



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 6

28 - 05 - 2023



Our U9s had a fun time at the Round Robin Tournament at Ford park on Sunday.

Our U10 boys chose to enjoy a spot of bowling instead of training this week. A great way to build connections with each other.



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

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 Domneney are available to all teams to use and we encourage you to organise 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@sharksjhfc.org.au

Club Captains



Ava Leonard -
Club Captain 2023



Jack Fortington -
Club Captain 2023



Jake Galstians -
Club Vice Captain 2023

The Pushup Challenge

GET FIT, HAVE FUN & PUSH FOR MENTAL HEALTH IN JUNE



The Push-Up Challenge is an annual event from the 1- 23 June.

The event encourages participants to do 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.

Our captain, Jack Fortington, and the local community of Mullauna Secondary College are hosting the challenge for everyone nearby and whoever is willing to raise awareness for mental health through physical exercise.

Mullauna has already partnered with many 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.

What a great initiative, Jack!

We encourage our Sharks community to show support for this cause and help push for mental health in June.

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

To see more information on the push-up challenge you can visit <https://www.thepushupchallenge.com.au>

Sharks Calendar of Events

1st-23rd June - Push Up Challenge

23rd July - TAC Road Safety Round

29th July - Sharks Parents & Friend

Social Night @ Shoppingtown, Doncaster

10th September -

Presentation Day & AGM @ Domeney

**2023 FIXTURE**



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

**2023 FIXTURE**

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



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

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 features a black background with a red border. On the left, the words "SAVE THE DATE" are written in large, bold, red capital letters. To the right is a circular logo with a white background, containing a cartoon shark wearing a party hat and holding a party horn, 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, followed by the location "@Shoppingtown Hotel, Doncaster". A red horizontal bar at the bottom of the poster contains the date and time "SATURDAY 29TH JULY 7PM - 12AM" and the text "FURTHER DETAILS TO COME". At the very bottom, the website "www.sharksjfc.org.au" is displayed in white.

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

Senior Home Game

The Sharks seniors next home game is this Saturday at Domeney 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.

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@sharksjfc.org.au Can you help with events

Hardship Fund

In partnership with the Community Bank Warrandyte, we have established a Football Hardship Fund.

As a Community Sporting Club, first and foremost, our Club's objective is to keep children playing junior football for as long as possible, and this fund is an important enabler to achieving this.

The fund will be used to provide fee/cost relief to those parents and caregivers who are unable to pay for the costs associated with registering their child/ren to play football at the Park Orchards North Ringwood Parish Junior Football Club.

If you would like any further information please contact president@sharksjfc.org.au.

All requests will be treated confidentially.

Community Bank
Warrandyte

 **Bendigo Bank**

Milestone Banners

Celebrate your child's milestone game with the Sharks Run-Through Banner.

The club recommends families doing their research into the companies that produce run through banners.

Over 2022, the club directed parents toward Milestone Banners based in Carrum Downs purely based on their service and quality of banners www.milestonebanners.com.au

Lead time is approx. 2 weeks so please plan ahead.

There are different sizes available based on budget, what you want included on the banner and if you are sharing with a team mate.

If you wish to purchase poles for the banner from Milestone you will need to go and collect banner and poles.

The club has 4 sets of poles that families can borrow. This will mean that you can then have the banner posted out to you.

To borrow poles

Email Nina on banner@sharksjfc.org.au the week of your banner. First in best dressed!



2023 Team Sponsors



2023 Sponsors



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

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**

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

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.

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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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