



NEWSLETTER SEASON 2011

Bed Depot - Prahran Junior Football Club

**Celebrating 13 years of
Passionate Community Participation**

BED DEPOT

MELBOURNE • SYDNEY

Issue #1 2011 – 7 April

Dear PJFC Members,

Welcome to the 2011 season. We look forward to a great year for the PJFC, its members, supporters and sponsors.

Please be aware that players are still wanted for U10s. There are also two places left in U11 and one place in U13s. If you know anyone who is interested, please contact Madeline O'Connor.

A flier for Camp Accelerate, to be held during the school holidays, is included with this week's newsletter for anyone interested in participating. Anthony Rock, our Director of Coaching has organised this camp, which offers children a flying start to the season.

Charlotte Limb

Newsletter Coordinator

PJFC PRESIDENTS REPORT

The eagerly awaited football season has arrived, with Round 1 matches commencing on Sunday. I would like to warmly welcome all new players and parents to the Club.

This year we have 14 teams (up from 11 teams last year), and 320 players registered so far. As a Club we strive to give your children the best possible football experience.

We have 3xU9's, 3xU10's, 3xU11's, 1xU12, 2xU13's, 1xU14 and 1xU15 team competing this year.

I would like to welcome our 4 new Coaches:

Chris Hanrahan	U9 Blacks
Andrew Dalgleish	U9 Blues
Will Russell	U11 Blues
Chris DeCampo	U13 Reds

Our Club would not survive without the efforts of our Coaches, Assistant Coaches and Team Managers. On behalf of the Club, I would like to thank them for their commitment and wish them all the best for the Season ahead.

Newsletter Coordinator

I would like to thank Charlotte Limb for agreeing to take over from Claudia as our Newsletter Coordinator. I wish to thank Claudia Holt for the wonderful job she did in producing our weekly Newsletter for the last few seasons.

Parent Behaviour

We would appreciate your support in helping us observe the Parent Code of Conduct which we have included in this Newsletter.

Wednesday Night Sessions

Wednesday night sessions are a great opportunity for players of all different abilities to improve their kicking, handballing and marking skills. We have asked Coaches and Assistant Coaches to nominate players from their teams who they think would benefit from these sessions, and we would ask that parents make every effort to ensure their children attend these sessions. If your child wishes to improve, these sessions are a must.

Catering Committee

This year we have formed a Catering Committee responsible for purchasing all food and beverages for Friday Night Training and Sunday Match Day. Andrea Gray, assisted by Nancy Bassett and a few others has very kindly agreed to head up the Committee and I thank them for all the wonderful work they have done so far. Andrea will coordinate with Team Managers to roster parents to Friday night Bar and BBQ duty.

Apparel

Socks and shorts will be available for sale in the Club Rooms tonight.

Looking forward to seeing you all at the Jumper Presentation later today.

Regards,
Jamie Gray
PRESIDENT

2011 PJFC SPONSORS

We would like to recognise the support of PJFC's generous sponsors.

Major Sponsor
The Bed Depot

Club Sponsors
Bendigo Bank - Windsor Community Branch
MCP Group
RT Edgar
St Kilda Village Smash Repairs

Team Sponsors
Altitude Volvo
ASICS Australia
City Living Property Services
Costa's Mitre 10
E L & C Baillieu Stockbroking Ltd
JAM TV Australia
Leonard Joel
MLC
Prahran Market
Zanuba Bar and Restaurant

Please support the companies that support your children.

Our sponsors who have been able to provide us with their promotional information are included in this week's sponsorship directory at the end of the newsletter. We will aim to have a full directory of sponsors next week.

GENERAL NEWS

INVITATION

You are invited to help celebrate 125 years of Prahran Football Club. Kevin Sheedy will toast 125 years of the Prahran Football Club on a night to remember.

Saturday 16 April 2011 at 7PM
Charles Lux Pavilion, Toorak Park, Orrong Road, Armadale

Cost: \$40 pre paid \$50 at the door

RSVP is essential as places are limited.
Enquiries to pfscub@bigpond.net.au or **Tim Habel** on 0414 286 771. We look forward to seeing you there.

FOOTBALL BOOTS – AFTER TRAINING

A reminder that the clubrooms are a football boot free zone. Due to the amount of dirt and mud coming into the Club on Friday nights, please remove boots before entering.

