



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 11

26 - 06 - 2022

Auskick



Dennis Armfield visits Auskick - Our Auskickers were thrilled to have a special guest appearance from Sharks Senior Coach, Dennis Armfield last week



www.sharksjfc.org.au

At the Yarra Table



The YJFL has released the first edition of 'At the Yarra Table'. A three part video campaign to not only celebrate the women and girls in our League, but provide information to those who may be interested in joining in a certain capacity.

Our Club Captain, Ava Leonard was recently invited along with two other rising stars and two current AFLW former players in a round table discussion to talk about females in the YJFL and football.

Find out more about this series at

<https://www.yarrajfl.org.au/2022/06/21/female-footy-roundtable-discussion/>

We Need You

We have a number of fun events coming up before the end of the season including End of season Family burger night and presentation day/AGM.

We are looking for willing volunteers who are able to help behind the scenes and on the day to ensure these events run smoothly. Jobs could include compiling invite lists and sending out invites, sourcing food and entertainment, Merchandise coordination and lots more.

If you have an hour or two a week you can dedicate to helping us make these events the best yet we want to hear from you.

Please get in touch with Kate Gniel at president@sharksjfc.org.au to chat further.

Kick a Footy INTO A BIN AT HALFTIME and SUPPORT OUR SENIORS

POFNC versus Noble Park this Saturday 09/07

19's – 8.50AM

Women – 10.30AM

Reserves – 12.15PM

Seniors – 2.20PM

Approx. 3.25PM – 3.40PM TO WIN \$50.00

Multiple CASH prizes if more than one winner

Open to all SHARKS junior players , but they must be dressed in SHARKS gear.

At end of second quarter meet at bottom of stairs , on oval near gate and BIN will be setup in front of scoreboard.

1 kick each for as many sharks players as we can get through.

Come down with your FAMILY PASS, FREE ENTRY,

and join in the fun for a Saturday afternoon at Domeney.

JUNIOR SHARK PLAYERS MUST BE DRESSED IN SHARKS GEAR to participate

ROUND RESULTS

Girls

U12 Park Orchards 6.6.42 defeated Camberwell 1.2.8

U15 Park Orchards 11.13.79 defeated Canterbury 2.2.14

Youth Park Orchards 2.6.18 defeated Heidelberg 2.2.14

Boys

U11 Park Orchards 4.4.28 defeated Bulleen Temp 3.9.27

U12 Park Orchards 56 defeated Kew Rovers 13

U13 Park Orchards 4.10.34 defeated Ivanhoe 2.5.17

U14 Black Park Orchards 8.2.50 defeated by Camberwell 8.7.55

U14 Red Park Orchards 15.8.98 defeated Ashburton 1.1.7

U15 Red Park Orchards 5.4.34 defeated by Banyule 7.9.51

U16 black Park Orchards 5.6.36 defeated by Bundoora 6.9.45

U16 Red Park Orchards BYE

Colts Park Orchards 7.4.46 defeated Beverly Hills 5.6.36

We apologise for the game results posted in last Shark Attack for U12 Girls and U15 Girls. Please see correct scores below for Round 10 19/6:

U12 Girls Park Orchards 8.10.58 defeated Kew Comets 1.0.6

U15 Girls Park Orchards 5.9.39 defeated Ashburton 1.3.9



*Colts celebrate long awaited win.
Awesome effort boys!*

Season Calendar

Round	Date
BYE	3-July
BYE	10-July
12	17-July - Sponsor Breakfast
13	24-July - Club Photos
14	31-July
	4-August - Auskick 21st Birthday Celebration
15	7-August
16	14-August - End of Season Family Burger Night
Semi Finals	21-August
	27-August - Parents Social Night
Preliminary Finals	28-August
Grand Finals	4-September
	11-September - Presentation Day & AGM

LIONS V DISTRICTS CANCER FOUNDATION INC

PATRON: MR FRANK COSTA AO

AMBASSADOR: MR DAVID MANN AM



FREE SKIN CANCER SCREENING

THE LIONS CLUB OF PARK ORCHARDS INC.

in a joint project with

The Lions V Districts Cancer Foundation Inc.

