



# St Paul's McKinnon JFC newsletter

## From the President

March 2013

A big welcome to one and all to season 2013!

How exciting to be on the brink of a new season full of hope, expectation and fun for all involved at St Pauls McKinnon Junior Football.

Whilst it might feel like another season has rolled around very quickly, and you've enjoyed your summer sport season – I can tell you that your dedicated committee has been diligently working throughout the summer months to ensure another fantastic season in 2013. With some fresh faces and some changes in portfolios, our club and committee has benefitted enormously with the addition of Simon Forer as Treasurer, Steve Anderson as Football Manager, Nerida Wines as our Social Coordinator, and Paul Kennedy as our Quality Coordinator.

I'd like to draw your attention to a few matters that impact the whole operation of the club and these may well be reinforced in separate pieces in this newsletter.

A key focus at season start was our sponsorship and under new leadership from Sharon Kelly, well supported by Pat Jones (VP) and Luke Waldren, I am delighted to announce team level sponsors for all but one team. These sponsors listed below ensure that we can keep our registration fees at lower than market levels and enable us to ensure we comply with the League requirement of having a Level 1 First Aid person on-site for all home games. As a club we have willingly invested in this to ensure the health and well-being of our kids in 2013 and it is now a league compliance matter. We have also secured club sponsorships from O&S Air Conditioning, DuluxGroup and Tobin Brothers which make an enormous difference to our club's financial performance. You will soon see the logos and names of our sponsors publicised on our web-site and in our newsletters and we encourage you to support, patronise and advocate on behalf of these very generous community partners. Thanks again to Sharon and the team for their focussed efforts on this task.

Ange McPhee, our tireless Registration Secretary, has been immersed in her role with the registration process and in working with Steve, our focused and fit Football Manager, we can announce that we will be fielding the following teams in 2013:

- Sports in Focus U9 Colts
- Composites Constructions U9s
- Looking 4 Cars U10s
- CTJ Constructions U10s
- U11s (in need of a sponsor)
- Will's Batch Icecream U12s
- Mortgage Choice U13s
- Choice Financial Advice U15s
- U16s (Sponsor secured – details being finalised)

(cont...)

Unfortunately, after years of hanging on to a group of dedicated players, our U14 team has dissolved in 2013. We are, however, excited about the prospect of having 2 x U10 teams, and we have strong to good numbers in all other ages. That said, new recruits are always welcome so please keep referring players to Ange or the relevant coaches during the first few weeks of the season.

Nerida Wines has been a wonderful addition to our committee assisting with the advertising and Registration Day efforts, and will now turn her attention towards the social calendar. Nerida has developed a social calendar that will appeal to all of our members, and of course will feature 4 x Demon of the Month nights at the Club. These are incredibly special events for our Club so stay tuned for details as they emerge, as well as a Movie night for the kids, and a Parents Only Event in June.

I'd like to thank Donna Campbell for picking up the newsletter coordinator role in season 2013 following on from the fine work of Heather Farragher. We are still looking for a Ground / Reserve Manager, and there are always other roles and jobs that need doing around the club, on top of the match day roles we ask all of our families to support us with.

I had the opportunity to brief the U9 Colt parents / guardians – some of whom are new members of our club recently and reminded them of where and how you can access information, the roles and responsibilities we expect of all our members, and Clare Walsh provided a quick trainer / medical update. This information is available on our web-site.

Finally – we have achieved Bronze Level status of the AFL Quality Program which indicates that we are a well-run and governed club with the right emphasis and policies in place for a Junior Sporting Club. We will continue to publicise and promote the policies and procedures that ensure that we operate a club genuinely committed to our mantra of Football – Families – Fun!

Enjoy your holidays and we look forward to seeing you on Friday April 12th for our Season Launch Event.

Cheers

Chris

---

**Our Club has met all criteria required for AFL Quality Club Bronze Accreditation, including:**

- All our coaches are accredited.
- All our trainers are accredited to league standards.
- Our club supplies umpire escorts for all matches.
- Our club complies with Working with Children legislation.
- Our club is a registered food serving premises.
- Our club has implemented a SmokeFree Policy.
- Our club has a Racial and Religious Tolerance Policy.
- Our club compiles annual budgets.
- Our club has implemented a club code of conduct.
- Our club completes a match day checklist before each match.
- Our club has a liquor license.
- Our club complies with Responsible Serving of Alcohol legislation
- Our club is incorporated and operated under a constitution.





