

Power Sporting Club's Newsletter  
Laurimar Football Club

# Power Cable



## Presidents Report

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Hi Power Families,

Where has the season gone? I'm sure we're all looking forward to the break, but as always it won't be long before we all get itchy feet and can't wait for it to start all over again. Now of course that's only from a footy perspective, but our basketball teams and volunteers are essentially on the go all year around (keep going guys, there's a break in sight for you guys to!). However, lets reflect on 2016 to date.

We finally got to use our new facilities (rooms and car park) and it'd be fair to say it's made a significant difference to how we feel about our "home"; and how it can finally be used as a fully functioning footy club, both in terms of pure football needs (e.g. change rooms, equipment / merchandise storage) and the ability to hold all our club functions in the revamped club room. Having a fit-for-purpose venue allows us to be more self-sufficient which in turn leads to a greater ability to generate revenue that goes straight back into the club for other needs.

Our Auskick program has once again proven to be a tremendous success with over 170 kids registered and participating throughout the year. A big thanks to our Auskick volunteers for continuing to support our fantastic program. Once again we are looking forward to welcoming all our little graduates into Juniors next year which again highlights the importance of Auskick as the lifeblood of the club! Unfortunately, the end of this season also leads us to announce that Kevin McKewon who has been our Auskick co-ordinator for the last 3 years and Darren Fox (Foxy), who has stood beside Kev as his more than able 2IC, have made 2016 their last year. On behalf of the committee and I'm sure all our Auskick families we thank you and your families for your amazing commitment to getting our little stars ready for Juniors. With Kev & Foxy departing we are now looking for someone to fill their shoes, so please contact Chelsa Robson on 0407 993 113 if you are interested.

Once again our junior teams had a fantastic season with 7 of our eligible 9 teams making it into the finals and 2 of these teams making it into the Grand Final. Huge congratulations to our Under 13 boys winning their Grand Final and our U11 Teal team coming in as Runner Up's. Congratulations to Pete Doherty and his U13 boys winning the Grand Final, you had such a fantastic season and you all deserved the win. Special mention to Darcy Stewart awarded Best on Ground. Congratulations to Cam Robson and his U11 boys making it to the Grand Final, you all put up a great fight and you should all be proud of yourselves regardless of the outcome. A special mention also to our U16 girls

## Silver Sponsor



who narrowly missed out on making finals in their second season in the competition. If you then consider that in their first year they didn't win a game, this season was a phenomenal effort.

Overall from our U9's through to our U16's, we were really impressed with all of our teams and congratulate all of our players on a great season. We commend all of our players for continuously showcasing their amazing skills, attitude and passion for their game. Our kids continually display great respect for each other and their opponents on and off the field which continues to foster the wonderful culture we've built in our short existence.

Both our Supers teams had another great season as they both made the Semi Final. The semi's were held at Laurimar which showcased what we have to offer both from a playing perspective and ability to hold a signature event. Unfortunately, the Teal side got done in the semi, bad luck boys, and the Supers won their way through to the Grand Final and unfortunately lost in a real close one by 7 points. There is absolutely no shame in their efforts this year. Thanks to our coaches for dedicating their time and effort throughout the year.

We also announced this year that we will be entering Seniors (Men's and Women's) into the NFL from next year, so again the club continues to grow and no doubt it will be another huge season. We have already appointed our inaugural Senior Men's Coach – Wayne Sharkie and we are now in the process of finding a Senior Women's Coach, and of course we still need to fill all the roles required to support the Seniors to play. We have approximately 50 men and about 30 women who have expressed their desire to pull on the jumper for Power so we've been blown away by the huge response and we are very excited to see it all come together. With the introduction of Seniors, it has generated tremendous interest, most positive. However, with change comes doubt, some founded and some ill-informed. I can assure you we didn't make the decision lightly and at a committee level and seniors working group level thought long and hard about the most appropriate way to go about it. This isn't about Seniors v Juniors v Supers v Auskick v Basketball. Every team we field will continue to be supported in every way they have been to date. Our priority is growing the club and ensuring it's future by providing a pathway from Auskick to Juniors to Seniors and to Supers. This pathway ensures our kids football future remains with our club in an environment they know and can hopefully flourish within. To our Seniors working group, Andrew Jamieson, Matt Funston, Matt Collins and Simon Mills, thank you for your dedication to making this important milestone possible.

