# BETWEEN THE POSTS

### **Nelson Bay Junior Marlins**

**DIVISION** 

Under 11 Giants
Youth Girls U13

Under 15

2020 Final Newsletter

TIME

9:00 AM

10:20 AM

12:50 PM



MAKE UP ROUND - Sunday, 4 October 2020

Nelson Bay Blue vs Newcastle City Whites

Nelson Bay vs Singleton

Northern Shark vs Niagara Park Ourimbah

#### **2020 COMMITTEE**

**PRESIDENT**Joshua Horvath

VICE PRESIDENT
Shane Roche

**SECRETARY** Nicole Mulder

TREASURER
Cath Connick

REGISTRAR

Julianne Mamotte

COACH / MANAGER
COORDINATOR
Michael Blyth

UMPIRE COORDINATOR Cath Connick

**MERCHANDISE** 

Penny Blyth Mel Bentley Sue Elliott

CANTEEN

Tash Rainer

**AUSKICK** Katrina Walker

WELFARE OFFICER
Amanda Douglas

**SPONSORSHIP** 

Karlie Pitkin Tim Pitkin

GENERAL COMMITTEE

Mick Humphreys
Sam Hunt
Karen Wilgar
Sarah-Jane Bourquin
Kim Roche
Jacqui Gainsford
Melinda Labra-Knox
Nicole Burgess



### PRESIDENTS REPORT

As our season heads to an end with most teams finishing up this past weekend, we had some big wins as our 13 boys and 15 girls flexed their muscle at the right time as they locked in finals berths.

Our 17 boys came from behind to take a solid win and cement their spot in the Finals for a second year.

While our 17 YG played the game of their lives to go down by one point in a thriller.

Sadly as the season comes to an end we say good bye to not only some players as they enter a new journey into senior footy. But also to long standing committee members.

Tash, Penny, Michael, Nicole, and Tim and Karli Pitkin will all leave us in the coming weeks, and i just want to take this opportunity to thank them for all the hard work they have put in over not only this year but in years past to make our club what it is today.

To our few teams playing this week, best of luck in your final games. It has been a season like no other playing under the COVID cloud. But i just want to thank the entire MARLINS family for their ongoing support and understanding during an extremely tough season.

Good luck to our 3 finals teams, I will be there cheering us home.

#### **GO MARLINS !!!!**

- SUNDAY 11 OCTOBER FINAL (1v4; 2v3)
- SUNDAY 18 OCTOBER GRAND FINAL
- THURSDAY 8 OCTOBER 2020 @ 6:15 PM

**SPECIAL GENERAL MEETING** will be held to adopt changes to the CONSTITITON, available on Website.

A quorum is required for the changes to be ratified.

FRIDAY 23<sup>rd</sup> OCTOBER 2020 @ 6:00 PM

The **ANNUAL GENERAL MEETING** will be held to elect the new committee for the 2021 season;

A quorum is required for the meeting to commence. New members are encouraged

Both meetings will be held in the Clubrooms

The **PRESENTATION DAY** will be held as individual team presentations due to COVID Restrictions. Your coach will have more details and it will be posted on Facebook when dates are confirmed

**COACHES & MANGAGERS** 

**VENUE** 

Dick Burwell

Dick Burwell

Ferodale

U9

Coach: Kelly Leeson Manager: Mick Humphreys

**U11 BLUE** 

Coach: Dougall Lynch Manager: Gareth Williams

U11 GOLD

Coach: Joshua Horvath Managers: Nicole Burgess

U13

Coach: Brett Thorpe Manager: Kim Roche

U1

Coach: Sean McGrath Manager: Mick Denahy

U17

Coach: Michael Blyth Manager: Terri Leach

**Youth Girls 13** 

Coach: Rick Dyson Manager: Juliet O'Rourke Ass. Coach: Peter Feldman

Youth Girls 15

Coach: Matthew Gray Manager: Julie Lack

Youth Girls 17

Coach: Paul Craven Manager: Craig Partridge

### ROUND 11 MATCH REPORTS



Congratulations to
YG 17 Lilly Partridge & Michaela Craven,
YG15 Scarlet Lack & Jessica McIntyre
YG13 Imogen O'Flaherty





#### **U9 - Nelson Bay vs Maitland**

A glorious spring day at Don Warring greeted the boys for their final game of the year.

