



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 2

30 - 04 - 2023

2023 Club Captains and Vice Captain

Each season, the committee selects Club Captains and Vice Captains from the Youth Boys and Youth Girls cohort who will represent our club for that season.

The Club Captains are invited to take part in various opportunities throughout the season, showcasing our football club, but more importantly, grass roots football.

Our 2023 team has already started their role by laying a wreath on behalf of our club at the Ringwood RSL ANZAC DAY dawn service.

A huge congratulations to our 2023 Club Captains and Vice-Captain.

Captain:
Ava Leonard

Captain:
Jack Fortington

Vice Captain:
Jake Glastians

Milestone Games



Congratulations to Em Rankin, Jaden Lawrence and Gabriel Ialano who recently celebrated her 50th games. What an effort! Well done!

Park Orchards North Ringwood Parish Junior Football Club acknowledges the Wurundjeri people as the traditional owners of the land and we pay our respects to elders past and present.

www.sharksjfc.org.au

Season Launch

We officially opened the season at our club launch event at Domeney Reserve on Sunday. Thank you to everyone who attended. It was so special seeing our community in the Shark Tank kicking off the 2023 season.

A huge thank you to our Events Coordinator, Bel Palframan who did an incredible job organising the night.

Bel would love to expand her team -if you would like to help with the events this season, please get in touch with us.



Oakleigh Chargers Reps

Congratulations to the Sharks players who have been selected for Oakleigh Chargers in 2023. Such an awesome achievement. We hope you have a great season ahead

Ruby Chandler

Kane Oppy

Lucas Tovey

Thank you

We are thrilled to announce our incredible Team Managers for Season 2023

A HUGE thank you to each and every one of them for volunteering their time for this season.

2023 TEAM MANAGERS – BOYS	
UBR	Lara Mackay
U8B	David Cullen
U9	Jess Colgan
U10	Geoff Matthews
U11	Amanda Sommers
U12	Laureen De Rooden
U13R	Jason Atkins
U13B	Jane & Warren Hattwich
U14	Jill Duffy
U15R	Sarah Hodgson
U15B	Alisa Frail
U16	Rob Sette
YOUTH BOYS R	Andrew Dominko
YOUTH BOYS B	Jodie Buglar

2023 TEAM MANAGERS – GIRLS	
U10	Sophie Broadbent
U12	Liz Gatt
U14	Eulind Stevenson
U16	Jo MacKenzie-King
YOUTH GIRLS	Liz Brown

Coaches Training session

The club was thrilled to host the Tackle Your Feelings night, run by YJFL CEO Aaron Bailey. Our Sharks coaches and a few coaches from neighboring clubs attended the YJFL training session at our club rooms this week. A mental health training program for community AFL coaches. We would again like to thank all our coaches for the extra time and work behind the scenes they do (like these nights) to ensure our players are experiencing the best of junior footy.



Sharks Calendar of Events

7th & 21st May Club photos @ Domeney (details TBC)

10th May

Empowerment & Leadership session
with SALT for Girls U14, 16 & YG @ Domeney 5-6pm

22nd May

Positive Sports Parenting session with SALT @ Domeney 7.30pm
(see flier below for more information)

14th May

Round 4 - Community Umpiring Week

15th – 21st May

National Volunteer Week

21st May

Under 8 Round Robin (details TBC)

21st May Sir Doug Nicholls Round

28th May Under 9 Round Robin (details TBC)

28th May Love the Game Round

23rd July TAC Road Safety Round

2023 FIXTURE

ROUND 1	23 APR	ROUND 7	4 JUN	ROUND 12	30 JUL
ROUND 2	30 APR	KING'S BIRTHDAY (INTERLEAGUE)	11 JUN	ROUND 13	6 AUG
ROUND 3	7 MAY	ROUND 8	18 JUN	ROUND 14	13 AUG
ROUND 4	14 MAY	ROUND 9	25 JUN	FINALS	
ROUND 5	21 MAY	SCHOOL HOLIDAYS		SEMI FINALS	20 AUG
ROUND 6	28 MAY	ROUND 10	16 JUL	PRELIM FINALS	27 AUG
		ROUND 11	23 JUL	GRAND FINALS	3 SEPT

Sharks Team Photo Days

Nick from Aonesports Photography will be capturing all our wonderful teams for season 2023 this Sunday May 7th and Sunday May 21st at the Domeney club rooms.

The Sharks will provide every player with a TEAM PHOTO free of charge.

Portraits plus swap cards are available to purchase separately via a payment envelope.

Team managers will have all payment envelopes to hand out to players prior to photo session, spare envelopes will be available on the day for those who are not listed due to signing up to the club after the initial team information was sent.

Team Photos will be held at Domeney Reserve Club Rooms at allocated times to ensure all players have time to get to their games that day.

Your Team Managers will communicate your times with you. So please keep an eye on your comms.