Winding up, and on behalf of the Committee, I would like to take the opportunity to thank all our amazingly generous volunteers who ensure our kids get to play the game that they love every single week. We say it every year (only because it's TRUE) but without your help our club couldn't operate and our kids wouldn't be playing football or Basketball. We all admire our Power families with their commitment, drive and passion just so our kids can all play the best game known to man/women! We would love to thank everyone involved with the club ranging from:

- Coaches
- Team Managers
- Runners
- Medics
- Goal Umpires
- Time Keepers
- Groundsmen
- Auskick volunteers
- Parents who volunteered in any way



Every year we ask for help and we continuously see the same amazing people helping out and we can't thank them enough!

We recognise that a path needs to be opened to encourage our Power Families to get involved and help mould our club for the future of our kids. We are implementing a General Committee where many roles will be available, here we envisage a group of parents per role where they have the freedom to discuss and prioritise items to be brought to Committee Meetings for further discussion, planning and implementing. This is an exciting opportunity for you to get involved to share your knowledge and implement change to ensure our kids football / basketball future is a positive one.

The following roles are available:



- Social Group
- Volunteer Group
- Football / Basketball Operations Group
  - Juniors
  - Youth
- Groundsmen Group
- Auskick Group
- Grants

Also, massive thank you to our sponsors. Grass roots footy clubs don't survive without your generous support so we sincerely thank you for your contributions to our great club and hope to see you again in 2017.

Now for the business side of the End of the Season, the AGM will be held on the 13<sup>th</sup> October. We really need as many people from the club there on the night. In the past we have had disappointing numbers, however this year we would love to see the complete opposite. The AGM is your opportunity to voice your opinion (e.g. What does Seniors mean for the club? What are we doing about women's football? How are we tracking financially?) and vote for the people you would like to see run the club, or in any case nominate yourself.... This year's AGM will see the following committee positions spill:



- President
- Secretary
- Football Ops
- Commercial Ops
- Communications Manager

Our secretary (Andrew Richards) after 4 years in the role is stepping down. Andy's commitment over the last few years and his knowledge of the club will be sorely missed. It's worth noting that Andy's involvement with the club stemmed from Supers, not through juniors. His involvement on the committee didn't alter whether it was a discussion about growing junior sport or growing Supers participation. He just wanted to be on the committee to do what he could for the club. For that Andy, thank you. The secretary position is an executive position with voting rights.



I'd like to take the opportunity to let all members know of my intentions as President for 2017. Each of the executive positions (President, Vice-President, Secretary and Treasurer) are 2 year commitments and alternate in terms of when we spill them to ensure continuity from one year to the next. However, I'd like to think that over the next couple of years there will be a changing of the guard (if you will) to ensure the club has fresh faces coming onto the committee with fresh ideas to take the club forward. On that basis, and notwithstanding the democratic process we go through each year to elect our committee members, I'd like to signal my intent to step down at the end of 2017. I'd like to remain as President for one more year (perhaps one more term) as we embed Senior



football, build our Scoreboard on the main oval and upgrade the drainage on each oval. This means we will need a new President and rather than someone new coming in cold if anyone is interested in taking on this role I would love to hear from you and we can work together next season to ensure a seamless transition into the role (again notwithstanding there may be a few interested and of course only one can be voted in).

More information will be released soon regarding nominations, agenda and the finer details.

Lastly but by no means least. To the committee.....simply the best! Thank you.

On that note, I think time to wrap it up (at least from a footy perspective) for 2016. We look forward to seeing you all again in 2017 for another year of footy. Look out for more communications related to Basketball as we draw closer to the end of the year.

Thanks & regards,

Alasdair.  
President, Laurimar Power Sports Club.



## Best & Fairest

**Under 10 Black:**

Best & Fairest – Chad Carmichael  
2<sup>nd</sup> B&F - Hayden Trim  
3<sup>rd</sup> B&F - Blake Wylie

Coaches Award - Riley Kneale  
Goal Kicking – Kohen Wosgien  
Best Clubman Award – Coby Key  
Most Courageous – Archer Fenton

**Under 10 Teal:**

Best & Fairest – Jett McLaughlan  
2<sup>nd</sup> B&F – Jack Stone  
3<sup>rd</sup> B&F – Logan Martin

Most Consistent–Kye Ingram  
Most Improved–Josh Long  
Coaches Award – Blake Hoppner

**Under 10 White:**

Best & Fairest – Carter McCall  
2<sup>nd</sup> B&F – Zayne Adams  
3<sup>rd</sup> B&F – Ryan O’Grady

