



# MUSTANG MESSENGER

2013

7 February 2013

## Pre-Season 2013

On behalf of the Executive Committee - Happy New Year to all Sponsors, Members, Players and Supporters of the Mooroolbark Football Club.

As mentioned in previous correspondence, the boys started pre-Christmas training November/December and trained right up until the 21st December.

They resumed on Monday and the current schedule is 3 nights p/week. New Fitness Advisor Travis Pantelic (Metabolic Personal Training) is putting the boys through a brand new training regime, including diet advice and pre-game preparation.

Much work has been done off-field - please see the following pages for Social Dates and information.

2012 Division 2 Fixture  
Membership, Committee and Coaches information  
Practice Match dates  
Facebook, Web-Site and Email information

**\*\* Don't Forget!! 20/20 Cricket!**

**Footy Club Vs Cricket Club THIS Sunday 10th February \*\***



**Mooroolbark Football Club Inc.**

*Established 1965*

The Heights Reserve, Longfellow Ave, Mooroolbark 3138. Tel: 9725 0612  
Email: mooroolbark@efl.org.au Website: www.mooroolbarkfc.com.au



## Pre-Season Practise Matches

Saturday 23 rd March      V Wandin  
Heights Reserve, Mooroolbark  
U19s, Reserves, Seniors,

Friday 5th April              V Diamond Creek  
*\* Twilight game*  
Heights Reserve, Mooroolbark  
U19s, Reserves, Seniors

Intra-Club Match(s) - to be confirmed. These games will be played on Heights Reserve.

### DIVISION 2, 2013

**Round 1    Saturday, April 13**

Croydon V Mooroolbark

**Round 10    Saturday, June 22**

Montrose V Mooroolbark

**Round 2    Saturday, April 20**

Mooroolbark V Montrose

**Round 11    Saturday, June 29**

Mooroolbark V North Ringwood

**Round 3    Thursday April 25 ANZAC**

Mooroolbark V Waverley Blues (Twilight)

**Round 12    Saturday, July 6**

Upper FTG V Mooroolbark

**Round 4    Saturday, May 04**

North Ringwood V Mooroolbark

**Round 13    Saturday, July 13**

Mooroolbark V Bayswater

**Round 5    Saturday, May 11**

Mooroolbark V Upper FTG

**Round 14    Saturday, July 20**

Doncaster East V Mooroolbark

**Round 6    Saturday, May 18**

Bayswater V Mooroolbark

**Round 15    Saturday, July 27**

Waverley Blues V Mooroolbark

**Round 7    Saturday, May 25**

Mooroolbark V Doncaster East

**Round 16    Saturday, August 3**

Mooroolbark V Donvale

**Round 8    Saturday, June 1**

Mooroolbark V Mulgrave

**Round 17    Saturday, August 10**

Mulgrave V Mooroolbark

**Round 9    Saturday, June 15**

Donvale V Mooroolbark

**Round 18    Saturday, August 17**

Mooroolbark V Croydon



### VETS News . . .

The old boys are training already for 2013!  
Training is held on Wednesday nights, currently at Kiloran Park.

Contact Craig Pretty If you know anyone who would like a game.



## 2013 Season launch @ Healesville Races

*A fantastic Family Day at the Country Races.*

EVERYONE Welcome to kick off the season and raise much-needed funds for the club.

### SATURDAY 6 APRIL

**Family's, Friends, Cricketers, Netballers, Juniors ~ all welcome for a great day out!**

**Loads of kids activities - running races, petting nursery, face painting, etc.**

**No need for a picnic, as the Football Club will run bar and BBQ lunch on-site.**

**2 'roped off' areas for our very own crowd!**

**BYO chairs and picnic rugs.**

**The Race Club will charge \$10 p/adult entry.**

**'Barrell' and Adam will be pre-selling Bar and Lunch tickets prior to the day.**



## MEMBERSHIP

Membership Fees can be paid anytime. With several types of membership available, everyone can afford to be a Member of the Mooroolbark Football Club.

Business Owners may wish to speak about **Club Sponsorship** including advertising in the Newsletter, Web-Site and around the Club-Rooms.

**The Black Stallions** is our Coterie Group and has some fantastic benefits.

The ever-popular **GOLD MUSTANG CLUB** has a monthly prize draw and drink cards as some of its advantages.

***Never pay at our gate again - JOIN NOW***

Contact Kylie Charlton or a Committee Member for more information.

kyliecharlton19@bigpond.com or mooroolbark@efl.org.au

**NOTE: EVERYONE will be required to pay at the gate, if they are unable to produce a valid Membership Card. Junior Parents, Family siblings, wives and girlfriends, Visitors, Seniors and Vets . . . . EVERYONE**



# 2013 Pre-Season Training Camp

Peppin Point, Bonnie Doon 22 - 24 February

The Players 2013 Pre-Season Camp will be held on the Weekend of 22 February.