GAME FIXTURES

View game fixtures on the MSJFL website at www.msjfl.com.au. Team Managers will also communicate fixtures and any changes prior to each match.

TEAM BAR AND BBQ DATES

Please note the team allocation of Bar and BBQ duties for the season.

DATE

FRIDAY 8 APRIL:
FRIDAY 15 APRIL:
SCHOOL HOLIDAYS
FRIDAY 22 APRIL:
SCHOOL HOLIDAYS
FRIDAY 29 APRIL:
FRIDAY 6 MAY:
FRIDAY 13 MAY:
FRIDAY 20 MAY:
FRIDAY 27 MAY:
FRIDAY 3 JUNE:
FRIDAY 10 JUNE:
QUEENS B'DAY WEEKEND
FRIDAY 17 JUNE:
FRIDAY 24 JUNE:
FRIDAY 1 JULY:
FRIDAY 8 JULY:
SCHOOL HOLIDAYS
FRIDAY 15 JULY:
FRIDAY 22 JULY:
FRIDAY 29 JULY:
(Note - last week U9 training).
FRIDAY 5 AUGUST:
(Note - last week U10 training).
FRIDAY 12 AUGUST:
(finals dependent).
FRIDAY 19 AUGUST:
(finals dependent).
FRIDAY 2 SEPTEMBER:

TEAM ON DUTY

U11 BLACK
CLUB CLOSED.
NO TRAINING
CLUB CLOSED.
NO TRAINING
U11 BLUE
U11 RED
U10 BLACK
U10 BLUE
U10 RED
U9 BLACK
CLUB CLOSED.
NO TRAINING
U9 BLUE
U9 RED
U12
CLUB CLOSED.
NO TRAINING
U11 BLACK
U11 BLUE
U11 RED
U10 BLUE
TBA
TBA
U13 and U12

INJURY PREVENTION

With the footy season about to start, it is timely to talk about injury prevention for your children. Often the kids are doing three or four sports in a week which creates huge demands on their growing bodies and we are seeing injuries younger and younger. Start your kids with good habits. I have outlined four things to consider:

1. Always warm up. Dynamic warm ups (moving not stretching), mimicking the movements in the upcoming sport are helpful. Using footy as an example, the kids need to do some jogging forward, back and sideways, short kicks and short handpasses to warm up legs and hands.
2. Stretch to cool down. After training or the game, stretch the muscles used. Focus on calves, hamstrings, quads and glutes. Slow, static stretching (no bouncing).
3. Body alignment. If your child is complaining of sore knees, hips, back etc, it could be extremely helpful to have professional follow up early. Have a look at the way your child walks and also their posture. Keep in mind that good body alignment starts from the feet. For example, if their feet are rolling in or out excessively, this can cause knees and hips to move out of correct alignment, causing pain.
4. Extra exercises. After all the years of training kids and adults, I am a huge fan of exercises to strengthen the glutes and the lower back. Almost every sport or activity we do is with forward movement or flexion so we need to balance this by strengthening our 'back chain.' This includes the back, glutes, hamstrings and calves. One good exercise is back extensions, lying on the tummy on the floor, arms stretched overhead, lift arms and legs and hold for 10 secs. Repeat x 5. Another exercise is also lying on the tummy, head on hands on the floor and lift one leg SLOWLY to strengthen the hamstring and glute. Swap sides x 10 each. Other helpful exercises are calf raises and drops on a step, hip rolls and back stretch lying on tummy, lift on elbows and hold 30 secs.

Sarah Kirkwood

UNIFORMS

PJFC playing uniform requirements:
PJFC Playing jumper, PJFC shorts (blue for home games and white for away games), PJFC socks, footy boots and mouth guard.

Costs are as follows:

- * PJFC blue shorts (for home games) - \$20
- * PJFC white shorts (for away games) - \$20
- * Royal blue socks - \$10

All items (aside from footy boots and mouth guards) will be available for sale from the club rooms. This year, players also have the option of purchasing uniform via an order form, which will be distributed next week.

Match Day Jumpers



Match day jumpers are provided by the club at no charge. Please note that playing jumpers remain the property of the club and must be returned at the end of the season.

