

# **NEWS LETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB**

**April 2019 Edition**

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Welcome to your April edition of "Blood Lines". The intent of the Club's newsletter is to keep members, players and supporters informed about what's happening at South by recalling the highlights of the month just passed and informing on what's coming up in the month ahead.

## **BECOME A MEMBER IN 2019**



Memberships continue to be an ever-increasing and important aspect of the Football Netball Club. Our club strongly encourages all existing members, supporters, past-players and families to financially support the club and become a member in 2019 – If you love South Bendigo, we'd love to count you as a member!

Every member will receive their own club membership card which will gain them free entry into every home game as well as ½ price entry to away games.

Membership also has its rewards and a member's merchandise pack is provided to each Bloods supporter who takes out a 2019 Membership. This year's Standard Merchandise Package, provided to all Adult, Family and Special Category members, includes a club branded bumper sticker, pen and drink bottle so you can show your support for the Bloods when you're driving, writing or refreshing.

The 2019 Enhanced Merchandise Package, provided to all Coterie Club Members and Player Sponsors, adds a Red and White Club Cap to the standard pack.

**Your financial support via a Club Membership is as vital as it's ever been in country Football / Netball. So that YOUR club can continue to grow and prosper, PLEASE consider taking out a Club Membership package in 2019.**

Take a look at all the 2019 Memberships options on the Clubs website at <http://www.southbendigofnc.com.au/membership/> we are sure there will be a Membership Package just for you!

**SUPPORTING SOUTH BENDIGO – IT'S IN THE BLOOD**

## 2019 SEASON LAUNCH

The 2019 Season starts on the second Saturday in April with a home game against Maryborough at the QEO. Let's get the year off to a good start with our Season Launch at the All Seasons Hotel, Mclvor Rd this coming Friday the 5<sup>th</sup> April.

A great function to enjoy a fun night of hospitality and see the introduction of the 2019 football and netball playing groups. As always, we do things in style at the Bloods, so the dress code is formal. Tickets are only \$20.00 each, pay at the door, with a free welcome drink on arrival and finger food included in the price.



**SOUTHBENDIGO FNC**  
**2019**  
**SEASON LAUNCH**

**FRI APRIL 5<sup>TH</sup>**  
**ALL SEASONS HOTEL**  
**6.30 PM**  
**DRESS CODE: FORMAL**

Tickets  
**\$20**  
Includes 1 free drink



**BENDIGO**  
**125 Years**  
**Football & Netball Club**

## 2019 GOLF DAY

The Club's Annual Golf Day was held at the Bendigo Golf Club on Sunday the 24<sup>th</sup> of March. The course was in great condition and a sunny 25°C made for a very enjoyable day. As usual there were some good scores carded in the 4-person Ambrose event plus a few other teams who just enjoyed the walk in the sunshine and a couple of beers along the way.

Participants enjoyed a great event which was well organised, apart from the raffle draw! 😊, by Trevor Wright, David McMurray, Craig Gardner and Rick Townsend.

A big thank you to all the sponsors who supported the day:

AFS Accounting (Paul Byrne)  
Bendigo Club (John Rogers)  
Ben Edwards Signs  
Central Kitchens (Steve Hoiles)  
Elevated Safety Systems (Martin Harrington)  
Olderworkers.com.au (Matt Higgins)  
McCormick Harris Insurance (Mick Easton)  
Obsean (Sean Cahoon)  
Personnel Group (Julie Gardner)  
Powers Freight (Damien Power)  
TCA Electrical (Tim Arnold)

As well as our trophy donors:

Bendigo Bank  
Bendigo Club  
Boundary Hotel  
David Ivey  
David McMurray  
Renik Hair

Your generosity and support of both the day and our Club are greatly appreciated.



### SOUTH BENDIGO FNC PAST PLAYERS GOLF DAY RESULTS

**1<sup>st</sup>: John Neylon Team**

John Neylon, Mick Tobin, Ian Hann & Andrew McDougal.

**2<sup>nd</sup>: Trevor Wright Team**

Trevor Wright, Michael Anthony, Steve Bish & Adam Bish

**NAGA: The Central Kitchens Team**

Darren Hinton Cameron Gould Tim Brewell & Ranee Buchell.

**Nearest the PIN:**

Colin Tully  
Grant Findlay &  
Lost my notes.

**Longest Drive:**

Ryan Connaughton

## SNAPS FROM THE FAIRWAYS



**3/4s of the winning team with their spoils; Mick Tobin, Ian Hann & Andrew McDougal**



**Tom Curran, Craig Osborne & Peter Curran**



**Rob, Jake & Ian Connaughton with Kevin Price**



**Senior Coach Nathan Horbury kept the players hydrated throughout the day.**



**Ted Aldridge approaching the 9<sup>th</sup>**

## CAN YOU HELP YOUR CLUB?

The South Bendigo Football Netball Club needs to find more people to help in a range of roles that are critical for its long term sustainability. It's as simple as that!