# St. Paul's McKinnon JFC



## Season Launch

Friday April 12th, 2013

5.30pm

McKinnon Reserve

Cnr McKinnon & Tucker Roads

- \* Food and drinks available
- \* Merchandise available (shorts, hoodies etc)
- \* Registration payments taken
- \* Welcome from the President
- \* All paid, registered players receive free training top!

Need more information?

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

President: Chris Hughes  
0410 012 377

Secretary: Caroline Dunlop  
0438 177 167

## Football - Families - Fun





# MERCHANDISE

Please contact your Uniform Co-ordinator  
Justine Byrnes for merchandise @  
justinebyrnes@bigpond.com

## Price List for Club Branded Apparel:

### Shorts

Sizes 12, XS, S, M, L \$25

### Hoodies

Sizes 6 - 12 \$30

Sizes 14 - 3XL \$35

### Royal Blue Socks

Boys (9-2) \$10

Youth (2-7) \$10

Mens (7-11) \$10

King (10-14) \$10

(We have some small sizes (9-2) of last year's stock of socks for \$5 but they can be worn for games this year only.)

### Club Jacket

Sizes XS, S, M, L,  
XL, 2XL, 3XL \$55

Polo Shirts \$30

Caps \$10

Beanies \$10



# SOCIAL NEWS

**FRIDAY APRIL 12 - Season Launch @ 5.30pm - At the Club!**

*Dates for your Diary*

**SUNDAY APRIL 28 - Palace Movie Night @ 3.30pm - Iron Man 3 - Brighton Dendy (Church St)**

Come and enjoy a fun afternoon out with the kids at Palace Cinemas Dendy in Church St, Brighton on Sunday, April 28. It's a great way to spend a Sunday afternoon catching up with team mates and doing something a little different as a club. Just copy and paste in the following link:

<http://www.trybooking.com/CQCH> which will take you to our TryBooking page for your convenience.

We have created a number of ticket options for you. We really hope to see you all there!

## ENTERTAINMENT BOOK!

If you love a bargain, why not get a copy of The Entertainment Book 2013 - 2014? Just copy and paste the web address written below to purchase through the club and we will receive \$13 fundraising from each book sold and you'll have a great bargain resource for the year! There are bonus offers if you order before April 9th and all books will be available after April 10th from Nerida.

**<https://www.entertainmentbook.com.au/orderbooks/1963y70>**

**SUNDAY APRIL 28**

**Palace Movie Night  
for the whole family!**

# **IRON MAN 3**

**Palace Cinemas Dendy (Church St)**

<http://www.trybooking.com/CQCH> which will take you to our TryBooking page for your convenience. We have created a number of ticket options for you.



**Kids and dads, come for the action!  
Mums, come for the eye candy!**



# WHAT'S ON AT THE CLUB IN 2013?

Event	Date	Team Rostered
Season Launch (Pizza Night)	Fri April 12	
Palace Movie Night - Iron Man 3	Sun April 28	
Demon of the Month	Sun May 5	U9 and U10S
Demon of the Month	Sun June 2	U10P and U11
Parents Social Night	Fri June 14	
Demon of the Month	Sun June 30	U9 COLTS and U12
U9s Lightning Carnival / BBQ	Sun July 21	
U10s Lightning Carnival / AND Demon of the Month	Sun July 28	U13, U15 and U16

## Demon of the Month



“Demon of the Month” is a family focused night where two or three teams provide a home cooked dinner for club members to purchase at a small cost to enjoy at the club rooms in an informal setting  
(this is rostered - see above.)

Drinks can also be purchased at the bar.

On this night, one player from each team also receives the Coaches Award for that month!



## Purchase your new 2013 | 2014 Entertainment™ Book...

Choose what you want to do and when you want to do it with hundreds of valuable offers. Entertainment™ Books are filled with **2-for-1 offers** and up to **50% off**, valid now until 1st June 2014!

Purchase a Book and at the same time, you will also be helping community fund-raising!



For only \$65 you'll receive over \$15,000 worth of valuable offers!

The new Greater Melbourne Entertainment™ Book features many of the most popular businesses in the area like...

