



## PIONEERS NEWSLETTER

Coach comments:

The pre-season has finally been completed with our last game against the Murray Bushrangers at Shepparton on Sunday.

Whilst we were disappointed in the final score line we are extremely happy that several players returned from injury and played valuable minutes and we got through the game injury free. Our injury list is minimal and we are looking forward to stepping out against the team that finished on top of TAC ladder last year. We showed glimpses of our best football on Sunday and this is what we expect to see against our archrival at Craigieburn.

We would like to thank all the parents, players and supporters of the Pioneers who attended the jumper presentation on Saturday. It was pleasing to be able to hold such an event at our home ground.

We wish everyone a safe and happy Easter and see you at Craigieburn on Saturday.

### IMPORTANT DATES/TIMES AND ACTIVITIES:

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

- Epsom at 5.15pm – 7.00pm
- Dinner/Team Vision at 7.15pm – 8.00pm

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

- Epsom at 3.00pm
- Selected 24 players

Saturday 30<sup>th</sup> March: **BENDIGO PIONEERS vs BALLARAT REBELS**

- **Highgate Recreation Reserve**  
Cnr Cleveland Dve & Grand Blvd, Craigieburn 3064
- Game starts at 11.30am – arrive 9.30am
- Subway provided after game for players

Monday 1<sup>st</sup> April: **POOL RECOVERY SESSION**

- Players to complete their own recovery session as per guidelines

Wednesday 3<sup>rd</sup> April: **TRAINING**

- Epsom at 5.15pm
- Dinner/Team Vision at 7.15pm – 8.00pm

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

- Epsom at 5.15pm
- Selected 24 players
- Subway provided

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

## 2013 Bendigo Pioneers Player Levy - \$440 (Cash/Cheque/Direct Deposit)

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>

**PLEASE FORWARD PAYMENT TO:  
BENDIGO PIONEERS,  
P.O. BOX 140,  
GOLDEN SQUARE. 3555.**

**Please find below our banking details;**

**Bank – NAB  
BSB No – 083-054  
Acc. No – 187402930  
Ref. – Player Full Name**