The current off field team have some very talented and hard working people but most are filling more than one role simply to keep the "lights on". We seem to be constantly one burnt out or age related retirement away from falling below the minimum number required to run a successful club.





The situation we now find ourselves in also starts to become a self-perpetuating problem as club supporters and/or past players looking in at our current situation are deterred by what they see and think there is no way I could commit that amount of time to the club and so the cycle continues.

However, this is not the case. We have done quite a bit of work in developing position descriptions for several roles at the club. If you were interested in putting your hand up for a job you could see what you would be up for and how manageable it would be before you accepted. Also, we have many roles that simply require additional "arms and legs", no responsibility, just turn up and help. Most volunteer roles are far from onerous time wise and enable you to become more involved with the club, increasing your enjoyment through greater participation.

For example; if you picked up a role in one of the positions required when we host a home game you would be committing to no more that 9 Saturday afternoons across the season. If you put your hand up to assist with the running of Bingo, a great fundraising source for our club over many years, you would go onto a roster to volunteer 1 Thursday afternoon a month and called upon no more than 6 times across the year.

According to VicHealth loneliness is proving to be more than just part of the human condition. New research shows it's a serious public health problem, for young people as much as the elderly. The evidence is startling. Feeling lonely can pose a bigger risk for premature death than smoking or obesity according to research. Links to depression may not be surprising, but the idea that loneliness can be associated with poorer cardiovascular health and, in old age, a faster rate of cognitive decline and dementia is repositioning loneliness as a public health issue.

The psychological and general wellbeing benefits of active participation in a club have been widely accepted for many years so what better way to get yourself immunised against this emerging health risk than to get more actively involved in your club. If you think you could help get in touch with the club, we'd love to hear from you. In fact, we need to hear from you!

		<p><b>HALL FOR HIRE</b> <b>PHONE FOR BOOKINGS</b> <b>03 5443 5191</b></p>
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## LADIES DAY THE CLUB

The first Round of the season will feature a new initiative at the club, a social day tailored for the women of South Bendigo. An afternoon of entertainment, food and drink featuring 3 inspirational women who will be our guest speakers on the day. While the event is open to all female friends of South Bendigo, we are particularly seeking to attract our netball past players, female members & supporters and the mothers & partners of players.

The club has worked very hard to create a family and female friendly environment in our Social Rooms and we would like to show all who are connected with the Bloods that they can feel comfortable coming into our Social Rooms on game days and for after match functions.

See the flyer below for details, grab a few friends and get your tickets to what promises to be a great afternoon of entertainment with the opportunity to network with other supporters of our club

**SOUTH BENDIGO FNC**

# Ladies Day at the Club

saturday **13<sup>th</sup> April**

First Game of 2019 Football Season - Bloods V Maryborough

12noon - 5pm

Tickets only **\$40**

Price includes 3 drinks and finger food

RSVP - Friday 5th April 2019.

Venue: South Bendigo FNC Social rooms at the QEO

## INSPIRING CONVERSATIONS WITH 3 AMAZING WOMEN



**Kerry Harrington**  
Australian Basketball Player  
& Aussie Rules Football Player



**Mayor Margaret O'Rourke**  
3rd Consecutive term as  
Mayor of Bendigo  
& Successful business woman



**Rebecca Bulley**  
Australian International  
Netball Player

TICKETS AVAILABLE THROUGH JULIE GARDNER 0488 477 669 OR CHRISTINE WALKER 0438 435 898

*An afternoon of entertainment and a whole lot of laughs*

## NETBALL NEWS

### NETBALL DIVISION PUTTING CLUB VALUES INTO PRACTICE

“Be the best you can be”



A 10 week preseason “Boot camp” has our netball squad fit and ready for the coming season

“Be nice to people”



Requires no further elaboration



## CHANGE OF TIMES FOR NETBALL MATCHES IN 2019

Based on the premise that the Under 17's competition features some quality young netballers the Bendigo FNL has determined that this year the U17's competition will be played as a curtain raiser for the A Grade games to give them a higher profile within the competition.

See below the revised times for all netball matches in the 2019 season and make a point of getting along to watch a few quarters of quality youth netball from Liz Taylor's "stars of the future".

