



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 5

21 - 05 - 2023

Around the grounds Sir Doug Nicholls Round



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

Sir Doug Nicholls Round

Around the grounds Sir Doug Nicholls Round



Milestone Games



Congratulations to Charlie Richards who celebrated his 50th game this weekend. Such a great achievement. Well done!

Thank you Blue Dog Cafe



A huge thank you to our community sponsor, Blue Dog cafe in Park Orchards who generously supports us each year to help us thank our Team Managers and the incredible work they do each week.

Each of our Team Managers will be presented with a voucher for the local cafe. Thank you Blue Dog Cafe!

Under 8s Round Robin

at Ford Park

Photos credit: Jmoliva photography





AFL Vic Metro Junior Development Squad

Last week, the Yarra Junior Football League (YJFL) announced the final teams selected to represent the league in the upcoming AFL Victoria Metro Junior Development Series (MJDS). Congratulations to the following Sharks players.

Under 15 Boys

Zac Antonellos

Lachie Collins

Albie DeRooden

Mason Scott-Bommet

Under 15 Girls

Mia Bosna

Emily Rankin

Isabel Stoney

Victoria McKenzie

Under 14 Boys

Darcy Noonan

Xavier Noonan

Luca Phelan

Under 14 Girls

Imogen Beven

Associated Public Schools (APS) U15 State Team

Congratulations to Sharks Zac Anotnellos and Lachie Collins who have been announced in the Victorian Blue & White State Teams this week. They will play in Ballarat from 22nd-29th July. Well done boys!

Reminder: Contact with Umpires

As we commence the season proper, we would like to remind parents that, unless you are in a specific role at your game, under no circumstances are you to approach an umpire.

- Only Team Managers may liaise with Umpires at matches unless the Umpire/s initiate an approach to other Club Officials. On the field, only the team captain may approach the Umpire/s.
- At each venue, a Ground Manager f will be responsible for monitoring crowd behaviour and bringing any inappropriate conduct to the attention of club officials.
- The Ground Match Manager will also be the point of contact for any queries or concerns about the venue.
- A Ground Manager must wear the League approved identification.

Next senior home game

The Sharks seniors next home game is this Saturday at Domeneys from 2.20pm. We would like to encourage all Sharks to take advantage of their family pass and head down to show your support.

We look forward to seeing lots of you there.

Social catch up for teams

We encourage all teams to organise social catch ups throughout the season to help build on the friendship and connection.

The Clubs rooms at Domeneys are available to all teams to use and we encourage you to organize catch ups there when you can. This could be as simple as a pizza night or hang in the club rooms and watch the AFL footy on the big screen.

To find out club room availability, please contact Em Barwick on admin@sharksjhc.org.au

We want your feedback

We are a community club and without you we wouldn't have a club. This is your club so we want to make sure we are getting things right.

We want to know what we are doing well and what we can do better at. Please send all your suggestions and feedback to admin@sharksjhc.org.au

Can you help with events?

The Sharks Events Team is always looking for people that would like to help out with various events throughout the year.

**If this is something that interests you,
please contact Belinda at
events@sharksjhc.org.au.**

The Pushup Challenge

**By Jack Fortington,
Club Captain**



The pushup challenge is an annual event from the 1st to the 23rd of June, the event consists of doing 3,144 pushups across 23 days (the daily average is 136).

The reason why it is 3,144 push-ups is the goal is because it is the number of people in 2021 who were lost to suicide.

Its purpose is to raise funds and awareness for mental health. Over 300,000 Australians from all over the country are participating and joining the push for better.

The local community of Mullauna Secondary College is hosting the challenge for everyone nearby and whoever is willing to raise awareness for mental health through physical exercise, Mullauna has already partnered with multiple sporting teams and communities who are willing to participate in the challenge.

The benefit of participating in physical exercise is that it helps humans handle their emotions, physical exercise strengthens mental health through having a stronger emotional well-being.

The challenge does not have to strictly be 3,144 pushups over 23 days, options vary and people have the option to do half of the challenge's total push-ups over 23 days. Another option is to switch up to alternatives for pushups and do squats, sit-ups or any other repetition-based exercises.

To see more information on the push-up challenge you can visit the external link: The Push-Up Challenge

If you are interested in joining Mullauna's page, you can create a team through: <https://www.thepushupchallenge.com.au/fundraisers/mullaunacollege>

Thank you for reading and good luck to everyone who will participate.

Sharks Calendar of Events

28th May Under 9 Round Robin (details TBC)

28th May Love the Game Round

23rd July TAC Road Safety Round

29th July - Sharks Parents & Friend

Social Night @ Shoppingtown, Doncaster

2023 FIXTURE

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

Mother's Day Raffle winner

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

SHARKS — LADIES DAY

Sip n' Paint

with Frida's Sip n' Paint
Ringwood Nth



SAT
JUNE
3rd

11.15am arrival for 11.30am-2pm painting session
Limited ticket event, buy tickets ASAP.