Best Team Player – Matthew Gomez  
Coaches Award – Benjamin Pozza  
Most Improved – Ryan Holyoak  
Most Coachable – Brody Cann

**Under 11 Black:**

Best & Fairest – Jack Adams  
2<sup>nd</sup> B&F – Cameron Maloney  
3<sup>rd</sup> B&F – Harley Marsh

Coaches Award – Jack Ada  
Most Improved – Hayden Wilson  
Most Consistent – Riley Jackson  
Most Determined – Ollie Houndsome  
Best Finals Player (Medal) – Coby Gorman

**Under 11 Teal:**

Best & Fairest (Joint Winners)  
– Jackson Magann & Zack Kontos  
2<sup>nd</sup> B&F – Cooper Fitzpatrick  
3<sup>rd</sup> B&F – Kobe Weston

Most Improved – Jacob Robson  
Best Team Player – Marcus Rimbaldi  
Coaches Award – Zac Bondrov



## Best & Fairest

### Under 12:

Best & Fairest – Brody Glenn  
2<sup>nd</sup> B&F – Bailey Macleod  
3<sup>rd</sup> B&F – Josh Campbell

Most Courageous – Blake Brooks  
Coaches Award – Nick Storer  
Best Team Player – Harrison Stones  
Most Determined – Dion Pitto  
Best Finals Player (Medal) – Josh Campbell

### Under 13:

Best & Fairest – Harry Mooney  
2<sup>nd</sup> B&F – Kaiden Arthur  
3<sup>rd</sup> B&F – Balin Capan

Most Courageous – James Eastaway  
Most Consistent – Darcy Stewart  
Coaches Award – Luke Jackson  
NFL Leading Goalkicker – Kayden Doherty

### Under 14:

Best & Fairest – Sam House  
2<sup>nd</sup> B&F – Ethan Frawley  
3<sup>rd</sup> B&F – Will Jacovou

Most Determined – Anthony Roussos  
Coaches Award – Joel Viavattene  
Most Improved – Zac Reichert  
Most Courageous – Mason Glenn

### Under 16 Girls:

Best & Fairest – Maddy Brancatisano  
2<sup>nd</sup> B&F – Brit Gutknecht  
3<sup>rd</sup> B&F – Lily Brancatisano

Most Courageous – Toni Mahony  
Most Improved – Georgia Macdonald  
Best Team Player – Rubi Zahra

### Under 16 Teal:

Best & Fairest – Jacob Lawson  
2<sup>nd</sup> B&F – Lachlan Jamieson  
3<sup>rd</sup> B&F – Campbell Walker

Most Determined – Marc Liversidge  
Most Courageous – Ben Dynon  
Coaches Award – Ryan Thomson  
Best Finals Player (Medal) – Jacob Lawson

### Under 16 Black:

Best & Fairest – Riley Edwards  
2<sup>nd</sup> B&F – Charlie Cochrane  
3<sup>rd</sup> B&F – Ethan Arena

Most Improved – Jack Stewart  
Coaches Award – Brayden Gardiner  
Most Consistent – Kyle Yankos  
Most Courageous – Jake Richards



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## Coach of the Year Nominees Are.....



Every year we have the opportunity to nominate coaches from various categories to represent our club at the NFL Coach of the Year Awards night. We are proud to announce that we nominated both:

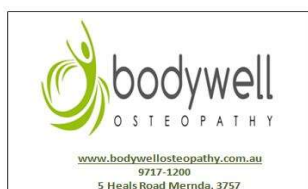
- Matt Anderson – Coach U16 Girls Team
- Cameron Robson – Coach U11 Teal Boys Team



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Unfortunately they were up against some great nominees on the night, but congratulations and thanks for your commitment, passion and drive to ensure our kids learn all the skills they need to play great football.

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## 2017 Coaching Applications

# Coaching Positions Now Available

Would like to coach your kid's team, well here is your chance. Coaching applications will be accepted for the following age groups:

- U9
- U10
- U11
- U12
- U13
- U14
- U15
- U17

Girls Teams.

- U14
- U16
- Women's Seniors



Please send your coaching resume to [football.ops@laurimarfc.com.au](mailto:football.ops@laurimarfc.com.au) by 2nd October 2016, or if you have any questions please email me on this address.