FOOTY BOOTS & MOUTH GUARDS

These must be purchased separately by parents.

A reminder that our policy is strictly 'no mouth guard, no train or play'. Mouth guards must be worn at ALL training sessions and games. Any child without a mouth guard on game days will not be allowed on the field.

TEAMS

Under 9 Black

Coach Chris Hanrahan 0437 009 863
chrishanrahan@optusnet.com.au
Team Mgr Vanessa Bede 0418 396 902
vanessa@acceratorcommunications.com.au

Under 9 Blue

Coach Andrew Dalglish 0416 209 201
andrew@gustoclothing.com.au
Team Mgr Lisa McLellan 0417 058 228
lmclellan@bigpond.com

Under 9 Red

Coach James Hird
james@gemba.com.au
Team Mgr Deirdre Thornton 0411 390 069
hidint@hotmail.com

Under 10 Blue

Coach Mark Kellett 0414 293 457
markkellett@me.com
Team Mgr Michael O'Connor 0412 075 061
moconnor@vicbar.com.au

Under 10 Black

Coach Greg Beilby 0400 703 395
greg.beilby@vipppackaging.com.au
Team Mgr Peter Robenstone 0419 104 969
robenstone@gmail.com

Under 10 Red

Coach Chris Sinclair 0418 324 061
sincdevl@bigpond.net.au
Team Mgr Kate French 0425 740 144
nickkate@bigpond.net.au

Under 11 Black

Coach Jonathan Wood-Freeman 0438 868 591
jwf@futuregen.com.au
Team Mgr Andrea Gray 0438 099 243
andrea.gray@optusnet.com.au

Under 11 Blue

Coach Will Russell 0402 148 141
will_russell@hotmail.com
Team Mgr Pauline Hallam 0412 121 511
jendix@onthenet.au

Under 11 Red

Coach Chris Faulkner 0410 145 989
chrisfaulkner_uk@yahoo.com
Team Mgr Shana Molnar 0414 503 702
shanamolnar@bigpond.com

Under 12

Coach Steve Zayler 0439 394 463
stephenzayler562@hotmail.com
Team Mgr Mark Dixon 0403 024 414
marcdixon@netspace.net.au

Under 13 White

Coach Craig Baker 0403 312 548
cbaker@australand.com.au
Team Mgr Steve O'Brien 0418 736 443
steveo@dnstech.com.au

Under 13 Red

Coach Chris de Campo 0425 758 523
chris@decampoarchitects.com.au
Team Mgr Rachel Bartels 0414 884 414
rach_bartels@hotmail.com

Under 14

Coach Mike Poynter 0414 969 942
m.poynter@mcpgroup.com.au
Team Mgr Anthony Grimwade 0418 382 226
agrimwade@rtedgar.com.au

Under 15

Coach John Costa 0419 576 537
jcosta@costasmitre10.net.au
Team Mgr Peter Dee 0409 604 456
peter.dee@sap.com

Under 10 Blues

Welcome to all U10 Blues players for the 2011 season. We're looking forward to a great year of footy.

Congratulations on a great effort with the practice match last Sunday.

Under 15's – More depth than ever!

It is fair to say that over the summer there was a certain amount of nervousness that the club would not be able to field an Under 15 side in 2011!

At the end of last season, immediately after the team's loss in the 1st Semi Final, we all knew that our Fairest and Best Winner and Runner Up players both wanted to play for another club in 2011. In fact, over the summer we knew of 7 players that were not able to play for Prahran this year. This created a sense of unease amongst the players about whether we could get replacements, or if we would be able to play.

So it pleasing to report that in the week before the first game of 2011, not only are we able to field a side in 2011, it is the belief of the coaching team

that the squad we have this year is a more rounded and deeper team than any we have had over the last 4 years.

An outstanding effort was made to recruit 8 new players to Prahran which has provided the group with the confidence that the Under 15's will be a very competitive team again this year. We welcome them and their families all to the club.

Some Statistics about the 2011 under 15's Team

Under 15 Squad - 25 players
Players returning from 2010 - 16 players
New recruits - 9 players
Total number of junior footy games played by the squad - 1400 games
Total number of games played for Prahran - 932
Average games played by each player - 55
Number of Prahran 100+ gamers - 4
Number of players who will play 100 games this year - 2

This represents a lot of junior football played and we're ready

Whilst our preseason hasn't been the longest due to other commitments by many of the boys, once we step out onto the field starting Sunday, we know that the boys will start to really get back into the football spirit.