Trained volunteer dermoscopists (skin screeners) will
conduct FREE Skin Cancer Checks

At: Domeney Reserve, Park Orchards on Fri 2nd Sept
& North Ringwood Shopping Centre on Sat 3rd Sept

To book a free skin check appointment -

Phone: **0457 338 997** or

Email: **ian.sutton@hotmail.com**



Saving lives through skin checks and skin care awareness

Committee News

Thank you Rod

For more than 8 years Rod Bastin has been an integral and valued member of the Sharks as coach, assistant coach, runner as well as Treasurer for our club. Rod has recently decided to step down from his role as Treasurer.

On behalf of the club, the committee would like to thank Rod for his contribution over the past few years. We wish Rod well and look forward seeing him at the club again soon. Thank you Rod!



Jodi Haddrick

My name is Jodi and I am your new Admin Support for the Sharks.

I have a background in education and HR.

I most recently spent 9 years in HR at Peter Mac where I was heavily involved in transitioning the hospital and staff from the old East Melb site to the new VCCC at Parkville.

Prior to that worked at both KPMG and Allianz running their injury management teams.

I have had various administrative roles over the years whilst travelling and studying, ranging from real estate in Byron Bay, an aviation law firm in London to a health clinic in whistler Canada. I have 3 children playing footy at the sharks – U12 girls, U10 and U8 boys.

I am looking forward to getting more involved with the club and community.



Angela Brown

Arrived from Germany in the 80's on holidays and decided to stay. Married with 2 grown up girls and have been living in Park Orchards for more than 25 years.

On a community level, I've been involved with the Park Orchards Netball Club including the treasurer for a couple of years and with the MENA (Melbourne Eastern Netball Ass.)

I have a Certificate IV in Accounting and Bookkeeping and I'm a registered ATO BAS Agent. I'm currently contracting to a city accounting firm and I've been part of their team for more than 15 years.

Up coming Events and info

SALT/Clubs with heart - Save the date

Positive Coaching Session 11th July 7.30-9pm @ Domeney

Positive Parenting Session 13th July 7.30-9pm online.

More details to follow.

Senior game this Saturday

This weekend our seniors take on Berwick at Domeney. Head down with friends and family to show your support for our mighty Sharks. The game starts at 2.10pm. Don't forget to use your family pass to get free entry to the ground.

Mindful Aus.

- opt In Colts/ Youth Girls Sessions Dates TBC

Maroondah Osteo Sessions

Maroondah Osteo recently hosted an injury prevention session for our Under 10 Girls. They all loved it and we will be rolling this session out across the club over the coming weeks.

If you're interested in more information or to book an appointment, please contact reception and let them know you are from Sharks FC for 10% off your 1st session.



Concussion Signs Symptoms and Rehab Online Session (Physica - Anthony D'Aloisio)

Anthony is a Musculoskeletal Physiotherapist who has trained and worked extensively in Concussion Assessment and Management.

Overseas he has worked with Motorsport Race Car Drivers in the UK and Rugby Union players in New Zealand. Here he played a role in implementing Matchday Concussion Management Protocols and Return to Sport criteria.

Locally he has worked with Australian Rules Footballers and Cricketers

Special Mention



*You're
Invited!*

**WOMEN AND GIRLS IN FOOTBALL
- PATHWAY EVENT -**

When: Friday 22nd of July

Where: Domeney Reserve

Time: 6.30pm to 8pm

Pasta Bolognese Dinner will be provided.



Please RSVP your Attendance to Deb at deb garden@gmail.com
along with any dietary requirements by 15th July

Team Photos

Sunday 24th July

FURTHER DETAILS RE SCHEDULE TO COME

Clean boots, playing jersey to be worn, coaches and team managers
to be wearing Sharks jacket or hoodie.

