



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 4

14 - 05 - 2023

Around the grounds
Mother's Day & Community Umpire Appreciation Week



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

Mother's Day

Around the grounds
Mother's Day & Community Umpire Appreciation Week



Milestone Games

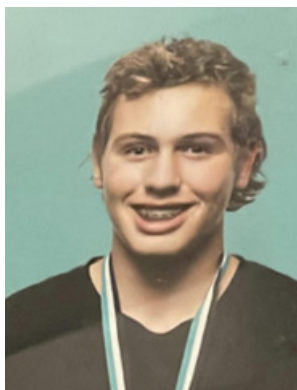


Congratulations to Maxi McLeod, Charlie McGinty and Hugh Marsh (no picture) who all celebrated their 50th games on Sunday. Well done boys!



If anyone in your team is celebrating a milestone game or has any other special news, please send photos to admin@sharksjfc.org.au so we can share the news with the rest of the club.

Community Umpire Week



Last week was Community Umpiring Week and the theme was the "Celebration of Umpiring".

Jaden, Elissa, Oscar and Lachie are four of our awesome club umpires.

Jaden is 14-years-old and has been umpiring for one year.

When we asked him what he likes about umpiring, he said: "I like the fitness that comes with umpiring and I get to enjoy all aspects of the game."

For anyone considering taking up umpiring, Jaden says:

"DO IT! IT'S AWESOME!"

Elissa, 14, is one of our newest club umpire recruits.

She joined the umpire academy this season and has been enjoying her umpiring experience so far.

When we asked her what she likes about umpiring, she said: "It's great for your fitness. If you are thinking about it, definitely give it a go"



Oscar, 16, has been umpiring for three years.

When asked what he likes about umpiring, Oscar said: "Honestly, the money is great! It's also good for some fitness and helps you be confident."

Thank you Jaden, Elissa, Oscar and Lachie! We think YOU are awesome!

One of our incredible community partners, Blue Dog, has gifted each of our club umpires a voucher to their cafe as their way of saying thank you. Such a generous gesture, Blue Dog! Thank you!



Umpiring is a great way to keep fit, be involved in Australian Football and earn pocket money too. We need more umpires across the community, and there are opportunities for all umpires no matter their background to progress through talent pathways to the elite, if they choose.

To find out more about how you or your child can get involved in umpiring, please contact us at admin@sharksjfc.org.au.

Volunteer Week thank you

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

"The heart of a volunteer beats in service to others."

This week is National Volunteer Week.

This is a way to thank our club volunteers who give their time and energy to make a difference for our kids, our club and our community.

We are a community club that relies on the support of volunteers.

Without the selfless hours of dedication and support from committee, coaches, Team managers, and game day volunteers we wouldn't have the pleasure of seeing our kids run out to play footy each week with their mates. It really does take a village!

Life is busy and we appreciate any time that families can give to help run our club. So thank you to each and every one of you. We really appreciate you.

You are all Change makers by giving your time to make a difference. Thank you!

If you have a skill that you think could add value to our club, we would love to hear from you. Please contact Kate Gniel at president@sharksjfc.org.au

Thank you Blue Dog Cafe



One of our amazing community partners, Blue Dog Cafe, has generously donated a voucher for each of our Team Managers as a way of saying thank you for everything they do for National Volunteer Week.

Team Managers are the glue for all teams and they do an exceptional job at making sure everything runs smoothly for each team throughout the season.

Thank you to all our incredible team managers, we think you are all amazing and do a wonderful job. Thank you for making a difference.

Girls empowerment/leadership - SALT

The Girls U14, U16 and Youth Girls recently attended an empowerment and leadership session at our club rooms by Salt & Life Training (SALT).

Penny from SALT encouraged the girls to think about what attributes make a good leader as well as addressed coping with social issues that teen girls encounter in their day to day lives.

We look forward to seeing lots of you at the Positive Parenting session which will take place at Domeney on Monday 22nd May from 7.30pm. (see flier for more information)





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:



Sharks Calendar of Events

22nd May

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

15th – 21st May

National Volunteer Week

21st May

Under 8 Round Robin (details TBC)

Sir Doug Nicholls Round

28th May Under 9 Round Robin (details TBC)

28th May Love the Game Round

23rd July TAC Road Safety Round



YARRA
JUNIOR
FOOTBALL
LEAGUE

2023 FIXTURE



YARRA
JUNIOR
FOOTBALL
LEAGUE

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



Mother's Day Raffle winner

Congratulations to Sharon Wolff who was the lucky winner
of our Mother's Day Raffle!

Team photos reminder



Just a reminder for those teams who are yet to have your photos done, they will be happening this Sunday at Domeney with Nick from Aonesports Photography.

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 handed out all payment envelopes 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.

Sir Doug Nicholls Rounds - Sunday 21st May



Sir Doug Nicholls Round is a highlight of the football calendar and one that allows the football community to celebrate, acknowledge and thank Aboriginal and Torres Strait Islander players, volunteers, administrators, umpires, and fans, past and present for their contribution to the game and the community.

The YJFL is encouraging clubs to host Indigenous themes rounds on the 21st May to align with the first week of the AFL's Sir Doug Nicholls Round celebrations.

As a club we will have the Aboriginal and Torres Strait flags painted on both Domeney and Stintons.

In addition we ask that all players who have an aboriginal designed warm up top please wear this to the game and during warm up for this Sunday's game.

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

Sideline behaviour Thank you

A huge thank you to all spectators and parent volunteers who have kicked off the season in an exemplary manner.

The Sharks Junior Football Club prides itself on being an inclusive, family focussed club that gives everyone a fair go.

