



# Wilston Grange Gorillas

ISSUE 4

01/06/2013

## Time for an update.....

Wow! How quickly time moves. Despite the best intentions it is a month since we last issued a newsletter—well and truly overdue.

Firstly, welcome to all our latest arrivals to join the Gorillas. Over the last several weeks many of you will have welcomed new comers to your team. We have on average been registering 2-3 players per week since games started. Our numbers have reached a staggering 277 players, of these 80 plus are new to the Gorillas.

Teams in each competition are starting to settle down. The grading of youth teams finally settled last week so more of the draw has been released with games until the holidays for all age groups.

- Under 6                      2 Teams—North Gold Competition
- Under 8                      3 Teams - North Gold Competition  
                                     2 Teams—North Central Blue Competition
- Under 9                      2 Teams—North Gold Competition
- Under 10                    3 Teams—North Blue Competition
- Under 11                    2 Teams—North Blue Competition
- Under 12                    1 Team—Division 2
- Under 13                    1 Team—Division 1
- Under 14                    1 Team—Division 1/2 (McDonalds Cup)
- Under 16                    1 Team—Division 1/2 (McDonalds Cup)

The draw can be accessed on the AFL Brisbane Juniors Website.

[http://www.sportingpulse.com/assoc\\_page.cgi?c=1-3928-0-0-0&a=COMPS](http://www.sportingpulse.com/assoc_page.cgi?c=1-3928-0-0-0&a=COMPS)

Any changes or updates to times or locations will be published by the League on this site in the draw.

Please take the time to read the rest of the information in the newsletter—there are a lot of things coming up over the next few weeks which you need to be aware of.



# Great Work Boys!

## Carpark

The Council is working on upgrading the carpark. This is expected to continue for the next two to three weeks. This means that parking will be limited around the ground, patience and extra vigilance will be needed. The boom gate near the canteen will be opened for the duration allowing parking around the fields. Don't park on the access roads and be aware of Ambulance access to the field. Make sure wherever you are parking is not blocking access to other cars, or creating additional hazards. Also be respectful of where you are parking, with the rain during the last week it means that the ground soft and wet, we need to ensure that we are not damaging the surrounds unnecessarily. You may have to walk a little further

## Fees—DUE NOW!!!

Fees are now overdue.

Fees can be paid at the club with cash, cheque, eftpos or credit card. See Jo—I will generally be at the club Tues, Wed, and Fri between 4.30pm and 6.00pm.

Direct Deposits can be made into the bank account:-

Account Name:- Wilston Grange Junior Australian Football Club Inc

Bank:- Bank of Queensland

BSB:- 124-035

Account Number:- 20242937



(Make sure the reference indicates child's name, age and fees—and email details of payment to Jo at [wgjafc@optusnet.com.au](mailto:wgjafc@optusnet.com.au))

## Canteen

There is always confusion about the Canteen and the Canteen Levy. The Canteen Levy exempts the family paying the levy from canteen duties (at any time during the season). However, families are still expected to participate in all other volunteer (timekeeping, goal umpiring, boundaries, runners etc) roles required to get the teams on the park.

The canteen is the major source of revenue for the Junior Club—this means whenever it is open it needs to be manned.

Every Family when they signed on agreed to assist with Canteen up to three times per year, this includes during your child's home game, for Youth Grading/Finals Days and during Senior Games or to pay the canteen levy.

For Senior Home Games a roster is available in the canteen where families can decide which shift they would like to assist. Most of these timeslots have been filled however, there are a handful remaining at the end of the season, and allocations will be made for the Finals days for any families who have not paid the levy and have not already nominated a time.

For those finding Saturdays difficult—we will have one Sunday—Sunday 21st July during the Brook Run available—five slots between 7am and 9.30am and five slots between 9.30am and midday.



# Lions Player Visit—Pie Night



A Lions Players will be visiting Wilston Grange on Tuesday 11th June from approx 4.30pm to 6.30pm.

- 4.30pm and 6.00pm—Under 13 & Under 14 teams together with any Under 12's and Under 16's who are able to attend.
- 6.00pm to 6.30pm—Junior Players Meet and Greet—in the Club House—all Junior Players are invited to come down for a visit get some signatures and meet the players.

The evening may end with Pie Night—pie and drink for players \$2.00 and for Adults \$4.00. For catering purposes please confirm with your team manager if you will be attending on Tuesday 11th.

## Team Photos

Team Photos are scheduled for Wednesday 10th July and Thursday 11th July. Teams will be advised of schedules for each evening closer to the event.

Players will be required to wear Boots, Club Socks, Blue Club Shorts and player Jersey for photos. Teams will need to make sure that their Jersey Kits are at training on this night.

With the number of extra teams involved this year. The Wednesday Night Photo session will start at 4.30pm and go through to approx. 7pm. We will roster teams into the night—it is essential that all members of the team are at the club when your team is scheduled.

## CLUB SHORTS AND SOCKS

**A new order have recently arrived at Struddy's. So make sure you check in if you are waiting for an order.**

**Struddys Sports Everton Park**  
Shop 2, 467 South Pine Road  
EVERTON PARK, QLD 4053

Juniors Under 6-Under11—You only need BLUE shorts and Socks

Youth Under 12 to Under 16—You need BLUE and WHITE shorts and Socks

(Any old shorts still hanging around with Channel 9 on them CANNOT be worn on game day.)