Great to see how far the boys have come this year. For a bunch of kids who were mostly auskickers last year to kids that now know their way around a footy field. It's been amazing to see their skills progress.

It's been a tough and interrupted season but the boys have stuck through it like little champions. For most their first season of proper footy and probably the toughest they will ever have.

#### **Kelly Leeson**

# U11 Gold - Nelson Bay Gold vs Newcastle City Sky Blues

The boys headed into today's game down a few numbers. We started our first quarter a little slower than expected, but with the help of man of the match Oscar the boys lifted. Oscar was a stand out at full back and once we moved Jack Smith down back to assist we managed to steady the flow of city goals. Arran was again at his best and well assisted by Orlando who had his best game. Gideon was working over time in the ruck, and was at his best. Flynn M stepped into help out and got some important touches. Flynn S was again running rings around the city midfield.

Kevin was great again winning some hard footy and out little under 9 gun Will just never gave up, showing he is more than ready for under 11's footy

Sadly this week we were just out played by a very strong Newcastle out fit as they hit their stride at the right time.

With one more game to play its great to see the boys putting it all together and growing as players.

#### .Josh Hovarth



## ROUND 11 MATCH REPORTS (cont)



# U11 Blue - Nelson Bay Blue vs Newcastle City Whites

City won 7 8 50 to 3 5 23

A great team performance was displayed by the boys. Captain Zeke lead the team well, with strong voice and tackling pressure, and kicked a nice goal. Jasper was dominant in the ruck giving the Marlins first use of the ball, his tap work and Thomas and Logan W's roving was fantastic, Thomas showed great balance throughout the match, Logan W was again strong in the air taking some great marks. James was untouchable on the wing and flank, driving the ball fwd to George and Jayden who tried valiantly to score. Logan H came into his own after the 1st quarter playing loose in defence he spun and bounced the ball out of the backline. Will was combative as always, unfortunately his day ended early with a nasty shoulder injury. Tyler presented well at half forward and also assisted in the ruck giving Jasper a break. Ryder regained his composure after an ankle injury and ran the game out strongly. Joe did some great work in defence, stepping opponents with ease and kicking long and strong, the ever reliable and first picked Tommy and Ewan held the backline together. Hunter had yet another outstanding game, each week he adds another feature to his game, this week his strength over the ball and aggression was a highlight. With a bit more attention at the scoring end the boys could have come away with a win.

#### **Dougall Lynch**

#### **U13** - Nelson Bay vs Cardiff

What a way to finish the home and away season with 3 games across 8 days.

Starting with a 100point demolition of Newcastle City White at Feighan Oval (match report not submitted) anticipation was high for Wednesday nights rematch with Newcastle city Blue under lights at home.

Once again we proved to ourselves that we can match it everywhere with the side as we got off to a flying start, hitting the scoreboard early and going into the quarter time break even.

Kai Jansen and Hudson Roche stepped up under lights and in their trademark fashion ignited their team mates and troubled the opposition.

Our back six was challenged to operate as a unit and given the responsibility of working together to get the match ups right and proved themselves to be a formidable unit when focussed on the common goal.

Tom Hammond showed his ferocity and intent to run straight lines and provide some fire power off half back, and was abley assisted by Mr reliable Patrick Mcgrath. Will Doherty continued to show how good the future looks and is the coolest head you will find on field, despite heavy attention and being under siege all night he executes continuously at an incredibly high standard. We forget he is one of the younger ones and looks to be a leader of the footy club in future. Charlie Hills switch to defence has been a major success and his contribution on Wednesday night was superb. His growth this year has been A1, and we look forward to more controlled kicks out wide coming from defence from Charlie in the finals series.

Also need to mention James Donovan. He is an absolute animal on field, hard, fast and tough as nails.

Bradley Delaporte was another who showed he isn't there to muck around and truly stepped up to the plate for the big clash. Brilliant across half back and a contested animal when switched into the ruck his only words were "I want more!"

Our forward line is starting to gel now too. Its all about firepower and we had opportunities to take the lead late in the game, but we have to continue to attack the footy especially in the air as city will not allow the easy one over the top.

Harvey was great with three majors and the combination of Ezekiel Nicholas and Nate Chugg is gonna reap rewards.

Remember Zeke, fast disposal against city! Big mention to Cambell Thorp who has shifted forward and looks ready to kick a bag. Not many you would want lining up for the set shot than Cambell with his confidence and intent and has been ask to play tall and contest in the air. If we do this more often than not, keep up the hard tackling and make the most of our opportunities, then its game on!!!