Coach John Costa has discussed with many of the boys about good habits this season and that a theme for our team this season is to always display **"Winning Behaviours"**. This means that we aim to show a great enthusiasm at training so that we **"train as we want to play"**. On game day we will **prepare and play to the best of our abilities**, as a team, always **showing a level of respect** for our opponents, umpires and spectators.

The Under 15's are especially ready to take on the mantle this year of being the senior team in the club and are all ready to display to the other junior teams in the club what are good winning behaviours.

In the next week, the Leadership Group including captain and Vice Captains will be determined and announced.

We look forward though to Sunday Apr 10 with our first game against East Brighton Red.

Let footy begin.



PJFC FOOTBALL CLUB SONG

Here come the Prahran boys
Here come the Blues.
We won't be beaten – we hate to lose.
We will beat them one and all,
The bigger they are the harder they fall.
Whether the odds be great or be small
Gallant Prahran will win overall.
You can hear the crowd all roaring
COME ON THE MIGHTY BLUES!!!

PARENTAL BEHAVIOUR

The PJFC has adopted the following Parents' Code of Conduct:

1. Remember that children participate in sport for their enjoyment, not yours.
2. Encourage children to participate, do not coerce them.
3. Provide a positive focus on your child's efforts and performance rather than on winning or losing.
4. Encourage children to always play according to the rules.
5. Remember that children learn best by example.
6. Appreciate good performances and skills shown by all players from home and opposition teams.
7. Support all efforts to remove verbal and physical abuse from on and off-field activities.
8. Respect officials' and umpires' decisions and teach children to do likewise.
9. Respect the rights, dignity and worth of every child regardless of their gender, ability, cultural background or religion.
10. Show appreciation and be courteous to PJFC coaches, officials, team managers, administrators and fellow parents. Without them you child could not participate.

Peter Lupson
Vice President

2011 PJFC COMMITTEE

President

Jamie Gray 0411 590 699
jamie@clarendonpropertygroup.com.au

Vice President

Jason Dowd 0414 900 333
jason@mitchdowd.com.au

Peter Lupson 0418 351 791
peter.lupson@middletons.com.au

Treasurer

TBA

Secretary/Fixture Coordinator

Vicki Marshall 0401 993 991
marshallv@ozemail.com.au

Registrar

Madeline O'Connor 0431 481 213
madeline.oc@optusnet.com.au

Sponsorship Coordinator

Anthony Grimwade 0418 382 226
agrimwade@rtedgar.com.au

Newsletter Coordinator

Charlotte Limb 0409 236 573
wiedlimb@alphalink.com.au

Equipment/Apparel Manager

Greg Holt 0458 234 490
holt-family@bigpond.com

Fundraising

TBA

Catering Co-ordinator:

Andrea Gray 0438 099 243
andrea.gray@optusnet.com.au

Sports Trainer:

TBA

Head of Coaching

Anthony Rock

GENERAL INFORMATION

RUN THROUGH BANNERS

Professional run through banners are available from the following company for your child's next football milestone. Contact them on 0457 286 413 or view www.runthroughbanners.com.au.

SPONSORSHIP

This section contains information on the PJFC major sponsor, club and team sponsors. Please support the companies that support your children.

To discuss 2011 season sponsorship opportunities, contact Anthony Grimwade on 0418 382 226.

SPONSORSHIP LISTING

MAJOR SPONSOR

BED DEPOT



The Bed Depot was established in 1991 and operates from Prahran and Rhodes in Sydney. We have been the proud major sponsor for 8 years.

We are a factory direct company that sells Bedroom furniture, bed ensembles and manchester. We stock leading brands such as Sealy, Therapeutic and King Koil. Our prices are 20-30% lower than our competitors as we are independent of the main chains and as such do not pay any royalties or advertising levies.

We can have same day delivery if goods are in stock.

Not long ago we purchased the Ken Bruce business. Many will remember the slogan "Ken Bruce has gone mad". We now rent and sell all types of whitegoods (fridges, washers etc), TV's, portable air-con units etc.