### Single Court Venues

#### Day Games

B Reserve – 10.00am start

B Grade – 11.20am start

17 & Under – 12.40pm start

A Reserve – 2.00pm start

A Grade – 3.20pm start

#### Night Games

B Reserve – 12.40pm start

B Grade – 2.00pm start

17 & Under – 3.20pm start

A Reserve – 4.40pm start

A Grade – 6.00pm start

### Dual Court Venues

#### Day Games

17 & Under- 11.30am start

A Reserve- 1.00pm start

A Grade- 2.30pm start

B Grade- 11.30am start

B Reserve- 1.00pm

#### Night Games

17 & Under- 2.30pm start

A Reserve- 4.00pm start

A Grade- 5.30pm start

B Grade- 2.30pm start

B Reserve- 4.00pm



Paige Randall



Chloe Adams





## EASTER RAFFLE

The Annual Easter Raffle is on again. All club netballers have books to sell so to support your club while feeding your chocolate cravings see one of the playing group.



# Netball Fundraising Easter Hamper Raffle



### 1<sup>ST</sup> PRIZE

Assorted Easter Egg  
Hamper valued  
at \$200.00\*



### 2<sup>ND</sup> PRIZE

Assorted Easter Egg  
Hamper valued  
at \$100.00\*



3<sup>RD</sup> PRIZE Assorted Easter Egg hamper valued at \$50.00\*

4<sup>TH</sup> PRIZE Assorted Easter Egg hamper valued at \$30.00\*

5<sup>TH</sup> PRIZE Assorted Easter bag valued at \$20.00\*

## ALL TICKETS \$2.00ea

## ~5 chances to WIN~

Raffle drawn up at the QEO Social rooms on Thursday evening -Training Tea 18th April 2019

Winners notified by phone

\*approximate values

- All money raised will go directly to South Bendigo Football Netball Club -



## JUNIOR NETBALL

### 2019 BSNA Winter Competition

Welcome to season 2019! A couple of quick stats to start the year....

This season, the South Bendigo Junior Netball Club will field 16 teams in the Bendigo Strathdale Netball Association (BSNA) Winter Competition. We now have more than 140 new and returning players and over 120 families calling South Bendigo 'home'! For the first time this year, we will field a Grade 3 team and will also welcome our first male player – William Whiteacre will play in the 13/U Section.

We warmly welcome all players and families and thank you for choosing to play netball at South Bendigo!

### Team Names

This year, the Junior Netball Division will recognise the significant contribution of the women in our Club by naming teams in their honour. We are very proud to acknowledge the following ladies:

Section 1A Tomlins (Emma)	Section 4A Leech (Pam)
Section 2A Arnold (Jenny)	13/UA Barrett (Marianne)
Section 2A Dillon (Melissa)	13/UA Symons (Maureen)
Section 3A Connaughton (Justine)	13/UB Brown (Fran)
Section 3B Walker (Ruby)	Grade 6 Bakes (Mary, Jane)
Section 3B Wastell (Kristy, Kate, Jodie)	Grade 6 Hiatt (Marie)
Section 3C Baker (Raylene)	Grade 5 Chapman (Maree)
Section 4A Symes (Debbie)	Grade 3 Bruhn (Marg)

### Support Crew!

A huge congratulations and thank you to the Junior Netball Committee who have worked extremely hard over the summer to ensure every child who showed an interest in playing junior netball with South Bendigo is now in a team. Thank you also to the 50 plus coaches, team managers and team carers who have put their hands up and volunteered their time to ensure our children get to play and participate in the sport they love.

### VNL Player Development Clinic

On the 10<sup>th</sup> February, we were very fortunate to co-host a successful three-hour player development clinic with VNL Club Southern Saints at the Flora Hill Stadium. Fifty Southern Saints' players and coaches were in Bendigo for their pre-season camp – this included coaching, supporting and guiding more than 50 junior netballers as part of their community participation program.





It was clear the Clinic was mutually rewarding for both the Saints' players and coaches and the children who took part – the stadium was filled with lots of smiles and the feedback was amazing! We look forward to continuing to foster a positive relationship with the Southern Saints Club as a potential pathway for South Bendigo players wanting to play netball at the elite level.

A huge thank you to Haley Aldred who did a fantastic job co-ordinating the event – well done Haley!



### SBFNC Family Day – Brennan Park Pool



After an exciting but somewhat exhausting morning attending the player development clinic, it was great to finish off the day with some family fun at Brennan Park Swimming Pool. It was fantastic to see so many families supporting the Family Day – an all-of-Club event – and taking the opportunity to hear from Club president, Alan Ellis and the junior football and netball operations managers.

The kids enjoyed a dip in the pool while the parents caught up on the events of the Summer! Thank you to the Junior Football Division for organising the afternoon and cooking the snags to perfection!

Our first games for the season are Friday 5<sup>th</sup> and Saturday 6<sup>th</sup> April. All the very best to

our players, families, coaches, team managers, team carers and supporters – we wish you all a fun, healthy and successful season!