We have a proud history in setting high standards in how we conduct ourselves on and off the field. It's a team effort and we see no reason why this shouldn't continue.

As we move on from grading rounds into the season proper, we would like to remind all parents and spectators:

- No spectators are to enter the centre third of the playing field (between each arc, including the centre square at any break).
- Only match officials, umpires, and players, identified clearly in the bib relevant to their role, may enter the playing field during this period.
- Parents and spectators may not cross the boundary line at any break for the purpose of approaching the team huddle.

Wishing you and your teams a fun season ahead.

INCLUSION

FOOTY 4 FUN



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!

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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Ryan Smith MP

In 2006, Ryan was elected as the Member for Warrandyte, a district located in Melbourne's eastern suburbs, and has passionately represented his community since then.

Ryan was promoted to Shadow Cabinet in his first term as the Shadow Minister for Industrial Relations and Manufacturing, and has since held a range of portfolios, including energy, roads, infrastructure, planning, housing and industry.

During the Baillieu/Napthine governments he served in Cabinet as the Minister for Environment & Climate Change and Minister for Youth Affairs.

Having been elected to a fifth term in 2022, Ryan is committed to providing Victorians with practical opportunities for improving the state we all live in and delivering results for the local community.



MCG Windows

MCG Windows is proud to be an Australian owned and operated company. All products are designed and tested locally through NATA testing facilities, ensuring peace of mind that each one stands up against our diverse and rigorous Australian conditions.

With their purpose built showrooms featuring all their window ranges, displaying at 85 Merrindale Drive, Croydon South, and 61A/1140 Nepean Highway, Mornington, their experienced sales staff welcome the opportunity to work closely with you in offering the best window solutions for your upcoming projects.

For 20 years, MCG Windows has been producing high quality aluminium windows and doors to the building and construction industry, with a strong reputation well known to the industry, who understands the importance of delivering quality made products, on time and on budget.

MCG Windows have three main product ranges to cover all facets of building, from the essential range, to cover budget-conscious dwellings and unit developments, the semi commercial signature range, for high end, designer built homes with a point of difference, and our commercial series, for the architectural designed homes, factory complexes and community centres. They also have a thermally broken range for maximum temperature control.

They have every form of window application to cater for all your needs.

Get in touch with the MCG Windows team today on 1300 766 349 to discuss your upcoming project.

Community Partners



Good for Footy

Toyota Good For Footy Raffle

Support the Sharks by purchasing a ticket to this 2023 Toyota Good For Footy Raffle.

Tickets are just \$5 and 100% of the proceeds go to our club.

There's \$252, 846 in prizes up for grabs, including THREE new Toyotas! That beats a meat tray!

Buy yourself, family and friends a ticket and be Good for Footy.

www.toyotagoodforfooty.raffletix.com.au/parkorchardsjfc?v=1



Sharks Jnr Football Club

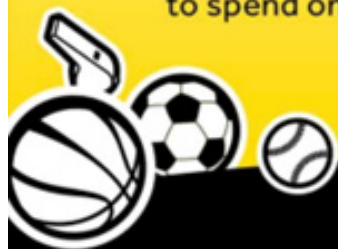
proud partners of



SUPPORT OUR CLUB

Thanks to our partnership with
rebel Community Givebacks

5% of what you spend at rebel comes back to us
to spend on sports equipment and teamwear.



rebel

Simply link your **rebel active membership**
to our club next time you shop at rebel

Not a member? Joining is free & easy. Ask instore for details.

JUNIOR NUTRITION AND HYDRATION



BEFORE TRAINING/MATCH

- Snack around 30 mins before exercise.
- High in carbohydrate, to give us energy.
- Examples: fruit, yoghurt, toast, muesli bar.

DURING A MATCH

- Easy to digest snack between quarters.
- Also needs to be high in carbohydrate.
- Preferably fruit over lollies.

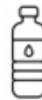


AFTER TRAINING/MATCH

- Regular size meal as soon as possible.
- High in protein, to repair our muscles.
- Examples: meat/legume based roll/stirfry/pasta.

HYDRATION

- Essential for performance.
- Aim for 1.5-2L per day.
- Should only be water, no sports drinks or juice.



Bella Rennick

Accredited Practising Dietitian (APD)



Address: 11-13 Milne Pl, Ringwood North VIC 3134

Phone: 9876 5815

Ritchie's Community Benefit Scheme

Why not make your visits to IGA count and support the Sharks by joining the Ritchie's Community Benefit Program?

This will not only benefit the Sharks but will also all benefit YOU. WIN-WIN!

Featuring monthly promotions, cheaper prices for you, Collect and Win, as well as games and lots more fun things to do.

This is an easy opportunity to support our club.

Every month, our organisation will receive 0.5%* of our members' spend in Ritchies Stores PLUS our members will receive special offers and member only specials via the App.

It's easy as 1, 2, 3, 4 to set up:

1. Download the Ritchies Card App
2. Nominate the Sharks Junior Football Club (PONRPJFC) as your organisation
3. Shop at Ritchies and scan your card when you are paying for your shopping
4. Reap the Benefits

For those members who don't have a smartphone, or would like a physical card, this option is also available and can be linked to the App.

So, what's stopping you, join TODAY!

*T&C's apply see <https://www.ritchies.com.au/ritchiescardterms>

RITCHIES **HELP RAISE FUNDS FOR**

**Park Orchards North
Ringwood Parish Junior
Football Club**

**BY USING YOUR
RITCHIES
LOYALTY CARD**



- Download the Ritchies Card App



- Nominate our organisation
- Shop at Ritchies
- You will benefit and we will benefit

CONDITIONS APPLY
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