Sunday 24 July	Photo	Fixture	Venue	Game Time
U9 Boys 1st	7.45am 8.00am SPARE	vs Doncaster	Domeney Reserve	8.30am
U12 Boys 2nd	8.15am	vs Hawthorn Citz 8.30am	Victoria Road SPARE	10.00am
U10 Boys 3rd	8.45 am 9.00am SPARE	vs Camberwell	Domeney Reserve	10.00am
U12 Girls 4th	9.15 am 9.30am SPARE	vs Heidelberg	Heidelberg Park	11.30am
U11 Boys 5th	9.45 am	vs Parade Saints	Stintons Reserve	11.30am
U13 Boys 6th	10.00am	vs Heidelberg	Domeney Reserve	11.30am
U8 Boys 7th	10.15 am 10.30am SPARE	vs Bulleen Temp	Bulleen Park	8.30am
U15 Girls 8th	10.45am	vs Parkside	Pitcher Park Alphington	1.00pm
U16 Boys B 9th	11.00am	vs Ashburton	Ferndale Park Glen Iris	1.00pm
Youth Girls 10th	11.15am	vs Doncaster Bulleen	Schramms Reserve	1.00pm
U15 Boys 11th	11.30am	vs Bulleen Temp	Bulleen Park	1.00pm
U 14 Boys - R 12th	11.45am	vs Brunswick	Stintons Reserve	1.00pm
U14 Boys - B 13th	12.00 pm	vs Northcote	Domeney Reserve	1.00pm
U10 Girls 14th	12.30 pm	vs Ashburton	Burwood Reserve	10.00am
U 16 Boys R 15th	1.00 pm	vs Kew Rovers	Stintons Reserve	3.00pm
Colts 16th	1.15 pm	vs Ashburton	Domeney Reserve	3.00 pm

PLAYER PROFILES

PROFILE • DAN NIELSEN • U14 RED

Nickname – Dannyboy

School attending – Whitefriars

How long have you been playing footy? – since 2014

Fav footy team – Hawks

Fav AFL player – Changkouth Jiath (CJ)

Best footy memory/moment – winning Whitefriars grand final 2021

Funniest moment - goal celebrations in U9

Why do you love playing AFL – hanging out with mates



PROFILE • FELIX HATTWICH • U14 RED

Nickname – Felo

School attending – Luther College

How long have you been playing footy? – 8 years

Fav footy team – Essendon

Fav AFL player – Anthony McDonald **Tipungwuti**

Best footy memory/moment – Running through the banner of my fiftieth game

Funniest moment - Having my first legitimate goal in footy not count because of the no kicking off the ground rule

Why do you love playing AFL – I love everything about it, the kicking the fitness and the marking, but most importantly the fun aspect of the game and all of the relationships that go along with training and gameplay.

Achievements: Runner up best and fairest for yjfl in season 2021



PLAYER PROFILES

PROFILE • LENNY KILWORTH • U 13

School attending: Luther

How long been playing footy including Auskick: 3 years

Fav footy team: Geelong cats

Fav AFL player: Jeremy Cameron

Pre-game food: Weetbix

Best footy moment/memory: yet to come



PROFILE • DOMENIC PARISELLA • U 10

Nickname: Dommo

School attending: St Anne's

How long played: 5 years

Favourite footy team: Collingwood

Favourite AFL player: Jamie Elliot

Pre game food: Plate of pasta the night before.

Best footy memories: Kicking a goal in the win against Hawthorn.

Funniest moment: Getting sprayed by Bailey's water bottle after a win!

What do you love about footy: Playing with friends in a sport I love!



Manningham Headspace

Help call for a headspace in Manningham!

- Manningham Council is advocating for a local headspace and needs your help.
- headspace is a trusted service that provides mental health support for young people aged 12-25.
- Travelling to the closest headspace can take up to 80 minutes and wait times at existing headspace services can be up to six months. Suicide is also the leading cause of death for our 15 to 24 year olds. We want to establish a headspace in Manningham to make it easier for our young people to receive mental health support.
- Share your thoughts on accessing youth mental health services and tell us why you want a headspace in Manningham.
- If you are under 25, complete our survey to go in the draw to win one of three \$50 vouchers for Westfield Doncaster: mcc.newsletters.alchemer.com/s3/. Entries close on 2 July.
- If you are 25 or older, join the discussion on Your Say: yoursay.manningham.vic.gov.au/youth-mental-health. Entries close on 2 July.



Sponsor of the week



Glass Express is a family-owned glazing business, operating for 16 years who provide 24 hour, 7 days a week glazing services to Melbourne homes and businesses, both in retail and commercial.

We offer a range of services; glass repair, replacement, double glazing, custom fit glass, toughened/tempered glass, aluminium fabrication for windows/shop fronts/office partitions, measurement and installation of curved glass display cabinets and emergency shutter services.

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Our team are always there to help you make the right choice for your motoring needs and will ensure that you enjoy your experience with us.

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ph. 5962 4333



Mental Health & Wellbeing Support

Sporting clubs are at the hub of every community throughout Australia. Everyone benefits from a supportive team environment and positive culture.