Wilston Grange Junior A.F.C.  
Victory Through Unity

**Support the WGAFC and WGJAFC and win a brand new Mazda 3 Neo Manual!!**

\$100 per ticket  
ONLY 300 tickets in draw  
Drawn 22 June at 3pm.

**GOOD LUCK!**

 <b>Wilston-Grange</b> Australian Football Club	 <b>Wilston-Grange</b> Australian Football Club	<b>300 TICKETS ONLY</b>
<b>\$100.00 PER TICKET</b>	<b>MAJOR RAFFLE</b>	
Name _____ Address _____ Phone _____ Ticket _____	<b>YOUR CHANCE TO WIN A MAZDA 3 NEO MANUAL - WORTH \$23,518!</b>	
 Closing & Draw date Saturday 22nd June Prize to be drawn at 3pm Sunline Oval	 Ticket	

"Four years after its launch the 3 continues to perform as well as the competition and has a quality feel few can rival"

"Carparks across the country are full of Mazda3s, as befits Australia's top-selling car for the past two years, yet it still manages to stand out."

- Cars Guide Review.

**Warranty:** 3 years/unlimited km

**Resale:** 57 per cent after three years (source: Glass's Guide)

**Service interval:** 6 months/10,000km

**Crash rating:** Five stars

**Safety:** 6 airbags, ABS with EBD, TC, ESC

**Engine:** 2.0-litre four-cylinder 108kW/182Nm

**Transmission:** Six-speed manual, front-wheel drive

**Dimensions:** 4.46m (L) hatch, 4.58m (L) sedan, 1.76m (W), 1.47m (H)

**Weight:** 1265kg (sedan) 1281kg (hatch)

**Spare:** Space-saver

**Thirst:** 7.9L/100km (manual) 91RON, 187g/km CO2

Tickets are available through various groups within the Junior Ranks. A list of those holding tickets will be provided in the next couple of days.





Debbie Weir

There is no "I" in Team, but we sure are glad there is "u" in our volunteers!

## Volunteers

Volunteers are the back bone of any sporting club. Wilston Grange is no exception. Each week the volunteer hours put into getting your children onto the paddock would rival many small corporations. Every person at Wilston Grange undertakes their roles in a volunteer capacity. All these people go quietly about their job with little or no recognition. We are about to change that—each week teams will be nominating their Volunteer of the Week.

Volunteer of the Week nominations will go into a weekly draw to win gift vouchers. Volunteers with the most nominations during the season will be recognised at the respective trophy nights.

Congratulations to our first group of Nominees:-

- Casey Vaughan
- Stephen Baugley
- Reeve Vaughan
- Kennedy Family
- Dave Cotgreave
- Taylor Family
- Deahm Family
- Couper Family

*This week's Winner being Reeve Vaughan—who will receive a \$25 Fuel Voucher.*

Thank you to everyone who puts in a fantastic effort each week.

Team Managers/Coaches please keep the weekly nominations coming through by Monday Night of each week.

## Celebrate National Volunteer Week—This is your chance to reward someone who is making a difference to you!

To celebrate National Volunteer Week, AFL Brisbane Juniors have launched the **2013 Volunteer and Coach Awards**. For the first time ever, the nomination process is moved online making it easy and accessible for volunteers to be nominated. Anyone can nominate any volunteer and coach, at any time. Nominations close 26<sup>th</sup> July 2013.

Visit the AFLBJ website, under Volunteers tab [http://www.sportingpulse.com/assoc\\_page.cgi?c=1-3928-0-0-0&sID=281644](http://www.sportingpulse.com/assoc_page.cgi?c=1-3928-0-0-0&sID=281644)

All parents, volunteers, coaches and volunteers should nominate someone at their club, to recognize their special contributions. Volunteers are the backbone of all football clubs, and without the input of their exceptional efforts community clubs would not be able to function.

Regional level winners are recognised at the AFL Brisbane Juniors Gala Awards Night. These winners also automatically become state level nominations. The AFL Queensland State Volunteer and Coaching Awards Dinner is a highly prestigious event held in September, where all state level awards are presented.

The most prestigious award, AFL Queensland Volunteer of the Year, receives a once in a lifetime experience including 2 tickets to the 2013 AFL Grand Final with all flights and accommodation included and the opportunity to walk in the AFL Grand Final Parade which attracts 100 000 fans each year.

# Congratulations!

**The following players have been selected to participate in Rep. Squads.**

**Under 16—AFLQ Rep Squads—Yeronga April 28, May 1, May 4 and May 6, 2013**

- Sam Harris—Brisbane North (formerly Raiders)
- Jordan McIvor—Brisbane North (formerly Raiders)
- Lenny Christie—Kick Start Team
- Gavin Greenoff—Kick Start Team
- Chris Jardine (Umpiring)
- Zac Caughey (Umpiring)

**Under 15—Metropolitan North Schoolboys Team—Dalby May 22 to 25, 2013**

- Lliam Molan
- Patrick Bensted
- Oskar Baker
- Max Hewett
- Joshua Reid
- Hamish Warren
- Chris Jardine (Umpiring)

**Under 15—Queensland Schoolboys Team - Darwin August 10 to 17, 2013**

- Lliam Molan
- Chris Jardine (Umpiring)

**Under 14—AFLQ Rep Squads - Gold Coast & Byron Bay June 24 to 28, 2013**

These squads are still being finalised but we have a number of boys who have made the initial squads—further cuts are to be made to these teams before the championships—good luck boys with further selection process

- Ben Pay—Brisbane North (formerly Raiders)
- Ray Easton—Brisbane North (formerly Raiders)
- Corey Whyte—Brisbane West (formerly Taipans)
- Joshua Reid—Brisbane West (formerly Taipans)
- Ryley Tapp—Brisbane West (formerly Taipans)

**Under 12—Met North Schoolboys Team—Maroochydore June 8 to 12, 2013**

- Thomas Bensted
- Thomas O'Donnell
- Flynn Warren
- Jacob Lobodarz
- Hamish McDougall
- 

**Under 12—Met West Schoolboys Team—Maroochydore June 8 to 12, 2013**

- Thomas Ham

## Club Polo Shirts

Club Polo's new order has arrived. All **NEW** players can see Jo during training to collect theirs.

