

AUJFC - Pre-season update

Dear Members,

We hope you all enjoyed a fantastic Christmas with your families.

It is hard to believe that we will soon be bidding farewell to 2015 and counting down the clock for a new year to arrive.



2016 promises to be a huge year at Ashy Redbacks. Thanks to all of the players that have already signed up for next season, we will be able to organise teams, coaches, team managers and trainers earlier than we have been able to in the past.

Our early bird prices end on the 31st of December so if you would like to take advantage of this year's prices, be quick!

The other big news we have to share with you all is that we have 9 new fresh faces on our Committee. Welcomed into their positions at the AGM held on the 14th of December, we look forward to introducing this talented new bunch to you in our next newsletter.

We pass on our sincere thanks to outgoing Committee members, Craig Sampson, Bruce Moncreith and Nicole Pietsch – we appreciate everything you have done for our Club.

It may be hard to think about footy whilst we are enjoying a summer of cricket but before we know it, the NAB Challenge will be on and we will once again see our favourite AFL players running back out onto the field.

February is shaping up to be an eventful month with our Clothing and Mouth Guard Fitting Morning, our marquee at Ashburton Festival and Colts Pre-Season Training all taking place.

We look forward to sharing a great season with you ahead, both on and off the field. Until then, we wish you all a very happy and safe new year.

Ashy Committee

Last chance for early bird registrations

Early bird registrations for the 2016 end at **midnight on the 31st December**.

Get in now to register at this year's prices.

- 1st child - **\$220**
- 2nd child - **\$190**
- 3rd + child(ren) - **\$140**

Register by clicking on the "Sporting Pulse" link via the 'Registration' tab on the AUJFC website here:

<http://www.ashyredbacks.org.au/index.php/reg>

(Note: All children must be registered at the same time to obtain the multi-child discounts).

2016 Prices

On the **1st of January 2016**, members will note a small increase in registration fees that are reflective of increasing costs associated with running our Club. Our registration fees are one of the lowest in the League, and we are fully committed to maintaining value for our members.

2016 registration prices will increase to \$230 for the 1st child, and then \$210 for each child thereafter.

Come and try girls footy



In late Nov and early Dec we hosted two afternoon sessions for new girls to come to our Club and try out their footy skills. There was a fantastic turnout at both sessions and we look forward to building on our success this season by welcoming new members to our Club in 2016. If you know any girls that are interested in joining teams in U13, U15 and U18 grades, we would love to hear from you.

Important dates for the calendar...

Feb 7

Clothing and Mouth Guard Fitting

9:30 – 11:30 am
Burwood Reserve

Feb 28

Ashburton Festival
12 – 7pm

High Street
Ashburton

Apr 15

Season Opening Night

Burwood Reserve

May 1

Family Club Night

Burwood Reserve

May 15

Family Club Night

Burwood Reserve

May 28

Ashy Ball

The Lincoln,
Toorak

112 sleeps until Round 1 begins on Sunday 17th April

Pre-season training tips

There is no better time than the pre-season to work on strengthening your core stability, which are primarily the muscles found within your abdominals, lower back and pelvis.

For footballers of all ages, improved core strength helps to have a strong and stable base for activities such as running, kicking, jumping, tackling and being tackled.

Pictured to your right, you will find two some simple exercises that you can include into your pre-season training.

In our next newsletter we will show you how to vary these exercises for greater results – happy training.



Crane – Standing on your right leg, bring your left knee as high as you can to your chest, balance and hold for 30 seconds. Change legs and repeat 3 sets.



Bridge (or Plank) - Lie down face first and lift your body off the ground using your elbows and toes. Keep your body straight and hold for 30 seconds (or as long as possible). Repeat 3 sets.



A Social Sub-Committee Team

Are you a born organiser that is brimming with ideas on how to create fun events that bring people together? We are looking for people to join a sub-committee that can assist with the coordination of social events next season. Simply help as and when you can, no ongoing commitment is needed.

For more information on what's featuring on the social calendar next year, and how you can help, contact **Ash Fernee** (0402 225 316) or **Craig Harris** (0412 257 963).

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