



SHARKS

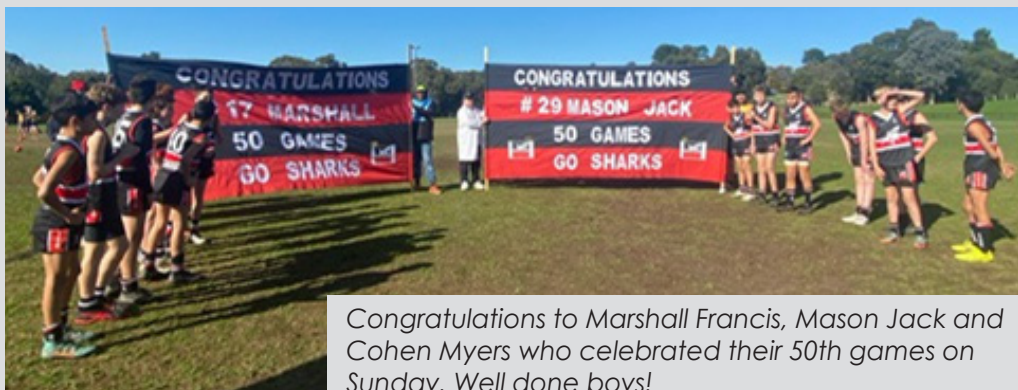
THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 7

04 - 06 - 2023

Milestone games



Congratulations to Marshall Francis, Mason Jack and Cohen Myers who 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 and details to admin@sharksjfc.org.au so we can share the news with the rest of the club.

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

Limited edition hoodies

These LIMITED EDITION hoodies are now available for pre-order.

**The price for each personalised hoodie is \$75.00
(without personalisation is \$65).**

They will be ready for pickup by June 30.

To secure yours, please email merchandise@sharksjfc.org.au
with your preferred size and the surname or nickname you want printed on the back.

Kids Sizes available: 6 - 12

Adults Sizes available: XS – 5XL

Orders must be placed no later than June 15 Don't miss out!.

Why not pair your personalised hoodie with a Sharks scary and beanie to be fully winter ready? To order your scarves, beanies and other merchandise, please visit <https://www.sharksjfc.org.au/merchandise/>



Sharks Winter Holiday Photo Challenge

PHOTO CHALLENGE



Send us your winter holiday photos in your Sharks gear.
The more imaginative the better.

Win \$50 Rebel Voucher

DM or email your photos to president@sharksjfc.org.au with your name and contact details by 5pm on Friday 21st July.

With a mid season break coming up over the school holidays, many of you will be heading off on holidays and some will be relaxing at home.

Whether it is fun in the sun, hitting the slopes or some backyard antics, we want you to send us your holidays photos in your Sharks gear.

The more creative, the better.

Only one lucky Shark will win a \$50 Rebel voucher for the best photo.

DM or email your photos to president@sharksjfc.org.au with your name and contact details by 5pm on Friday 21st July.

We look forward to seeing your shark-ified holiday snaps!

Call for helpers

Call for helpers for U8, U9, U10 & U11 training

We have an opportunity for any U16 boys and girls, Youth Girls and Youth Boys who wish to give back to the club and community by helping run activities and drills at U8, 9 10 and 11s training at Domeney from 4-6pm on a Tuesday.

We appreciate that everyone leads busy lives and school work always comes first, however if any of your girls or boys are interested in helping in whatever way they can throughout the rest of the season, we would love to hear from them.

It can be as simple as dropping in for 30 minutes to help with a drill or stay for the whole time and help the coaches organise the kids. Whatever they feel comfortable doing.

This is a great opportunity for our older age group players to show their leadership skills and help inspire these young girls and boys to follow their footy dreams at the Sharks.

If your sons or daughters are interested, please ask them to email Kate at president@sharksjfc.org.au. I look forward to hearing from them.

Call for Auskick Helpers

Each week our Auskick Centre has around 100 boys and girls having lots of footy fun.

While Auskick has parent helpers we need more help. We are keen to offer our Sharks players the opportunity to give back.

Auskick takes place on a Thursday at Domeney from 4.30-5.30pm during term time.

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



Sharks Calendar of Events

1st-23rd June Push Up Challenge

18th June Fight MND Community Round

13th July Malcolm Bangs Tackling sessions U14 and U16 Girls
4:15-5:30pm, U12 Boys 5:45-7pm & U13 Boys 7:15-8:45pm
@ Domeney (TBC)

17th July U16 Boys – Healthy Masculinity 6:15pm-7:15pm
@ Domeney (TBC)

19th July U15 Boys – Leadership 5:00-6:15pm & U14 Boys –
Leadership 6:30-7:45pm @ Domeney (TBC)

21st July Players’ social event @ Domeney (more info to follow)

23rd July TAC Road Safety Round

29th July Sharks Parents & Friend Social Night @ Shoppingtown,
Doncaster

10th September Presentation Day & AGM @ Domeney

7th October Holy Spirit Fete

**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)	
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



**2023 FIXTURE**

The Big Freeze 9 Community Round



**JOIN THE
ALL IN FIGHT**

**DON A BIG FREEZE 9 BEANIE TO
SUPPORT THE FIGHT AGAINST MND**

\$25

Big Freeze 9
A FIGHTMND EVENT

SOLD AT
coles BUNNINGS
FIGHTMND.ORG.AU

The Big Freeze 9 Community Round is 17-18th June and is a great way to bring our club and local community together around an important cause and join the fight against MND.

