



PIONEERS NEWSLETTER

COACH COMMENTS:

Saturdays result against the Knights was extremely disappointing to say the least. We were unable to convert on our higher number of inside 50m and a lack of discipline proved costly as the Knights made us pay.

We controlled large portions of the game and won the clearance battle. Unfortunately we let ourselves down with poor disposals that broke down our potential scoring chains. The Knights were able to make the most of the windy conditions scoring more freely to the city end of Preston oval.

A major positive from the game was the return of Sam Heavyside. Sam has effectively had 12 months out with injury and to return with such impact was very encouraging. Liam Byrne was also solid in his second game for the season after a lengthy time on the sideline due to injury.

Jake Maher continued his impressive start to the season and Joel Helman provided a scoring option kicking 3 goals 4 behinds. Josh Ryan in defence is another young player who is playing his role well.

We now face Oakleigh at home in another big game for us. We are determined to get all our processes right and achieve a better outcome.

Hope to see you there on Saturday to cheer on the Pioneers.

IMPORTANT DATES/TIMES AND ACTIVITIES:

Wednesday 1st May: **TRAINING**

- Epsom at 5.15pm – 7.00pm
- Team Vision at 7.15pm – 8.00pm
- Dinner for players and staff

Friday 3rd May: **TRAINING**

- Selected 22 players
- Epsom at 5.00pm – 6.30pm
- Team Vision at 6.30pm – 7.15pm
- Subway provided for players and staff
- Players who require accommodation please contact the club

Saturday 4th May: ***BENDIGO PIONEERS vs. OAKLEIGH CHARGERS***

- Game starts at 11.30am – arrive 9.30am
- Queen Elizabeth Oval – Bendigo
- Curtain Raiser to Bendigo Gold vs. Box Hill Hawks
 - o Entry is free until ¼ time of our game ☺
 - o No cars are permitted inside QEO grounds
- Subway provided after game for players

Sunday 5th May: **POOL RECOVERY SESSION**

- All players to attend recovery session or complete own session at local pool.

- Monday 6th May: **RECOVERY/REVIEWS/WEIGHTS SESSION**
 – BENDIGO BASED PLAYERS only
 – WADE STREET at 4pm – 6.00pm
- Wednesday 8th May: **TRAINING TBC**
- Thursday: 9th May: **LOCAL TRAINING**
 – ONLY FOR PLAYERS WHO WILL BE PLAYING WITH LOCAL CLUBS ON SATURDAY
- Saturday 11th May: **DEVELOPMENT WEEKEND**
- Sunday 12th May: **POOL RECOVERY SESSION**
 - All players to attend recovery session or complete own session at local pool.
- Monday 13th May: **RECOVERY/REVIEWS/WEIGHTS SESSION**
 – BENDIGO BASED PLAYERS only
 – WADE STREET at 4pm – 6.00pm

Notes:

EMPLOYMENT –

* One of our Pioneer players is an apprentice builder and is seeking an employment position. If you are a builder or know of a builder that is possibly seeking an apprentice, can you please contact our office.

TAC PARENT INFORMATION SESSION/MORNING TEA –

*Please remember we will be holding our TAC Parent information session on May 18th 2013 from 11am before our game vs. Dandenong Stingrays at Epsom Huntly Recreation Reserve. All parents are encouraged to attend; it is an intense session from the Traffic Accident Commission with morning tea and tea/coffee supplied. Please call Leigh 0438225155 if you have any queries on the session.

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 May 4th 2013 (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.afllvic.com.au>

THIS NEWSLETTER WILL BE EMAILED AND POSTED ON FACEBOOK

PLEASE CALL IF YOU HAVE ANY QUERIES