



**Pooraka Women's Football Club**  
**19 McCarthy Court, POORAKA SA 5095**

# BULLETTES NEWSLETTER

## Pooraka Bullettes Contact Details

Head Coach:

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President:

Steph Dawe

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Team Manager:

**\*\*POSITION VACANT\*\***

Want to help out? See pg. 3

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 PoorakaBulletsWomensFootball](http://www.facebook.com/PoorakaBulletsWomensFootball)

## From The President

Welcome to the first Pooraka Bullettes Women's Football Club's first team newsletter for Season 2013! (I know it's still November '12, but I'm getting in early!)

To the Bullettes: congratulations on a successful 2012 season! Two wins from 15 games played is an impressive debut and I hope we can continue being a competitive side in the SAWFL for years to come. I for one had the best time going out and having a kick or getting into a tackle for our team, and have made some great friends doing so—I hope to see familiar faces crop back up to the lineup for the new year. Our captain Kim & coach Crozzo have already begun a pre-season program (in August! Talk about keen...), so

make sure you come out and have a run around with the girls, and get ready for 2013.

To the potential Bullettes: Hi! We're always on the lookout for more girls to come along and play women's footy, or if the on-field stuff's a bit heavy, we always need volunteers to help us out managing our team during training sessions and on game day. If you're interested in playing with the Pooraka Women's Football team, head down to Lindblom Park and have a kick and a mark with us, or just hang around and ask a few questions, we're a pretty friendly bunch!

In the next couple of pages is information on our pre-season program, contact details of our coaching and committee



**Steph Dawe**  
**Pooraka Bullettes**  
**Team President**

members and player profiles, as well as a bit of background on our footy club and info on how you can be involved with the Bullettes in 2013.

Support Women's Football!

## Inside this issue:

2012 Annual Report **2**

2012 Award Winners **2**

PWFC Committee **2**

Player Profile: Kim Brooks **3**

AFL 9s 9-a-side touch footy **3**

WANTED: Team Manager **3**

## Pre-Season Training

**For more information, contact Kim (Ph. 0421 682 215)**

The Bullettes women's team has already begun pre-season training with fitness and conditioning sessions on Monday nights and gym sessions on Wednesday nights.

Our core group of girls has been training in these sessions since the end of the season in August, and are consistently bettering their times around the track and

the tally of push-ups & sit-ups with each passing week, as well as getting stronger through resistance training using the gym facilities at the Pooraka Football Club.

As we get closer to the 2013 season we will soon be picking up the oval ball again to start skills training, however the focus now is getting fit and ready

for the new year and beyond.

**Monday and Wednesday training sessions are at the Pooraka Football Club at Lindblom Park, 6:15pm for a 6:30 start. Bring comfortable footwear (footy boots not required), comfy clothes to work out in, and most of all a positive attitude! Water, sunscreen and mozzie repellent provided.**

## 2012 in Review—Pooraka WFC Annual Report

(find the full report on the SAWFL website—[sawfl.org.au](http://sawfl.org.au))



Our first game of SAWFL footy saw the two new teams of the competition go head-to-head for first-win honours: Pooraka vs Ingle Farm at Lindblom Park. Both teams played hard and unrelenting footy in wet and blustery conditions, and at the final siren the “Bullettes” came away 13-point winners, which is fantastic considering many of our girls had never played before – some had not even watched a game before playing their first one! Unfortunately, the following round saw us defeated by a rampant West Adelaide outfit, losing by 249 points without

score, but instead of hanging our heads after such a thumping we held them high, knowing that this kind of quality football was not out of our reach after intensive training and plenty of game time.

We continued on in a string of defeats throughout the remainder of the 2012 season, with our only other win coming from our Round 8 match against Ingle Farm, where we came from behind to kick 3.2 in the last quarter to secure the victory for the “Bullettes”. However, even in

our losing matches, there were inspiring passages of play and our relentlessness saw us even get it into the forward 50 a few times! We are indebted to our competitors in the SAWFL who encouraged our players to keep digging in, gave a handy hint or two when we were struggling, and showed exemplary sportsmanship. We certainly cherish our 4 premiership points from the 2012 season and look forward to earning a few more

Congratulations to the following players on their Pooraka WFC team awards this year:

Nikki Thornton for Best Team Woman;

Sam Geelen for Most Improved;

Kim Brooks for Most Consistent;

Bek Heywood runner-up Best and Fairest;

and Taila Finch for Best and Fairest 2012.

