



First Edition

Welcome to the first edition of The Griffin Tale, 2014.

Throughout the course of the year this newsletter will endeavor to keep past and present ANUAFC players and associates regularly informed of the goings on at South Oval and within the club. The aim is to reconnect with past players and create a cohesive and inclusive environment on and off the field.

This year marks a watershed moment for the club as both men's teams are elevated to the first and second division competitions of the AFL Canberra League. This is a great opportunity to consolidate our reputation as fierce competitors and build on our esteemed history.

After a strong finish to the 2013 season, the ANU women's team is also striving for great heights with fantastic numbers and skill levels at this stage of the season.

Season Launch

Unfortunately due to wet weather the first grade match scheduled against Belconnen this weekend has been postponed to a later date (details TBC) and there will be no match this weekend. On a brighter note this allows the club the kick off the season with a triple header against ADFA on the 5th April followed by The Season Launch Party from 6pm at Hellenic.

“this newsletter will endeavor to keep past and present ANUAFC players and associates regularly informed...”

Upcoming matches

ROUND 2 – TRIPLE HEADER

DIV1

ANU vs ADFA | 2:15pm Sat 5 April, RMC

DIV 2

ANU vs ADFA | 12:00pm Sat 5 April, RMC

WOMENS

ANU vs ADFA | 10am Sat 5 April, RMC

Hellenic Club card

Hellenic Club in the City is a key sponsor for the ANUAFC and the Griffins' home away from home. Make sure you swipe your club card for a discount every time you visit any Hellenic Club, order a bev or meal.

Want to contribute?

Please send your stories, match reports, photos, look a like's or any other banter to:

anugriffins@gmail.com

Pre Season

By Greg Oberscheidt

With both grades shifting up in 2014 the Griffins returned to the track for Pre-Pre Season in the increasing warmth of late November.

Numbers were impressive from the outset with 25 plus an average in attendance. A huge amount of work was put in by all and the improvement in base fitness of the group was evident after a few weeks. The assistance of Steve 'Squirtman' was as appreciated as the Indian File was loathed but the mood never faltered. Plenty of new faces added to the pulse with the likes of Tom 'Lenny' Wood leading the way and big Tristo showing plenty of starch.

Pre-Season proper began on the 14th of Jan and our numbers were bumping from day one. As much as the lads hated the time trials and the ladder running the endeavor to progress and improve was clear and the positivity from within the group was incredible. The lads pushed each other every step of the way through

the first four weeks and set a great base to build into the structural work that was to follow.

Over the next 8 weeks we revived some old drills and incorporated some new with a view to building on our game plan of fast, instinctive ball movement and hard running. With South Oval out of action our capacity to work on expansive drills was limited with us generally being confined to a single Soccer field, but the silver lining was our forced focus on our stoppage structure and contested football which has hardened the bodies and improved some deficiencies in tackling techniques.

Jono Dean made his intentions clear by tagging Chasto all summer and he's narrowed the gap appreciably on our little bus driver! Brent 'Risky Riskington' Ritchie has embraced the challenge of the shift up, and at 36 is as fit as he's ever been. His chat is still heinous. Rory Jay

has improved out of sight, particularly in his ruck work and is showing he's ready to take a step up this year. Sam 'Frenchy' Le Page has bulked up to a solid 62kgs in preparation for his tagging responsibilities and the evergreen Chris Smith is mustard for another tilt. There were whispers that he may have even handballed during one of the drills but it is yet to be confirmed.

A few injuries to some key players has meant some limited preparations but the bulk of the group is fit and firing and ready to burst into 2014 in true Griffin style and show AFL Canberra that we're up for the challenge.

I encourage every Griffin, past and present to make the effort to get down and support our guys and girls in 2014.

**Your property.
Our priority.**

BLUEPROPERTY.COM.AU

blue
property marketing

ANU Griffins proudly sponsored by





Women's Pre Season

By Nick Crean

With the first Home & Away match rapidly approaching and all focus on that, a glance back over the pre-season months emerges as a bit of a blur.

Something that stood out for the women's squad over February/March was a solid commitment to training from both senior veterans and newcomers to the club. There was a short adjustment period as the club got used to using the new temporary digs at Fellows. There were the obligatory time trials and sprints that are not always popular with players but could always feature more. We also spent a bit of time getting the body used to contact again. Perhaps the sharpest adjustment (not surprisingly) was for those who found themselves kicking a Sherrin for the first time ever this year. Well done to those guys in particular for taking on that challenge while absorbing all the other intricacies of footy.

The time came for practice matches, of which we had two. A few weeks back we took on Gunghalin (a Div 1 team) at Amaroo, the same day the men's had an intra-club. It was wet and windy out there but the women made it look easy attacking the ball at pace and kicking long to space. I think everyone had a go at a few different spots that day and there were so many stand outs. We didn't really keep score as it was a scratchy with 6 x 10 minute quarters. Really positive signs for the team to gel in their first hit-out together.