Cost: \$80

Includes Sip n' Paint & large grazing table
Drinks at bar prices

BUY TICKETS ONLINE

parkorchardsfc.com.au

POFNC 2023 LADIES DAY

Frida's

Club Events News

What a great start to our Sharks 2023 Junior Club season! We had a brilliant turnout of players, families and friends to our Sunday Season Welcome Back event on the 30th April.

As always, the Shark slide was immensely popular and it was fantastic to see so many kids with their airbrush tattoos roaming the grounds. Hopefully they all came off in the shower fairly easily!

Mother's Day

Our Mothers Day raffle this year was hugely popular and a big Congratulations to Sharon on winning first prize, which was a Garmin Lily Sports Smartwatch and Nike drink bottle.

We would also like to extend a big THANK YOU to everyone that contributed to our Mothers Day Coin Collection, with all proceeds going towards the National Breast Cancer Foundation (NBCF). As a group, we raised \$461.50 which was a fantastic effort! Big thanks to all the Team Managers, Players and Siblings that collected donations on the day.



Sharks Parents & Friends Social Night

We are gearing up for our annual Sharks Parents and Friends Social Night.

On the back of a hugely popular night last season, we are super excited to invite everyone (18+) to our social extravaganza at the Shoppingtown Hotel, Doncaster on the 29th July for a night to remember.

SAVE THE DATE, book a babysitter and get ready to PARTY!



The poster is a vertical rectangle with a black background and a thick red border. In the top left, the words "SAVE THE DATE" are written in large, bold, red capital letters. To the right of this text is a circular logo featuring a cartoon shark wearing a suit and tie, with the text "The Party Sharks" in a cursive font next to it. Below the logo, the event title "Sharks Parents & Friends Social Night" is written in white, bold, sans-serif capital letters. Underneath the title, the location "@Shoppingtown Hotel, Doncaster" is written in a smaller white font. A red horizontal band across the middle of the poster contains the date "SATURDAY 29TH JULY" and the time "7PM - 12AM" in white capital letters, with "FURTHER DETAILS TO COME" in a smaller white font below it. At the bottom of the poster, the website "www.sharksjfc.org.au" is written in white capital letters.

SAVE THE DATE



Sharks Parents & Friends Social Night

@Shoppingtown Hotel, Doncaster

SATURDAY 29TH JULY
7PM - 12AM
FURTHER DETAILS TO COME

www.sharksjfc.org.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

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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WHAT TO DO WHEN YOU GET AN INJURY?

by Nathan Switkowski (Osteopath)

As the season heats up and we head into some intense footy matches, it's important to remember that injuries can happen on the field. Whether it's a sprained ankle, a pulled muscle, or a concussion, it's crucial to know what to do if you get injured. First and foremost, if you sustain a serious injury that requires medical attention immediately, this may mean calling an ambulance or going to hospital. For the majority of other injuries, such as muscle strains or ligament sprains, these may be managed at home or in consultation with your local health professional.

What are the common injuries sustained on the football field?

- sprained ankles
- muscle strains, such as hamstring or calf strains
- shoulder dislocations and sub-luxations
- lower back pain
- muscle contusions ('corkies')
- concussions

You've injured yourself, what should you do?

If you have injured yourself, first assess the extent of the injury. If it appears to be a soft tissue injury or one that doesn't require urgent medical attention, it may be worthwhile trailing some ice (for the initial 24 hours), compression and rest. Some gentle stretching or release work with a foam roller or spikey ball may be beneficial. If your symptoms don't improve within 24-48 hours, you should seek treatment from your local health professional to determine the appropriate diagnosis and treatment plan.



Remember, taking care of your body is key to staying on top of your game. So, if you do get injured, take the time to rest and recover properly, and seek the advice of an Osteopath or Exercise Physiologist at Maroondah Osteopath & Sportscare. Nathan Switkowski is an Osteopath at MOS who is experienced and qualified in treating and managing sport related injuries.

Maroondah Osteopath & Sportscare
11-13 & 19 Milne Place, North Ringwood VIC 3134
03 9676 5815

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

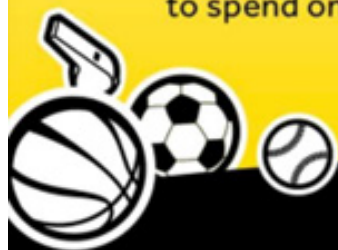
proud partners of



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.

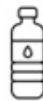


AFTER TRAINING/MATCH

- 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
Go to www.ritchies.com.au/loyalty
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ROUND 5

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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