### Fine and Contemporary Dining



- Comme
- The Grand Hotel Richmond
- Cucina di Esposito
- Red Spice Road
- Number 8 restaurant & bar
- Locale @ De Bortoli
- Church Street Enoteca
- The Merrywell Upstairs
- Botanical
- Livingroom Restaurant

- Sapore
- The Anchorage
- Paladarr
- Sarti
- and many more...*

### Casual Restaurant and Family Dining



- Taco Bill
- The Pancake Parlour
- Café de Cuba
- Caffè Sienna Ristorante
- Anglers Tavern

- Milano's
- Snow Pony
- Coco Lounge
- La Camera Southbank
- Trenta Cucina

- The Blackburn Hotel
- Wagamama
- Aussie Steak & Burger
- Manningham Hotel
- and many more...*

### Informal Dining and Takeaway



- Domino's
- Trampoline
- Spudbar
- Wendys
- Baskin Robbins

- Mad Mex
- Brumby's
- Cacao Green
- Pizza Capers
- Mrs Fields Cookies

- Cold Rock Ice Creamery
- Schnitz
- Red Rooster
- Souvhut
- and many more...*

### Arts, Sports and Attractions



- Luna Park
- Melbourne Aquarium
- Village Cinemas
- Reading Cinemas
- Collingwood Children's Farm
- Puffing Billy Railway
- and many more...*



### Retail and Shopping



### Travel, Leisure and Accommodation



To purchase your Entertainment™ Book, please contact:

### St. Pauls McKinnon Junior Football Club

Contact: Nerida Wines

Phone: 0435565601

Email: [nwines@bigpond.net.au](mailto:nwines@bigpond.net.au)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

I would like to order \_\_\_ x Melbourne Entertainment™ Book(s) @ \$65 each (including GST) \$ \_\_\_\_\_

I would like to order \_\_\_ x Geelong Entertainment™ Book(s) @ \$55 each (including GST) \$ \_\_\_\_\_

☐ I will collect the Book OR ☐ I have included \$9 per book for postage and handling POSTAGE ENCLOSED \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

ORDER NOW SECURELY ONLINE: <https://www.entertainmentbook.com.au/orderbooks/1963y70> or complete:

Payment type: ☐ CASH ☐ VISA ☐ MASTERCARD

Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_ / \_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the last 3 digits on back of your credit card)

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Thank you for your support! 20% from each Book sold contributes to our fundraising**  
Order your Book before 9th April 2013 and you will receive BONUS OFFERS worth over \$150 that you can use straight away (subject to availability).

# GAME DAY DUTIES

## Umpire Escort

- Collect bib from Team Manager 15 minutes before the start of the game
- Collect water bottle for umpire
- Introduce yourself to the umpire and Umpire Escort from other team
- Escort Umpire on the ground
- At the end of the first and third quarters, make your way quickly onto the ground and stand with the umpire whilst teams meet. Ensure Umpire has a drink. A drink bottle will be supplied by St. Paul's
- At half time and at the end of the game make your way onto the ground and escort the umpire from the ground. Ensure Umpire has a drink. A drink bottle will be supplied by St Paul's
- Return bib to the Team Manager immediately after the game

## Boundary Umpire

- Collect whistle and bib from Team Manager 15 minutes before the start of the game
- When the ball crosses over the boundary line, signal to the umpire (raise one arm) and blow whistle
- For Under 9s, collect the ball and hand it to the umpire as there is no boundary throw-in
- Keep up with the play during the game!
- At the end of the game, return the whistle and bib to the Team Manager

## Votes

- Collect voting card and team list from Team Manager 15 minutes before the start of the game
  - Throughout the game, look for players who play well, show a team spirit and good sportsmanship
  - Suggest that you have a piece of paper and jot down players' jumper numbers and names that catch your eye throughout the game to assist you with making your decision at the end of the match. You can use dots to illustrate possessions i.e. handpass, kick or mark and use lines to identify goals. Remember though that the players that deserve votes are not always the one that obtained the most possessions or kicked the most goals
- \* Votes are awarded 5 through to 1. 5 votes goes to the best player, 4 to the second best etc...