Coaches and Managers who do not already have one can also see Jo.

Once all players and officials have received their shirts, left overs may be purchased through Registration office or Canteen—but NOT before distribution is complete—we will advise when they are available for purchase by supporters.



## First Aid /Strapping



For season 2013 all Youth Teams will have the advantage of a Team Sports Trainer. Each team will be equipped with basic first aid equipment for the purposes of First Aid—that is to treat injuries that occur during a game.

We will also have pre-game strapping services provided by our Sports Trainers—however, **it is the players responsibility to bring their own strapping tape for any strapping required before a game.**

*If you forget, our Trainers will have tape available for purchase at \$10 per roll.*

## LIONS TICKETS

This year AFLBJ and the Brisbane Lions have entered into an agreement which sees every registered Junior Player being offered Free Tickets to Games at the Gabba. Everyone should be receiving emails directly from the Lions regarding how to collect these tickets. Make sure you are checking out all the details in any emails from the Lions to be sure you don't miss them.

The deal is as follows:-

- Two 3 game memberships for U9 & U 10 players (ie 1 adult and 1 child—per player)
- Four free tickets to one game for U6 – U8 and U11 – U16 players (ie 2 adults and 2 child—per player)



The Database the Lions are using for these mail outs have been updated in the last two weeks. Everyone from Wilston Grange should be on their mailing list and will receive some form of notification. For the second group listed above Free Tickets will be offered for the Lions V Suns.



“Coming together is a  
beginning.

Keeping together is  
progress.

Working together is  
success.”

Henry Ford



The poster for the Inaugural Stafford City Brook Run features a blue header with the event logo and social media icons. The main text is in a clean, sans-serif font, providing details about the race, registration, and sponsors. The footer includes a blue banner with the tagline 'The Brook Run – Engaging the Community'.

**THE STAFFORD CITY BROOK RUN**

**Register now for the Inaugural Stafford City Brook Run**

Now is your chance to register for one of Brisbane's most anticipated new fun runs – the Stafford City Brook Run, being held on **Sunday 21<sup>st</sup> July 2013**.

Comprising of a 7km Men's, Women's, Juniors and Dogs event as well as the 2km Quality Food Services (QFS) Primary School Challenge, the Stafford City Brook Run invites you to challenge yourself as you make your way along the picturesque Kedron Brook pathway and into the Brook Run's record books.

Of course the fun doesn't stop there! Join us at our family-friendly event village where you will find activities for the kids, a variety of hospitality options supported by local businesses; prize-giving and so much more.

**Can you 'Beat the Brook' in 2013?**

Register now at [www.brookrun.com.au](http://www.brookrun.com.au) and you could have the chance to win great prizes

The Stafford City Brook Run is a community-inspired event that promises to be one of the most exciting running events in the Brisbane calendar.

Please show your support by registering as an individual or gather your family, friends or work colleagues and register a team.

This is more than just a fun run but an important way to support our 2013 charity partner, the AEIOU Foundation, as well as your local sporting community by volunteering your time or by becoming a valued sponsor.

**So dust off the running shoes and ready your lycra because this is one event you won't want to miss!**

For further information please visit [www.brookrun.com.au](http://www.brookrun.com.au)  
or contact us at [info@thebrookrun.com.au](mailto:info@thebrookrun.com.au)

Yours Sincerely,  
The Stafford City Brook Run Events Committee

Proudly Sponsored by

STAFFORD CITY, ismart, PLATYPUS, style, TUTOR, Quality, gullagher jiffs, coffey, beno, sunline, ttm

Supported by the Lord Mayors Suburban Initiative Fund and Marchant Ward

2013 Charity Partner: aeiou FOUNDATION  
A BINS Event

**The Brook Run – Engaging the Community**

## Message from Senior Club President

Hello Gorillas,

Thank you to Eddie McGuire for pumping up the Gorillas on MMM this week. We are the only Gorillas in AFL.

This week we travel to Springwood to take on the undefeated Pumas but I have no doubt our coaching staff in all grades will have the boys ready to go. After an impressive game versus Surfers Paradise last week we managed a strong win against a side that has had the edge over us for the past few years.

Thank you to all this far with your assistance with parking at Hickey Park. The Brisbane City Council have made a great start to the car park area and each day we see development in the area. Once completed it will be a fantastic resource for our club and no longer will we have a second rate entry and parking area. Please be patient as this project continues and please do not park in access ways. If it looks too tight, then it is. Find a park elsewhere around the ground.

Tickets are now out for the Eagers Mazda 3 raffle raffle. We have 300 tickets to sell as a club. 180 of those tickets have been given to each senior player at the club with the expectation that the players sell or purchases that one ticket. It is your responsibility to sell that one ticket. The juniors have approximately ten tickets to sell per team or age group. Once again it is the responsibility of each parent to support the club and purchase or sell that ticket to ensure all 300 tickets are sold. The draw is the 22<sup>nd</sup> of June so you have ample time to sell the tickets. Go halves or quarters with a group to ensure all tickets are sold.