If you're looking for a bargain from Ken Bruce or the Bed Depot come in and see us at 476 High Street Prahran.

CLUB SPONSORS

BENDIGO BANK



Bendigo Bank has two convenient locations for its customers in the west end of Stonnington, firstly at 111 Chapel Street Windsor and our newly opened Branch at Prahran Market on Commercial Road. Bendigo Bank offers its customers a full range of banking products from home and business finance to savings and financial planning. Bendigo Bank is highly regarded for its excellent customer service and insuring that its customer's needs are met. Because we are a Community Bank, 80% of our profits go back to the community in the form of sponsorships and grants, that's why we support PJFC. So help us support our community and Bank with us to make that 80% grow.

MCP FINANCE BROKERS & LAWYERS



Over the last 15 years, MCP Finance Brokers & Lawyers have provided a client friendly approach to finance broking, property & conveyancing services, estate planning, commercial legal and business structures for businesses & individuals.

MCP are proud sponsors of Prahran Junior Football Club.

For more on how we can assist you contact Mike Poynter or the team at **MCP**:

T - (03) 9620 2001

W - www.mcpgroup.com.au

RT EDGAR



A Century of Service

RT Edgar has been selling property in and around Melbourne for over 100 years. Much has changed in that time however some things have remained constant. Our hallmark is our integrity, accountability and obtaining the absolute highest price possible. We see each client relationship as a shared partnership, working tirelessly to deliver exceptional results with a focused approach. At the forefront of Melbourne's property market since 1896, our sales record and reputation are second to none. Our philosophy is simple; everything we do is aimed at generating optimum results for our clients.

ST KILDA VILLAGE SMASH REPAIRS



St Kilda Village Smash Repairs is a relatively new business endeavouring to provide service, quality of repairs and reliability that the modern day accident repair industry commands. The workshop itself has the equipment needed to repair vehicles of any age but especially current models, using a car-o-liner re-alignment bench system, car-o-liner inverter spot welder and low bake oven. Provided in the office/customer waiting room is a comfortable place to sit and a dedicated rest room for all our customers. The company also has use of not only the panel shop site, but also a secure vehicle parking and storage yard located at the rear of the premises. We offer late model courtesy vehicles to keep you on the road in your time of need also free pick up and delivery of vehicles is a service we are proud to offer. Understanding of the needs of company fleet management means we prioritize this work knowing that every day a vehicle is off the road is crucial.

Handling all insurance claims including not at fault with professionalism, accuracy and efficiency is paramount at St Kilda Village Smash Repairs enabling us to ensure the total repair process is as seamless as possible.

St Kilda Village Smash Repairs is proud to be a quality assured company complying with ISO9001:2008. We ensure checks and balances are in place in all facets of the repair process. Efficiency and accuracy are core characteristics of the administration of the company translating to an organized and productive workshop. We believe building relationships with clients, insurance company's, suppliers and the local community is essential evident by the mutual

respect created through all our dealings to date. The company sponsors both junior and senior divisions of the local Australian rules football club (Prahran Football Club) showing our commitment to returning something back to the community and also to being part of the community for years to come.

As we move forward in an evolving repair industry St Kilda Village Smash Repairs has equipped itself in all areas to not only move with the times but to forge forward creating a standard of service that exceeds our clients expectations now and in the future. For more information about us go to www.svsmashrepairs.com.au

TEAM SPONSORS

ZANUBA RESTAURANT



Zanuba Restaurant is the 2009 sponsor of Zanuba Reds - proudly supporting a team that shares its same basic philosophy, a commitment to excellence! Zanuba is a family-friendly, well-known Toorak eatery that offers the very best culinary experience. Equally as popular for a relaxed weekend breakfast on the balcony as it is for a quiet lunch with friends, Zanuba's reputation for serving the best coffee in the area is well-founded. Whether you are looking for a restaurant that will do justice for that very special occasion or a fun, laid-back venue with a tantalising menu, Zanuba has it all. Serving only the very best grain-fed meats and Phillippa's breads, Zanuba's chefs make every dining experience one you won't forget. Whether for breakfast, lunch or evening you'll love Zanuba! Go Reds!