## Goal Umpire

- Collect coat, flags and score card from Team Manager 15 minutes before the start of the game
- Locate and introduce yourself to the other goal umpire and agree on which end of the ground you will take and whether you swap ends at half time
- During the game, signal when a goal or point is scored, wave flags and record the score immediately on the score card
- At half time and at the end of the game, meet the other umpire and agree on scores. At the end, when scores are agreed upon, sign score card
- Return score card, coat and flags to the Team Manager immediately after the game

## Timekeeper

- If home game, collect timing device and score card from Team Manager 15 minutes before the start of the game
- Ensure that Timekeeper table, chairs and portable scoreboard are set up. Check that siren works
- If away game, collect score card from Team Manager 15 minutes before the start of the game
- Ensure siren is sounded when umpire raises ball to start the game
- Immediately the siren is sounded to start the game or new quarter, ensure that the timing is set for 10 minutes
- At the end of each ten minute quarter, sound the siren
- Check scores with opposition team Timekeeper constantly throughout the game
- For home games, change the scoreboard when either team scores
- At the end of the game, check and agree upon scores and sign the score card
- Return the score card and timing device back to the Team Manager immediately after the game

## Oranges

- Hand out to players at half time and/or after the game as advised

## Canteen Duty

- If you are playing at home your team is responsible to man the canteen
- It is advisable to get a group of two or more responsible people and swap either at half time or each quarter depending on the number of helpers

# 2013 COACHES AND TEAM MANAGERS

<b>Position</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
U15 Girls Coach	Cam Utano	9503 9468 0419 226 303	camles@optusnet.com.au
U15 Girls T/M	Sharon Owen	9576 5626 0410 463 472	kowen@bigpond.net.au
U9 Colts Coach	Steve Lloyd	9557 3422 0418 391 878	stephen@kiamalandscapes.com.au
U9 Colts T/M	Chris Sargentson	9503 4056 0418 640 174	chris.sargentson@philips.com
U9 Coach	Pat Moore	9557 1149 0417 540 296	moormull@bigpond.net.au
U9 T/M	Liz Clements	0412 750 496	elizabethclements@bigpond.com
U10 Coach	Sam Goldenberg	9578 7957 0414 984 423	goldenberg.sam.s@edumail.vic.gov.au
U10 T/M			
U11 Coach	Mark Jackson	9502 7057 0439 955 272	jackoscastle1@optusnet.com.au
U11 T/M	Stephen Canning	9503 8626 0413 539 600	stephen.canning@mortgagechoice.com.au
U12 Coach	Michael Smith	9578 2545 0407 830 753	michael@centre.com.au
U12 T/M	Chris Kennedy	9557 5017 0409 217 768	chris.kennedy@dksh.com
U13 Coach	Justin Paul	9557 9680 0439 433 218	jpaul17@optusnet.com.au
U13 T/M	Nick Fogarty	9576 7073 0413 445 292	nick@tobinbrothers.com.au
U15 Coach	Glenn Clarke	9557 6421 0407 542 854	glen@a1lasers.com.au
U15 T/M	Michelle Lewis	9557 3994 0423 760 054	mlewis@firbank.vic.edu.au
U16 Coach	Wayne Herbstreit	9557 1996 0425 854 844	herbie17@optusnet.com.au
U16 T/M	Andrew Head	0434 987 809	andrew@sosmaintenance.com.au
U17 Coach	Moet Balic	0419 003 855	moet.balic@optusnet.com.au
U17 T/M			

# St Paul's McKinnon JFC

## CONTACT DETAILS

### COMMITTEE MEMBERS

#### President

Chris Hughes  
0410 012 377  
[president@spjfc.com.au](mailto:president@spjfc.com.au)

#### Secretary

Caroline Dunlop  
0438 177 167  
[secretary@spjfc.com.au](mailto:secretary@spjfc.com.au)

#### Senior Vice President

Pat Jones  
[patrick.jones@dulux.com.au](mailto:patrick.jones@dulux.com.au)

#### Treasurer

Simon Forer  
[simon@portfolioplanners.com.au](mailto:simon@portfolioplanners.com.au)

#### Football Manager

Steve Anderson  
[steve.anderson@ccamatil.com](mailto:steve.anderson@ccamatil.com)

#### Registration Secretary

Angela McPhee  
[angelajmcphee@gmail.com](mailto:angelajmcphee@gmail.com)

#### Sponsorship & Marketing

Sharon Kelly  
[s.kelly1@bigpond.com](mailto:s.kelly1@bigpond.com)

#### Social/Fundraising Coordinator

Nerida Wines  
[nwines@bigpond.net.au](mailto:nwines@bigpond.net.au)

#### General Committee

- \* Andrew Hackett-Smith  
[cath.hack@bigpond.com.au](mailto:cath.hack@bigpond.com.au)
- \* Rodney Davis  
[hotrocketjet@gmail.com](mailto:hotrocketjet@gmail.com)
- \* Paul Kennedy  
[p.kennedy@alfred.org.au](mailto:p.kennedy@alfred.org.au)

