

## Season 2013 “Meet the Club” Gala Night Program



Blue Mountains Kangaroos JAFU Club welcomes all of our new and returning players and families to the 2013 season. Gala night is about sharing how our club works and how we play footy. There will be an opportunity to receive payments, check birth certificates, receive members of associations and answer individual questions after the drills are completed. Teams and coaches will not be allocated on this night.

### What to Wear and Bring:

Clothes train in and joggers- no footy boots (the oval is being rested and stud boots will not be required)

Drink bottle with water

Paperwork – birth certificate or member forms

Parents, siblings and friends

### Program:

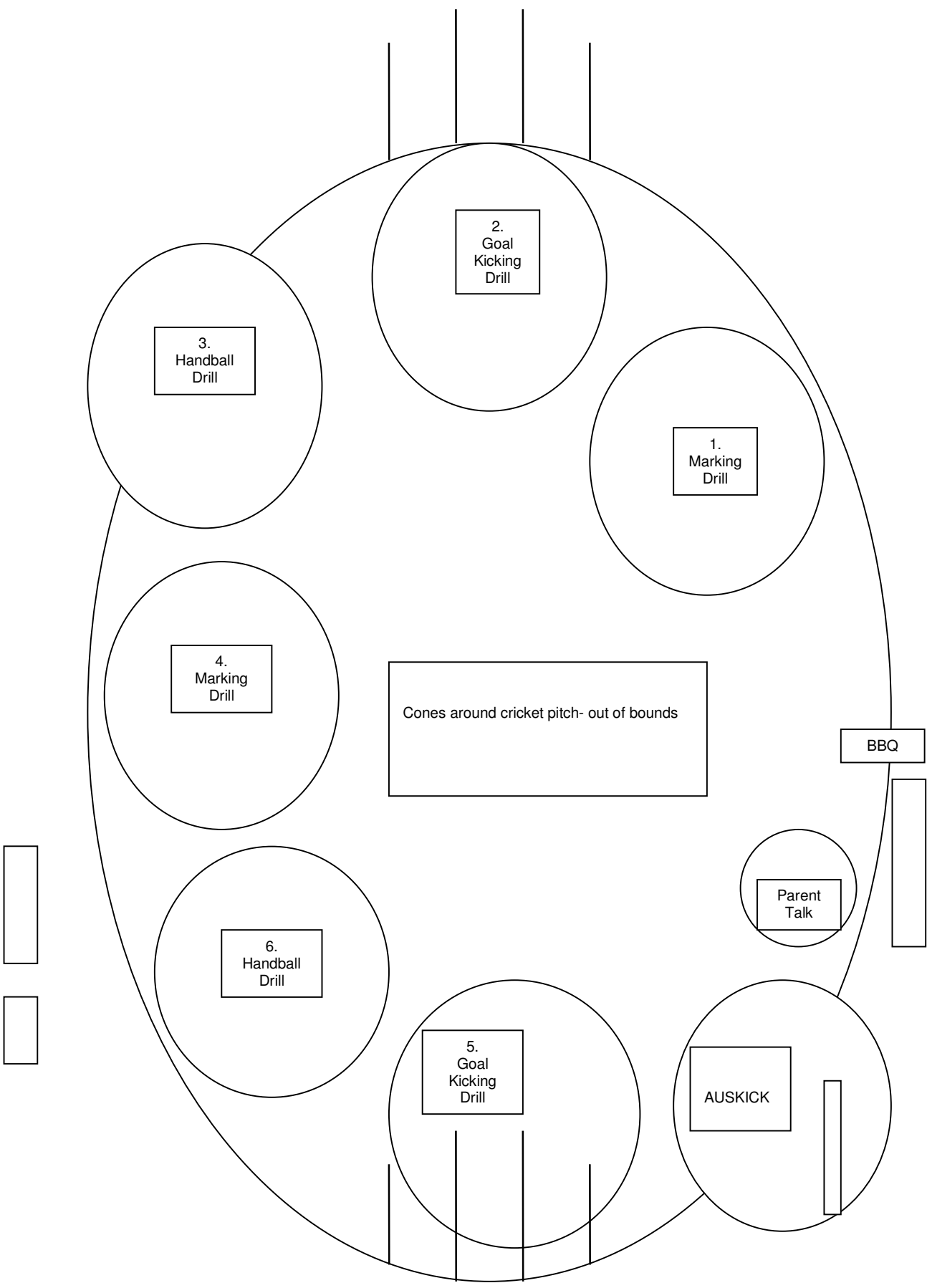
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|--------|--|
| 5.00pm | Welcome and Overview of Evening  |
| 5.10pm | Kids by age (A'kick, U8- U16) go to middle of oval for warm up<br><i>Simultaneous event</i>      |
| 5.10pm | Parent induction to club   |
| 5.20pm | Drill Stations 1-6 (U16s will run a series of 3 training drills) followed by cool down stretches |

### Station Rotation

		5.20pm	5.40pm	6.00pm
	Auskick	Handball	Kicking	Marking
1.	Marking Drill	U/16	U/14	U/14
2.	Kicking Drill	U/14	U/16	U/14
3.	Handball Drill	U/14	U/14	U/16
4.	Marking Drill	U/12	U/8+10	U/12
5.	Kicking Drill	U/12	U/12	U/8+10
6.	Handball Drill	U/8+ 10	U/12	U/12

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| 6.20pm | Sausages (\$1.00) and Drinks (\$1.00)<br><i>Parent opportunity for payments and paperwork</i> |
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|--------|---------------|
| 7.30pm | Session Close |
|--------|---------------|



2.  
Goal  
Kicking  
Drill

1.  
Marking  
Drill

3.  
Handball  
Drill

4.  
Marking  
Drill

Cones around cricket pitch- out of bounds

BBQ

Parent  
Talk

6.  
Handball  
Drill

5.  
Goal  
Kicking  
Drill

AUSKICK

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