The final fixture was against the Cardiff Hawks at home. In windy conditions we struggled to set the standard that we want but we got the job done eventually. Rotations were necessary as Cardiff were undermanned, so once the mercy rule applied we mixed it up and had a few laughs. If I had to choose a player today it would be Jarvis Henson. Spotted kicking the grass around down back, he was switched into the action and had a blinder!! Had to wonder whether he brought his own ball because today was the best game I've seen for a while. Play with confidence mate, you have a stack of ability and like many of us, we have to believe we are capable and seize our opportunities and the sky is the limit. Another kid to watch out for is Riley Brown. Established on the

### ROUND 10 MATCH REPORTS (cont)

wing, he is all class going inside 50, timing and skill are the trademark and when he is delivering, the boys in the forward line are rejoicing!

Too many names to mention, but what we do know is that when we all contribute, we are unstoppable!

Finals now, and we aim to keep focus over the holidays and rip into Lake Mac in a couple of weeks time.

It will be tough, but we are a team that loves it tough! Adversity is our trademark, and although we shout some names in the report, the fact is we are a team that work together and we all contribute every game and work hard for our mates til the final siren.

We have no individuals, we are one unit, the Nelson Bay Marlins, and a champion team will beat a team of champions every time.

Bring it on!!!

UP THE MARLINS!!!!

#### **Brett Thorpe**

#### U13 YG - Nelson Bay vs Newcastle City

A very busy weekend's worth of football was had by our YG13s, with a catch up and scheduled match forcing Newcastle to make the long trek to the Bay on Friday night and again on Sunday. A sincere thanks to Newcastle parents who took on the Ground Manager and ERC duties, as well as providing a lot of assistance with the setup and the pack up. We really enjoyed the camaraderie of the Newcastle parents and players shown over the three games played. This is totally what community sports are about.

Both games can be summed up as showing some real growth for our Marlins. The unplanned disruption of the season due to our bye and club lock down meant that we have been at least three games behind the other teams in terms of game continuity, experience and training. The whole season has been one of 'learn as you go'.

Well, the increasing skill level, understanding of game play and hunger to win was definitely shown by our Marlins, which I am hoping came as a bit of a shock to the Newcastle girls. Yet again, I have to stress that the scoreboard in no way demonstrated the performance of the team in both matches.

Playing under lights for the first time on Friday was no deterrent to our girls putting in hard. Feldo was a stand out in her attack on the ball and her ruck work. Similarly, the engine room group in the mid-field worked hard to make a contest against the very talented Newcastle players. Eliza and Mackenzie made some real break throughs with their understanding of positioning and game play and this is very exciting for future seasons. However, it was the backline group that truly bore the brunt of the Newcastle attack. Imogen commanded her troops beautifully. Stand out for the night was one of our youngest players, Adele O'Rourke, who showed immense courage and commitment throughout the match. Strong tackles and hard running being the hallmarks of her game—despite the weather and gale force winds making their job in the back so very difficult. The net result

was no mercy rule against us for the first time this season!

Sunday's rematch was held in much more pleasurable conditions. Our girls came to the game with the intent of building on the Friday result and for three quarters this was the case. Newcastle were held to only four goals at half time, much to the surprise of their players I'm sure. Ferocious tackling and contesting across the ground and lots of fast hands moving the ball on were the stand out features of the first half. The second half started with a bit of a lapse in concentration, which resulted in a couple of easy Newcastle goals. The girls switched back on and the game tightened right back up again for the rest of the quarter and for most of the last quarter until they ran out of legs and fatigue set in. Yet again, no mercy rule was applied so we are on the right track. Now all we need is for some of our players to start getting goal hungry and the dam will burst.

Player of the match was Breezy, who showed some elite level fitness and commitment, while taking some big bumps. Her second and third attempts were also a stand out. Special mention goes to Mackenzie, who was ferocious with her tackling—despite not being the tallest of players. It made no difference to her and she was rewarded for her efforts by the umpires, who deserve a special mention. The standard of umpiring was exemplary. Our players learnt a lot from them through their on-field explanations to the players. My thanks as a coach for that support and mentoring to our girls.