Just this Sunday past we had our second practice match against Ainslie (another team in the Division above us). This time the conditions were far hotter so there were a lot of tired bodies by the time the final siren blew. It was 16 a side at one stage and we only had the luxury of one bench player to their 5 so it was a huge effort to come away with a 7 goal to 3 score line.

To summarise, we punched above our weight this pre-season by taking on the teams in the higher tier but we really need to get more training and game time into everyone on the list. That means a further commitment to that already made if we are to make a serious tilt at the Division flag this season.

Griffin event & social calendar

APRIL

Season Launch Party
6-8:30pm Saturday 5 April
Hellenic in the City (upstairs)

MAY

Pink Footy Day
10am Sunday 4 May
Gunghalin Oval

ANU Old Boys game
12pm Saturday 17 May
ANU South Oval

Rubik's Cube Party
8pm Saturday 31 May
Hellenic in the City (upstairs)

JUNE

Steve Barwick Memorial game
2.15pm Saturday 21 June
Eastlake oval

JULY

Pepper Cup
12pm Saturday 19 July
Venue: South Oval

4P's
7pm Saturday 19 July
South Oval sheds

AUGUST

ANU Trivia Night
7pm Saturday 16 August
Hellenic in the City (upstairs)

SEPTEMBER

ANUAFC Presentation Night
7:30pm Saturday 20 September
Hellenic in the City (upstairs)

OCTOBER

Footy Trip
TBC

Coach contacts

Josh Cliff
Senior Coach
0406 995 383
jcliff@ljhc.com.au

Greg Oberscheidt
Senior Coach
0417 653 405
greg@mmo.com.au

James McMillan
Women's Coach
0413 638 405
james.mcmillan12@gmail.com.au

Nick Crean
Women's coach
0432 240 929
nicholas.crean@gmail.com.au

Match summary

In our first competitive hit out for 2014 Schitty's Stallions took on Clifffy's Clowns in an Intraclub match at Pearce.

It was a cracking day with new Griffs showcasing their abilities and old Griffs setting the standard. There were plenty of highlights, not least of which was Will Bonney's hanger in the third quarter. New boys Seb Wende and 'Doc' Phil Syrras were outstanding, while Frenchy tried to shake his tagger tag by kicking 4 majors. The General, Wes Heinke kicked a fistful and Dommy Weppner was savage across half back.

All in all the game was fought hard and in good spirits and we took plenty out of the affair. Not least of which was Risky who took a mouthful of dirt and grass after getting lined up by Clifffy. The score wasn't important but the Stallions won by 10 goals. You beauty!

A week later the Griffs took the massive step of taking on Ainslie NEAFL and Div 1 over four quarters. We had a hybrid side of seniors and reserves and given that

we played 40 minutes against the NEAFL side first up the boys were outstanding. Garry G Simpson was awesome across half back and Kieran Harris was brilliant through the middle. Orry made a Griffso comeback until his hangover kicked in mid first term and he benched himself.

"...40 minutes against the NEAFL side first up the boys were outstanding."

The second half against the Div 1 squad should have been a more even affair however the boys were well and truly knackered after working so hard in the first half. Though we were never dominated we were a step behind for the

majority. Patty McIver was a tower in the ruck and Phil Evans returned to show he still has all the tools getting on the scoreboard a number of times.

On a sour note, the loss of seniors co-captain Wes Heinke with a compound dislocation of the finger will hurt given his promising return from injury through the off season. We wish the Kraut all the best and hope to see him back in action before too long.

All in all it was a solid hit out for the Griffs and the lessons learnt will make the whole unit stronger moving forward.



Click the feature for access to the podcast. For the record, the boys went 6-0 in round 1.

www.makingthenut.com

Fees and Uniforms

Fees

Students
\$150 (SRA covered)

Non-students
\$170 + \$120 (SRA)

*All fees due 5 April

Uniform Prices

Playing jersey
\$60

Team polo
\$20

Shorts
\$45

Socks
\$15

Please pay all fees and uniform purchases directly into the ANUAFC account:

Account Name: ANU Australian Football Club
Account number: 464 641 279
BSB: 112-908
Reference: E.g. AHermann fees

Club contacts

President

Andrew Hermann
hermann.andrew@gmail.com.au

Treasurers

Luisa Rosin
luisa.rosin@hotmail.com
Daniel O'Reilly
daniel@mimo.com.au

Vice-President/ Women's Rep

Caitlin Roy
cate.roy@gmail.com.au

Secretary/ Football Manager

Matthew Crawshaw
matt_crawshaw@hotmail.com