



# NEWSLETTER SEASON 2009

## Bed Depot - Prahran Junior Football Club

*celebrating 10 years  
Passionate Community Participation*



High St, Prahran  
Peter Spargo  
m. 0411 747 000

**Issue #2 2009 – March 17**

### Dear PJFC Members,

Season 2009 is now underway with all teams having commenced training. While training continues at a variety of venues the recent rain should assist with the condition of Toorak Park for the start of the season.

I would like to introduce myself as the new editor of the PJFC newsletter. Thanks to those who have contributed to my first edition. We would like to take this opportunity to thank Georgina Walton for her help in producing such a professional and punctual publication in the period that she edited the Newsletter.

Claudia Holt  
Newsletter Coordinator

### \*\*\*\* REGISTRATIONS \*\*\*\*

There are still a few places available in the U13s, as well as the second U11 team announced earlier this week. Spread the word and help us recruit more players to these two teams.

Please contact Madeline O'Connor, Registrar, on 0431 481 213

### TRAINING TIMES

Current training times and venues are outlined. Please note that training will return to Toorak Park on Friday 17 April.

#### Under 9's

4.30 – 5.30pm at Geelong Grammar School, Glamorgan Campus at 14 Douglas Street Toorak  
NOTE: NO FOOTBALL BOOTS PLEASE

#### Under 10's

4.30 – 5.30pm at Romanis Indoor Centre

#### Under 11's

4.30 – 5.15pm at Orrong Tennis Courts

#### Under 12's

5.30 – 6.30pm at Orrong Tennis Courts

#### Under 13's

5.30 – 6.30pm at Orrong Tennis Courts

#### Under 15's

5.00 – 6.30pm Caulfield Park (N/E corner) at corner Inkerman & Park Crescent, Caulfield North

### IMPORTANT DATES

**Wednesday 18 March – Committee Meeting**

**Friday 17 April – Jumper Presentation**

**Sunday 19 April – Round 1 all teams**

To all members of the PJFC.

We are now well and truly off and running for season 2009. Thank you to all who have registered early and have attended our Pre Season Training at the Romanis Indoor Centre and on the tennis courts. This arrangement will continue through March as we are yet to get access to Toorak Park due to the council's drought strategy on our delicate grounds.

Please join me in thanking all of our dedicated coaches who have again stepped up this year in this central role. I would also like to welcome to the coaching team the following new coaches for 2009;

**Under 9 Blacks – Andy Stephens**, Andy has coached at Prahran previously and with the start of another son's career he is again generously giving his time for these eager new footballers.

**Under 9 Reds – James Hird**, after one of AFL's most successful football careers we are very lucky to have the coaching services of the Essendon great. James's son Tom is kicking off his career at Prahran. James will also be assisted by Chris Sinclair father of Max.

**Under 9 Reds – Ed Fanning** will also be assisting James and Chris. Ed is the longest serving junior footballer in our clubs history, after playing 3 seasons in U9's Ed played his 150<sup>th</sup> game last season in the U15's and has volunteered to help out coaching the younger players. Like Steve Zayler our U10's coach, Ed is putting back into the club that has done so much for him. We really value this great community spirit and encourage more of our older players to follow suit.

**Under 11** - We are running a second U11 side thanks to **Nic Nuske** (coach) **Tim Hanrahan** (team

manager) and **Paul McMurrick** (trainer). These great footy dad's have made this team possible by volunteering and giving up their time to make sure the boys enjoy their footy.

**Under 16's – Wes Knight** is our new senior coach taking on the U16's. Wes worked as the boy's trainer last year and shared the pain of losing a Grand Final. He is determined to take the boys one step further and his dedication has made possible our first ever U16 team.

The club has seen a rapid increase in player numbers this year which highlights what a great institution we have become. I ask you to give as much support as possible to your child's team and also to the wider club community. We are a volunteer organization and our growth brings with it challenges, please be a part of designing our future by getting involved. I welcome all enquiries for joining the committee, we don't meet often as we appreciate time is precious however we do need plenty of workers to make the club run smoothly and more importantly enjoyably. Thank you to **Brain Roberts our new Equipment Manager, Claudia Holt our new Newsletter Coordinator and Vicki Marshall our new club secretary.** I'm still looking for parents to help coordinate the Friday night Bar and BBQ as well as volunteers to join the Major Function steering committee. **PLEASE GET INVOLVED. Call me on 0419 380 529 to discuss.**

Looking forward to seeing you all around the club.

Andy Miller  
President PJFC

## The Under 13's are back!

With a focus on recruiting for the Under 13's for 2009, the team got together a few weeks ago in anticipation of the new season.

The boys showed that whilst 10 pin bowling can be fun, they were all keener to get kicking that Sherrin!

So the team started our training last Friday with a good rollup of boys (considering many of the team are playing in cricket finals). Coming back from last year and keen to train were Tom Bernard, James Johnstone, Llewellyn Ryan, Harry Stephens, Liam Ratliff, Jim Bazzani, Harrison Stewart, Fred Hamner, Lachie Costa and Nick Dee. Fantastic to see these boys eager to play again in 2009.

It was also tremendous to meet some of the new players, including Fergus, Jay and the return to Prahran of Michael Pradolin, looking fitter and taller than ever. Another new player but not able to make training was Ed Langdon. The team really appreciates all these boys joining our club and we hope that we will combine well to make 2009 an enjoyable year on the footy field. Welcome boys.

Well done also to Jim Bazzani, Jack Marks and Ben Cairney for their recruiting efforts – your promised prize will be presented closer to the start of the season.