IMPORTANT INFORMATION

- Teams need to be at Domeney at least 15 minutes prior to their allocated time.
- Players should be dressed in their playing uniform, Team shorts, Sharks socks and Game Day Jersey.
- Players to ensure that boots are clean.
- Team Managers, PLEASE bring a clean game day football, pumped up, for the photo (and don't forget to take it with them after the photo!)
- Team Managers and Coaches to be in Sharks Jacket or Hoodie.
- No jewellery or watches to be worn in photos.

Please contact your Team Manager if you have any further queries.



FREE CPR & FIRST AID TRAINING - Monday 8th May @ Domeney 6.30-9.30pm

First Aid is valid for 3 years

CPR is valid for 1 year

This is our last FREE OF CHARGE training opportunity - please take advantage.

So for those that have a current valid first aid certificate, you only need to book in for CPR.

Each participant is required to complete online pre-course work both for CPR and First Aid - that is why the time is less face to face on the night.

Our facilitator, Jo James will be in touch with your pre-course information.

The first hour of the course is CPR so those who only want to do CPR please arrive at 6:20pm and you should be finished by 7:30pm. Those who are needing the full First Aid Course will stay for the remainder of the night (please arrive at 6:20pm also).

Please arrive 10 minutes early.

Please email admin@sharksjfc.org.au to register your interest.



Call for Auskick Coaches

Our Auskick Centre kicked off their season last Thursday afternoon at Domeney with over 70 excited boys and girls.

A huge thank you to Katie Fisher and Brewtt Wright who have volunteered to run Auskick this season. It's going to be a great season ahead.

While Auskick has a lot of parent helpers, we are keen to offer our Sharks players the opportunity to give back.

If any players over the age of 11 are interested in helping out at Auskick this season please get in touch with Katie and Brett by email at auskick@sharksjfc.org.au



SALT
SPORT & LIFE TRAINING



Positive Parenting

Undertaking Sport and Life Training this year has proved to be the most valuable and important training we have ever committed to as a club.
- Noel from Lindenow South FNC

DATE

22 May 2023

TIME

7:30pm - 9:00pm

LOCATION

Domeney Reserve
Knees Rd, Park Orchards

For more information

www.sportandlifetraining.com.au

PH: 1300 980 424

scott.angove@sportandlifetraining.com.au

This module starts with the premise that sport is about life, life is not about sport. Many children form too much of their identities around their sporting talents and achievements, rather than the character strengths and the values they demonstrate. This will give parents a clear perspective on how to support coaches and clubs in positive ways and how to conduct themselves at junior sporting matches. They are challenged to see that sport is an opportunity to set their kids up for life success and are encouraged to help their children to value the strengths that sports develop such as courage, discipline, teamwork, good decision making, good communication and sacrifice. In this module, parents are provided with fantastic tools to prepare their children to be strong, caring, capable and successful adults. This course is generally run at the beginning of the season and can be done on-line to maximise parents' attendance.



PROUDLY SPONSORED BY:



WIN

WIN

MOTHER'S & SPECIAL PERSON'S DAY RAFFLE



Garmin Lily Sport Smartwatch (RRP \$349) & water
bottle

Tickets on sale NOW!

\$5 per Ticket

\$20 for 5 Tickets

www.trybooking.com/CIAML



Tickets are on sale until 6pm on Sunday 14th May
ONE winner will be drawn at random

www.sharksjfc.org.au

2023 Team Sponsors

A huge thank you to our team sponsors for 2023. We really appreciate your support.

If you would like to be part of our club for season 2023 and would like to know more about the sponsorship packages and opportunities available, please email sponsorship@sharksjfc.org.au



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Jellis Craig

Jellis Craig Directors Daniel Bullen & Dallas Taylor alongside a team of more than 60 high-performing sales and property management professionals, work together seamlessly to ensure clients receive the highest standard of communication, support and strategic advice.

Both are local residents of the Park Orchards community and are personally and passionately involved with the Park Orchards Junior Football Club. As locals, they bring impeccable shared knowledge of the enviable lifestyle attributes of the three municipalities, including multiple public transport options, leading private and government schools, shopping precincts, dining and recreational attractions.

Committed to always finding new ways to connect more buyers with sellers, the team provide unique, sophisticated and innovative property marketing campaigns, sales strategies and management, servicing the local community with skill, integrity and passion. Our commitment to clients is demonstrated by our strong record of achieving premium results.

Jellis Craig is committed to forging strong bonds with our local community. We provide support via sponsorship and fundraising assistance to local schools, sporting groups and associated community groups and are both proud of this support.

With their offices located in Whitehorse, Manningham & Maroondah, Daniel and Dallas cover the Eastern suburbs and beyond these immediate local areas as well.

Mention the Sharks Junior Football Club prior to listing your property for sale or leasing with Dallas or Daniel and the Sharks will receive \$250-\$1000 from Jellis Craig.

Thank you Jellis Craig!



