



Dear Members,

It was great to see so many of you at our Registration Day earlier this month. We loved the hive of activity back in our Pavilion and seeing the looks on first time footy players that walked out with their new Ashy gear - it was priceless.

We are offering a **final registration day on Sunday 6 March** (more details to the right), so be quick as we need to lock in our teams to the YJFL soon after. If you haven't registered by mid-March, we can't promise availability so if you know of anyone that is yet to sign up, please encourage him / her to get in now so that no one misses out.

Attendance at pre-season training has been fantastic. Well done to all the players and coaches who are putting in so much effort on the field. We look forward to seeing the results of our work when Round 1 arrives. Our junior grades (U8, U9, U10, U11 & U12) will start training from the 9 March onwards so check out our website for session times.

This Sunday 28 February Ashy Redbacks will be hosting a stand at the **Ashburton Twilight Festival** from 12pm – 7pm. There will be plenty of fun to enjoy including a handball competition, a lucky draw, refreshments and free face, hair and nail painting - applied (semi-professionally) by some of our players ;) Drop in and see us!

On page 4 of this newsletter, we have advertised two key vacancies available at our Club, a **Canteen Coordinator(s)** and a **Roving Reporter**. If you, or anyone you know may be suited, please contact us as we are wishing to make appointments well before the season gets underway.

Finally, this month you will get to know a Coach, Team Manager and Sponsor on what they do on and off the field at your Club. So many people make our Club what it is and we can't thank everyone enough for their generous support. 2016 is shaping up to be an exciting year and we hope you enjoy being a part of it.

Ashy Committee

#AshyRedbacks
#beapartofit

DIARY DATES

Feb 28

Ashy Redbacks Stand at the Ashburton Twilight Festival 12pm – 7pm

High Street, Ashburton

Mar 6

Registration Day, Clothing and Mouth Guard Collection

9:30am – 11:30am
Burwood Reserve

Apr 9

First Aid Course – mandatory for all Team Trainers

12:00pm – 5:00pm
Burwood Reserve

Apr 15

2016 Season Launch – Everyone welcome, live music and fun galore!

5:00pm – 9:30pm
Burwood Reserve

May 1

Family Club Night

All age groups invited.

5pm – 8pm
Burwood Reserve

May 28

2016 Ashy Ball

The Lincoln, Toorak

7:30pm – Midnight

Tickets available soon.

REGISTRATIONS

- Last chance to come on board!

On **Sunday 6 March from 9:30am – 11:30am** we will host our final registration day so that all players can collect their mouth guards or order one from Sportsguard Mouthguards, grab a uniform and stock up on merchandise for the season ahead.

Our Registrar, Paul Allen, will be onsite and happy to answer any questions you may have about registrations or you can reach Paul at anytime on registrations@ashyredbacks.org.au

Where possible, we encourage all members to register online before our final Registration Day by going to the [Sporting Pulse](http://SportingPulse) website. If you are new to our Club, it is essential that you bring a Birth Certificate so that we may take a copy for our files.

2016 registration prices are \$230 for the 1st child and \$210 for additional children. (Note: All children must be registered at the same time to obtain the multi-child discounts).



50 sleeps until Round 1 begins on Sunday 17 April

FOOTY OPERATIONS

Pre-season Training



U14s on Monday night – a great turnout

Pre-season training has been in full swing for the past month down at Dorothy Laver (Reserve West), Dunlop Street, Ashburton. Sessions are held each Monday and Wednesday until 30 March.

As of 9 March, pre-season training will be offered for all U8, U9, U10, U11 and U12 from 4:00 – 5:00pm each Monday (Reserve East). Session times for different age grades vary so please check our website for all the details. All you need to bring is a drink bottle and your best attitude!

Girls

Girls train from 5:00pm – 6:15pm each Wednesday at Dorothy Laver (Reserve East), access via Saxby Road. It has been great to see so many new faces join each week. For more information contact girlsfooty@ashyredbacks.org.au

Parents, please note that pre-season training is not compulsory and completely up to you and your child/children if you would like to join in on the skill development and fun. Also note that only registered players are able to access player insurance coverage.



Some of our U15s during preseason on a Wednesday night

Coach’s Spotlight

This month we’re placing **Simon Martin, Ashy Redbacks Coach for U10s**, under the spotlight.

What do you love about coaching? I love the sense of community, everyone rallying for the same cause and seeing the kids skills and team play improve. Although no one likes to lose, it's important that players leave every game feeling encouraged. I also love that, despite never having played the game, (I'm Scottish!), I can still coach others. Being part of a great coaching team also makes everything worthwhile.

Who has been the most inspiring coach you have had and why? Unfortunately, none stood out as a kid however my Senior Coach at Ashy Redbacks in 2014, Nick Grogan, was inspiring for the kids in our team. Nick had an amazing connection with all our team, including parents. He was always encouraging and positive.

What have been the best words of advice a coach has ever given you? Let the ball do the work. A great pass is a hundred times more effective than a great run.

Which AFL coach do you most admire? Given my passion for Saints I should say Richo, but probably Chris Scott.

What qualities do you think a successful coach needs to have?