One more game to go. This is a season like no other and I cannot commend the girls enough for their enthusiasm and commitment to training and learning this wonderful, crazy Australian game. Let's give Singleton a big shake up before the finals and finish off the season on a high.

#### **Rick Dyson**



#### U15 YG -

#### **Nelson Bay vs Newcastle City Whites**

Nelson Bay 37 v Newcastle White 16

The final round saw the Marin girls cerebrate the 50-game milestone of Jess & Scarlett, as well as Taylor's 14<sup>th</sup> birthday. After an interesting month of football, the only message from the coach was to always give 100%, nothing less, regardless of the result. Catalina led the players out as captain, and it was clear that an-

## ROUND 11 MATCH REPORTS (cont)

other tight game was about to unfold. The game was evenly contested for the first 5 mins of the quarter then Sophie Elliot, took off in the forward line and provided the team with two goals, to set up a great lead, and lift the spirits of the girls. During the quarter break, several complaints from the opposition were relayed via the ground manager that our girls were too rough. Unfortunately, our girls were merely playing the ball, and playing hard. Another good second quarter from the girls, with the opposition having to adjust with the speed and amount of control our girls had the forward line. Yet another complaint from the opposition at half time, about the conduct of our players, showed that the opposition was relying on the umpires to assist them in getting kicks. The girls did lack the discipline to mark up on most occasions when the opposition had the ball, something they need to improve on with stronger teams. However, the girls did hold on during the third quarter, with some brilliant runs from Lilly, showing strength and speed to assist the play being driven forward. AJ also provide control and accurate kicking to position. The final quarter saw our girls continue to play solid football, to have a comfortable win in the end by 21 points. Still not their best performance of the year, nevertheless a win is a win, and the girls displayed great spirit, attitude and team play to really set themselves up for finals in two weeks. Training will continue during the holidays Wednesday & Friday 5:00pm-6:15pm. The next game is elimination final so the girls will need to bring their A game. Well done girls in turning the season around, let's keep going to cement another grand final, in two

Awards; Sophie H, Sophie E, Sarah, Scarlett, Jess M, Lilly, Siara.

#### **Matt Gray**



#### U17 YG - Nelson Bay vs Killarney Vale

Killarney Vale knew they were in for a tough match early. Ellie Duffy took a good mark and Keira Mamotte was strong on the ball. Hilary Dunphy was getting to the ball before her opponents and Jema Moore was tackling strongly. Sustained pressure from the Marlins resulted in a great goal to Amy Bourquin. A behind to Charlotte Connick had the Marlins up by 7. Further Marlins pressure saw Charlotte Connick kick a further two behinds to have the Marlins leading 9-0 at the first break.

Killarney Vale started the second quarter with a goal to trim the margin to 3 The followed that up with another one to take the lead . Killarney Vale were looking to get on top but strong tackling from Lilly Partridge and Keira M. kept the Marlins in it. Jema M. was tackling ferociously as Killarney Vale searched for anoth-

er goal but managed only a behind to lead the bay 13 - 9 at the long break.

Killarney Vale looked to start the second half with a quick goal but a strong mark from Ellie Duffy denied them. Lilly P. and Michaela Craven were combining well as the Marlins started the move the ball upfield. Hilary Courtois had a chance to score but unfortunately her kick sprayed wide. Alissa McLeod kicked a behind as the Marlins started to get on top. Further pressure saw another behind to Keira M. followed by a great goal to Charlotte Connick which saw the Marlins back in front 18-13 at three quarter time.

Killarney Vale kicked an early goal in the fourth to lead again by 1 and it looked like we were in for a thrilling finish. The Marlins continued to compete hard at every opportunity as Killarney Vale struggled to get out of their half. When they did Kiera Pizzuto and Jema M. were strong at the back with great pressure that didn't allow any Killarney Vale scoring opportunities but in the end their 1 point lead was enough as the full time siren sounded. The Marlins, as they have been all season, were brave but just couldn't land the killer blow. A great season by a great group of girls lead by a great coach in Paul Craven.

Thanks to all YG17 parents and supporters for a positive season.

#### Paul Craven / Craig Partridge



#### **U15** - Northern Sharks vs Newcastle City

Scoreboard aside, this was by far and away the best game that the boys have played for the season. It was great to see the boys put their head over the football with just a want to win the ball. They set the standard in the first five minutes and continued this for the vast majority of the match.