This year we are hosting our comedy night at Brothers Community Club on the 20<sup>th</sup> of July. Once again this is a full club function with the expectation that all members attend. With 200 tickets on offer, some will miss out. Please put in your diary as a date claimer. The acts are booked, the venue is booked and tickets will go on sale soon.

The following day the Inaugural Stafford City Shopping Centre Brook Run will take place. Under the BINSCL banner with key members of our club organising the community event, it would be great to have many members and families take part in this event. From 9am there are 7km runs, walks and a 2km Primary School Challenge. Please visit the website [www.thebrookrun.com.au](http://www.thebrookrun.com.au) for entry details and course details. Thank you for the hard working committee of this event and BINSCL for showcasing our community.

Good luck to all the teams on the weekend. Play hard and stay safe.

Brett Gillett  
President



## Wet Weather

Training and games will continue even in wet conditions unless the Ground is Closed—every effort is made to contact you should training or games be cancelled. Check emails, check facebook, check the junior club website and phone messages .



## Using the Oval

Our ground is currently looking fantastic but it is subject to high levels of usage over the football season and we are about to reach the end of the rapid growth season.

Everyone needs to look after the ground. So please keep the following in mind.

1. Don't kick the footy in any water logged/muddy areas—move onto drier parts of the ground or stay off the ground if the whole thing is too wet.
2. The areas between the two coaches boxes are high traffic areas—take your kicking an warm ups further out onto the oval or over the far side
3. Remember the Goal Squares get a punishing during season—try to minimise activities carried out there.

Season 2013 has 23 teams trying to use the ground—some bigger than others but all having an impact—so use some common sense and the ground will remain in great condition for the entire season.

## BINSC

Many of you have received invitations to BINSC events, causing you to ask What is BINSC?

BINSC (Brisbane Inner North Sporting Community) is a registered non for profit organisation that includes seven individual clubs covering six different sports across the inner Brisbane community.

BINSC member organisations include:

- Wilston Grange Australian Football Club
- Wilston Grange Junior Australian Football Club
- Cannons Rebels Netball Club
- Wilston Grange Triathlon Club
- Wilston Grange Softball Club
- Stafford Stingers Swimming Club
- Wilston North's Junior Cricket Club

BINSC works closely with local business, and explores opportunities for its member clubs to benefit from these relationships.

BINSC is now using office facilities provided at Brothers Grange Community Sports Club, Grange, and is continually looking at ways of improving our facilities to make it one of the most recognisable sporting hubs in the city.

**Under 8 Gold from Early May.....****Hot day. Even hotter footy!**

When you start using the old noggin, the task gets simpler. Our boys delivered their "smartest" game of footy this year.

Before the game we talked about making our job easier on ourselves by thinking before we dispose. And guess what? We executed the game plan in style.

The jigsaw all came together when our boys found that conserving energy is vital for 4 quarter footy. (Not to mention oranges-I think a speed record may have been set on Saturday for intake of oranges) When you think about your options, then the task is all that more achievable.

I lost count how many times Will found space on his own. I became more deaf than I am from the number of times I heard Will scream for the ball. When Will found space and he received the ball, we pushed forward on every occasion. That kept the other zones busy as they had to be ready for a quick clearance. Will demonstrated what every sideline coach has ever thought. Find space and you get the ball. Smart game Will.

From the clearances, there was Captain Jack waiting in anticipation. Jack's determination to pounce on opportunities and fierce determination to lock the ball up was simply superb. When the ball goes to ground, it allows the opposition in and what coaches look for is the second effort. Captain Jack's second efforts reminded me of Gazzas efforts at Metricon. There was no way the other team was getting the ball without first encountering the bulldog bite of Captain Jack. Smart game Jack.

How does the perfect game of Aussie rules start. You kick the first goal of course. Who better to do that for us, than Nick. A superb read from the centre clearance enabled Nick to get to the ball first and slot a major. Nicks confidence to kick truly, has come from his attitude at training where he has been putting in 100% notably when we were shooting for goals last Wednesday. He carried that concentration into the game on Saturday and nice to see the end result Nick. Smart game Nick.

I was worried that Jared was going to wear himself out before the game. He was working extremely hard in the warmup by presenting beautifully to take solid marks. Then his handballs were finding their targets. He was a machine. Then Jared found a new energy reserved for the game. Before the ball was bounced, Jared was running the opposition players off their feet. There is a power pack of energy in Jared and as the season progresses, we should see that energy used effectively all over the ground. Well done Jared. Bring that warm up from Saturday to training this week champ. Smart game Jared.

Partnered with Will and Callum, Aston delivered a real team game full of quality thinking. Especially in the last quarter, when Ferny Grove put our back line under siege, Aston teamed up with both Will and Callum and rebounded the ball out of the back line. Aston used the switch play to great effect on most occasions and was confident his kicks would meet their target. Astons clearance work was first class and kept us in the game by his sheer persistence. Hard ball gets and first to the ball thinking, allows Aston to control a lot of the play. Smart game Aston.

When you are drenched in sweat, just kicked your fourth goal and exclaim that your heart is beating faster than it ever has, then your name would be Louie. Resting smartly when he needed to, Louie was able to produce a superb four quarter effort full of run and carry. Louie doesn't like seeing the ball in the oppositions arms and does everything to ensure he gets to the ball first. Louie gave us an outstanding effort all around the ground. Louie presented beautifully up the ground and found a lot of space. Hard running coupled with fierce determination gave us a great spectacle to watch. Smart game Louie.