- Keep things simple and consistent and provide constant, positive reinforcement
- Communicate with parents and listen to their feedback
- Create a relationship with the team and each player by having fun, showing concern, rewarding all players for their efforts and be clear with individual feedback
- Smile and enjoy it



Nickname

Marto. Suspect I have a few others that may not be printable.

Coaching Experience?

Assistant Coach for Tackers in 2014, Coach of u9s 2015, and lined up for u10s this year. Have also coached kids soccer.

Your AFL club

St Kilda

Kids at Ashy

Danny in u10s. He's a real in and under player.

Team Manager’s Talk

Fiona Reid has been a part of our Ashy family since 2014. She started with her son Archie in Tackers, then U9s, and this year in U10s. Her partner Lisa is coaching the team again this season, so footy is a great family activity for them to all enjoy together.

Fiona was a joint Team Manager, (she described herself as a Trainee!) in her first year at the club and last season, she did the job on her own. Now that she’s an expert (our words) she was keen to go around again!

What do you most enjoy about the role of Team Manager? Getting to know all the families, and making sure they always have all the information they need and can relax and enjoy the season. Lisa and I split the tasks so she has the close relationship with the kids and the coaches and trainers, and I keep in touch with all the parents and the club - it works well.

Tell us about your most memorable moment as Team Manager?

At the end of last season, one of our fantastic parents produced a commemorative book with all the photos and match reports Lisa and I had produced during the season. We had 20 nine-year-olds and their parents from five different schools so it was hugely gratifying to feel how close the team got through the season. When you manage the team you can really have a big impact on how welcome and united people feel.

For those unsure about whether they should put their hand up for the role of Team Manager, what advice would you give them?

A few things. I'd really recommend sharing the job the first time if you can. You get good at half the job, then you can step up to the full job next time - plus you always have someone who understands what's happening. Stay calm - everyone is there to have fun, so relax and just tick off the tasks in what's really a pretty straightforward job, and don't forget to enjoy being a parent at the same time.



Fiona and Archie

GIRLS FOOTY

We spoke to Kim Ledger, Girls Footy Manager to find out about what's been happening with the Ashy girls this month.

"Pre season started at the beginning of February for the girls, who are training as one squad, rather than in age based teams. We are working hard on our running fitness under the direction of Andrew, and skills and game sense with Coops.

After a very successful first year in 2015, with one under 15's team, word is getting around and we are growing in numbers each week. To date, we have over 40 girls on our list, ranging from 10-17 year olds. We predict that we will have at least 3 girls teams this season – GO ASHY!

Ashy's first Youth Girls team (15-18) has room for more players and we are now looking for some younger girls to come to training and build our teams for the future. If you are interested, or know anyone who might want to try footy, contact Kim at girlsfooty@ashyredbacks.org.au

I would also like to say thanks to all the girls who have placed their names down to help our Club at the Ashy Redbacks Stand at the Ashburton Twilight Festival this Sunday. Their artistic sides will be on show when they paint hair, faces and nails green and red throughout the day. Thank you girls, you are great ambassadors for the club and for girls footy". - Kim



Player Profiles : Meet Steph and Bella Hunt

Nick Names?

Steph: Steph
Bella: Bella

What other sports do you play?

Steph: Netball and basketball
Bella: Netball and Basketball

Why are you keen to play footy?

Steph: Because I love watching footy.
Bella: Because I practice kicking with my brother and think it will be fun.

Why did you choose to start your footy career with the Ashy Redbacks?

Steph: Because so many of my friends play at Ashy and they love it.
Bella: Because they have a girls team and I know many of the girls already in it.

Which AFL side do you support?

Steph: Richmond
Bella: Richmond

Who is your favourite AFL player?

Steph: Dustin Martin
Bella: Trent Cotchin

What is your mum always reminding you to do?

Steph: To give everything a go.
Bella: Drink more water!

Favourite item in your wardrobe?

Steph: Oh this is a hard one.... shoes!
Bella: All my NIKE clothes

If you won a million dollars, what would you spend it on?

Steph: I'd take my friends for a holiday around the world.
Bella: A big endless holiday.

How do you think your sister will go playing this year?

Steph: She'll probably be better than me!
Bella: She'll be ok! Hopefully.....

Girls, we welcome you aboard and wish you both a terrific first season ahead.



Bella, Tom, Cotchy and Steph



Bella and Steph

CLUB VACANCIES

Canteen Coordinator(s)

We are calling out to the Ashy Redbacks community, parents, grandparents, family and friends.

Our Club is looking to hear from anyone who may be interested in taking on the role of Canteen Coordinator(s).

Responsibilities include:

- Organising the weekly operations of the canteen
- Recording and reconciling daily takings
- Ordering and receipting supplies
- Ensuring that correct food handling and hygiene practices are performed
- Ensuring a pleasant working environment for all volunteers
- Ensuring that all customers are treated in a respectful and friendly manner

A detailed role description can be found on our Club website <http://www.ashyredbacks.org.au/canteen-coordinator>

Operating hours include: Sunday 7.30am to 5.30pm throughout the football season (April to August).