At the end of 2021 and after two disrupted years, the Sharks Junior committee identified a need in our club for mental health support and education for our Sharks players and Sharks community.

As a result we are excited to provide our Sharks players with support opportunities this season and beyond. In consultation with the YJFL, it was recommended we engage the amazing support of Sport & Life Training (SALT).

SALT is a not-for-profit mental health and wellbeing organisation that delivers high quality education sessions into sporting clubs, workplaces and schools. Their aim is to help build mentally resilient people with healthy values who provide positive influences on their teams, workmates, classmates and their broader community.

Their courses cover many different topics such as mental health and wellbeing, leadership, healthy masculinity, female empowerment, equality and respectful relationships, positive parenting, and coaching.

SALT's sessions are interactive, non-judgemental and engaging to participants. They are based on positive psychology and the latest research from the appropriate peak bodies.

They have a team of highly skilled presenters who are passionate about promoting positive culture in sporting clubs, workplaces and schools.

Our partnership with SALT will be kicking off with two sessions:

Face to face coaches information session

Monday 11th July from 7.30-9pm @ Domeney

Online parent information session

Wednesday 13th July from 7.30pm-9pm

Each session will give attendees an insight into the work of SALT and explain why sport is used as a tool to prepare children to be strong, caring, capable and successful adults.

Details for both sessions have been emailed out. Please RSVP accordingly

We are thrilled that SALT will be sharing their knowledge with you over the coming months and moving forward.

In the meantime we encourage you to keep an eye on your emails and familiarise yourself with SALT by visiting <https://sportandlifetraining.com.au/>

Team Sponsors

We thank the following business for their generous sponsorship of the below teams.

U8



U11



U13



U15



Colts



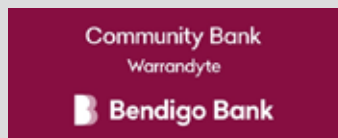
Youth Girls



U10



U12



U14R



U16R



U15Girls

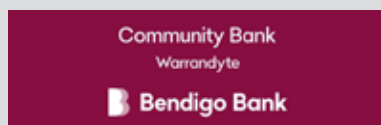


Club Sponsors

MAJOR SPONSORS

CLUB RINGWOOD

GOLD SPONSORS



SILVER SPONSORS



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Milestone Banners

A milestone banner is a run through banner that players use to celebrate when they reach 50, 100 or 150 Sharks games played.

Your team manager will be able to let you know when you are reaching milestone game tally

There are two steps to organising the banner:

1. Book the Sharks banner which will frame your child's crepe paper insert.
2. Order or make your own crepe paper insert with your child's detail on it.

PLEASE REFER TO THE CLUB WEBSITE FOR MORE DETAILED INFORMATION. THE BELOW IS ONLY A BRIEF OVERVIEW

STEP 1: BOOK THE SHARKS BANNER

The Club has 2 banners for use by Sharks families to celebrate the milestone games 50 Games and 100 Games (some reach 150 Games)

The outside of the banner is what you book using the online booking form on the website: Sharks Junior Football Club » Run-Through Banner (sharksjfc.org.au)

This form goes to Peter Hume who manages our banner bookings and will liaise with you regarding collection and return

The inside section of the banner is designed to be filled with crepe paper and used as a run through for the players (see Step 2)



STEP 2: ORDERING OR MAKING THE BANNER INSERT

The banner insert is a crepe paper section which attaches to the banner and is designed for the players to run through. You can order the crepe paper banner insert or you can make your own.

Pre-Made banner by Milestone Banners

Milestone Banners is a company that will make the insert of your banner & deliver it to your door. They need 1-2 weeks notice & prices start from \$150

DIY Banners

If you decide to make your own please refer to our website for instructions and templates





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JUNIOR FOOTBALL CLUB

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Train to be a junior AFL Umpire

Are you minimum 14 years old and
looking to earn some extra money?

Why not give umpiring junior AFL
a go. You'll receive training
every week, no night shifts
and keep fit!!

The YJFL are always looking for new
enthusiastic umpires to start their
umpiring career within the states
biggest junior football league!

You will be able to attend weekly
training sessions within Sharks territory
at Colman Park in Warrandyte South by
the highly experienced Jackson Emery
Colman Park Tuesdays 6-7pm.

Contact Nina on 0409564724 or
merchandise@sharksjfc.org.au
if you are interested in
being a junior AFL umpire