### NON - COMMITTEE POSITIONS

#### Bar Manager

John O'Brien

#### Canteen Coordinator

Mary-Ellen L'Hullier  
[builditbrick@optusnet.com.au](mailto:builditbrick@optusnet.com.au)

#### First Aid Coordinator

Clare Walsh  
[clarewalsh@bigpond.com.au](mailto:clarewalsh@bigpond.com.au)

#### Milestone Coordinator

Mandy Eckersall  
[eckers@myplace.net.au](mailto:eckers@myplace.net.au)

#### Uniform Coordinator

Justine Byrnes  
[justinebyrnes@bigpond.com](mailto:justinebyrnes@bigpond.com)

#### Website Coordinator

Brendan Kiely  
0412 582 164  
[brendan.kiely@gmail.com](mailto:brendan.kiely@gmail.com)

#### Newsletter Coordinator

Donna Campbell  
[d\\_campbell30@yahoo.com.au](mailto:d_campbell30@yahoo.com.au)

### ST. PAUL'S McKINNON JUNIOR FOOTBALL CLUB

Inc No: A0043939Z

(Affiliated South Metro JFL)

ABN: 16 896 263 931

a: PO Box 718, East Bentleigh 3165

w: [www.stpaulsjfc.com.au](http://www.stpaulsjfc.com.au)

fb: [facebook.com/stpaulsmckinnon](https://facebook.com/stpaulsmckinnon)

*"A local community club which, for over 50 years, strives to bring out the best in each and every player and give everyone a fair go."*





# FREE FOOTY TICKETS FOR GROUPS



## DEMON ♥ HEARTLAND

**WE WANT YOUR GROUP TO EXPERIENCE A GAME OF FOOTY AT THE MCG. FREE  
TICKETS ARE AVAILABLE TO SCHOOLS, SPORTING CLUBS AND COMMUNITY  
GROUPS FOR THE FOLLOWING GAMES:**

**RD 1- MELBOURNE VS PORT ADELAIDE** Sunday 31 March, 1.10 pm  
**RD 3- MELBOURNE VS WEST COAST EAGLES** Saturday 13 April, 2.10 pm  
**RD 10- MELBOURNE VS HAWTHORN** Sunday 2 June, 3.15 pm  
**RD 15- MELBOURNE VS SYDNEY SWANS** Sunday 7 July, 1.10 pm  
**RD 21- MELBOURNE VS FREMANTLE** Sunday 18 August, 1.10 pm

**APPLY FOR TICKETS TODAY**  
**[www.melbournefc.com.au/heartland](http://www.melbournefc.com.au/heartland)**

(\*Tickets will be allocated subject to availability.)





# Kidszone!

## Joel Selwood's Top Tips!

Hi Kids,

When I was a NAB Auskicker back in Bendigo, I used to wake up every Saturday morning full of energy and ready to head down to my local centre. Like many kids, I used to dream of being an AFL player and through hard work and dedication here I am today!

Whether you dream of becoming an AFL player or just enjoy quality time catching up with your friends, NAB AFL Auskick (and junior footy) is a great way to start out!

### MARKING - PART ONE (CHEST MARKING)

Some important things to remember when taking chest marks are:

1. Keep your eyes on the ball
2. Keep your elbows against your body then curl your arms around the ball
3. Jump into the ball, don't wait for it to come to you
4. Do not try to grab the ball too hard as it may slip out

"Keep your eyes on the ball... and stay tuned for more tips!"



<http://www.aflauskick.com.au/kids/joels-top-tips/>

### DID YOU KNOW?

Children need at least 60 minutes per day (up to several hours) of moderate to vigorous physical activity. You should eat a variety of healthy foods including several serves of fruit and vegetables every day and you should never spend more than two hours per day using electronic media for entertainment!