Our Club is open to all proposals. Payment is negotiable and commensurate with experience.

If you are interested in learning more about the opportunity, please contact Matt Pietsch, mobile: 0432 691 723 or secretary@ashyredbacks.org.au

Roving Reporter

Could you be the next Damien Barrett, Caroline Wilson or Craig Hutchison? We are calling out to our Ashy Redbacks community for people that would like to gain some experience working in front of a camera.

Responsibilities include:

- Planning a schedule of weekly interviews throughout the season
- Coordinating a recording of the interview
- Writing a brief online report on the highlights of the round
- Liaising with Ashy Redbacks Committee Members to assist with editing and production of interviews and reports
- Ensuring that all representation of the Ashy Redbacks brand is respected at all times

It is anticipated that a maximum of 1 hour would be necessary during each Sunday of the football season (April to August). A 'team' of roving reporters is welcome, so if you have some friends that are budding journalists (you don't have to be a player) that are looking for some fun, this could be the work experience for you all.

To apply, we invite you to send us a brief video on why you, or your team should be the Ashy Redbacks Roving Reporters. For more information, please contact Anna Carlisle, mobile: 0410 338 434 or email: communications@ashyredbacks.org.au



MERCHANDISE

Ashy Redback fans... get excited, we have a brand new range of merchandise for 2016 that can be ordered now online, for collection at the **Ashy Season Launch on Friday 15 April from 5pm.**

We have a number of exciting new items that have never been offered before - beanies, trucker caps, baseball caps, scarves, umbrellas and of course stubby holders in our **Ashy club colours.**

Make sure you check out our new range at ashyredbacks.com.au/merchandise

Back by popular demand are our favourite Ashy hoodies catering for all of our fans from kids to adults.

We also have available our club footy shorts, socks, polo shirts and sports bags.

As we head into winter make sure you grab your Ashy scarf and beanies to wear to the games and show your **Ashy club colours!**

All merchandise will be available for sale at the launch, or pre-orders can be made right now via ashyredbacks.com.au/merchandise



SPONSORSHIP

David Francis, thank you sponsoring our Club



Physioworks Health Group, 518 Camberwell Rd, Camberwell
www.physioworkscamberwell.com.au Phone 9889 6611

Background:

Headed by David Francis and Andrew Dalwood Physioworks Health Group Camberwell is the medical and allied health care sponsor of the Ashy Redbacks. David and Andrew are two of only ten Specialist Musculoskeletal Physiotherapists practicing in the Melbourne metro area and are considered leaders in their field. David is also the Senior Physiotherapist for the Collingwood Football Club (AFL), a position he has held for 20 years.

David is passionate about health, fitness and general well being, and ensuring that children are involved, enjoying and having fun within their chosen sport.

David, how long you have been associated with Ashy Redbacks?

We became involved with the Ashy Redbacks when our eldest son Jack started playing as a 10 year old back in 2011. As residents in Camberwell, my wife Sue and I were keen to become involved in a local community footy club.

As a country boy (Rutherglen) I grew up at the local footy club so I know how important it is to the fabric of the local community. Upon opening our clinic in Camberwell in 2010 it became a natural extension to assist the club in the education of the kids, trainers and parents in ensuring a quality level of health care for Ashy players in terms of injury prevention and management.



Physioworks Health Group has provided educational nights to the coaches, trainers and parents covering first aid principles, taping, sports injury management, warm up procedures, concussion management principles and game day nutrition. 2016 session dates will be coming soon.

How has your business benefitted from being a sponsor of the Ashy Redbacks?

Supporting and educating the health and wellbeing of the community is what we do! The Physioworks team assists people to achieve their health and fitness goals.

Sponsoring and supporting local grass roots community sporting clubs, like the Ashy Redbacks ensures that our message of participation, fitness, enjoyment and fun as vital to achieving your health, wellbeing and life goals can be heard across a wider community demographic; from the girls and boys playing, to the parents, friends and grandparents supporting.

What services can you and your team at Physioworks offer that may be of interest to our members?

Physioworks provides General, Sports, Paediatric and Specialist Musculoskeletal Physiotherapy services. We offer allied health care services such as Clinical Pilates and Exercise Physiology in our gym on site at the clinic, as well as Remedial Sports Massage Therapy.

All Ashy Redback players and staff receive a discounted "Squad Rate" for treatments at the clinic. Another way of Physioworks Health Group supporting the club, is the Ashy Redback Rebate Programme whereby any current member of the Ashy Redbacks who attends Physioworks Health Group for the first time, a \$10 rebate is paid to the club to ensure improved services and equipment for all members.

From this programme Physioworks has donated in the vicinity of \$1000.00 since becoming an Ashy Redback's sponsor and preferred provider for allied health services. We look forward to continuing this support over the coming years.



David, on behalf of the Ashy Redbacks community, we thank you for supporting us.

Can you see your business logo featuring here?

Speak to Peter Wells - sponsorship@ashyredbacks.org.au

COMMUNICATIONS

Save the date
2016 Season Launch
Friday 15 April : 5pm
- 9:30pm



Noel Jones – Our platinum sponsor