To get your Match Report into the —make sure you send a copy to Jo at [wgjafc@optusnet.com.au](mailto:wgjafc@optusnet.com.au) no later than 5pm Monday Afternoon.



# Food for Thought - A recent newspaper article.

last word



kathleen noonan

## BLAME THE CAR RIDE HOME

WHAT do you reckon is one of the main reasons most kids quit sport?

While you're pondering, let's absorb this stat from the US: Each year 20 million children register for baseball, soccer, football, hockey and other competitive sports; about 70 per cent of those will quit by age 13.

Also according to the National Alliance for Sports, these kids will never play those sports again. Never.

Pass another doughnut and plonk them down at the computer screen until it's time to take them to hospital in a specially built and reinforced obese person's ambulance. Never is an awfully long time.

While you are standing on the sidelines of the cricket/netball/hockey/rowing this morning before you drive off to another sideline on the other side of town, do you think your child will be among the 30 per cent who stick at it?

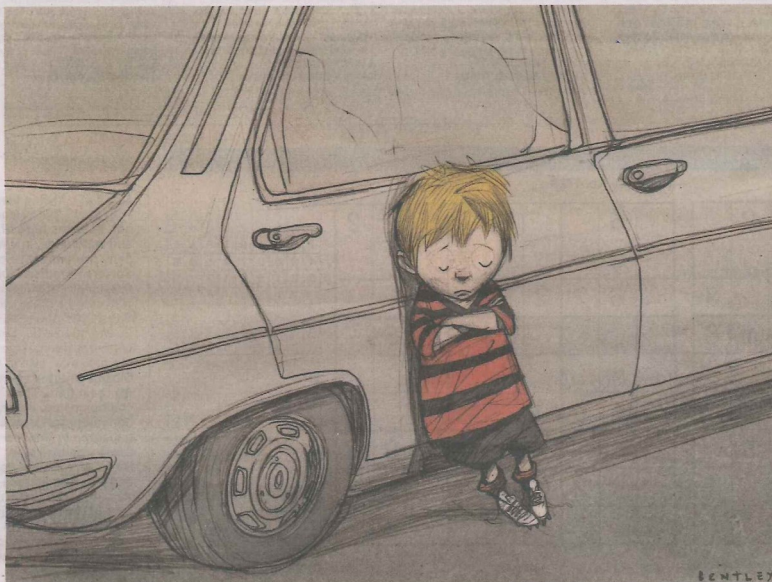
Well, going by research, if you are a yeller, probably not. Children hate mothers and fathers behaving aggressively on the sideline of junior sports events, especially their own.

So, how's that new barracking rule working for you? You know the one where some sporting codes have introduced lollipops for parents to put in their mouths because their barracking became so out of hand and abusive.

I met a man in the butcher's shop (where all good gossip happens) and he's talking about his latest efforts coaching junior teams for his three kids - rugby, league and hockey. This is an intelligent, skilled, thoughtful junior coach out there in the nice suburbs of Brisbane.

"Every weekend I am called a f---wit and even a c---, on the sideline, in a carpark full of Mercedes and BMWs. Even in front of their kids."

Parents. We're just fantastic creatures, aren't we? We tell our kids how much we do for them, driving them everywhere for sport, buy all the gear so they look like mini-professionals - 10-year-olds in \$300 boots and top-line \$150 compression gear "to reduce lactic acid and muscular fatigue" - and what's it all about really?



If we're honest, it's ego. Not the kids'. The parents' ego. Deep down, if we interrogate our motives, what starts off as wanting our children to be active and learn to love physical activity can sometimes morph into something else.

What's all that hoopla about sons in the first XI and first XV stuff? Yes, it's admirable to strive to sporting excellence. But when I first moved to Brisbane and realised actual grown-up men were standing around at a party talking and obsessing over that kind of thing, I had to check: "You are talking about your KIDS' sport, aren't you?"

When I was growing up, parents mostly didn't really hang around. They dropped you and went off to take care of the other 10 kids in the family. Or did other grown-up things

like earn a living, shop for groceries or go to the pub.

Mostly we played sport unwatched. The ref wasn't screamed at and abused by hostile parents. We played our sport for ourselves - basically for the fun of running around a paddock with our mates. And it was bloody fantastic and enormously freeing.

Someone who has spent his life playing and coaching sport and pondering how to retain young athletes in sport for life is Peter Gahan, head of player and coach development with Australia Baseball, after years at Queensland Academy of Sport. I rang him to pick his brains about kids and sport (in a month of Bernard Tomic's father assault charges and Nudgee College's steroid scandal) and to ask: "Where has all the fun gone?"

Fun needs to be at the very heart of sport, says Gahan. Even at the elite level, he says, research now shows all athletes need a fun activity in their training session. He says countries must walk the fine line of wanting elite sportspeople while encouraging mass participation.

"Research looking at 8000 schoolchildren in the UK revealed that the perceived lack of competency and ability stopped them from playing. They wanted to impress and look good but they couldn't, they gave up," Gahan says.

He says New Zealand has introduced a fundamental movement skills program in primary school with a sports officer in those schools to oversee the program.

"It covers 14 basic skills including running, hopping, throwing - the

basics that are age-specific from Year 1. From what I hear, New Zealand is going to start kicking our arse at the next Olympics because, with this program, they will have a greater pool of athletes to choose from coming through."