MND is Beast. It's an insidious, terminal illness that takes away a person's ability to speak, eat, move and eventually breathe. There is no effective treatment or cure.

To show your support for the Big Freeze 9 Community Round, we encourage anyone who has an MND beanie to wear it to their games on Sunday 18th June.

To find out more about how you can support Fight MND visit <https://fightmnd.org.au/>

All funds raised through FightMND's Big Freeze 9 Community Round will go towards new and innovative MND research to help find effective treatments and ultimately a cure.

With your help, we can raise awareness and much-needed funds to defeat the Beast.

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!



**SAVE
THE
DATE**



**Sharks Parents & Friends
Social Night**

@Shoppingtown Hotel, Doncaster

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

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 Domeney 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@sharksjfc.org.au

**CALLING ALL
U10 BOYS**

**WE NEED
YOU**

- LEARN HOW TO PLAY
FOOTY
- MAKE NEW FRIENDS
- HAVE FUN

**JOIN THE
SHARKS**

JOIN PARK ORCHARDS NORTH RINGWOOD
PARISH JUNIOR FOOTBALL CLUB TODAY!

FREE REGISTRATION*

*until the 30th June 2023

FOR MORE INFORMATION CONTACT
PRESIDENT@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

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



A perfect destination everyday

There is something for everyone at Warran Glen. Shop Homewares, Gifts, Fashion, Plants, Pots and so much more.

Open 7 Days | Shop Online & In-Store
www.warranglen.com.au
373 Ringwood-Warrandyte Rd, Warrandyte

Warran Glen
Garden / Gifts / Cafe

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



Lotus Energy was created to serve the needs of their community, businesses and home. Their client base includes large multinational corporations, residential home owners, rural farmers just to name a few.

Lotus Energy is ready to help you with your Efficiency Consultation. Lotus Energy can advise and install on Solar, Batteries, EV Charging and LED Lights.

Commercial & Industrial

Whether the focus of the project is offsetting current energy usage and reducing energy bills or investing in large scale solar farm, our team works with the clients to develop commercial solar power systems that reflect their energy usage and budget.

Community Solar

Community solar needs to be an optimised community grid that is a way for neighbourhoods, villages, towns and cities to meet their energy needs locally.

Lotus Energy believes optimised community grids are the future, even in areas where a larger grid already exists, mainly as a way to increase local energy independence, improve value of feed in tariffs and energy sharing.

Residential

Lotus Energy provides our residential customers with the highest level of Quality, Reliability and Performance of the installation and service.

To find out more about Lotus Energy please visit www.lotusenergy.io

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.

<https://toyotagoodforfooty.raffletix.com.au/parkorchardsjfc?v=1>



Community Partners

SCHOOL HOLIDAY JUNIOR SPEED & AGILITY PROGRAM

DESIGNED SPECIFICALLY FOR JUNIOR
ATHLETES, OUR 2 WEEK PROGRAM
WILL TEACH ALL THE FUNDAMENTAL
SKILLS NECESSARY TO IMPROVE
YOUR STRENGTH, POWER AND
SPEED... NO MATTER WHAT LEVEL
YOU'RE CURRENTLY AT.



IF YOU ARE A JUNIOR ATHLETE THAT WANTS TO RUN
FASTER, THIS IS THE PROGRAM FOR YOU.



AGES 10 - 17



6 SESSIONS INCLUDED



ONLY \$97

FOR MORE INFORMATION, CONTACT SEAN ON
0432 953 388



STRENGTH AND STABILITY IN SPORT



WHAT IS STRENGTH?

The ability to apply force that can be exerted by a muscle or groups of muscles in a single contraction. Strength is an important part of sport; it can make a significant impact in injury prevention, better recovery and overall improvement in your game. It helps by increasing your muscle mass, overall physical strength and power.



WHAT IS STABILITY?

The ability to coordinate muscles and nervous system to maintain joint stability and balance. Improving your stability can help with keeping you balanced, strong and stable whilst you are landing from a jump, brushing off tackles and helping keep you balanced whilst kicking.

5 EXERCISES TO BUILD STRENGTH AND STABILITY

The Australian physical activity guidelines suggest strength exercises should be completed at least 2 to 3 days per week for 60 minutes. Here are 5 basic exercises you could try at home. Use the QR code to view your free program.

QR code



Bridges



Squats



Single leg balance



Side plank



Calf raises



ROBERT TCHONG
ACCREDITED EXERCISE PHYSIOLOGIST (AEP)



ADDRESS: 11-13 MILNE PL, RINGWOOD NORTH VIC 3134
PHONE: 9876 5815

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
Google Play and the Google Play logo are trademarks of Google LLC.



THE SHARK ATTACK

PARK ORCHARDS NORTH RINGWOOD PARISH
JUNIOR FOOTBALL CLUB

ROUND 7

04 - 06 - 2023



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