The number of serves of fruit and vegetables we should eat on an average day depends on body size and activity level. For children, the minimum number of serves as recommended by the

NHMRC based on age is as follows:

- 4-7 years: 2 serves of vegetables & 1 serve of fruit
- 8-11 years: 3 serves of vegetables & 1 serve of fruit
- 12-18 years: 4 serves of vegetables & 3 serves of fruit



## HEY KIDS...

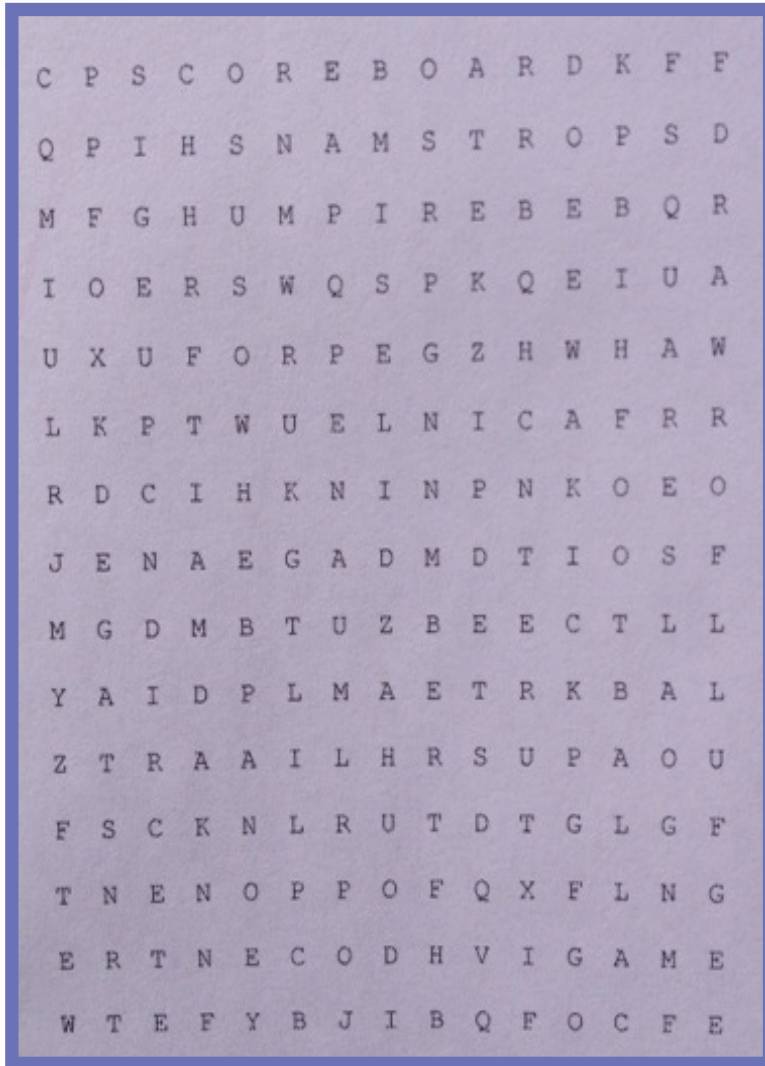


...UNLESS YOU WANT TO LOOK LIKE THIS, ALWAYS WEAR YOUR MOUTHGUARD!



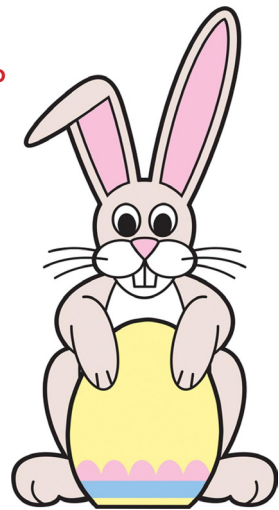
# Easter School Holiday Footy Fun!

## AUSSIE RULES WORDSEARCH



### WORD LIST

BEHIND  
BOOTS  
CAPTAIN  
CENTRE  
FIXTURE  
FOOTBALL  
FULLBACK  
FULLFORWARD  
GAME  
GOALS  
GROUND  
HANDBALL  
KICK  
LADDER  
MARK  
MOUTHGUARD  
OPPONENT  
PREMIERSHIP  
SCOREBOARD  
SPORTSMANSHIP  
SQUARE  
TEAM  
TIMEKEEPER  
UMPIRE  
WING



## Spot the Difference!

Look at the 2 pictures below of the players in action.  
They are almost the same, but there are 5 differences.  
Find the differences and circle them!







# **ST PAUL'S MCKINNON JFC**

## **SONG**

**Everywhere we go**

**Everywhere we go**

**People want to know**

**People want to know**

**Who we are**

**Who we are**

**Where we come from**

**Where we come from**

**So we tell them**

**So we tell them**

**St Paul's Demons**

**The Mighty Mighty Demons, Yeah!**