



PIONEERS NEWSLETTER

COACH COMMENTS:

Finally the players got the rewards for their efforts in a fighting 14 point win over Oakleigh at the QEO. It was a much more determined and disciplined outfit that took on the Chargers in great conditions at the home of football in Bendigo.

We felt we clearly controlled the game for the first three quarters but inaccurate kicking kept the Chargers in the contest. The final quarter was exciting to say the least with the Chargers kicking 6 goals and threatening to steal the win. It was great to see our guys compose themselves and kick 2 goals to put it out of their reach.

The midfield was superbly led by Jacob Chisari and Sam Heavyside. Both players won numerous clearances and stood up at critical times throughout the game. Jake Maher continued his impressive start to the season playing across all zones. Jordan Hargreaves was extremely competitive in the ruck against much taller opposition. Liam Byrne performed well in only his second game for 12 months.

The defenders again did a fantastic job in restricting the opposition forwards. Josh Cakitaki, Liam Barrett, and co repelled many attacks with strong rebound. Up forward it was a case of inaccuracy, particularly in the third term when we kicked 3 goals 8 behinds that cost us a bigger win. It was pleasing to go inside 50m 46 times and have a total of 28 scoring shots.

We now take on the Southern Stingrays who are a very good outfit. The game will be played at Epsom Huntly reserve and we will be looking for another strong performance from the boys.

We hope to see you there on Saturday to cheer on the Pioneers.

IMPORTANT DATES/TIMES AND ACTIVITIES:

Monday 13th May: **TRAINING** for Local Bendigo players only.
– Epsom at 5.15pm – 6.30pm – for players who did not play on weekend.
– Recovery massage/assessments for players who played locally.

Wednesday 15th May: **TRAINING** - testing
– Evolution gym
– 5.00pm – 7.30pm
– Subway provided for players and staff

Friday 17th May: **TRAINING**
– Evolution gym
– Epsom at 5.15pm – 6.30pm – for selected 22 plus 2 emergencies.
– Pizza provided for players and staff
– Players who require accommodation please contact the club
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Saturday 18th May: ***BENDIGO PIONEERS vs. SOUTHERN STINGRAYS***
– Game starts at 1pm – arrive 11am
– Epsom Huntly – Bendigo
– Subway provided after game for players

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 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.

Sunday 19th May: **POOL RECOVERY SESSION**

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

Monday 20th May: **RECOVERY/REVIEWS/WEIGHTS SESSION**

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

Notes:

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