



## PIONEERS NEWSLETTER

The season is almost upon us. The last few weeks have been extremely busy and we thank all players/parents and staff for preparing in such a professional manner. Recently all players presented extremely well in Melbourne for the testing. The players conducted themselves in the education sessions and around the testing centre in a professional manner that was noted by testing staff. On the weekend we had a successful day of education and training at Tom Flood Oval. We are leaving nothing to chance in our preparation and we are confident we will perform well in both our next trial game and Round 1.

In a final closure to this years Shave for a Cure, THE PIO's team have raised \$19 626.15. I am sure by the close of week we will be very close to \$20000. What an unbelievable result considering our initial target was \$2000. We would like to thank every family member, player, supporter and community member that contributed to this great cause. Thanks.

The up and coming weeks are busy in our final preparation and please contact us regarding any information you require.

### IMPORTANT DATES/TIMES AND ACTIVITIES:

#### Monday 18<sup>th</sup> March: **TRAINING**

- Epsom at 5.15pm

#### Wednesday 20<sup>th</sup> March: **TRAINING**

- Epsom at 5.15pm

#### Saturday 23<sup>rd</sup> March: **TRAINING AND JUMPER PRESENTATION**

- Epsom
- TRAINING STARTS at 4pm
- JUMPER PRESENTATION STARTS at 5.30pm
- Some players will be available to play with local team if not selected in squad to play Sunday.
- ALL PLAYERS must still attend jumper presentation night.

#### Sunday 24<sup>th</sup> March: **TRIAL GAME vs MURRAY BUSHRANGERS**

- **Rumbalara Football & Netball Club**  
Mercury Drive, Shepparton VIC 3630
- Game starts at 12pm – arrive 10am
- There will be one 6 period game

#### Monday 25<sup>th</sup> March: **POOL RECOVERY SESSION**

- Bendigo players at 4pm for school boys or 5.15pm for tradesman
- Regional players attend local pool

#### Wednesday 27<sup>th</sup> March: **TRAINING**

- Epsom at 5.15pm

#### Friday: 29<sup>th</sup> March: **TRAINING**

- Epsom at 5.15pm
- Mildura players travel to Bendigo and stay with players

#### Saturday 30<sup>th</sup> March: **ROUND 1 VS BALLARAT REBELS**

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 4466/0438225155

**NON-ATTENDANCE AT TRAINING -**

Please call the Pioneers office 5442 4466, or the coach in their respective area if you are unable to attend training.

**TRAINING -**

As we are heading into the start of the season we ask that only players and staff be in the change rooms before during and after games and training sessions to ensure our boys remain focussed on their roles this season.

**PHONE NUMBERS –**

Region manager: Ray Byrne – 0419 881 908

Football operations/marketing: Leigh Byrne 0438 225 155

Pioneers Coach: David Newett – 0412 967 109

- \* It is CLUB POLICY that all players must wear mouthguards when playing and training
- \* 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
- \* ANY PLAYER INJURED TRAINING OUTSIDE OF CLUB SANCTIONED SESSIONS WILL NOT BE COVERED BY OUR INSURANCE – CONFIRM IF THE TRAINING IS CLEARED WITH DAVID

THIS NEWSLETTER WILL BE EMAILED AND POSTED ON FACEBOOK

PLEASE CALL IF YOU HAVE ANY QUERIES