The boys stuck to their tasks making it hard for Newcastle to play the way they wanted, so much so that after the match the Newcastle coach approached me to congratulate us the boys on the way we went about the match. The most pleasing thing for myself was seeing the improvement across the board, in both their individual skills and their game awareness.

We now have one last game left for the season, which is a great opportunity for the boys to confirm what they have learnt for the year and get their second win on the board.

#### Sean McGrath



## ROUND 11 MATCH REPORTS (cont)

#### U17 - Northern Sharks vs Killarney Vale

Look away now if you are offended by the F word. It is coming your way in this match report whether you like it or not, but first down to business.

Killarney Vale sat above us on the ladder, had claimed some big scalps in season 2020, and had every incentive to boot us down the street and perhaps out of contention. Not today, thanks.

Another warm and windy day greeted us at Medowie, and despite kicking against a stiff breeze, a three goal to five first quarter had us in pretty good shape on the siren, all things considered. Ethan Parsons was a welcome inclusion and early goal-kicker, Ethan H added to his collection, and Patrick banged one home from half forward. Our defence was getting some punishment with the ball coming out of the middle a bit too easily, but credit to our defensive six who worked their butts off, Lucas being a standout with rebound and flare, Harry skating through tackles, and birthday boy Josh playing the enforcer role, perhaps inspired by Kobe at the other end?

Not too sure what to make of the second quarter, but the inclination to bomb the ball in to the forward 50 is not our best look, and despite multiple forward entries, four miserable points saw us in three goal deficit at the main break.

And then we woke up. Austin into the guts. Cooper breathing fire in the ruck. Juliven exploding from every contest. And Jayden providing the dangerous mosquito all sides fear. Swanny was getting hands on the footy despite a damaged knee. And Cal was having more fun than an afternoon shift at KFC. The tide had turned. Josh went down in extreme pain but brushed it off as a broken ankle and got himself ready for a final quarter battle.

But we saved the best for last. Ethan H got hungry kicking his third. Patrick and Cooper ruled the sky. Kobe, Fletcher, and Riley halved important contests, but best of all, we got relentless gut running from Lachy, Lucas, James, and Kai, cracking open a tired KV defence. Cooper found his goal-kicking range with a double, Jayden feasted on brilliant handpasses to score again, and Juliven kicked the ugliest 50m goal of the year to cap a great game. Jack once again proved that he belongs in the big league.

The Sharks song was a best-ever rendition. The captain's speeches were inspiring. And so here it comes. The F word. Our five goal win elevates us to third on the ladder which means one thing. We are playing for keeps now. FINALS await.

#### Michael Blyth / Mark Wilgar









# ROUND GAME DAY ROSTERS

<u>U13 Youth Girls</u>		<u>U15 Youth Girls</u>		<u>U17 Youth Girls</u>	
Canteen	Robinson	1st Half Canteen		Canteen	
BBQ	n/a	2nd Half Canteen		BBQ	
Time Keeper	Nicholas	Time Keeper		Time Keeper	
Score Board	Lennox	Score Board	8	Score Board	8
Ground Manager	O'Flaherty	Ground Manag guit		Ground Manager	ine
ERC / First Aid	Gainsford	Ground Manage Redition ERC / First A' NOT REDITION OF NOT REDITION OF THE PROPERTY OF THE PROP		Ground Manager ERC / First Aid COVID Offic	
COVID Officer	Lowden	COVID Of NO		COVID Offic	
Runner (Messages)	Cheviot	Runne <sup>r</sup> ages)		Runner (' ses)	
Water Carrier	Begley	Water /er		Water C.	
Goal Umpire	Benbow	Goal Umpire		Goal Umpire	
Jumpers	O'Rourke	Jumpers		Jumpers	
U9		U11 BLUE		<u>U11 GOLD</u>	
Canteen	n/a	Canteen	n/a	Canteen	TBC
BBQ	n/a 📐	BBQ	n/a	BBQ	n/a
Time Keeper		Time Keeper	n/	Time Keeper	Oliver
Score Board	V	Score Board	60	Score Board	Tommy
Ground Manager	day	Ground Manager	diffe	Ground Manager	Henry
Ground Manager ERC / First Aid COVID Officer	NIII.	ERC / First Aid	edired a	ERC / First Aid	Arran
COVID Officer		COVID Office	n/a	COVID Officer	Jack C
Runner (M		Runner (M s)	Benbow	Runner (Messages)	Jack S
Water C		Water Can	n/a	Water Carrier	Oscar
Goal Ump.		Goal Umpire	Watson	Goal Umpire	Flynn M
Jumpers		Jumpers	Chappell	Jumpers	Jack C
<u>U13</u>		Chappell  U15—Northern Sharks  Canteen  BBQ  n/a  Time Keeper  Score Board  Ground Manager  ERC / First Air'  COVID Offi Runner  Wa'  Not Subnited FER Office of County of Count		<u>U17—Northern Sharks</u>	
Canteen		Canteen	n/a	Canteen 1st Half	
BBQ		BBQ	n/a anger	Canteen 2nd Half	
Time Keeper		Time Keeper	n/c n/Mr	Time Keeper	
Score Board	8.	Score Board	coact	Score Board	de
Ground Manage wife		Ground Manager with ame		Ground Manager guife	
Score Board Ground Manage Capited ERC / First Air Late Red Level COVID Office No. 1		ERC / First Aid ned net le Gr		Score Board Ground Manager ERC / First Aid Reputer COVID Offic	
COVID Offi 40		COVID Off ad Capo	,1/a	COVID Offic	
Runner / ges)		Runne Smitte FER		Runner (′ ¸es)	
Water ∠r		War at Sulv		Water	
Goal Umpire		( No e		Goal Umpire	
Jumpers		Jum, ,		Jumpers	