AGM – 13<sup>th</sup> October 2016



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## Notice of Laurimar Football Club AGM



### 2016

Laurimar Football Club invites all members to the Annual  
General Meeting

When: Thursday, 13<sup>th</sup> October 2016  
Where: Laurimar Football Club  
Time: 7:30pm

### Nominations Required

Nominations are being sought for the following committee positions

- President (2 year term)
- Treasurer (2 year term)
- Secretary (2 year term)
- Football Operations Manager (1 year term)
- Commercial Operations Manager (1 year term)
- Communications Manager (1 year term)

All those wishing to nominate for the above committee positions must use the attached nominations form.

All nominations must be received by the Secretary by Thursday 6<sup>th</sup> October 2016.

[secretary@laurimarfc.com.au](mailto:secretary@laurimarfc.com.au)

### NOMINATION PROCESS

If you are interested in the above mentioned position's, please complete the attached nomination form and submit to our Secretary – Andrew Richards by:

- **Thursday 6<sup>th</sup> October 2016**
- **Email – [secretary@laurimarfc.com.au](mailto:secretary@laurimarfc.com.au)**

A list of nominees will be circulated prior to the AGM for people to consider prior to voting.

If you wish to discuss any of the positions, please contact our President – Alasdair Walker

**www.**

laurimarfc.com.au

Find us on  
**Facebook**

facebook.com/laurimarfc

## Footy Profile – Did you know.....

Did you know you can get up today on your kids footy stats, including the number of games that they have played over their football career,,,,

- Go to the NFL website - <http://www.nfl.org.au/>
- Scroll to the bottom of the page to find the Members Profile
- Login with the same email address and password you registered your child



## U18 TAC Cup team pre-season squad

Congratulations to the following U16 players who recently trained and played in games with Northern Knights V Western Jets & Calder Cannons, the following players have been selected to join the U18 TAC Cup team pre season squad:

- Jack Steward
- Kye Agosta
- Jake Richards
- Bryce Kotas
- Josh Leather
- Jack House
- Caelen Anderson

We also had a number of U14 players selected to play in Northern Knights intra club match these September school holidays, congratulations and good luck to:

- Zac Reichert
- Ethan Frawley
- Sam House
- Will Jacovou



## Laurimar Football Club - Seniors are Coming in 2017.....

It's with great pleasure that we announce the appointment of our 1<sup>st</sup> Laurimar Football Club Senior Coach – Wayne Sharkie.

Wayne has fantastic coaching experience where in 2007-2010 he was Balwyn FC Senior Assistant Coach (Premiers 2008) under Daniel Harford and Mick McGuane, and then in 2011-2012 he was Montmorency FC Senior Assistant Coach.

With an almighty passion for how the game is played we think Wayne will be a terrific educator and coach for our new team in season 2017.

It's a great start to be able to bring a football person to the club that has lots of division 1 experience in different, well respected leagues and also brought some amazing new ideas and thoughts about the game. He is committed, excited and understands the importance of setting a great culture right from the start.

We wish Wayne every success next season in which is a very exciting time at the footy club.



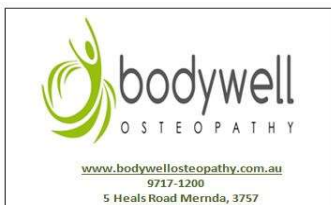
**Laurimar FC Seniors 2017**  
Seniors, Reserves & U19's  
Expressions of Interest Welcome

**LAURIMAR**  
Football Club  
**POWER**

For more information contact us at...  
lfc seniors@laurimarfc.com.au or 0447 1 POWER  
[www.laurimarfc.com.au](http://www.laurimarfc.com.au)  Visit us on Facebook

Seniors are coming in 2017 – to keep up to date with the goings on please find us on Facebook:- [Laurimar Football Club - Seniors](#)

# Bodywell – Info Sheet



## ***Management of shoulder pain***

Shoulder pain is common, in fact, it's the second most complained about site of pain. If left untreated your acute (short-lived) shoulder pain may become chronic (persisting) and more debilitating. Your job, sporting activities or an injury or fall may predispose you to shoulder pain; however the most common cause of shoulder pain is your posture. Have you thought about how you sit at your desk or in the car? Do you lift and carry things in the correct way? How often do you look down at your phone or tablet? These are all factors that could be contributing to your sore shoulder.