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**SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB**

## FOOTBALL NEWS



### Seniors

After a long summer, with reasonable numbers to most sessions and outstanding efforts from some individuals to extra nights which is paying off for them the playing group are fit and primed for the coming season. The Club has played in 3 practice matches against some good opposition in preparation for the coming season. Two of these games were played in extreme heat but our players showed their high fitness levels and some strong commitment to the new game style.

While we haven't had a huge influx of new players the opportunities this provided for the younger players in their first year of seniors has been terrific and our established players are showing great leadership. We will settle into regular training nights leading up to our first game in a few weeks' time with confidence that we have a solid training block behind us and continue to work on our finishing skills

### Nathan Horbury Senior Coach



Senior Coach Nathan Horbury

### Reserves

The boys have been working hard over the summer to prepare themselves for the upcoming season. During this time a number of new faces have acquitted themselves in the right spirit in learning the 2019 game plan and acclimatised themselves to their new teammates and club. Our first practise match where we were able to showcase the new and 'old' talent was against Waverley Blues at Maiden Gully. The team played well running out comfortable winners.

Our second match against our old sparring partner Balwyn was played in testing, warm conditions. Our midfield kept us in the match for much of the contest before the old legs tired late and Balwyn kicked away late. Our final match saw us test ourselves in Barham. Running low on numbers we still ran out victorious although many that played needed the run. Over the next few weeks we'll fine tune a few set ups and structures in preparation for the season proper in Round 1.

**Jacob Smythe  
Reserves Coach**



Reserves Coach Jacob Smythe addresses the playing group at ¾ time

**Under 18's**

U18 side have been training well over pre-season and had a good win in the practice match against Koondrook -Barham on the 23<sup>rd</sup> March in warm conditions. Some encouraging signs with our ball movement at times and the willingness for the contest all day.

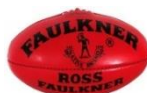
The Boys will come up against some good opposition at times this year in the U18 competition and will continue to learn and develop their football this season.

Wil Tobin named Captain this year with Vice Captains, Connor Robertson and Riley Osborne.

**Mick Easton  
U18's Coach**



Under 18's Leadership Group  
L to R: Riley Osborne, Will Tobin & Connor Robertson



## JUNIOR FOOTBALL NEWS

The following players from our Junior Division have been selected to participate in the AFL Central Victorian Academy in 2019:

- Zak Lythgo & Liam Westerway – Under 12's
- Brandyn Barilari – Under 13's &
- Bradyn Ferguson – Under 14's

Congratulations to 4 young Bloods, well deserved.

## YOUTH GIRLS FOOTBALL

### Under 15's

The girls have got a good few weeks of preseason training under their belts now and they are so eager and keen to start playing football. They've been putting in some big efforts at training and recruiting their mates to come along which gives us more numbers and the atmosphere at training is really exciting.

We've kept most of the playing group from last year and added to it with the recruitment of some new girls which is really exciting for the club. The new girls are already showing such big improvement just from the training sessions.

We're very excited about the U15's girls and have our eyes on finals again this year.

**Maddy Townsend**

**U15's Youth Girls Coach**

### Under 13's

Under Coach Shaun Langdon our U13 Girls held their first training session of the season in Rosalind Park. The girls are very enthusiastic about playing the game and eagerly look forward to the start of the season



## APRIL'S FIXTURE

<p><b>ROUND 1</b>  <b>Saturday, April 13</b>            South Bendigo V Maryborough            At QEO  <i>Ladies Day</i></p>	 <b>V</b> 
<p><b>ROUND 2</b>  <b>Good Friday, April 19</b>            Eaglehawk V South Bendigo            At Canterbury Park</p>	 <b>V</b> 
<p><b>ROUND 3</b>  <b>Saturday, April 27</b>            South Bendigo V Sandhurst            At QEO  <i>Graeme Wright Cup/Past Players &amp; Officials Day</i></p>	 <b>V</b> 



## PLANNING A FUNCTION IN 2019?

If you have a major personal milestone event coming up in 2019 or you just need a venue to hold a workplace function why not consider using the South Bendigo FNC Social Rooms?

Situated centrally at the top end of View St, the convenience of the location plus bar prices that are well under other CBD venues make the Club Social Rooms a winner on all levels.

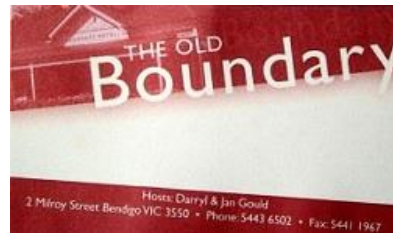
So, if you are looking for an ideal location to hold your function or business meeting this year you should consider giving Alan Ellis a call on 0427 427 627 or contact via email at [alan\\_ellis@bigpond.com](mailto:alan_ellis@bigpond.com) to solve your venue problem.



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