Download the COVIDSafe App



<u>SET UP &amp; PACK UP</u>				
	U11 Gold			
DICK BURWELL	FIELD SET UP			
OVAL	YG13			
	FIELD PACK UP			



#### NELSON BAY JAFL CODE OF CONDUCT



#### Parents & Supporters Code of Conduct

- Support the participants and enjoy the Match;
- Encourage participation, but don't force it;
- Teach that enjoyment is more important than winning;
- Not ridicule mistakes or losses;
- Lead by example and respect all Players,
   Coaches, Umpires, Officials and spectators.
   Physical or verbal abuse will not be tolerated;
- Recognise all volunteers who give up their valuable time;
- Not publicly criticise Umpires and instead raise personal concerns with Club Officials in private;
- Do not use remarks based on race, religion, gender or ability as many such comments are politically incorrect and it is your Coach, team-mates, Club and family that are let down with such remarks;
- Respect the facilities and equipment of their own and opposing Clubs;
- Not engage in physical and/or verbal intimidation, abuse or conduct toward any Player, Official, Umpire or supporter;
- Condemn the use of violence in any form, whether it is by spectators, Coaches, Officials or Players;
- Not use abusive language;
- Not to enter the field of play in any sanctioned Competition Match unless granted permission by an Official to do so;
- Not take part in any form of bullying including via the use of social media.

#### Players & Officials Code of Conduct

- Participate in Competition Matches in accordance with the Laws of AFL;
- Respect the spirit of the Laws of AFL and fair play, and behave accordingly;
- Display and foster respect for Umpires, opponents, Coaches, administrators, Officials, parents and spectators;
- Never to argue with or dispute a decision of an Official;
- Control their emotions, and not engage in verbal abuse of Officials, sledging Players and/or Coaches or behaviour that deliberately distracts or provokes an opponent;
- Never engage in any type of violence either on or off the field;
- Contribute to a safe sporting environment and respectful culture which is accepting of individual differences, and behave accordingly;
- Cooperate with their Club Officials, Coaches and team-mates;
- Participate for their own enjoyment and benefit and for the enjoyment and benefit of their teammates, Coaches and Club Officials;
- Comply with and observe the AFL Vilification and Discrimination Policy including respecting the rights, dignity and worth of all participants regardless of gender, ability, sexual orientation, cultural background or religion;
- Not take part in any form of bullying including via the use of social media
- Not make or post inappropriate, offensive or discriminatory comments in public, including via social media, about Players, Clubs, Umpires, Officials, the AFL, AFL NSW/ACT or the League.

If you have a photo you would like included from your match email it to

bazrin@hotmail.com

PLEASE ENSURE ALL IMAGES ARE UNDER 1MG (preferably less)

Mouth guards are compulsory for training and game day. Also, if your child has a medical condition that requires a puffer, epi pen or may impact on their health during an activity, please advise your coach / manager so they are aware and it can be monitored.



### THANK YOU TO OUR SPONSORS