ALTITUDE VOLVO BRIGHTON



Altitude Volvo is Melbourne's newest Volvo dealership. We invite you to experience our unique boutique style Sales and Service facility in Brighton where you can test drive the entire Volvo range or any of our selected used vehicles.

Altitude Volvo
913 Nepean Highway
Brighton VIC 3204
Ph: 9576 5399
www.altitudevolvocars.com.au

PRAHRAN MARKET



At Prahran Market it's all about flavour. We've all been let down by food that looks great but has no taste, but at Prahran Market our traders take pride in serving you sensational food that really does taste as good as it looks. It is well known that it is the quality of ingredients which makes the difference between creating an ordinary meal and a memorable culinary experience and it is this taste distinction that Prahran Market is all about. You can also ask our family owned businesses their expert advice on how much to buy per head, budget friendly suggestions and how to cook your purchases to perfection.

Prahran Market also has many family friendly activities as well as a dedicated playground in our safe Market Square environment.

We welcome all the families of PJFC to come down and visit us soon – we know you will love it! www.prahranmarket.com.au

JAM TV AUSTRALIA



JAM TV is one of Australia's fastest growing production companies, and is the television arm of McGuire Media. It specialises in the creation, production and delivery of sports and entertainment programming on the free-to-air, pay television and digital platforms.

MLC

www.mlc.com.au

CITY LIVING PROPERTY SERVICES PTY LTD



Over our 20 – Year history, City Living Property Services has developed many long-standing relationships with educational institutions, local governments, hospitality businesses and health care organisations.

There are many reasons why we keep being asked back. Our ability to consistently meet project deadlines and budgets is one. The fact that our tradesman are “on call” when our clients need them in a hurry is another.

But ultimately we believe it's the exceptional standard of our work that keeps City Living in high demand. When it comes to meeting project requirements, City Living can be as flexible as our clients need us to be. From interior fit-outs to redevelopments, renovations to disability access, our six-person strong team possess the skills to complete a diverse array of projects.

A Member of the Master Builders Association of Victoria, City Living is a highly professional company with fully articulated occupational health and safety, environmental, equal opportunity and staff training policies in place.

For projects of all sizes, City Living Property Services is the smart choice for organisations that require hassle-free building and maintenance outcomes that are delivered on time, on budget. “Rising to the challenge of meeting a project's specifications and deadlines is something every member of the City Living team is genuinely passionate about”.

Nigel Bainger – 0412 375 391

LEONARD JOEL

LEONARD JOEL

Specialist Auctioneers & Valuers Est. 1919

Leonard Joel are auctioneers specialising in fine art and sculpture, jewellery and watches, decorative arts and furniture, collectables, Asian art, period and

contemporary prints and graphics, books and manuscripts, estates, focused single-owner collections and significant house contents dispersals. Established in 1919 they have an enviable reputation as specialist auctioneers and valuers.

Since 1919 Leonard Joel has provided private, institutional and commercial clients alike a complete suite of auction management services. Founded by the late Leonard Joel in 1919 the business is now operated by Managing Director, John Albrecht. Our primary salerooms are located in the impressive heritage listed former Hawksburn Primary School in the heart of South Yarra, close to the golden mile of antique and art establishments in High Street.

With over 90 years of auction expertise, Leonard Joel has proudly maintained its status as an agent for vendor which simply means that as an auction house we do not enjoy an ownership stake in any item we offer for sale. This fundamental principle, of working solely for the vendor, lies at the core of a great auction house and ensures the market we create at every auction is fair and transparent.

E. L & C BAILLIEU STOCKBROKING LTD

E. L. & C. Baillieu Stockbroking Ltd

Founded 1889

E.L. & C. Baillieu Stockbroking Ltd is a Participating Organisation of the Australian Stock Exchange Limited. The firm commenced business in 1889, some five years after The Stock Exchange of Melbourne was founded.

E.L. & C. Baillieu Stockbroking Ltd offers Retail Broking, Institutional Broking, Research, Corporate Finance, Wealth Management and other supporting financial services.

Since its inception, E.L. & C. Baillieu Stockbroking Ltd has encouraged and assisted private investors. It views their interests and needs as being as important as those of institutional investors. We have a tradition, going back 100 years of acting in the best interests of our clients at all times, with the paramount intention of maximising their wealth. This firm has been tested by time.