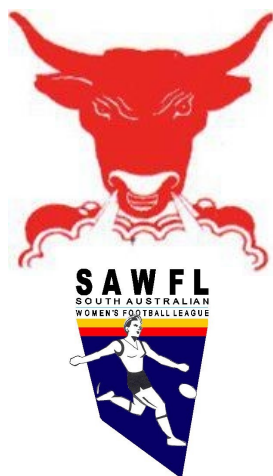
A special mention also to Sandra

Vermeer, who polled runner-up Rookie of the Year in the SAWFL Dutschke Medal count in August, missing out on the accolade by just 2 votes!

The SAWFL 2012 Dutschke Medal night was a great night out for the girls and a highlight of the season, our thanks to Cheryl Cates and SAWFL for hosting the event.



The girls and coach Crozzo at the SAWFL 2012 Dutschke Medal Count, August 2012



## PWFC Committee

The PWFC Committee is responsible for the management of the administration of the Bullettes women's football team.

We currently have positions vacant for Treasurer, Fundraising Committee Member and Team Manager. Position descriptions can be found on the back page of this

newsletter. At the moment the Committee does not have a firm regular meeting date but Wednesday nights after training is a possibility.

If you would like to be a part of the committee please contact Steph by email at [sdawe.poorakawfc@gmail.com](mailto:sdawe.poorakawfc@gmail.com)

### Current Members:

**President:** Steph Dawe

**Vice President:** Kim Brooks

**Secretary:** Sam Geelen

**Treasurer:** \*Position Vacant\*

**Fundraising:** \*Position Vacant\*

**Team Manager:** \*Position Vacant\*

## Player Profile: Kim Brooks (c)

**Guernsey No:** 18

**Favourite AFL Teams:** Crows

**Why do you play AFL football?**

**Nickname:** Hot Dog

**Favourite Player:** Drew-Dog

Love of the game

**Position:** Centre

**Favourite TV Show:**

Turtleman

**Years Played:** 1

**Favourite Food:** Chilli & Coriander Prawns

**Funniest Team Mate/Why:**

Donna or "Benazza" - split personality

**Favourite Drink:** Beer

**How would you spend your**

**last \$50?:** Pizza and a dirty movie



Kim Brooks, or Hot Dog

## AFL 9s 9-a-side Touch Footy

On Thursday 8 November a few of the girls joined in a game of AFL 9s 9-a-side touch football, hosted at the Gepps Cross Football Club in Northfield.

From the AFL: "AFL 9s is... a fast, free-flowing game that involves 9 players on each team playing on a smaller field. Best of all, it's 'touch football' with no tackling or

bumping, making it suitable for people of any age or skill level. Importantly, AFL 9s is easy to play, not too physically demanding and provides an environment where fun, enjoyment and safety are a priority.

The aim of the Bullettes is to play a few games of AFL 9s during the pre-season to add to the fitness program at

Lindblom Park, as well as retain our footy skills and meet new people.

To find out more about playing AFL 9s with the Pooraka Bullettes girls, contact Mel Murray on 0437 080 143



## WANTED: Team Manager

The Pooraka Bullettes Women's Football Club are seeking expressions of interest for the position of TEAM MANAGER for SAWFL Season 2013.

Responsibilities include managing player registrations, entering game day information into Sporting Pulse, organising payment of fees from players, ensuring players have up-to-date information regarding game times and locations, setting up for games (if at home ground), ensuring players have access to medical supplies, and other duties as performed by a sports team manager. The Team Manager will work closely with the Head Coach and President of the Pooraka Bullettes, as well as the Club Manager for the Pooraka Football Club.

Candidates should have prior experience with managing sports teams at club or school level, have advanced knowledge of Sporting Pulse, excellent time management skills, and a passion for our team and for AFL football.

For more information or to submit your application please email Steph Dawe at [sdawe.poorakawfc@gmail.com](mailto:sdawe.poorakawfc@gmail.com)