Symptoms and treatment of your shoulder pain may vary, depending on the cause of your shoulder pain. You may be able to alleviate your shoulder pain by resting the area and avoiding activities that aggravate it, applying ice or heat, or by taking anti-inflammatory medications or analgesics such as paracetamol, it is recommended that if your pain isn't relieved or is persistent to seek a referral. You may need an X-ray, ultrasound or MRI to diagnose the cause of your pain. If you have shoulder pain, you may benefit from Osteopathic treatment to help restore the functionality of your shoulder, and relieve you of your pain. The team from Bodywell Healthcare can help, for further information or to book an appointment phone us on **9717 1200** or visit [www.bodywellhealthcare.com.au](http://www.bodywellhealthcare.com.au).



Image courtesy of Karp Rehabilitation: <http://www.karprehab.com/keep-ahead-of-shoulder-pain/>

Here are three stretches to assist with shoulder pain relating to poor posture:

**Brugger's Postural Relief**

- Sit on the edge of your chair with your feet flat on the floor
- Have your feet slightly wider than shoulder width and turned out slightly
- Tuck your chin to your chest slightly- think of nodding 'yes'
- Breathe deeply into your stomach
- Exhale slowly and completely by blowing your breath out through your lips while;
- Rotating your arms outwards, palms facing out and spreading your fingers as far as you can and sticking out your chest
- You can do this for 3-5 breaths a few times a day, each time rotating your arms out and spreading your fingers some more
- Stop immediately if you feel any pain



**The Upper Back Cat**

**Your starting position:**

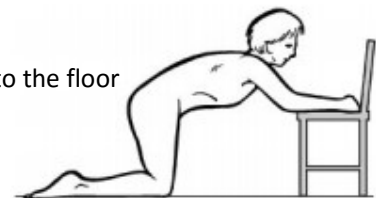
- Kneel on the floor facing a chair or gymnastic ball
- Place your forearms on the chair
- Move your knees away from the chair until your hips can be positioned over your knees with your thighs straight up and down (vertical)
- Your elbows should be slightly bent while being sure not to push with your arms into the chair

**The exercise:**

- Begin by rounding your back up
- Then let it fall towards the floor
- Your head and neck just follow the movement
- You should 'feel' this in your mid-back especially when you let your back fall to the floor

**Common errors to avoid:**

- Arms are too straight or are pushing into the chair
- Hips are not over knees, but are too close to the ankles
- Thighs are not up and down (vertical)



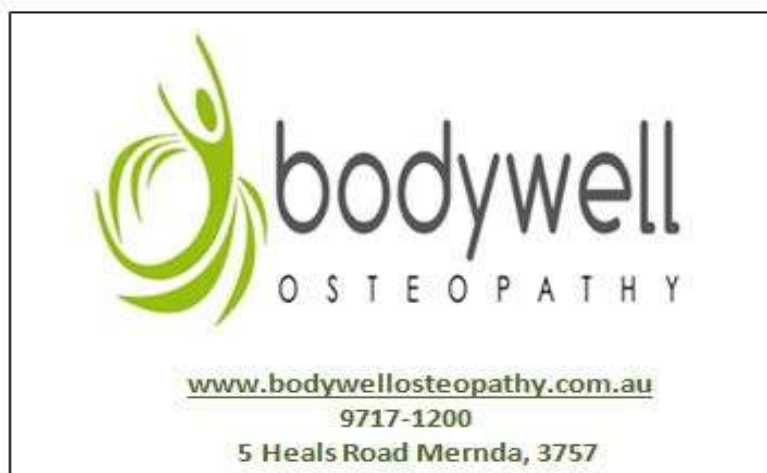
## Wall Lean

### Your starting position:

- Perch at the edge of a chair with legs slightly apart and turned out
- Lean forward and support your head on folded arms propped against the wall,
- The chair should be positioned at a distance from the wall which creates a fulcrum Self-treatment of the slump posture permitting your mid-back fall towards the wall when you are leaning forward
- If your low back is arching too much the chair is probably too close to the wall
- If your low back is rounding backwards too much the chair is probably too far from the wall
- Keep your chin slightly tucked in
- Avoid shrugging your shoulders up towards your ears

### The exercise:

- Once in the proper position breathe in (you will notice that your mid-back rounds backwards slightly)
- Then let your breath go while you let your breast bone collapse towards the wall
- When almost out of breath actively exhale or cough to help bring your chest closer to the wall.



# Welcome to our 1<sup>st</sup> 2017 Sponsorship

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## Useful Links

Laurimar Football Club	<a href="http://www.laurimarfc.com.au">www.laurimarfc.com.au</a>	NFL	<a href="http://www.nfl.org.au">www.nfl.org.au</a>
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