffins now?

I've played 6 seasons with the Griffins now. A friend playing at the time suggested I give it a go, and here I am 6 years later.

What's your favourite on-field Griffins memory?

Beating Molonglo in the 2013 preliminary final in front of a very vocal ANU crowd was a very proud moment and a great achievement for the women's team.

What are your goals for the Griffins in season 2015, on field and off field?

I am confident that all three Griff sides will be in premiership contention in 2015. Off field, I'm hoping that Griffs past and present get around the social calendar, particularly for club institutions like 4Ps and the Old Boys game.

Expressions of Interest Reserves Coach



Having announced Greg Oberscheidt as ANUAFC's Head Coach in 2015 and Nick Crean graciously signing on again as the primary Women's coach, the Club is still seeking expressions-of-interest for the position of Reserves Coach.

Responsibilities include:

- Leading/directing training drills with the Reserves Team when playing squads split (usually on Thursdays);
- Game-day coaching and team selections for the Reserve Team;
- Supporting a culture of on-field success while also upholding community footy values within ANUAFC
- Attendance at post-game functions.
- Supporting the Head Coach as required;

We're seeking candidates with prior experience playing or coaching Australian rules football and a level one coaching certificate (or ability to obtain the certificate during 2015). ANUAFC offers modest remuneration, but principally seeks candidates motivated to coach by their love of the game and ANUAFC.

Training are held Tuesdays and Thursdays 6:00-7:30pm at South Oval in the ANU Campus, with formal pre-season commencing in mid-January 2015 and optional off-season training during November-December 2014. Just like the Head Coach, the Reserves Coach will be supported by a football manager, team physiotherapist and game-day runners.

Interested candidates should contact Club president Caitlin Roy at cate.roy@gmail.com by 30 November 2014.

Runner wanted

Greg is seeking expressions-of-interest for a Seniors' Team Runner.

Ideally, he'd like a runner that can commit to running duties at 80 per cent of the Seniors' games in 2015 along with a fair degree of fitness to get those game-day messages delivered in snappy fashion.

Ability to translate frustrated jibbering into motivational advice a plus.

Interested candidates should email Greg direct on Greg@mmo.com.au.



2014 Club Highlights

- Men's senior co-coaches Josh Cliff and Greg Oberscheidt winning the AFL Canberra Coach of the Year award
- Women's player Tarlina Tipungwuti named in the AFL Canberra Women's Team of the Year
- ANU Women reaching the preliminary final
- Men's Reserve's winning 3 games in 6 days to cap off the season
- Men's Seniors player Tim Vickers-Willis playing in the ACT Representative side
- Men's Reserve's retaining the University Cup