He sees the obesity epidemic as entirely avoidable.

"A lot of the research on childhood obesity points at the fact that the kids are eating the same amount of calories as their fitter counterparts. They are just not moving. They are sitting in front of a TV or computer."

So, why do most kids quit sport? Well, one of the main reasons, apart from the obvious ones - didn't like the coach, not enough time, too much pressure - is one parents don't want to think about: The car ride home.

The car ride home after playing sport can be a game-changer. Whether you are five or 16, the journey from ground to home can be a non-stop parent teaching moment.

Whether you've played well or lousy, your dad can let you know what you should have done.

Should have run when you should have passed, should have kicked.

He becomes one of those shoulda-coulda-woulda dads.

Mum goes off about the netball umpire, bitch, and your coach not giving you enough playing time, cow. Yep, that car ride home can be pure joy.

If you can, try not to stuff up the car ride home, Gahan says.

The car ride home is when the kid just wants to quietly let the game sink in - whether a win or a loss.

They know if they've played well or badly. You don't need to tell them. The car's a pretty intense closed environment. They can sense your every thought, disappointment, anger, even a bit too much pride. It's all there, crowding in. Every sigh, every shrug is amplified.

So, I ask, what do you say on the car ride home?

Gahan says: "What about, 'gee, I love watching you play out there?'"

noonanslastword@gmail.com




# School Holidays.

With School Holidays just around the corner there are a number of organisations offering School Holiday Development Camps. Some for junior players and some for youth players. Please find below the information available for your information. Please note—participation in any of these camps is organised by parents directly with the organisations not through the club. PDF's are available for all of these documents—please contact Jo for email copy of PDF.

## Camp 1 -

JOIN IN SOME SCHOOL HOLIDAY FUN IN 2013






# SCHOOL HOLIDAY CAMPS

- » FOR ALL CHILDREN AGED 8-12
- » BRISBANE LIONS PLAYERS AND MASCOT, BERNIE "GABBA" VEGAS, WILL ATTEND EACH CAMP
- » EVERY PARTICIPANT RECEIVES A FOOTBALL, CAP, BACKPACK, DRINK BOTTLE, CERTIFICATE, GIVEAWAYS
- » NUTRITIONAL LUNCH AND DRINKS PROVIDED
- » RUN BY QUALIFIED AND EXPERIENCED AFL QUEENSLAND STAFF AND COACHES
- » CAMPS RUN ACROSS BRISBANE IN THE JULY SCHOOL HOLIDAYS
- » ALL CAMPS RUN OVER TWO DAYS, FROM 9AM-3PM

CHECK THE BACK FOR YOUR NEAREST AFL HOLIDAY CAMP LOCATION!

**COST \$100pp**

## WHERE IS YOUR NEAREST CAMP?

### JULY SCHOOL HOLIDAYS > 9AM - 3PM

**BRISBANE NORTH AFL CAMP**  
WEDNESDAY 3 AND THURSDAY 4 JULY  
ZILLMERE AFC  
340 ZILLMERE ROAD, ZILLMERE  
CONTACT: BRISBANE NORTH OFFICE  
3865 8700

**BRISBANE WEST AFL CAMP**  
WEDNESDAY 3 AND THURSDAY 4 JULY  
YERONGA AFC, LEYSHON PARK  
CANSDALE STREET, YERONGA  
CONTACT: BRISBANE WEST OFFICE  
3033 5432

**BRISBANE SOUTH EAST AFL CAMP**  
THURSDAY 4 AND FRIDAY 5 JULY  
COORPAROO AFC  
GIFFIN PARK, BIRUBI STREET, COORPAROO  
CONTACT: BRISBANE SOUTH EAST OFFICE  
3394 2198

PLACES ARE LIMITED, REGISTER EARLY TO AVOID DISAPPOINTMENT

**REGISTER ONLINE AT [AFLQ.COM.AU](http://AFLQ.COM.AU)**  
(OR COMPLETE AND RETURN THIS FORM)

### AFL QUEENSLAND 2013 SCHOOL HOLIDAY CAMPS

NAME

ADDRESS

SUBURB  POST CODE

EMAIL  PHONE #

EMERGENCY CONTACT  EMERGENCY #

JUNIOR AFL CLUB  DATE OF BIRTH

AGE GROUP PLAYED THIS YEAR  AFL CLUB SUPPORTED

DIETARY REQUIREMENTS




CAMP ATTENDING  CAMP DATE

NUMBER OF CHILDREN ☐ 1 ☐ 2 ☐ 3 ☐ 4 METHOD OF PAYMENT (tick) ☐ CASH ☐ CHEQUE

TOTAL \$  (\$100pp - MAKE CHEQUES PAYABLE TO AFL QUEENSLAND)

Please note that photographs will be taken at this event and may be used to market future AFL Queensland events. If you do not wish for your child/ren to be photographed, please contact AFL Queensland prior to camp commencement.

Please complete and return your form to your local AFLQ office or AFL Queensland, Cansdale St Yeronga or post to PO Box 3132, Yeronga LPO, QLD 4104.



# School Holidays.

## Camp 2—



OFFICIAL HIGH PERFORMANCE TALENT PARTNER OF THE AFL.

## DRAFTSTAR IS COMING TO THE GOLD COAST

## DRAFTSTAR CAMP. YOU'LL GET A REAL KICK.

June 25-26, 2013  
Broadbeach Football Club  
Dunlop Court, Mermaid Waters



We're really excited to announce that DraftStar is bringing elite level AFL skills training right to our doorstep. DraftStar will run a school holiday football development camp this June.

