



PIONEERS NEWSLETTER

COACH COMMENTS:

The game of football continually challenges us. Last week we celebrated a convincing win, the next we are outplayed by a well organised Murray Bushranger outfit. Unfortunately we didn't perform well enough, particularly in the first half, to stay in the contest. Whilst our endeavour was to a high standard we missed the mark in some key areas. We were beaten in too many 1v1 contests, our tackling was not to the high standard we set and our delivery too often resulted in turn overs. We performed much better in these areas in the second half, but unfortunately it was too late to challenge for the win.

Our defence again performed well throughout the day. When the opposition have over 60 I50m entries our defence is going to be under enormous pressure. Josh Ryan, Liam Barrett, Trent Bacon, and Jake Maher were good performers throughout the day. Unfortunately this week our forwards struggled to impact the game. We had only 32 I50m but we were unable to capitalise on them or lock the ball in our forward half to put them under any real sort of pressure.

Whilst disappointed with the result, several boys responded well to being challenged at half time to lift their performance and we continued to fight the game out and finished off strongly. Now we need to quickly reset our target on Gippsland Power. It will be great to play on QEO in front of our home crowd for the first time this season.

We hope to see you there to support you Pioneers.

IMPORTANT DATES/TIMES AND ACTIVITIES:

Wednesday 10th April: **TRAINING**

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

Friday 12th April: **TRAINING**

- Epsom at 5.15pm – 6.30pm
- Selected 24 players only

Saturday 13th April: *BENDIGO PIONEERS vs GIPPSLAND POWER - QEO Bendigo*

- Game starts at 10am – arrive 8am
- POOL RECOVERY SESSION - POST GAME
- BENDIGO OUTDOOR POOL – speedo's and goggles
- Subway provided after game for players

Sunday 14th April: **POOL RECOVERY SESSION**

- All regional and Bendigo players who play local football to complete a recovery session

Monday 15th April: **RECOVERY/REVIEWS/WEIGHTS SESSION**

- BENDIGO BASED PLAYERS only
- WADE STREET at 4pm – 6.00pm

Wednesday 17th April: **TRAINING**

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

Thursday: 17th April: **LOCAL TRAINING**

– FOR PLAYERS WHO WILL BE PLAYING WITH LOCAL CLUBS

Saturday 20th April: *DEVELOPMENT WEEKEND*

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.

- * 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 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

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.

CHANGEROOMS -

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. Parents will be invited into the rooms by Pioneers staff at the completion of player's post game procedures.

PHONE NUMBERS –

Region manager: Ray Byrne – 0419 881 908

Football operations/marketing: Leigh Byrne 0438 225 155

Pioneers Coach: David Newett – 0412 967 109

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 28th (Round 5).

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

**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**

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

THIS NEWSLETTER WILL BE EMAILED AND POSTED ON FACEBOOK

PLEASE CALL IF YOU HAVE ANY QUERIES