



The Sainter

Newsletter of the Maroubra Saints Junior Australian Football Club
Competing in the AFL Greater Sydney Juniors Sydney City Region. Commenced season 2000.

Premiers : U12-2005, U10-2006, U10-2007, U11-2007, U12-2009,
U13 Div 1-2011, U16 Div 1-2012, U10-2013, U12 Div 3-2013, U16 Div 1-2013,
U10-2014, U11-2014, U12 Div1 -2014, U17 Div 1- 2014

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Presidents Message...

Our "Welcome to the Saints" day last Saturday was a great success despite the weather with a good turnout of mostly new families to Pioneers Park.

Please check out the training dates below which kick off on March 3rd to the 11th depending on your age grade.

I attended the first pre season training session last Tuesday for the U14s and U18 girls at Maroubra beach run by Chis and Bronwyn. Judging by the red faces either sand running is extremely hard or the guys and girls need plenty of running under their belt before the season starts!

There is lots to look forward to in the next 8 weeks before the season kicks off. Gala day for the U10 – U12s, Swans visit to training and a whole new range of club merchandise being made.

Please get those registrations in as soon as you can!

Cheers

Bruce

Please Register Soon...

It was great to see a few of you at the Welcome to Saints day last Saturday. For those that couldn't make it, please complete online either from home or work at a time that is convenient to you.

Registration for U5 – U8 on the Auskick website www.aflauskick.com.au

Registration for U9 – U17 & Girls teams www.maroubrasaints.aflnswact.com.au

Remembering that all U9's for 2015 need to register as "New Players" when completing the registration form.



Get Well Soon...

Our thoughts are with Luke Robson (Robbo) who last week received compound fractures to both his Fibula & Tibia in a nasty incident whilst playing representative Oz Tag in Coffs Harbour. Unfortunately for the U17's Saints, it looks like Robbo will be cheering from the sidelines this season. We wish you a speedy recovery Luke and we are also thinking of Shayne & Carmel too who will be no doubt run off their feet!

Sydney Swans Fan Day...

This Sunday don't miss the opportunity to meet the Sydney Swans Team as they spend a fun filled day with their fans. Grab an autograph from your favourite player and join in on many of the fun activities for the whole family.

Free Entry

Sunday March 1st

10.00am – 1.00pm

The Showring, Entertainment Quarter, Moore Park



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Club Website...

Our Club website is an invaluable tool to find out any information you may need to know about the club. Here you will find details about:

- * Upcoming events and **News** within the club - *Black menu tab / MSaints News*
- * Details on **Registration** – *Black menu tab / Registration*
- * **Club Information** Sheet – *Black menu tab / Club Information*
- * **Fixtures** for the season (when available) – *Black menu tab / Fixtures, Results & Ladders*
- * **Ground locations** for details of away game addresses – *Black menu tab / Ground Locations*
- * Email and phone details of **Committee members** – *Black menu tab / Contact Us*
- * **Club Policies** such as Racial Policy, Code of Conduct etc – *Black menu tab / Policies*
- * **Training schedule** with coach & managers contact details (when available) – *Black menu tab / Training Times 2015*
- * **Current newsletters** and archives – *Black menu tab / More*

www.maroubraafl.com.au

Pre Season Lightning Premiership Gala Day...

It's that time again for our Annual Pre Season Lightning Premiership Gala Day for U10 – U12's. It will take place on **Saturday March 28th at Pioneers Park**. More information to follow in the coming weeks from your coaches, but keep the day free as it will be a great family day for all.



Umpire Ambassador Needed for Maroubra Saints...

The Umpire Ambassador will be the **key contact and representative for umpires within Maroubra Saints**. You will receive full support from the AFL.

Please contact our Auskick Co-ordinator Mike Reiners 0425 244 087 if you are interested:

The Umpire Ambassador will be the key contact for umpires within their junior club, and will focus on the recruitment and retention of umpires and the promotion of a positive match day environment.