### WHAT IS DRAFTSTAR?

DraftStar, founded by former AFL stars Ben Dixon and Robbie Campbell, offers football development programs that provide high performance coaching for young athletes aged 11 to 17. Their holistic programs are designed to improve boys and girls of all abilities on and off the field in an authentic AFL training environment.

All of their programs are developed and run by past and present AFL players. Also, they are the only training organisation authorised to use AFL 60 testing protocols, and they link in with the AIS-AFL talent development team to ensure seamless integration into development pathways.

### TESTIMONIAL

*This program is highly recommended for young people that love their footy. Don't think this is just about helping guys play better and increasing their chance of playing at high levels, or getting drafted later on. What is more important is that this is about leadership, teamwork, setting and working towards goals, and respect for others. It is about character and learning to keep going through difficulties and in unfamiliar environments, while pursuing something that matters to you. Those are traits and life skills that apply to much more than just footy. I commend the DraftStar team for what they have been developing. My son enjoyed it; got a lot out of it; met new people including kids, AFL players and staff; learned about skills, fitness and the game; and the organisers are good role models. Very professionally run and very worthwhile.*

PETER SMITH



### WHAT IS DRAFTSTAR CAMP?

DraftStar Camps aim to improve you by focusing on five core areas:

- Elite level skills and fitness development:** We are the only group authorised to conduct AFL standardised testing that can identify individual strengths and weaknesses. Elite level coaching techniques are then used to apply age appropriate strength, endurance and agility training to improve your performance.
- Football education:** Match simulation activities and classroom sessions combine to increase ability to maximise player positions and understand game structure.
- Character and leadership development:** These are top of the list for AFL recruiters. DraftStar Camps have sessions on motivation, goal setting, teamwork, along with media training and tips on getting recruited.
- Preparation:** DraftStar Camps have a truly holistic approach so include sessions on nutrition, hydration and recovery, meaning we focus on every aspect of your development.
- Fun:** We never lose sight of the fact that the people who come to our camps are kids who love their footy, and footy is a game to be enjoyed with mates. What could be more fun than hanging out with AFL superstars and other kids who are crazy about footy?

## WANT TO KNOW MORE?

[WWW.DRAFTSTAR.COM.AU](http://WWW.DRAFTSTAR.COM.AU)  
[ADMIN@DRAFTSTAR.COM.AU](mailto:ADMIN@DRAFTSTAR.COM.AU) • 03 9020 5655





Wilston Grange Junior A.F.C.  
Victory Through Unity

## Camp 3—

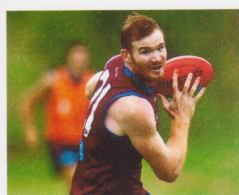
# School Holidays.



## QLD AFL Football Camp

15% Discount for being  
part of your local club

We are back in QLD for an AFL Football camp these winter school holidays! As a member of your local AFL club we would like to offer you a 15% discount off our three day camp program. The camp will be located in East Brisbane with special guest coach Brisbane Lions Daniel Merritt.



Our camps run for three days from 9am - 3pm for ages 6 - 16 and for all levels of experience. Our camps include structured coaching and training drills with video analysis. Equipment, snacks and drinks are included... All you need to bring is lunch!

Enter 'club15w13' when booking online or free call 1300 914 368 for your great savings!



Churchie AGS, East Brisbane 24th-26th June

[www.australiansportscamps.com.au](http://www.australiansportscamps.com.au)

### EACH CHILD RECEIVES A PHOTO, COACHES REPORT, CERTIFICATES AND GIVEAWAYS.

PLEASE TICK YOUR CHOICE OF CAMP

#### QUEENSLAND

AFL FOOTBALL  
EAST BRISBANE - 24, 25 & 26 JUNE  
Churchie AGS, East Brisbane

NETBALL  
UPPER MT GRAVATT - 24, 25 & 26 JUNE  
Hibiscus Sports Complex, Upper Mt Gravatt  
SUNSHINE COAST: 1, 2 & 3 JULY  
Matthew Flinders Anglican College, Buderim

RUGBY UNION  
EAST BRISBANE - 24, 25 & 26 JUNE  
Churchie AGS, East Brisbane  
SUNSHINE COAST: 1, 2 & 3 JULY  
Matthew Flinders Anglican College, Buderim

#### NEW SOUTH WALES

AFL FOOTBALL  
KENSINGTON: 2, 3 & 4 JULY  
University of NSW, Kensington  
HUNTERS HILL: 8, 9 & 10 JULY  
St Joseph's College, Hunters Hill

NETBALL  
SURRY HILLS: 2, 3 & 4 JULY  
Sydney Boys High, Surry Hills

RUGBY UNION  
KENSINGTON: 2, 3 & 4 JULY  
University of NSW, Kensington  
HUNTERS HILL: 8, 9 & 10 JULY  
St Joseph's College, Hunters Hill

HOCKEY  
KENSINGTON: 2, 3 & 4 JULY  
University of NSW, Kensington

ACT  
AFL FOOTBALL  
CANBERRA: 15, 16 & 17 JULY  
Canberra Grammar School, Red Hill

NETBALL  
CANBERRA: 15, 16 & 17 JULY  
Canberra Grammar School, Red Hill

RUGBY UNION  
CANBERRA: 15, 16 & 17 JULY  
Canberra Grammar School, Red Hill

MINIS 5-6yo \$120  
THE STARS 6-16yo \$280  
RES PROG 6-16yo \$500

#### ASC STARTER PACK

\$35 + \$10 p&h

Size 6, 8, 10, 12, 14

#### ASC SUPER PACK

\$65 + \$10 p&h

Size 6, 8, 10, 12, 14

Post to: AUSTRALIAN SPORTS CAMPS

PO Box 5053, Studfield, VIC, 3152

Fax: (03) 9763 0622

Phone: (03) 9753 2199

NAME ..... DOB .....