Daniel Bullen

0412 809 725

danielbullen@jelliscraig.com.au



Dallas Taylor

0408 217 778

dallastaylor@jelliscraig.com.au

RINGWOOD MAZDA CX-60 GIVE AWAY

**PURCHASE A MAZDA CX-60
FOR YOUR CHANCE TO WIN***



**The ULTIMATE
Sydney Luxury Weekender for 2**

*T&Cs apply. Purchase a Mazda CX-60 from Ringwood Mazda up to and including the 31st of May 2023 to go into the draw. Visit www.ringwoodmazda.com.au for details.



Ringwood Mazda

For more than 20 years, Ringwood Mazda has been selling and servicing new and used cars in Melbourne's Eastern suburbs.

This family-owned business boasts a state-of-the-art modern showroom and large display areas to allow customers to casually browse the great range of Mazda vehicles.

Voted as No.1 dealer for customer satisfaction in their sales and service departments, Ringwood Mazda provides an expert after sales service. Their staff provide customers with the best of care at all times, so whether you are buying, selling, or leasing, drop in to experience the difference at Ringwood Mazda.

www.ringwoodmazda.com.au

Buy Swap Sell Group



If you have any Sharks gear that you can no longer use or are looking for something in particular, don't forget to check out the Sharks Buy Swap Sell Group on Facebook.

Let's get social

Don't forget to keep up to date with all the latest news and happenings at the Sharks on our Facebook and Instagram page.



Follow us on facebook and Instagram for all the latest news.

Facebook: Sharks Junior Football Club (PONRPJFC)

Instagram: @Sharksjfc

INCLUSION

FOOTY 4 FUN



play.afl



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun inclusion is for people aged 5-12 that identify as having a disability. The program will involve fun and modified AFL and sport activities delivered in a safe and inclusive environment. All abilities are welcome! Facility is wheelchair accessible.

WHERE:

Mullum Mullum Stadium, Donvale
Parking available

WHEN:

Monday - 15/5 & 22/5
4.30pm - 5.30pm

alex.federico@afl.com.au



REGISTER HERE!

MAROONDAH OSTEOPATHY & SPORTSCARE

Injuries in AFL

Over the last few years we have seen a large increase in sporting injuries in our local sporting clubs due to lockdown inactivity and decreased pre-season/in season activity. We also know that with increased knowledge around injuries, understanding how to manage them and what to do post injury. We can ensure easier and safer returns to sport, with less worry and distress to our children.



COMMON INJURIES IN AFL

- Strains (hamstring, quad, calf, adductor)
- Knee injuries – ACL tears (contact and non-contact)
- Shoulder sprains / dislocations
- Concussion

MECHANISMS & RISK FACTORS

- ACL injury risk factors include speed and change of direction, knee instability, angle of landing, and studded boots increasing friction with the ground.
- Hamstring strains can occur during high speed running and picking the ball up from the ground. Ankle sprains can occur during marking contests, where a player may land on another player's foot or uneven ground.
- Lack of lower body strength and stability can increase the risk of injury.
- Fatigue & inadequate sleep increases injury risk – more likely to get injured towards the end of a game or training. A sudden increase in training load after a period of prolonged inactivity.



WHAT CAN ASSIST IN PREVENTING OR ASSISTING WITH AN INJURY?

- Working on landing and stopping mechanics and developing strength and balance.
- Ensuring recovery is sufficient including getting enough sleep (9-11 hours per night for 6-12 year olds and 8-10 hours per night for 13-18 year olds), eating and hydrating appropriately around training and having at least 1 rest day/week.

- Participate in a conditioning & fitness program during pre / in-season that also focuses on injury prevention.
- Get the free Headcheck App which helps identify concussion signs and manage recovery.
- Sports training & gym in adolescents should be <16hrs/week (this includes school sport).
- Monitoring player load including overtraining, stress and rest/wellbeing.

HOW CAN WE HELP AT MAROONDAH OSTEOPATHY & SPORTSCORE?



- We have a dedicated team of **Osteopaths** who can assist with your injuries by diagnosing, providing hands on manual therapy to assist with mobility and pain reduction and creating a management plan to return to sport.
- Our **Exercises Physiologists** can design specific rehabilitation and prehab exercise plans to assist you or your child return to play or with injury prevention.

- Our **Remedial massage therapists** are able to assist alleviate pain, improve range of motion, and promote healing.
- We also have a **Dietitian** who understands how food and nutrition influence the body and can provide personal support to encourage optimal health and wellbeing.

<https://maroondahosteo.com.au>

Phone: 9876 5815

Email: info@maroondahosteo.com.au

Any further questions please dont hesitate to contact
Emma - Exercise Physiologist
Kate - Osteopath



SHARKS

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UMPIRES



Train to be an AFL Umpire

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

Are you a Mum, Dad or young adult looking to be a part of your local footy community, keep fit, and earn a few dollars?

Why not give umpiring junior footy a go?

The YJFL is always looking for new and enthusiastic umpires to start their umpiring career within Victoria's biggest junior football league.

Every game from U8s is paid and you have opportunity to be both a club and league umpire.

You'll receive training every week from experienced league trainer Jackson Emery at our local training hub, Colman Park, Warrandyte South.

For more information please contact Nina on 0409564724 or umpires@sharksjfc.org.au