The Umpire Ambassador will:

- * Promoting umpiring when at Club training, through the Club website/newsletter, and any club events.
- * Provide details of the local umpire training and umpiring contacts within the region to club members.
- * Engage the club committee to ensure that umpire recruitment and retention is a part of the club strategy.
- * Assist the Ground Manager on match day (when available) in assisting the umpires.
- * Remind club coaches to submit feedback on umpires regularly.

Ever wanted to Umpire?...

Umpiring is for those players and parents who have an interest in becoming a game umpire.

- No Experience Necessary / · FREE coaching and mentoring / · Earn \$15 - \$60 p/ game, each w/end
- Need to be turning 13 or older in 2015 / · Umpire a game in the morning before you play.
- Boundary & Goal umpiring opportunities also available / · Parents also welcome to get involved!

Visit umpireafl.com.au



Physio Tip of the Week...

Hey Sainters, for those who don't know me my name is Yves Silveira, I am the Randwick City Saints Club Physiotherapist and have been involved with the Maroubra Saints Juniors over the past few years. I will be regularly posting tips here about health and wellbeing. Below is a special offer I am having in February for Saints players and their family and friends – a no out of pocket initial consult with me. If you have any questions now or during the season please don't hesitate to call me on 0415382431 or yves.silveira@gmail.com. Thanks and GO SAINTERS!!!



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Club Visit from Sydney Swans Players:

Coming soon - Sydney Swans players will be visiting our training sessions. So bring along some mates, have fun at training and get to meet some of the 2015 Sydney Swans players. Grab a photo and an autograph. Players from all age groups are welcome. Date to be confirmed in the coming weeks.



Shorts & Socks...

Club socks and shorts will be available to be purchased at Auskick's first training session at Heffron Park on Wednesday March 11th and then each Wednesday afternoon at Heffron from 4.30pm-5.30pm for the next few weeks. Unfortunately at this time (pre-season) we do not have merchandise available at Pioneers Park. If you are unable to make it down to Heffron on a Wednesday, please ask your team coach or manager who may be able to organise to have the items available for you.



Diary Dates:

First week of training (Junior/Youth):	Tuesday March 3 rd – Friday March 6 th
Auskick training begins:	Wednesday March 11 th
Gala Day U10-U12's:	Saturday March 28 th
2015 Round 1 begins:	Saturday April 18 th & Sunday April 19 th

Training Timetable 2015:

AGE GROUP	TIME	DAY	GROUND	STARTS
Auskick U5-U8	4.30pm – 5.30pm	Wednesday	Heffron Park	March 11 th
Junior U9	4.30pm – 5.30pm	Wednesday	Heffron Park	March 4 th
Junior U10	4.30pm – 6.00pm	Wednesday	Heffron Park	March 4 th
Junior U11	4.30pm – 6.00pm	Tuesday	Heffron Park	March 3 rd
Junior U12	4.30pm – 6.00pm	Wednesday	Pioneers Park	March 4 th
Youth U13	4.30pm – 6.00pm	Thursday	Heffron Park	March 5 th
Youth U14	5.00pm – 6.30pm	Tuesday	Heffron Park	March 3 rd
Youth U15	4.30pm – 6.00pm	Friday	Pioneers Park	March 6 th
Youth U17 <u>Div 1 & Div 3</u>	4.45pm – 6.15pm	Tuesday	Pioneers Park	March 3 rd
Youth U17 <u>Div 1</u>	5.30pm – 6.30pm	Friday	Pioneers Park	March 6 th
Youth U17 <u>Div 3</u>	5.00pm – 6.15pm	Thursday	Pioneers Park	March 5 th
Youth Girls U14	4.30pm – 5.30pm	Thursday	Heffron Park	March 5 th
Youth Girls U18	6.30pm – 7.30pm	Tuesday	Heffron Park	March 3 rd

*Please note that Auskick starts one week later than other age groups. Coaches & managers to be confirmed.



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