



## PIONEERS NEWSLETTER

TO: ALL PLAYERS / PARENTS / GUARDIANS

DATE: 26/3/13

**\* CLUB POLICY is that all players must wear mouthguards.**

**\* All players are expected to have screw in and moulded soles.**

**\* All players must train with their home club when not training with the Pioneers.**

**\* All players must notify their coach and club secretary of selection in the Pioneers team as soon as possible.**

**\* All players must report any injury they receive to the club medical officer A.S.A.P.**

**\* A reminder to all Parents, Any player wishing to make an Insurance claim must notify JLT SPORT on 1300 130 373 & then go to [www.jltsport.com.au](http://www.jltsport.com.au) to access your claim form.**

**PLEASE NOTE WE DO NOT HAVE CLAIM FORMS AT THE PIONEERS OFFICE.**

**\*ALL PLAYERS INJURED TRAINING OUTSIDE OF CLUB SANCTIONED SESSIONS WILL NOT BE COVERED BY OUR INSURANCE – PLEASE CHECK WITH DAVID IF YOUR TRAINING IS CLEARED**

### Coaches Corner

We hope everyone had a great weekend and are now looking forward to this weekends trial games vs Ballarat in Ballarat.

The trial games played against Calder were very pleasing for a number of reasons. An important attribute for every player to possess and consequently our team to be known for is competitiveness. During the two games players displayed this from our ability to win 1v1's to our intent to tackle the opposition. It is pleasing for our group to display this against a quality outfit as we continually applied strong defensive pressure on the opposition. It is a key aspect of our game that we are able to defend well and restrict the oppositions scoring opportunities.

Offensively we are continuing to improve and were very good at times transferring the ball from the defensive half of the ground. A room for improvement is going inside 50m and our ability to take marks in this zone. From a clearance perspective we did very well considering the number of new players rotated through the midfield due to the hot conditions.

This weekend we play Ballarat to refine our game plan, develop players into their roles and test ourselves against the team that finished on top of the TAC ladder last year.

We hope you can join us in Ballarat to support the team.  
Go Pio's

### **IMPORTANT: Trial games this Sunday.**

**When:** Sunday the 3<sup>rd</sup> March

**Where:** Eureka Stadium - Ballarat

**Times:** UNDER 16's arrive by 9am game starts 10am

UNDER 18's – Game 1 SQUAD arrive by 10.30am game starts 12.30pm

UNDER 18's – Game 2 SQUAD arrive by 12.30pm game starts 2pm

Players will be informed which squad they are in by Thursday.

Notes:

**INJURED PLAYERS -**

All injured players must contact their physio and/or our club physio Col Faulkner 03 54421954 for assessment. ALL injuries must be communicated with the Pioneers staff.

**TRAINING LOADS -**

Our training sessions are designed specifically to ensure our players do not overload and put themselves at risk of injury. All players are required to consult the Pioneer strength and conditioning staff regarding their training schedules and workloads.

**CONTACT NUMBERS and EMAILS -**

All players and/or parents should be now on our email list. If you speak to a parent who has not received this information and letter please contact Leigh at the office on 5442 4466 or mobile 0438225155

**NON-ATTENDANCE AT TRAINING -**

Please call the Pioneers Office 5442 4466/0438225155, or the coach in their respective area.

**THIS NEWSLETTER WILL BE EMAILED AND POSTED ON FACEBOOK**

## 2013 Bendigo Pioneers Player Levy - \$440

These fees contribute to many things throughout the season including;

- Apparel
  - Bendigo Pioneers Hoodie
  - Bendigo Pioneers Polo Shirt
  - Bendigo Pioneers Shorts
  - Bendigo Pioneers Hat
  - Bendigo Pioneers Bag
  - Bendigo Pioneers Warm Up Top
  - Bendigo Pioneers Slacks
  - Bendigo Pioneers Track Pants
  - Bendigo Pioneers Sherrin Football
  - Bendigo Pioneers Guernsey
  - TAC Cup Hoodie/Beanie
  - Medical Bands/Massage Rollers
  
- TAC Testing Melbourne
- Return bus trips
- 2 x Overnight Stays
- After training / match catering
- Champion Data stats
- 3 Day Team Camp in Swan Hill
- Football coaching / Use of facilities
- Respect & Responsibility Course

This season we will be requiring all players listed to pay their levies by Saturday April 28<sup>th</sup> (Round 5).

Please contact the club if you have any issues paying the levies this season.

Contact numbers to ring if a player cannot make training  
(Office 5442 4466 or [bendigop@bigpond.net.au](mailto:bendigop@bigpond.net.au) or fax 54444899)

Bendigo Pioneers Web Page details:  
<http://bendigopioneers.aflvic.com.au>