



ST CLAIR CROWS

Newsletter - Week 8 - 27th May 2012

Junior Flyers Update :

Well it was definitely the coldest night we've had to date down at Cook Park, but we still had 29 brave souls who made it there! The rain held out but it was the wind that was the problem!

The U6's had a really productive night. After our warm up we played a game of "Footy Cricket" which focused on kicking and ground work. We then moved onto more kicking practise before spending a lot of time playing a modified game of footy. We focused on our zones, our kicking & handballing and our team work. In the next few weeks we'll be working on "game sense" and what the kids need to do with the footy once they have it. We finished with a game of parents vs kids where Riley Spence took the mark of the night! Well done Riley! Thanks to the 6 parents that helped out tonight. I think we made such progress because we were able to work one on one with the kids. Thanks for your help.

From Coach David : We warmed up in one group large group, playing a game roughly equating to whistle says & tried a game of chaos - which I think was appropriately named & may need some revisions before we try that one again. We then split off with the older group (combined intermediate & advanced) going through a couple of skill activities - Progressive Spry a handballing activity requiring movement into & around a semi circle & then goal kicking from different angles. Kids indicated they liked these so we will look at using these in future sessions. We then finished off with a game of Zone Footy & game against parents. The kids must have enjoyed themselves, despite the conditions, as I gave them the option of finishing a bit early - they resounding response was no. Great to see you are all so keen it makes it a pleasure coaching.

Junior Flyer Star's of the Week :

Congratulations to **Orlando Hunt** and **Heidi Yopp** who were chosen as this week's St Clair Crows Junior Flyer's of the week!

Congratulations to **Tarsha Ward** who was chosen as this week's St Clair Crows Superstar of the week!

Well done to all!

Auskick Star's of the Week :

As this was a special week for Auskick with our Gala Day, we don't hand out player of the week awards.

The aim for today was to bring all the clubs together and celebrate the end of season one. We hope everyone enjoyed themselves!!

Well done to all!

Junior Flyer Dates to remember :

1st June : Junior Flyer's - Round Robin night!
5.30-7.00pm, Cook Park

8th June : ** NO JUNIOR FLYERS **
LONG WEEKEND BREAK

Auskick Dates to remember :

That's the end of Season 1 for Auskick. Season 2 will start again on the 17th of June

17th June : Sunday Morning Auskick
8.30-10.00am, Cook Park - Home

Auskick Update - Gala Day!!

Well we had beautiful footy weather for our Gala Day and we had 22 very proud Crow's turn up to Quakers Hill's home ground of Wrights Reserve to play. The entire group started together with a game of Scissors, Paper, Rock before splitting into the separate groups.

The U6's participated in a mini Footy Olympics run by the AFL's development officers. In groups we moved around from station to station practising our handballing, tackling, kicking, ground work, agility, bouncing and finally our strength in the tug-of-war! Congratulations to the Crow's who teamed up with Penrith and Emu Plains to take out the title!

The two older groups played 3 by 20 minute footy games swapping around against different clubs (Parramatta-Holroyd Goannas, Quakers Hill Bombers & Blue Mountains Kangaroos). All the kids got plenty of kicks, touches & goals. Even though we don't keep an official score kids said they won most of the games. More importantly they had fun, went hard at the ball, looked for each other & did their best to work as a team. I would like to commend the kids on the way they represented the Crows in a highly competitive & sporting manner. We hope you all had a fantastic day & would love to see you all back out for Session 2.

Don't forget :

Find us on facebook - **St Clair Crows JAFC** or check our website **stclaircrows.afnswact.com.au**

Don't forget to mark your name off the roll!

Don't forget to bring your trophy or medallion back the next session.