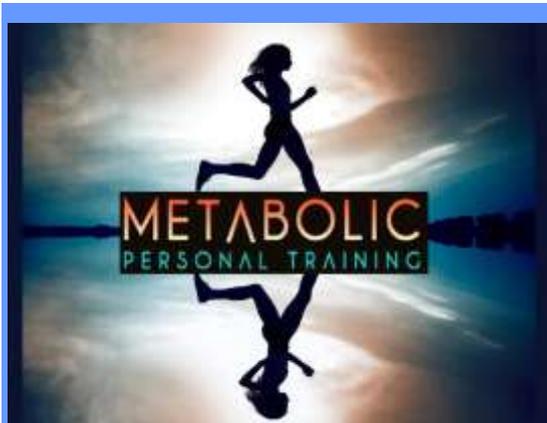
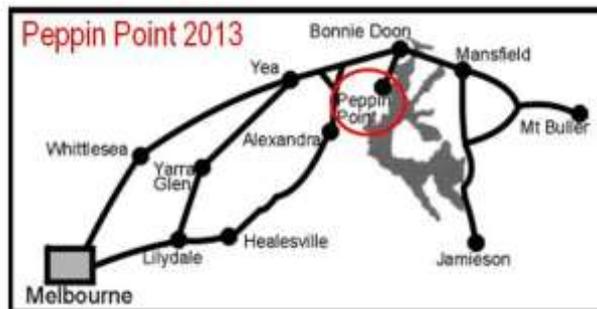
Peppin Point (Bonnie Doon)

Cost is \$100 p/head.

Includes Accommodation and Meals.

If you have not already confirmed your attendance and/or paid - please see your Coach or Leadership Group urgently.

**PAYMENT DUE**



## Services

No matter what your goal, we have the program for you.

- Personal Training
- Look Great Nude
- MPT Cardio Classes
- Nutritional Coaching
- Supermarket Tours
- Come-To-You Service
- Metabolic Precision
- Workplace Seminars
- Fitness Assessments

# YES!

.... the "stable" will be open!!

## StableNight

Round 1, after Croydon (away game)

*Details to be confirmed . . . . save the date!*

SATURDAY 13 APRIL

It is timely to remind EFL players, coaches and support staff of the role that ASADA plays at all levels of sport in this country . They should be made acutely aware that examples exist today, of players in competitions other than the AFL, that have been impacted by these powers.

Please ensure that your club's players and officials are aware of the contents of the attached bulletin and the potential consequences of non-compliance



Please see below letter from EFL to all players (Junior and Seniors) regarding the **paraplegia and quadriplegia Insurance premium**.

ALL players are required to register and pay on-line **as soon as possible (ie: PRIOR to Round 1)**  
Please get your unique password/username from Dave West (0422 048 434).

Once we are using the rooms, Denise will be at the clubrooms with a lap-top computer and passwords, to assist those having difficulties.

Monday 21<sup>st</sup> January 2013

«**First\_Name**» «**Family\_Name**»  
«**Club\_Name**» **Football Club**



In 2012 a serious playing incident in a country football match resulted in a Leongatha player becoming permanently paralysed. The ongoing costs associated with the management of his condition far outweigh the sum that was available through his club's insurance cover. Should such a tragedy have occurred in an EFL match in 2012, the maximum payout available was capped at \$100,000.

The EFL has now arranged insurance cover that provides \$1 million for injuries that result in permanent paraplegia or quadriplegia. To our knowledge this will be the highest level of cover for this type of injury provided to any entire competition nationally.

There is of course a cost associated with acquiring this cover. In 2013 we have introduced a means by which all individuals registered to play EFL football will each year pay a small EFL registration fee. Registration fees are not new, until this season clubs paid these on behalf of their players. The new registration fees have been set to cover not just a small portion of the administrative costs of running the league but to cover the costs of this new insurance cover. Clubs will no longer be charged EFL player registration fees. The registration fee for under 19 and senior players (including veterans) will be \$20.00, inclusive of GST.

All EFL registered players will continue to be provided personal accident and loss of income insurance that will still be paid for by your club. For more information on the level of cover provided go to [www.eflinsurance.com.au/](http://www.eflinsurance.com.au/).

To register to play in 2013 each player will be required go to our web site ([www.efl.org.au](http://www.efl.org.au)) and click the large "Player Registration" link on the home page to input your personal Username: «**Username**» Password: «**Password**»

When you do so you will need to update or add your contact details and pay the 2013 Registration Fee using a Visa or Mastercard.

Switching to an on-line player registration format will require some adjustment but the long term benefits are considerable. Players will view and manage their own records and the EFL and your club will be able to communicate with you directly.

Should you have any concerns or difficulties in managing your registration or payment I would encourage you to speak with your club representative who will be able to assist you.

We look forward to another season of EFL football and thank you for your support in further improving the way that we go about managing the competitions.

**Rob Sharpe**  
**EFL Chief Executive Officer**

# 2013 COMMITTEE & CONTACT DETAILS

President	Alan Westwood	0412 532 001
Vice President	Adam Blunt	0417 034 746
Secretary	David West	0422 048 434
Assist. Secretary	Denise Zinghini	0414 422 932
Treasurer	Kylie Charlton	0418 275 301
Senior Coach	Brett Fisher	0418 311 012
Reserves Coach	Graeme Hocking	0418 367 651
U 19 Coach	Dale Watkins	0433 483 130
Junior President	Colin Reyment	0413 137 275
Junior Vice President	Paul Jones	
Junior Secretary	Kristy Sealey	0438 021 262

Senior Club email: [mooroolbark@efl.org.au](mailto:mooroolbark@efl.org.au)

Junior Club email: [mfcjuniors1@gmail.com](mailto:mfcjuniors1@gmail.com)

Club web-site: [www.mooroolbarkfc.com.au](http://www.mooroolbarkfc.com.au)



## communication



Mooroolbark Footy



[den.dave@bigpond.com](mailto:den.dave@bigpond.com)

or

[mooroolbark@efl.org.au](mailto:mooroolbark@efl.org.au)



Send us an email and advise your details.

You'll be kept up to date with all the news, comings and goings, function information, important dates and receive our Weekly Newsletter every Thursday.

**Don't Forget** - keep an eye on the web-site which is regularly updated.

[www.mooroolbarkfc.com.au](http://www.mooroolbarkfc.com.au)