**And remember everyone – keep those recruits coming as the Under 13's can still do with more players for 2009.**

Our training was only very light, but we all talked about what we were looking to get out of the season ahead. Some common themes raised by the boys were looking to improve skills including being able to use the "wrong" side of the body more often. Everyone also wanted to be more supportive of their team mates with lots of encouragement and backing up each other. A great set of principles upon which we will form our team code this year.

In preparation for our first game on 19 April, I encourage all boys to start to work on their fitness levels trying to get a few runs in each week – training will only be short (1 hour) and sharp on Friday nights this season focusing on footy and game skills so everyone is relied upon to work on fitness themselves – perhaps get mum and dad out of bed early for a run before breakfast.

Our training dates up to the first game will be as follows:

- Friday 20 March – 5:30pm to 6:30pm  
Orrong Tennis Courts
- Friday 27 March – 5:30pm to 6:30pm  
Orrong Tennis Courts
- Friday 3 April – 5:30pm to 6:30pm  
Orrong Tennis Courts
- Friday 10 April – NO TRAINING
- Friday 17 April – 5:30pm to 6:30pm  
Toorak Park

**So keep on kicking, ask your mates if they want to play for Prahran and start running.**

See you at training.

Rod Johnstone  
Coach

## TEAMS

### Under 9 Red

**Coach**

**James Hird**

[james@gemba.com.au](mailto:james@gemba.com.au)

**Chris Sinclair**

**Ed Fanning**

**Team Mgr**

**TBC**

### Under 9 Blue

**Coach** Jim Hallam 0414 965 442  
[jim.hallam@turnberryfm.com.au](mailto:jim.hallam@turnberryfm.com.au)  
**Team Mgr** Michael O'Connor 0412 075 061  
[moconnor@vicbar.com.au](mailto:moconnor@vicbar.com.au)

### Under 9 Black

**Coach** Andy Stephens 0438 023 228  
[andrew.stephens@centro.com.au](mailto:andrew.stephens@centro.com.au)  
**Team Mgr** Christine Dunn 0417 509 276  
[Christine.dunn@deacons.com.au](mailto:Christine.dunn@deacons.com.au)

### Under 10

**Coach** Steve Zayler  
[Stephenzayler562@hotmail.com](mailto:Stephenzayler562@hotmail.com)  
**Team Mgr** TBC

### Under 11

**Coach** Craig Baker 0403 312 548  
[cbaker@australand.com.au](mailto:cbaker@australand.com.au)  
**Team Mgr** Steve O'Brien 0418 736 443  
[steveo@dnstech.com.au](mailto:steveo@dnstech.com.au)

### Under 11

**Coach** Nic Nuske 0418 360 215  
[nusken@au1.ibm.com](mailto:nusken@au1.ibm.com)  
**Team Mgr** Tim Hanrahan 0437 842 205  
[timh@antheacrawford.com.au](mailto:timh@antheacrawford.com.au)

### Under 13

**Coach** Rod Johnstone 0407 413 242  
 rodney.johnstone@honeywell.com  
**Team Mgr** Peter Dee 0409 604 456  
[peter.dee@sap.com](mailto:peter.dee@sap.com)

### Under 14

No team

### Under 15

**Coach** Paul Temay 0409 551 625  
 paul.temay@akersolutions.com  
**Team Mgr** Julie Coote 0431 527 229  
[rjncoota@bigpond.com](mailto:rjncoota@bigpond.com)

### Under 16

**Coach** Wes Knight  
[wez\\_7@yahoo.com](mailto:wez_7@yahoo.com)  
**Team Mgr** Brendan Donohoe  
 brendanjdonohoe@gmail.com

• <b>Long weekend</b> No Football	7 June
• <b>Round 8-10</b>	14 June – 28 June
• <b>Long weekend</b> No Football	5 July
• <b>Round 11-14</b>	12 July – 2 Aug
• <b>U10 Night Match</b>	7 August
• <b>FINALS</b>	9 Aug – 30 Aug
• <b>Presentation Day</b>	6 or 13 August <b>TBA</b>



## PJFC FOOTBALL CLUB SONG

Here come the Prahran boys  
 Here come the Blues.  
 We won't be beaten – we hate to lose.  
 We will beat them one and all,  
 The bigger they are the harder they fall.  
 Whether the odds be great or be small  
 Gallant Prahran will win overall.  
 You can hear the crowd all roaring  
**COME ON THE MIGHTY BLUES!!!**

## SPONSORSHIP



### THANK YOU TO OUR SPONSORS

The Prahran Junior Football Club can only operate with the **Very Generous Support** of our sponsors. We have a comprehensive sponsorship program that will give your business great exposure through the club newsletter and website, and team naming rights. Combined with the knowledge that you are building a strong community committed to our kid's future!  
 There are still sponsorship opportunities available. Contact Anthony Grimwade on 0418 382 226.

KEY DIARY DATES	Feb-May 2008
• <b>Under 9 Practice Match</b> at Toorak Park, 1 - 2pm	4 April
• <b>Jumper Presentation</b>	17 April
• <b>Round 1 commences</b>	19 April
• <b>Round 1-9</b>	19 April - 31 May
• <b>Under 9 Night Match</b>	8 May
• <b>Major Fundraiser</b>	30 May



Each player requires:

**WJFA Shorts**

BLUE for 'Home' games

WHITE for 'Away' games

\$15.00 each

**Royal Blue Socks**

\$7.00 pair

**Match Day Jumpers**

Will be presented to each player at Jumper Presentation night, Friday 17<sup>th</sup> April. The jumpers belong to the Club and must be returned at the end of the season.

**MOUTHGUARDS**

Must be worn at ALL training sessions and at games. Any child without a mouth guard on game days will not be allowed on the field. Uniforms are available for purchase at all training sessions.