ADDRESS .....

POSTCODE .....

PHONE (H) ..... (B/MOB.) .....

EMAIL .....

SCHOOL ..... GRADE/FORM .....

I LEARNT ABOUT THE CAMPS THROUGH .....

NAMES AND AGES OF FRIENDS ATTENDING .....

CLUB / TEAM PLAYED FOR .....

ANY MEDICAL CONDITIONS OR ALLERGIES .....

I hereby authorise the staff of Belgravia Sports trading as Australian Sports Camps to act for me according to their best judgement in any emergency requiring medical attention and release Australian Sports Camps from any and all liability for injury or illness incurred while at camp. Photographs may be used in promotions by Australian Sports Camps.

Parent/Guardian ..... Signature .....

Card Type ☐ Visa ☐ Mastercard Amount \$ .....

Card Number ..... CVN/CVV 3 digit code .....

Expiry date on card ..... / ..... CVN/CVV 3 digit code .....

Parent/Guardian ..... Signature .....

A confirmation letter of receipt will be mailed to you.



Like us on Facebook and follow us on  
Twitter to keep up to date with the latest  
news, promos and camp photos!

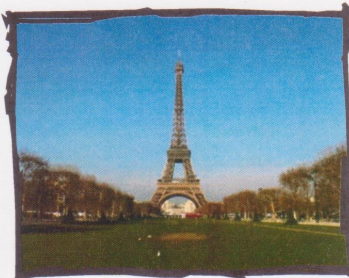




# School Holidays.

## Camp 4

### WANDERERS AUSTRALIA JUNIOR AFL FOOTY TOUR 2013



Nov / Dec 2013 - Ireland, UK, France

Wanderers Australia would like to invite junior boys players from across Australia the opportunity to be involved in our junior international rules tour to Ireland, England and France during December 2013, playing Gaelic and Hybrid football. Departure date from Australia is November 29th, 2013. The tour will be for approx 17-18 days in duration.

Wanderers Australia has sent over 3000 players to all parts of the world on tours during the last 15 years.

22 Boys will tour together and you will play approx 6 games against clubs and representative teams in Ireland and England. The tour will be led by NSW/ACT RAMS Under 18 state coach Jason Saddington and Mick Clift, Talent Manager for Greater Western Sydney.

All spots are filled on a first come first in basis. Players turning 15,16 or 17 in 2013 are eligible to register. Players of all levels are encouraged to register, and all players receive equal game time.

Tour inclusions include international flights, accommodation, breakfast, most dinners, transfers, sightseeing tours in each of the cities visited, travel insurance, and matches / hosting

All tours are paid off via a series of installments over 2013. Head to our website for further details or contact us direct for more information on costs, payments and departure dates. Accompanying parents and family members are also most welcome to tour as supporters!

**WANDERERS AUSTRALIA - YOUR FOOTY PASSPORT TO THE WORLD !!!!!**

**[www.waus.com.au](http://www.waus.com.au)**

#### TOUR HIGHLIGHTS !!!!!

- *Paris with an opportunity to climb the Eiffel Tower*
- *Visit the ANZAC battlefields of the Somme to see where Australians fought in world war one*
- *London with all the sights*
- *See an English Premier League soccer game live*
- *Tour Dublin and Croke Park, the home of Gaelic Football in Ireland*
- *6 games against top club and provincial teams in Ireland and the UK, playing Gaelic football and international rules*
- *Be hosted by Irish families across the country*



**Wanderers Australia**

**Ph 02 42 943 779**



## Second Hand Boots

Second Hand Boots are available at \$5 per pair.

Or if you need to clean out the cupboard—donations of second hand boots gratefully received.

See Jo at the club.



## Contact Us

Club Website: [www.wilstongrangejuniors.aflq.com.au](http://www.wilstongrangejuniors.aflq.com.au)

Address: PO Box 1104 Stafford City 4053

Email: Jo [wilstongrangejuniors@aflbj.com](mailto:wilstongrangejuniors@aflbj.com)

Or [wgjafc@optusnet.com.au](mailto:wgjafc@optusnet.com.au)

Or [jo.jardine@gorillas.com.au](mailto:jo.jardine@gorillas.com.au)

Phone: Jo 3166 8379

## Communication

*Much of the club communication will be via email with support from Social Media. It is your responsibility to check your emails regularly.*

*If you have additional email addresses you wish to utilise for communication—home, work, extended family—please send the details through and they will be added to the list.*

***Don't assume just because we had it last year it is on the current list**—new lists are created each season from the registration database. What this means is - (for returning players) - information is downloaded from the online registration form so only the information included in this online registration is being used, so if only one parents information was completed then only one set of contact information is being used, if email addresses have changed and you didn't update them then we only have the old information included, (for new players) - your information is entered from forms completed at registration and all information provided on those forms will be used.*

## Notices For Newsletter

Anyone with information for the Club Newsletter should email information to Jo at [wgjafc@optusnet.com.au](mailto:wgjafc@optusnet.com.au) no later than Monday evening of each week for inclusion in our newsletter.